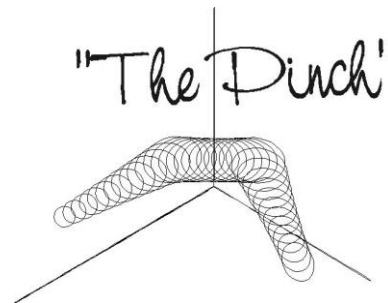




ORA NEWSLETTER

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COURT SPORT SHOES

By Mark C. Nahmias DPM

Racquetball requires forward, backward and side-to-side movements. In fact most of these movements occur at a rapid pace often requiring sudden starts and stops. The body must be moved with control in all directions. Shoe wear patterns produced in racquetball, even after a short time, show that court shoes are subjected to heavy abuse.

Most racquet court shoes are made with a high rubber content in the sole of the shoe for durability, versatility, and performance. Gum rubbers provide excellent gripping and are hard wearing for court shoes. Compressed rubber and synthetics offer a variety in durability and wear. Today's shoes have additional component materials such as dual density polyurethane or EVA for increased durability in the midsole. These can be molded to provide support in specific areas and are lightweight and flexible.

Traction of the outsole of the shoe is an important consideration of the racquetball shoe. The necessity for lateral movement in racquet ball makes the outsole of the shoe important. A flat outsole pattern develops the greatest frictional forces. Many shoes have pivot points which are also helpful in traction. The design of the outsole can provide cushioning, traction, pivot points, flexpaths, and wear plugs.

Specific parts of the shoe to be aware of are the toe box; which needs to be large enough to accommodate the toes, as well as being stiff enough to protect the toes. Also, the heel counter should be made of a durable plastic or thermoplastic. The medial side of the heel counter may be extended or reinforced for additional pronation control. An Achilles notch should be included for padding of the Achilles tendon and to prevent irritation, especially in a midtop or high top shoe.

A custom biomechanical orthotic can be made by a podiatrist to balance abnormal forces in the foot and leg. These should be placed directly in the shoe on top of the midsole which should not be removed. Which ever type of shoe you

prefer (high top, mid, or low), an ankle brace should be worn inside the shoe, preferably over the sock. A high top shoe is not a substitute for an ankle brace for support.

A properly designed and constructed sport specific athletic shoe can help prevent injuries and protect the athlete, as well as improve the game and performance. Which ever brand of shoe you choose, pick one that is specific for racquetball or for court activities only.

JOSH TUCKER WINS HIGH SCHOOL NATIONALS

Josh Tucker of Joplin, MO, wins the 1998 High School Nationals in St. Louis, MO. Congratulations Josh!!

PENN RE-DESIGNS ITS RACQUETBALL CAN

Look for the newly designed ProPenn racquetball can coming soon.

WILSON SIGNS SWAIN

ATLANTA, February 4, 1998 - Wilson Racquet Sorts announces that it has signed an agreement with the world's number one men's racquetball touring pro, cliff Swain...

1997 POLICE WORLD GAMES

June 07 - 12, 1998 The Dallas Police Department will be hosting the 1997 World Police Games. The racquetball event, including skill levels, will take place the 7th - 11th of June at the downtown Dallas YMCA. The World Police Games is a multi sport olympic style event held every four years. You may register on line with: www.theticket.com or by contacting C.R. D'Alesandro at the Dallas Police Department Tactical Division 334 S. Hall, Dallas TX 75226 or by phone 1-800-624-9752.

This a non profit event designed to bring police officers from different jurisdictions together. If you could please help by advertising in you respective publications it would be greatly appreciated. Thank you for your time.

C.R. D'Alesandro
Dallas Police Department

RACQUETBALL HUMOR

(The following was found on a Racquetball newsgroup on the internet by Dan Brandenberger. Author is listed at the bottom. Thanks Dan!)

QT01: What are some good serving techniques?

>The best ones are the ones that score you points. Don't bother with the others!

QT02: If my opponent is behind me, should I watch him take his shot?

>YES! It is always a good idea to watch better players and learn from them!

QT03: How can I hit the ball harder?

>Swing Harder.

QT04: What is a "splat" shot?

>Uh, sorry, that is spelled wrong. It should be "SLAP" shot.... and it's a hockey term and not really relevant here!

QT05: What is a "pinch" shot?

>It's a diversionary tactic and usually once the "pinch" portion is

delivered your opponent will be upset long enough for you to deliver the actual shot for a winner. This also works very well in doubles (as does simply holding or tugging on their shirts as they move to retrieve the ball).

QT06: What is a "jam" serve?

>Just think "spit ball" in baseball. Very illegal so use your discretion!

QR01: If a served ball bounces ON the short line, is it short or good?

>If YOU are serving, it is good. If your OPPONENT is serving, it is short.

QR02: Do you have to win by two points?

>YOU only need one point, your OPPONENT needs to win by two points.

QR03: Do I have to allow my opponent a clear shot to the entire front wall?

>Only to the upper 10 feet. Or, simply point out that you have given them the ENTIRE back wall.

QR04: What's that broken line behind the short line for?

>Broken line? Uh, whoever painted your court used to work for the Highway Department.

QR05: Do I get two serves after a hinder if I already have a fault?

>It depends on if the "hinder" was your "fault".

QR06: Can I let the ball hit the front wall TWICE before I hit it?

>Yes but that would mean your opponent has taken his shot AND your shot. If your opponent is better than you, just let him (or her) hit ALL shots.

Please keep in mind that I am NOT a professional so some of these may need clarification by the more knowledgeable people on this Newsgroup.

;~) ROLLOUT96 Jay Smith

JUNIORS

Happy Belated New Year! The Tulsa Metro Junior Racquetball Team (home at the Thorton YMCA) has moved its practice days from Saturday to Thursday. This began the first of December. With about 12 tournaments during the season and four weekends of holidays, Coach Chris and I felt this change was good of all. We have also incorporated an adult program, yet is waiting for program participants. We use the adult time for extra time for the juniors.

What new racquetball gear did you get for Christmas? I got racquetball sweat towels. Gwen got embarrassed with the last one I selected to travel with. Aaron got a new E-Force racquet won at Summerhill, AR.

I was sorry to hear the Siloam Springs (AR) tournament canceled. This was probably due to Ed Ericson's broken wrist. This resulted in nine weeks without a racquetball tournament (from Ponca City Dec. 5 to Springdale, AR Feb. 6.) Were you having withdrawal pains as I did? During February/March, there were four events in five weeks. Continue practicing, doing mild weights, cross-training (basketball, biking, rollerblading, swimming, etc.) and staying in good playing shape. Do not forget about hydrating (putting plenty of fluids, preferably water) into your body starting two days before you play in a tournament. For years nutritionists have been telling us to drink eight, 8 ounce glasses of water per day. This is a minimum before and during tournament play. Extended play without ample fluids can produce cramps and/or dehydration.

Hopefully you had a great time at Duncan, OK. as I did. The Simmons Center is a great place for a tournament; next year should be even better. Put on your schedule for next year.

I am looking forward to seeing everyone at the Juniors State Singles Championships, April 4, 1998 at the Northside YMCA (OKC) facility. I am sure you will be supporting your playing parents at the Adult State Singles Championships, and your other

support circles will be cheering you both on. I checked with David Watson on his tournament that he had in mid-May last year - he is not sure if he will run it again. Korey Morley of McAlester will be in Washington, DC on a school trip and will not be able to attend the Juniors Championship. Send us a postcard.

You have likely received your application for the regional championships in St. Louis, MO. on April 16-19. Check the back of Racquetball Magazine for other locations.

Job well done by the Juniors at Duncan, Wichita Falls (TX) and Ft. Smith (AR). Check out results elsewhere in THE PINCH or the various state websites.

Congrats to Chris Coy, Mark Soderstrom, Alicin Schmeling and Brittany Larson for hitting the **TOP TEN IN THE NATION IN** the boys 10-, men's novice (16 years old!), girls 8- multibounce and girls 12- respectively. The standings are located on pages 60 and 61 of the January/February and March/April 1998 issue of Racquetball Magazine.

Well, it has been a quick season. By the time you read this, April will be upon us - you will be getting ready for hunting Easter eggs and modeling new clothes. During the summer, try real hard to get at least one new person playing racquetball and invite them (after getting your parents permission) to attend a tournament. I plan on getting my eleven year old niece involved. She has traveled to a few tournaments with us and has hit a couple of balls. It really makes the events grow, plus more juniors will be having fun with others your same age. For the Juniors State Singles Championships, the USRA had 30 registered junior players in the state. We have more junior players than that!!!

Have a good one!

Bruce Adams
ORA Junior Program Director and Coach, Tulsa Metro Junior Racquetball Team
badams@citgo.com

CHRIS COY RETURNING TO JUNIOR NATIONALS

Ten year old Chris Coy participated in the December 1997 World Juniors in Fountain Valley, California. There were over ten countries participating in this event. Mr. Coy placed 7th in the WORLD in the ten and under boy's division.

In June of this year, Mr. Coy will be traveling to the Junior Nationals in Portland, Oregon. This time around Chris will try ten and under, plus the twelve and under boy's divisions. Chris and his parents will be globe-trotting together to this event.

Chris is the son of Mike and Susan Coy of Elk City, Oklahoma, where Chris plays at least one hour every day. Dad Mike plays also. Look for them in future doubles divisions. CONGRATULATIONS CHRIS AND GOOD LUCK AGAIN!!!

Bruce Adams
ORA Junior Program Director and Coach, Tulsa Metro Junior Racquetball Team
badams@citgo.com (address change)

TOURNAMENT RESULTS

Northwest Athletic Club Spring Open (February 6-8, 1998; Springdale, AR):

Mark and John Soderstrom competed at this event. Mark finished winning D consolation. As usual many good matches and hard fought battles. Congratulations to Director Lance Darien for his great turnout. He had approximately 90 people enter. Racquetball continues to surge!!!!

USRA POINT STANDINGS

Oklahoma Points Standings are provided by the USRA National Office as the past 12 months cumulative points. As of 2/26/98.

TOP FIVE IN EACH DIVISION:

Men's Open: DAVID WATSON 360, JOE STILL 210, CHRIS CARTER 125, KORY DUARTE 125, GLENN GARRISON 100.
Men's A: LEE LARSON 210, GLEN KATHAN 200, WAYLAND CUBIT 110, LARRY CAMPBELL 100, BRIAN THURNER 100.
Men's B: MARK BIANCHI 365, RANDAL BURTON 150, BRUCE ADAMS 105, ROY BALLOU 100, DONNIE BLACK 90.
Men's C: BRUCE GRUSZECKA 515, WILL COMPTON 125, MIKE DOBSON 110, RICK PARKER 80, ERIC WILSON 60.
Men's D: RICK PARKER 185, MARK SODERSTROM 140, BRETT TICE 100, CHRIS COY 75, ROYCE HINTERGARDT 75.
Men's Novice: MARK SODERSTROM 170, SCOTT HOWARD 150, SCOTT HUTSELL 125, CHRIS COY 100, KEN RIVAS 80.
Women's Open: GINA PETE 310, THERESE LEWIS 290, PAULA LEMON 80, GEORGIA DWORSHAK 75, MARIA VERA 70.
Women's A: MARIA VERA 80, GINGER BARSOTTI 50, GINA PETE 50, CHELO GAVIN 30, JOSINE HAUSTERMANN 20.
Women's B: JEANINE BLACK 260, STEPHANIE BIRD 170, RHONDA LINDEMAN 75, JOSINE HAUSTERMANN 50, JUNE SCHMELING 50.
Women's C: JUNE SCHMELING 115, AUDREY THIXTON 50, SHANNON WATSON 50, RHONDA LINDEMAN 30, ANGELA MANNING 30.
Women's D: RHONDA LINDEMAN 650, SHANNON WATSON 160, ANGELA MANNING 50, LAURA HINES 30, STEPHANIE JONES 20.
Girl's 8 & Under (Multi-Bounce): ALICIA SCHMELING 250.
Girl's 8 & Under: KRISTEN LINDEMAN 50, ALICIA SCHMELING 50, KEELEY HODGINS 30, LEAH SCHMELING 30.
Girl's 12 & Under: BRITTANY LARSON 405, JAMIE SCHMELING 50.
Girl's 14 & Under: BRITTANY LARSON 100.
Women's All Age: THERESE LEWIS 100, STEPHANIE BIRD 50.
Women's 25+: STEPHANIE BIRD 250, MARIA VERA 150, THERESE LEWIS 100, CHELO GAVIN 75, PAULA LEMON 50.
Women's 35+: THERESE LEWIS 150. Women's 65+: AUDREY THIXTON 150.
Boy's 8 & Under (Multi-Bounce): AARON ADAMS 150.
Boy's 8 & Under: AARON ADAMS 195, MICAH HOGAN 150, GABRIEL HOGAN 100, CHRIS COY 50.
Boy's 10 & Under: CHRIS COY 725, ANDREW ALBERT 140, ZAC SMITH 75, BRIAN SANDERS 50, AUSTIN HUTSELL 30.
Boy's 12 & Under: CHRIS COY 425, ANDREW ALBERT 130, MICHAEL DARNABY 105, ZACK ARNETT 95, ERIC CRAIN 50.
Boy's 14 & Under: BOBBY HOWARD 150, JOHN SODERSTROM 135, KOREY MORLEY 110, MARK HOPKINS 100, SAMSUN SMITH 75.
Boy's 16 & Under: MARK SODERSTROM 100, SAMSUN SMITH 30, JOHN SODERSTROM 20.
Boy's 18 & Under: JOSE VAZQUEZ 20.
Men's All Age: CHRIS CARTER 50, MARK FUHRMANN 50, TOBY CONRAD 20, DAVID FARLEY 15, LARRY CAMPBELL 10.
Men's 19+ (Division phased out 1996-1997 season): DAVID FARLEY 15.
Men's 25+: KORY DUARTE 200, CHRIS JONES 100, OHNNY RAGSDALE 100, BRIAN THURNER 100, TOM NORTH 75.
Men's 30+: RAY SMITH 150, KIP BIRD 100, LANNY PEREZ 75, ROY BALLOU 50, JOE STILL 50.
Men's 35+: DAVID WATSON 900, LEE LARSON 160, JOE STILL 130, BRUCE ADAMS 100, JERRY DIMITRATOS 95.
Men's 40+: STEVE HILL 50, PETE KOCHIS 50, BEN BREWSTER 30, MICHAEL ROBBINS 30, ROY RUDICHUK 30.
Men's 45+: JOHN SHADID 150, WALT CHARLTON 110, J.B. SMITH 100, GLEN KATHAN 75, DAN GOODWIN 50.
Men's 50+: GERALD BEATTIE 150, HY CHAMBERS 100, PETE KOCHIS 75, BOB HOWARD 50.
Men's 55+: JOHN GLEATON 250, JIM MCPHERSON 150. Men's 60+: ROY RUDICHUK 250. Men's 65+: ROY RUDICHUK 200.

RULES TIDBITS

Rule B.7a Appeals: “Appealable Calls and Non-Calls. In any match using line judges, a player may appeal any call or non-call by the referee, except for a technical foul or forfeiture.”

Rule B.7d Appeals: “Limit on Appeals. ...three appeals per game. However, if either line judge disagrees (thumbs down) with the referee’s call, that appeal will not count against the three-appeal limit. ...potential game-ending rally may be appealed without charge against the limit, even if the three-appeal limit has been reached.”

OFFICIAL OKLAHOMA TOURNAMENT SCHEDULE (USRA SANCTIONED EVENTS)

OKLAHOMA, REGIONAL AND NATIONAL EVENTS

For information on upcoming events, contact the director listed below for each event,
or call Pete Kochis, ORA President (405) 844-6004.

Please Post this page at all Racquetball facilities you attend. Thanks!!

April 3-5, 1998; "Oklahoma State Singles Championships" AND "Oklahoma State Juniors Championships"; Southern Athletic Club; 737 S. E. 89th, Oklahoma City, OK; Roy Ballou (405)681-5020; e-mail to: RBallouORA@aol.com.

April 3-11, 1998; "PARC 12th Tournament of the Americas PAN AM Qualifier"; Winnipeg, CANADA.

April 16-19, 1998; Region 6 "Ektelon/USRA Regional Qualifier Championships"; TBA; TBA; Contact USRA @ (719)635-5396.

May (TBA) 1998; "Olympic Fitness Center 2nd Annual Spring Open"; Olympic Fitness Center; Miami, OK; David Watson (918)540-1691.

May 20-25, 1998; "Ektelon/USRA 31st U.S. National Singles Championships"; Downtown Houston YMCA; Houston, TX.

June 27- July 1, 1998; "Ektelon USRA 25th U.S. Junior Olympics"; Portland, OR.

August (TBA) 1998; "IRF 10th World Senior Racquetball Championships"; Tom Young's Athletic Club; Albuquerque, NM; (505)266-8960.

September (TBA) 1998; State-Wide City Championship Weekend; the following cities are participating so far:

All American Fitness and Racquetball; Oklahoma City, OK; Roy Ballou (405)681-5020; e-mail to:

RBallouORA@aol.com.

Thornton Family YMCA, Tulsa, OK, Chris Carter (918)250-4151 (racqbo@aol.com) and Bruce Adams (918)493-2276 (BAdams@tul.citgo.com).

September(TBA) 1998; "Fall Open"; Fayetteville Athletic Club; Fayetteville, AR; Mary McKinney (501)750-9871, e-mail to: mckinney@jcf.jonesnet.org.

October(TBA) 1998; "Miller Lite Massacre"; Ozark Sports Club; Fort Smith, AR; Dann Schwinger (501)646-4338.

October (TBA) 1998; "Ektelon/USRA 30th U.S. National Doubles Championships"; City Square Sports Complex; Phoenix, AZ; Contact USRA @ (719)635-5396.

October (TBA) 1998; "Oklahoma State Juniors Singles Championships"; Southern Athletic Club; 737 S. E. 89th, Oklahoma City, OK; Roy Ballou (405)681-5020; e-mail to: RBallouORA@aol.com.

October (TBA) 1998; "Oklahoma State Doubles Championships"; Southern Athletic Club; 737 S. E. 89th, Oklahoma City, OK; Roy Ballou (405)681-5020; e-mail to: RBallouORA@aol.com.

October (TBA) 1998; "John Brown University Fall Tournament"; John Brown University; Siloam Springs, AR; Ed Ericson eericon@acc.jbu.edu.

October (TBA) 1998; "2nd Annual Elk City Racquetbrawl Tournament"; Elk City Fitness Club; Elk City, OK; Joe Still (405)225-9638.

November (TBA) 1998; "Promus Hotel Corporation 2nd U.S. OPEN Racquetball Championships"; The Racquet Club of Memphis; Memphis, TN; call (800)284-5396 or contact USRA @ (719)635-5396.

November (TBA) 1998; "Northside YMCA 1st Annual Turkey Shoot"; Northside YMCA; Oklahoma City, OK; Richard Wallace (405) 751-6363; e-mail to: AIRQUALITY@classic.msn.com.

November (TBA) 1998; "Summerhill Splatmasters"; Summerhill Racquet Club; Fayetteville, AR; Sherri Kinnaman (501)267-5110; e-mail to: Sherrnator@aol.com.

December (TBA) 1998; "5th Annual American Telephone Tournament"; Ponca City YMCA; Ponca City, OK; Dan Brandenberger (405)762-9011 (work); e-mail to: dberger@brigadoon.com.

December (TBA) 1998 - IRF 9th World Junior Championships: Fountain Valley, CA.

TBA; "Winter Heat"; Southern Athletic Club; 737 S. E. 89th, Oklahoma City, OK.

January (TBA) 1999; "John Brown University Spring Tournament"; John Brown University; Siloam Springs, AR; Ed Ericson eericson@acc.jbu.edu.

January (TBA) 1999; "Women's Senior/Master National Championships"; Canoga Park, CA.

February (TBA), 1998; "NMRA U.S. Masters Singles Invitational"; San Francisco, CA.

February (TBA), 1998; "Northwest Athletic Club Spring Open"; Northwest Athletic Club; Springdale, AR; Lance Dearien (501)756-6920; (LDJDKR@aol.com).

February (TBA), 1998; "Valentine Massacre Racquetball Tournament"; Simmons Center; Duncan, OK; Eddie Mullins (580)255-0743.

March (TBA), 1998; 4th Annual "CITGO/MDA Racquetball Benefit Classic"; Thornton Family YMCA; Tulsa, OK; Chris and Rhonda Carter (918)250-4151 (racqbo@aol.com), Bruce Adams (918)493-2276 (BAdams@tul.citgo.com), and Glenn Garrison.

March (TBA), 1998; "Silver Bullet Shootout"; Ozark Sports Club; Fort Smith, AR; Dann Schwinger (501)646-4338.

March (TBA), 1998; "Pro Kennex USRA 12th National High Schools"; St. Louis, MO.

March (TBA), 1998; "E-Force USRA 30th National Intercollegiates"; Phoenix, AZ.

ORA/USRA CONTACTS

<u>ORA PRESIDENT</u> Peter Kochis, ORA President 15625 Hyde Parke Dr. Edmond, OK 73013 405-844-6004 or e-mail to: peterk@ionet.net	<u>ORA VICE PRESIDENT/PR DIRECTOR</u> Chris Carter, ORA Vice Pres./Public Relations Dir. 3342 W. Washington Broken Arrow, OK 74012 (918)250-4151 or e-mail to: racqbo@aol.com	<u>ORA JUNIOR PROGRAM DIRECTOR</u> Bruce Adams, ORA Junior Program Director (918)493-2276 or e-mail to: Badams@citgo.com
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<u>ORA CO-RULES/REFEREE DIRECTOR</u> Alan Kenney, ORA Co-Rules/Referee Director (405)722-3928 or e-mail to: akenney1@compuserve.com	<u>ORA SAFETY DIRECTOR</u> Chuck Matthews, ORA Co-Membership Director (405)252-2910	<u>ORA WOMEN'S PROGRAM DIRECTOR</u> Georgia Wood, ORA Women's Program Dir. (918)451-4406 or e-mail to: winby2@aol.com
<u>ORA CO-STATE EVENT DIRECTOR</u> Kory Duarte, ORA Co-State Event Director (405)799-4648 or e-mail to: kory.duarte@mailgate.eiw38.af.mil		<u>USRA MEMBERSHIP DIRECTOR</u> Kevin Joyce, USRA Membership Director 1685 W. Uintah Colorado Springs, CO 80904-2921 (719)635-5396 or e-mail to: usrambr@webaccess.net

Note: Please indicate whether we have permission to publish your ideas or comments in the newsletter.

See You Next Time!!

**“The Pinch” - Oklahoma
Racquetball Newsletter
United States Racquetball
Association (USRA)**

3342 W. Washington
Broken Arrow, OK 74012

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