



NCRA, Inc.

1048 Lamms Rd.

Carthage, NC 28327

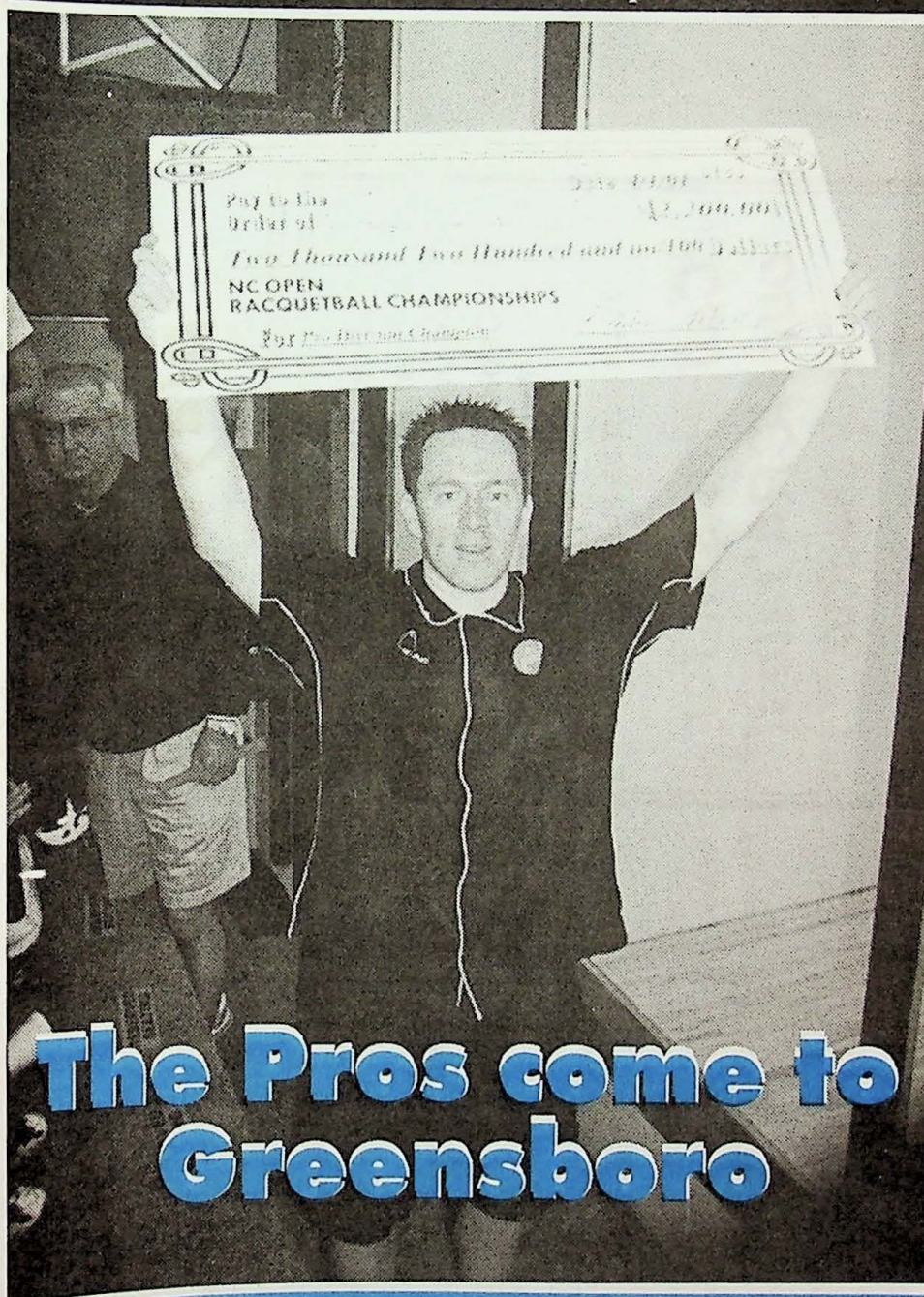
NCRA BOARD MEMBERS

Mike Bourgeois	Jacksonville	910-353-4284	mbourgeois@ncracquetball.com
Bruce Bryant	Sneads Ferry	910-327-4441	
Debbie Bryant	Sneads Ferry	910-327-4441	dbryant@ncracquetball.com
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Jan Stelma	New Bern	252-633-2221	jstelma@ncracquetball.com
Lynn Stephens	Carthage	910-947-3029	lstephens@ncracquetball.com
Wayne Sweat	Charlotte	704-523-7887	wsweat@ncracquetball.com
Tommy Troutman	Concord	704-436-2021	troutman@ncracquetball.com
Andreas Winston	Fayetteville	910-487-6398	awinston@ncracquetball.com
Kristen Sutek	Fayetteville	910-482-3173	ksutek@ncracquetball.com

Anyone interested in serving on this volunteer Board can submit a petition with 25 valid USRA dues paying member signatures OR ask a Board member to recommend your name to the election committee.

THE WALL NUT JOURNAL

The official Newsletter of the North Carolina Racquetball Association, Inc.



The Pros come to Greensboro

Inside:

Notes and Quotes
Tournament Schedule

What's the Call
Tournament Results

NCRA Tournaments

Sept. 14-16

Outback Blast It!

Fayetteville

The Sports Center, 910-864-3303

Sept. 21-23

Fall Classic (LPRA Pro Stop)

Charlotte

Dowd YMCA, 704-333-7771

Oct. 19-21

Racquetball October Fest

Goldsboro

Family Y, 919-778-8557

Nov. 9-11

Turkey Shoot

Asheville

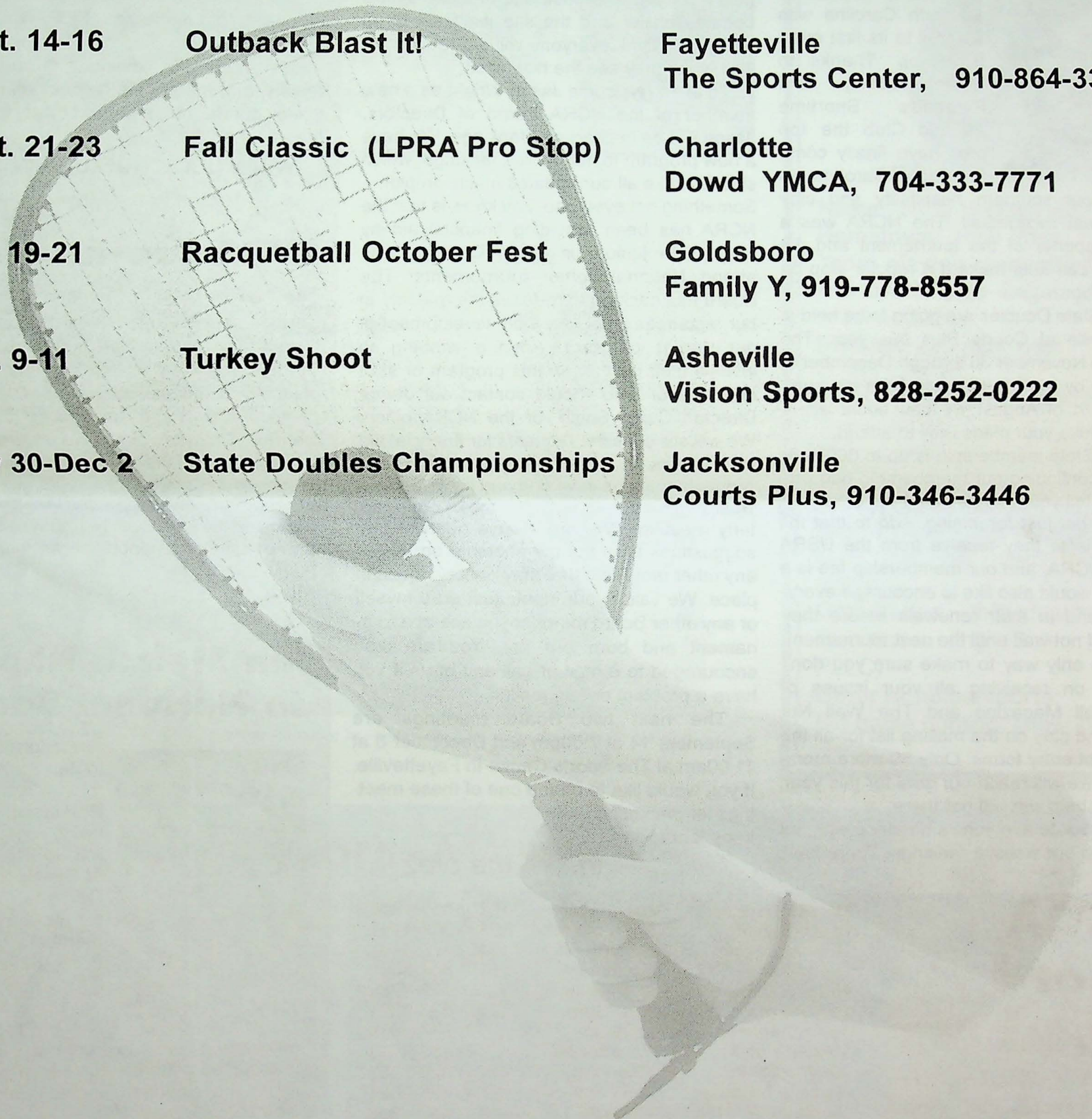
Vision Sports, 828-252-0222

Nov 30-Dec 2

State Doubles Championships

Jacksonville

Courts Plus, 910-346-3446



notes and quotes... ... from the prez



It finally happened. North Carolina was host to its first ever-Pro Stop. Thanks to Eddie Alberty and Pyramid's Sportime Athletic Club the top pros have finally come to North Carolina to

sample our southern hospitality and play some great racquetball. The NCRA was a large supporter of the tournament and we hope we can help make it a regular stop on the Pro Tour.

The State Doubles are going to be held in Jacksonville at Courts Plus this year. The dates are November 30 through December 2. We hope by moving the date from the summer month of August we can boost attendance. Make your plans now to attend.

Our State membership is up to 600 now. We are continuing our membership bag program so tell your friends about the great stuff they can get just for joining. Add to that the other benefits they receive from the USRA and the NCRA, and our membership fee is a bargain. I would also like to encourage everyone to send in their renewals before they expire and not wait until the next tournament. That's the only way to make sure you don't miss out on receiving all your issues of Racquetball Magazine and The Wall Nut Journal and stay on the mailing list for all the tournament entry forms. Only 50 more members and we will reach our goal for this year. With your help, we will get there.

I appreciate everyone's patience with our updates to our website rankings. There have

been some unexpected problems which slowed things down some. The good news is, we're there! Check out the website and see for yourself.

Doug Hale has redesigned the website to give it a fresh, new look and to make all the updates easier and the site itself easier to navigate. I think everyone will appreciate the wait when they see the new site.

I'd like to welcome Jason Wright as a new member of the NCRA Board of Directors. Jason will be in charge of rankings. We have a new program to handle our rankings, which should make all our updates much simpler. Something not everyone may know is that the NCRA has been providing financial aid by request to juniors in North Carolina who attend National Junior tournaments. The Board has decided to re-focus the majority of our resources in this area on development of our Junior program. Anyone wishing to involve their children in this program or start one at your club should contact our Junior Director, Curtis Smith, or the NCRA office. We will still consider requests for financial aid from juniors on a case-by-case basis. These requests must be in writing and be given to a Board member to present at one of our quarterly meetings. We are always open to any suggestions from the membership on this or any other programs that may or may not be in place. We value your input. Just grab myself or any other Board member you see at a tournament and burn our ear. You are also encouraged to e-mail or call any of us if you have a problem or suggestion.

The next two Board meetings are September 14 at 7:00pm and December 8 at 11:00am at The Sports Center in Fayetteville. If you would like to attend one of these meetings let me know. keep 'em rolling.

the prez

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Email addresses are first initial,
last name@ncracquetball.com.

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Lynn Stephens	Carthage	(910) 947-3029
Kristen Sutek	Fayetteville	(910) 482-3173
Wayne Sweatt	Charlotte	(704) 523-7887
Tommy Troutman	Concord	(704) 436-2021
Andreas Winston	Raleigh	(910) 487-6398
Jason Wright	Greenville	(252) 355-2818

Web Site Gets a New Look

Doug and Kristi Hale have been working hard to update the NCRA website. The site is your source of information about upcoming events, tournament results, and more state racquetball news. Check out the site, and don't forget to sign the guest book!

www.ncracquetball.com

LPRA Tournament

The Dowd YMCA in Charlotte is hosting it's first Ladies Professional Racquetball tournament Sept. 21-23. The top 32 women pros from across the country are planning to attend and play for \$10,000. There will be a Pro-Am doubles tournament on Thursday night and an Amateur tournament for the weekend. The proceeds will benefit the children's outreach program through the YMCA. The Dowd Y is located at 400 East Morehead Street. Come play and support the woman's Pro tour.

Jan Stelma Named to National Board



Congratulations to Jan Stelma, former NCRA President, for being chosen for the USRA Board of Directors. North Carolina! Thanks to all the NCRA members for supporting her with your votes!

North Carolina is becoming a force to contend with! The state placed ninth for number of competitors at the National Singles, which took place in Houston in May.

Upgrading your equipment?

Help the NCRA Youth by donating your "gently used" racquets and eyewear. Contact a board member or bring your gear to any tournament to contribute to the Juniors program.



Player profile



Name: Molly Hedgecock

Hometown: High Point

Years playing racquetball:

little over a year--began playing in June, 2000.

Division you play now:

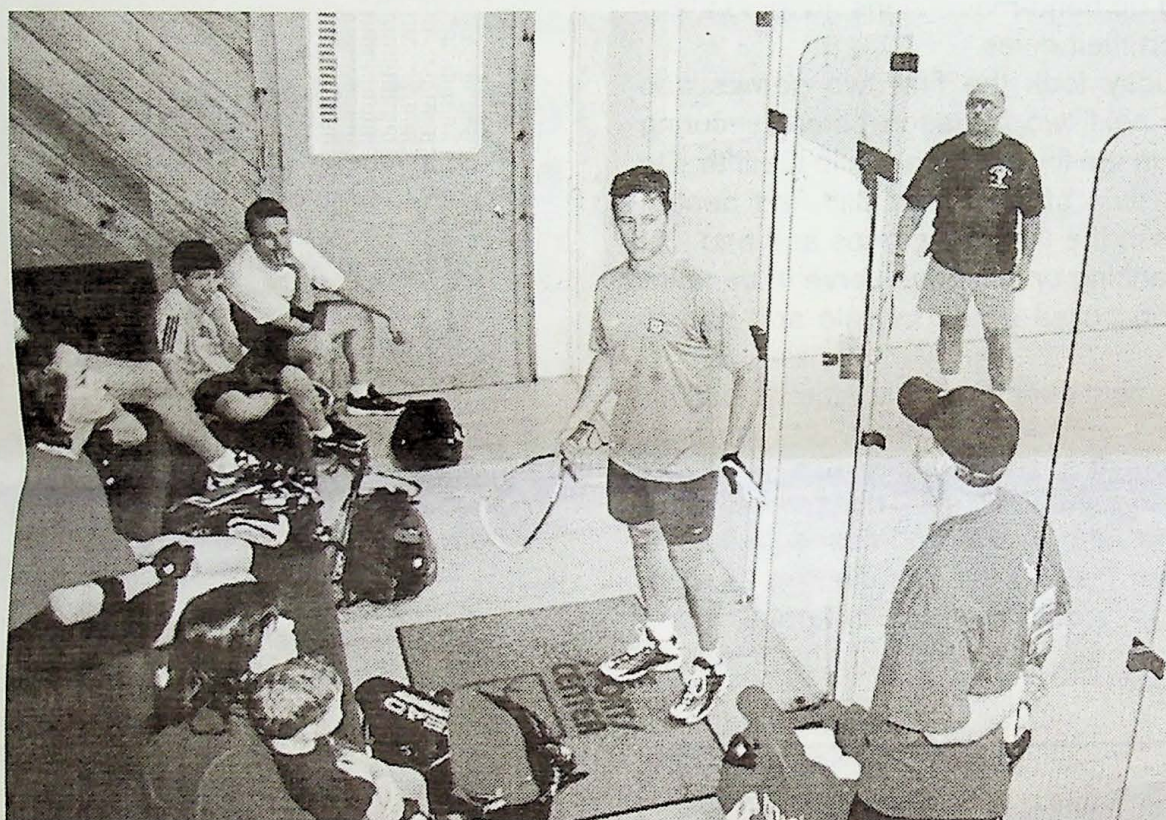
C and over 40

Most memorable match/racquetball moment: Beating Jan Stelma 11-0 in a tiebreaker at the New Bern tournament in December--it just must have been my lucky day because I am sure that will never happen again!

Occupation: Individual Income Tax Accounting (Dixon Odom PLLC)

Other hobbies/sports:

Big game hunting, snow skiing

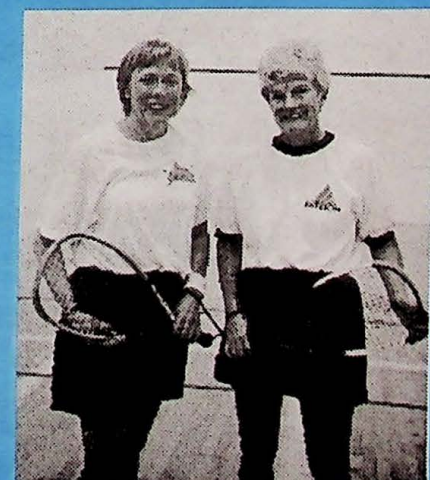


Cliff Swain giving a clinic at the Sports Center in Fayetteville before the Greensboro pro stop.

Women's Seniors/Masters

Four women from NC ventured to Canoga Park, CA to play in the Women's Senior/Master tournament. The competitors were Meena Evens, (first place, 45+), Mildred Gwinn, (first place, 60+), Mary Low Acuff, (first place, 80+), and Stephanie Walker.

Mildred Gwinn (right), after winning the finals.



Greensboro Pro-Stop One for the Books

North Carolinians had the chance to watch racquetball history in the making, March 29-April 1 in Greensboro. Not only was it the first time the top 16 players in the world converged on the state, but it was also the first- and seemingly the only- pro stop for the Racquetball World Tour.

The short-lived RWT was formed as a result of disagreements with International Racquetball Tour officials. It was disbanded soon after, once the two sides worked out a compromise for the upcoming season.

The fans didn't care what initials the pros wore on their shirts, however. They were just there to see some inspiring racquetball.

And the pros were happy to deliver. While the match-up in the finals wasn't surprising (Cliff Swain and Sudsy Monchik, again), some of their gets and shots from impossible angles kept the crowd packed in like sardines.

The show continued between rallies, and the two players rolled their eyeballs almost as often as they rolled out their shots. They didn't like many of the calls (and non-calls in most cases), made by referee and fellow pro, Erin Brannigan.

Although "technical" were flying and

the "encroachments" and "foot faults" were not, the crowd seemed satisfied with the outcome. Sudsy won in four games.

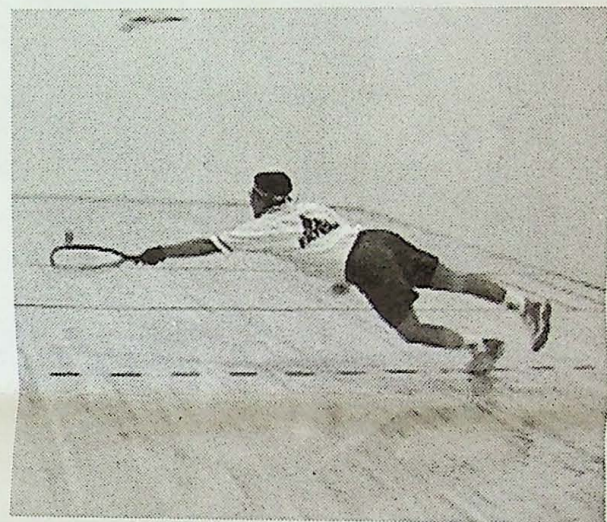
The semi-final match-up between Sudsy and Jason Mannino was even more exciting. Sudsy's pin-point passes and Jason's dives to retrieve them would have brought the crowd to their feet --if they had been able to move. Once again, think sardines. Instead, they held up hand-made signs, judging the players on their dives.

Sudsy took the first two games and gave the next two to Jason before securing his place in the finals with a win in the fifth. On the other side of the draw, Cliff had beaten John Ellis in the first two games and had just begun cranking up his drive serve in the third when John pulled a calf muscle and had to forfeit.

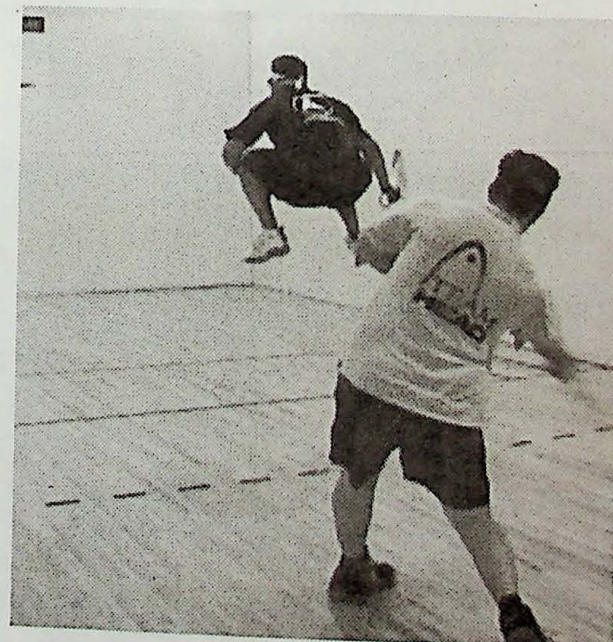
Tournament director, Eddie Alberty, said he got some great feedback from both the fans and the players, and has plans to make the pro stop an annual event. "The pros all had a great time and were impressed with the enthusiasm that North Carolina had to offer. And the fans got to witness some of the best racquetball in the world right here in Greensboro.



Sudsy shoots a backhand under Cliff Swain.



Javier Moreno on one of his many dives.



Jason Mannino jumps to avoid a Sudsy forehand.

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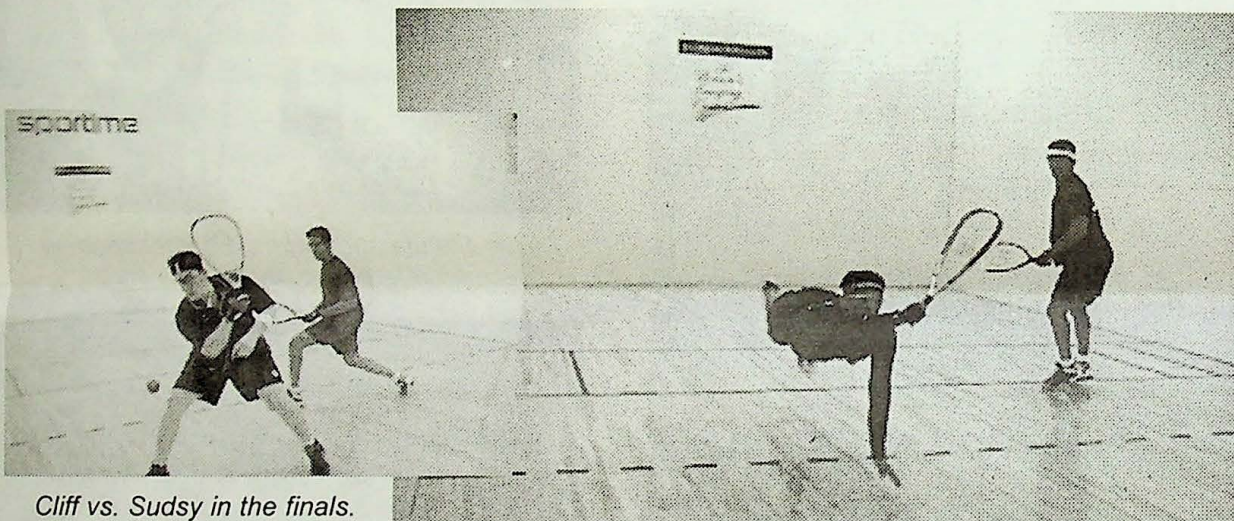
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*Jason Mannino diving...again.
This time against Tim Doyle.*



Cliff vs. Sudsy in the finals.

*John Ellis vs Cliff Swain in the semis before
an injury forced John to forfeit the match.*



John Ellis watches Derek Robinson line up for a backhand.

Getting your 15 Seconds

Want to be in the news? Know someone else who should be?

If you know of a great racquetball sports or human interest story, here are some tips on how to get it in the newspaper.

First, make sure it is newsworthy to the general public. See if you can spot which of the following headlines might appear in print:

- A. Racquetball player wins "B" match in tournament.
- B. Local racquetball brothers meet in Open finals.
- C. Man breaks leg, wins racquetball tournament anyway.

If you answered "C," congratulations, you have an eye for news. Actually both "A" and "B" may make the paper depending on what else is going on locally and nationally in sports.

Second, know *who* to call. Your best bet is to contact the Sports editor or Assignment editor. Many will ask you to fax or email the information, so be prepared to write a brief (one paragraph) description of the story, including who the reporter should contact. Be direct and *tell them* why people would want to read about it.

Third, know *when* to call. If it is a daily paper, call before 3 p.m. After that, reporters are scrambling to meet their deadlines and won't be as receptive to a story idea.

**Questions? Email Kristen Sutek at
ksutek@hotmail.com.**

What's the call?

This area is set aside for discussing racquetball regulations. Debbie Bryant, Regionally Certified Referee, submitted this article, re-printed with permission.

Eyeguard Safety

*By Barry Hendricks
Professional Certified Instructor*

I never wanted to write this article. However, there have been recent 'ball in the eye' incidents. In both cases, eyeguards were not worn. In one case, a young man suffered several broken orbital bones around the eye.

Twenty-three years ago, I foolishly played without eyeguards. I was hit in the eye during a doubles match and never regained my vision. I never wanted to draw attention to my condition. Since I never spoke about it, only my closest friends knew. I wanted to keep it that way.

Now I am faced with the realization that had I spoken out, maybe those two young racquetball players would not have played without eyeguards, and they would not have been injured.

When I was hit, I went down like a shot. I had a burning sensation in my eye and could not see anything; not light, not images, not movement. I was ambulated to the hospital emergency room where pain killers were administered. I was then sent home and directed to see an eye doctor in the morning. I never made it to morning. The pain killers subsided within a few hours, and I awakened with screams. I had the sensation that someone was driving a hot spike through my head. I was able to call '911' and I was ambulated again to the hospital for another stay. This time it was for one week.

What I had experienced was a massive internal hemorrhage. Over the next eleven months, I underwent a series of seven operations. The last was for the removal of my eye. My optic nerve had been destroyed and there was no way to save the eye.

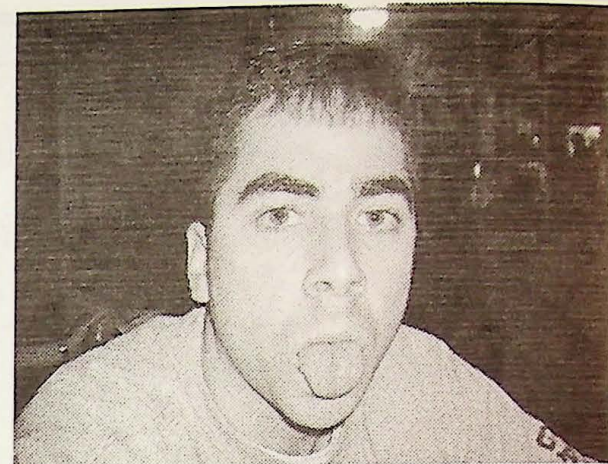
During these eleven months, I lived on pain-killing drugs, was away from work, and had no social life. In addition, sports participation and physical activity were out of the question. Six months later I walked back onto the racquetball court; visibly and physically weak, and twenty-five pounds lighter. Alone on the court, I dropped the ball, swung, and missed. At first, everyone who I had ever beaten was beating me. I sat down and I cried. However, I was determined to stay with it!

Based on my experience, including loss of self confidence, frequent occupational changes, and my relocation from Chicago, I implore all players to:

- Never walk onto a court without eyeguards in place.
- Never play anyone who is not wearing regulation protective eyewear; not for any reason.
- When you see someone playing at your club without eyewear, interrupt them and strongly advise them to procure and wear them. Explain why!
- Be unwavering - do not change your firm stance even once.

In closing, there are hundreds of objections as to why people should not or cannot wear protective eyewear when participating on the racquetball court. Each objection is no more or less important than the next. And none of them have any merit.

Barry Hendricks is a highly ranked masters tournament player. He resides in Phoenix.
ClubRACQUET Vol. 5 No 2 Summer 2000



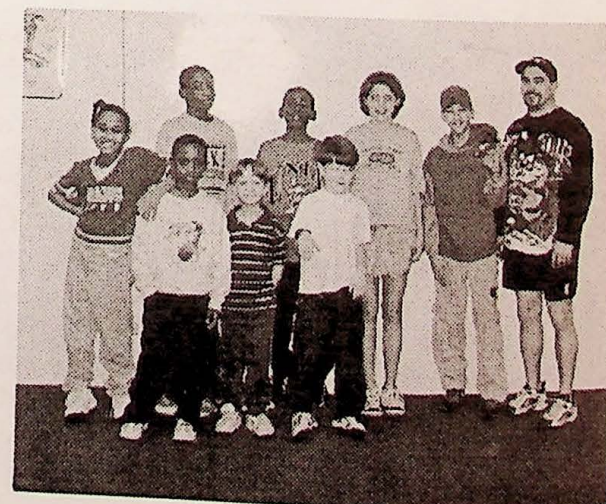
Ron Sutek displaying his opinion of 8 a.m. Saturday matches.



Jan Stelma and Debbie Bryant spending their referee money on new duds.



The usual suspects.



North Carolina Juniors with Coach Curtis Smith.

Tournament Results

Big Brothers/Big Sisters Benefit

07/13/01 - 07/15/01

Mens Open

- 1st John Rhodes
- 2nd Todd Cook

Mens A

- 1st Claude Wiggins
- 2nd Roger Felumlee

Mens B

- 1st Dale Taylor
- 2nd David Perry

Mens C

- 1st Phil Smith
- 2nd Daniel Contreras

Mens D

- 1st Chris Finley
- 2nd Wesley Webb

Men's 25+ Open

- 1st William Hines
- 2nd Curt Smith

Mens 35+ Open

- 1st Kelly Staton
- 2nd Tommy Troutman

Mens 45+ Open

- 1st Claude Wiggins
- 2nd James Carothers

Men's 55+ Open

- 1st Tim Scott
- 2nd Marvin Cooper

Womens A

- 1st Nicole Wynne
- 2nd Melanie Newsome

Womens B

- 1st Sharon Wilkes
- 2nd Edith Smith

Womens All Age

- 1st Debbie Bryant
- 2nd Melanie Newsome

Juniors Intermediate

- 1st Tony Bianucci
- 2nd Anthony Figueredo

Junior Multi Bounce

- 1st David Roberts
- 2nd Brandon Hunt



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Summer Slammer

06/15/01 - 06/17/01

Mens Open

- 1st John Rhodes
- 2nd Todd Cook

Mens A

- 1st Kevin Webb
- 2nd Carl Cook

Mens B

- 1st William Hines
- 2nd David Dumas

Mens C

- 1st Miguel Figueredo
- 2nd Daniel Contreras

Mens D

- 1st AJ Mojica
- 2nd Michael Gonzalez

Men's 25+ Open

- 1st Curt Smith
- 2nd Brad Vaughan

Mens 35+ A/B

- 1st Carl Cook
- 2nd Tommy Troutman

Mens 45+ Open

- 1st Lorne Burry
- 2nd James Carothers

Men's 55+ Open

- 1st Norm Bottoms
- 2nd Marvin Cooper

Women's 35+ Open

- 1st Debbie Bryant
- 2nd Pam Avery

Juniors 14 and Under

- 1st Jonathan Justice
- 2nd Anthony Figueredo