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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 racquetball opportunities in the sport of racquetball for all levels of participation through:

Objectives:

- **MEMBERSHIP SUPPORT** - USAR values its members and will strive to provide the best possible member services at all levels.
- **MEMBERSHIP RECRUITMENT** - USAR believes that racquetball is a lifetime endeavor and the benefits of health, recreation, and competition should be available to everyone. USAR will strive to expand its membership in order to share these benefits with as many players and supporters as possible.
- **PROMOTION OF THE SPORT** - in order to sustain a strong player base USAR will promote the numerous benefits of participation through mass marketing efforts.
- **COMPETITIVE SUCCESS** - USAR strives to maintain America's position as the number one racquetball nation in the world. Success at the elite levels has a positive influence on every other facet of our sport.
- **SPONSORS AND SUPPORTERS** - USAR values its relationship with sponsors and will continue to maximize benefits and exposure.



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WOR Hall of Famer Brian Hawkes and pals. Coverage on page 7.

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Editor
Linda Rutzen

Contributors

Cheryl Kirk, Jim Hiser, Otto Dietrich,
Fran Davis, Jen Sinclair Johnson,
Sarah Warhaftig, Kendra Tutsch,
Steven Harper, Peter S. Berger, Brett Elkins,
Bruce Adams, Randy Stafford, Steve Keeley

Design
Matt Lupton

Cover Photos
Jim Hiser

USA Racquetball Staff
Jim Hiser
Executive Director
jhiser@usra.org

Melody Weiss
Chief Financial Officer
mweiss@usra.org

Linda Rutzen
Executive Assistant/Editor
lrutzen@usra.org

Terri Lewis
Director - State and Membership Services
tmorse@usra.org

Heather Izzett
Director - Sanctioning & Membership
hizzett@usra.org

Eddie Meredith
National Tournament Supervisor
emeredith@usra.org

Joe Williams
Shipping
jwilliams@usra.org

Barb Pyle
Accounting Assistant
bpyle@usra.org

USA Racquetball Advisors
Doug Ganim – US OPEN
Otto Dietrich – National Rules Commissioner

Submissions

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: Editor, Racquetball magazine, *lrutzen@usra.org*. All items submitted are subject to editing.

Publisher
USA Racquetball
1685 West Uintah, Suite 103
Colorado Springs, CO 80904
(719) 635-5396
www.usaracquetball.com



Photo by Dennis Olivero



Passing the Racquet

Cheryl Kirk, President
USAR Board of Directors

► USA Racquetball's highest purpose and priority going forward must be to quickly and decisively deal with distracting extraneous issues and place concentrated laser-like focus on the growth of the sport.

What a lightning-fast six years! Thank you for the honor of serving USA Racquetball, its Board of Directors, staff and members. Per the constitution of USA Racquetball, it's time for me to cycle off and entrust the Board and the association to its new leadership. This is my final magazine article as President; this is my farewell message.

To paraphrase the first sentence of a literary classic, these have been rewarding times, and they've been challenging times. The business of racquetball is far more complicated than the average player realizes. If everyone can agree that racquetball is good, we love playing it, we value the people in it, and we're going to do our very best together to help it flourish, then the spiral turns upwards. There are plenty of opportunities.

If I were continuing as president, here's what I would be concentrating on going forward...

USA Racquetball IS amateur racquetball. If you are a competitive player, WE are the organization that you belong to so you can compete in sanctioned tournaments, so your rankings are calculated throughout the USA, so you are playing under the rules with adequate insurance and management. Heretofore, USAR has concentrated on being mostly that.

Future generations need us to be more than that. The sport is played throughout the country by players who somehow discovered the sport with no help from us; the attraction was spontaneous...and players play. There is no common guidance for growing the sport.

USAR should have the responsibility of increasing participation in our sport as our highest priority. We must be the guiding light, helping thousands of local racquetball clubs and school facilities and YMCAs attract new racquetball players by giving them marketing ideas and materials, and advice, and an owner's forum for them to share ideas that work.

Through initiatives like these, we can increase demand for courts. Clubs and facilities will become more profitable, and the sport will grow. Without overt and aggressive recruiting of new players, the base dwindles and ages. It's happening already.

USA Racquetball's highest purpose and priority going forward must be to quickly and decisively deal with distracting extraneous issues and place concentrated laser-like focus on the growth of the sport. Action oriented task forces populated with inspired leaders from across the country must be chartered to perform this work for the sport that will be a service to this generation and a legacy to the next. Beyond tournaments, medals, training, and all the traditional functions of our organization, we simply must grow the sport.

Again, thank you for the honor of being your President. I look forward to playing and working alongside you, on the courts and off, for many years to come.

► BOARD OF DIRECTORS UPDATE

Jeff Elder and **Jan Stelma** are leaving the Board, and I am departing as well. Please join me in welcoming new Board members **Peggine Tellez**, **Don Schopieray** and **Frank Taddonio**. Best of luck to the new Board and officers in all their endeavors!



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Our Warmest Thanks to All of our Generous Donors
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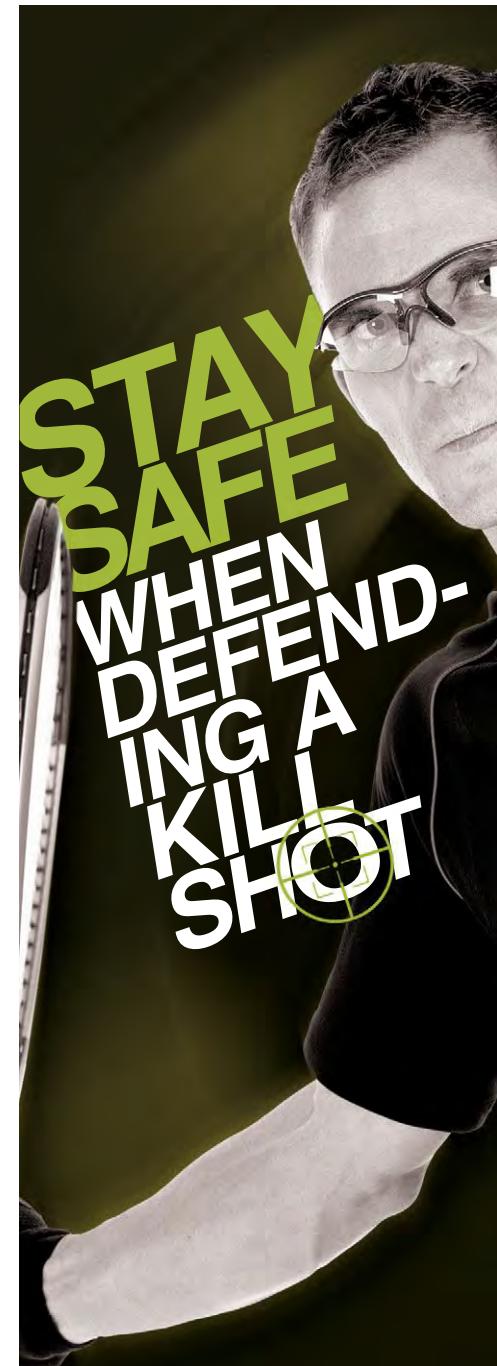
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JOSE ROJAS



BEN CROFT AND JOSE ROJAS

JOIN TIER 1 CHAMPION CLUB

By Jen Sinclair Johnson

Beltran. Alvaro's 20 attempts at a title had garnered a "win with an asterisk" in 2002, when all qualifiers agreed to split points and continue to play, although they played more for show than all-out competition due to unsafe court conditions.

Jose Rojas played through the top half of the draw to earn a spot in his first final, against Beltran who he had met four times in as many tournaments. Alvaro was up two matches to Jose's one. With a title on the line, Jose lost the first game, making mistakes expected of a less experienced, anxious player. But he made adjustments as specific shots and strategies that had worked in Salt Lake City proved less effective. He said, "I try to keep 100% pressure on the other player, but if I have to go defensive, I will."

The two exchanged points and games. Surprisingly, Rojas entered San Diego with a brand new racquet in hand, Ektelon's EXO3 RG Toron Lite, which will be available next season. "I played with it two times before the tournament. It felt pretty good right away, and I got used to it during the early rounds. By the finals, it felt great." It must have, since Jose came out on top after the two-hour five-game match.

Adrenaline-fueled and fit from a rigorous workout schedule squeezed in between a heavy course load, the 21-year-old college student wasn't tired afterward, pointing to a mental focus that helped him stay in the match. "One of the most important things is to play in the moment, point by point." Based in Stockton, California, Rojas has been working hard on the concept with his trainer, Jesse Serna, his coach David Ellis, and by practicing yoga, a recent addition to his fitness routine. "A lot of people do yoga for flexibility, but the biggest benefit I get from it is the right way to breathe, which helps me stay within myself. When I'm stressed, it helps me calm down."

After he'd won in San Diego, tears filled his eyes and his voice choked as he credited "God himself" in the post-match interview before thanking his supporters. "It's an unreal moment...no words can explain." In the week after the tournament, the surreal feeling came and went. "When I won, I was like, 'Wow!' and then, a couple of days later the feeling kind of went away. Then I'd remember that I'd just taken a pro stop and the feeling came back." Even so, Jose recognized early on that the time for congrats was done. "After San Diego, Team Ektelon had organized a practice in Stockton. I showed up like it was another day. It's not the end of the season yet."

As it turned out, Kane returned to the draw during the next event, the Florida Spring Break ProAm, defeating Jose in the semifinals and meeting Alvaro in the championship on Sunday. Although the #1 player was still recovering from a back injury, he won the title along with the war of wills displayed during the match. Whether Kane continues to dominate or another pro steps up, both Jose Rojas and Ben Croft have officially joined the IRT's exclusive list of Tier 1 champions.

You can read more about the men's professional International Racquetball Tour (IRT) at www.IRT-Tour.com, like us on Facebook (www.facebook.com/IRTfan), and follow the action live on the IRT Network (www.IRTNetwork.com).

BEN CROFT



Restring Magazine

The racquetball community has been buzzing about the Tier 1 victories of #3-ranked Ben Croft and #4 Jose Rojas. Two days after the MonaVie Salt Lake City ProAm ended, Ben's first Tier 1 championship title hadn't sunk in. "I don't know if it ever will," he said, while working his desk at his other job, Business Manager for Racquetball Warehouse. "It's been such a huge goal and accomplishment that it's hard to imagine my name in a category among this elite group of people."

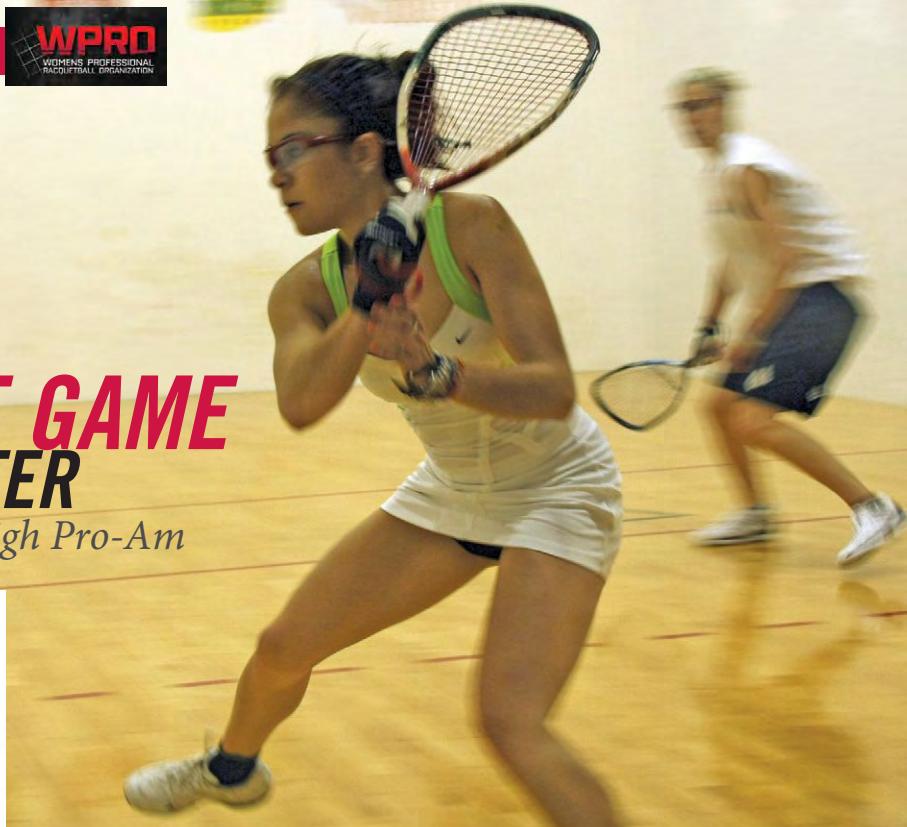
Buzzkills in the crowd point to a notable absence, #1-ranked Kane Waselenchuk. And who can blame them? Prior to Kane's injury forfeit in the finals of the 2012 Cactus Salon NYC ProAm, he had racked up one of the longest active winning streaks in professional sports, spanning over three years.

Without his presence looming like a brick wall blocking the path on Sunday, the dim light of a potential win in the finals had turned into a beacon for the pros in the draw. "I wasn't going to let anything or anyone get in the way, especially myself," Ben said, referring to his reputation as an emotional player. The temperament that's propelled him to near the top of his sport has also earned him technical warnings and deductions. Have his emotions gotten the best of the world's third-ranked pro? "Probably. But I've seen other players do the same thing without getting the same calls. I'm not complaining. I've built a reputation, so that's going to happen. All in all, I've achieved a fair amount of success."

His high-altitude success eluded him during the next event, the San Diego Open, where he lost to eventual finalist, #11 Alvaro

THE FASTEST GAME JUST GOT FASTER

The 5280 – Mile High Pro-Am



James Drury

By Sarah Warhaftig

WPRO athletes all have their training secrets before tournaments: diet, workout, mental preparation. However, coming to the city that sits one mile above sea level may not have been an easy thing to factor into the plans of the top athletes who participated in the first-ever Mile High Pro-Am took during the weekend of March 8 at the prestigious Denver Athletic Club downtown. Tournament Director Debbie Beldring worked tirelessly to provide a first-class WPRO event that included a full amateur draw and a CPRT event in one of the most picturesque cities in the country.

A handful of WPRO players arrived a bit earlier to adjust to the altitude and the speed of the already-fast Ektelon Fireball, hoping to gain some advantage over their sea level-playing competitors. Cheryl Gudinas commented, "I didn't feel the altitude with my breathing but needed to slow down the pace of the ball, especially on ceiling shots. Next year, I would come out a day earlier. It takes two or three days to really adapt, but once I did adjust, I loved it."

Thursday night's traditional sponsor doubles paired reigning mixed doubles state open champion Kevin Holmes with #9 Jen Saunders out of Canada to take home the title. Creating a fantastic atmosphere to start the event was DJ George Coleman who kept the crowd going with music all weekend long. The sponsors also had a great time, enjoying the social atmosphere of the club.

Match play began on Friday with only one upset. Veteran Cheryl Gudinas

returned to the WPRO draw and quickly dispatched rising young star Cristina Amaya of Colombia in three straight games.

Saturday's quarterfinals had all top seeds advancing. The exception was Krystal Csuk, in her best season yet, defeating Adrienne Fisher. The most exciting match was between Susy Acosta and Rhonda Rajsich. A similar "getting" style and fast game had this one going to five with Rajsich squeaking out the victory. Top seed Paola Longoria proved she was on a quest and continued to frustrate her opponents as she defeated Canadian Jen Saunders in three straight games.

Saturday night's semi-finals were standing room only as crafty veteran Kerri Wachtel battled the athletic Rajsich in a four-game match. Wachtel gave Rajsich bouts of trouble, but in the end Rajsich's pure shooting was too much for Wachtel. Longoria battled it out with Csuk – in a hard-hitting contest, Csuk looked comfortable and was shooting well, but Longoria's experience and consistency prevailed; she advanced in three straight.

The finals had a familiar pairing as Paola and Rhonda set off to face each other yet again. The winner of this match was going to be whoever got out of the box the fastest and could apply the most pressure to her opponent. Both players do a fantastic job of covering the court and since balls stay up a little longer in the altitude, the fans thought that Rhonda's athleticism and ability to keep rallies going would work to her advantage. That turned out not to be the case as Paola

showed that she is equally able to cover the court. Both players came out hitting big serves and driving the ball at every opportunity. Paola stuck to her strategy from the semifinals, hitting drive serves to Rhonda's backhand and z-serves to her forehand. Rhonda reached into her entire bag of serves, looking for something that would be effective. After a fairly even start to game one, Paola found a little bit of a groove and took advantage of every ball that Rhonda left up, winning game one, 11-6. Paola got out to a fast start in game two, never really letting Rhonda get into the game, winning 11-3. Rhonda reached down deep at the start of game three, keeping things close, but Paola showed why she is #1, closing out the match at 11-5.

As with every first tournament on the WPRO schedule, the Mile High Pro Am is extremely thankful for the wonderful sponsors and patrons who made the event happen. The Colorado racquetball community and players once again stepped forward to make this a successful event. American Motors, the Title Sponsor, is family-owned by racquetball phenoms Victor, Nancy, Adam and Erika Manilla. Thanks also to Subaru, GOSubaru, EAS Nutrition and GrahamGolden technologies. Special gratitude goes to Layer Cake Marketing and Kimberly Graham (whose husband Ralph is a top tournament player in Colorado) for providing a wonderful media opportunity for players Rhonda Rajsich and Paola Longoria to make appearances on Denver's ABC and NBC morning shows.

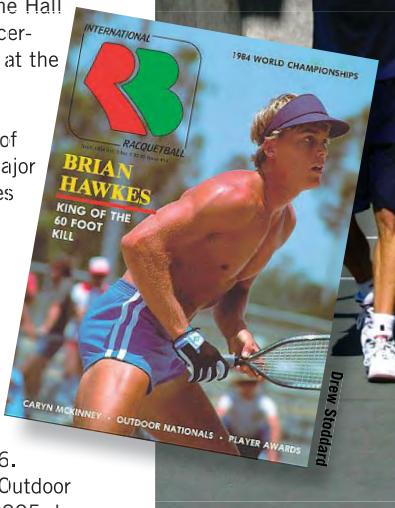
Brian Hawkes

FIRST INDUCTEE INTO WOR HALL OF FAME

World Outdoor Racquetball is proud to announce that Brian Hawkes will be the inaugural inductee into the newly created World Outdoor Racquetball Hall of Fame. The WOR Hall of Fame is dedicated to recognizing the greatest Outdoor players and contributors in the history of the sport. Hawkes, 48, who spent most of his career with Ektelon, is considered the greatest Outdoor racquetball player in history and will be the sole inductee in the Hall of Fame Class of 2012. The ceremony will take place in July at the WOR Championships.

As the most phenomenal Outdoor player in the history of the sport, Hawkes has won major National or World singles titles spanning three decades. He started playing racquetball in 1976 and won 20 World or National Pro Singles Titles, dominating Outdoor racquetball as no one has ever done before. He won the National Pro Outdoor singles title an unprecedented 16 consecutive times from 1981 to 1996.

Hawkes' last National Pro Outdoor championship title came in 2005 during his comeback attempt while in his mid-40's after a several-year hiatus from competition. In that event he defeated many famous Indoor and Outdoor pros en route to victory, including legendary pros Cliff Swain and Rocky Carson. His final victory proved beyond a doubt that this "principled" high school teacher was the best ever to set foot on an Outdoor racquetball court. As an eight-time National Outdoor Doubles Champion, he was also an accomplished indoor player, rising to the rank of #7 on the International Racquetball Tour, including a win at the Toronto Pro-Am in 1992.



After Hawkes retired from competition, Outdoor racquetball developed the "Hawkes Rules," which eliminated the use of his famous and unreturnable serve that literally went "out the door" with almost no chance of anyone returning it (other than a lucky spectator!).

Brian and Brandi Hawkes live in Lake Forrest, CA, a suburb of Orange County, with their two children, Connor and Amber, who both also play racquetball. Although still a regular at many local and national racquetball events and ceremonies, Hawkes has retired from competition as one of the few sports legends who

HAWKES' STELLAR OUTDOOR CAREER

- 20-time World or National Outdoor Singles Champion:
1981–1984, 1986–1989, 1991–1994,
1996–2000, 2002, 2003, 2005
- Junior National Outdoor Singles Champion:
1979, 1980
- Eight-time National Outdoor Doubles Champion:
1982 – 1997
- Indoor National Amateur Singles Champion:
1984
- Indoor National Amateur Doubles Champion:
1988
- Member of the U.S. National Racquetball Team:
1989, 1991
- Tournament of the Americas Doubles Gold
Medalist: 1989
- Olympic Festival Doubles Gold Medalist: 1991
- International Racquetball Tour Professional:
Highest Ranking: #7
- Toronto Pro-Am Champion: 1992
- Coach for Team Argentina at the Pan-Am
Games: 2002

decided to leave at the top of his career with many believing that he was the greatest Outdoor player of all time.

WOR Executive Director Hank Marcus celebrated this announcement, saying, "This is a fitting tribute to a very special player and person. It's the perfect way to initiate the WOR Hall of Fame."

WOR HOF Chairman Brett Elkins commented, "It is unprecedented to have a professional athlete winning WOR's championship event 16 times in a row and 20 times overall. This recognition could not happen to a nicer person who is a true ambassador of our sport."

3 WALLBALL CUP CHAMPIONSHIP SERIES

3 Wallball is excited to announce the creation of the 3 Wallball Cup Championship Series, an extension of the highly successful 3 Wallball World Championships which have been held in Las Vegas since 2010. Beginning Spring 2012, the 3 Wallball Cup Championship Series will be played from coast to coast and include the WOR Florida Championships (May; Miami, FL), the WOR Warm-Ups (June; Huntington Beach, CA), the WOR Championships (July; Huntington Beach, CA) and

the 3 Wallball World Championships (September; Las Vegas, NV).

Both men and women players can compete at each of the four Series events and accumulate points toward the naming of a Series Champion. Each champion (one man and one woman) will earn a cash prize of \$500 and a weekend Suite Package at the Stratosphere Casino, Hotel & Tower in Las Vegas. Points can be earned in each of the professional divisions (Pro Singles, Pro Doubles, Pro Mixed Doubles, and CPRT Doubles) with

players earning points based on their best finish in up to three divisions at each of the four events. The 3 Wallball World Championships will have bonus points awarded. At the conclusion of the final event, should a tie in points exist for the title, in the true spirit of Vegas, cards will be cut on the Championship Court with the high card being awarded the 3 Wallball Cup Series Championship. The point system to determine the 3 Wallball Cup Series Champions is attached.

Watch for more information on the 3 Wallball Cup Championship Series on www.3WallBall.com.



CAN RACQUETBALL Save Your Life?

By Steven Harper



It's possible. Take a look...

The 2012 Metroplex Racquetball Championships held in Arlington, Texas, was a triumphant event as nearly 140 players traveled from around the country to play at the Maverick Athletic Club. Considered one of Texas racquetball's premier events, this tournament also serves as a benefit for the Military Racquetball Federation (MRF). The Maverick has been hosting racquetball tournaments since opening in 1980 and is locally owned and operated by Robert Sullins, a military army veteran.

"This type of event raises awareness, not only for racquetball, but also for organizations such as the MRF and its programs," said Leo R. Vasquez, Metroplex Event Director. "The MRF provides Racquetball Rehabilitation Clinics (RRCs) that help wounded service members, and racquetball is the perfect exercise to get them on a court and active again. It is uniquely designed to focus on both physical and mental therapy for wounded service members suffering

from the effects of combat (PTSD/TBI). Some of these returning service members have lost limbs and are wheelchair-bound for life."

Michael Carrasquillo (SGT US Army – Bronze Star and Purple Heart recipient and one of MRF's Advisory Council Members) stated that racquetball actually saved his life. After being injured in Iraq in 2005, he said, "My upper-body combat injuries were too painful for ongoing therapy, but when I was introduced to racquetball, it was the sport that fit into my rehabilitation." Racquetball allowed him to use his upper extremities to move around the court. Since picking up the racquet he has gained more self-confidence, lost over 40 pounds, and returned to the mainstream of life. Wow. During the tournament, Mike was the Maverick's VIP guest speaker during the Flag Ceremony and he stated that he is honored to be affiliated with the sport of racquetball and to raise awareness for his fellow service members injured in combat.

Segments of the event were televised on the local FOX News station and a silent auction was featured throughout the weekend that raised \$1,500 for the MRF to continue its RRCs. Special guests in attendance included Major General Bruce A. Casella (US Army), CAPT Robert Bennett (US Navy), and Steven Harper, MRF Executive Director. During the news broadcast Steven stated,

"This is what MRF is all about, helping our service members by giving them something different to get them back into life. Too many of our returning heroes are not fully engaged because of their injuries, but hopefully, our rehabilitative racquetball clinics will give them something to reach for."

Special thanks to Bob Sullins and Leo Vasquez of The Maverick, as well as Kimo Hansen, MRF's Texas representative, who made the event a phenomenal success.

For more information about the Military Racquetball Federation and its programs, visit www.militaryracquetballfederation.com.

MRF GETS BOOST FROM MANNINO AT SCOTT AFB

By Steven Harper

International Racquetball Tour President Jason Mannino paid a visit to Scott AFB near Belleville, Illinois, in March in support of Military Racquetball Federation Racquetball Rehabilitation Clinics (MRF/RRC). After taking a tour of the Boeing C4OC Command aircraft and the 618th Air and Space Operation Center, they were off to the gym, where Jason played Scott Base Champion Jerry Turley in an exhibition. After the game, Jason spent an hour answering questions with the base players. Then in true Jason Mannino fashion, it was back to the court where he played eight other people, giving them the opportunity of a lifetime.

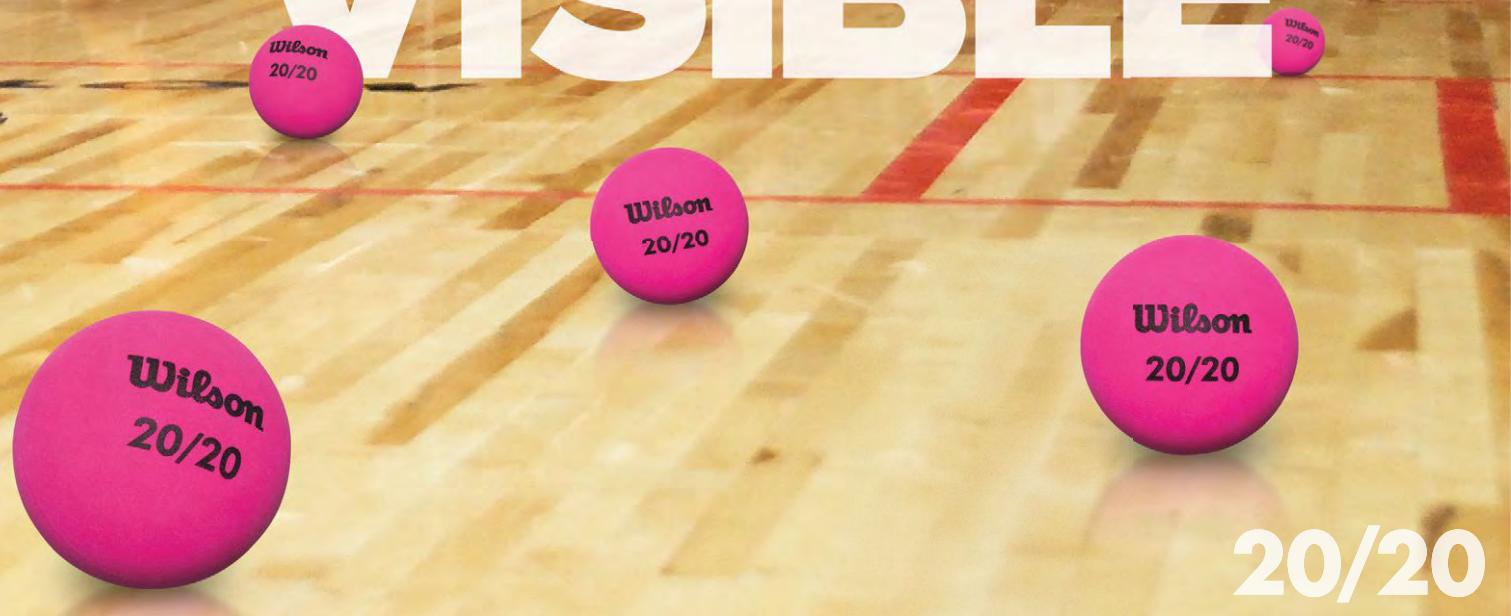
Thanks to the IRT, Racquetworld, Ektelon, E-Force, Wilson, Gearbox, Tri-cor Industries, Regal Midwest, and the Men and Women of the MRF: Scott Chapter, they were able to raise \$1200 in support of MRF/RRC for Wounded Service Members.

To learn how you can support the MRF/RRC visit: <http://www.militaryracquetball.com/RRC/index.html>



Photo Courtesy of MRF

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WFRA SEASON is off with a **BANG!**

Photo Courtesy of WFRA



Michael Bernstein, Cindy Ell, and Peter S. Berger

The World Firefighter Racquetball Association has started its season off in a spectacular way! January brought the WOR and the Firefighter Cancer Foundation together for a hugely successful two-day Doubles Tournament. With the help of our local sponsors and donations from the racquetball players who were in attendance, the WFRA was able to raise \$2,000 to benefit the Firefighter Cancer Foundation as well as the charity for the family of the firefighter who lost his life in a training accident. Top Play Gear's outstanding support pumped incredible enthusiasm into the tournament, and we at WFRA extend our heartfelt gratitude.

Cindy Ell, President of the Firefighter Cancer Foundation, traveled from Washington D.C. to check out the tournament and ended up staying for all of the action! In this photo, she is with WFRA President Peter S. Berger and Michael Bernstein of WOR who helped out with all of the brackets and getting players to their matches on time. I would like to thank him and all the members of WOR who came out in support of the causes.

This amazing weekend also proved to be very important in establishing a new and exciting relationship with the Firefighter Cancer Foundation. Cindy was greatly impressed with the incredible success of the tournament and offered Peter a position on her Executive Board as the new Southeast Regional Director of the Cancer Foundation. This position will allow him to stay with the WFRA and also to raise awareness of what the Cancer Foundation does for firefighters who suffer every year from the aftermath of the disease. Peter accepted the position and was excited to get started; he'll be working to set up national tournaments for the Cancer Foundation and to promote awareness of early detection. What better way to express the spirit of the WFRA?

The WFRA continues to push toward getting more members and helping them get established with USAR. In the past couple of months, we have expanded into 25 states, from Utah to Florida. This year the emphasis will be on getting members signed up and getting firefighters onto racquetball courts.

One new member, retired Deputy Chief Richard Halpin of York, Pennsylvania, told me that he still plays racquetball even though he's been retired for some time. We at the WFRA are looking for firefighters, active and retired, who love the great sport of racquetball and want to come and join us!

The WFRA is also out and about, helping to support and run tournaments across the U.S. In April we sponsored and ran the 2012 Florida State Firefighter Racquetball Championships in Daytona Beach at Embry Riddle College. In June, the WFRA will be helping to support the 2012 Can-Am Games in St. Cloud, MN. Also in June, we'll help with the 2012 United States Police and Fire Championships in San Diego. Finally, the WFRA will be privileged to sponsor and operate the 2012 National Firefighter Games in November.

The WFRA is eager to make more firefighters aware of the association. We are stretching our arms across America looking for firefighters everywhere we can find them, and we ask the racquetball family as well as the public to help with this cause. Corporate or private support for this racquetball association is needed and welcome so that we can continue to help firefighter families in need as well as help future firefighters, paramedics and EMTs get through school so that they can pursue this great career.

If anyone is interested in helping out the WFRA, please visit our website at www.worldfireracquetball.com and hit the donation button.

9/11/01 – WE WILL NEVER FORGET
ALL GAVE SOME, SOME GAVE ALL



IT JUST KEEPS *GETTING BETTER!*

By Kendra Tutsch

The WSMRA recently held its 23rd Annual Women's Senior/Masters National Championships in Sarasota as 94 players from all parts of the USA enjoyed torrid competition on the courts while soaking in the sunny relaxation of Florida. Read the details and see more photos at our website (below), and check out the story in the Winter issue of Racquetball magazine.

Our next two scheduled tournaments return to fine and familiar territory. In 2013, the 24th Annual Women's Senior/Masters National Championships will be held at "The Mav," the Maverick Athletic Club in Arlington, Texas, which hosted our tournament in 2006. In 2014, we'll return for our 25th Anniversary celebration to the great Spectrum Athletic Club in Canoga Park, California.

The WSMRA is also pleased to announce that Wilson Racquetball will continue as our national sponsor. We're proud to be associated with the Wilson brand and look forward to continuing this exciting partnership.

Need a short refresher course on our history? In 1993 at the 4th Annual Women's Senior/Masters Racquetball Championships held in St. Louis, a group of players, including USAR Hall of Famers Jo Kenyon and Mary Low Acuff, met to form an organization to promote racquetball as a lifetime sport for women as well

as to ensure that the tournament continued to grow. Out of that meeting was formed what came to be known as the Women's Senior/Masters Racquetball Association (WSMRA). Our tournaments have been held in states from Maryland to California. WSMRA members are women 35+ who wish to compete in racquetball at a high level and have fun at the same time. Over the years, we have grown the organization to include a membership of about 300 with a yearly tournament that draws 90-100 women on average. We want to attract the younger 35/40 age groups into tournament play while at the same time continuing to encourage older players to stay with the sport at the tournament level.

You are never out of the draw at this singles Round Robin tournament. We have Open/A and B/C (intermediate) divisions for all age groups. All matches in our tournament count in the current USAR ranking system. In this tournament, you will not only find yourself competing against some of the best women players in the country, but you'll have a great time! This is an awesome group of women who emphasize fun, friends and good sportsmanship. We hope to see you in 2013 and 2014!

Check our web site www.wsmra.com or find us on Facebook for tournament updates.

JUNIORS RACQUETBALL



CALIFORNIA DIVIDES WITH AWESOME RESULTS

Contributors: CSRA Junior Committee members Brett Elkins, Elaine Dexter and Brian Dixon (CSRA Jr. Director); volunteers Roger Lee and Randy Lam; and Dane Elkins, Jaden Elkins and Ben Jenkel.

Sometimes you just have to think outside the box.

On Saturday, January 21, the California State Junior Racquetball Championships were held in Northern and Southern California simultaneously, and this experimental approach turned out to be a spectacular one.

For many years these championships have been played in either Northern or Southern California in May. Due to the size of the state, when this tournament was held in one end of the state, few players from the other end would attend. This year, the California State Racquetball Association (CSRA) Junior Committee decided to try something different. The tournament was divided into a Southern Championship and a Northern Championship with both played on the same day. In addition, the tournament date was moved to January to

avoid conflicts with other sports and school schedules.

The result was two events with participation that more than doubled the previous year's numbers. Winners are deemed co-champions and a playoff may take place at some point. For all new members to USAR, the CSRA paid their first-year dues. We feel that this was a successful change and can see participation being even greater next year, helping to create a positive platform for the junior players and hopefully inspiring others to hold junior events.

In Northern California, the tournament was played at Clubsport in Pleasanton and directed by Elaine Dexter along with her regular crew. In Southern California, the action took place at the Spectrum Club in Canoga Park, directed by Debbie Tisinger-Moore and Randy Lam. The tournaments were filled with fun, many friends were

made, and this approach pulled the junior racquetball community closer together.

Singles winners in Northern California included Brandon Fung, Sahil Thakur, Antonio Rojas, Daniel Rojas, Estefanie Perez, Nikhil Prasad, Kyle Duchscherer, Krish Thakur, and Jared Lee. Taking home doubles victories were Antonio Rojas, Julian Singh, Dina Gafarov and Luke Sewall.

In Southern California, the singles winners included Victoria Leon, Heejin Koo, Kristine Varon, Tommy Andraeos, Sebastian Fernandez, Luis Fernandez, Miguel Rodriguez, and Owen Ocampo. In doubles, the winners were Tommy Andraeos, Jaden Elkins, Sebastian Fernandez, Jacob Toussaint, Dane Elkins, Llewlyn St. John, Nathaniel Inbar, and Kristine Varon.

Congratulations to all the winners and thanks to everyone who came to play - we're already looking forward to next year!

Photos courtesy Brett Elkins, Elaine Dexter, Randy Lam and Roger Lee

► Northern California player Ben Jenkel

The tournaments are always fun, but once you move up an age group it's a whole different experience. I moved up to 14 & Under for doubles this year and made a lot of good friends. My partner, James D'Ambrogia, packs a punch, and he's only nine years old. When he would walk on the court our opponents would look pretty confused. We placed second in doubles, and I'm happy about that.

In singles I played in 12 & Unders and there were some new people I'd never played before. I made a lot of new friends who are about at the same skill level as me, so we had some really good games. I owe most of my good playing to my coach, Brian Dixon. He helped with what serves I should use and what shots are good for the game. He's a great coach!

► Southern California player Dane Elkins

The tournament was great! I had a lot of fun and connected with my friends, including my doubles partner and all of my competitors. The best part of the tournament was knowing that we were competing against people who were just like us. We had a great time.



Photo courtesy NMRA

HIGH SPIRITS IN UTAH

■ By Bruce Adams, NMRA Secretary

The NMRA National Championship was held in March in the beautiful communities of Orem and Provo, Utah, just south of Salt Lake City. All divisions enjoyed superb moments of excellent and fair play.

John Winings of Valley Springs, CA, was awarded the Sportsperson of the Year award. He was overcome with emotion for awhile and was almost speechless during his acceptance of the award. John is a great sport on the court, and he's an outstanding player. As an example of his many acts of sportsmanship, he recently arrived ten minutes late and therefore demanded that his doubles team be forfeited (although the tournament director and opponents didn't agree!). That's what the NMRA is promoting,

especially since we are self-officiated. In addition, the seventh Journeyman's award was presented to Mike Martin by Hall of Famer Amos Rosenbloom. These indomitable Journeymen "Play for the Health of It," and they boast more than 70 players.

New Board member Fred Roe was initiated into the inner workings of the NMRA during the Board meeting and registration, and Tom Curran was recognized at the banquet as the outgoing President. The officers for the next year are: Howard Walker, President; Cindy Tilbury, Vice-President; Bruce Adams, Secretary; and Steve Cohen, Treasurer.

There were 16 new or first-time members at this great event – a huge THANK YOU to everyone.

For more about the NMRA and future events, please visit our website at www.NMRA.info.



Steve Cohen and Kristen Bellows



Amos Rosenbloom and Mike Martin

The Making of a CHAMPION



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

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

The 2011/2012 season is in full force with National Doubles Championships and National High School National Championships in February; the IRT and WPRO Pro Stops each month; State Championships and the USAR Regional Championships slated for March and April; culminating with the Ektelon Nationals in May. This is the time of the year where our bodies, minds and emotions can break down toward the end of a long playing season.

Over-training or under-training is a common problem among athletes. It's sad but **True** that many athletes don't truly know how to train properly. They generally use the "crash course" method: train hard just prior to the event, then coast, then train hard again right before the event, then coast – and they repeat this cycle tournament after tournament. Unfortunately, if you do too much too quickly (meaning all at once), your body has no time to develop muscle memory, muscle strength, or brain power. Also, with this type of training, there isn't enough time to recover so you are often tired. This leads to fatigue and poor performance. The "frustration stage" of your season emerges: you're scrambling to figure out what to do. So proper training is an athlete's key to optimizing playing potential.

One important training concept is **Periodization**, which is cutting-edge research used for elite athletes training for peak play. Periodization involves looking at the whole year and breaking down your calendar into preseason, in-season, and postseason.

The racquetball season is typically as follows:

Preseason starts in July and usually lasts for six to eight weeks or until the end of August. You want to focus on getting back into a routine, with aerobic conditioning being the most important. These workouts are long in duration and low in intensity and are great for fat-burning and cleansing. Building power and strength eventually occur during this period.

In-season usually lasts September-May, a long nine-month stretch. To keep from over-training or burning out, you have to understand the cycles of training. You can only play at your best for an average of six to eight weeks at a time because of fatigue, both physical and mental, and the possibility of sustaining injuries. Playing a lot of tournaments over a long period of time exhausts you, so you have to match your tournaments to your peak play cycles. You can basically prepare and peak four times a season for major tournaments. After every six to eight weeks, you need to take a recovery cycle in which you rest and stretch and heal. Take a week off for low maintenance and repair.

Postseason begins right after your playing season ends in June, and you should take three weeks off for a full mind/body recovery. Rest, relax and enjoy your time off, then gradually start back with aerobic exercise. This is an ideal time to have fun outside with some running, hiking, biking or other activities.

A training schedule is as important as a work or school schedule and cannot be compromised. All of my athletes, from my Championship Team including Rocky, Paola, Taylor and Sharon, as well as my Jr. Championship Team, including Jordan and Spencer, have diligent training schedules, based on their goals, that they follow religiously. No one is let off the hook. They follow these schedules as closely as possible and make adjustments along the way. When they do deviate from the schedule, they pay a high price.

Let's take a closer look at what my Championship Team is doing in each area so you get a better insight into what makes them champions:

1. RACQUETBALL SKILLS

This is the time of year that they're doing more movement drills and combination drills, still keeping stats of their results to check their progress. Also, when there are no tournaments, they are playing to stay sharp in game situations.

2. MENTAL SKILLS

There is only one way to be so you can play at your best: **POSITIVE**.

A positive attitude is a choice, and you are the only one in control of your mind. To take it even deeper, your body loves to respond to the energy and feelings that come from your mind, so if you feel positive and happy and excited about your match, your body responds by being loose, relaxed, and free of anxiety. This is how you get into the zone. You see the end result that you want, and then you act out the winning scenario.

A positive attitude shows up in many ways. Your body language says a lot about your attitude. Good body language on the court - head up, chin horizontal, shoulders back, and a bounce in your step - sends a message to your competitor that you are on top of your game!

3. FITNESS SKILLS

Continue to stay on track with the training routine that's working for you and DO NOT deviate. Never change a winning game. This is NOT the time to experiment and train more or less; just train right.

4. NUTRITION SKILLS

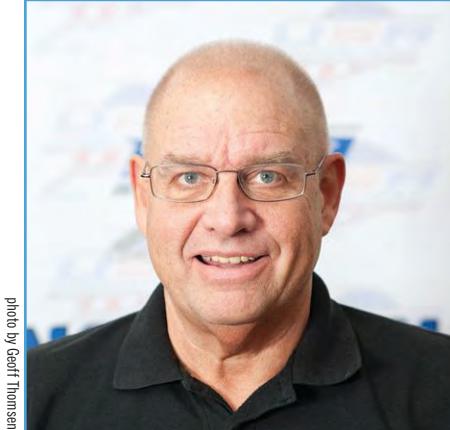
Continue to stay on track with your eating habits that are working and don't deviate. Again, this isn't the time to experiment - don't eat different foods to see how your body reacts. Just eat right - balanced meals are the way to go.

Fran Davis coaches Paola Longoria (#1 WPRO), Rocky Carson (#2 IRT), Taylor Knoth (#1 Jr. National and World Champion), and Sharon Jackson (#1 National Intercollegiate Champion). Her world-class credentials include the Hall of Fame 2004, Woman of the Year 2009, former US Team National Coach and Master Professional Instructors (USAR-IP). Her books, videos and racquetball instruction camps offer a wealth of top-notch instruction for racquetball players who want to ramp up their game on a championship level. For more information, check out her website at [www.frandavisracquetball.com](http://frandavisracquetball.com).

GETTING IN STEP WITH THE RULES

By Otto Dietrich
USA Racquetball National Rules Commissioner

photo by Geoff Thomsen



National Doubles is just past us, but here are some quick tips on reffing/playing doubles.

For the sport of racquetball, there is a very important deadline date rapidly approaching - June 1, 2012 - the precise date by which any proposed rule changes must be received (either by me or at the National Office) to even be considered during the next rule change cycle and, eventually, to be included in the rulebook. The next rule change cycle will end on September 1, 2013 - so don't look for any drastic changes very soon.

Here are a few questions that I have recently answered.

The lines on the court have been the subject of recent questions submitted by players John Johnson of Radford Virginia, Jim Gordon of Sierra Vista, Arizona, and Richard Showers of Longmont, Colorado. The primary court lines are those two 20-foot solid lines that define the service zone - respectively called the service line (that is across the court and fifteen feet from the front wall) and the short line (that is parallel to the service line, five feet behind the service line and twenty feet from the back wall). Since each of these lines are about 1 1/2 inches wide, it is important to know that only the outer most edges of those lines are the exact specified distance to the referenced wall. That's the reason why the paint that makes up the bulk of those two lines is defined as being INSIDE the service zone. That's also why you are allowed to step "on" the paint of the service zone, but not "beyond" those lines and still technically be "in" the service zone. Since neither of those lines defines the base of a "plane" of any kind, you are thus allowed to reach over those lines, but technically NOT be called for being "beyond" them until you actually touch the floor outside of the lines. The penalties governed by these

lines are primarily covered in Rules 3.7 through 3.10.

That other 20-foot-long line on the court is the receiving line, which is a specially dotted line parallel to the short line, with its outermost edge located exactly fifteen feet from the back wall. However, the receiving line does define the base of an imaginary plane that extends from the floor all the way to the ceiling. Should the receiver or his partner in doubles break that plane before the served ball either (1) touches the floor in front of that plane or (2) breaks the plane itself, they immediately lose that rally. For those of you who may remember the Star Trek TV series, I like to say that this plane acts like a "force field" that turns off only when one of those two things happen. More specific details and the penalties involving these lines are discussed fully in Rule 3.11

On each side of the service zone and located 18" and 36" from the sidewall are two lines extending across the service zone that are parallel to the side walls. The sidewall and the 18" lines define the service box where the non-serving doubles partner must remain with both feet on the floor and in an upright posture from the moment the serve begins until the served ball crosses the short line. (See Rule 4.3) The sidewall and the 36" lines define the drive serve zone. See Rule 3.6 for the specific details and the penalties involving these lines.

However, the most puzzling "court line" that I have been asked about lately is one usually described as being across the back wall about twelve feet above the floor. Whoops - there is NO such line specified in the rules of racquetball. For many years, the rules have required only that the back wall be at least twelve feet high, but never that it be limited to

more no more than twelve feet. Rule 2.1 (a) provides for the entire back wall to be "in play" as long as it provides a relatively consistent surface from which the ball may rebound.

Page Kern asked: What's the call when a player begins their service motion, swings and misses the ball?

I told her that such a serving error is a one-type of "OUT" serve as described in Rule 3.10 and is specifically listed as 3.10(b) and results in the immediate loss of the serve.

Dr. Jeremiah Smith asked about the situation when the referee is not sure of his call, such as when the player hits a ball that hits near the front wall/floor crack and either rolls out or barely skips then rolls out. He said that he has heard from several experienced racquetball players, and even tournament directors, that if the referee is not sure, and the players disagree, then the ball is to be called good and not replayed. In other words, if the referee is unsure, the benefit goes to the hitter. Is this the correct procedure? Is there anything in the rulebook that supports this position?

Several less-experienced players have asked me what to do in this situation, and I hate to say, "It's true because that's what somebody told me."

The referee in racquetball does NOT have an option of ending a rally by saying he is "unsure." So, in effect, if the referee does NOT declare that something was wrong with a particular play or shot, by calling it "BAD" (as in "skip" or "two bounces" or simply says nothing at all), then the automatic assumption (process of elimination) is that he has called it GOOD! For example, the referee always calls the serve GOOD, by merely not saying anything about why it was BAD, like "SHORT!" However, if the players both agree (3 out of 4 in doubles), then they can reverse the referee's call. But if not, then the referee's call (non-call) stands. The referee MUST make a call (or in effect do so by remaining silent) on every shot/get during a rally. He cannot say that he didn't see it or is unsure.

► *Always "Play by the Rules" and, if you don't have a copy, I encourage you to find and review them online at: <http://www.usra.org/usra/pub&ref/Rulebook.htm>.*

DO YOU HAVE A RULES/REFEREEING QUESTION?

Email it to me at odietrich@usra.org and you might find it featured in an upcoming issue of *Racquetball*.

2012 NATIONAL DOUBLES

Tempe, Arizona

Photos by Jim Hiser and Cheryl Kirk



Volunteers Merijean Kelley, Jack Hughes and Nidia Funes



Cindy Tilbury, Da'monique Davis, Terry Rogers, Shirley Parsons, Nidia Funes, Merijean Kelley

RESULTS

MEN'S
Men's Doubles US Team Qualifying

1st: Ben Croft/Rocky Carson III
2nd: Chris Crowther/Shane Vanderson
3rd: Andy Hawthorne/Jose Rojas
4th: Charles Pratt/Tony Carson

Men's Doubles Open

1st: Jansen Allen/Nick Montalbano
2nd: Jeffrey Conine/Sudsy Monchik
3rd: Arthur Schmeiser/Charlie Stalder
4th: Brad Schopierer/John Scott

Men's Doubles Elite

1st: Ken Cheshire/Raymond Maestas
2nd: Bryan Crosser/Sampson Shurman
3rd: Doug Brown/Kennedy Clark
4th: Alex Ma/Fabian Mendieta

Men's Doubles A

1st: Austin Babb/David Stone
2nd: Gary Desanti/Herman De Luna
3rd: Rob Paulsen/Ryan Davis
4th: Chris Pacheco/Philip Cohen

Men's Doubles B

1st: Bobby Morales/Bruce Homsey
2nd: Paul Tatz/Stephen Kraus
3rd: Quincy Lee/Spencer Galloway
4th: Chris Poucher/Will Costanza

Men's Doubles 24-

1st: Jansen Allen/Nick Montalbano

Men's Doubles 25+

1st: Anthony Herrera/Bryan Crosser
2nd: Daryle Uhrich/Rick "Soda Man" Koll
3rd: Arthur Schmeiser/Charlie Stalder
4th: John Scott/Travis Woodbury

Men's Doubles 30+

1st: Blake Hansen/Travis Mettenbrink
2nd: Alex Ma/Fabian Mendieta
3rd: Ken Cheshire/Raymond Maestas
4th: Daryle Uhrich/Rick "Soda Man" Koll

Men's Doubles 35+

1st: Ben Croft/Rocky Carson III
2nd: Chris Crowther/Shane Vanderson
3rd: Andy Hawthorne/Jose Rojas
4th: Charles Pratt/Tony Carson

Men's Doubles M25A/30A/35A

1st: Austin Babb/David Stone
2nd: Mark Mingles/Ryan Davis
3rd: Adam Rowley/Ty Kelly
4th: David Tedeschini/Ron Harraka

Men's Doubles 35+

1st: Jeffrey Conine/Suds Monchik
2nd: Damian Zamorano/Mark Monje
3rd: Ben Simons/Rick Wagner
4th: Josh Doniak/Matthew Majner

Men's Doubles 40 +

1st: Jimmy Lowe/Tim Hansen
2nd: Dale Millhollin/Jeff Stark
3rd: Darin Randles/Tommy Medina
4th: Doug Ganin/Tim Sweeney

Men's Doubles 45+

1st: Jimmy Lowe/Tim Hansen
2nd: Jerry Hines/Myron Hicks
3rd: Cliff Swain/Mike Lodge
4th: Jeffrey Hanno/Ed Pittinato

Men's Doubles 50+

1st: Dave Azuma/Mike Lubbers
2nd: Hatch Saakian/Ruben Gonzalez
3rd: Danny Newman/Ken Stone
4th: Mark Gilmore/Mark Malowitz

Men's Doubles 55+

1st: Dave Azuma/Mark Baron
2nd: Hatch Saakian/Ruben Gonzalez
3rd: Dave Kovanda/Ron Wooldard
4th: Howard Walker/Patrick Gibson

Men's 60+

1st: Joe Lee/Steve Cohen
2nd: Marc Burns/Salvatore Perconti

Men's Doubles 65+

1st: Barry Hendricks/Jon Walker
2nd: Ed Remen/Mike Pawka
3rd: Craig Olsen/Tom McKie
4th: Mike Lippitt/Warren Bailey

Men's Doubles 70+

1st: David Zabinski/Joseph Capozzoli
2nd: Jerry Monell/Jim McPherson
3rd: Donald Sperber/William Baker
4th: Francis Flory/Roger Hostetler

Men's Doubles M25A/30A/35A

1st: Austin Babb/David Stone
2nd: Mark Mingles/Ryan Davis
3rd: Adam Rowley/Ty Kelly
4th: David Tedeschini/Ron Harraka

Men's Doubles 25+ A

1st: Adam Rowley/Ty Kelly

Men's Doubles 30+ A

1st: Austin Babb/David Stone

Men's Doubles 35+ A

1st: Mark Mingles/Ryan Davis
2nd: David Tedeschini/Ron Harraka
3rd: Douglas Fulp/Steven Kaui

Men's Doubles 40+ A

1st: Ro Blackwood/Thomas (Alex) Baker
2nd: Mark Mingles/Rob Paulsen
3rd: Cory Kaveny/Shane Pinkston
4th: Chuck Ruscher/Mike Settle

Men's Doubles 45+ A

1st: Frederick Metcalf/Adolfo Parada
2nd: Bud Crockett/William Deluca
3rd: Ken Angelucci/Michael Arias
4th: Chris Sims/Dan Dryden

Men's Doubles 50+ A

1st: Adolfo Parada/Ken Angelucci
2nd: Adalberto Aguilar/Jose Luis Islas
3rd: Jim Mackie/Rick Dalessio
4th: David Williams/Jeffery Tipton

Men's Doubles 55+ A

1st: Bill Cannon/Ronald Martucci
2nd: Robert Frazier/Yrone Tony White
3rd: Dennis Rajisch/Saufoi Leutele

Men's Doubles M6065A

1st: Jim Elliot/Raymond Bierner
2nd: Dennis Farrell/Paul Dinerman
3rd: Donald Gunderson/Leonard Sonnenberg
4th: Mike Lippitt/Warren Bailey

Men's Doubles 60+ A

1st: Jim Elliot/Raymond Bierner
2nd: Dennis Farrell/Paul Dinerman
3rd: Mike Lippitt/Warren Bailey

Men's Doubles 65+ A

1st: Donald Gunderson/Leonard Sonnenberg
2nd: Fred Tabak/Frederick Roe

Men's Doubles M24B/30B/40B/45B

1st: Octavio Duarte/Omar Duarte
2nd: Dave Peckinbaugh/Jason Karger
3rd: Michael Volk/Sandro Aponte
4th Hank Estrada/Walter Jue

Men's Doubles 24- B

1st: Michael Volk/Sandro Aponte

Men's Doubles 30+ B

1st: Octavio Duarte/Omar Duarte

Men's Doubles 40+ B

1st: Dave Peckinbaugh/Jason Karger
2nd: Andre Magruder/Shiron Nichols
3rd: Bret Dorsett/Paul Deal

Men's Doubles 45+ B

1st: Hank Estrada/Walter Jue

Men's Doubles M50B/55B/60B

1st: Chris Poucher/Will Costanza
2nd: Kent Batty/Russ Randolph
3rd: Greg Kearney/Leonard Sonnenberg
4th: Bruce Adams/Lynn Stephens

Men's Doubles 50+ B

1st: Chris Poucher/Will Costanza
2nd: Bruce Adams/Lynn Stephens

Men's Doubles 55+ B

1st: Kent Batty/Russ Randolph

Men's Doubles 60+ B

1st: Greg Kearney/Leonard Sonnenberg

Men's Doubles M24C/35C/40C/50C

1st: Kent Batty/Russ Randolph
2nd: Dominic Maestas/Ronald Maestas
3rd: Dwight Smith/William Rhoades

Men's Doubles 35+ C

1st: Dominic Maestas/Ronald Maestas

Men's Doubles 50+ C

1st: Kent Batty/Russ Randolph

Men's Doubles 60+ C

1st: Greg Kearney/Leonard Sonnenberg

Men's Doubles M6065C

1st: Dan Greene/Keith Vogel
2nd: Carl Matthiesen/Doug Hood
3rd: Dwight Smith/William Rhoades

Men's Doubles 60+ C

1st: Dan Greene/Keith Vogel

Men's Doubles 65+ C

1st: Carl Matthiesen/Doug Hood
2nd: Dwight Smith/William Rhoades

Men's Doubles Centurion Open

1st: Dave Genevey/Dennis Riggs
2nd: Den Stone/Troy Stallings
3rd: Doug Kite/Richard Eisemann
4th Darin Randles/Mike Lubbers

Men's Doubles Centurion A

1st: Billy Cannon/Ronald Martucci
2nd: Greg Kearney/Ken Courtney
3rd: Jerry Hines/Tim Ensign
4th: Adalberto Aguilar/Jose Luis Islas

Men's Doubles Centurion B

1st: Darrel Bartkowiak/Keith Vogel
2nd: Cory Kaveny/Paul Dinerman
3rd: Dan Greene/Nick Frontczak
4th: George Brewer/Peter Alexander

WOMEN'S**Women's Doubles US Team Qualifying**

1st: Kim Russell-Waselenchuk/Rhonda Rajisch
2nd: Cheryl Gudinas/Krystal Csuk
3rd: Aimee Ruiz/Jacqueline Paraiso
4th: Laura Fenton/Marci Drexler

Women's Doubles Elite

1st: Judy Hulen/Vivian Schneider
2nd: Jill Mitchell/Kathy Isett
3rd: Janice Kennedy/Terri McWilliams
4th: Carolyn Hollis/Sherron Boyea

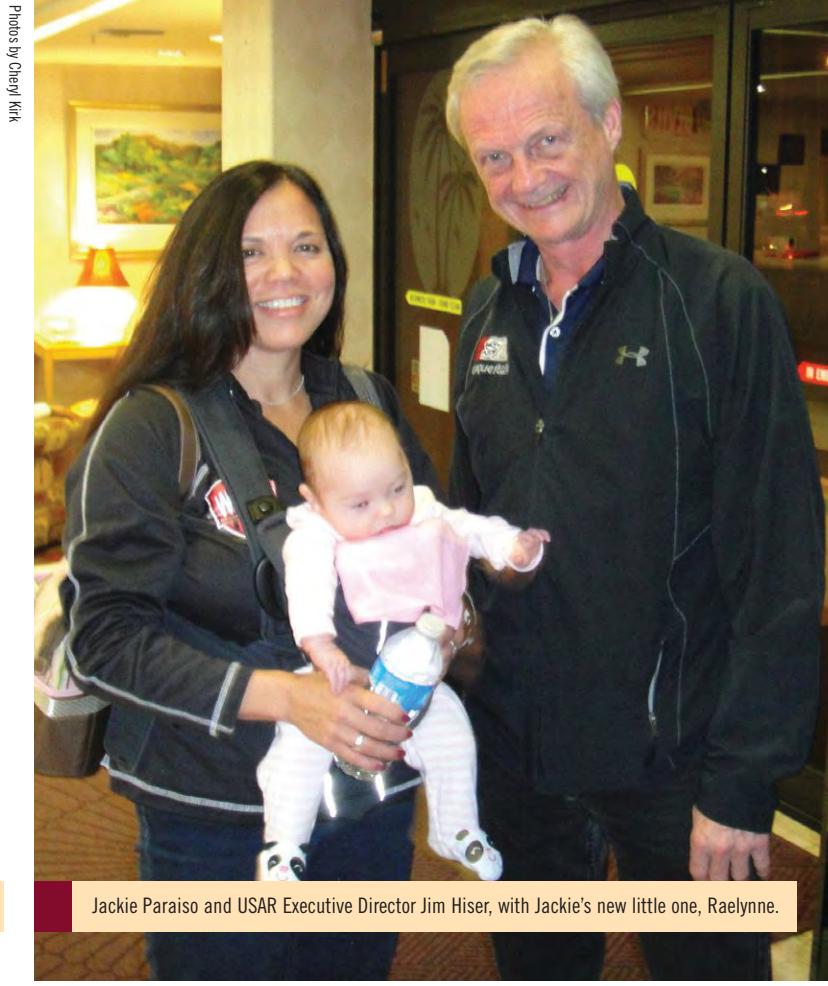
Women's Doubles WA/B

1st: Susie Gule/Laura Morin
2nd: Melody Gorno/Thao Le
3rd: Cheryl Jones/Kerri Garcia
4th: Lisa Bu/Lisa Panzero

RESULTS



Joe Williams (center) congratulates Men's 65+ Bronze medalists Craig Olsen and Tom McKie



Jackie Paraiso and USAR Executive Director Jim Hiser, with Jackie's new little one, Raelynne.

Women's Doubles A

1st: Melody Gorno/Thao Le
2nd: Cheryl Jones/Kerri Garcia
3rd: Lisa Bu/Lisa Panzeri

Women's Doubles B

1st: Susie Guidel/Laura Morin
2nd: Althea Bailey/Sharon McNeill
3rd: Tanya Nofs/Tia Leceland

Women's Doubles W30/35/40

1st: Debra Tisinger-Moore/Mae Chin-Varon
2nd: Elaine Albrecht/Tracy Hawthorne
3rd: Denny Erardi/Melissa McElfresh
4th: Judy Hulen/Vivian Schneider

Women's Doubles 30+

1st: Elaine Albrecht/Tracy Hawthorne

Women's Doubles 35+

1st: Denny Erardi/Melissa McElfresh
2nd: Judy Hulen/Vivian Schneider

Women's Doubles 40+

1st: Debra Tisinger-Moore/Mae Chin-Varon

Women's Doubles 45+

1st: Mary Lyons/Susan Pfahler
2nd: Debra Tisinger-Moore/Mae Chin-Varon
3rd: Beth Neff/Wanda Collins
4th: Cindy Tilbury/Denny Erardi

Women's Doubles 50+ Playoff

1st: Mary Lyons/Susan Pfahler
2nd: Christi Evans/Terri Graham
3rd: Elaine Dexter/Jody Nance
4th: Leslie Pawka/Vicki Panzeri

Women's Doubles 55+

1st: Elaine Dexter/Linda Moore
2nd: Leslie Pawka/Vicki Panzeri
3rd: Marsha Berry/Peggy Stephens
4th: Darlene Olich/Susan Hendricks

Women's Doubles W60/65/70

1st: Terry Ann Rogers/Wanda Collins
2nd: Merijean Kelley/Nancy Kronenfeld
3rd: Mary Lou Furaus/Nidia Funes
4th: Carla Francis/Shirley Parsons

Women's Doubles 60+

1st: Terry Ann Rogers/Wanda Collins
2nd: Merijean Kelley/Nancy Kronenfeld
3rd: Carla Francis/Shirley Parsons

Women's Doubles 65+

1st: Mary Lou Furaus/Nidia Funes
2nd: Marquita Molina/Mildred Gwinn

Women's Doubles 70+

1st: Marquita Molina/Mildred Gwinn

Women's Doubles W40A/50A

1st: Janice Kennedy/Tami Costanza
2nd: Kerri Garcia/Patrice Calvi
3rd: Lisa Bu/Lisa Panzeri
4th: Melody Gorno/Gloria Joseph

Women's Doubles 40+ A

1st: Ann Draud/Tina Joslin

Women's Doubles 50+ A

1st: Janice Kennedy/Tami Costanza
2nd: Kerri Garcia/Patrice Calvi
3rd: Lisa Bu/Lisa Panzeri
4th: Melody Gorno/Gloria Joseph

Women's Doubles W40B/50B

1st: Susie Guidel/Laura Morin
2nd: Althea Bailey/Sharon McNeill
3rd: Karyl Lamb/Patricia Delvecchio

Women's Doubles 40+ B

1st: Susie Guidel/Laura Morin

Women's Doubles 50+ B

1st: Althea Bailey/Sharon McNeill
2nd: Karyl Lamb/Patricia Delvecchio

MIXED

Mixed Doubles Open

1st: Aimee Ruiz/Andy Hawthorne
2nd: Charles Pratt/Janel Tisinger
3rd: Jacqueline Paraiso/Tony Carson
4th: Rhonda Rajisch/Shawn Royster

Mixed Doubles Elite

1st: Dan Diodati/Melissa McElfresh
2nd: Daryle Urich/Dorcy Norton
3rd: Darlene Olich/Tommy Medina
4th: Carlos Contreras/Denny Erardi

Mixed Doubles A

1st: Thao Le/Austin Babb
2nd: Michael Arias/Robin Smith
3rd: Adam Rowley/Susie Guide
4th: Carla Francis/Joe Lawrence

Mixed Doubles MXB/C

1st: Nick Frontczak/Tanya Nofs
2nd: Tami Costanza/Will Costanza
3rd: Russ Randolph/Wendy Koop
4th: Dan Greene/Cheryl Bird/Tia Leceland/
Joe Williams

Mixed Doubles B

1st: Nick Frontczak/Tanya Nofs
2nd: Tami Costanza/Will Costanza

Mixed Doubles C

1st: Russ Randolph/Wendy Koop
2nd: Dan Greene/Tia Leceland
3rd: Cheryl Bird/Joe Williams

Mixed Doubles MX25/30

1st: Bryan Crosser/Janel Tisinger
2nd: Jeremy Lee Hammond/Karen Key
3rd: Rick "Soda Man"/Sarah Houghtailing
4th: Geoffrey Peters/Krystal Csuk

Mixed Doubles 25+

1st: Bryan Crosser/Janel Tisinger
2nd: Geoffrey Peters/Krystal Csuk

Mixed Doubles 30+

1st: Jeremy Lee Hammond/Karen Key
2nd: Rick "Soda Man" Koll/Sarah Houghtailing

Mixed Doubles 35+

1st: Amy Foster/Jeff Stark
2nd: Dan Diodati/Melissa McElfresh
3rd: Beth Neff/Rafael Filippini

Mixed Doubles 40+

1st: Amy Foster/Jeff Stark
2nd: Cheryl Gudinas/Dale Millholland
3rd: Jody Nance/Ninja Nomura

Mixed Doubles 45+

1st: Laura Fenton/Richard Eisemann
2nd: Jimmy Lowe/Terri Graham
3rd: Beth Neff/Daniel Pischke

Mixed Doubles 50+

1st: Chris Evan/Tim Hansen
2nd: Ken Stone/Linda Moore
3rd: Anita King/Howard Walker
4th: Danny Newman/Dorcy Norton

Mixed Doubles 60+

1st: Frank Taddio/Nancy Kronenfeld
2nd: James Harvey/Shirley Parsons
3rd: Mary Lou Furaus/Raymond Birner
4th: Carla Francis/Warren Bailey

Mixed Doubles MX65/70

1st: Merijean Kelley/Mike Pawka
2nd: Jerry Northwood/Mary Lou Furaus
3rd: Mildred Gwinn/Jim McPherson
4th: Leonard Sonnenberg/Marquita Molina

Mixed Doubles 65+

1st: Merijean Kelley/Mike Pawka
2nd: Jerry Northwood/Mary Lou Furaus
3rd: Leonard Sonnenberg/Marquita Molina

Mixed Doubles 70+

1st: Mildred Gwinn/Jim McPherson

Mixed Doubles MX40A/50A

1st: Darlene Olich/Shane Pinkston
2nd: Mark Bianchi/Tina Joslin
3rd: Michael Arias/Robin Smith
4th: Cheryl Kirk/Richard Seaberg

Mixed Doubles 40+

1st: Darlene Olich/Shane Pinkston
2nd: Mark Bianchi/Tina Joslin
3rd: Michael Arias/Robin Smith

Mixed Doubles 40+ B

1st: Julia Mouser/Robby Partovich
2nd: Laura Morin/Ty Kelly

Mixed Doubles 50+ A

1st: Cheryl Kirk/Richard Seaberg

Mixed Doubles 50+ B

1st: Lynn Stephens/Sharon McNeill

Mixed Doubles MX40B

1st: Julia Mouser/Robby Partovich
2nd: Laura Morin/Ty Kelly

Mixed 55

1st: Dave Azuma/Ellain Dexter
2nd: Ann Draud/Mark Gilmore
3rd: Jill Mitchell/Patrick Gibson
4th: Howard Walker/Linda Moore

Mixed Doubles Centurion Open

1st: Debra Tisinger-Moore/Troy Stallings
2nd: Marianne Rowley – Mark Malowitz
3rd: Dorcy Norton/Tony Alfaro

Mixed Doubles Centurion A

1st: Bart Landsman/Vicky Kirmann
2nd: Janice Kennedy/Tyronne Tony White
3rd: Greg Kearney/Judy Hulen
4th: Cheryl Kirk/Jim Elliott

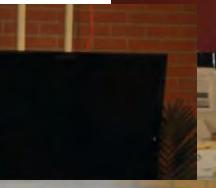
Mixed Doubles Centurion B

1st: Julia Mouser/Thomas (Alex) Baker
2nd: Chris Poucher/Tami Costanza
3rd: Gloria Joseph/Keith Vogel
4th: Ann Draud/Hank Estrada

2012 NATIONAL DOUBLES



Photos by Jim Hiser

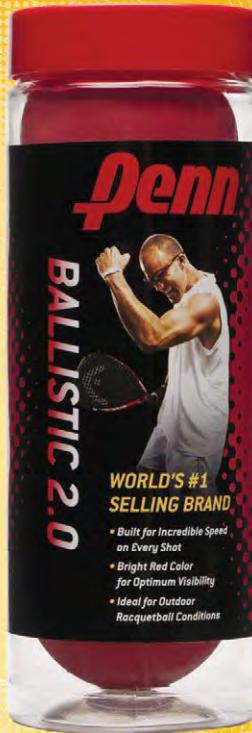
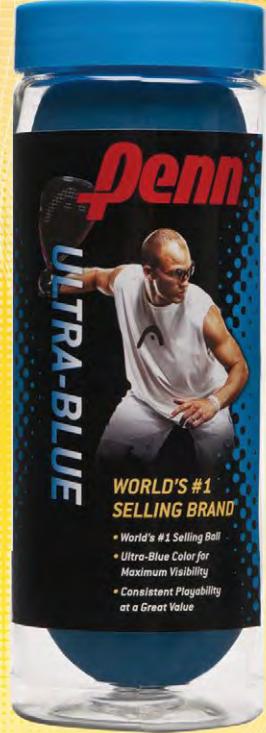
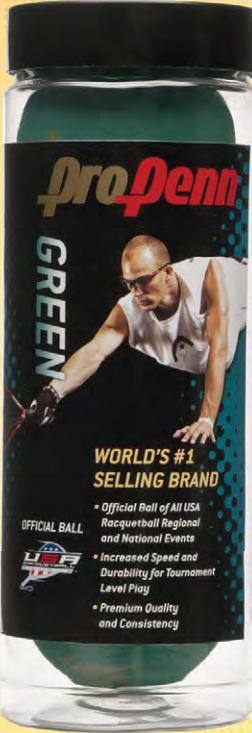
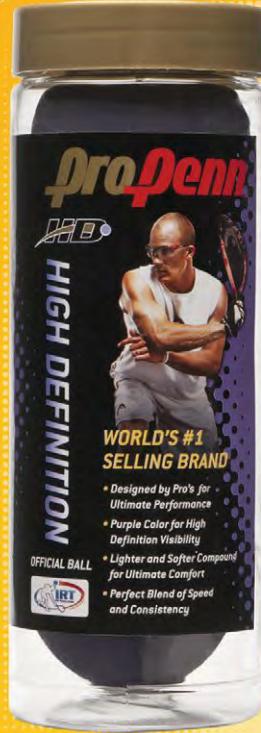


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1990's

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2000

Penn again revolutionizes the sport with the introduction of the Pro Penn HD.

25th National HIGH SCHOOL CHAMPIONSHIPS



Portland, Oregon

Photos by Jim Hiser

EVENT HIGHLIGHTS

The athletes and coaches! All athletes were so well-mannered, reported immediately to handle their officiating duties and there was seldom (if ever) a court dispute that required resolution by a tournament director. The coaches were extremely helpful and the athletes' conduct exemplified the great job that they did.

NEW FOR 2012

Every athlete was required to take the online officiating test prior to participating.

Great Showing

Although Beaverton won the overall championship with a great team showing, it was unusual for varsity teams like Cor Jesu and SLU to win the Girls and Boys titles respectively.

U.S. JUNIOR TEAM

Oregon dominated the US Team Qualifying spots with Lexi York and John Lindsay winning the Girls and Boys #1 positions respectively.

OUTSTANDING VOLUNTEERS:

Aaron White and Ed Boyle.

Their dedication and effort goes far beyond the normal volunteer!

SPECIAL THANKS TO:

Hank Marcus – pro at host club for your tremendous assistance every day!





First Place Girls Team – Cor Jesu Academy, St. Louis, Missouri.

HIGH SCHOOL ALL-AMERICAN AWARDS

Finish

Boys' #1 Gold First Place
 Boys' #1 Gold Second Place
 Boys' #1 Gold Third Place
 Boys' #1 Gold Fourth Place
 Boys' #1 Gold Quarterfinalist
 Boys' #1 Gold Quarterfinalist
 Boys' #1 Gold Quarterfinalist
 Boys' #1 Gold Quarterfinalist
 Boys' Doubles #1 Gold First Place
 Boys' Doubles #1 Gold First Place
 Boys' Doubles #1 Gold Second Place
 Boys' Doubles #1 Gold Second Place
 Girls' #1 Gold First Place
 Girls' #1 Gold Second Place
 Girls' #1 Gold Third Place
 Girls' #1 Gold Fourth Place
 Girls' #1 Gold Quarterfinalist
 Girls' #1 Gold Quarterfinalist
 Girls' #1 Gold Quarterfinalist
 Girls' #1 Gold Quarterfinalist
 Girls' Doubles #1 Gold First Place
 Girls' Doubles #1 Gold First Place
 Girls' Doubles #1 Gold Second Place
 Girls' Doubles #1 Gold Second Place
 Mixed Doubles #1 Gold First Place
 Mixed Doubles #1 Gold First Place
 Mixed Doubles #1 Gold Second Place
 Mixed Doubles #1 Gold Second Place
 Boys' #2 Gold First Place
 Boys' #2 Gold Second Place
 Girls' #2 Gold First Place
 Girls' #2 Gold Second Place

* denotes double qualifier

Name

John Lindsay*
 Connor Laffey*
 Sam Reid*
 Matthew Goolsby
 AC Orozco
 Zach Lazenby Parkway
 Mark Martin
 Joe Koch
 John Lindsay*
 Brenden Oliver
 Sam Reid*
 Evan Czopek
 Lexi York
 Krystle Boyle*
 Hollee Hungerford
 Erica Lipski
 Ariana Guilak S
 Suzy Bambini
 Jordan Giljum
 Meghan Moloney*
 Krystle Boyle*
 Michelle Reith
 Meghan Moloney*
 Emily Najjar
 Elena Schaefer
 Sam Reid*
 Stephanie Herschbach
 Connor Laffey*
 Curtis Smith
 Alex Lazenby
 Lizzy Henquinet
 Kelsie Provancha

School

Oregon City High School, OR.
 Sprague High School, OR.
 Lincoln High School, OR.
 Reynolds High School, OR.
 Highland High School, ID.
 Central High School, MO.
 Rolla High School, MO.
 St. Louis Univ. High School, MO.
 Oregon City High School, OR.
 Oregon City High School, OR.
 Lincoln High School, OR.
 Lincoln High School, OR.
 La Salle High School, OR.
 Beaverton High School, OR.
 Grandview Christian Academy, OR.
 Sunset High School, OR.
 Southridge High School, OR.
 Kirkwood High School, MO.
 Cor Jesu Academy, MO.
 Nerinx Hall, MO.
 Beaverton High School, OR.
 Beaverton High School, OR.
 Nerinx Hall, MO.
 Nerinx Hall, MO.
 Lincoln High School, OR.
 Lincoln High School, OR.
 Sprague High School, OR.
 Sprague High School, OR.
 Parkway West High School, MO.
 Parkway Central High School, MO.
 Kirkwood High School, MO.
 Sprague High School, OR.



1st Place Winners Lexi York and John Lindsay



Developmental Coach of the Year Tom Inglesby with Jim Hiser

2012 USA RACQUETBALL NATIONAL HIGH SCHOOL CHAMPIONSHIPS
Portland, Oregon

TEAM*

1. Beaverton HS Beaverton, OR 4,269
2. Lincoln HS Portland, OR 3,999
3. Sprague HS Salem, OR 3,993
4. Southridge HS Beaverton, OR 3,443
5. Parkway West HS St. Louis, MO 2,695
6. Kirkwood HS St. Louis, MO 2,046
7. Sunset HS Portland, OR 1,740
8. Oregon City HS Oregon City, OR 1,144
9. Tualatin HS Tualatin, OR 8 18
10. Reynolds HS Troutdale, OR 5 84
11. Centennial HS Gresham, OR 5 82
12. Sandy HS Sandy, OR 4 28
13. Artesia HS Artesia, NM 4 06
14. Salem Academy Salem, OR 3 27
15. Highland HS Pocatello, ID 2 75
15. Riverton HS Riverton, UT 2 75
15. Rolla HS Rolla, MO 2 75
18. Central Catholic HS Portland, OR 2 74
19. Tualatin HS Tualatin, OR 2 67
20. Sandy HS Sandy, OR 2 38
21. Artesia HS Artesia, NM 2 26
22. Los Alamos HS Los Alamos, NM 2 25
23. Salem Academy Salem, OR 1 00

BOYS

1. St. Louis University HS St. Louis, MO 2,388
2. Lincoln HS Portland, OR 2,160
3. Sprague HS Salem, OR 2,141
4. Beaverton HS Beaverton, OR 1,867
5. Parkway West HS St. Louis, MO 1,379
6. St. John Vianney HS St. Louis, MO 1,365
7. Southridge HS Beaverton, OR 1,117
8. Oregon City HS Oregon City, OR 1,094
9. Parkway Central HS St. Louis, MO 8 64
10. Sunset HS Portland, OR 6 15
11. Kirkwood HS St. Louis, MO 4 64
12. DeSmet Jesuit HS St. Louis, MO 4 31
13. Reynolds HS Troutdale, OR 4 09
14. Centennial HS Gresham, OR 3 28
15. Salem Academy Salem, OR 1 30
16. Paradigm HS South Jordan, UT 1 25
17. Artesia HS Artesia, NM 1 05
18. Reynolds HS Troutdale, OR 7 5
19. Cibola HS Albuquerque, NM 5 0
19. Oregon City HS Oregon City, OR 5 0

GIRLS

1. Cor Jesu Academy St. Louis, MO 1,954
2. Beaverton HS Beaverton, OR 1,906
3. Southridge HS Beaverton, OR 1,837
4. Kirkwood HS St. Louis, MO 1,342
5. Sprague HS Salem, OR 1,329
6. Lincoln HS Portland, OR 1,154
7. Parkway West HS St. Louis, MO 9 99
8. Sunset HS Portland, OR 9 56
9. Nerinx Hall St. Louis, MO 8 19
10. LaSalle HS Milwaukie, OR 5 75
11. Tualatin HS Tualatin, OR 4 45
12. Grandview Christian Academy Beavercreek, OR 4 25
13. Centennial HS Gresham, OR 2 54
14. Sandy HS Sandy, OR 1 90

*Schools must have boy and girl entries to compete in the Team championship.
Team points equal the sum of boys points, girls points and mixed doubles points.



Second Place Boys Team – Lincoln HS, Portland, Oregon



Second Place Girls Team – Beaverton HS, Beaverton, Oregon



Second Place Team – Lincoln HS, Portland, Oregon



Checking Out The Draw Sheets

2012 NATIONAL COLLEGIATE Championships

Photos by Jim Hiser



1st Place Women, Oregon State



1st place Men Colorado State Pueblo

EVENT HIGHLIGHTS

What was missing...

Shane Wood, we missed you!

A great replacement

"Smokey" alias Robert VanSchalkwyk did a fantastic job filling in for Shane and did double-duty throughout the event.

Upset...

Jansen Allen defeating heavy favorite Taylor Knoth in the Boys #1.

Up-and-coming

Danielle Key in her second year pushing Sharon Jackson in the finals!

Persistence

Always there, always cheering, always having fun...The ERC!!!



Sportsmanship Award Winner Karl Tappert with Rob "Smokey" Van Schalkwyk



Coach of the Year Richard Krinsky with Rob "Smokey" Van Schalkwyk



1st Place Overall Team Oregon State

COLLEGIATES



2012 INTERCOLLEGIATE TEAM POINTS - DIVISION I

TEAM	POINTS	RANK	TEAM	POINTS	RANK	TEAM	POINTS	RANK
OVERALL			WOMEN'S			MEN'S		
Oregon State	3030	1	Oregon State	1290	1	Colorado State - Pueblo	2080	1
Colorado State - Pueblo	2546.5	2	Univ of Oregon	986	2	Oregon State	1740	2
Univ of Missouri - Columbia	1893.5	3	Arizona State Univ.	861	3	Univ of Missouri - Columbia	1140	3
Brigham Young Univ	1836	4	Univ of Missouri - Columbia	753.5	4	Brigham Young Univ	1138	4
Univ of Alabama	1625	5	Utah Valley Univ	709.5	5	Univ of Alabama	980	5
Utah Valley Univ	1530	6	Brigham Young Univ	698	6	Utah Valley Univ	820.5	6
Arizona State Univ.	1527.5	7	Univ of Alabama	645	7	Univ of Utah	817	7
Univ of Oregon	1312	8	Univ of New Mexico	565	8	Univ of New Mexico	679.5	8
Univ of New Mexico	1244.5	9	Colorado State - Pueblo	466.5	9	Arizona State Univ.	666.5	9
Univ of Utah	1034	10	US Military Academy	392.5	10	Univ of Cincinnati	595	10
US Military Academy	790.5	11	Univ of Conn	312.5	11	Univ of Texas	472.5	11
Univ of Cincinnati	595	12	Univ of Utah	217	12	Univ of Florida	472	12
Univ of Texas	519.5	13	Univ of Arizona	140	13	Univ of South Florida	420	13
Univ of Florida	511	14	Univ of Mass	140	14	US Military Academy	398	14
Univ of South Florida	420	15	Western New England	140	15	UC Berkeley	344	15
Univ of Conn	376	16	Univ of Texas	47	16	Univ of Oregon	326	16
Univ of Arizona	357	17	Penn State	40.5	17	RIT	325.5	17
UC Berkeley	344	18	Univ of Florida	39	18	Northern Arizona	315	18
RIT	325.5	19	Missouri State	16	19	Boston Univ	245	19
Northern Arizona	315	20	Idaho State	12	20	Missouri State	235	20
Missouri State	251	21	Boston Univ	0	21	Univ of Arizona	217	21
Boston Univ	245	22	Delta College	0	22	Delta College	210	22
Delta College	210	23	Lane Tech	0	23	Univ of Hawaii	167	23
Penn State	189.5	24	Northern Arizona	0	24	Penn State	149	24
Univ of Mass	182	25	Ohio State	0	25	Lane Tech	140	25
Univ of Hawaii	167	26	RIT	0	26	Univ of Central Florida	104	26
Lane Tech	140	27	SUNY New Paltz	0	27	Univ of Colorado	94.5	27
Western New England	140	28	Texas A&M	0	28	Ohio State	68	28
Univ of Central Florida	104	29	Texas Tech	0	29	Univ of Conn	63.5	29
Univ of Colorado	94.5	30	UC Berkeley	0	30	Univ of Mass	42	30
Ohio State	68	31	Univ of Central Florida	0	31	Texas Tech	33	31
Texas Tech	33	32	Univ of Cincinnati	0	32	SUNY New Paltz	18	32
SUNY New Paltz	18	33	Univ of Colorado	0	33	Idaho State	0	33
Idaho State	12	34	Univ of Hawaii	0	34	Texas A&M	0	34
Texas A&M	0	35	Univ of South Florida	0	35	Western New England	0	35

DIVISION II

TEAM	POINTS	RANK	TEAM	POINTS	RANK	TEAM	POINTS	RANK
OVERALL			WOMEN'S			MEN'S		
Baldwin Wallace	1316.5	1	Baldwin Wallace	849.5	1	Baldwin Wallace	467	1
Clarkson	746.5	2	Clarkson	328.5	2	Clarkson	418	2
Iowa Lakes Comm	140	3	Middlesex Comm. College	47	3	Iowa Lakes Comm	140	3
Bryant	101	4	Bryant	17	4	Bryant	84	4
Middlesex Comm. College	47	5	Iowa Lakes Comm	0	5	UMass Lowell	20	5
UMass Lowell	20	6	UMass Lowell	0	6	Middlesex Comm. College	0	6

Find complete results at: <http://usra.org/Portals/18/docs/collegiate/2012IntercollegiateStandings.pdf>

POWER UP!

By Ryan Wolfe,
From the cookbook, **Race Day Recipes**
Recipes courtesy www.Teamusa.org

FRESHIE'S GRANOLA

Granola is a great pre-competition breakfast or just a great snack. Its high-calorie content and energy-sustaining carbohydrates will get you geared up and keep you going.

In a search for granola that is easy to make and tastes great, former collegiate cyclist and Category 1 racer Steve "Freshie" Scholzen developed this granola recipe. Make it in advance and take it on the road or just enjoy it for breakfast for days to come.

Prep time: <5 mins

Cook time: 50 mins

Difficulty: **

Ingredients:

- 4 cups old fashioned oats
- 3/4 cup honey
- 1/4 cup sliced almonds
- 1/4 cup crushed walnuts
- 1/3 cup canola or vegetable oil
- 1 tbsp. vanilla extract
- 1 tsp. almond extract
- 1/2 cup dried cranberries or golden raisins
- 1/3 cup semi-sweet chocolate chips
- Cooking spray

Instructions:

Preheat oven to 275 degrees. In a large mixing bowl, combine oats, honey, almonds, walnuts, oil, vanilla extract and almond extract. Stir until oats are evenly coated with oil and honey. Spray a baking tray with cooking spray and evenly pour the oats. Place in oven and bake for 50 minutes, stirring every 10 minutes.

Remove from oven when the mixture is golden brown. Spread out thinly over aluminum foil. Allow to cool. Add chocolate chips and dried cranberries or golden raisins.



Photo by Andrés Viveros

Nutrition plays an essential role in any athlete's performance. Your body gets out of it what you put into it. Proper nutrition is not only the foundation that helps you compete at high levels, but it also sustains and even helps the body recover quicker. The right nutrition will help keep you on top for your next training session or competition.

Our motto is: Eat to live, live to train, train to win.

Race Day Recipes was developed for athletes on the move. Our "on the road" recipes can be made in any hotel room with ingredients that can be found anywhere. Our recipes are simple, intuitive, nutritious, and delicious.

PESTO PRIMAVERA

Pesto Primavera is a great way to add some flavor to the "boring" pasta we eat the night before a competition. It also makes a great recovery meal. This recipe is packed with fresh flavors, all of which can be bought at a local grocery store. No need to travel with any of these ingredients! Choosing freshly prepared pesto and fresh vegetables and basil will result in an overwhelmingly wonderful delight!

Ingredients:

- 1 – 8oz. package of pasta (can be regular or gluten free)
- 3 oz. pesto sauce
- 2 tsp. extra virgin olive oil
- 1/4 tsp. crushed red pepper flakes (optional)
- 1 - 7oz. package or can of chicken
- 3/4 c. of grape tomatoes
- 1/2 c. of asparagus, cut or broken into 1" pieces
- 1/3 c. fresh basil, cut or torn into small pieces
- 1/3 c. Parmesan cheese
- Salt and pepper to taste

Instructions:

Boil water and cook pasta according to directions on package. Drain and mix in pesto sauce. Set aside in a bowl. In the same pan, add olive oil and heat over medium heat. When oil is hot, add red pepper flakes and sauté for 30 seconds. Add the chicken and sauté until brown, approx. 3 minutes, stirring occasionally.

When the sides of the chicken are browned, add the tomatoes and asparagus and sauté for five minutes or until the tomatoes are soft. Remove from heat. Mix in basil and Parmesan cheese, stir, and season with salt and pepper to taste. Place the chicken primavera on the pasta and serve.

The views expressed in this article are the opinion of the author and not necessarily the practices of USA Racquetball. Before starting any new diet or exercise program, you should check with your physician and/or coach.

For more information on this and other recipes, visit www.racedayrecipes.com.

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Penn

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Taylor Knoth
Jr. World Champion

Sharon Jackson
Jr. Nat'l Champion

Paola Langoria
2X #1 Pro Player

Rocky Carson
#1 Pro Player 2008

Jason Mannino
#1 Pro Player 2003

Sudsy Monchik
#1 Pro Player

Rocky Carson
#1 Pro Player 2008

Jason's Credentials

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 2012

April 20-21	Salt Lake City, UT
May 4-6	Woodbridge, NJ
June 8-10	San Diego, CA
July 20-22	Millersville, MD
August 3-5	San Francisco, CA
September 7-9	TBA
October 12-14	TBA
October 26-28	Dallas, TX
November 2-4	Chicago, IL
December 7-9	TBA

Weekend Camps 2013

January 18-20	Sarasota, FL
January 25-27	Las Vegas, NV
February 1-3	Seattle, WA
March 1-3	Findlay, OH
March 22-24	TBA

Spring/Summer FL/
So. CA Outdoor Camps w/Rocky Carson
Week Long Fantasy Camps 2012
November 29 - December 6, 2012-Aruba
(Caribbean Island...Intermediate
to Advanced Camp)

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The above dates are subject
to the IRT schedule.



Girls Team Gold Medal Winners, Cor Jesu, St. Louis, MO

A Closer Look At
MISSOURI



Dan Whitley

Photos courtesy Dan Whitley and MORA

As the state with nation's longest-running junior racquetball program, Missouri has an impressive record of introducing young players into the sport as well as training and nurturing them to become lifetime players – and champions!

Meet **Dan Whitley**, Missouri State Racquetball Association President...

► **How long have you been president of MORA?**

I can't believe it will be eight years this summer; I've been president since 2004 and was vice president for four years prior to that. I became involved with our state association shortly after I finished getting my MBA at the University of Missouri. I ran the club racquetball team there for four years. After I graduated, I wanted to continue to stay involved in racquetball.

► **Describe your high school program: How many players?**

Over 500 kids currently play in our high school racquetball program. Our league was established in 1979. It is amazing when you try to consider how many kids have played in the program over the years. You can check out our program's website at www.mohsra.org.

► **How much of it is school-run and how much club-run?**

Twenty-two different St. Louis area high schools are involved. Of those schools, ten of the teams are run completely by volunteer coaches and parents. The other twelve programs have some school support, but they all still rely on additional help from parents, alumni, and other volunteers.

► **Can you share a few ideas on how to successfully reach out to local schools?**

The first step to starting a program at your school would be to introduce racquetball as an intramural activity. Conclude the intramural with a high school tournament and crown school champions, a boy and a girl. Introduce the same intramural at another school, and then have the winners from both schools compete against each other. It can grow from there into a complete racquetball club with student officers and faculty advisors.

The key to introducing this life sport to the kids is by simply letting them play. They will instantly see how much fun it is, and then it's much easier to start teaching strategy and technique.

► **What has been your greatest satisfaction in growing your junior and high school programs?**

That's easy. Almost 100% of the Missouri league's players start playing racquetball in high school, so watching kids learn the sport and excel at it over a four-year period is really impressive. It's awesome seeing kids, who in some cases may not have had prior sports experience or success, be able to enjoy racquetball. It is really neat to see certain kids find their niche in racquetball. Schools in our league do not need to cut players; there is a spot in our league for everyone on the team.

► **What are the three or four most valuable life lessons your kids learn from your state's junior and high school racquetball programs?**

Great question. Our league mission statement sums it up: The goal of the Missouri High School Racquetball Association is to promote interscholastic racquetball competition with coaches and athletes who reflect principles of integrity, hard work and excellence. Our philosophy of placing athletes first and winning second is designed to help young men and women learn that striving for victory should only be done in a team atmosphere of fair play and good sportsmanship.

► **What are the biggest challenges your young players have in learning and playing this sport?**

Outside of footwork, court positioning, and racquet preparation? The challenge is simply finding the time to work on those and other aspects of their game. It seems that kids today are involved in so many different activities in addition to racquetball. At a minimum, our league consists of one practice and one league match each week. The kids are encouraged to take lessons, join other leagues, drill/play on their own, and participate in summer camps. The opportunities are there for the kids who want to do more in the sport.

► **How does your high school program affect your collegiate program?**

That's an interesting situation. The kids in our high school program end up going to colleges all over the country, not just in Missouri. Local colleges, such as the University of Missouri-Columbia, Missouri State, and St. Louis University, have all been able to annually field club teams. We are always looking to help other area colleges start programs. It's neat to think that there are kids who got their start in Missouri who are playing on college campuses everywhere.

► **What's your best advice for other states on how to grow a spectacular state program from the grass-roots level? What are the top three priorities?**

Get enthusiasts involved: parents, club pros, state board members, and others. People who are passionate about the sport are the best at getting others involved.

Get local racquetball clubs involved. In Missouri we use the off-peak court time at almost every racquetball club in St. Louis for our high school league. For a racquetball club manager, why would they not want to sell their unused court time to a program that creates the players/club members of tomorrow?

Do whatever it takes to create a fun experience for the kids. It isn't about winning or losing, it's about having a good time and smiling on the court. It's an activity parents can play with their kids. It's a game for all ages: a lifetime sport!

► **How does USAR's online program benefit your state association the most?**

All of our high school league players are required to be USA Racquetball members. The secondary accident insurance provided through membership is a great benefit. This requirement helps our high school racquetball league work to follow guidelines set forth by the Missouri State High School Sports Association. We want racquetball to follow the same standards as all other high school winter sports in Missouri, and membership with USA Racquetball allows us to do that.

In addition to the sanctioning of our tournaments and our league, the online membership database has been incredibly helpful. The parents love looking on R2Sports for the brackets prior to a tournament weekend. Now the kids can take the Junior Referee test online, too.

► **How did the team feel about their winning experience in Oregon?**

It was a tremendous honor and accomplishment for the kids! Our kids had a lot of fun in Oregon as they do every year that we make the trip. The team was fully aware of the amazing Oregon junior and high school racquetball programs and their history. Our players have a lot of respect for those programs. In addition to all of that, the Oregon coaches, players, and parents made us feel welcome all week. It was a special experience that our kids will remember forever.

"Get enthusiasts involved: parents, club pros, state board members, and others.

People who are passionate about the sport are the best at getting others involved."

USA RACQUETBALL

2012 Hall of Fame Honorees

Photo courtesy Ron Gould



▶ Michelle Gould

Professional

Michelle is one of the best female racquetball players of all time. She won the WPRA and WIRT National Pro Singles Championships seven times in eight years from 1990 to 1997 and also captured the AARA US High School Nationals title in 1989.

Michelle has earned 39 US National titles, 58 International titles, and 55 Professional titles. She was named the USRA Female Athlete of the Year nine times.

Photo courtesy Art Shay



▶ Art Shay

Contributor

Art (literally) changed the way we all viewed the sport. Through his expertise, we were able to eliminate the darkness, the green tinge, the graininess, the reflections, and the nothing-but-backsides photographs that filled early racquetball publications.

Racquetball benefited enormously from Art's contributions as a photographer, photojournalist, author, and proponent of the sport.

Photo courtesy Art Shay



▶ Steve Serot

Professional

Steve was known as one of the best "divers" in the sport of racquetball. He beat some of the finest athletes in the game including Marty Hogan, Bill Schmidtke, Steve Keeley, Jerry Hilecher, and Charlie Brumfield...to mention just a few.

Steve was noted for his hustle and awesome backhand. He could consistently kill the ball during a flat-out dive and make it look normal.

▶ Please join us for a special Hall of Fame induction ceremony at the 2012 Ektelon Nationals presented by Penn in Fullerton, California during the week of May 23-27.

EVOLUTION Of Our Sport



By Randy Stafford

Photo courtesy Randy Stafford



The game of racquetball was invented by Joseph Sobek. A resident of Greenwich, CT, Sobek was also a professional tennis and handball player. Growing tired of the only available indoor sports, he sought after a fast-paced sport that was easy to learn and play. After he and his partner began using paddles to play handball, he created a set of rules based on those of squash and handball, and in 1949 he called his game "paddle rackets."

In 1950, Sobek, using the tennis racket as a pattern, developed plans for a new, short strung racket. He had 25 prototypes made from NJ Magnam (of tennis company fame) and started selling them to other members of the Greenwich YMCA to promote his new sport. The new game was catching on fast, but when players started to complain about the performance of the ball, Sobek decided to find something better. He came across a Spalding rubber ball that was luckily inexpensive, so he bought as many as he could to make his new sport a hit. Later, he founded his own company where he was able to craft balls to his exact specifications. The first balls for Joe were made by Seamless, which later became the famous ball manufacturer Seamco.

In February 1952, Sobek founded the National Paddle Rackets Association (NPRA). He codified a set of rules, printed them as booklets and sent them out to continue the promotion. In 1969, Robert Kendler, head of the US Handball Association, founded the International Racquetball Association (IRA), and the sport officially had its new name, coined by San Diego tennis pro Bob McInerny. The most famous players of the 1960's were methodical, control players such as luminaries Dr. Bud Muehleisen and Charlie Brumfield, who used heavy wooden "paddle rackets." The IRA took over the National Championship in 1969, holding their first tournament in St. Louis.

In the late 1970's, racquetball took a turn for the better. Players were insisting on new racquetball clubs and courts, and luckily, sales of equipment skyrocketed. In 1973, after a dispute with the board of directors, Kendler parted ways with the IRA and formed two new, short-lived organizations: the US Racquetball Association and the National Racquetball Club. The 1970 top pros included legends Charlie Brumfield, Dr. Bud Muehleisen, Steve Serot, Steve "Bo" Keeley and Peggy Steding.

This '70s group eventually paved the way for harder-hitting players including Jerry Hilecher, Shannon Wright and Heather McKay. Lighter aluminum, metal, and graphite racquets ruled the day.

Despite Kendler's departure, the IRA continued to grow and changed its name to the Amateur Racquetball Association. In 1997, it took the name United States Racquetball Association

(USRA) before changing its name for the final time, in 2003, to USA Racquetball (USAR).

Racquetball became one of the fastest-growing sports in the U.S. during the 1980s. The Ladies Professional Racquetball Association (LPCA) was founded in 1980. In addition, the top pros of the eighties were even harder-hitting than previous generations who had formulated the movement toward "power" racquetball. These players included shot-making performers such as Hall of Famers Marty Hogan, Lynn Adams, Heather McKay and the first (and only) million-dollar player, Etkelon's Mike Yellen. The United States hosted the first Racquetball World Championship in 1981, and just one year later, the US Olympic Committee recognized racquetball as a developing Olympic sport.

In 1995, racquetball achieved full medal status in the Pan American Games.

By the late 1990s, there were approximately ten million U.S. players and a total of fourteen million players around the world. During this prolific decade, a talented pool of clever performers emerged who mixed power with precision, including Cliff Swain, Sudsy Monchik, Ruben Gonzalez (the "ageless wonder" who is still playing on the pro tour at almost 60), Jackie Paraiso and Jason Mannino.

The 2000s saw the emerging dominance of the greatest player in racquetball history, Kane Waselenchuk, who recently won 139 matches in a row. Other notable stars include shot-makers Rocky Carson, Rhonda Rajsich, Paola Longoria and, notably, Debbie Tisinger-Moore, who holds more than 90 national and world titles.

Steve Keeley is a '70s top pro and author of the best-selling book, *The Complete Book of Racquetball*; **Randy Stafford** is a past president of USA Racquetball and founder of *The Court Company*; **Brett Elkins** is chairman of the newly created *WOR Outdoor Racquetball Hall of Fame* and co-founder of the website www.SportsChampionship.com.

Check out the historical website, www.RacquetballMuseum.com, which features antique racquetball memorabilia, shirts, racquets, balls and collectables for historical interest, along with the stories on their relevance to our sport. This fascinating site is a great place for the preservation of the great sport of racquetball.

Update: Outdoor adventurer Steve "Ho-Bo" Keeley was recently reported missing (by his brother) in Mexico after a two-month hobo trip. Keeley eventually resurfaced alive and is back in the U.S. after using up most of his nine lives. Bo has a top-selling book on the Amazon entitled *Executive Hobo: Riding the American Dream*.



CALENDAR OF EVENTS

EVENT TITLE	EVENT DATES	FACILITY NAME
2012 WOR 3RD ANNUAL FLORIDA OUTDOOR STATE CHAMPIONSHIPS	MAY 18-20	TROPICAL PARK
WEST COAST SHOOTOUT	MAY 19	SARASOTA YMCA
2012 JIM WINTERTON USAR-IP CLINIC - CA	MAY 22	THE MERIDIAN SPORTS CLUB
2012 USAR 45TH NATIONAL SINGLES CHAMPIONSHIPS	MAY 23-27	THE MERIDIAN SPORTS CLUB
27TH ANNUAL PEPSI CUP CLUB CHAMPIONSHIPS	JUNE 7-10	LITTLETON YMCA
RACQUET FOR THE CURE	JUNE 8-9	LANDMARK HEALTH AND RACQUET CLUB
FRAN DAVIS RACQUETBALL CAMP	JUNE 8-10	SORRENTO VALLEY RACQUETBALL & FITNESS
2012 FLORIDA SUNSHINE STATE GAMES	JUNE 8-10	UF STUDENT FITNESS AND RECREATION CENTER
THE JOHN J. GRIFFIN ROOFING OPEN	JUNE 8-10	WORLD GYM
2012 WOR CLASH OF THE TITANS	JUNE 9	CENTRAL PARK (NORTH MEADOW REC CENTER)
MSO 2012	JUNE 11	OAKLAND UNIVERSITY REC CENTER
FUNDRAISER FOR NOR CAL JUNIOR USA TEAM MEMBERS	JUNE 16	CLUB SPORT FREMONT
2012 39TH NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS	JUNE 20-24	THE MERIDIAN SPORTS CLUB
SUNCOAST OPEN \$15,000 CASH SHOOTOUT	JUNE 21-24	SARASOTA BATH & RACQUET CLUB
FLAGSTAFF OPEN	JUNE 22-24	TBD
MEIJER STATE GAMES OF MICHIGAN	JUNE 23	MICHIGAN ATHLETIC CLUB
2012 WOR SAVANNAH 1-WALL OUTDOOR SERIES: GA STATE CHAMPIONSHIPS	JUNE 30	LAKE MAYER COMMUNITY PARK
NMRA INTERNATIONAL CHAMPIONSHIPS	JULY 18-21	NC STATE UNIVERSITY - CARMICHAEL GYM
STOCKTON PRO RACQUETBALL ACADEMY CAMP	JULY 18-22	IN-SHAPE SPORT: WEST LANE
SUNFLOWER STATE GAMES RACQUETBALL TOURNAMENT	JULY 20-21	DOWNTOWN TOPEKA YMCA
FRAN DAVIS RACQUETBALL CAMP	JULY 20-22	SEVERNA PARK RACQUETBALL AND FITNESS CLUB
2012 TRANSPLANT GAMES OF AMERICA	JULY 29	YMCA - DOWNTOWN GRAND RAPIDS
2012 SAN FRANCISCO FRAN DAVIS CAMP	AUGUST 3-5	PRIME TIME
2012 FLORIDA STATE DOUBLES	AUGUST 10-12	SARASOTA BATH & RACQUET CLUB
DENVER ELITE CAMP	AUGUST 16-20	TBD
WORLD WIDE RACQUETBALL ACADEMY OUTDOOR RACQUETBALL CAMP	AUGUST 25-26	MARINA PARK HB
2012 IRF WORLD SENIOR RACQUETBALL CHAMPIONSHIPS	AUG. 28-SEPT. 1	MIDTOWN SPORTS AND WELLNESS
2012 WOR NAPLES DOUBLES SHOOTOUT (LAS VEGAS WARM-UP)	AUG. 31-SEPT. 2	FLEISCHMANN PARK

FACILITY CITY	FACILITY STATE	CONTACT NAME	CONTACT EMAIL
MIAMI	FL	CHRIS YOUNG	VAULTHIGH26@HOTMAIL.COM
SARASOTA	FL	CHAD BAILEY	AUCHAD99@HOTMAIL.COM
FULLERTON	CA	JIM WINTERTON	COACHRBALL@GMAIL.COM
FULLERTON	CA	JIM HISER	JHISER@USRA.ORG
HIGHLANDS RANCH	CO	LARRY HAEMMERLE	UNCLELARRY2ALL@YAHOO.COM
PEORIA	IL	JOANN WICKWIRE	JWICKWIRE@COMCAST.NET
SAN DIEGO	CA	STEVE KOWALSKI	CAMPS@FRANDAVISRACQUETBALL.COM
GAINESVILLE	FL	JEAN TRIMBLE	JTRIMBLE1255@GMAIL.COM
BAY SHORE	NY	TOM KEOGH	JONATHAN.M.CLAY@GMAIL.COM
NEW YORK	NY	ISAAC ROMAN	BENNYBANDANA@WORLDOUTDOORRACQUETBALL.NET
ROCHESTER	MI	CHUCK VAN HOOSE	CCVANHOOSE@MIREALSOURCE.COM
FREMONT	CA	JACK HUGHES	MLIPPITT@ATT.NET
FULLERTON	CA	JIM HISER	JHISER@USRA.ORG
SARASOTA	FL	CHAD BAILEY	AUCHAD99@HOTMAIL.COM
FLAGSTAFF	AZ	BOBBY FERREIRA	BFERR@COX.NET
GRAND RAPIDS	MI	TWAYNE HOWARD	HOWARDT@RIGHTPLACE.ORG
SAVANNAH	GA	LEMUEL O'NEAL	SAV_OUTDOOR_RB@COMCAST.NET
RALEIGH	NC	NMRA	SCOHEN@NMRA.INFO
STOCKTON	CA	JOHN ELLIS	ELLISTYLE@COMCAST.NET
TOPEKA	KS	SCOTT WOLFORD	YOSCOOTERW@YAHOO.COM
MILLERSVILLE	MD	STEVE KOWALSKI	CAMPS@FRANDAVISRACQUETBALL.COM
GRAND RAPIDS	MI	TWAYNE HOWARD	HOWARDT@RIGHTPLACE.ORG
BURLINGAME	CA	STEVE KOWALSKI	CAMPS@FRANDAVISRACQUETBALL.COM
SARASOTA	FL	CHAD BAILEY	AUCHAD99@HOTMAIL.COM
DENVER	NY	JIM WINTERTON	JOSHATTUCK@RACQUETBALLACADEMY.COM
HUNTINGTON BEACH	CA	ROBY PARTOVICH	ROBY@WWRBA.COM
ALBUQUERQUE	NM	GARY MAZAROFF	GMAMPRO@GMAIL.COM
NAPLES	FL	CHRIS YOUNG	JMAN92592@LIVE.COM



USAR President Cheryl Kirk and Canada's Head Coach Sue Swaine



Rajsich celebrates her win with Valentina Gonzalez (Chile), Ana Cristina Velez (Ecuador), and Maria Renee Rodriguez (Guatemala)

PAN AMERICAN CHAMPIONSHIPS

Photos courtesy Cheryl Kirk

US Team member Rhonda Rajsich and USAR President Cheryl Kirk traveled to Temuco, Chile, in late March where they represented the United States at the Pan American Racquetball Championships, an annual event (formerly the Tournament of the Americas) held each year in the week preceding Easter. The Pan American Racquetball Confederation (PARC) offers Elite, Junior and Friendship (aka amateur) divisions at this competitive and developmental event.

Rajsich and Kirk proudly carried the American flag into the Opening Ceremonies on March 30; then it was down to business for Rajsich, first in the round robin format, then, after a day of rest, into the main draw. Rajsich as first seed advanced to the

semifinals before running into a buzz saw, Frederique Lambert of Canada, who played great racquetball and won 13, 10 to advance to the finals. Unfortunately, Lambert's chronic shoulder injury caught up with her and she was unable to finish the final against Paola Longoria of Mexico. Congratulations go to Mexico and Canada, first and second place countries, for their success in Chile.

While the U.S. did not field a full team to this lengthy and expensive event, Kirk reported that Rajsich was an outstanding ambassador amongst the players of the 15 countries that participated. At the PARC General Assembly on April 3, Kirk was elected to that organization's Board of Directors.

HEAD PENN SIGNS #1 RANKED PAOLA LONGORIA

Paola Longoria, the current No. 1 ranked female racquetball player in the world, has signed a long-term contract with HEAD Penn Racquet Sports. The San Luis Potosí, Mexico native is just 22 years old, but has already amassed an impressive resume of racquetball accomplishments. In addition to being atop the Women's Professional Racquetball Organization (WPRO) current rankings, Longoria is the reigning International Racquetball Federation's (IRF) World Women's Doubles Champion and the 2011 Pan American Games Women's Singles Champion.

"We are thrilled to have Paola join the HEAD Penn team. She is not only the most dominant women's player in the world but is a class act on and off the court," said Doug Ganim, HEAD Penn's Manager of Indoor Promotions. "As the leading brand in the sport we look forward to providing her with the equipment she needs to further increase her competitive advantage."

Before joining the professional ranks, Paola dominated on the world stage as a junior. She won eight consecutive World Junior Girls' Singles Championships from 2001 to 2008. Toward the end of her junior career Longoria started competing at the adult level, winning the Pan American Championships title in Women's Singles in 2006, 2008, 2010 and again this year in April.

Last year in racquetball's penultimate international competition – the Pan American Games – Paola became the first Mexican player ever to win a singles Gold Medal. Longoria is a two-time and current US OPEN Racquetball Championship winner. Her first US OPEN title came in 2009 at the age of 19, the youngest winner ever among men or women at racquetball's most prestigious Grand Slam event.

"I am very excited to join the premier racquetball equipment maker in the industry," said Longoria. "By joining the HEAD Penn team, I now have the best equipment on the market that will help me remain the No. 1 ranked player in the world. I'm so happy to be part of the HEAD Penn team and look forward to achieving more titles."

In 2010, Longoria received the 2010 National Sports Award from the Mexican President Felipe Calderon. Off the court, Paola is a student in Engineering Administration and Systems at Universidad Autónoma de Nuevo Leon.

To follow Paola Longoria and the rest of the HEAD Penn Professional Team, check out www.facebook.com/headpennracquetball.



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SPRING 2012 USA RACQUETBALL | 35

STRING QUIZ CHALLENGE OF THE DECADE: *The Results*

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



Photo courtesy Steve Crandall

Well, the results are in from our String Quiz Challenge that appeared in Racquetball's Fall 2011 issue, and I must say I now have a lot more sympathy for teachers! Seriously, though, you all did rather well. In fact—though I wouldn't spread this around—you scored a bit better than those squash folks who took a similar quiz. But you didn't hear that from me...

In all, 51 people took the quiz and the average score was 85, which, if memory serves, is a solid B. All but five scored a passing grade of 70 or above (you others know who you are), a full 40% scored 90 or better, and 22% scored 100 or better, which I think speaks really well. Best of all, we had three perfect scores of 105. Congratulations go to Garrick Engle of San Angelo, TX, Dan Lonquist of Fruita, CO, and Steve Socha of Corpus Christi, TX.

The only question everyone got right was the bonus question. But, there were some questions with which a number of you consistently had trouble. The second most frequently missed was question #5: "Which property is not monitored by Ashaway's Quality Control Lab and does NOT affect string durability?" The correct answer is "Shear Strength." This might seem like a trick question, but the reason we do not test for shear is that we have not found a good correlation between shear strength and string durability. Tensile strength, for which we do test, has only slightly better correlation. Curiously, the best indicator of string durability we have found is "Loop Strength," a measure of a string's bending strength.

By far the most missed question was #17 regarding which is the world's largest racquet sport market based on volume of string sold. Those of you who answered "Tennis" may be guilty of a little cultural myopia. While tennis is very popular in the U.S. and Western Europe, badminton is a national sport in China, India and Indonesia. Think about it. Those three have populations of 1.3 billion, 1.2 billion, and 238 million, respectively. That's nearly nine times the U.S. population of 308 million as reported by the 2010 Census. Tennis doesn't even come close!

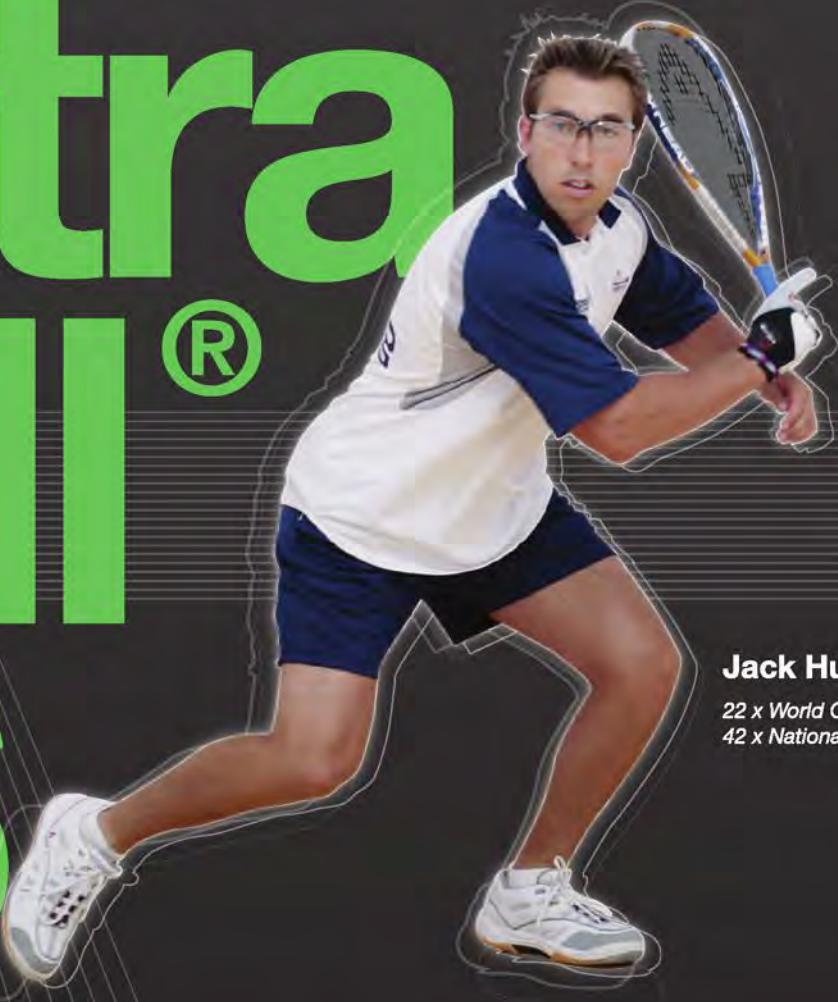
Here's a complete list of quiz questions with the correct answers:

- If you want the ball to explode off your racquet with greater power, you should string your racquet at a higher tension. **False** (The rule is, decrease tension for power, increase for control.)
- Many new fibers have been used in racquet strings over the last 10 years. Which of the following fibers has NOT been used in a commercial racquet string? **Spectra®**
- In general, all racquet strings are pre-stretched before stringing. **False**
- What is the standard diameter range for an 18 gauge string? **1.10-1.15 mm**
- Which property is not monitored by Ashaway's Quality Control Lab and does NOT affect string durability? **Shear Strength**
- Your choice of racquetball string makes very little difference in how your racquet plays. **False** (The right string can make a big difference.)
- The fastest growing segment of the racquetball string market is the Zyex-based string segment. **True**
- Zyex is represented by which of the following chemical acronyms? **PEEK**
- Which of the following is NOT home to a racquetball string manufacturer? **Canada**
- Which of the statements in this list is NOT relevant to racquetball string? **Solid monofilament strings are very stiff.**
- Hybrid stringing (two different types or different gauges of string) is growing in popularity in racquetball. **True**
- The normal breakage point for a racquetball string is a main string in the upper 1/3 of the frame. **True**
- The trend in racquetball stringing is to string at tensions in the 25 lb. range. **False** (32-35 lb. range is most common these days.)
- The most popular tension range for stringing racquetball racquets is: **30 - 40 lbs.**
- All racquetball racquets have the exact same stringing pattern. **False** (But racquetball stringers probably wish this were **True!**)
- A new Zyex-based racquetball string was introduced last summer. It is 1.30 mm in diameter. What gauge is that? **16 gauge**
- The biggest (largest unit volume) string market in the world is associated with which sport? **Badminton**
- The general rule of thumb is that you string your racquet as many times each year as you play your favorite racquet sport each week. (Unless your string breaks on a mis-hit, of course!) **True**
- A thin gauge and textured surface is desirable in a racquetball string since it grips the ball better for control and spin. **True**
- Jack Huczak has won ten World Championships playing with Ashaway string in his racquet. **True**
- Ashaway is the only brand of racquet strings manufactured in the United States. **True**

Thanks to all who participated! Everyone who scored a passing grade will receive a free package of Ashaway's new UltraKill® 16 string.

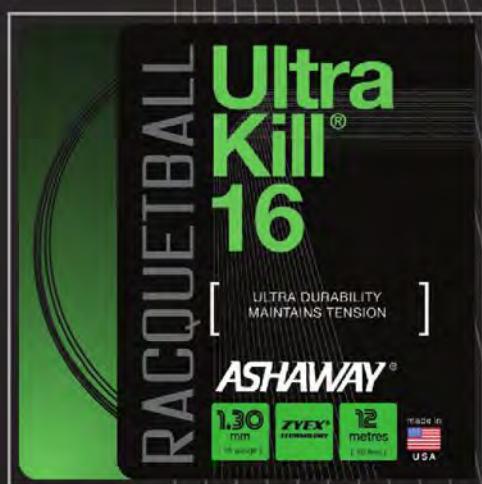


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