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TOP OF THEIR GAME

Rhonda Rajsich, Mitch Williams and Jack
Huczek on what it takes to stay competitive.

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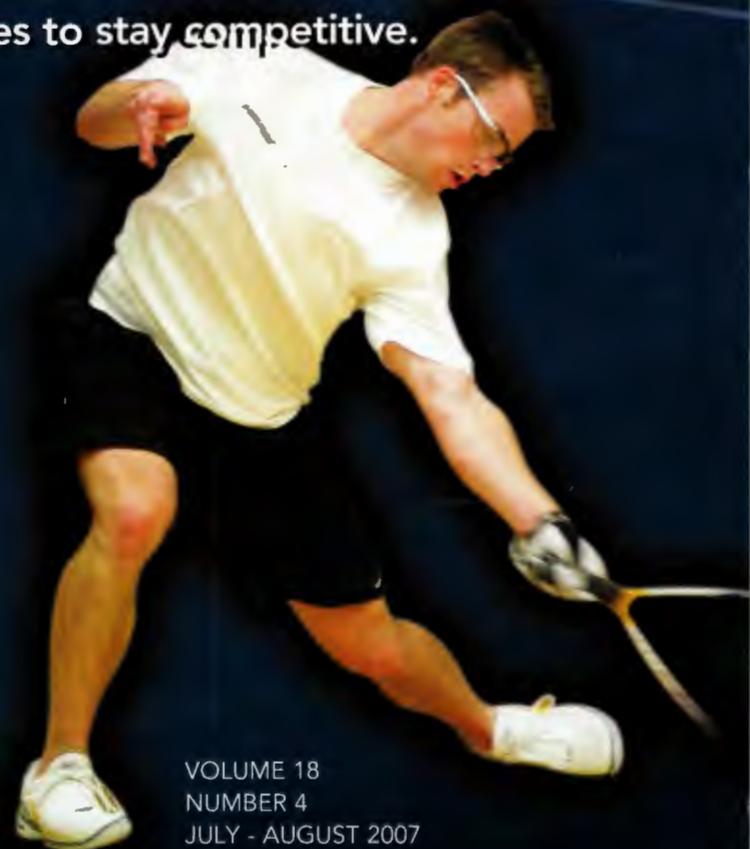
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JULY - AUGUST 2007

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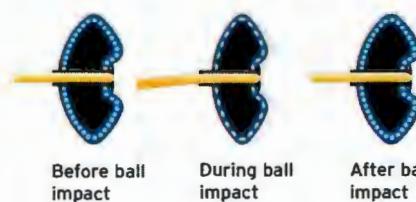
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USA Racquetball (USAR) is the National Governing Body for the sport of racquetball, recognized by the U.S. Olympic Committee and is committed to excellence and service to our members. We provide opportunities for members and enthusiasts to actively participate in the sport, through sanctioning of events, administration of programs and development of competitive teams.

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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CHOICE HOTELS US OPEN



NEW IRT GRAND SLAM EVENT



U.S. NATIONAL SINGLES



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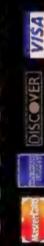
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By James Hiser, Ph.D.
USAR Executive Director

Got a great racquetball story or a idea for an article? Send it to us.

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The Why's of RACQUETBALL

As racquetball completes another season, it is interesting to review some of the conflicting issues that seem to cause so much confusion among racquetball's enthusiasts.

Junior programs in Oregon and Missouri prove that junior/high school programs produce numerous benefits; prove profitable for clubs; maintain a pipeline of players as they go to college and enter the work force; provide fitness benefits to participants; and create an excellent social atmosphere and interaction opportunities for both girls and boys. Then why don't other states copy these blueprints for success and create similar programs? Why do many clubs still not allow juniors? Why don't high schools include racquetball as part of their physical educational curriculum?

Statistics from court builders indicate that almost as many courts are being built today as there were 15 years ago. LA Fitness builds numerous new clubs per month and includes from three to five racquetball courts in each.

clubs. Then why don't clubs with courts emphasize these benefits? Why do most women looking for health benefits avoid racquetball as part of their physical fitness regime? Why don't parents consider racquetball as a cross training sport for their children's other activities?

Racquetball players represent great demographics – high income, educated and responsible. Then why hasn't racquetball been able to attract more sponsors who want to penetrate this market? With over 2,000 clubs and 4-5 million players, why haven't sponsors identified racquetball as a viable niche for their product?

Although I'm not sure there are any easy answers to why some of these inconsistencies exist, it is essential to review the situation and develop intelligent, common sense solutions.

"RACQUETBALL PLAYERS REPRESENT GREAT DEMOGRAPHICS – HIGH INCOME, EDUCATED AND RESPONSIBLE."

Then why do players still complain about not having enough courts? Why are court club owners so resistant to hiring racquetball professionals to promote their programs? Why are colleges cancelling racquetball as part of their physical education classes?

The health benefits of racquetball rank it at or near the top of all activities offered in health

The Board of Directors and other leaders in the sport will lend their ideas in a strategic planning session soon. Please make sure your thoughts are conveyed to state presidents and national board members. It will take all of us to transform the "why's" into "what's and how's."

From Ideas to Action



By Cheryl Kirk
USAR Board
Secretary

being forgotten, unceremoniously pushed to the side. To the contrary, *this is for you, too.*

As of May in Houston, USAR membership stood at 13,266. Of that number, 2,235 are female. That's just shy of 17%. Women represent 51% of the U.S. population. The point is, racquetball can't thrive long-term, even limp along, if we don't crack the code on getting everyone involved in the sport -- all ages, both genders.

I'm reminded of a women's leadership network I've worked with in the past. Early on, we had a challenging time convincing men to attend our annual conference. "It's a woman thing." The group's leaders realized, though, that men are essential to the mission of moving women to positions of increasing responsibility. Why? Because they already have the numbers and thereby the power. We needed them to subscribe to the concept of Lift as We Climb.

We are not overtly divided in racquetball. No one is actively trying to force anyone else out. There are some who possess power and the resources to make an impact, and we'd like to see them commit more in the future than they have in the past. Many individuals are actively dedicated in thought and deed to changing the tide of women's participation.

Growing women's racquetball. Don't think for one minute that it's "a woman thing." Instead, think about it this way...if we improve numbers of women playing racquetball and participating in tournaments, then doesn't it stand to reason that the men's numbers just might increase as well? In essence, building women's racquetball is for everyone. It's the path of least resistance, the low-hanging fruit, the biggest and best way to keep the sport healthy for generations to come.

Toward the challenge of spanning the bridge from ideas to results -- talk is cheap, action counts. According to USAR tracking,

In the last issue of this magazine, USAR Board President Randy Stafford stated that USAR must concentrate on building racquetball for women and juniors. I've heard some half-whispered protests here and there from male players...what about us? Men, please don't feel downtrodden... don't feel like you're

being forgotten, unceremoniously pushed to the side. To the contrary, *this is for you, too.*

only a small percentage of state funds are targeted to women and junior initiatives. Grassroots activities at the club level are essential but sparse. Let's get to it...

Men, partner with women at the club level to get more women playing racquetball.

Everyone, if you can bring two people into the sport next year, make one a woman or a junior girl.

States, incorporate women's racquetball activities into your strategic plans.

States, get one women's event onto your tournament schedule very year. Men, staff the tournament desk so the women can play.

US OPEN attendees, buy tickets to the women's pro events -- go and cheer your hearts out for the women at the top of our sport.

Women, come out to the tourneys, locally and nationally, too, if you can swing it. It's a blast!

Women, speak up on what would get you to more of these tourneys.

Tournament directors, what can you do with match schedules to compress women's divisions into shorter timeframes?

Club owners, if you don't have someone on staff to run women's (and men's!) racquetball leagues, ask sponsored players to pitch in.

Sponsored players, approach your club owners and offer to help with leagues and host Racquetball 101 instruction for women. See if you can't get those aerobics women to cross-train!

Higher level women players, reach out to the women who are just beginning and play with them! You can always practice your shot selection and your touch.

Collegiate instructors and coaches, implore your female (and male) students to approach clubs in their areas and stay with racquetball as they graduate and begin their new lives.

Club owners, give these "broke" college graduates a break as an investment in future use of your courts.

Those are some ideas...there are people out there who really get it, who are probably already doing a lot of the things I just mentioned. Send your ideas and success stories. Give us agendas, forms, flyers, pictures -- a really great way to see your and your cronies' names and pictures in this magazine! Recognition is a beautiful thing...

National tournament women's events are designed to demonstrate added value, to give multi-tasking women more reasons to show up. Jim Hiser, Heather Fender and the Women's Committee sponsored Houston Ladies' Night Out in 2006 and 2007. This year, the fundraiser raffle of Ruben Gonzalez's painting, *Spirit of the Journey*, raised \$2,790 in 48 hours for Susan G. Komen for The Cure Foundation. The Women's Clinic hosted by Rhonda Rajsich, Kerri Wachtel and Brenda Kyzer netted an attendance of 35 women...a full third of the attendees.

The National Doubles Women's Meeting in Tempe last year was well attended. Geoff Peters (Official Righteous Brother) was there to record the minutes for us.

And, oh, the RFTC tourneys -- a lot of emotion, a lot of heart. What a perfect win-win...women (and men!) helping women; women and girls competing in their first-ever tournament; players remembering those who have passed and appreciating those who are fighting to be with us still. Bring your best game, your donations, your smiles and a box of Kleenex to an RFTC tournament near you. The 2006-2007 events raised over \$90,000.

Everyone who has helped build participation and membership, take a moment to breathe in the sweetness of making a difference. Thank you.

From Ideas to Action...it's not going to get better until ideas jump off a page and transform into a compelling reality.

Tune into the next issue of Racquetball Magazine for more on growing women's racquetball -- what's happening and who's responsible!

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Doug Ganim	\$3,000
Dr. Fred Heros	\$1,000
Christopher "Kit" Lawson	\$1,000
Mike Lippitt	\$1,000
Dennis Rosenberg	\$3,000
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Wilson.

CHRISTIE VAN HEES - 3 TIME US OPEN CHAMPION

HALL OF FAME

In May 2008 at the National Championships in Houston, we will celebrate the 35th anniversary of the USA Racquetball Hall of Fame as well as our illustrious inductees. In honor of this milestone, there will be a continuing series of "Hall of Fame" articles focusing on racquetball Halls of Fame at the national and state levels. We have a number of state organizations that have recognized key contributors, leaders and top players in their states and regions. These individuals have also been critical to the success and growth of our great sport and we look forward to sharing their contributions with our readers. Please look for this new "Hall of Fame" section in upcoming *Racquetball* magazines!

1973

Larry Lederman | Milwaukee, Wisconsin
(deceased) (Contributor, Inducted 1973)



Larry was the first person to organize a national racquetball tournament, which took place in Milwaukee, Wisconsin in 1968. He was both a founder and the man behind the scenes in the development of the International Racquetball Association in 1969. Larry

was the first national commissioner and was an active member of the early boards of directors. He was active in the development of racquetball in Wisconsin as well as throughout the international community. He served as the state chairman in Wisconsin and organized that state program. Larry was the athletic director at the YMCA in Milwaukee when racquetball was growing up. He helped the sport mature in both its popularity and organization.

1974

Charlie Brumfield | San Diego, California
(Professional Athlete, Inducted 1974)



Charlie is a legend of the 1970s. He was a handball player until a dislocated finger prompted him to take up paddleball in 1964. He won his first paddleball singles championship in 1968, which led naturally to racquetball. He won back-to-back singles

championships in 1972 and

1973 and continued playing world class racquetball for the next 10 years. Charlie graduated Magna Cum Laude from the University of San Diego with degrees in economics and business administration and then went on to earn a degree in law from USD during this period. He was a four-time National Singles champion and in 1973 he won the National Doubles title with partner Steve Serot and again in 1975 with partner Craig McCoy.

Bud Muehleisen | La Mesa, California
(Amateur Athlete/Contributor, Inducted 1974)



"Dr. Bud" Muehleisen has sometimes been called the most influential man in racquetball. He began playing paddleball in 1962, won four national titles, then took up paddle rackets in 1969, edging out

Brumfield and winning one of the first national championships in the sport that would become racquetball. Bud served on the IRA board of directors for seven years as the first rules committee chairman and was instrumental in the early formation of the game's rules. He won an unprecedented 41 national titles. In addition, Bud served as a coach and teacher, a regular contributor of instructional material to early magazines and worked with most of the major equipment manufacturers in developing racquets, balls and other products.

Joseph Sobek | Greenwich, Connecticut
(deceased) (Contributor, Inducted 1974)



Joe Sobek has been credited with inventing the sport of racquetball. He was a club tennis pro in Greenwich and found that handball could be modified with a stringed racquet. Joe had the first racquetball racquet developed with a test run of 25 in 1950. He then went to work with

various companies to develop a proper ball for the sport and began promoting it throughout the country, founding the Paddle Rackets Association. He never competed in tournaments. When Robert Kendler formed the IRA, Joe stepped aside. Tennis was in his blood and he faded from the racquetball scene.

Peggy Steding | Odessa, Texas (deceased)
(Professional Athlete, Inducted 1974)



Peggy started playing racquetball in 1971. She had always been athletic and was attending Odessa College on a tennis scholarship. She also competed in basketball, volleyball and fast-pitch softball before discovering racquetball. Peggy

dominated women's play in the early 70's and continued playing in the senior divisions prior to her death in 1991. In 1992, the USRA Female Age Division Athlete of the Year Award was renamed the Peggy Steding Award in her honor. Peggy elevated the game of racquetball for women during her reign as champion.

1982

Gene Grapes | Irwin, Pennsylvania
(Amateur Athlete/Contributor, Inducted 1982)



Gene was an early supporter of the new sport of racquetball. Prior to the formation of the IRA, he helped organize the sport and played primarily in the Pennsylvania State YMCA-sponsored tournaments. He was elected to the board of directors of the IRA in 1975 and served as executive vice president during his tenure on the board. He held five national doubles and national singles titles, in addition to national singles and doubles invitational titles. Gene overwhelmingly dominated his age group for nearly 10 years.

I.R. Gumer | Louisville, Kentucky
(Amateur Athlete, Inducted 1982)



Ike started playing racquetball in 1962 at the Jewish Community Center in Louisville. He still plays occasionally, and fairly recently Ike was still practicing law in a semi-retired fashion. It is said that you could check your watch by his arrival at the center at 4:30 p.m. every day.

Ike was instrumental in establishing the Kentucky Racquetball Association and served as a board member of the IRA. His lifelong doubles partner, Irv Zeitman, also of Louisville, passed away in 1992. Ike was known for his gentlemanly conduct and good sportsmanship and was one of the forerunners of the two-wall pinch shot.

Once and for all, can you tell me what Mental Toughness really is? I hear you and the pros talk about it all the time.

Answer: I have worked with many sports psychologists, but Dr. Latell Clark, a good friend of mine, summed it up quite well with this formula:

Wow...a handful of athletes in all sports are the epitome of being Mentally Tough, but let's take a look at some of our own racquetball professionals and stars.

Jason Mannino - If you saw Jason at the 2006 US OPEN when he was down 8-10 against Jack Huczek in the 5th game, you would agree he had to be Mentally Tough to win the tie-breaker 12-10.

Cliff Swain - He is the only player on the IRT Tour to be ranked #1 six times...that is Mentally Tough.

Rhonda Rajisch - Ranked #1 on the WPRO Tour for 2 seasons in a row, Rhonda has just defended her title as National Singles Champion in Houston, making it back-to-back wins. Achieving both of these is not easy to do....it takes a very Mentally Tough player to reach this level of achievement.

With these Mentally Tough athletes as prime examples, let's take a closer look at that formula and really see what makes them so tough.

By Fran Davis

“THE WILL TO WIN MEANS NOTHING WITHOUT THE WILL TO PREPARE.”

- UNKNOWN

Determination, the internal segment of the formula:

1. Determination is setting a goal(s) for yourself and not letting anything get in your way of achieving it.
2. Determination is looking at things that get in your way as challenges that can and will be overcome, not as obstacles you can't conquer.
3. Determination is self-commitment to achieving that goal.
4. Determination is a burning desire, an inner drive inside you to make it happen. You have heart and you are a fighter.
5. Determination is creating a firmness of purpose and a fixed intention.
6. Determination means you are dedicated to your goal.
7. Determination means you are willing to invest the time and are disciplined enough to do what it takes to get the job done.

Now you know the inner secrets of what makes Jason, Cliff and Rhonda so Mentally Tough. You can apply the same to yourself and your lifestyle, if you decide to. Remember this: How mentally tough you are depends on how determined and how prepared you decide to show up.

Preparation, the external segment of the formula:

1. Preparing physically both in the areas of skills/techniques and conditioning (aerobic, anaerobic, weight training, and stretching) is a must. "Perfect practice makes perfect, not practice makes perfect."
2. Preparing nutritionally is important so you don't run out of gas or become dehydrated...you want to be able to go the distance at 100%.
3. Preparing a plan. Develop a plan of action not only for your match (a game plan), but also for your training schedule (including workouts) and your vision.
4. Preparing mentally. Pre-game psyche plan, rituals, routines, visualization, focus, concentration, positive thinking and strategies.
5. Preparing to have fun and enjoy yourself just for the simple pleasures racquetball provides.
6. Preparing to challenge yourself to go beyond your limits.

Hope to see you at one of my camps for live personal instruction on this topic or many other topics. The next best thing is to buy my video if you can't make a camp at this time.

Go to www.FranDavisRacquetball.com for details on both.

“A carry happens when the ball rests on the strings ‘too long’ . . .”

At the May 2007 meeting, the Board of Directors approved all five proposed rule changes with only one slight modification. They deleted the last sentence of the first proposal; therefore, the allowed warm-up time is now measured from the time all players have been notified of their court -- regardless of when the match was originally scheduled to begin. Sincere thanks go to all of you who took the time to vote and comment. These five changes will go into effect on September 1st of this year and you may look for a new rulebook to be published shortly thereafter. If anyone knows of a major sponsor that would like to see its product or service prominently displayed in this widely-distributed and often-read document, please contact either the National Office or me right away.

An email from someone whose email address is “Sholtis” asked, “Is there such a thing as a carry? If so, please define.”

OTTO SAYS: Yes, there definitely is such a thing! A “carry” happens when the ball rests on the strings “too long” and thus the stroke becomes more of a sling or a throw than a hit. This question has been cropping up at several tournaments lately and I suspect that it is because the IRT has eliminated that rule, according to their Chief Referee Jason Thoerner..

Another email, this time from Greg Schaffer of Christiana, Tennessee, posed this question: “Here's the scenario: Player B is behind Player A. Player A hits a shot that is returnable. Player B has momentary difficulty getting to shot -- not because of Player A's position, but because Player A unintentionally holds his follow-through posture of both arms extended somewhat from body. Is this a hinder? Player A wants to hold this position at least until Player B moves and it is not the general position that Player B complains about, just the extended arms. If it is a hinder, is it a penalty hinder?”

OTTO SAYS: First, a hinder does NOT have to be intentional to be declared a penalty hinder. Simply described, there just has to be something you could have done but failed to do, or else something you did do that you didn't have to do.

Using that second criteria, holding one's arms in an extended position for no apparent reason would certainly be something that he did

that he didn't have to do. So, if doing that impairs the other player, then it would be a hinder and probably a penalty hinder if he would have not hindered the other player had he not held his arms extended like that.

Sometimes a player will fail to move (just admiring his own shot) thinking that he hit an unreturnable shot, but if the ref thinks the other player could have gotten to it had he not been in the way -- that's a penalty hinder, too.

Lastly, Russ Bonnano, Massapequa, NY, asked, “After the rally is over, are you allowed to strike the ball with force and just hit it angrily or aimlessly to wherever it goes?”

OTTO SAYS: Regarding hard striking the ball after the rally has ended – it is absolutely not allowed! Moreover, it is one of the specific examples described as a technical foul for unsportsmanlike conduct in Rule 3.17(a)4. I might give just a technical warning for a “reasonably safe” hard striking of the ball, but I'd certainly deduct a point right away if the strike was at all reckless, endangered a player or spectator, or exhibited an elevated anger level.

Always “Play by the Rules!” If you don't have a copy, you can find and review them online at: <http://www.usaracquetball.com/Default.aspx?tabid=839>. 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 Magazine*.



By Otto Dietrich
USA Racquetball
National Rules
Commissioner



**By Connie Martin**

Director of Programs at Cascade Athletic Clubs in Gresham, OR and National Racquetball Hall of Fame inductee

Promoting Racquetball in Your Community

There are so many things you can do to promote racquetball within your community. Whether you are promoting memberships or lessons (that will lead to memberships!), you can get a big bang for your dollar. Your ideas are limited only by your imagination. Listed below are a few ideas for you to use. Remember to alter them for your club's needs...

Introductory Programs

Offer introductory lessons as a one-time offering or short series. If you know a member of the club who is involved with a certain group, it is easier to offer these types of lessons. With fitness being a priority focus of many groups, racquetball becomes easier to promote.

Set up a standard type of introductory program you can offer to these different groups of people. Have a preset card or letter where you can easily change the name of the organization and dates.

Instruction

Promote racquetball lessons in the many different media available to you. Just setting up your own program (which you advertise through your club's newsletter or program brochure) will not get the word out to those who do not see these media. You can advertise the lessons through the same groups as in the introductory lessons as well as other media such as PE classes in public and private schools, local newspapers, colleges and universities. Offering 2-for-1 lesson specials seems to be very popular. Everyone likes something "for free." Offering instruction and giving away a free racquet is also very popular. Check with your racquet suppliers for last year's racquet closeouts. You can usually get a great deal on excellent racquets that are left over from last year's

inventory. The perceived value of lessons only goes up when you can advertise \$59 for a series of four one-hour group lessons and it includes a \$99 racquet that you purchased for \$15!

Fairs

Many clubs offer fairs or carnivals at their facilities with a health fair theme. Depending upon the type of facilities you have, you can offer activities such as free racquetball lessons, tennis lessons, body fat testing, Presidential Fitness Testing, fitness classes, etc.

You could also set up a booth at malls or schools during their fitness fairs. Offer free lessons or discounted lessons or 2 for 1 lessons during the fair. Show a video of top players and/or kids or adults playing recreationally.

Partnerships

Partnering with a business can be beneficial to both of you. You advertise their business in your program brochure or newsletter or on your bulletin board then hand out a flyer on racquetball membership specials or racquetball lesson specials.

Schools

Advertise in local school newspapers. You can advertise for lessons, summer memberships or family memberships. Most sports also offer advertising in their program guides.

Groups/Events to Target

- Church groups
- Schools – public, private, home schooled
- Daycares
- Wellness fairs
- Service groups
- Businesses
- Boy Scouts/Girl Scouts
- School PE classes
- Community colleges and universities
- Local newspapers
- Senior centers
- Singles groups
- Adventure groups

Cardio for Racquetball

by Brenda Kyzer

Is there really any set or prescribed cardio workout that will provide you with maximum ability to play each match without getting tired, especially when playing in one or more divisions at a tournament? In this article, I will outline my training tips that have led me to being able to play in up to three events in tournaments and still be able to give 100% in all matches, with little or no fatigue, even when making the finals of all three!

I have played racquetball for nearly 30 years. Like most racquetball players, I believed that playing racquetball 3 or 4 times a week with an occasional cardio workout was sufficient to excel on tournament weekends. I often battled that Sunday morning fatigue and I cannot remember a Monday morning after a tournament weekend when I didn't question why (due to the inability to move or function for several days afterwards) I enjoyed playing racquetball to begin with! It wasn't until about a year ago that I discovered how training with both cardio and weights could have such an impact on both my endurance and performance.

For me, it all began with a trip to a personal trainer. Consult a trainer to whom you can explain your racquetball routine and get him/her to provide a cardio and weights routine that will provide optimal endurance for tournament play. Since everyone is different, make sure you express to the trainer any exercise(s) that may not work for you. For me, due to a severe knee injury, running and aerobics classes were not recommended by my orthopedic and physical therapist. Here are my three cardio exercises that are easy on the knees while still providing maximum benefit.

The elliptical, when used properly, provides excellent cardio training. When I first started working out on the elliptical, I was barely able to go 15 minutes at the easiest settings before becoming tired. With the average racquetball match lasting 45 minutes to an hour, I quickly realized that one of my first goals would be to increase my time and resistance to exceed an average racquetball match. With this goal in mind, I found myself on the elliptical an average of 5 times a week. I first worked on my time, then the resistance level, and eventually the incline height. Within 3 months, I was averaging 45 minutes, level 10 resistance and a level 13 incline (not bad considering I started at 15 minutes, level 7 resistance and a level 8 incline). It wasn't long before I started seeing the benefits on the court. Previously, I would take timeouts, not because I was trying to slow my opponent down but



Brenda Kyzer

because I needed a break. I now have a new outlook on what timeouts are all about: to "stop the bleeding" when your opponent has momentum or has hit a streak.

One criticism I hear quite often regarding the elliptical is how boring it can be. I couldn't agree more! Racquetball players, by nature, like fast-moving sports. So, how do you make it interesting? I used many techniques to keep from getting bored. First and foremost was finding something interesting to read. Magazines and books can be placed on the elliptical and usually cover up the running time of your workout! I also found that grabbing a machine in front of a television with good programming made the time go by.

But, no matter how many tricks you identify to make the elliptical entertaining, it can get old. One of the other activities recommended was swimming. When the elliptical got to be just too boring, into the pool I went! Much to my amazement, I found that I was not in the kind of shape that

I thought from my recent successes on the elliptical. I was not able to swim more than 5 minutes without stopping to rest. Because of this inability to swim for a long period of time, I quickly set a new cardio goal to swim 20 minutes non-stop. I asked swimming veterans how to increase my stamina. They said that it takes a long time to get to where you don't get tired in a thirty-minute swim. They taught me the importance of good breathing and proper stroke techniques. That advice led me to be in the pool at least twice a week, sometimes three, working on my breathing and strokes. Within six months I was able to swim 20 minutes without a break. Second goal achieved.

My third goal of cardio excellence was to excel on the bicycle in organized spinning classes. With a spin instructor friend's encouragement, I attended an intermediate class – my first ever. It was only 45 minutes, but it felt like two hours! I couldn't believe how difficult spinning was, especially after my successes with the elliptical and swimming. I was exhausted! But at the same time, I was excited because I had discovered another new cardio challenge. The class was held on one of my favorite racquetball nights, so I would do the spinning class right after work and then go to my racquetball club for two hours of playing. It was difficult at first, but I thought about how I was basically replicating racquetball matches at a tournament. For anyone who is not familiar with spinning classes, a good instructor will incorporate both strength and endurance, essentials for a good racquetball player. I now recommend spinning as my #1 source for cardio excellence.

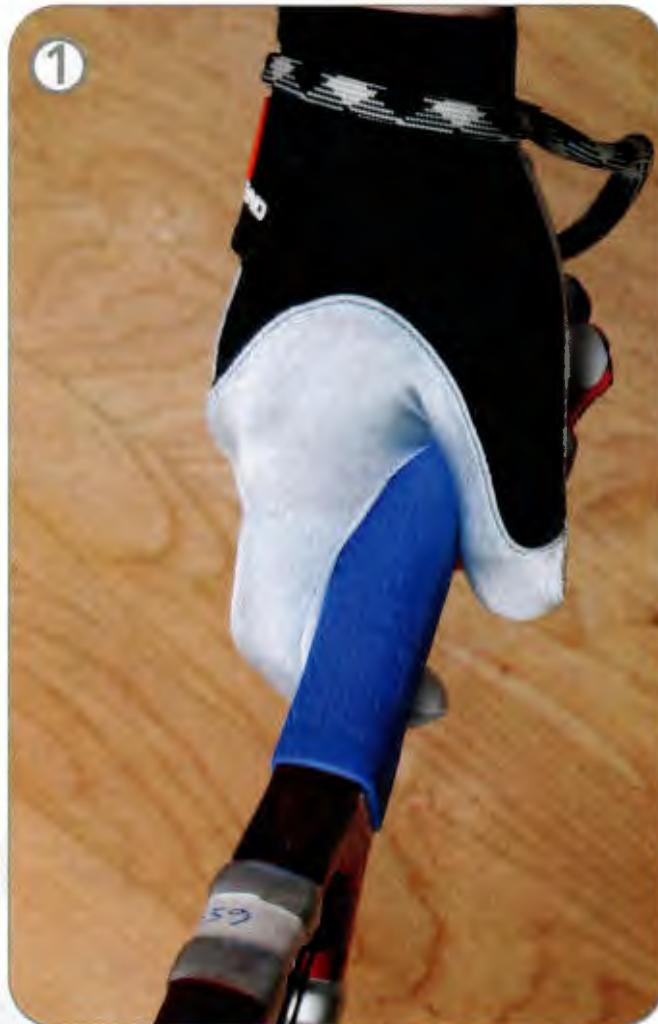
My menu for success continues to be this combination of elliptical, swimming and spinning classes. I make time for all three because of the benefits I have seen in my endurance on the court. No longer am I the victim of a loss due to being tired or out of shape. I encourage anyone who experiences getting tired on the court to engage in any or all three of these cardio exercises. With perseverance, you too will see the benefits!

Grip CHANGE

By Sudsy Monchik

Today I want to address my magical "Grip Change." I am often surprised how many players DO NOT change their grip from forehand to backhand...which ultimately holds them back. All of the top pros including myself change our grips because it keeps the racquet head flat, an integral part of being consistent.

Let's take a look at both my forehand and backhand grips so you, too, can experience more consistency...a must if you want to move up in your level of play.



Proper Forehand Grip

Shake hands with the racquet so the "V" of your hand is on the top part of the racquet.

Proper Forehand Contact

Racquet head flat and parallel to the front wall and floor.

Properly Changed Backhand Grip

Keep racquet stationary and turn your hand 1/8 inch toward the back wall so now the "V" of your hand is on the corner of the racquet and your knuckle is on the top.

Proper Backhand Contact

Racquet head flat and parallel to the front wall and floor.

Improper Backhand Grip

No Grip Change
Racquet head is up and NOT parallel to the front wall or floor.

As you can clearly see, if you do not change your grip from forehand to backhand and instead use a forehand grip to hit backhands, the racquet head is up (#5) rather than flat (#4), thus your ball will stay up and this leads inconsistency.



Presented by

HEAD
penn

I am known on tour to have the "best" backhand in the game. One of the reasons besides my total technique (see 1999...Power Backhand) is that I hit the ball the flattest and at full extension, both key ingredients in consistency.

You too can experience the success I have had with my backhand by learning to change your grip...one of the most important techniques of backhand mechanics. To learn how to change your grip you can pick up one of our instructional videos or attend one of our camps. Go to www.FranDavisRacquetball.com for details.



The 2007 IRT Motorola Pro National Racquetball Championships

By Dave Negrete

Presented by Verizon Wireless • April 25-29, 2007

Chicago, Illinois – The top IRT professionals in the world converged on the Schaumburg Tennis Plus Club in Schaumburg, IL (a northwest suburb of Chicago) for the third year racquetball's second Grand Slam event showcased the sport's best. Motorola and Verizon Wireless have been big supporters of this event and brought out all the stops bringing a whole new look to this year's tournament. As you entered the club, you were greeted by seventeen-foot Motorola/Verizon Wireless flags and Motorola "Bat Wings" throughout the club that led players and fans to the main stage.

As the players entered the Motorola Players' Village, IRT and event sponsors were set up and ready to promote their products in their trade booths. The VCAST VIP lounge was an addition to the event this year and provided an area for the pro players, sponsors and their customers to relax and enjoy the event.

IRT professionals Jack Huczak, Jason Thoerner and Ruben Gonzalez had kicked off the event the weekend before as they made appearances with Chicago Bear quarterback Kyle Orton at various Verizon Wireless stores in Chicago.

On Wednesday, fourteen amateur players teamed up with the top fourteen IRT professionals for a charity pro-am to raise money for the Juvenile Diabetes Research Foundation of Chicago.

The week featured many junior clinics as the IRT pros gave back to the sport. Shane Vanderson hosted a hard hit contest for the kids on Saturday and Rocky Carson conducted a clinic and skills competition. Ben Croft helped out with the local Boys & Girls Clubs, introducing them to the game for the first time.

On the weekend, players and fans were treated to some great parties with AC/DC cover band "Dirty Deeds" jamming in the Motorola Players Village on Friday evening and a Night with the Pros on Saturday at the Hyatt Regency Woodfield.

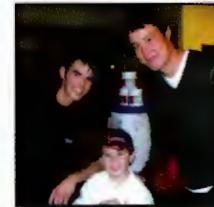
The fans witnessed some unbelievable racquetball throughout the week, probably the highest quality play of the season on the main stage. Year-end rankings were at stake here in the IRT's last event of the season. The IRT field boasted over 50 players and the

USAR Regionals portion had the largest draw in many years with over 450 amateurs.

There were a few upsets in the round of thirty-two as Canadian Kris Odegard defeated Sudsy Monchik. Fellow Canadian Brian Istace beat Colombian Alejandro Herrera in a five-game battle. Minnesota native John Goth took out the legend Ruben Gonzalez in four and Mexico's Javier Moreno surprised Andy Hawthorne by winning in four games to advance to the round of sixteen.

The round of sixteen saw only two surprises as Javier Moreno continued to play some great ball, defeating Jason Thoerner in four games, and Ben Croft won a five-game thriller in front of his hometown fans against Chris Crowther. All the other seeds advanced: Jack Huczak, Jason Mannino, Alvaro Beltran, Rocky Carson, Mitch Williams and Shane Vanderson. The most notable round of sixteen match was the changing of the southpaw guard as six-time #1 Cliff Swain bowed out to Mitch Williams. Cliff's stellar career concluded this weekend and everyone in the racquetball world will miss him.

The quarterfinals were all battles and fantastic racquetball. Shane Vanderson and Alvaro Beltran started the day with a five-game thriller with Vanderson coming out on top (8), (2), 6, 8, 10. Both players left it all on the court. Then Mitch Williams and Rocky Carson were up next and the level of play remained high. Mitch came out pounding serves to take the first, but Rocky regrouped. Despite a slight ankle sprain Williams gave it his all, but Carson came out on top (9), 3, 5, 3. The ever-entertaining Javier Moreno entered the stadium court with a mask on and brought the crowd to its feet as he took a page out of the WWF. Mask or no mask, Jason Mannino came to play ball and put an end to Moreno's great run (9), 4, 5, 8. Jack Huczak and Ben Croft rounded out this day of racquetball with a good match as Croft did



Ben Croft and friend

The event raised over \$15,000 for the JDRF, Hopeline and PCAA. Thanks to all the fans and players for your contributions, and thanks to all the sponsors and box holders for your generous support!

To Sue and Leo Klimaitis, Pat and Mary Taylor, Keith Minor, Howard Miller and Mark Oda: the IRT cannot express enough how important your support means to the event and the tour. Thank you again for allowing the sport to be showcased in such a fantastic way!

Thanks to Dr George Pappas and wife Linda; Gary Danno, Tony Cosmano and Mike Origer for supplying the hospitality for the VCAST Lounge.

Thank you to Genesco for adding another degree of professionalism to the event. Also to Ashley Herr of Motorola for working so hard to make this a great event for the IRT.

The IRT received many emails and notes complimenting the event staff and how friendly and organized the event was. Karen Denu, Martha Huske, Diane Bunker, Julie Vincent, Lynne Weisbart, Dennis Negrete and Liz Molitor – with all of you at the helm, you ensure this event's success!

Thank you to Jim Hiser, Doug Ganim, the USAR staff, Otto Dietrich and Orlando Mayo for your behind the scenes contributions.

To the host clubs, Schaumburg Tennis Plus and Forest View Racquet Club, we thank you for letting us invade your facilities for two weeks. Much appreciation to managers Jaime Vine (STP) and Jim Thurber (FVR). And many thanks to the ISRA for their support in staffing the Forest View tournament desk.

Lastly, thank you to all the IRT professionals for your continued professionalism and leaving it all on the court!

IRT RANKINGS

RANK	NAME	POINTS
1	HUCZEK, JACK	4526
2	MANNINO, JASON	3791
3	CARSON, ROCKY	3529
4	BELTRAN, ALVARO	2936
5	VANDERSON, SHANE	2520
6	WILLIAMS, MITCH	2145
7	CROWTHER, CHRIS	1991
8	THOERNER, JASON	1879
9	CROFT, BEN	1804
10	HAWTHORNE, ANDY	1534

his best to pull off an upset of the #1 Huczek. Jack has played solid ball all year and continued to do so in this match, winning in three 1, 7, 9.

The semifinals pitted #3 Rocky Carson and #2 Jason Mannino with the winner securing the number two-year end ranking. This match was made for television, full of excitement and great shot making as both players were at the top of their game. A 2 hour match ensued and Mannino emerged the victor on this Saturday afternoon 9, (9), 7, (4), 9. The second match featured #1 Jack Huczek and #5 Shane Vanderson. Huczek took the first two games in typical Huczek fashion and just when you thought Shane was done, he came back with a vengeance, taking the next two games and extending it to a fifth. Huczek was ready in the fifth and took the game and match in another two hour plus marathon 6, 4, ((9), (12), 5. Their enthusiasm on par with the play of the pros, the fans left the arena as tired as the players!

The stage was set for the Sunday final with #2 Jason Mannino facing off against #1 Jack Huczek. The excitement was building as Huczek had yet to win an event on this portable court while Mannino has always played very confidently on it, winning two US OPEN titles. Mannino gave it his all in this one, but it wasn't enough. Huczek played very steady ball and won his first major title on the stadium court.

At the check presentation, Dan Aderhold of Motorola announced that Motorola and Verizon Wireless would continue its support of racquetball and sponsor another Grand Slam event for the IRT in Colorado Springs. September 12-16, 2007. A special thanks goes to Dan for his efforts in bringing the IRT and the sport of racquetball to the next level.

Foxwoods Resort and Casino Continues as Title Sponsor of the 2007 Red Swain Memorial Racquetball Event

March 22-25, 2007

Boston, MA- Foxwoods Resort and Casino continued its long-term support of the IRT Red Swain Memorial event in March. Tournament director Lorraine Feeney was excited about this year's full-ranking \$15,000 event that brought the top men's professionals in the world back to the Boston area. Foxwood's continued support goes hand-in-hand with tour veteran and six-time IRT #1 Cliff

Swain's dedication to the event. Foxwoods is one of Cliff's tour sponsors and has been a contributor to the event in memory of Cliff's father, Red, who lost his battle with ALS a few years ago. The event raises money for the Angel Fund, a charity dedicated to researching a cure for ALS. The event was held at the Boston Athletic Club in the city proper.

This event was a send-off of sorts for Cliff Swain. Faithful supporters from the northeast came out to say goodbye to this great

racquetball warrior as he played his last IRT event in his home city. Cliff had taken some time off since the US OPEN to attend to his new business venture in Naples, Florida: Lucky's@951, a sports-style bar and restaurant. Much to his fans' dismay, he bowed out of the event early at the hands of Chris Crowther.

Swain knows how to play the game one way -- at full speed and leaving nothing on the court -- and he did that here in Boston. There was a great retirement party in the lounge at the club on Saturday night where friends and family joined in a tribute and semi-roast of this great champion. A great time was had by all.

Jack Huczek won his first IRT title here in Boston and seems very relaxed in this venue. This weekend was no different as he took the title again, defeating Rocky Carson in the finals 6, 7, 3. Jack played solid ball all weekend, getting to the finals by beating Alvaro Beltran in the semifinals 7, 8, 7. Carson brought his "A" game with him to Boston, reaching the finals by defeating Jason Mannino 4, 9, 6. This was Rocky's third final of the season.

Hats off to Lorraine Feeney and her stellar event staff. Everyone feels welcome!

Much gratitude to Mike Holder of Foxwoods (www.foxwoods.com) for your many years' support of the IRT, not only of the event but also for Cliff Swain in providing him the opportunity to showcase his skills around the world.

Thanks to the Boston Athletic Club for hosting this prestigious event. Playing in the great city of Boston and at a club with so much history is an honor for the IRT and its players.

Shane Vanderson Wins the 2007 Florida Open

May 4-6, 2007

Sarasota, Florida – Shane Vanderson defeated Canadian Mike Green in a five-game battle (9), 7, 8, (9), 5 to take the Florida Open Title this year. Vanderson defeated IRT professional and New York native Jason Sylvester in four tough games in the semifinals. Sylvester has given some impressive showings on the IRT this past season. Green reached the finals by taking out Colombia's Alejandro Herrera in four close games.

Herrera had a solid season this year, finishing as the #12 ranked player in the world. Green, a former top eight IRT pro, has been absent from the IRT the past two years but has continued to play selected events as well as maintaining his status as the #1 player in Canada by competing in national events. Vanderson finished the year with the highest ranking of his young career at #5. The event was a first for the IRT in the great city of Sarasota and event director Kimberley Roy ran a superior event.

The IRT is looking forward to returning to Sarasota next season as the event steps up to a full-ranking Tier 1 event, March 6-9, 2008. Exciting times for Florida and the IRT! Keep your eyes on www.irt-tour.com for more details on the 2008 IRT Florida Open Racquetball Championships.

continued on page 18



2007 Lynmar Classic

By Dave Negrete

Colorado Springs - The Lynmar Racquet and Health Club was the host club for the Lynmar Classic. The club also serves as the official training center for the USA Racquetball team. With two great back wall glass courts and ample seating for the fans, this is a perfect venue for the IRT to showcase its star players. The amateur draw was the largest in years, making this the premier event in Colorado racquetball.

The Lynmar Racquet and Health club is a great venue for a pro event. The fans are knowledgeable and embrace the IRT with open arms. The twin back wall courts with ample seating create a great tournament environment.

Great job by Eddie Meredith on hosting his second full-ranking event. Eddie has run this event for years and is a great asset to the sport of racquetball.

Thanks to Jim Hiser for all your support of this event, working the desk and sponsoring the event.

Thank you to all the sponsors of the event and we look forward to coming back next season.

that saw Beltran lose his cool in the third only to come back and win. Rocky Carson put up a good fight in game one against Mannino in the other semifinal but lost the next two rather easily and with little fight 12, 3, 3.

Ben Croft continued his stellar play, upsetting Shane Vanderson in the round of sixteen and eventually bowing out in the quarters to Huczek. Jason Thoerner also found his game and a spot in the quarters against Beltran, but Alvaro had too much game in this one, winning in three straight. Mitch Williams exhibited an impressive showing against Rocky Carson in the quarters in a four-gamer, losing three close ones. Chris Crowther had a five-game war with Andy Hawthorne in the sixteen's and ran out of gas against Mannino in the quarters. The depth of the draw was strong. Youngsters Charlie Pratt and Jordan Walters looked impressive, as did veteran Woody Clouse in the round of sixteen.

Event director Eddie Meredith puts on a great tournament with the help of a fantastic support staff. With his lovely wife Mary at the helm, son Chuck doing whatever is necessary to keep the event running smoothly, and Diane Feldstein keeping the matches on time, everyone at the event had a fine experience and saw some great IRT action.

Jason Mannino emerged the victor at this event, defeating Mexico's Alvaro Beltran in a five-game match (1), (6), 5, 5, 5. Beltran came out on fire in this match and looked to be on his way to his first IRT title when he made mention that this was "my match" to Jason and the crowd. Much to the crowd's delight, Mannino turned to the crowd and stated that it was not over and get ready for some racquetball. Mannino backed up his words and took the next three games and the first place winner's check.

Beltran had made it to the finals by taking out #1 Jack Huczek 10, (8), (0), 9, 8. This was a barnburner of a match

INTERNATIONAL RACQUETBALL TOUR SCHEDULE 2007-08 SEASON

AUG. 23-26	NEW ORLEANS, LA.	T1
SEPT. 6-9	CHESAPEAKE, VA	T1
SEPT. 13-16	MOTOROLA/VERIZON WIRELESS IRT WORLD CHAMPIONSHIPS	GS
SEPT. 20-23	KANSAS CITY, MO	T1
OCT. 4-7	BOWLING GREEN, KY	T1
OCT. 11-14	TORONTO, CANADA	T1
OCT. 19-21	MADISON, WI	T3
OCT. 19-21	GRAND RAPIDS, MI	T4
OCT. 25-28	ALBUQUERQUE, NM	T1
NOV. 2-4	LONG ISLAND, NY	T4
NOV. 2-4	SAN LUIS POTOSI, MEXICO	T2
NOV. 9-11	PORTLAND, OR	T4
NOV. 14-18	MEMPHIS, TN	US OPEN
NOV. 14-18	US OPEN	GS
JAN. 17-20	LONG ISLAND, NY	T1
FEB. 7-10	SIOUX FALLS, SD	T2
FEB. 14-17	SEATTLE, WA	T1
FEB. 21-24	TIJUANA, MEXICO	T1
FEB 29 - MARCH 2	SCHERERVILLE, IN	T4
MARCH 6-9	SARASOTA, FL	T1
MARCH 13-16	ORANGE COUNTY, CA	T1
MARCH 28-30	YORK, PA	T4
MARCH 28-30	GREENVILLE, SC	T3
APRIL 3-6	ALLENTOWN, PA	T1

MOTOROLA PRO NATIONALS

APRIL 23-27	CHICAGO, IL.	GS
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Dates and cities subject to change.

PRIZE MONEY DETERMINES TIER LEVEL:

GS GRAND SLAM 20K Minimum

T1 = TIER 1 FULL RANKING EVENT \$17.5K

T2 = TIER 2 \$10-\$15K

T3 = TIER 3 \$5-\$10K

T4 = TIER 4 0-\$5K



Pro-am players — Lynmar Classic



Rhonda Rajsich Claims 2007 Chemtech/Ektelon Pro Nationals Title and Secures Season Ending #1 Ranking

May 4-6, 2007 **By Shannon Feaster**

New Orleans – Rhonda Rajsich held onto the #1 spot on the women's pro racquetball tour by capturing the 2007 Chemtech/Ektelon Pro Nationals in the Big Easy last weekend at the Elmwood Fitness Center in Harahan. Phoenix-based Rajsich dominated her bracket without dropping a single game until the finals, where she faced 17-year-old Mexican junior champion Paola Longoria of San Luis Potosi. (Longoria made history as the youngest player to ever advance to the quarterfinals of the US OPEN championships in 2004.) Rajsich overpowered Longoria, defeating the young star in four games 4, 3, (5), 8. This was Longoria's first semifinals and finals appearance on the WPRO tour and the second #1 season ending ranking for Rajsich.

On Thursday before the tournament began, WPRO pros toured the affected areas of Hurricane Katrina, which struck New Orleans in August of 2005, and witnessed the devastation left in its wake.

"The Katrina tour set the tone for the championship and left the WPRO pros in awe of what New Orleans residents have endured. It really put into perspective how fortunate most of us are to have homes to return to. The WPRO was honored to contribute in any way we could in promoting the Big Easy as a destination spot that still has a lot to offer visitors and residents," said Shannon Feaster, Commissioner of the WPRO. The French Quarter and Bourbon Street are flourishing and Jazz Fest, which took place the weekend before and during Pro Nationals, was as popular as ever!

Tournament directors Al Schof and Beth Sacco put on a great tournament with help from Anthony Zeringue, Al Reagle and Pattie Schof. Proceeds from the event benefited the local affiliate of the Susan G. Komen for The Cure breast cancer foundation. The events and matches were broadcast live online throughout the weekend, courtesy of Racquetball Online (www.RacquetballOnline.tv), which draws tens of thousands of viewers from all over the world.

Local specialty chemical and engineering service company, Chemtech Chemical Services, LLC (Scott D. Trahan, General Manager) and Ektelon Racquetball were the title sponsors of the WPRO Pro Nationals. Also supporting the tourney were leading printing company Crystal Clear Imaging of Harahan and the Louisiana Racquetball Association. Randy Strassel (General Manager) and Damon

Kremer (Assistant General Manager) were instrumental in ensuring that Elmwood Fitness Center (a service of Ochsner) was prepared for this marquee event.

Jim Leslie of Bourbon House Restaurant, Mimi's Italian Restaurant, Wakefield Wines of Australia, Chambord Liqueur, Woodford Reserve Bourbon, Finlandia Vodka, Herradura Tequila and Evian Water provided exceptional hospitality to tournament players and guests throughout the weekend. Bill Deibel and Ricky Andrew of Marbleized Memories created memorable awards for event finishers.

Special thanks to Pro/Sponsor Doubles event participants: Guy Keller, Charlie Hollinger, Wayne Skinner (Premier Automotive Group), Joe Brinz, Pattie Schof (Connections Magazine), and Beth Sacco (Republic Beverage Company). They partnered with top pros during the Pro/Am Sponsor Doubles event to kick off the tournament on Thursday night.

The WPRO would like to thank its national tour sponsors, including: Ektelon Fireball (official ball); Python (official grip); Advocare (official supplement provider); and Racquetball Online (official webcaster).

The Tour would also like to acknowledge its official partners: Carl & Marcia Wallace of Yazoo City, Mississippi; Racquetworld (www.racquetworld.com); HEAD; Wilson Racquetball; Racquetball Academy (www.racquetballacademy.com) of Denver, Colorado; Tischer Autopark of Silver Spring, Maryland; and Chemtech Chemical Services, LLC of Geismar, Louisiana.



Al Schof, Rhonda Rajsich, Shannon Feaster, Paola Longoria, and Anthony Zeringue

WPRO RANKINGS

As of May 1, 2007

RANK	NAME	POINTS
1	Rajsich, Rhonda	1327.29
2	Wachtel, Kerri	1031.50
3	Gudinas Holmes, Cheryl	977.00
4	Grisar, Angela	884.79
5	Van Hees, Christie	812.00
6	Kyzer, Brenda	595.50
7	Walsh, Kristen	561.50
8	Salas, Samantha	400.50
9	Shattuck, Jo	366.15
10	Moore, Diane	304.75

TOUR SCHEDULE 2007-08 SEASON

Sept. 13-16 – Fayetteville, NC / Outback Steakhouse Blast It!

Oct. 11-14 – Burlington, Ontario, CAN / Canadian Open

Oct. 25-28 – Sacramento, CA / WPRO Pro National Doubles

Nov. 2-4 – Long Island, NY / Long Island Open (satellite)

Nov. 14-18 – Memphis, TN / Choice Hotels US OPEN

Dec. 6-9 – Arlington, VA / Christmas Classic

Jan. 10-13 – Panama City, Panama / Canal Challenge

Jan. 24-27 – Sacramento, CA / Super Bowl Open

Feb. 7-10 – Phoenix, AZ / Ektelon Fireball Rollout

* Feb. 15-17 – Rawlins, WY / Pepsi Premier (satellite)

Feb. 28-March 2 – Miami, FL / Great Balls of Fire

March 13-16 – Fountain Valley, CA / OC Open (satellite)

March 28-30 – Harrisburg, PA / Harrisburg Pro-Am

April 3-6 – Seattle, WA / Emerald City Open

April 17-20 – New Orleans, LA / WPRO World Championships

* Denotes TENTATIVE Events
Unless otherwise noted, all stops are Tier 1 level or higher

ROCK SOLID POWER!

HEAD®



Jack Huczek

#1 Ranked Player in the World!

Mitch Williams

2007 National Singles Champion

CONGRATULATIONS JACK & MITCH

Top players know that HEAD equipment delivers the power and performance they need to play their best. Like #1 ranked Jack Huczek, dominating the IRT last season with 9 wins in 13 events including the Grand Slam season ending IRT Pro Nationals. And Mitch Williams, winning his first National Singles title by completely dominating the competition with his devastating power. In fact, HEAD players represented 3 of the 4 semi-finalists in the Men's Open division at the Nationals.

Want to play your best? Join the winning team and experience ROCK SOLID POWER for yourself!



INTERVIEWS with the **CHAMPIONS**



rhonda RAJSICH

When did you know you wanted to be a professional racquetball player?

For as long as I can remember. I first picked up a racquet when I was 2 years old and we all know how that story goes, and now here I am!

What motivates you to keep being the best?

My own feeling inside that I have a lot of room to continue to be better. I don't want to be one of those athletes who "has so much potential" and never realizes it. I want to reach that, then redefine it and keep going.

Now that you are at the top, has your role changed a bit in the sport? You are a key figure who could have some influence in the sport.

I hope so... I have my irons in a lot of fires right now and I hope that I can bring my off-court endeavors into harmony with my racquetball success and bring this game to a whole new audience.

What are the three best things about being a professional racquetball player, and what are the three worst

things about being a professional player?

Three best: lifelong friendships and common bond of love for this game; the traveling and exciting places I've been for competitions; that I get to do what I love for a living.

Three worst: that all racquetball pros are severely underpaid and underrated; that the game still has the stigma of something that older executives do on their lunch hour while they're closing a deal; and not many people truly understand or appreciate the evolution of the pro game.

At this point, what separates you from the others? Is it just match experience? Your work ethic?

I'm not sure. I don't really know what the others do or how they train, but with every tournament I play I feel like I learn something about myself that pushes me harder to do better next time.

How important is emotion in your game and success?

all in my play. I just want to have fun and take the game to new levels.

You've had a chance to do some pretty fun off-court stuff. Any experience or two that really stand out as particularly enjoyable or memorable?

That vault is almost way too large to sift through to find any particular example. All I can say is that I have been extremely blessed to have had all the amazing experiences and met so many great people throughout my life. Racquetball has been the gateway that opened many of those opportunities. I am truly the luckiest person I know.

As the #1 player in the world, something you've obviously dreamed about and worked hard for, what will it take for you to maintain everything that goes into repeating that for next year?

After finishing #1 at the end of last season, I have spent most of this season honing in on the answers to that question. I

"I STILL LOOK UP TO AND ADMIRE THE LADIES WHO PAVED THE WAY FOR ME TO DO WHAT I LOVE, AND I CAN ONLY HOPE TO MIRROR THEIR EFFORTS..."

I think it's very important in my play. There are times when I know I have pulled through a match on emotional energy, my own as well as the crowd's.

Is being in the next generation of the women considered to succeed Cheryl and a few others something you can embrace, or does that add pressure to your performance in the sport?

I embrace it wholeheartedly. I still look up to and admire the ladies who paved the way for me to do what I love, and I can only hope to mirror their efforts for those younger kids coming up. I don't feel any pressure at

feel I have a great formula and an incredibly supportive team of family, friends, and sponsors supporting the continuation of my journey to get better and better and achieve the goals I set for myself.

Anyone you would like to thank or acknowledge that may have inspired or helped you to achieve your finish at #1?

Always! Of course, my mother and father for all the sacrifices they have made for me to live my dreams. My sponsors, Ektelon, Advocare, OneShot, Sixthman

continued on page 22

continued from page 21

Communications, Royster Productions, Racquetball Warehouse, JK Sports Agency, Fun2BFit, Touch of Health, Life Balance Chiropractic (who have been incredibly supportive and instrumental in elevating my game), Jim Winterton for helping me use my athleticism and for coaching me from afar (thank you Racquetballonline.tv!), and Darcy Rogers for her unconditional love and support in opening me up to new strengths and possibilities.



mitch WILLIAMS

When did you know you wanted to be a professional racquetball player?

Actually the dream began when I was about twelve years old and watched the Tournament of Champions in Portland Oregon. I still remember to this day watching the pros play and thinking that this is the coolest sport I have ever watched. From that day forward, I have had the dream of playing racquetball as a job, if you could really call it that.

What motivates you to keep being the best?

I am never really completely satisfied with the things that I am doing, whether it's my racquetball game or school projects. I constantly believe there is room for improvement and I really enjoy the mental aspect and soul searching it requires for growing and improving.

Now that you are at the top, has your role changed a bit in the sport? You are a key figure who

"CURRENTLY I AM AT A TURNING POINT IN MY RACQUETBALL CAREER WHERE I HAVE PLAYED COMPETITIVELY THE LAST 2 YEARS ON THE TOUR WHILE PURSING HIGHER EDUCATION."

could have some influence in the sport.

Personally I don't feel that this win or my season on the IRT has changed how I currently view the sport or influence it. I look at racquetball as an extended family, a sport where you connect to people with a shake of the hand and a cold beer. No matter how long I play racquetball, I am going to take this approach because the bottom line is that the grassroots level is still what drives this sport. This includes local and regional tournaments as well as junior programs. The important thing is to connect to these people and build relationships that in time become lasting friendships and partnerships.

What are the three best things about being a professional racquetball player, and what are the three worst things about being a professional player?

TOP THREE

1. Travel
2. Meeting and connecting with new and old faces
3. This is a job???

WORST THREE

1. To me there is only really one downside and that is the financial aspect of playing.

At this point what separates you right now from the others? Is it just match experience? Your work ethic?

Two things I believe that separate me from the others: five spots in the rankings and the time and dedication it takes to move into the Top 5. As you know the Top 5 eat, sleep, and breathe racquetball on a daily basis, something I currently cannot do given my academics.

How important is emotion in your game and success?

To me this is probably my greatest strength and at the same time my greatest weakness. I currently wear my emotions on my sleeves because it makes the game that

much more fun for me to play. The downside to this behavior is that it gives my opponent the ability to see how I feel as I run into peaks and valleys during competition.

Is being in the next generation of the guys considered to succeed Cliff and Sudsy something you can embrace, or does that add pressure to your performance in the sport?

If I could ever be considered in the same sentence as those two players, I will need to do a lot more than win National Singles. I don't think those guys will ever be replaceable within the sport and will always be looked at as icons. However, there is a small group of guys coming up who are really exciting to watch and should move the pro game into a new age.

You've had a chance to do some pretty fun off-court stuff. Any experience or two that really stand out as particularly enjoyable or memorable?

I really have had a great time off the court, especially at tournaments with amazing friends. Probably one of my most memorable moments with friends came at the Nationals Singles tournament about six years back with Sanjay LaForest, Mike Harmon, Brent Walters, and others. To make a long story short, that tournament and hotel room was literally animal house over an entire week. Some of those moments are still priceless today and we all still talk about them and cry laughing. Another memorable moment for me off the court has been coaching the Rumble Camp this past week in Tuscaloosa, Alabama. I look at these up-and-coming juniors and remember back to my own junior days. I see a lot of myself in these kids, starting with a dream of playing racquetball and going to camps and tournaments to work toward that dream of playing professional racquetball. This has come full circle for me and it is really pretty amazing to me that I have the possibility of accomplishing this dream.

Winning the U.S. National Singles, something you've obviously dreamed about and worked hard for, what will it take for you to maintain everything that goes into repeating that for next year?

I will need to make sure I allow myself more time to train and not "crash train" as I did for this event. I was in a fortunate situation at this year's National Singles where I had a full month off of school with every day to practice and train. Another important aspect of repeating will be continuing to improve my mental toughness during play and evolve my game plans to attack my competitor's weaknesses. To repeat anything, a little luck doesn't hurt either!

Anyone you would like to thank or acknowledge that may have inspired or helped you to achieve your finish at the National Singles?

Jeez, this list could go on forever. First, I would like to thank my family, especially my mom and dad, for supplying financial assistance and supporting me so that I have had the opportunity to compete in hundreds of tournaments. Second, my girlfriend Jesi Fuller, who plays racquetball, too, and has helped me in many ways both on and off the court. I want to thank her for the sacrifices she has encountered with me off traveling every weekend instead of visiting her. Third, all my friends back in NC that watched me grow up playing and offered their support. I can't count how many times selfless acts were made by individuals on the NC Board to provide me tournament money and hotel rooms to compete. So, in short, thank you! Last but not least, my good friend and doubles partner Jason Thoerner. We have spent countless hours going over game plans and situations related to racquetball that have lead to my seasoning as a player since the tender age of 17. I can't thank you enough!



jack HUCZEK

When did you know you wanted to be a professional racquetball player?

For as long as I can remember. I can still remember writing down my goals in middle school and they have always been to be the #1 player.

What motivates you to keep being the best?

I am very self-motivated. I realize I can always be better and I am not as good as I can be.

Now that you are at the top, has your role changed a bit in the sport? You are a key figure who could have some influence in the sport.

I have felt responsibility to the sport for a long time. I particularly enjoy speaking to juniors and explaining to them how it is possible to combine school and racquetball. I emphasize that obtaining a good education and becoming #1 in racquetball are both achievable goals.

What are the three best things about being a professional racquetball player, and what are the three worst things about being a professional player?

Top Three

1. Travel
2. Meeting new people
3. Own boss

Worst Three

1. Sacrifice personal time
2. Miss special functions – graduation, proms, etc.
3. Become very open to criticism

At this point what separates you right now from the others? Is it just match experience? Your work ethic and how important is emotion in your game and success?

I don't exhibit much emotion when I play. The emotion comes more before I play, to help become motivated. When I play, although there is emotion, I make sure it doesn't show.

Is being in the next generation of the guys considered to succeed Cliff and Sudsy something you can embrace, or does that add pressure to your performance in the sport?

No pressure – I never looked at following in anyone's shoes.

Winning the # 1 IRT position for the year, something you've obviously dreamed about and worked hard for, what will it take for you to maintain everything that goes into repeating that for next year?

Work harder and maintain a good work ethic. The bar is now raised and I need to be even better.

Anyone you would like to thank or acknowledge that may have inspired or helped you to achieve your finish at the National Singles?

Parents are #1 and have influenced me the most. Next are all the local people and players in Michigan who have supported me throughout my career and of course all my coaches along the way – Aaron Katz, Jim Hamilton, Jim Young, and many others!

"I HAVE FELT RESPONSIBILITY TO THE SPORT FOR A LONG TIME. I PARTICULARLY ENJOY SPEAKING TO JUNIORS AND EXPLAINING TO THEM HOW IT IS POSSIBLE TO COMBINE SCHOOL AND RACQUETBALL. "

We've got a Jump on the Competition!

Rhonda Rajsich

Rocky Carson

**Congratulations
Rocky and Rhonda
for being named
06/07 USA Racquetball
Players of the Year!**

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Jason Manino

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Christie Van Hees

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Entry Form and Ticket Application

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IT'S A RACQUETBALL CELEBRATIONAND YOU'RE INVITED!

Witness racquetball's premiere "Grand Slam"- the Choice Hotels U.S. OPEN Racquetball Championships. See all of the top players in the world from the IRT, WPRO, and CPRT compete for the largest prize-money purse in the sport — \$59,000+. Experience the thrill of dramatic player introductions featuring booming music and laser light shows. Stroll through the Choice Hotels U.S. OPEN Player Village and see what's new from the world's top racquetball manufacturers.

Party the nights away with your favorite pros and racquetball fans from throughout the world. Be there to see the world's only "made-for-TV" portable stadium racquetball court. The event will be nationally televised (tape delayed) on THE TENNIS CHANNEL. In addition, over 700 amateur division players will compete in age and skill divisions for every level. Special events include the Saturday evening Grand Gala "PARTY WITH THE PROS", a Players Village complete with

concessions and live entertainment, International/VIP Reception, Pro-Am Doubles Tourney for St. Jude, IRT Champions Clinic, Play the Pro Challenges, Friday Night Player's Dance Party, and continuous fan fair activities on the stadium court. The event will benefit St. Jude Children's Research Hospital. The professional matches will be held at The Racquet Club of Memphis, a world-class health club and dining facility featuring racquetball, tennis, locker rooms with all the amenities, state-of-the-art fitness center, swimming pool, four-star restaurant, elegant banquet and meeting rooms, pub with dance floor, and much, much more. The Racquet Club is no stranger to hosting world-class sporting events, as they are the annual site for the acclaimed Morgan Keagan St. Jude Tennis Championships, a stop on the ATP Tour, which has hosted such top name players as Andre Agassi, Pete Sampras and Andy Roddick. Amateur divisions will be played at The University of Memphis Recreation Center (10 minutes from The Racquet Club), Ridgeway Baptist Rec. Center (10 minutes from The Racquet Club) and Wellworx Sportsplex (15 minutes from The Racquet Club). Complimentary shuttle service between all four facilities will be provided.



www.choicehotelsusopen.com



MADE-FOR-TV PORTABLE STADIUM RACQUETBALL COURT

One of the most exciting aspects of the Choice Hotels U.S. OPEN Racquetball Championships is that the world's only "made-for-TV" portable racquetball court will be used for all feature matches! The **unique** construction of the court allows stadium seating for more than 1,000, in addition to courtside **luxury** boxes for sponsors and VIPs. Dramatic player introductions complete with laser light shows and booming music will treat **racquetball** fans to a total entertainment **experience**. The crystal clear LUCITE acrylic walls will make you feel like you are in the court with the players.

PARTIES, PARTIES AND MORE PARTIES

That's right! For those of us who like to enjoy our evenings, the Choice Hotels U.S. OPEN promises a solid week of non-stop fun, kicked off with a Wednesday night International/VIP Reception and Thursday late-night "get together" at the Fox & Hound Sports Bar (next door to The Racquet Club). And that's only the beginning! On Friday **evening**, the action moves to the "Pub" nightspot at The Racquet Club of Memphis,

which will feature a DJ spinning the hottest tunes for your dancing pleasure. Mingle with the pros and racquetball fans from throughout the world.

Saturday evening will top off the party calendar with the gala racquetball bash of the year – the 12th Annual Choice Hotels U.S. OPEN Grand Gala "PARTY WITH THE PROS." More than 800 racquetball fans are expected to turn out at The Racquet Club Party Center for an evening of exciting entertainment featuring DJ Mark Anderson and his amazing dancers. Elegant ice carvings, extravagant hors d'ouerves, desserts, huge dance floor, cash bar, multi-media slide show, and all the top **racquetball** pros in the world will make the evening one to remember. The cost for guests and tournament spectators is \$35 per person. Players participating in the Choice Hotels U.S. OPEN will be admitted **free!**

CHOICE HOTELS PLAYER VILLAGE

The nerve center of the event will be the Choice Hotels U.S. OPEN Player Village. Many activities are scheduled to take place in the Village, including an extensive Industry Trade Show, pro autograph signing sessions, live stage with entertainment, concessions, cash bar, informational seminars, and plenty of seating to kick back and relax. Admission is free for all spectators and players.



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PRO MATCH SCHEDULE

Pro-Am Doubles for St. Jude	Tuesday	5 p.m.- 10 p.m.
Men's & Women's Pro Qualifying	Wednesday	10 a.m.- 3 p.m.
Men's round of 64	Wednesday	4 p.m.- 11 p.m.
Men's round of 32	Thursday	9 a.m.- 1 p.m.
Women's round of 32	Thursday	1 p.m.- 6 p.m.
Men's round of 16	Thursday	3 p.m.- 9 p.m.
Women's round of 16	Friday	9 a.m.- 1 p.m.
Men's quarters	Friday	1 p.m.- 9 p.m.
Women's quarters	Friday	5 p.m.- 8 p.m.
Women's semi's/Men's semi's	Saturday	10 a.m.- 5:00 p.m.
CPRT finals/Women's finals/		
Men's finals	Sunday	9:30a.m.- 2:00 p.m.

MEMBERSHIP

All players must be current members of USA Racquetball. If you're not, a membership can be purchased at the event (\$35 per year). In addition, all players entering the pro draws must be current members of the IRT/WPRO Players Association or join at the event (\$10).

PLAY BEGINS/STARTING TIMES/ CONFIRMATION/ENTRY DEADLINE

Players must be prepared to play as early as 8 a.m. on the dates indicated in the chart below. Requests for special starting times must be indicated on the entry form. Every effort will be made to accommodate special requests, however no guarantees can be made. **Starting times will be available after 5 p.m. on Monday, November 12th on-line at www.choicehotelsusopen.com.** After 5pm on 11/12, any event questions can be directed to the on-site tournament office desk by calling (901) 765-4428. Entries and ticket orders can be confirmed online after October 26th at www.choicehotelsusopen.com. Please immediately call the Choice Hotels U.S. OPEN headquarters at (800) 234-5396 ext. 0 if any errors or omissions are found. All entries must be received by Wednesday, Oct. 31st and/or post-marked by Friday Oct. 26th.

OPENING ROUNDS SCHEDULE

Wednesday Nov. 14th

Singles – All IRT/WPRO Pro's, Men's Open, A, B, C, D, 24 & under, 24 & under A-B-C, 25+, 25+ A-B-C, 30+, 35+, 35+A-B-C, 40+(CPRT), 45+, 45+A-B-C, 55+A-B-C.

Doubles – Men's Open, A, B, C, 35+

Thursday Nov. 15th

Singles – Men's 50+, 55+, Women's Open, A, B, C, D, 24 & under, 24 & under A-B-C, 25+, 25+A-B-C, 30+, 35+, 35+A-B-C, 40+, 45+, 45+A-B-C.

Doubles – Men's 19+, All Women's and Mixed except 50+

Friday Nov. 16th

Singles – Men's 60+, 65+, 70+, 75+, 80+, Women's 50+, 55+, 55+A-B-C, 60+, 65+, 70+, 75+, 80+,

Doubles – Men's and Women's 50+

CHECK-IN

All player registration will take place at The Racquet Club of Memphis. Check-in is required prior to participating in the event. Hours for registration are: Tuesday, November 13th 3 p.m.- 10 p.m., Wednesday, November 14th 8 a.m.- 10p.m., Thursday, November 15th 8 a.m.- 9 p.m., and Friday, November 16th 8 a.m.- 9 p.m.

SKILL LEVEL CERTIFICATION

Skill-level entrants (A, B, C, D divisions.) must be AMPRO certified at that level or be approved by the state director or representative as being legitimately competitive in the entered skill division at a level five event. Tournament directors will use these benchmarks to determine eligibility for skill competition, and reserve the right to re-classify or disqualify players when/if they are improperly placed. *NOTE: Players in Age+Skill must meet the same criteria.*

TICKETS FOR PRO MATCHES

Everyone will be required to purchase tickets for pro matches — see ticket application or call (800) 234-5396 ext.0. All non-players must purchase a ticket to be admitted to the Saturday evening Grand Gala **"PARTY WITH THE PROS"**. Seating is limited, therefore it is strongly recommended that you purchase tickets in advance. **ABSOLUTELY NO VIEWING FOR PRO MATCHES WILL BE PERMITTED WITHOUT A TICKET.** Last year's ticket packages sold out four weeks in advance, so don't delay!

A very limited number of four-person courtside luxury boxes (with catered VIP Lounge access) may be available starting at \$2,800. Call 614-890-6073 for availability.

HOSPITALITY

Limited hospitality for all players will be available at Wellworx Sportsplex and Ridgeway Baptist Rec.Center only. The Racquet Club of Memphis features a four-star restaurant for your dining pleasure, as well as the Players Village with a cash bar and limited concessions.

SILENT AUCTION & PRO/AM DOUBLES CHALLENGE

For the benefit of St. Jude Children's Research Hospital a silent auction will be held during the event featuring Olympic Memorabilia and sporting goods equipment from the industry's best manufacturers. Checks, cash, VISA and MasterCard are welcome. In addition, Tuesday evening, November 13th, 32 lucky amateurs will have the opportunity to play in a single elimination (one game to 15) doubles challenge with a top professional player as their partner. All proceeds will be donated to St. Jude, and each amateur player will receive an autographed racquet from their pro partner. **Call (614) 890-6073 if you are interested in participating as spots are limited.** Pro/Am Doubles for St. Jude – \$325 donation.

ST. JUDE HOSPITAL

The Choice Hotels U.S. OPEN Racquetball Championships is once again proud to name St. Jude Children's Research Hospital as its designated charity. Founded in 1962 by the late entertainer Danny Thomas, St. Jude is dedicated to the successful treatment of diseases that afflict children. Having treated more than 20,000 patients from 47 states and 53 countries, the hospital is a world leader in the treatment of catastrophic childhood illnesses. The Choice Hotels U.S. Open has raised over \$140,000 for St. Jude!

PRIZE MONEY

OVER \$59,000!

RULES/FORMAT/RANKINGS

All amateur divisions will be played according to official USA Racquetball rules, including the mandatory use of protective lensed eyewear tested to ASTM F803 or CSA impact standards. Pro divisions will use IRT/WPRO rules. For all age divisions, players must meet the proper age requirement as of the first day of the tournament (November 14th). **All divisions (pro and amateur) will use the ProPenn HD (purple) ball, the official ball of the IRT and US OPEN.** Consolation will not be offered due to court time restrictions. Every match played in all divisions at the US OPEN will be entered in the USAR's new state-of-the-art ranking system.

CPRT (MEN'S 40+)

New for 2007! The Classic Pro Racquetball Tour is sponsoring the Men's 40+ division at the US OPEN with a prize money purse of \$3,500. All Men age 40 and over are eligible to enter with official CPRT ranking points awarded for each match won. Featured stars include Ruben Gonzalez, Brett Harnet, Mike Ray, and Woody Clouse.

OFFICIATING

All players will receive \$5 for each amateur division match they referee. Players losing a match in the pro divisions are required to referee with no fee paid.

CHOICE HOTELS

INTERNATIONAL

We are very pleased to have Choice Hotels International as our title sponsor for the U.S. OPEN Racquetball Championships. Choice Hotels International (NYSE: CHH) is one of the world's largest lodging franchisors, franchising more than 5,000 hotels in 46 countries under the Comfort Inn, ComfortSuites, Quality, Clarion, Sleep Inn, Cambria Suites, MainStay Suites, Suburban and Rodeway Inn brand names. For more information on Choice, visit the company's web site at www.choicehotels.com.

TOURNAMENT DIRECTORS

Event Director:

Doug Ganim

Floor Manager:

Pete Ulliman

Executive Committee:

Dr. Jim Hiser, Kay McCarthy, Heather Fender,

Dr. Fred Heros, Dino Tashie

Pro Commissioners:

Dave Negrete (IRT), Shannon Feaster (WPRO),

Steve Lerner (CPRT)

Men's Pro-\$35,000

1st	\$8,000	16's	\$	750
2nd	\$4,600	32's	\$	150
Semis	\$3,000			
Qrtrs	\$2,000			

Women's Pro-\$20,000

1st	\$5,400	Qrtrs	\$	1,300
2nd	\$3,200	16's	\$	200
Semis	\$2,300			

CPRT-\$3,500 (Men's 40+)

1st	\$1,500	Semis	\$	500
2nd	\$1,000			

Men's & Women's Open Singles

1st	\$ 350	Semis	\$	85
2nd	\$ 175			



CELEBRATION OF CHAMPIONS

Men's Pro

2006	Jason Mannino
2005	Kane Waselenchuk
2004	Kane Waselenchuk
2003	Kane Waselenchuk
2002	Sudsy Monchik
2001	Cliff Swain
2000	Sudsy Monchik
1999	Jason Mannino
1998	Sudsy Monchik
1997	Cliff Swain
1996	Sudsy Monchik

Women's Pro

Christie Vanhees
Christie Vanhees
Cheryl Gudinas
Rhonda Rajsich
Cheryl Gudinas
Kerri Wachtel
Christie Vanhees
Jackie Paraiso
Jackie Paraiso
Michelle Gould
Michelle Gould



TRAVEL AND LODGING

Northwest Airlines, United Airlines, Enterprise, and Avis have joined the U.S. OPEN to offer special discounted airfares and rental cars to the 2007 U.S. OPEN. Please follow the information below to obtain these special rates:

Northwest Airlines

Discount: 5%-8% off published fares.

Instructions: Must call NWA Group Reservations Desk at (800) 328-1111 and mention WORLD FILE #NMCQY

United Airlines

Discount: 5%-10% off published fares.

Instructions: Must call Olympic Travel Desk at (800) 841-0460 and mention USA Racquetball account #565EF.

Avis/Enterprise (rental cars)

Discount: Special low weekly rates on all car classes.

Instructions: Must call AVIS group reservations desk at (800) 331-1600 and mention AWD# J996315 or Enterprise at (800) 593-0505 and mention CDP#50C0261

Hotels

When making hotel reservations, you must mention the U.S. OPEN Racquetball Championships. Discounted rates are good for up to four people per room. You must make reservations by October 23rd for these special rates. Regular shuttle service will be available between all four clubs throughout the event. **In addition, free shuttles service will be provided from the main host hotels (Comfort Inn & Suites, Sleep Inn, and La Quinta) to The Racquet Club every half hour.** No parking is available at The University of Memphis, so players must use the shuttle.

1. COMFORT SUITES*
(main host hotel)
2575 Thousand Oaks Blvd.
(901) 365-2575
Rate: \$84
-12 minutes to Racquet Club

3. COMFORT INN
1335 McRee Street
(901) 372-2700
Rate: \$89/Suite \$107
-15 minutes to Racquet Club
-3 minutes to WellWorx

5. THE RACQUET CLUB
5111 Sanderlin Rd.
(901) 765-4400

7. UNIVERSITY OF
MEMPHIS
630 Echles St.
(901) 678-2816

2. SLEEP INN*
(main host hotel)
5119 American Way
(901) 363-4800
Rate: \$74
-12 minutes to Racquet Club

4. LA QUINTA INN & SUITES*
1236 Primacy Parkway
(901) 374-0330
Rate: \$92
-8 minutes from Racquet Club

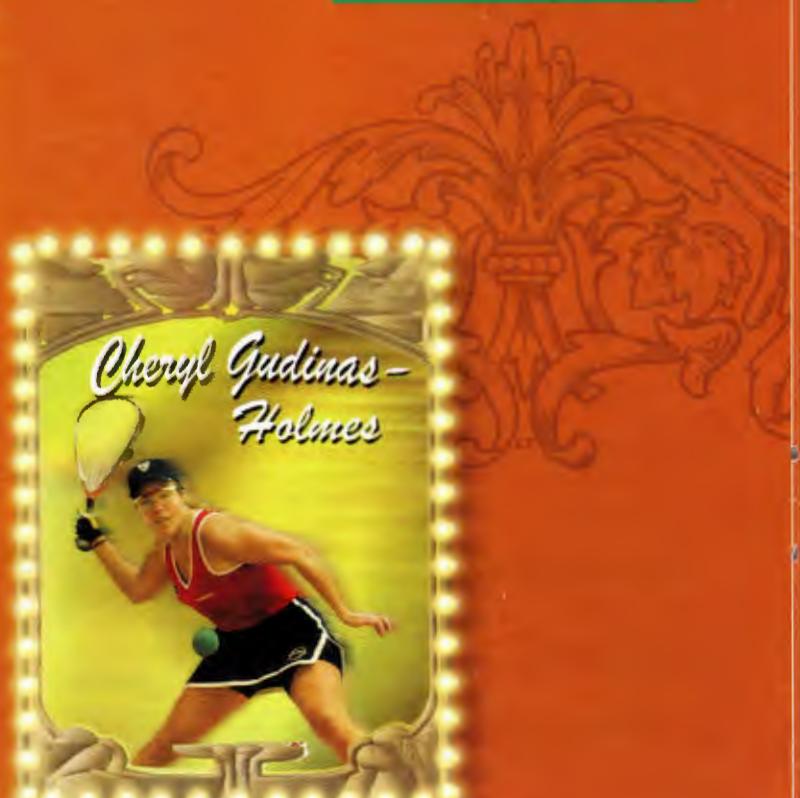
6. WELLWORX SPORTSPLEX
6161 Shelby Oaks Dr.
(901) 388-6580

8. RIDGEWAY BAPTIST REC. Ctr.
2500 Ridgeway Rd.
(901) 761-1113

* Only the COMFORT SUITES, SLEEP INN, and LA QUINTA will have regular free shuttle service to The Racquet Club (every half hour)



For additional nearby hotels
please log on to
www.choicehotelsusopen.com
or e-mail hfender@usra.org



PRO MATCH TICKET APPLICATION

	Price	Quantity	Total(\$)
SESSION #1:	\$20		
Men's & Women's Pro Qualifying Wednesday, 10 a.m.- 3 p.m.			
Men's round of 64 Wednesday, 4 p.m.- 11 p.m.			
SESSION #2:	\$20		
Men's round of 32 Thursday, 9 a.m.- 1 p.m.			
Women's round of 32 Thursday, 1 p.m.- 6 p.m.			
SESSION #3:	\$24		
Men's round of 16 Thursday, 3 p.m.- 9 p.m.			
SESSION #4:	\$26		
Women's round of 16 Friday, 9 a.m.- 1 p.m.			
Men's quarters #1,#2 Friday, 1 p.m.- 4:00 p.m. (IRT Champions Clinic 4p.m.)			
SESSION #5:	\$28		
Men's quarters #3, #4 Friday, 5:00 p.m.- 9 p.m.			
Women's quarters Friday 5 p.m.- 8 p.m.			
SESSION #6:	\$30		
Women's semi #1/Men's semi #1 Saturday, 10:00 a.m.- 1:00 p.m.			
(Play the Pro Challenge - 1pm)			
SESSION #7:	\$30		
Women's semi #2/Men's semi #2 Saturday, 2:00 p.m.- 5:00 p.m.			
SESSION #8:	\$40		
CPRT finals/Women's finals/Men's finals Sunday, 9:30 a.m.- 2 p.m.			

BEST VALUE!

TICKET PACKAGE (includes all sessions listed above - only available in advance) \$99

Guest Ticket for Dinner Gala "PARTY WITH THE PROS" \$35

(free for all player participants) Saturday, 8 p.m.- 12:30 a.m.

Processing fee (must be paid to process your order) \$4

\$4

Make check payable or use credit card and mail to:
Choice Hotels U.S. OPEN Racquetball Championships
1685 West Uintah
Colorado Springs, CO 80904-2906

To order your tickets by phone call: (800) 234-5396 ext. 0
outside US: (719) 653-5396 ext. 0 or fax this completed form to : (719) 635-0685

To order on-line: WWW.CHOICEHOTELSUSOPEN.COM

TOTAL

Tickets will not be mailed in advance.
They can be picked up at the Choice
Hotels U.S. OPEN Will Call Desk, located
at The Racquet Club (I.D. is required).
Seating is limited. Must purchase tickets in
advance to be guaranteed a seat.

Visa/MC # _____ Exp. Date _____ Sec. Code _____

Cardholder's Name (print) _____

Signature _____

Name to hold tickets under _____

Credit Card Billing Address _____

City _____ ST _____ Zip _____

Day Phone _____ Night Phone _____

E-Mail _____ Fax _____

A very limited number of four-person
courtside luxury box seats (with table ser-
vice) may be available starting at \$2,800.
Includes access to Pro/Gold Lounge with
food and drink for the week.
Call (614) 890-6073 for availability.

ENTRY FORM

Name _____ Birthdate _____ Age _____

Address _____ City/State/Zip _____

Phone (day) _____ (night) _____ Fax _____

USA Racquetball Membership Number _____ Exp. Date _____ E-Mail _____

Seeding Information (2006 U.S. OPEN, 2007 States, Regionals, Nationals) _____

Home Club _____

Players may enter a maximum of two (2) events; (3 events permitted if at least 1 is a doubles division):

Check one: Men's or Women's

Skill Divisions*		Skill + Age Divisions*		Doubles & Mixed Doubles Divisions*			
Can only enter ONE from this group	A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/>	24 & under A	<input type="checkbox"/> 35+ C <input type="checkbox"/>	Open	<input type="checkbox"/> C <input type="checkbox"/> 50+ <input type="checkbox"/>	MX A/B <input type="checkbox"/> MX 30+ <input type="checkbox"/>	
		24 & under B	<input type="checkbox"/> 45+ A <input type="checkbox"/>	A	<input type="checkbox"/> 19+ <input type="checkbox"/>	MX C/D <input type="checkbox"/> MX 40+ <input type="checkbox"/>	
		24 & under C	<input type="checkbox"/> 45+ B <input type="checkbox"/>	B	<input type="checkbox"/> 35+ <input type="checkbox"/>		
		25+ A	<input type="checkbox"/> 45+ C <input type="checkbox"/>				
		25+ B	<input type="checkbox"/> 55+ A <input type="checkbox"/>				
		25+ C	<input type="checkbox"/> 55+ B <input type="checkbox"/>				
		35+ A	<input type="checkbox"/> 55+ C <input type="checkbox"/>				
		35+ B	<input type="checkbox"/>				
*REQUIRED Skill Verification Form							
Please indicate below your eligibility for competition in the skill level you have selected. This information will be verified and re-classification may take place if deemed appropriate by the Tournament Director.							
<input type="checkbox"/> I have been AMPRO certified at this level by: _____ AMPRO Certified Instructor (name required) _____							
<input type="checkbox"/> I have recently competed in this skill category in my state, and have been approved for participation in this category at a Level Five event by the state director or designated representative shown below: _____ (name required)							
<input type="checkbox"/> I competed at this level (but did not win the division title) at the: _____ 2006 U.S. OPEN, or the _____ 2007 USAR National Singles							

Open & Age Divisions		
OPEN <input type="checkbox"/> 24 & under <input type="checkbox"/> 25+ <input type="checkbox"/> 30+ <input type="checkbox"/> 35+ <input type="checkbox"/>	W40+ <input type="checkbox"/> M40+—see CPRT below <input type="checkbox"/> 45+ <input type="checkbox"/> 50+ <input type="checkbox"/> 55+ <input type="checkbox"/>	60+ <input type="checkbox"/> 65+ <input type="checkbox"/> 70+ <input type="checkbox"/> 75+ <input type="checkbox"/> 80+ <input type="checkbox"/>

PRO Men's (IRT)** Women's (WPRO)** Men's 40+ (CPRT)**

** The Men's Pro draw will begin in the round of 64 with qualifying rounds scheduled as needed. The Women's Pro draw will begin in the round of 32 with qualifying rounds scheduled as needed. Players wishing to enter the amateur OPEN division must enter it directly as a second event. **CPRT (Men's 40+)** is open to all Men over 40 years of age.

WAIVER: I hereby, for myself, my heirs, executors, and administrators, waive and release all rights and claims that I may have against the USA Racquetball, IRT, WPRO, Ganim Enterprises, Choice Hotels Corporation, The Racquet Club of Memphis, Wellworx Sportsplex, Ridgeway Baptist Church, The University of Memphis, and all other U.S. OPEN sponsors, or their respective agents for any and all injuries I may suffer as a result of participation in this event. By registering to participate, I release all rights to the use of event photographs/videos in which my image appears.

Participant Signature _____ (parent if under 18) _____ Date _____

ENTRY FEES

Players may enter a maximum of two events (3 events permitted if at least 1 is a doubles division). Consolidation will not be offered due to court time restrictions. Players in multiple divisions may play back-to-back matches. Returned checks will be assessed a \$23 service charge (\$10 for declined credit cards). Phone entries will be accepted through the entry deadline with a \$10 service charge and a major credit card by calling the Choice Hotels U.S. OPEN headquarters at (800) 234-5396 ext. 0. Maximum amateur draw is 700 players. Once filled, all additional entries received will be returned with refund.

		Amount Paid	Division
First Event	(\$98)	_____	_____
Second Event	(\$48)	_____	_____
Third Event	(\$48)	_____	_____
USAR Membership	(\$35)	_____	_____
Late Fee/Phone Entry	(\$20/\$10)	_____	_____
Extra Party with the Pro's ticket -Players admitted free	(\$35 each)	_____	Quant. _____
		TOTAL	_____
Visa/MC _____	Exp. Date _____	Sec. Code _____	

Cardholder's Name (print) _____

Signature _____

ENTRY DEADLINE:

All entries must be received by Wednesday, Oct. 31st and/or postmarked by Friday, Oct. 26th. No refunds will be given after the entry deadline. All entries received after the entry deadline will be assessed a \$20 late fee if space is still available in the tournament.

ENTRY FEE INCLUDES:

Limited hospitality, free access to Player Village and fun fair activities at The Racquet Club, souvenir Choice Hotels U.S. OPEN shirt, Choice Hotels U.S. OPEN Souvenir Program, ticket to the Saturday evening Dinner Gala "PARTY WITH THE PROS", plus much, much more!

Have you enclosed your Pro Match Ticket Application and payment for tickets? Seating is limited. Must purchase tickets to be guaranteed a seat. One check can be written for entry fees and tickets. Last year's event sold out four weeks in advance!

To enter by phone call: (800) 234-5396 ext. 0
outside US: (719) 635-5396 ext. 0
To enter online: www.choicehotelsusopen.com

Make check payable and mail to:

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ROCK SOLID POWER!

HEAD



Jack Huczak
#1 Player in the World!*

* 2007 IRT year end ranking



Jason Thoerner - IRT # 6*

Shane Vanderson - IRT # 5*

Kristen Walsh - WPRO # 7*

Mitch Williams - IRT # 7 *

Chris Crowther - IRT # 8*

Setting a new standard for power and performance, HEAD's new Extreme Series of racquets feature MicroGEL, Metallix and Flexpoint PWR technologies. Extreme racquets are the new weapon of choice for #1 ranked IRT pro Jack Huczak and the rest of the HEAD pro team. Experience the ultimate ROCK SOLID POWER!



*ranking as of 5/07

extreme
170

extreme
180

extreme
190

head.com

CLASSIC PROFESSIONAL RACQUETBALL TOUR

CPRT University Announced

Based on interest from players in a number of locations, CPRT has started a camp, clinic, fantasy camps and teaching program which will be called CPRT University. The entire program will be run under the CPRT umbrella and coordinated by Woody Clouse on behalf of CPRT.

This program will be nationwide and will include all CPRT players who wish to participate. Watch for sites and dates announced on www.classicproracquetball.com.



2007-08 CPRT SCHEDULE

The CPRT has confirmed the first half of its 2007-08 schedule, starting where last season left off: Las Vegas!

September 7-9, 2007
Las Vegas Doubles

October 11-13, 2007
Salem, OR

November 15-17, 2007
US OPEN – Memphis

December 7-9, 2007
Columbus, OH

Watch for the second half of the season's dates to be announced on [classicproracquetball.com](http://www.classicproracquetball.com).



Clouse Wins Inaugural CPRT Championships

Gonzalez & Harnett Tie for Tour Title

This inaugural Classic Professional Racquetball Tour Season was capped off in Las Vegas with the first CPRT Championships hosted by the Las Vegas Athletic Club and the Chuck Minker Sports Complex. The weekend opened with the event sponsor hosting a doubles exhibition (won by Woody Clouse and Ruben Gonzalez) and a party for seventy-five invited guests at the racquetball court in his home -- a fun event for the players and guests. Charity doubles followed on Friday as the showcase for over \$1,500 raised to benefit the Boy Scouts of America of Las Vegas. Bret Harnett and partner Al Uriarte took the honors in an enjoyable and competitive round robin.

Speaking of round robin play, the format for the CPRT Championships was different than the straight draws of the regular season events. The CPRT professionals were split into two flights with three spots filled by local qualifiers to battle for two finals spots and over \$5,000 in prize money. The end-of-year ranking championship was on the line as well, with the CPRT Championships offering bonus points over the regular season events. Thanks to the major event sponsors Desert Plumbing & Heating and Beck's Beer as well as Ahern, Fastener's Inc. and Sunburst Shutters for making this event possible.

Two rounds of play were held on Friday night, setting up a true semifinal in flight one and a mess in flight two. In flight one, both Ruben Gonzalez and Woody Clouse emerged with two wins on Friday night, each defeating the qualifiers in their flight, Herb Yamashiro and Tom Weniger. In flight two, Mike Ray survived Friday with wins over Steve Lerner and qualifier Steve Winkel. Lerner defeated Bret Harnett in a great 11-8 tiebreaker and Harnett defeated Winkel. Harnett taking Lerner to a tiebreaker turned out to be significant in the end in deciding who would reach the finals.

The last round on Saturday started with Clouse moving into the finals from flight one with an 11-9, 11-1 win over Gonzalez, leaving Gonzalez to settle for semifinal ranking

points. Yamashiro defeated Weniger to round out play in the flight.

Harnett and Ray faced off with Ray needing either a win, or a loss with significant points (18), in order to reach the finals. Harnett handled Ray 11-8, 11-6 earning his way into the finals on points. Ray received semifinal ranking points based on scoring a single point more in round robin play over Lerner, who defeated Winkel in the last match of the day.

The Saturday evening finals with the powerful hometown hero Harnett and the energetic Clouse turned out to be exceptionally entertaining. The level of play from both CPRT professionals was high, featuring great defense, strong service games, and many close calls for official Craig Lane. The match was one of streaks and runs with the players trading 11-4 (Harnett), 4-11 (Clouse) to move into the tiebreaker. Clouse came out strong to a 7-1 lead but Harnett came back with a streak of his own to tie the game at 8. It was Clouse's final push and streak that earned him the 11-8 victory and in doing that created the answer to a future trivia question: the player who won the first CPRT Championship.

With the bonus ranking points and his finals performance, Bret Harnett was able to tie Ruben Gonzalez (another future trivia question) and share the first CPRT Tour Title. Clouse's win earned him the third position in the end-of-year rankings while Mike Ray's consistent play through the season allowed him to finish fourth. In a brief but competitive inaugural season, the Classic Professional Racquetball Tour has arrived and looks ahead to a second season that will see it return to Las Vegas in September with a season-opening Doubles Event. In the months to come, visit www.classicproracquetball.com for more updates, info on players and special events, and the release of the complete 2007-08 schedule.

2007 WOR-Ektelon National Warm-ups Tournament Results

By Allan Kazem, National Director, WORLD OUTDOOR RACQUETBALL

This past weekend ended with the final event of World Outdoor Racquetball's 2006/2007 season -- the 2007 National Warm-ups Tourney held in Huntington Beach, California.

The nine separate divisions included Pro Singles, Pro Consolation Singles, Women's Singles, B/C Singles, Junior 14/16 Singles, Junior 12 Singles, Pro Doubles, A Doubles, and Mixed Doubles.

It was a wild weekend of intense outdoor racquetball -- the weather was perfect with warm, sunny 80 degree weather both days. The food and hospitality were the best ever and the atmosphere was electric!

I spoke with several participants today from our event. All were sore and tired, but generally had a great overall experience. Special thanks to my fellow tourney directors Georges Barrera and Steve Cohen, with Gabe Medina assisting at the

desk. Of course, these WOR events would not be the same without the exceptional hospitality from Jim (Jimbo) Banuelos and his assistant, Rod (Thunder) Frontino. Almost forgot to thank Mike Orr Tattoo Service -- he does a great job.

And a big thanks to our sponsors: Coca Cola, Rick Sandello, JK Sports Agency, Jeff Kettering, One Shot Sports, Son Nguyen KK Racquetball, Kris Kasakwal, and of course Ektelon and Prince Sports.



Rod Frontino, Rod Felton, Christine Van Hees and Jack Huczek

Dave Conway Memorial Shootout

June 9, 2007 • Fort Lauderdale, FL

By Vic Liebosky, WOR Rep, Florida

When the day began, the Open Divisions seemed up for grabs, as three-time champ "Big Dave" Smith had to pull out due to injuries leaving Ken "Grunge" Grandy without a partner. After another last-minute cancellation, Grungeman's old friend Dave "Hooliman" Julios became available, so they teamed up just moments before the start of play. For most of the day it didn't seem to matter, as Dillon Silver and "Rasta" Eric Harper seemed invincible, winning all of their pool play matches fairly easily. It seemed just a formality to see who would fall to the new "young guns" in the finals. The pool play battles were fierce, with the field extremely balanced. Only seven points separated 2nd place from 6th place in pool play. In an action-packed Open Finals, Grunge and Hooliman

shocked everyone, taking down the young guns in two games!

The A division was no less exciting, with Nick Bee and Gator Rick Kneale defeating outdoor newbie Randy Buffington and veteran Lefty Rick Bolles in the finals. Gator Rick and Nick B took some time to get warmed up, but by the finals they had their game in top form.

The Holiday Park gang really came through with the fundraising efforts, helping the Florida Junior team get to Nationals. Lots of new faces, with 17 of the 30 participants in their very first Florida WOR event.

Great games, great weather, great fun, great food, great day!

NATIONAL WARM-UP RESULTS

PRO DOUBLES

SEMI 1-Josh Tucker/Son Nguyen def. Jeff Johnson/Rick Sandello

SEMI 2-Josh Tucker/Son Nguyen def. Rob Hoff/Rocky Carson

FINAL: Craig Lane/Greg Soils (WBF) Josh Tucker/Son Nguyen

A DOUBLES

FINAL- Brian Haas/Scott Davis def. Rob Johnson/Gil Sais

MIXED DOUBLES

FINAL-Jesus Ocana/Deby Pierce def Geroges Barrera/Gay Degree

MEN'S PRO SINGLES

SEMI 1-Rocky Carson def. Greg Freeze

SEMI 2-Rick Sandello def. Tim McGuire

FINAL-Rocky Carson def. Rick Sandello

Men's Pro Singles Consolation
SEMI 1-Steve Bush def. John Ivers

SEMI 2-Allan Kazem def. Rob Johnson

FINAL-Steve Bush def. Allan Kazem

Women's Singles

Rhonda Rajsich def. Sherri Knecht

B Singles

Scott Davis def. Darrell Baricuatro

Junior 14/16 Singles

JUNIOR (12)

SEMI 1-Justin Ivers def. Justin Wacphal Dane Kazem def. Christopher Kazem

SEMI 2-Samuel Barrera def. David Bogosian

WOR TOP 10 RANKINGS

Pro Singles

Rocky Carson, CA	1200
Greg Solis, CA	865
Jesus Ocana, CA	650
Rick Sandello, CA	625
Cliff Swain, MA	575
Greg Freeze, CA	565
Son Nyugen, CA	550

Pro Doubles

Willie Tilton, CA	490
Tim McGuire, CA	440
Lou Orosco, CA	425
Rob Hoff, CA	2640
Greg Solis, CA	2190
Josh Tucker, CA	2025

Rocky Carson, CA

1840

Jesus Ustrarroz, CA

1475

Rod Felton, HI

1400

Craig Lane, CA

1400

Matt Robinson, HI

1300

Son Nguyen, CA

1300

Rick Sandello, CA

1160

Maryland Washington Racquetball Association

By Steve Graham

The Maryland Washington Racquetball Association was recently named the recipient of the 2007 State President's Award and recognized in Houston at the U.S. National Singles Championships. As Steve notes, teamwork is the secret to success and all state board members share in this prestigious achievement.

What would you say is the key to having a successful state organization?

Teamwork! While we are not the poster child for state associations, in the end we always manage to get the job done. We do our best to listen to our players, make changes, and adapt to the busy schedules of our contingency.

What are the most successful programs in your state?

Tournaments and junior programs. We pride ourselves on providing good tournament value and running at least three juniors-only events each season. With respect to our juniors, these three juniors-only events have seen steady growth, increasing from 20 participants to often over 60, including kids from our neighboring states.

During your tenure, what would you consider your state's greatest accomplishment?

Modernization of the association, including incorporation and revisions to our by-laws and the development and maintenance of the MWRA website. Through the website we provide online registration for all our events and are able to post completed draw sheets at the end of each tournament. We also recently incorporated an online player survey.

If you could share some advice to other states, what would it be?

Do your best to develop relationships with the court clubs in your area and make sure they know who you are and what you do.



MARYLAND WASHINGTON STATE BOARD MEMBERS:

Bill Cooper

Susan Flaesch – Secretary/Treasurer

Steve Graham – Website Administrator

Steve Messiora

Tom Pendleton

Warren Riecke

Val Rogolino - Chairman

Tracie Valentine

Chris Wilmot

What is the #1 complaint you hear as USA racquetball state representatives?

At the risk of sounding redundant, rankings. "How much longer do we have to wait for the ranking system to be accurate?" This is the resounding question we continually hear from our members.

What makes racquetball in your state special?

We have a die-hard group of tournament players and everyone is family.

Maryland has been an anchor for racquetball on the Atlantic Coast for many years, previously hosting the U.S. National Doubles Championships and many successful regional championship events.

If you visit during the right time of year, soft shell crabs and fresh oysters from the Chesapeake Bay are a delicacy. And no visit to this state is complete without a stroll through Baltimore's Inner Harbor which also hosts the National Aquarium and an array of fine restaurants and arts. The United States Naval Academy in Annapolis was founded in 1845. The 4.3 mile long Bay Bridge is your access road to the Eastern shoreline and miles of beaches.

Higher Education: John Hopkins University, St. John's College at Annapolis, University of Maryland, Bowie State University and the U.S. Naval Academy, to name a few.



MARYLAND WASHINGTON STATS

Membership Strength – 283

Lifetime Members – 8

State Population – 5,868,545

MITCH WILLIAMS & RHONDA RAJSICH

Gold Medal Winners of the Men's &
Women's US Team Qualifying Division





NATIONAL SINGLES RACQUETBALL CHAMPIONSHIPS

HOUSTON, TEXAS

penn **2008**



As Good As It Gets

FOR THE PAST 25 YEARS, RACQUETBALL'S BEST HAVE COME TO HOUSTON TO THE EKTelon 40TH USA RACQUETBALL NATIONAL SINGLES CHAMPIONSHIPS PRESENTED BY PENN RACQUET SPORTS

STORY BY LEO R. VASQUEZ
PHOTOS BY GEOFF THOMSEN



Every year since 1983, hundreds of the nation's best racquetball players have traveled to Houston in search of a national championship title. They make the trek not only for the high level of competition but to see old friends as well. This year marked the 25th consecutive year that USA Racquetball has hosted its flagship national singles event at the Downtown Houston YMCA. As always, it was celebrated with wonderful parties, great play, and the annual re-kindling of friendships that originated there. Read on to discover why "The Finals" is the only national championship for singles competition.



HYATT



Wednesday... First Round Jitters



Bob Fulton

The nerves, anticipation, and pressure that go along with playing in any tournament were felt by many as 152 matches kicked off the first day of competition at the **Ektelon 40th USA Racquetball National Singles Championships** at the Downtown YMCA and the Metropolitan Club. With a total of 530 players and 69 divisions, this surpassed last year's total of 516 players and 67 divisions. With so many matches going on, it was easy to look around and find plenty of action around the courts. **Bob Fulton** (Flower Mound, TX) forgot the most important component in playing...his racquet. "I was stretching, getting ready for my match and realized I forgot my racquet", said Fulton. "I found another fellow Wilson player (**Jason Campbell**, Dayton, OH) and he loaned me his racquet." (Bob would defeat **Robert Livell**, Pacific, MO 14-15, 15-4, 11-5 in the first round of competition in the Men's C and would go on to finish fourth in the Men's 50+C.)

Alonso Mago (Houston, TX via Venezuela) was playing in his first-ever US National Singles. "I have been working long hours the last three weeks and I haven't really played much," said Mago. (Alonso would go on to win a close tie-breaker against **Denny Brown** (Baton Rouge, LA) 15-11, 8-15, 11-5 in

the first round of the Men's D. Alonso made it to the finals and won a silver medal, losing to Tim Clausen, 15-13, 15-9.)



Alonso Mago

What some consider to be the highlight of the tournament was the fourteen young players who chose to step up and take on competitors twice and even three times their own age. The first day of competition saw these kids in action as eleven year-old **Matt McAdam**

(Englewood, CO) won his first round over **Matthew Reid** (Victoria, TX) in the Men's D, 15-6, 15-11. "I wasn't very nervous, I was just trying to make him shoot from the back court," said McAdam. Advice that he may have gotten from his dad (Tom) or his grandfather (Robert) who were also playing in the tournament. Three generations of McAdams sounds tough to beat!

Another junior making his first appearance was **O. Rion Ocampo** (Newport News, VA) as he defeated **Richard Gonzalez** (Corpus Christi, TX) 15-4, 15-1. "Hopefully all my training will pay off here," said Ocampo. And then there was one of Colorado's top juniors, twelve year-old **Adam Manilla** (Centennial, CO) who played **Srikanth Kandad** (Marietta, GA) in the Men's C and lost in the tie-breaker, 11-15, 15-12, 11-3. Adam also entered the Men's 24+C and came home with a silver medal after dropping a tough match to **Ross Dusenbury** (College Station, TX) 15-11, 15-14.



Adam Manilla

One of the future stars in women's racquetball was also scheduled to take center stage later in the week as fifteen year-old **Aubrey O'Brien** (Auburn, CA) made her debut here at the US National Singles. Aubrey would face #3 **Kristen Walsh** (Salt Lake City, UT) in the Women's US Team qualifying division and looked a little tight as she was defeated 15-5, 15-6.

Aubrey's appetite for playing against adults started when she was just ten years-old. "I entered my first tournament when I was eleven years old," said O'Brien. Aubrey recently won the gold medal at the 2006 Junior Nationals in the Girl's 14+ Singles division and took the silver medal at the 2006 Junior Worlds in Tempe, AZ.



Aubrey O'Brien

530

Players entered in the tournament

364

Players entered in 2 divisions

90

Age of oldest player
Ben Marshall

65

Players who listed LA Fitness as their club

BIGGEST LOSER IS A BIG WINNER

by Don Jones



Last year, Tim Clausen (Lewes, DE) was a high school teacher and coach, a husband and father of a young daughter – and according to him, 100+ pounds overweight. With today's hindsight, Tim says that he did not realize how depressed he was over being too heavy.

Through the encouragement of his students, Tim applied to be a contestant on NBC's **The Biggest Loser**, a nationally televised weight loss competition. Tim was on the show from April through December of 2006. And over that time period, he lost 114 pounds, from 268 down to 154. Tim's secret weapon during his time on the show was playing racquetball. "I was always a good athlete and I played racquetball for fun in college," Tim says. "But after college, I stopped playing, and gradually, I gained a lot of weight." He was good enough then to beat his college teacher, but his game didn't progress past club participation. And once Tim gained his weight, he was embarrassed by his size. "I felt weak," and resisted the gym for fear of being ridiculed. (continued next page)

Thursday... Full Swing

Racquetball players and fans were treated to a spectacular day of racquetball as the men's and women's US Team qualifying matches began on Thursday.

The women were the first to kick things off as **Adrienne Fisher** (Tuscaloosa, AL) knocked out **Malia Bailey** (Norfolk, VA) 15-9, 6-15, 11-6. Adrienne looked impressive and kept Malia on her heels as she fought her way through the close tie-breaker. Next up was **Jo Shattuck** (Denver, CO) who came away with a hard-fought victory over **Diane Moore** (Griffith, IN) 15-7, 7-15, 11-9.

The main court quickly filled as sentimental favorite **Brenda Kyzer** (Leesville, SC) put on her "poker face" and rode into Houston with her guns blazin'. "I am playing some of my best racquetball," said Kyzer. "I formulated a game plan and made sure I executed that game plan." Brenda would go on to defeat **Kimi Ferina** (Bethpage, NY) 15-5, 15-8.

One of the most anticipated matches of the day featured the debut of fifteen-year-old **Aubrey O'Brien** (Auburn, CA) vs. **Kristen Walsh** (Salt Lake City, UT). "This was sort of a different dynamic on the court against Aubrey," said Walsh.



John Ellis

The last women's match of the night featured **Kerri Wachtel** (Cincinnati, OH) and **Vivian Gomez** (Miami, FL). Kerri started out slow but eventually found her rhythm and took out Vivian, 15-7, 15-3.

The men also began as **Jason Thoerner** (Pekin, IL) narrowly escaped a close call over **Shannon Kohl** (Jenison, MI) 15-12, 9-15, 11-4. Jason is known to bring crowds to their feet with his ridiculous retrieving ability.

The idea of playing racquetball again at that point was just a fond memory and a depressing one at that.

So after being pushed by his students to "take the chance" on appearing on the NBC show, Tim took on the challenge with a heart as big as his beginning shadow. While the show helped him get started from a dietary standpoint, his exercise came from running and a rekindling of his familiar college workout: racquetball. "I got hooked, again," Clausen recalls.

He started playing three times a week and he found this to be a big boost in his quest to lose weight, regain his confidence and enjoy life more. "I noticed that I became a lot quicker," Tim recalls, "and I loved that." He played his way into the Delaware State Racquetball Singles tournament last February, and came away as the state champion in the Men's C and D Divisions. And most recently, at the USA Racquetball National Singles Championships, Tim won national titles and gold medals in the Men's D and Men's 25/30+C divisions. Tim says that "my life has changed already from the weight loss, and I hope I can inspire others to attain their goals too." You better believe that racquetball was front and center in supporting Tim in his pursuit of his goals and being tabbed as the nation's "**Biggest Loser**."

Hometown favorite **Patric Mascorro** (Houston, TX) was all business as he pushed **Mitch Williams** (Pueblo, CO) to the limit but fell short in the tie-breaker. "I came out flat", said Williams. "The altitude change takes a little time to adjust, but I will be ready on Friday." Mitch would win the tie-breaker and the match, 8-15, 15-13, 11-5.

More non-stop action continued on Thursday as **Shane Vanderson** (Fort Myers, FL) made easy work of **Mike Orr** (San Diego, CA) 15-6, 15-6. "I felt good on the court today", said Vanderson. "This could very well be my year".

Chris Crowther (Riverside, CA) served up some heat and took down everyone's favorite player **Ruben Gonzalez** (Staten Island, NY) in two quick games, 15-6, 15-2.

The barnburner match of the night was on court #9 as **John Ellis** (Stockton, CA) and **Andy Hawthorne** (Tallmadge, OH) gave the fans a show. Ellis was down 14-2 in the first game and things weren't looking good. "That got me ready for the second game," said John. "I didn't want to play one match and be out of this tournament." Andy won the first game, 15-7.

John won the second game 15-5, and was near the brink of elimination in the tie-breaker, down 7-2. The crafty veteran fought back and won the match in the tie-breaker, 11-9.

The night was nearly complete as **Jack Huczak** (Rochester, MI) advanced over **Rafael Filippini** (Bonita, CA) in two straight games, 15-4, 15-5. "Jack was really on his game tonight," said Filippini. "There is a reason he is one of the best players in the world, and it showed tonight."

Ben Croft (Lake Bluff, IL) made his first appearance in Houston and got his first match win over **Doug Ganim** (Westerville, OH) 15-3, 15-13. Ben brings passion and emotion on every rally and can get any crowd going with his fierce strength. Defending champion **Rocky Carson** (Ladera Ranch, CA) would end the night and make quick work of **Tony Carson** (Scottsdale, AZ) 15-4, 15-5. "I felt strong out there today," said Carson. "Having my wife here really helps settle me down and play like a champion. There is nothing more comforting than knowing my wife is here to support me. I am very blessed."



Shane Vanderson and Jeff Elder



Friday...

Close Calls

If there's one word that exemplifies **Liz Alvarado**, it's "excellence" and Friday it all paid off for the local favorite. The day began with Alvarado becoming the newest member of the Women's US National Racquetball Team with a dominating performance over current U.S. Team member, **Kristen Walsh**, 15-3, 15-2.

Sweet revenge considering Walsh narrowly escaped defeat last year by besting Alvarado, 14-15, 15-2, 11-4 in the quarter-finals. "I have been training specifically for this event," said Alvarado. "I put more effort into my workouts and training program this year than last year."

Kerri Wachtel continued her winning ways as she defeated **Brenda Kyzer** 15-11, 15-3. "Kerri played really well today," said Kyzer. "I was a little off today and she was a little on."



Liz Alvarado

More action followed as **Cheryl Gudinas-Holmes** (Naperville, IL) played her first match of the event due to a first round bye. Gudinas-Holmes sent **Adrienne Fisher** (Tuscaloosa, AL) packing with a solid defeat, 15-4, 15-10.

Defending champion **Rhonda Rajsich** (Fountain Hills, AZ) also played her first match and went up against **Jo Shattuck** in the final women's match of the day. "Jo is such a skilled technician and can give anyone problems if you let her in a match," said Rajsich. "I wanted to get in there and not let that

happen today." Rajsich would defeat Shattuck in two games, 15-3, 15-11.

The Men's US Team qualifying matches were mostly decided by a few points either way and that brought excitement to some and frustration to others.

First up was a battle between friends as **Mitch Williams** faced off against **Jason Thoerner**.

In a re-match from the 2006 US National Singles, last year

Thoerner escaped with a 15-14, 14-15, 11-7 win. This year would prove to be different as Mitch came out with a 7-0 lead in the first game before Jason warmed up his engine and tied the score at 13-13. Mitch finished the first game with a blistering forehand to take it, 15-13. The second started the same way as Mitch built a 13-4 lead and never let off the gas, winning 15-9.

Next up, **Rocky Carson** (Ladera Ranch, CA) would face the new kid on the block, **Ben Croft**. The first game started off with both players standing their ground as Carson built a comfortable lead and won 15-8. Croft would kick it into 4th gear and run away with an 8-0 lead in the second game.

Carson would grind back but Croft held him off and won the second game, 15-7. The tie-breaker went back and forth but Carson never trailed and won the match with a final score of 11-9.

The action continued as **Shane Vanderson** and **Chris Crowther** took to the main court. Shane built a nice 12-6 lead in the first game and then Chris started to bring the heat. Crowther would get close but not before Vanderson won it 15-14. The second game was nearly the same result, but Vanderson would have none of that and closed out the match with a 15-12 victory.

The final match found **Jack Huczek** (Rochester, MI) in unfamiliar territory against **John Ellis**. Jack came out hot and won the first game 15-5, looking flawless. The second game looked nothing like the first as Huczek was skipping the ball and Ellis stayed aggressive winning 15-4. Ellis began the tie-breaker with a commanding 6-0 lead over Huczek in front of a packed house. Jack began serving to the left side glass and Ellis had trouble returning those serves with success. Jack would come back to win 11-9 in the tie-breaker and face Shane Vanderson in the semifinals. Hundreds of spectators and fans were thrilled with the high level of competition and these elite players returned the favor by thanking the fans after every match played.



Ben Croft

Percentages of shirt sizes for players in the tournament

34.0%
X-Large

37.6%
Large

15.7%
Medium

5.6%
Small



THREE GENERATIONS OF RACQUETBALL

In what could be a first in the history of "The Finals" or any other national tournament, three generations of the McAdam family played in this year's National Singles. **Robert McAdam** (Crowley, TX), and his son **Tom McAdam** (Greenwood Village, CO), and Tom's son **Matt McAdam** all decided to enter and enjoy the chance to play in the same tournament. Living in different states nearly eight hundred miles apart, the McAdam family made the journey to Houston.

"The reason I wanted to play in the tournament is because it will probably be the only chance I ever have to play in the same tournament as my grandpa and he was the one who taught me about racquetball," said Matt. "I am excited to be able to play in front of my family and this is really special to me."

Matt played in the Men's D and also the Men's 24-C. The youngest McAdam competed at the 2005 17th IRF World Junior Championships in Mexico, making it to the semi-finals. Bob won a gold medal in the Men's 85+ and presented it to his young grandson. Matt was seen proudly wearing his grandfather's medal around the club.

Saturday... Changing Of The Guard

Super Saturday at the Ektelon 40th USA Racquetball National Singles Championships was filled with excitement as players witnessed something new this year. For the first time since 1999, there was a chance for two male players in the finals other than Jack Huczak and Rocky Carson. In the first semifinal, the top seed did not hold true to form as #3 Shane Vanderson defeated #2 Jack Huczak 15-14, 15-10. Jack was

ready to close out game one with a 13-9 lead, when Shane found his backhand to be his most prized possession and tied the score at 13-13. Another backhand winner and a costly forehand skip by Jack and game one went to Shane, 15-14.

Jack Huczak and Shane Vanderson

Vanderson came out in the second game hitting more backhand winners and built a 10-3 lead on Huczak. "When my energy level is up, I can do everything well," said Vanderson. Shane kept the pressure on Jack and won the second game 15-10. "I didn't want to lose on my birthday," said Vanderson. "This is what the sport and this tournament needs, something new every now and then is a good thing."



Rocky Carson and Mitch Williams

into game two looking sharp with a 5-3 early lead. Rocky then built an 8-6 lead before Mitch took a timeout and talked to his friend Jason Thoerner. After that point, Mitch's drive serve was heating up and so was the score. Mitch would keep pressure on Rocky and close out the second game 15-13, advancing to the finals. "I really wanted to have a breakout perform-

The second match for the men was also "something new" as #5 Mitch Williams duplicated the upset against #1 Rocky Carson. The first game did not bode well for Rocky as he fell behind 11-0. Mitch was picking up steam and won the first game 15-4. Rocky looked a little out of sorts but came

ance and what a good tournament to do it at," said Mitch. "It was definitely in the air today."

The women's semifinal between #2 Cheryl Gudinas-Holmes and #6 Liz Alvarado kicked off the Women's US Team Qualifying. Cheryl showed everyone why she is still a dominant player in racquetball and never let Liz get in the match. Cheryl would get most of her points by killing balls off the back wall and go up 6-2 in the first game. Liz took a timeout as her cheering section tried to pump her up and get her going.

Cheryl Gudinas-Holmes and Liz Alvarado



Cheryl couldn't miss a shot and she would win the first game 15-4. The second game Liz had settled her nerves before taking her first lead at 5-4. Cheryl forced Liz to the back of the court and kept her shooting. Cheryl went up 12-8. A few points later Cheryl called a timeout, came back in the court and finished the match winning 15-10. "I feel like I can always improve my game by making changes," said Cheryl. "I don't feel burned out and I love the training."

The second women's semifinal between #1 Rhonda Rajsich and #4 Kerri Wachtel was a thrilling display of hustle and determination.

Rhonda jumped out to a 3-0 lead as she began warming up her backhand down-the-line winner. Kerri was hitting a few winners herself to tie the score at 8-8. Rhonda remembered her backhand re-kill was her best asset

and went on to win the first game, 15-10. Kerri must have gotten some great coaching from her husband Chris; she came out in the second game moving Rhonda around and took an early 4-1 lead. Rhonda's backhand re-kill was "Fred Astaire-like," smooth and rhythmic. Rhonda would go up 13-8, hustle for a diving kill and finishing with a backhand winner for the match, 15-8. "Today was hard for me. I am dealing with some personal family matters," said Rhonda. "But as far as racquetball, I feel like I am just getting started. I am capable of doing a lot of things right now and I am here to win."



Rhonda Rajsich and Kerri Wachtel

RACQUETBALL REACHES NEARLY 40 COUNTRIES

Racquetballonline.tv exposed racquetball to nearly 40 countries during "The Finals" with a free live audio and video stream. Pablo Fajre and Angela Grisar set up the cameras and also arranged for live audio commentary from Jo Shattuck as well as special guests US Team Coach Dave Ellis, John Ellis, Brenda Kyzer and Mike Orr.

Friday was the busiest day as 2,250 visitors logged on throughout the day to watch the matches featured on the main court. Sunday was the second busiest day with 1,785 visitors.

As the event was concluding on Monday, a total of 9,492 people had logged in and watched the event from countries such as Romania, Italy, Spain, Germany, France and Costa Rica. There were even visitors from Turkey and South Africa, indicating that racquetball inspires worldwide interest.

For more info visit: www.racquetballonline.tv

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Sunday... On With The Showdown

When #5 Mitch Williams threw his arms up in the air on



Shane Vanderson lines up his backhand

tional Singles Championships taking out #1 Rocky Carson in the semifinals and then #3 Shane Vanderson in two straight games in the Men's US Team Qualifying division? Or was it that Williams is only the fourth player to win this event since 2000 other than Rocky, Jack Huczak and Mike Guidry?

Maybe it was because Mitch had the determination, the look, the swagger and the will to win.

championship point, there seemed to be more than 'awe' in his reaction, something probably unexplainable to most. Was it that Williams pulled out the double upset at the Ektelon

40th USA Racquetball Na-

There are but a few players who can match the raw power Williams possesses. Combine that with his quickness on the court and that simply translates into pressure: the pressure of the ball going by you at warp speed and the pressure when he is making some of the most unbelievable gets on the hard-wood floor.

The first game went back and forth until Mitch went up 10-5, hitting re-kills and crisp passing shots. He never looked back and kept the pressure on Vanderson, winning the first game 15-6. The fans were yelling for Vandy and trying to pump him up and get him going. The second game was a copycat of the first as Mitch was up 13-8 when



Mitch Williams dives for a re-kill

Vanderson gave it one last push. Mitch led 14-12 and after a few side outs and some incredible dives from both players, Mitch closed out the match with a score of 15-12 on a Vanderson forehand skip. "I look forward to coming back next year to defend my title," said Williams. "I am in complete awe."

	<u>Mitch</u>	<u>Shane</u>
Dives	17	7
Aces	0	0
Skips	14	20

Match Stats

	<u>Rhonda</u>	<u>Cheryl</u>
Dives	11	7
Aces	4	2
Skips	11	10

Third Championship For Rhonda

The Women's US Team Qualifying match was an emotional struggle for #1 Rhonda Rajsich on Sunday afternoon.



Cheryl Gudinas shoots her backhand

Rhonda can now add a third championship to her resume as she defeated #2 Cheryl Gudinas-Holmes, 15-11, 15-8 to win the Women's US Team Qualifying division.

Rhonda took her first lead at 6-5 and then began hitting her patented backhand re-kill to grab a few more points and go up 12-7. Game point ended on a reverse appeal by Rhonda as both linesmen overturned a shot that Cheryl thought was

Rhonda dedicated her win to her family and to her grandfather who passed away last week. "I really want to do this for them, my grandfather never got to see me play, so today was for him."



Rhonda Rajsich dives and shoots

good; so did the ref. Rhonda won the appeal and the game 15-11.

The second game was all or nothing for both women as they came out drive serving and hitting crisp rally-ending shots. Rhonda built a quick 4-0 lead but Cheryl applied a little pressure of her own and began to move Rhonda around the court, scoring a few points. But it was Rhonda's day as she hit a beautiful backhand winner, an ace, then a forehand winner to go up 11-4. Rhonda never looked back and kept Cheryl off balance, winning the game 15-8. "I have always looked up to Cheryl, I am glad she is still playing because her best brings out the best in me," said Rhonda. "This could very well be the start of a good rivalry."

Cheryl off balance, winning the game 15-8. "I have always looked up to Cheryl, I am glad she is still playing because her best brings out the best in me," said Rhonda. "This could very well be the start of a good rivalry."

Parties...Parties and...

LADIES' NIGHT OUT

By Cheryl Kirk

An outpouring of support, friendship and generosity emanated from Ducks in the Hyatt Regency on Thursday evening. The

USAR Women's Committee hosted the Second Annual Ladies' Night Out...with about 60 women (and a few righteous brothers) attending!

Comments to the attendees came from Jim Hiser (USAR Executive Director), Brenda Kyzer (WPRO athlete), Terry Rogers (WS/MRA Board member), Tom Curran (NMRA President), and Randy Stafford (USAR Board President).



A Racquet for the Cure raffle of an Ektelon 03 Pink racquet and a Wilson Hope racquet made happy winners out of Laura Brandt and Marcia Richards. Thanks to Ektelon, Wilson, and USA Racquetball, no one left empty handed – racquetballs, wristbands, grips, posters, T-shirts – and a good measure of racquetball trivia questions ensured that everyone left even smarter than when they walked in. (Sample question:

VIVA LAS VEGAS

The Head/Penn "Casino Night" party on Friday was a big hit as players received a small bank to play craps, blackjack, roulette, and Texas Hold 'Em poker. Chips were traded in for tickets and the evening ended with players winning lots of cool

Who has won the most Women's Open national titles in USA history? Answer – Michelle Gould!)

The USA Women's Committee thanks Heather Fender for her assistance in planning the reception, as well as special thanks both to those women who have traveled to Houston many years in a row as well as to those who made this their very first trip to National Singles.



One of the big highlights of the weekend was the introduction of a Racquet for the Cure fundraiser, a painting created specially by Ruben Gonzalez entitled *Spirit of the Journey*. The dedication reads, "In honor and memory of those who have dealt with the challenges of breast cancer in their lives." It was unveiled by Ruben at the Thursday reception; raffle tickets were then sold for \$5 each, or 5 for \$20. The drawing took place on Saturday evening at the banquet and the winner was Steve Cook from California. An impressive total of \$2,790 was raised in just 48 hours' time! Proceeds will go to Susan G. Komen for The Cure.

prize, including Roland Grassl who won 2 free nights at the Hyatt and \$200 to spend at the Spindletop restaurant, just for staying at the Hyatt!



Brian Crosser & Fran Davis



Ben Simons, Fran Davis,
Doug Ganim

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Andy Hawthorne &
Shane Vanderson



Players trade-in chips
for tickets



Joe Lee & Brenda Kyzer



Roland Grassi, winner of
2 free nights at the Hyatt Hotel
and \$200 to the
Spindletop Restaurant



A table of some
serious poker players



and More Parties...

BANQUET & AWARDS CEREMONY

The Racquetball Night To Remember Awards Banquet at the Hyatt on Saturday night was standing room only, as racquetball players were treated to a first-class menu and music to dance to all night long. **Shawn Royster** hosted the event as awards were given out to athletes of the year, contributors and career achievers. Shawn, along with his production company, was responsible for the high-tech videos played on giant screens during the ceremony that electrified players with heart throbbing music and fast action shots of great players. Next year (2008) marks the 25th anniversary of the Hall of Fame, so players should come dressed for the formal occasion. As Shawn said, "I'm wearing my top hat and cane!"



Special Recognition
Peyton Dorsett for the Downtown

Special Recognition
Ruben Gonzalez
"Geezer Jock of the YEAR"

Bud Muehleisen
Male Age Group Award
Tom Travers

Peggy Steding
Female Age Group Award
Merjean Kelley

Joe Sobek
Outstanding Contributor
Kelley Beane



John Halverson
Fair Play Award
Ben Marshall

Presidential Award
Steve Graham

Winner of
Racquet for the Cure Raffle
Steve Cook

Female Athlete of the
Year
Rhonda Rajsich

Male Athlete of the Year
Rocky Carson



Richard Eisemann and
Doug Kite

Eddie Vann, Rhonda
Rajsich, and Leo Vasquez

Fred Wiegand and his friends
get ready to eat

Clarence Simmons, Al Schof
and Bryan Shaw



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NATIONAL DOUBLES CHAMPIONSHIPS Dates Changing in 2008

Before you read any further, please note that the 2007 National Doubles Championships will still take place September 26-30, in Tempe, Arizona. The 2008 National Doubles Championships will be moving to February 13-17, which is the second weekend after the Super Bowl. This move has been made due to the need to reschedule the US Open event to the middle of October beginning in 2008. The US OPEN has always been held the weekend before Thanksgiving, but both the host club and the sponsors have requested the event be moved to dates slightly earlier in the season. This would have provided only a few weeks separation between the US OPEN and National Doubles championships.

The National Doubles championships is one of USA Racquetball's premiere events. Major events should optimally be separated on the calendar as much as possible in order to maximize player attendance.

In an opinion survey that was sent out to all state directors, the consensus was that February would be a good month to hold National Doubles to provide for a separation on the calendar of three to five months between any two events (February, May, October).

Although we realize this change may be inconvenient for some previously-scheduled events, we are attempting to alleviate impact by contacting the professional tours and other major associations to discuss the changes and allow time for adjustments.

Hosting a National Doubles event in September 2007 and again in February 2008 may result in additional concerns. The alternative was to delay the February event until 2009, but it was concluded that a 2008 championship is essential.

USA Racquetball apologizes for any problems or inconveniences caused by this change. We hope every one will ultimately find the long-term results of the change beneficial to our sport.

Note: The 2007 National Doubles dates of September 26-30, in Tempe, AZ remain unchanged.

The 2008 National Doubles will be held in sunny Tempe, AZ from February 13-17, 2008.

Official Host Hotel: Sheraton Hotel 480-967-6600 \$99.00 includes shuttle and complimentary continental breakfast.

Save on your registration fee by entering online at www.usaracquetball.com

2007 International Racquetball Federation World Senior Racquetball Championships

Tuesday, August 28 – Saturday, September 1 in Albuquerque, New Mexico USA

THIS YEAR'S EVENT

- ◆ Men's and Women's Singles Age-Group Divisions 35+ through 85+
- ◆ **MEN'S & MIXED DIVISIONS BEGIN PLAY ON TUESDAY**
- ◆ **WOMEN'S DIVISIONS BEGIN PLAY ON WEDNESDAY**
- ◆ Mixed Doubles throughout the tournament
- ◆ Players may enter Mixed Doubles as only event
- ◆ **LIMIT: 2 EVENTS PER PLAYER** - Players may enter 1 singles event OR 1 singles event & 1 doubles event, OR 2 doubles events.



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EVENT DETAILS: Expanded entry form available online at www.internationalracquetball.com and at www.racquetball.org. To request a full entry by mail, contact Gary Mazaroff at 505-321-1110, or email gmampro@aol.com or paula_sperling@yahoo.com.

FEES: **FIRST EVENT (Singles or Mixed Doubles)** – \$125.00 per player, \$200.00 total for Husband/Wife entry; **SECOND EVENT** – \$30.00; **NON-PLAYING SPECTATOR** – \$55.00 (includes lunches and banquet).

ENTRY DEADLINE: Registration forms and fees must be **RECEIVED** by **AUGUST 1, 2007**.

EVENT HEADQUARTERS: Sheraton Albuquerque Uptown, 2600 Louisiana NE, 505-881-0000. WSRC Room Rate - \$84/night for up to 4 people per room.

TRAVEL: United Airlines, 800-841-0460 (use acct. #565 EF for best United rate).

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Patent #5,919,104

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PATENTED DUAL CYLINDER CONSTRUCTION

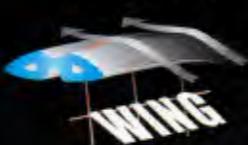


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Leader in Racquetball Technology Unveils Three New O3 Racquets

O3 Copper, O3 White and O3 RG Offer Revolutionary Customization Options

Racquetball players everywhere are already buzzing about the never-before-seen racquet customization offerings incorporated into Ektelon's three new O3 racquets. The sport's technology leader is proud to officially announce the introduction of the O3 Copper, O3 White and O3 Ruben Gonzalez (RG) - all of which incorporate the company's new, patented Total Racquet Customization offerings. Total Racquet Customization provides players the opportunity to personally fine-tune their racquets based on power, stability, weight and balance preferences. This makes Ektelon the only company to truly put players in complete control of their racquet and game.

Beginning this July, all three racquets will be available to consumers and will come complete with a set of four Power Plugs and in the case of the O3 Copper, Power Ring Inserts as well.

"This is an incredible breakthrough offering for racquetball players," said Scott Winters, General Manager at Ektelon. "Customization is a huge story. We know each player has his/her own personal preference when it comes to how power, weight and balance are incorporated into the racquet. With the customization options built into these three different O3 frames, players can now tweak an already incredible racquet into something even greater – depending upon what they like best or need most."

How it works:

Clearly marked, small, thermoplastic "Power Plugs" can be inserted directly into the 12 o'clock O-ports to change the weight and balance of the frame. Every two plugs inserted increases the racquets power level by

100 points and its weight by 3 grams.

In addition to Power Plugs, each O3 Copper will come with two interchangeable throat pieces called Power Ring Inserts that will allow players the opportunity to string the racquet four different ways. The Power Ring Inserts help customize the string bed for maximum power, added control and additional string life.

All three O3 racquets offer unique features. The O3 Copper is a Super Widebody frame and is the most powerful of the three. It comes complete with a set of Power Plugs and Power Ring Inserts as well as a customization kit.

The O3 White, Rocky Carson's racquet of choice, is also a Super Widebody frame and comes with Power Plugs to help add weight, power and dictate balance.

The O3 Ruben Gonzalez (RG), designed in partnership with one of the game's greatest legends, is Ektelon's lightest O3 racquet ever made and comes complete with Power Plugs and an autographed souvenir head cover

"Power is the name of the game and O3 technology on its own is amazing. But offering additional ways to fine-tune the racquet to gain additional power while dictating balance and weight is incredible," said Carson. "These small inserts add huge benefits and it is hard now to imagine my racquet without them. I have found that using two power plugs gives me just the right combination of power, stability and balance I need to succeed on tour. Ektelon has again taken into consideration the needs of players and raised the bar in terms of racquet offerings and innovations."

ABOUT THE RACQUETS:

O3 Copper:

- Super Widebody frame
- Weight - 190g
- Includes Power Plugs, Power Ring Inserts and Customization Kit
- Power Level 3300 - 3500
- Retail Price \$229.99

O3 White:

- Super Widebody frame
- Weight - 170g
- Includes Power Plugs
- Power Level 3200 - 3400
- Retail Price \$199.99

O3 Ruben Gonzalez Signature Model:

- Weight - 165g
- Includes Power Plugs and special souvenir head cover
- Power Level 2750 - 2950
- Retail Price \$199.99

All three racquets are available at sporting goods stores or wherever racquets are sold. To learn more about Ektelon's O3 Technology or to find out more about racquet customization, log onto www.ektelon.com/customizeit.



USA Racquetball would like to thank the Texas Racquetball Association and Leo Vasquez for the continued support and the donation of a new LCD projector for the National Events.

Company Gets a Grip on Its Market

MaxiSwing Serve Accelerator for Racquetball Earns USAR Approval

The MaxiSwing Serve Accelerator is a new racquet sports product that was actually derived from a golf training aid, developed to accelerate club head speed and accuracy for golfers. The patented product attaches to a racquet handle and then automatically keeps the player's fingers in position and gives leverage to the individual's swing, thus creating more speed and power. "We are truly excited from what market research and testing has discovered. We're going to change the way people think of what a sports grip should look like...but not the way it should perform," says Vito Collucci, Founder / CEO of MaxiSwing Sports Products and inventor of the MaxiSwing Sports Grip Straps. The MaxiSwing's Serve Accelerator for Racquetball also serves as a shock absorber. "Our product is very comfortable and forgiving. I guess that is why it performs so

well when using it. It's ergonomics at its best," states Collucci.

Legal for tournament play

The Serve Accelerator is also USAR-conforming and meets all USAR guidelines. Collucci also gives thanks and recognition to Jim Hiser and to the United States Racquetball Association for doing the necessary research in approving this product in such a timely manner. "I believe they see the enormous impact that this product is going to bring to the sport of racquetball and wanted to make sure it met all guidelines before they approved it."

Currently available online

The USAR-approved MaxiSwing Serve Accelerator for Racquetball is available online in single packs for \$9.95 each. MaxiSwing

Sports Products also produces a Serve Accelerator Training Aid for Tennis, a Drive Accelerator Training Aid for Golf, and a Fly Fishing Casting Aid for Fly Fishing. "We hope to be in many distribution chains by late summer and we will be producing product to meet any demand," says Collucci.

Contact Info:

MaxiSwing Sports Products
www.maxiswing.com

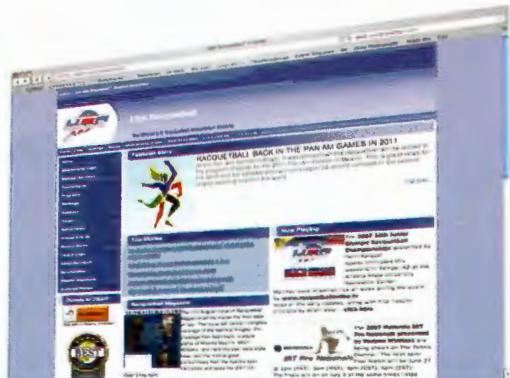
*MaxiSwing is a registered Trademark.
MaxiSwing grip straps are Patent Pending and
made in the USA.*



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Parents: Shawn & Shannon Royster



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During the summer months your state associations and tournament directors are beginning to plan their Fall/Winter tournament calendars. For new tournament listings, please check the USA Racquetball.com events website. New events are added daily throughout the course of the year.

If you are a tournament director, please contact your local state organization to sanction your event and have it listed on the USA Racquetball Sanctioned Events calendar. For your event to appear in the September/October issue of the magazine, please observe the August 1 deadline.

USA Racquetball Event Sanctioning Benefits

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Listing in Racquetball Magazine

Listing in the Tournament Calendar online at www.usaracquetball.com

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START	END	EVENT TITLE	FACILITY NAME	CITY, STATE	EVENT PHONE
7/13/07	7/15/07	Back on The Hill	YMCA - Los Alamos	Los Alamos, NM	509-539-0030
7/20/07	7/22/07	Big Brothers/Big Sisters	Courts Plus of New Bern	New Bern, NC	252-633-2221
7/20/07	7/22/07	2007 Happy Days Summer Classic	St. Andrews Family Fitness Center	Charleston, SC	843-574-8734
7/25/07	7/28/07	NMRA International Championships	The Athletic Club of Overland Park	Overland Park, KS	513-936-0504
7/27/07	7/29/07	2007 Lakeland YMCA Summer Classic	YMCA - Lakeland	Lakeland, FL	863-875-1220
7/27/07	7/29/07	Summerfest	Glass Court Swim & Fitness	Lombard, IL	630-629-3390
7/27/07	7/29/07	League of Nations Doubles	Pojaque Wellness Center	Santa Fe, NM	505-321-1110
8/2/07	8/5/07	2007 State Games of America	Lynmar Racquet & Health Club	Colorado Springs, CO	719-591-8756
8/3/07	8/5/07	Capital City Classic	Kentucky State University	Frankfort, KY	502-418-6001
8/4/07	8/5/07	2007 IN/IL State Games	Omni 41 Sports Complex	Schererville, IN	317-847-6563
8/11/07	8/11/07	2007 Kansas Summer Sizzler Shootout	The Athletic Club of Overland Park	Overland Park, KS	913-383-9060
8/11/07	8/12/07	2007 Triple Crown August Racquetball Shootout	Maverick Athletic Club	Arlington, TX	817-275-3340
8/11/07	8/12/07	2nd Grand Slam Summer Sizzler Shootout	YMCA - Downtown Houston	Houston, TX	281-812-4502
8/17/07	8/19/07	2nd Annual Curt Rettke Memorial Tournament	Sport & Health,Crystal Gateway	Arlington, VA	703-597-9985
8/24/07	8/26/07	2007 California State Doubles	Prime Time Athletic Club	Burlingame, CA	650-697-9162
8/25/07	8/25/07	2007 Dallas Doubles Series II	Landmark Fitness Factory	Dallas, TX	214-632-7322
8/28/07	9/1/07	IRF World Senior Championships	Midtown Sports & Wellness	Albuquerque, NM	505-321-1110
9/7/07	9/9/07	2007 Triple Crown Racquetball Championships	Maverick Athletic Club	Arlington, TX	817-275-3340
9/8/07	9/9/07	Tad McCullough	Indiana State University	Terre Haute, IN	usart
9/12/07	9/16/07	Motorola/Verizon IRT World Professional Championships	Lynmar Racquet & Health Club	Colorado Springs, CO	
9/15/07	9/16/07	Grand Slam Back to School Shootout	YMCA - Downtown Houston	Houston, TX	281-812-4502
9/20/07	9/23/07	8th Ghost of Georgetown & Kansas City Open (Tier 1) IRT Pro Stop	The Athletic Club of Overland Park	Overland Park, KS	913-383-9060
9/21/07	9/23/07	High Altitude Shootout	Pagosa Lakes Recreation Center	Pagosa Springs, CO	970-903-3054
9/22/07	9/22/07	2007 Dallas Doubles Series III	Landmark Fitness Factory	Dallas, TX	214-632-7322
9/26/07	9/30/07	2007 US National Doubles Championships	Arizona State University	Tempe, AZ	710-635-5396
10/4/07	10/7/07	2007 Kentucky ProAm Open Racquetball Championships	Western Kentucky University	Bowling Green, KY	270-304-4575
10/12/07	10/14/07	2007 Texas State Doubles Racquetball Championships	Maverick Athletic Club	Arlington, TX	817-275-3340
10/20/07	10/21/07	2nd Annual Grand Slam Trick or Treat Shootout	YMCA - Downtown Houston	Houston, TX	281-812-4502
10/27/07	10/27/07	2007 Dallas Doubles Series IV	Landmark Fitness Factory	Dallas, TX	214-632-7322
11/10/07	11/10/07	2007 Texas State Seniors Racquetball Championships	Maverick Athletic Club	Arlington, TX	817-275-3340
11/14/07	11/18/07	2007 Choice Hotels US OPEN Racquetball Championships	The Racquet Club of Memphis	Memphis, TN	719-635-5396
11/30/07	12/2/07	2007 Dallas Doubles Series V Invitational	Landmark Fitness Factory	Dallas, TX	214-632-7322
12/8/07	12/8/07	2007 Holiday Racquetball Shootout	Maverick Athletic Club	Arlington, TX	817-275-3340
12/15/07	12/16/07	3rd Annual Grand Slam St. Nick's Shootout	YMCA - Downtown Houston	Houston, TX	281-812-4502

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O^3 Copper

Power Level 3300-3500

Includes - New Customization Kit

O^3 White
Power Level 3200-3400

POWER RING INSERTS

Interchangeable Power Ring inserts are located in the throat area of the O^3 Copper frame. Using the DPR 2 ring insert gives you the longest main strings possible for ultimate power. The Power Ring 8 inserts provide extra control and extended string life.

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For complete details visit www.ektelon.com/customizeit