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FALL 2009 • VOLUME 20 • ISSUE 3

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MISSION STATEMENT

USA Racquetball is the National Governing Body for the sport of racquetball, recognized by the United States Olympic Committee, and is committed to excellence and service to our members. We provide the infrastructure and organization for racquetball. We also provide competitive opportunities for members and enthusiasts through our coordination of racquetball organizations, development and administration of rules and programs, sanctioning of events and development of teams for international competition.

VISION STATEMENT

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

Objectives:

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



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WHO IS THE GREATEST (YOU ASK?)



By James Hiser, Ph.D.
USAR Executive Director

“...many people, including Hall of Famer Andy Roberts, feel that Elvis, who also owned a local racquet club, was ready to support racquetball in ‘a big way.’”

Who is the greatest? Who has the best forehand, backhand, etc.?

Any discussion that attempts to identify the best is not only highly debatable but normally subject to generational bias. Nevertheless, the discussion is entertaining and fans seem to enjoy the heated interchange.

For this issue, we asked a group of athletes whose experience spans the generations of racquetball to evaluate different areas of “The Best” within the Men’s game. (The next issue will evaluate the Women’s game.)

To identify “The Best,” every participant was asked to use one criterion only: the ability level of the players at the pinnacle of their careers. There are certainly other criteria that could be used, such as number of events won, longevity, consistency and overall impact on the sport. Including these other criteria most certainly would have changed the survey results, but for this survey the only criteria considered was, again, the skill level of the player during his prime years.

Another fascinating subject is the “Best and Worst Things to Happen” to the sport. Perhaps one of the most interesting reflections that surfaced in this survey process is the untimely death of Elvis Presley and his association with racquetball. Many people know that Elvis loved racquetball and actually had a court at Graceland. The extent of his potential involvement was never realized, but many people, including Hall of Famer Andy Roberts, feel that Elvis, who also owned a local racquet club, was ready to support racquetball in “a big way.” No one will ever know for sure other than that Elvis loved the sport, played on his own personal court the day he died, and would certainly have been a marketing asset for racquetball.

I hope you enjoy the survey and are entertained by the many different views presented.

photo by mike boathman



By Cheryl Kirk,
USAR Board President

Fairness in Competition

One of the issues that can get in the way of a 100% fabulous time at any event is the occurrence of either real or suspected "sandbagging." This is a complicated issue, but it becomes pretty basic onsite when players feel someone has entered the wrong division. Truly, on a national level especially, it's an emotional issue when people take off work, spend their hard-earned cash to pay for travel, accommodations, meals, entry fees, etc. and then get knocked out first round by someone who might have belonged in a higher division. The complicated part is determining who should be playing in what division. Questions that come to mind are: Should a state division be considered the same as a national division? Are all tournaments created equal, state to state, e.g. is a Texas A player to be considered technically the same level as an A player from Wyoming (answer: maybe)? What's the process by which a player who has won a national event division could enter that same division again? How do we adequately track all of this? Is the ranking system doing the trick? What ranking numbers define A, B, C, etc.? What other seeding considerations should be taken into account?

There are no easy answers for some of these questions, but I can tell you that Jim Hiser, who has the honor of putting together the draws for National Singles, National Doubles, the US Open, and many others, puts a lot of time and energy into looking at last year's tournament results, rankings, match histories, and so on. He also receives the brunt of the complaints. Jim (who is in fact a scientist) would be the first one to tell you tournament seeding is not an exact science. And, he'll also confirm that he's not perfect. Jim does, however, take this responsibility very seriously.

There's another aspect to consider – the responsibility of the state presidents/boards and USAR partner/affiliate organizations to weigh in on division entries, and the responsibility of the players themselves. I hope that, as a sport, we never get to the point where players' primary, self-focused motivations are to win a medal at all costs, in essence to intentionally walk all over the other entrants who held high hopes when they made the decision to participate. So...the call to action is one for fairness for everyone

who chooses to play, not for just one player or one state's medal count. After all, is it really a source of pride when a state level Open player, for example, brings home a medal for winning Men's C in Houston?

The following may be helpful in making future decisions. On the State Directors' November call, this information was covered (not to be considered all-inclusive):

1. If you win a division, you must move up.
2. If ranking points are "out of order," your profile will be evaluated and you may be moved.
3. You cannot play Men's B and Men's C, or 45B and 45C.
4. You can play Men's C and Men's 45B if you are ranked as a C player.
5. Winners in divisions of 6 or less are not required to move up but will be evaluated and may be moved.
6. Winners of divisions must move up for a period of at least 12 months. Then, under special conditions (e.g. injury), players may request permission in writing to move back down.
7. In doubles, the team must play in the division of the highest-ranked player.
8. Once you've won an age/skill division, you may not play that division again. But...for example, if you can't play 50A again, you may move to a lower age (say, 40A), unless you also won A's and have to move to Elite or Open. (The definition of Elite is "state level Open.")

Note: Jim Hiser describes methods by which players are seeded at national events in this issue; see page 36.

By the way, USA Racquetball hosts State calls every month, with the target audience being the State Directors (aka Presidents) and Board members. Many states attend, quite a few don't. Feel free to ask your state folks if they take advantage of staying current via these calls – perhaps a New Year's Resolution is in order?

To everyone, I wish you the happiest of holiday seasons, and may every one of your shots in the New Year be a splat-pinch-rollout!



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TEXAS HOLD 'EM!

by Sarah Warhaftig



BEFORE THE FINALS

Everything is Bigger in Texas! This state slogan held true as the top women racquetball players headed to Dallas for the WPRO Texas Open. The season opener of the WPRO Tour kicked off in true southern fashion under the leadership of co-tournament directors Mike and Keely Franks. Pro and amateur participants experienced the very best of Dallas with delicious Texas barbecue, cowboy boots and specially engraved belt buckle trophies. Excitement was building in the weeks leading up to the event, and the stage was set to see the top pros fight for the season's first major title. But attaining bragging rights at this event came as no easy task for the top pros as the draw was packed with 34 players, more than any other Tier 1 event in recent memory.

Familiar faces, new names and returning players stacked the draw as play began at the Landmark Fitness Club on Friday morning. Notable current pros included #1 Paola Longoria, #2 Rhonda Rajsich, #3 Cheryl Gudinas, #4 Kristen

Bellows, #5 Kerri Wachtel. Christie Huczek (formerly Van Hees) and Jackie Paraiso returned to the pro draw as well. Players representing Mexico, Canada and Colombia, along with a strong junior contingent, rounded out the draw.

The Round of 32's saw no major upsets, and the match of the day was Adrienne Fisher barely escaping former junior champion Sharon Jackson in a five-game marathon. Many anticipated matches awaited the Round of 16's including an exciting match-up between Christie Huczek and Paola Longoria. Similar playing styles made this match a thriller with Longoria pulling it out despite a leg injury sustained during the match in a tough five-game battle. Paola was able to take an injury timeout because her injury was not pre-existing and occurred during the course of play. Jackie Paraiso's path through the draw was challenging, too, as she escaped Jen Saunders in four games and Jo Shattuck in five to move her into the quarterfinals. Mexico's Samantha Salas defeated

Adrienne Fisher to return to the quarterfinals.

Jackie's run came to an end in the quarterfinals when she met up with Paola who seemed well recovered from the previous day's hamstring injury. Cheryl Gudinas marched into the semifinals in three games against Salas. Rhonda Rajsich defeated #8 Angela Grisar in five tough games. The story of the weekend was Kerri Wachtel, who announced at the event that she is three months pregnant with her third child (she and husband Chris already have twin daughters Peyton and Quinn). Kerri played some of the best ball we've seen from her in years, defeating Kristen Bellows in four games to round off the semifinals.

Rhonda was flawless in her semifinal against Gudinas, earning her a spot once again in the finals. The Paola vs. Kerri match was an all-out war watched by a full house Saturday night. Kerri stuck to a precise, measured game style while Paola shot from everywhere to even



RHONDA RAJSICH

WPRO ELECTIONS

By Rhonda Rajsich

The WPRO Board of Directors recently voted to extend Shannon Feaster's term as Tour Commissioner, and she has agreed to stay on for at least one more season. Shannon has had a tremendous impact in her nearly four years as Commissioner. Her leadership and commitment have yielded incredible results, taking the Tour from a struggling group to a thriving, respected organization. Now the WPRO is as strong and exciting as ever with great parity and match-ups between the pro players and a renewed interest in the women's game.

Last month, the WPRO membership elected former U.S. Team Coach Dave Ellis as Deputy Commissioner and #9 WPRO pro and clinician Jo Shattuck as Player Representative to the Board of Directors for two-year terms. Janice Ryan-Arnold of Lanham, Maryland has also agreed to remain as Player Liaison for the WPRO!

WPRO-TOUR.COM Reloaded

Thanks to web development entrepreneur and #16 WPRO pro Keely Franks, founder and president of eMedia EFX (www.emediaefx.com), for the phenomenal redesign of our site! Visit

www.wpro-tour.com for all the latest tour updates and to learn more about your favorite pros through our extensive "Bio" section. Also visit the "History" section to find out who reigned supreme in previous seasons and who we can expect to see in the Racquetball Hall of Fame!

Rockin' Racquetball at the Coast Pro-Am

The Wilmington Athletic Club and the WPRO were proud to announce the inaugural Rockin' Racquetball at the Coast Pro-Am in November, run by legendary tourney director and WPRO Board member Charlie Hauser. This marquee stop was the first for the WPRO in Wilmington, NC and featured the top pros of the WPRO Tour.

The event, formerly known as the East Coast Racquetball Championships, has historically been one of the most anticipated amateur tourneys on the Atlantic coast with first class hospitality and entertainment. On Saturday night, the 35,000 square foot Wilmington Athletic Club played host to BritishMania, one of the world's best Beatles tribute bands to show the tournament players and guests what Rockin' at the Coast is all about! Full coverage will appear in the next issue of *Racquetball*.

the match at two games apiece. A close breaker, tough calls, and phenomenal rallies resulted in Kerri taking out the top seed and advancing to the finals against Rhonda.

The finals were set for high noon between #2 and #5 seeds Rhonda and Kerri. Both ladies had efficient game plans and roughed each other up a bit to force a tiebreaker. In the end, Rhonda was able to gut it out against Kerri, 11-8 in the 5th.

Special thanks to Mike and Keely Franks for an outstanding inaugural event and to all the tournament sponsors including title sponsor Ektelon, and event host Jack Gian and the Landmark Fitness Club. We would also like to thank event sponsors eMedia EFX, McCourt & Sons Equipment, KO Trading, National Master's Racquetball Association, Big Image Graphics, OneSource Cooling, Ben Brewster, King Label, Inc., The Racquet Spot, Tekcenture, Inc., Laura Brandt, Mikel Faulkner, Cristina's Fine Mexican Restaurant, Vinny's Italian Restaurant, Campisi's Restaurants, and Corner Bakery.

JACK GIAN AND MIKE FRANKS

PAOLA LONGORIA /KERRI WACHTEL

WPRO CURRENT RANKINGS

AS OF NOVEMBER 2, 2009

Rank	Name	Residence	Points
1	Rhonda Rajsich	Phoenix, AZ	1180.74
2	Paola Longoria	Tijuana, Mexico	1062.00
3	Cheryl Gudinas	Naperville, IL	586.24
4	Kerri Wachtel	Cincinnati, OH	552.70
5	Kristen Bellows	Pleasant Grove, UT	530.00
6	Adrienne Fisher	Centerville, OH	317.70
7	Veronica Sotomayor	Cuena, Ecuador	276.40
8	Angela Grisar	Santiago, Chile	245.00
9	Jo Shattuck	Denver, CO	200.41
10	Jennifer Saunders	Winnipeg, MB, Canada	193.45
11	Diane Moore	Griffith, IN	186.25
12	Krystal Csuk	Naperville, IL	177.68
13	T.J. Baumbaugh	Reston, VA	172.80
14	Keely Franks	Eules, TX	158.25
15	Samantha Salas	Leon, Mexico	120.25
16	Jackie Paraiso	Santee, CA	120.00

WOR SUPER SERIES BELLE ISLE CHAMPIONSHIPS



The 30-year history of the longest running annual outdoor racquetball tournament sees another epic chapter roll through in 2009. The Belle Isle Racquetball Championship tournaments are held annually the third weekend in August on this island jewel, Belle Isle, a Detroit city park that lies in middle of the Detroit River halfway between downtown Detroit and Windsor, Ontario, Canada. The Belle Isle Racquetball Championships draw the best amateur and professional players from the Midwestern United States and Canada as well as players throughout the country. Because Belle Isle is located in a cold weather winter state, it has a large contingent of

indoor players that make up the group of regular competitors, but make no mistake; Belle Isle is outdoor racquetball at its highest level. Belle Isle has had the pleasure of hosting a professional division with some of the best indoor and outdoor pros in the world. Players like Jack Huczek, Andy Hawthorne, Jimmy Floyd, Greg Hodges, Mike Anderson, Shannon Kohl, Greg Solis, and Craig "Clubber" Lane have competed in recent years for the title of Belle Isle Champion. And to borrow a quote from Clubber, "Your house (Belle Isle) is a tough place to come into and compete, let alone win." Belle Isle is also drawing some of the best juniors in the country, including Sheryl

Lotts, Andrew Price, Danny Lavelly, and Lily Berry, to name a few. Belle Isle is rich in history and offers something for everyone.

Belle Isle Fast Facts: SOMETHING FOR EVERYONE

Whether your interests lie in nature, physical fitness, history, architecture, botany or athletics, you'll make fascinating new discoveries on Belle Isle.

SPEND AN HOUR...SPEND A DAY

No visit to Detroit is too short to enjoy the splendor of historic Belle Isle, the crown jewel of Detroit's public park system. Located close to the hub of downtown, travel time to Belle Isle by car or bus is about five minutes.

OVER FIVE MILES OF SCENIC SHORELINE DRIVE

Once on the island, you can get about by car or take a leisurely walk along the many miles of trails, paths and roadways that connect all of Belle Isle's points of interest. The island is situated on America's busiest inland waterway and provides spectacular views of Detroit, Canada, freighter traffic and the Ambassador Bridge.



Men's Open Singles

1st - Robin "Boy Wonder" Basil, 2nd - Jim "Whole Shot" Bronson
Semis - Andrew "Beast Mode" Price, Rance Mack
Quarters - "Big Daddy" Greg Lewerenz, Dave Schoonover, Danny Lavelly, Ryan "Crazy Legs" Covell
16's - Mark "Hair Model" Reed, Edwin Moore, Jeff Makowski, Chris Sailor

Men's Open Doubles

1st - Robin "Boy Wonder" Basil/Carlos "Doctor" Jones
2nd - "Big Daddy" Greg Lewerenz/Ron "Big Daddy" Barton
Semis - Danny Lavelly/Ryan "Crazy Legs" Covell, Chris Kelly/Edwin Moore
Quarters - Dave Schoonover/Rajesh Padiyal, Jeff Makowski/Chris Sailor, Andrew "Beast Mode" Price/Ed "Spidey" Arias, Rance Mack/Jim "Whole Shot" Bronson
16's - Vic "The Schtick" Leibofsky/Scott Fauque, Dan Tobor/Mark "Hair Model" Reed

Women's Open Singles

1st - Sheryl Lotts
2nd - Leslie Messmer

Semis - Felicia Mann, Tahpenes "T" Johnson

Women's Open Doubles

1st - Susan Dale/Leslie Messmer
2nd - Felicia Mann/Terry Fields
Semis - Sheryl Lotts/Meredith "Fly Kill" Wilkes, Stacey Barbas/Veronica "Ronnie" Brown

Mixed Open Doubles

1st - Ron "Big Daddy" Barton/Anthnita Dickerson
2nd - Jim "Whole Shot" Bronson/Leslie Messmer
Semis - Danny Lavelly/Sheryl Lotts, Tahpenes "T" Johnson/Robin "Boy Wonder" Basil
Quarters - Meredith "Fly Kill" Wilkes/Andrew "Beast Mode" Price, Terry Fields/Vic "The Schtick" Leibofsky, Veronica "Ronnie" Brown/Stan "Big Sexy" Scott, Dave Schoonover/Stacey Barbas

Men's A Singles

1st - "Super" Dave Chirio
2nd - Rajesh Padiyal
Semis - John Leggett, Jim "Nudge-Nudge" Wink
Quarters - Todd Noel, Scott Fauque, Chris Sailor, Bill "Mayhem" Pobega
16's - Dave Thompson, Stan El-Amin

Men's A Doubles

1st - Scott "Born of the Earth" Boswell/Marcos "Mr. Belle Isle" Rivera
2nd - Norman "The Coach" Borden/Greg "Mr. Twisty" Frazier
Semis - Chris Felix/Mike Brennan, Todd Noel/Bill "Mayhem" Pobega
Quarters - "Super" Dave Chirio/Jim "Nudge-Nudge" Wink, Stan Scott/Stan El-Amin, Rich Bronson/Logan Vantrease, Sherman "Tank" Gipson/Robert Nelson
16's - Dave Thompson/Aaron Melch

Men's B Singles

1st - John Leggett
2nd - Richard Graham
Semis - Miles Kelly, Richard Worbeck
Quarters - Doc Russ, Mike Labadie, Robert Nelson, Russell Baker
16's - Simon Mack, Greg Lotts

Men's B Doubles

1st - Bill "Mayhem" Pobega/Todd Noel
2nd - Chris Felix/Mike Brennan
Semis - "Dollar" Bill Brock/Richard Graham, Russell Baker/Richard Worbeck
Quarters - Stan El-Amin/Doc Russ, Richard

Bronson/Logan Vantrease, Greg Lotts/John Leggett, Stacey Barbas/Terry Fields

Men's 45+

1st - Carlos "Doctor" Jones
2nd - Ron "big Daddy" Barton
Semis - Chris Kelly, Vic "The Schtick" Leibofsky
Quarters - Mark "Hair Model" Reed, "Super" Dave Chirio

Men's 60+

1st - Richard Graham
2nd - John Houghton
Semis - Richard Worbeck, Norman "The Coach" Borden
Quarters - Alfonso "Fonz" Pugh, Simon Mack

Centurian Doubles

1st - "Big Daddy" Greg Lewerenz/Alfonso "Fonz" Pugh
2nd - Marcos "Mr. Belle Isle" Rivera/Scott "Born of the Earth" Boswell
Semis - Dan Tobor/Rob Steinicker, Vic "The Schtick" Leibofsky/Ed "Spidey" Arias
Quarters - Greg "Mr. Twisty" Frazier/Norm "The Coach" Borden, Jim Panaciewicz/Chris Kelly, Willie "Old Man" Mason/Carlos "Doctor" Jones



Swain & Green Take the CPRT Las Vegas Doubles

In a phenomenal match of nearly two hours, top seeds Cliff Swain & Mike Green stopped second seeded Woody Clouse & Rob DeJesus to win the Las Vegas Doubles and open the 2009-10 CPRT season. After trading 8-9, 9-8 games, Swain & Green seemed to take control with a 9-4 third and early lead in the fourth. Clouse & DeJesus stepped it up in the fourth to take command, only to let Swain & Green close to 8-8 before escaping and setting up the tiebreaker 9-8. It was all Swain & Green from the beginning in the fifth as they cruised to the title 9-2. While there was great racquetball all weekend, this match was one to remember!

The Las Vegas Doubles was a great beginning to what promises to be an exciting new season for the CPRT. The opening of the draw to players between the ages of 35-40 for this doubles event (not a CPRT rule change for singles) created some interesting teams and great action right from the start. Thanks go out to tournament partners DH, Becks, Ahern, ToolUp, Airgas, Dewalt, Las Vegas Athletic Club and CPRT partners E-Force, Ektelon and Head.

Woody Clouse is CPRT US OPEN Champion

The CPRT US OPEN finals were a rematch of 2007 and a meeting of the CPRT's top two players as Woody Clouse and Ruben Gonzalez survived the quarters and semi-finals. Clouse advanced with a pair of four-game wins over Dave Sable and Doug Ganim. Ganim had reached the semifinals with a straight game win over Cary Slade. In the bottom half, Gonzalez had a slightly easier time with his three-game wins over Keith Minor and Brad McCuniff. It was McCuniff who had the surprise upset of the tourney with his quarterfinals win over defending champion Jimmy Lowe.



Woody Clouse became the third CPRT player to earn a US OPEN title with his four-game win over Ruben Gonzalez on the stadium court in Memphis. A great crowd and live audience on RacquetballOnline.tv was treated to an incredible level of racquetball showcasing the CPRT's two greatest athletes in another round of what has become a great rivalry between two good friends.

Clouse came out firing and got off to a strong start with a 9-1 first game lead, seeming to catch Gonzalez a little too relaxed. Gonzalez grabbed the early lead in game two before Clouse kept it close but Gonzalez closed it out 9-7. Game three was back and forth the whole way but Clouse escaped with a 9-7 game of his own. The fourth and last game was one of the most exciting the CPRT (and the US OPEN crowd) has seen as Gonzalez pushed ahead to 8-3 and was on the brink of forcing a fifth game. Clouse was able to hold off Gonzalez several times with side outs and each time would grab a point or two of his own until he not only reached 8-8 but was able to close out the match 9-8 and take home the US OPEN championship.

Clouse extended his hold on the #1 ranking while Gonzalez stayed well ahead of Cliff Swain with Jimmy Lowe and Doug Ganim rounding out the top five.

You can get updates on the CPRT by following the tour on both Facebook and Twitter as well as on classicproracquetball.com

CPRT RANKINGS (as of October 26, 2009)

RANK	PLAYER	TOTAL
1	Woody Clouse	5005
2	Ruben Gonzalez	4075
3	Cliff Swain	2625
4	Jimmy Lowe	1985
5	Doug Ganim	1330
6	Kevin Peters	1040
6	Mike Booth	1040
6	Mike Ceresia	1040
9	Bret Harnett	1035
10	Mike Ray	1020
11	Gabriel Medina	790
11	Mike Beltran	790
13	John Ivers	775
14	Roland Grassl	655
15	Steve Wattz	640
16	Brad McCuniff	530
16	Trey Taylor	530
18	Dale Millhollin	520
18	Gary Martin	520
18	Gerry Price	520
18	Jim Banuelos	520
22	Rick Koll	395
23	Tom Travers	380
24	Robert Martinez	275
24	Scott McMasters	275



LAWLER SPORTS

IRT PRO AM

Indiana State University • Terre Haute Indiana • September 17-20 2009

by Dave Negrete • IRT Commissioner

The Lawler Sports IRT Pro Am kicked off its first year at Indiana State University, Home of the Sycamores. The event drew a good contingency from Indiana, Ohio, Illinois and Kentucky. Manny Rodriguez of Lawler Sports had a vision of bringing the IRT to his home city and his dream was realized as all the top IRT professionals made the trip in support of the event. The Indiana State Racquetball Association lent a big hand in getting the behind the scenes work done and getting the word out about the event. The IRT has not held a full ranking event in Indiana in well over ten years, and playing at ISU was a great venue to showcase the skills of the IRT players to many new and existing fans of racquetball. The college students had the opportunity to watch the best, and many made mention that they could not wait to get onto the courts after the tourney and try some new things they learned from watching Kane, Rocky, Jack and Jason.

The IRT pro qualifying went off without any upsets as all the seeded players advanced into the main draw. Charlie Pratt and veteran Brian Simpson had the toughest match, with Pratt prevailing in four long games. Six-time #1 Cliff Swain also advanced into the main draw, defeating Kentuckian Dan Case in three games.

There was one upset in the Round of 16 as Juan Herrera advanced to the first quarterfinal of his career, taking out Andy Hawthorne in a five-game war. Hiroshi Shimizu gave Mitch Williams all he could handle, but eventually Mitch found his rhythm and won the match in four. Shane Vanderson outlasted Cliff Swain in five games to move on in the draw. Swain was impressive and had his patented drive serve fired up.

In the quarterfinals, the match-ups were the same as in Denver, with the exception of Juan Herrera facing off against Kane Waselenchuk. Kane ended Juan's upset bid, winning in three games 9, 1, 2. Rocky Carson met up with Chris Crowther and Chris stepped up his game this weekend. Rocky had a battle on his hands with Chris, but eventually pulled out a victory 7, (9), 6, and 1. Jack Huczek met Mitch Williams and was up one game when Huczek hit a pass shot to the right and Mitch collided with Jack resulting in a shoulder injury to Mitch. He could not continue the match and Huczek moved on to meet Carson in the first Saturday semifinal. Jason Mannino avenged his five-game loss to Shane Vanderson in Denver, winning here in four games. The match appeared finished in three games with Mannino up 10-3 in the third, only to have Vanderson run off nine straight points to take Game 3, 12-10.

Vanderson kept up the momentum in the fourth, but Mannino hit some key backhands down the stretch to take the match. Mannino progressed to meet Kane for the first time in over a year in the second semifinal on Saturday.

The Carson / Huczek semifinal was one for the ages. It was a five-game three-and-a-half hour marathon. The level of play was at its highest level and if this is any indication of what is in store for the rest of the season, it will prove exciting. There were many long exchanges for both players, making the match a great one for the fans. Huczek came out on top again, besting Carson here at ISU and making it two in a row for the season against Rocky. On the other side of the draw, Jason Mannino gave it his best, but Kane Waselenchuk was just too much in this one. Kane hit the lines flawlessly and took this one in three games. The finals were set for a rematch of the Denver final between Waselenchuk and Huczek.

It was all Waselenchuk for the second event in a row as he continued to pound the lines and keep Huczek off balance. Jack kept battling the entire match as he always does and continues to look for a way to overcome Kane's dominance on the tour since his return last year. Jack will be working on regaining the game style that helped him create the rivalry of three years ago. Kane is playing at the top of his game and appears almost unbeatable at this point in the season.

THE 2009 KENTUCKY PRO AM

by Dave Negrete • IRT Commissioner



Thursday night were donated to "Athletes for a Cure" Prostate Cancer Research Foundation.

The tourney was missing #1 ranked player in the world, Kane Waselenchuk, due to the flu, so the field was wide open as to who would win the title.

In the end, tour veteran Jason Mannino defeated Jack Huczek in the final. Mannino overcame a calf injury and won a gutsy five-game battle. It was Mannino's first win in well over two years. The crowd got behind him in the fifth game as the underdog played flawless ball. Another notable performance saw the young rookie

Jose Rojas defeat six-time #1 Cliff Swain in the qualifying round and push Huczek to five games in the first round. Travis Woodbury appeared in his first quarterfinal and Juan Herrera reached the quarters in his second consecutive event. The IRT received news that Mitch Williams will be sidelined for 4-6 weeks with a shoulder injury that he sustained at the Terre Haute event a few weeks earlier. The injury bug has hit the IRT hard this season, most notably with Alvaro Beltran missing the season due to a torn ACL.

Hats off to Ron Marr and his great volunteer staff for running a first-class event once again in Bowling Green at WKU. Ron's love for the sport and his contributions are one of the big reasons for the success of racquetball on the professional level. The IRT is grateful to Ron and his continued support of the IRT.

Western Kentucky University, home of the Hilltoppers, was once again the host site for the Kentucky Pro Am. Event Director Ron Marr worked hard to bring the event back to WKU and with the help of his loyal sponsors, the event was even bigger than last year. The proceeds from the pro-am doubles event on

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WSMRA Players at the 20th Annual tournament

In January 2009 the WSMRA held its 20th Annual Women's Senior/Masters National Racquetball Championships at the Spectrum Club in Canoga Park. One hundred women from all parts of the USA participated. You can see results and pictures at our website www.wsmra.com.

The upcoming 21st Annual Women's Senior/Masters National Racquetball Championships will be held January 15-17, 2010 at the Lakeforest Sport and Health Club in Gaithersburg, MD. A fun doubles event to benefit breast dancer research will be played on January 14th. This round-robin tournament is open to women 35 and over, and we offer both Open/A and B/C divisions for all age groups. We invite all women to attend this terrific event as the tournament enters its third decade. You will have fun and play a lot of racquetball! Gaithersburg is close to Washington, DC, so the opportunities for sightseeing abound. Enter online at <http://www.r2sports.com/tourney/home.asp?TID=6067>.

The WSMRA is an affiliated Supporting Organization of USA Racquetball. Every year we donate part of the proceeds from our silent auction to the USAR college scholarship program, to encourage young players. The WSMRA is proud to have Wilson Racquetball as its National Sponsor. For more information on our organization and tournament, visit the WSMRA web site at www.wsmra.com or email Kendra Tutsch at kdtutsch@wisc.edu.

About the WSMRA:

The Women's Senior/Masters Racquetball Association (WSMRA) is an organization dedicated to promoting racquetball as a lifetime sport. We are proud to say that our membership includes 6 USAR Hall of Famers and every Peggy Steding award winner. We sponsor an annual national tournament with self-refereed, age group round-robin play, attracting upwards of 100 players from all over the U.S. All matches count in the current USAR ranking system.

MILITARY NEWS



MRF and the USO Join Together for an Outdoor Racquetball Demonstration

In July, the Military Racquetball Federation (MRF) and the USO joined together for its first ever Outdoor Racquetball demonstration at the Marine Corps Recruiting Depot (MCRD) in San Diego. The USO hosted a one-day "Family Day by the Bay" for 300 military family members, where they enjoyed a day of entertainment by local bands, picnic activities, water sports, and an outdoor racquetball demonstration. MRF Co-Founders Steven Harper and Peggie Tellez, along with the MRF's National Program Director Jack Hughes and several other racquetball players, demonstrated the sport of racquetball for service members and their families.

Over 60 family members and guests signed up and got on the court. Peggie said, "This is what growing the sport is all about." Jack Hughes promoted the sport by providing several demo racquets for families to try and answering racquetball-related questions. Jack stated, "Having an event like this is best way that racquetball is going to grow."

Military Racquetball Training Camp

A class comprised of 12-15 dedicated beginning racquetball players recently completed an eight-week

training camp with Aaron Embry (Gearbox) and LCDR (Ret.) Steven Harper (Ektelon). Students were taught the basics of racquetball, including stroke mechanics, rules and strategy.

Rhonda Rajsich came on base as a guest speaker to reinforce some of the basics of the game. She spoke about her experiences on the Pro Tour and even played with some of the students. Having her at the Training Camp was definitely a treat for all.

Mid-Atlantic Regional Racquetball Open Recap

In September, the Military Racquetball Federation hosted a military regional tournament in the Washington, DC area at Fort Myer Army Base. Players from states including North Carolina, Maryland, as well as the DC area came to compete in this regional tournament leading up to the National Military Racquetball tournament in San Diego in November.

Some of the tournament's pre-event activities included visiting the Pentagon and paying respect to families and friends of service members who lost their lives on September 11th. The MRF was honored to participate in a Wreath Laying ceremony at the Arlington National Cemetery during the tournament. During the ceremony, the Honor Guard announced that the MRF would be presenting a wreath to the Tomb of the Unknown Soldier for public display.

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2009 U.S. OPEN GALLERY







2009 U.S. OPEN GALLERY





STRANDEMO'S STRATEGIES



The Good Doubles Rally

This is the third article I've written on doubles for USA Racquetball Magazine. There are many different scenarios that play out in doubles rally's; I've always tried to consciously point out major principles of doubles play and also major problems that consistently occur. In this article, we're illustrating a ceiling ball rally that turns into a low offensive rally when a ceiling ball comes in short. I hope you benefit from this information and realize after every hit in doubles; all four players need to readjust their position.

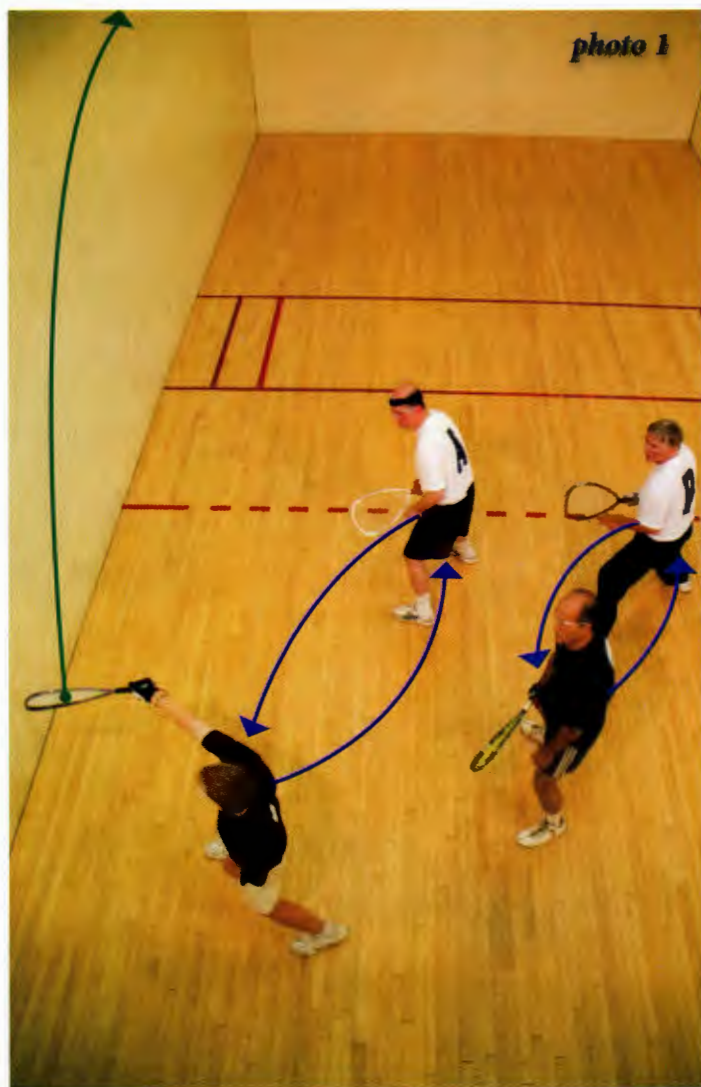


PHOTO 1

We start photo 1 in the middle of the ceiling ball rally. Notice (A & B) are positioned in front of (1 & 2) on defense with player 2 behind and between (A & B). Also notice (A & B) are lagging back because player 1's body language shows he's going back to the ceiling with his shot and his ceiling shot will end up deep in the court.



PHOTO 2

This ceiling ball rally is continuing, (A & 1) have obviously switched spots to hit their shots and notice that (B & 2) have also switched positions. On every shot from the back court in doubles, make sure the defending team is always in the front on defense.

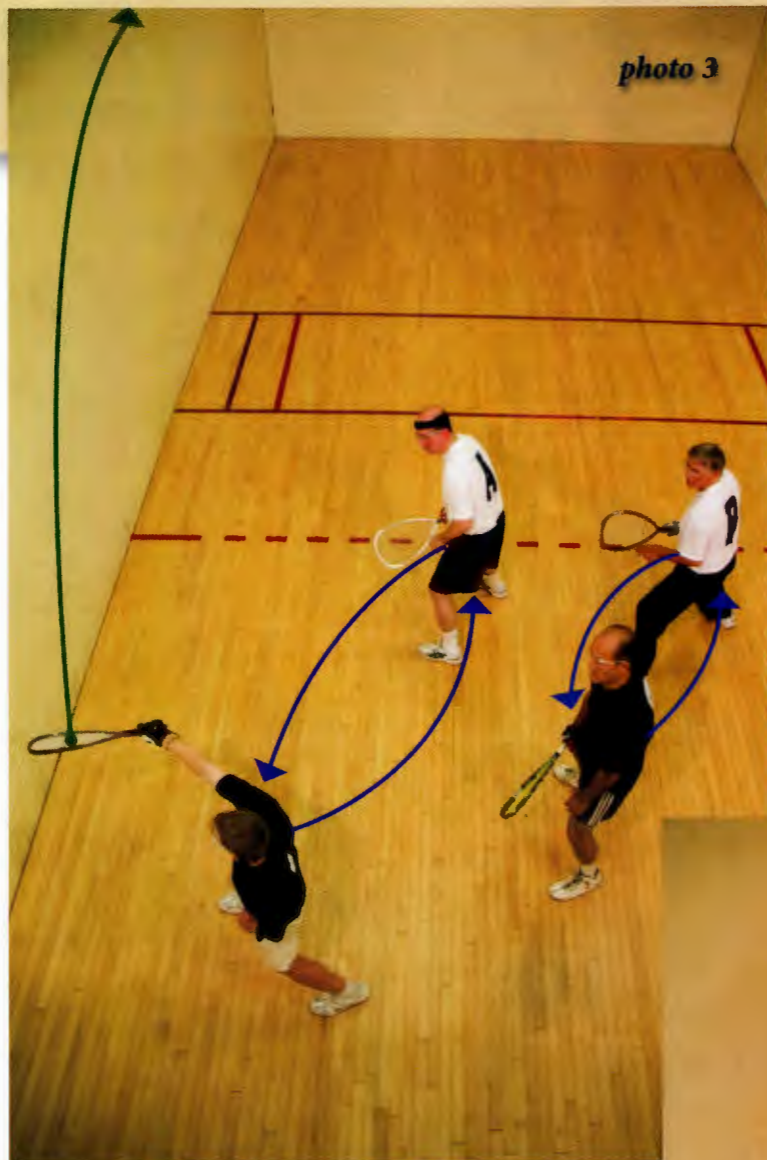


photo 3

PHOTO 3

A's ceiling ball in photos 2 was well hit, so it forced player 1 to go back to the ceiling. You can see with (B & 2) continually exchanging positions; everybody is exactly where they should be and the 4 players are back in the original photo's formations. Take note that all 4 players should adjust their positions after every shot in doubles.

PHOTO 4

Slight change in the rally, 1's ceiling ball came in a little short of the back wall and A is choosing to be offensive with his shot. The offensive shot options for A are: (1) Pinch using the left wall and the two shots required in the rules (down the line kill-pass and the cross-court pass. The positioning of the players is still good; (B & 2) keep exchanging positions after every hit and in this situation 2 is properly positioned in front on defense.



photo 4

STRANDEMO'S STRATEGIES

photo 5



PHOTO 5

In this photo we see that A left up his down the left wall kill-pass and 1 covered that shot in the back corner and has set up for his scoring attempt. 1 has the same 3 offensive shots described in Caption 4, and in this situation he tries to exploit player B with a cross-court pass. (A & B) are positioned properly in the front on defense and 2 is the back point of a triangle with (A & B).

PHOTO 6

This photo shows 1's cross-court pass did not go for a winner and B is set-up for his own offensive shot in the back right corner. (1 & 2) are properly positioned and ready to cover B's left up shot. Defensive coverage

photo 6



responsibilities for team (1 & 2) are as follows: 2 covers B's down the right wall kill-pass and player 1 covers B's pinch off the right wall and B's cross-court pass to the left side. This rally (photos 1-6) shows all the players properly positioned, always watching the hitter make ball contact and always adjusting their positions after each hit. This is an excellent example of how good doubles is played.



Doubles (Penalty Hinder) Rule 3.14 (c) Blocking Problems Within the Rally that Can Cause Avoidable Hinders

PHOTO 7


This photo shows a problem with the players on the right side (B & 2) not switching positions as the ceiling ball rally continues on the left side. This lack of movement will cause a penalty hinder situation when either A or 1 hits an offensive cross-court pass or a pinch off the left wall and the wrong player either B or 2 is in the front on defense (Rule 3.14 blocking in doubles). This rule will be explained in the photo 8 caption.



PHOTO 8

This photo shows B on a penalty hinder situation when A hits either a pinch off the left wall or a cross-court pass to the right, and B's current position hinders or impedes 2's ability to move into position to cover either if these two shots. According to rule 3.14 in doubles, when the offensive player not returning the ball (player B in this case) hinders or impedes player 2's ability to move into position to cover the pending shot (the pinch or the cross-court pass), it's a penalty hinder.

I hope you enjoyed this article. If you have further questions that you would like to have explained, please contact me at 760-445-4444 or email stevestrandemo@hotmail.com



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by Otto Dietrich
USA Racquetball National Rules Commissioner

WHAT'S THE CALL?

I'LL KNOW IT WHEN I SEE IT

The two most common questions that I've answered in the past few months include the one that first got me interested in the many aspects of rules and refereeing: "What happens when my opponent hits the ball so hard that it comes off the front wall, travels all the way to the back wall (on the

racquetball tournament in 1973. This was the first time in our area that "pressurized racquetballs" were used. They were flying around the court, and no one could control them because they were so lively. It was Earl Dixon who reffed that match, and it was he who shared that bit of wisdom about what to do

it when I see it." A "carry" happens when the ball "rests" on the racquet strings too long – such that the resulting stroke becomes more of a "sling" or "throw" than it is a "hit." The "carry" rests on the strings longer than a clean shot would. The clean shot usually compresses the ball, which then

"I WILL READILY ADMIT THAT A "CARRY" IS RATHER HARD TO DEFINE, WHICH MAKES ME THINK OF A WELL-USED QUOTE: "I CAN'T DEFINE IT, BUT I KNOW IT WHEN I SEE IT."

fly), hits the floor, and then hits the front wall again?"

When answering this, I usually mention that there are only three fundamental basics to this wonderful game: 1) You must hit the ball all the way to the front wall without the ball touching the floor, 2) Once your shot hits the front wall, it becomes my turn to hit the ball, and 3) I have to hit the ball before it touches the floor a second time. Of course, after #3, we loop back to #1. Think about it -- the whole game is really as simple as that!

So, applying those three simple basics to the initial question, you can see that when your opponent hits a shot like that, it is still your responsibility to hit that ball before it bounces a second time. Of course, in that scenario, that will usually occur quite close to the front wall because the ball will have lost all of its momentum, so you better get up there right away!

Believe it or not, I encountered this very problem playing in my first

with a shot like that. He also told me that the best way to guarantee myself good viewing for the finals was to offer to REF IT! I took his advice and, after serving the past 27 years on the National Rules Committee, I don't regret it one bit. By the way, several years back, I finally made sure that this question was addressed in the Rulebook. Check out Rule 3.13(e).

The other very common question concerns carries. It usually goes something like this: "Some players tell me that carries are now legal. Is that right?"

Simple answer is NO – they have been and still are ILLEGAL and result in the immediate loss of the rally. This is addressed in Rule 3.13(c)10. Some have said that a "carry" happens only if the racquet hits the ball twice. Not true, but that is ILLEGAL too – see Rule 3.13(b).

I will readily admit that a "carry" is rather hard to define, which makes me think of a well-used quote: "I can't define it, but I know

immediately rebounds off of the racquet face. While a "carry" might compress the ball, too, the ball then sort of travels a bit along the face of the racquet strings before actually rebounding off of them. This "rest" often changes the direction of the rebound a slight bit and also delays the rebound from the racquet ever so slightly. Admittedly, "carries" are very difficult for a referee to detect – particularly if his position prevents him from hearing (or should I say NOT hearing) the sounds on the court. That is why players are encouraged to call "carries" on themselves.

Always "Play by the Rules!" If you don't have a copy, you can find and review them on-line at usaracquetball.com/default.aspx?tabid=839

Do you have a rules/refereeing question? Be sure to email it to me at ODietrich@usra.org and you might find it featured in an upcoming issue of *Racquetball*.

FOOTWORK FOR SENIORS

By Fran Davis



Q: *Fran, as a Masters player yourself, what do you recommend for our age group in order to compete at our best?*

A: This is a question I have wrestled with for years, because as you get older there are a few areas that are greatly affected by your age. An area I feel is one of the most important is your footwork. I'm sure you have heard some of the older competitors say, "I am not as fast as I used to be. Or, I used to get those balls when I was 10 years younger." Improving your footwork for racquetball at any age, but especially as a senior or master player, is critical so you will be more competitive when you step on the court.

When I was 51 years old, I moved to Seattle and became the racquetball teaching pro at the Seattle Athletic Club – Northgate in North Seattle. That's where I was introduced to "Speed and Agility Training" by Eric Pranzarone, CSCS, NASM-CES, one of the key trainers at my gym. I worked with Eric for over a year and my footwork improved immensely. I was getting to the ball more quickly and efficiently, and I was balanced up, ready to hit the next shot.

When I changed gyms and started to work at the LA Fitness, Seattle-North, I searched for another trainer to continue the work I had been doing. I met Kim Palka, B.S. Kinesiology, University of Illinois, NASM-CPT, who, to this day, is my trainer. I work out with Kim twice a week.

Below is a combination of speed and agility drills that Eric and Kim have given me over the years. I wanted to share them with you because they have made a huge difference in my game and my students' games, at all ages and all levels.*

PLEASE make sure you have a good conditioning base, with no lingering injuries or no knee or back problems, before attempting these drills. And make sure you consult your medical doctor concerning your physical ability to take part.

Do 1-2 sets at first, based on your fitness level. Time each set and write it down in your fitness log. Work your way up to three sets for Intermediate

Players and four sets for Advanced Players, trying to shave off seconds from your time each set.

A-AGILITY- Be agile on the court.

Being able to move and change direction quickly is a must.

1-Slalom- Put racquetball cans about two feet apart lengthwise on the court.

Run in and out and up and back do that three times (one set).

Do the appropriate # of sets listed above based on your level of play...time them all.

2-Large Star Drill- Put a total of six X's with painter's tape on the floor in the court.

One in each corner of the court and one on the dotted line on the left side wall and one on the dotted line on the right side wall.

Then start at the dotted line in the middle, down and ready with your racquet in hand.

Use a stop watch and see how long it takes you to go to each corner individually. Each time you get to the X, swing a forehand if you are on the forehand side, or a backhand if you are on the backhand side, always going back to the middle before going to the next X...this is one set.

Do the appropriate # of sets listed above based on your level of play...time them all.

B-SPEED- The quicker you can get from point A to point B the quicker your first step will be a must in racquetball.

1-Line Drill- Use the four different lines Start at the back wall in a down and ready position.

Use a stop watch and see how long it will take to touch the dotted line and then back to the back wall, then run to the short line and back to the back wall, then to the service line and back to the back wall and finally to the front wall and back to

the back wall...this is one set. Do the appropriate # of sets listed above based on your level of play...time them all.

2-Sidewall Drill- Shuffle side to side with a racquet in your hand Start at the dotted line in the middle Shuffle to the right sidewall, then turn, set up and shadow hit. Immediately shuffle to the left sidewall, then turn, set up and shadow hit.

Then go back to the right sidewall, etc....5X to each wall or more if you can....this is one set.

Do the appropriate # of sets listed above based on your level of play...time them all.

C-POWER- A powerful first step along with a quick first step will not only get you to more balls, but will get you there more efficiently and ready to hit a solid shot.

1-Step Up Drill- Find a flat bench about 4-12 inches high and stand in front of it (lower or raise the height based on your fitness level). Use one leg at a time and step up on the bench with full range of motion, then down...5X on each leg is one set.

Do the appropriate # of sets listed above based on your level of play...time them all.

2-Lunge Drill- You can do this on the racquetball court, the aerobics room or a basketball court. Get into a down and ready position. Lunge forward as if you are taking a shot, then push back to get into the down and ready position...do each leg 5X which is one set. Crossover to the left or right as if you are taking a shot, then push back to get into the down and ready position...do each leg 5X which is one set.

Do the appropriate # of sets listed above based on your level of play...time them all.

Good luck in learning these drills – they will help your footwork tremendously and, as we know, footwork is one of the key ingredients to "Building Your Racquetball Dream House!"

THE ULTIMATE WARRIOR: PREPARATION

Presented by

HEAD *Penn*

continued from the summer 2009 issue of *Racquetball*

PART TWO

by Fran Davis, with Cliff Swain

April I changed the workouts again... The first week I played a match first on Thursday-Sunday, just like a racquetball tournament, immediately followed by a total body lift that is more of a cardio workout than a strength workout. This only took 40 minutes at the very most, and my heart rate was up the entire time with a rest between sets never longer than a minute, just like a timeout in a pro racquetball match. Most trainers recommended not lifting using every body part for consecutive days in a row, but in a pro racquetball tourney like the Chicago event you use every muscle in your body combined with aerobic and anaerobic abuse for 4-5 days in a row. Although I wouldn't always do this, I believe it's what has always made even the most difficult pro match (which can be up to four hours) seem not only easy to me (compared to the workouts), but I'm prepared for five days of it if necessary.

The second and third week I just played matches. I played Thursday - Sunday. Thursday I played at 12 noon and 6 p.m., after that just one match a day. Monday-Wednesday I rested completely, letting any bumps and bruises heal. I did not play any other sport activity to avoid any risk of injury. I'm 100% tournament ready.

Weeks four and five I practiced lightly, mostly alone, Monday, Wednesday, Friday and after a good sweat I stretched, did a jacuzzi and went home. The calm before the storm...

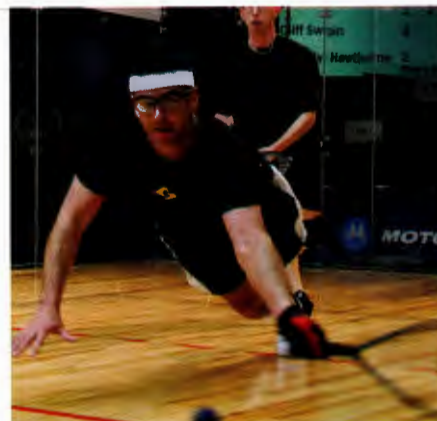
All of this training is to take control of what is within my control and to be certain nobody is better shape than me. It may help me to win, but definitely it also helps prevents me from losing a match that comes down to conditioning, which some-

times happens when you're not playing your best or both players are playing at a very high level. It's also very rewarding to be dedicated to something, and it's what I'm most proud of. I can say for sure that win or lose I was always 100% prepared and I never had an excuse. In my first 22 years of playing, I never missed a single tournament and never took an injury timeout.

Fran: Did you mentally prepare for being on center stage again with all kinds of expectations from the racquetball community to win?

Cliff: Fortunately for me being on center stage is something I thrive on. It's an amazing thing to me since I see very talented people crumble once someone is keeping score, and I see marginally skilled athletes become better when there are people watching... I love it!! I remember the first time I played at the Ektelon Nationals in 1985 and the ESPN trucks were out front, the crew was scrambling around and people were lining up to come in: I couldn't have been any more pumped up. Nervous definitely, but once I walked on the court to warm up, for some reason, an intense calmness came over me.

As far as the expectations go, I don't really concern myself with them. However, the other thing I thrive on is doubters. When I was 30 years old and Sudsy captured my #1 ranking, people had been saying "he's done." I read it, I heard it and I loved it. I took my spot back and that was the first real challenge of that type I had ever had; I liked the way I responded. The more of your goals you accomplish the harder it is to get motivated and when things are said that I don't agree with, they are instantly creating a goal for me that wasn't already there. It's the fuel I need.



Fran: How did it feel to go five games with Mitch Williams (#5 IRT Pro Player) at the Pro Nationals in Chicago in April 2008? Did it give you a sense of renewed confidence that you were ready and able to not only play, but play well and compete with the best?

Cliff: I was disappointed with the loss, but Mitch deserved to win. However, I was satisfied with my conditioning. It was a three-hour match and fitness was never an issue. I could have played longer and if I had won, I would have been ready for the rest of the week. Tournament play is much more intense, and since I hadn't played a tournament in two years I knew the hours in the gym paid off. I've never lost a match because somebody was in better shape than me, and I don't ever want to. Conditioning is very much under your control, and losing a match for that reason is inexcusable to me.

Fran: How do you generally mentally prepare for a match? Do you recommend a sports psychologist, reading mental toughness books, talking to other pro athletes, etc.?

Cliff: I believe in all those things. I've read many of the sports psychology books and I think they're great. I get a bunch of my tips listening to the greatest in other sports: Larry Bird, Tiger Woods and

continued on page 44

WHAT DOES YOUR STAFF KNOW ABOUT RACQUETBALL?

by Connie Martin



I traveled to Florida in November to visit my father and stayed at a Sleep Inn in Orlando. I picked this motel because they had a fitness facility. When I went into their "fitness facility," there were four pieces of equipment. The only piece that worked was the bike...sort of. I approached the front desk and asked the nice young man about the cardio machines in the fitness facility not working. He said he had not even been into the fitness room! That got me to thinking that is probably what it is like at many clubs...the staff doesn't even know how many courts they have or anything about the game. This is a lack of training in most cases. But that can be easily solved with the following few suggestions.

Keep Your Front Desk Staff Informed

I have called up clubs and asked to speak to their racquetball director and the response is, "We don't have one." WOW!! Even if there is no racquetball director, there has to be someone in charge of the department, so a better response would have been, "Oh, yes, that is our Sports Director, Bob Jones, let me see if he is available." Realistically, not only should your club staff members know how to play (how many of your staff do?), they need to be kept up-to-date on everything happening in the Racquetball Department. One of the best ways to accomplish this is to have a 'Racquetball Log Book' at the service desk. All information related to racquetball should be in this book, separated by tabbed sections and kept current by the racquetball director. This Racquetball Log Book should include sections such as:

- 1) Who are the Racquetball Director/Pros at your club? What are their hours, how do you contact them, where is their office, what do they look like (maybe a picture of them!)
- 2) Court Rules & Regulations – reservation policies (how to book a court), dimensions of the court (20' x 40' x 20'), what are the floors and walls made of, guest policies, how many courts there are (and how many with glass), junior policies, how to sign up for programs/lessons
- 3) Lessons – group lessons, introductory lessons, private lessons, instructors' names and short bios
- 4) Special Activities – round robins, mixers, leagues, tournaments, etc.

By providing your front line staff with the above information, you help guarantee the success of the programs and lessons you offer.

Your Club Staff Should Know How to Play and Understand the Basic Rules

If you look at the majority of the clubs across the nation that have a successful racquetball program, you will find that the owners or managers play racquetball. This then filters down to the service desk staff who are (or should be) your biggest promoters. If they know all, they can promote all.

Actually, this should be part of New Employee Training. All staff should take an introductory lesson(s).

Get Your Membership Staff Involved

It is difficult for membership (sales) directors to promote racquetball if they do not know how to play. They are the ones selling memberships, and if you offer a variety of types of memberships at your club (e.g., tennis, racquetball, fitness), you need them to sell the racquetball membership as well as promote the programs.

Club Staff Should Participate

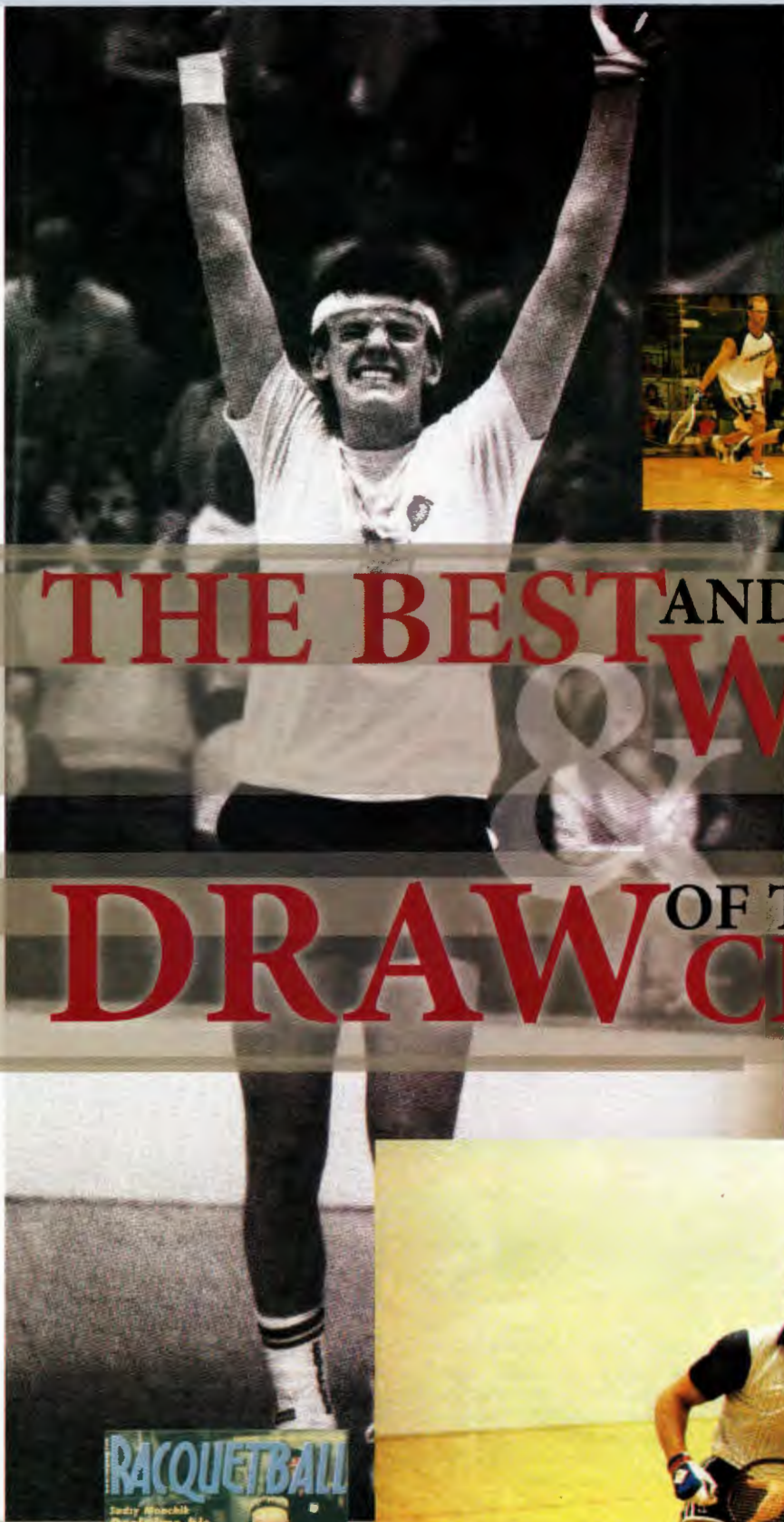
Get your other staff members involved, too! Teach the bookkeepers, nursery staff, fitness directors and summer staff how to play.

Offer Racquetball Staff Specials

Here are a few more ways you can get your staff involved in your racquetball program:

- 1) Tournaments – Let your staff play tournaments in trade for volunteer hours. They can help at the tournament desk, fold shirts, or help prepare or serve the meals. This way they are involved in the competitive aspect but also the organizational aspect.
- 2) Equipment – If you have a pro shop, let your staff purchase racquetball products at a discount. Believe me, they will help sell the product!
- 3) Staff Focus – If you have a large club or a club that holds monthly staff meetings, you may wish to do a monthly Staff Focus. Every month (or every other month), pick one sport/activity/program to promote to your club staff.
- 4) Lessons – Offer your staff members a special lesson series of their own for themselves and perhaps allow them to include a girlfriend, boyfriend, spouse or family member.

Connie Martin is the Program Director at Cascade Athletic Clubs in Gresham, Oregon. She is also on staff for USA Racquetball University. Look for monthly articles and tips starting January 1st at www.usra.org/RacquetballUniversity.aspx. If you have any ideas you would like to share, please contact Connie at Connie@CascadeAthleticClubs.com.



THE BEST AND THE WORST & DRAW OF THE CENTURY



THE BEST

EVER

by Charlie Garfinkle



Cliff Swain

Sudsy Monchik



Mike Yellen



Kane Waselenchuk



Ruben Gonzalez



Alvaro Beltran

Best Forehand

1. **Cliff Swain**
2. Kane Waselenchuk
3. Ed Andrews
4. Jerry Hilecher
5. Andy Roberts

Honorable Mention – Tim Doyle

Comments – Swain hit the flattest shot with the most power and accuracy.

Best Backhand

1. **Sudsy Monchik**
2. Marty Hogan
3. Bret Harnett
4. Greg Peck
5. Andy Roberts

Honorable Mention – Kane Waselenchuk

Comments – Monchik's splat backhand was unbelievable. Although Greg Peck may have created the shot, Monchik perfected it.

Greatest Serve

1. **Cliff Swain**
(unanimous selection)
2. Kane Waselenchuk
3. Sudsy Monchik
4. Tim Doyle
5. Marty Hogan

Honorable Mention – Egan Inoue

Comments – Swain's serve is like his forehand – flat, powerful and consistent.

Most Consistent

1. **Mike Yellen**
(unanimous selection)
2. Cliff Swain
3. Kane Waselenchuk
4. Dave Peck
5. Charlie Brumfield

Honorable Mention – Mike Ray

Comments – Yellen would never beat himself – you knew you were always in for a battle.

Quickest Ever

1. **Kane Waselenchuk**
2. Davey Bledsoe
3. Bret Harnett
4. Jack Huczek
5. Ruben Gonzalez

Honorable Mention – Lindsey Myers

Comments – Not only is Kane quick, he can hit with accuracy and power while moving.

Best Pressure Player

1. **Mike Yellen**
2. Kane Waselenchuk
3. Marty Hogan
4. Cliff Swain
5. Jerry Hilecher

Honorable Mention – None

Comments – Yellen's five straight national titles, four in which he beat Hogan, say it all.

Whenever one attempts to compare players from different eras, a debate normally erupts. Whether it is truly possible to compare the slow ball/smaller racquets era to the modern era of the faster ball and larger racquets is a question that can never be answered, but subjective comparisons of the eras are always entertaining. To help with the evaluation, 15 players, promoters and racquetball aficionados who had exposure to both eras were sent surveys for their comments. The following is a summary of their input.



Hogan vs. Yellen



U.S. Open



International Racquetball
GREGG PECK



Steve Keeley



Dr. Bud Muehleisen

Desire

1. **Cliff Swain**
2. Jerry Hilecher
3. Dave Peck
4. Jason Mannino
5. Charlie Brumfield

Honorable Mention – Ruben Gonzalez

Comments – Swain was ruthless.

Retrieving Ability

1. **Ruben Gonzalez**
2. Jack Huczek
3. Kane Waselenchuk
4. Jason Mannino
5. Bret Harnett

Honorable Mention – Davey Bledsoe

Comments – Gonzalez has surpassed the test of time and was the best ever.

Most Underrated

1. **Alvaro Beltran**
2. Mike Ray
3. Bret Harnett
4. Ruben Gonzalez
5. Greg Peck

Honorable Mention – Beltran is perhaps the best player to never win a full Tier 1 event.

Best Player Match-Ups

1. **Hogan vs. Yellen (tie)**
2. **Waselenchuk vs. Swain (tie)**
3. Monchik vs. Swain
4. Brumfield vs. Serot
5. Hilecher vs. Bledsoe

Honorable Mention – None

Comments – For pure athleticism the Waselenchuk vs. Swain matches would be the best. For strategy vs. power, the Hogan vs. Yellen matches had it all.

Best Pro Event

1. **U.S. Open**
2. Ektelon/Perrier Nationals
3. DP Nationals
4. IRT Nationals

Honorable Mention – None

Comments – The US Open is a true spectacle – television, parties, and great pro and amateur play.

Best Magazine

1. **International Racquetball**
2. *Racquetball*
3. *Racquetball Illustrated*
4. *Racquetball in Review*

Honorable Mention – None

Comments – *International Racquetball* had great photography and the best coverage of the pros.

Best Sports Character

1. **Steve Keeley**
2. Charlie Brumfield
3. Charlie Garfinkle
4. Jason Mannino

Honorable Mention – Bo Champagne

Comments – What else can you say about a veterinarian who rode a bicycle across the country to play in a pro stop, played a pro match in a full clown outfit, and had a stuffed rabbit riding next to him in the passenger seat of his car?

Best Player to Never Win a Pro Stop

1. **Dr. Bud Muehleisen**
2. Craig McCoy
3. Lindsey Myers
4. Gerry Price

Honorable Mention – Alvaro Beltran

Comments – When the pro tour really became a reality, Dr. Bud Muehleisen was past the age of pro competition. In his prime, he could have played anyone.

DRAW^{OF THE} CENTURY

THE MATCHES

ROUND OF 32

CLIFF SWAIN VS. BRIAN HAWKES (3 GAMES)

Swain picks on Hawkes' backhand. The outdoor champion has no answer for Swain's pinpoint serves.

ED ANDREWS VS. ANDY ROBERTS (5 GAMES – TIGHT)

Andrews keeps Roberts off balance with his serves to both sides. ROberts responds with deep court kills and survives in the fifth.

MIKE RAY VS. EGAN INOUE (5 GAMES)

Inoue's power allows him to keep it close, but Ray's overall court game is too much for Egan.

DAVE BLEDSOE VS. ROCKY CARSON (5 GAMES)

Carson never finds a serve that Bledsoe can't handle. Awkward for Carson, Bledsoe outlasts Carson in 5.

MIKE YELLEN VS. TIM SWEENEY (4 GAMES)

Closer than most may think. Yellen's consistency proves too much for Tim.

DAN OBREMSKI VS. RUBEN GONZALEZ (4 GAMES)

Great match to view – both players have similar game styles but Ruben is much better at key elements.

GREG PECK VS. STEVE KEELY (3 GAMES)

Peck's patented backhand splat is something Keely has never experienced. Keely "clowns" around but Peck is all business.

RICK WAGNER VS. SUDSY MONCHIK (3 GAMES)

Sudsy brings the best and Wagner melts!

KANE WASELENCHUK VS. STEVE SEROT (4 GAMES)

Battle of the left-handers – Kane's ball control too much for Serot's speed and getting ability.

MIKE GUIDRY VS. CHARLIE BRUMFIELD (4 GAMES)

Charlie's "psyches" Mike out even before the game starts. Mike thrown off his game and is putty in Charlie's hands.

DAVE PECK VS. STEVE STRANDEMO (4 GAMES)

Peck's tenacity too much for the talented Strandemo. Strandemo uses all his tricks, but Dave crowds, pulls, pushes and does whatever it takes to win.

JACK NEWMAN VS. JACK HUCZEK (3 GAMES)

Very similar game styles but Huczek is the much better athlete.

JASON MANNINO VS. JERRY HILECHER (5 GAME BATTLE)

Winning Ugly could be the title of this match. Hilecher's deceptive serves keeps Mannino off balance, but in the end Mannino "schools" Hilecher's backhand.

ALVARO BELTRAN VS. BRET HARNETT (4 GAMES)

Another classic match-up, but Harnett's superior physical talent makes the difference.

DREW KACHTIK VS. TIM DOYLE (5 GAMES OF TORTURE)

Kachtik's bulldog attitude forces Doyle to depend on his serve. Doyle's bullet-like serve is the difference.

JOHN ELLIS VS. MARTY HOGAN (4 GAMES)

Hogan's egotistical presence is too much for John to handle.

ROUND OF 16

SWAIN VS. ROBERTS (5 GAMES)

No secret these players did not like each other. This would be a classic battle with Swain escaping with an 11-9 fifth game win.

RAY VS. BLEDSOE

Ray did not allow his adulation (admiration?) of Bledsoe affect his game. Consistency beats athleticism in this match.

YELLEN VS. GONZALEZ (4 GAMES)

Yellen picks apart Ruben and in the end, Ruben crawls out of the court exhausted but, as always, still smiling.

THE MATCHES

PECK VS. MONCHIK (4 GAMES)

Peck has no answer for Sudsy's power. Although Peck created the backhand splat, Sudsy perfected it and beats Peck at his own game.

WASELENCHUK VS. BRUMFIELD (3 GAMES)

Charlie tries every trick in his book of antagonism, but Kane's ability level is just too much.

PECK VS. HUCZEK (5 GAMES - TIGHT)

This is a real toss-up match, the margin of difference being Jack's physical talent which allows him to survive and squeak out a close 12-10 match.

MANNINO VS. HARNETT (4 GAMES)

Harnett keeps Mannino at bay with his drive serve and uncanny reverse pinch from almost any location.

DOYLE VS. HOGAN (4 GAMES)

Hogan handles Doyle's power by leveraging his physical talent.

QUARTERFINALS

SWAIN VS. RAY (5 GAMES)

Ray finds an answer to Swain's power, but Swain's serve gets hot in the 5th game and Cliff moves to semis.

YELLEN VS. MONCHIK (5 GAMES)

As Yellen normally did, he found a way to handle Sudsy's power, forcing Sudsy into some uncharacteristic errors in Game 5. Sudsy finishes bewildered, knowing he played one of his best matches but still lost.

WASELENCHUK VS. HUCZEK (4 GAMES)

Kane has Jack's number and just too much talent!

HARNETT VS. HOGAN (5 GAMES)

Another great physical match between two of the most athletic players to ever play the game. In his prime, Harnett's shooting ability from any place on the court would have given Hogan fits. The edge goes to Hogan with a 15-9 lifetime record against Harnett.

SEMIFINALS

SWAIN VS. YELLEN (5 GAMES)

Another toss-up match. Although Yellen has an answer for most of Cliff's power and tremendous serve, Swain wins in five.

WASELENCHUK VS. HOGAN (3 GAMES)

No match. Hogan can't find a serve that works. Kane's quickness, reflexes and superior shooting ability makes it an easy 3 game win.

FINALS

WASELENCHUK VS. SWAIN (5 GAMES)

The player with the best overall record or the player who everyone expects will break the record. What more can you ask for?

GAME 1

They both come out overexcited and overhitting. Swain doesn't find the range on his serve until late in Game 1. He does manage to introduce Kane to an overextended follow-through to the right shoulder. Kane got the message, laughed it off and responded by closing out Game 1, 11-6.

GAME 2

Swain finds the range with a drive serve from the right to Kane's backhand. Kane counters with some ridiculous touch from the backcourt. This game is crucial and Swain finishes it with a diving-down-the-line forehand re-kill, 14-12.

GAME 3

Waselenchuk comes out copying Swain's serve and gets some ceiling ball returns. Great news for Kane. He keeps the pressure on with some outrageous forehands and carries the day, 11-8.

GAME 4

Waselenchuk jumps out to a commanding 6-0 lead. It looks over. Swain stomps around, taps the glass and reminds himself internally what is at stake. He switches to a drive z to the forehand followed up by jams to the backhand, negating Kane's speed. The game is deadlocked at 9 when Waselenchuk misses a dead duck forehand. Virtually unheard of! Swain cracks out a straight drive to the backhand for Game 4, 11-9.

GAME 5

Waselenchuk makes two big adjustments. The first is a lob nick to Cliff's backhand and the second is a surprising forehand follow through clip to Cliff's left thigh. All square on that front! They are even except on the scoreboard. Waselenchuk is not missing from either side and seems to have the edge in court coverage. He makes two frenetic get re-kills in the front right and leads 8-4. Swain comes back with a final surge of energy to 8-8. They are both going for winners and there are no skips. Waselenchuk splats a backhand off the backwall and closes the match with a forehand pinch. 11-9 in the fifth.

DRAW^{OF THE} CENTURY

THE BRACKET

CLIFF SWAIN - MARSHFIELD, MA	SWAIN			
BRIAN HAWKES - LAKE FOREST, CA		SWAIN		
ED ANDREWS - SPRING VALEY, CA				
ANDY ROBERTS - LEAWOOD, KS	ROBERTS			
MIKE RAY - HILTON HEAD ISLAND, SC	RAY		SWAIN	
EGAN INOUE - HONOLULU, HI		RAY		
DAVEY BLEDSOE - ATLANTA, GA	BLEDSOE			SWAIN
ROCKY CARSON III - LADERA RANCH, CA	YELLEN			
MIKE YELLEN - BIRMINGHAM, MI		YELLEN		
TIM SWEENEY - BARTLETT, IL	GONZALEZ			
DANIEL OBREMSKI - IRWIN, PA				
RUBEN GONZALEZ - STATEN ISLAND, NY	PECK		YELLEN	
GREGG PECK - COPPELL, TX				
STEVE KEELEY - CO	MONCHIK	MONCHIK		
RICHARD WAGNER - TRUCKEE, CA				KANE WASELENCHUK CHAMPION
SUDSY MONCHIK - UNKNOWN, FL	WASELENCHUK			
KANE WASELENCHUK - AUSTIN, TX		WASELENCHUK		
STEVE SEROT - CO	BRUMFIELD			
MIKE GUIDRY - CARROLLTON, TX				
CHARLIE BRUMFIELD - EL CAJON, CA	PECK		WASELENCHUK	
DAVE PECK - AUSTIN, TX	HUCZEK	HUCZEK		
STEVE STRANDEMO - SAN DIEGO, CA				WASELENCHUK
JACK NEWMAN - LINCOLNSHIRE, IL	MANNINO			
JACK HUCZEK - TROPHY CLUB, TX				
JASON MANNINO - POWAY, CA	HARNETT	HARNETT		
JERRY HILECHER - NORTHRIDGE, CA				
ALVARO BELTRAN - SAN YSIDRO	DOYLE		HOGAN	
BRET HARNETT - HENDERSON, NV				
DREW KACHTIK - LEWISVILLE, TX	HOGAN	HOGAN		
TIM DOYLE - ENCINITAS, CA				
JOHN ELLIS - STOCKTON, CA				
MARTY HOGAN - CHESTERFIELD, MO				

THE BEST & WORST

THINGS TO EVER HAPPEN TO THE SPORT

As one might expect, there was wide divergence in opinion of what may be considered the best and worst things to happen to the sport. Although most agreed with the lists provided, the order of best-to-worst varied greatly!

THE WORST

1. The clubs' failure, as well as the players', to recognize the importance of programming and instruction.
2. Marty Hogan – During the time of racquetball's highest popularity and beyond, Hogan was and has been elusive and non-supportive.
3. Death of Elvis Presley – At the time of his death, Elvis was actively involved in developing a chain of racquetball clubs, The King's Court, and was initializing plans to promote other areas of racquetball.
4. Failure to penetrate the high school and collegiate market in many states.
5. Catalina Tour – closed out certain players, and the million-dollar-sponsorship only lasted two years. What happened to the money?
6. Loss of prominent New York promoter – an individual had committed to ten televised professional broadcasts with ESPN, had hired a public relations firm, and was dedicated to the pro tour. The promoter withdrew his support when Charlie Drake and Marty Hogan decided to take over the tour.
7. Manufacturers' player programs that allow almost anyone to be a sponsored player.
8. The inability of the AARA, IRA, USRA, and USAR to secure a long-lasting national partner and maintain continual television coverage.
9. Failure of organizations to penetrate the recreational market.
10. Oversized racquets and fast balls.
11. Failure of the "racquetball club" to survive as a separate entity from the fitness club.
12. Failure to foster effective continual growth in Europe, Asia, and Africa.

THE BEST

1. Club owners who continue to support and promote the sport.
2. Oversized racquets made it easier for people to play, which created a new market for manufacturers.
3. Various television contracts that brought racquetball to the masses.
4. The inclusion of racquetball as a discipline in large fitness clubs such as Lifetime Fitness.
5. Creation of the portable court to take racquetball outside the clubs.
6. The US Open is a true spectacle – television, parties, and great pro and amateur play.
7. Universities that continue to build courts in their massive recreational complexes.
8. Construction of courts on military bases.
9. Racquetball personalities who brought or bring attention and sponsorships to the sport.
10. Bob Kendler's resignation from the IRA.

COMMENTS

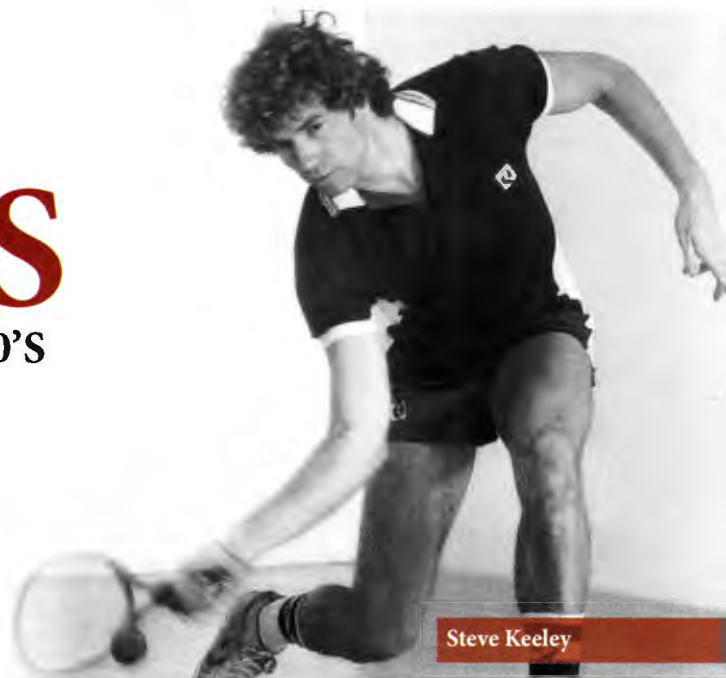
The failure of the sport to widely recognize the importance of instruction and programming was accepted as the #1 worst thing to happen to the sport. The unexpected popularity of the sport in the '70's and early '80's created an unrealistic attitude among not only the club owners but organizations such as the AARA and the players that racquetball would be successful simply because it was such a great sport. This created an atmosphere that still exists today, where club owners still believe racquetball is a stand-alone sport that requires little programming and promotion. Unfortunately, many players also bought into this philosophy, and the importance of lessons and league play never became a vital cornerstone of the sport as it has in tennis and squash. This has resulted in a reduced source of income for clubs and instructors, thus making the "sell" of racquetball as a viable athletic activity within the clubs more difficult. This has been a downward spiral that must be turned around to ensure the viability of racquetball in the future.

On the other side, the renewed interest of larger clubs like Lifetime Fitness and LA Fitness provide cautious optimism. "Cautious," because some of these clubs still refuse to allow children and will not host outside events, thus restricting potential growth.

PROFILES OF THE GREATS

OF THE 1970'S AND EARLY 1980'S

by Charlie Garfinkle



Steve Keeley

Each era of racquetball has its great players and personalities. I personally feel that players such as Charlie Brumfield, Marty Hogan, Mike Yellen, Steve Serot, Jerry Hilecher, Dr. Bud Muehleisen, and others who played in the 1970's and early 1980's were the perfect complement of what was needed to make the game of professional racquetball grow during that time. I was fortunate to be able to witness their prowess and personalities as a writer and competitor during that time period. Brief biographies and some of the idiosyncrasies of the top players of that time period follow.

Charlie Brumfield

As has been stated many times before, Brumfield, along with Hogan, were the perfect personalities to promote the game of racquetball. Brumfield always had the best quotes and gave the best interview. When I was writing for *Racquetball* magazine, Charlie would always tell me how much space he should get in the magazine after each tournament he played. If he won, it would be something like 70%; runnerup 60%; semis 50%. Quarterfinals weren't even discussed since Charlie never projected he would lose in the quarters.

Many of Brumfield's shenanigans have been discussed before. Here's another event that really stood out. At a Memphis pro stop in the mid 1970's, Davey Bledsoe and Steve Serot were involved in a brutal match that lasted well over two hours. (Matches were 2 out of 3 games to 21 points.) The match went down to the wire 20-20 in the third game. Both players were so cramped they could barely move. During a timeout at 20-20, Brumfield walked up to the door, pressed his nose against it and exclaimed, "I can smell the cramps! I can smell the cramps!" Needless to say, he didn't score any points with Bledsoe and Serot who both could barely move.

Serot won the match and both he and Bledsoe had to be carried to the locker room. I asked Bledsoe if he thought Serot had a chance against Brumfield the next day. "Gar, I'm in the best shape of anyone in racquetball and I can't even move. Serot doesn't have a prayer." However, when I queried Serot about his chances, he replied in a barely audible voice, "Gar, I may not look it now, but I am in the best shape of my life." The next day Brumfield was unmerciful, running Serot ragged while piling up a 21-4, 17-2 lead. Serot, totally exhausted, defaulted at that juncture.

Even though he knew it would be brutal against Brumfield, Serot would never give Charlie the satisfaction of defaulting before they played.

Marty Hogan

After Brumfield's reign, Hogan took over. His outstanding skills, power, and flamboyant personality gave Hogan a rock star kind of persona. Unlike Brumfield, Hogan didn't have to say anything, even though he often did, especially when it came to his racquetball skills. Hogan was so good that he sometimes seemed bored, especially in early round matches where he often looked like he was going through the motions.

Hogan was a five-time national champion who became the highest-paid racquetball star of the decade due to his playing talent, promotional skills, movie star good looks, and confidence nonpareil.

Mike Yellen

Yellen, in my humble opinion, was the most underrated player in the history of the game. Like Hogan, he was a five-time national champion. However, he never received the plaudits and adulation that both Hogan and Brumfield enjoyed. This was due to his quiet demeanor and humble nature. I always felt Hogan could perform at a higher level than Yellen when they played. However, Yellen's steadiness, passing game, and brilliant mind led him to a great career record against Hogan.



Yellen



Dr. Bud Muehleisen

Jerry Hilecher and Bill Schmidtke

I have never seen two players rely on a serve and a forehand for such outstanding success as Hilecher and Schmidtke exhibited, especially Hilecher. Hilecher's backhand was not really up to pro expectations. However, his ability to serve and then shoot the ball on his forehand was second to none. His wins over Brumfield, Hogan, Yellen, and other greats of that time attest to what a great player he was.

As for Schmidtke, his National Championship wins in both 1971 and 1974 were two of the greatest displays of shooting that I have ever seen. Schmidtke was affectionately called the "Country Bumpkin" because of his laid back manner and style of dress. It was always said that Schmidtke's success never went to his clothes.

Steve Strandemo

When racquetball first turned pro in the early 1970's, Strandemo was not one of the first players signed. However, he went on to win the first pro stop, defeating Brumfield in the finals. From there, Strandemo's fitness and training methods led to an outstanding career on the pro tour. He also became a best-selling author with his racquetball books on the nuances of racquetball training, strokes, and strategy.

Davey Bledsoe

Bledsoe is generally recognized as one of the fastest players ever in racquetball. A consistent "top tenner," his win over Hogan in the (not sure what year) national professional finals by the score of 21-20, 21-19 is still considered one of the greatest upsets in the history of racquetball.

Steve Keeley

Next to the word "eccentric" in the dictionary, there is a picture of Keeley. Seriously, Keeley was one of the best-liked players to have ever played the game. He was consistently ranked in the top four for many years and his racquetball book was the #1 best seller of its kind when it was published. He still shows up at tournaments occasionally and loves to regale everyone with racquetball stories of the 1970's and '80's.

Dave Peck

Peck was known as a "good old boy." But, could he ever play! Built like a college linebacker, he attained a ranking of #1 in the world in the mid 1980's. He had an unorthodox backhand grip that was hit with amazing power and control.

Ruben Gonzalez

Gonzalez is generally recognized as one of the greatest athletes to have ever played racquetball. He is a former National Singles Open champion and was still giving many of the top players fits into his early fifties. The epitome of sportsmanship, Gonzalez still continues to please racquetball aficionados with his diving and racquet skills.

Dr. Bud Muehleisen

Muehleisen was national champion in 1969 at the age of 39 and still competed regularly on the tour into his early 40's. One of the smoothest strokers of the ball in the game, he is generally regarded as the leading figure in establishing racquetball in the early stages. His quiet demeanor belied a fierce competitive spirit and arguably the best overhead in the history of the sport.

If you have an opportunity to see or talk with any of these all time greats, please give them a warm thank you for their accomplishments and dedication to the game of racquetball. Without them, I sincerely doubt that racquetball would have progressed to where it is today.



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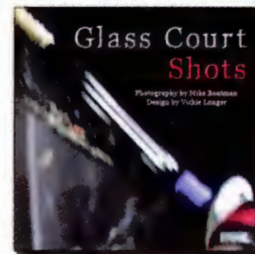
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EVENT TITLE	EVENT START	EVENT END
2009 OR BEAVERTON CLASSIC	12/10/2009	12/13/2009
2009 CO KILLER OPEN	12/10/09	12/13/09
2009 VA CHRISTMAS CLASSIC WPRO	12/11/09	12/13/09
2009 WA MIKE SCARFF'S SUBARU DOUBLES OURNAMENT	12/11/09	12/13/09
2009 MN WINTER PRO AM	12/11/09	12/13/09
2009 GA COASTAL GEORGIA OPEN PRO/AM	12/11/09	12/13/09
2009 TN MOUNTAIN MADNESS RACQUETBALL TOURNAMENT	12/11/09	12/13/09
2009 NH HOLIDAY OPEN	12/11/09	12/13/09
2009 CA TOYS FOR TOTS CHRISTMAS TOURNAMENT	12/12/2009	12/12/2009
2009 OH EKTELON QUARTERLY SKILL HANDICAP SERIES 2	12/12/2009	12/12/2009
2009 FL SENIOR GAMES	12/12/2009	12/12/2009
2009 PA LEHIGH VALLEY OPEN	12/12/2009	12/12/2009
2009 FL SARASOTA TOYS FOR TOTS TOURNAMENT	12/12/2009	12/13/2009
2009 KY HOLIDAY SHOOTOUT	12/12/09	12/13/09
2009 IL ONE DAY DOUBLES SHOOTOUT	12/12/09	12/12/09
2009 TX MAVERICK HOLIDAY RACQUETBALL SHOOTOUT	12/12/09	12/12/09
2009 CA IN SHAPE WEST LANE SHOOTOUT	12/14/2009	12/14/2009
2009 MITCH WILLIAMS AND SHANE VANDERSON CAMP	12/18/2009	12/20/2009
2009 MO VETTA SPORTS HOLIDAY CHARITY CLASSIC	12/19/2009	12/19/2009
2010 CO JUNIOR BENEFIT	1/2/10	1/3/10
2010 FL HARBOUR ISLAND OPEN	1/8/2010	1/10/2010
2010 NY FISHKILL WINTER FESTIVAL	1/8/10	1/10/10
2010 OR JUNIOR WINTER BLAST	1/8/10	1/10/10
2010 MI BAC DOUBLES	1/9/2010	1/9/2010
2010 NE PRAIRIE LIFE FITNESS WEST SHOOTOUT	1/9/2010	1/9/2010
2010 OR COURTSPOITS CLASSIC	1/14/2010	1/17/2010
2010 OH HEAD RACQUETBALL TOUR AND INTERCOLLEGIATE 2	1/15/2010	1/17/2010
2010 MO RACQUETBALL BLIZZARD	1/15/2010	1/16/2010
2010 TX LONGHORN OPEN	1/15/2010	1/17/2010
2010 WOMEN'S SENIORMASTERS RB ASSOC 21ST ANNUAL NATIONAL CHAMPIONSHIP	1/15/10	1/17/10
2010 KA SALINA FAMILY YMCA MID-AMERICA CLASSIC	1/15/10	1/17/10
2010 COLORADO MADNESS	1/15/10	1/17/10
2010 KY 9TH ANNUAL YMCA SPIRIT RACQUETBALL TOURNAMENT	1/15/10	1/17/10
2010 GA SOUTHEASTERN REGIONAL DOUBLES CHAMPIONSHIP	1/15/10	1/17/10
2010 DE 7TH ANNUAL CARDILE BROTHERS STATE DOUBLES	1/16/2010	1/17/2010
2010 IN FORT WAYNE OPEN	1/16/10	1/17/10
2010 ECRC MEET 4	1/19/2010	1/21/2010
2010 MI MAC OPEN	1/22/2010	1/24/2010
2010 WA STATE DOUBLES CHAMPIONSHIPS	1/22/10	1/24/10
2010 NH STATE SINGLES & DOUBLES TOURNAMENT	1/22/10	1/25/10
2010 FL JUNIOR JAMBOREE	1/23/2010	1/24/2010
2010 MD LAKEFOREST WINTER SHOOTOUT	1/23/10	1/23/10
2010 YAKIMA PRO KENNEX OPEN	1/29/2010	1/31/10
2010 NY WESTCHESTER CHAMPIONSHIPS	1/29/10	1/31/10
2010 KS WICHITA YMCA OPEN RACQUETBALL TOURNAMENT AND IRT TIER 4	1/29/10	1/31/10
2010 OR STATE DOUBLES	2/3/2010	2/7/2010
2010 FL GREAT BALLS OF FIRE PROAM	2/4/2010	2/7/2010
2010 OH RIVER OAKS RACQUET FOR THE CURE TOURNAMENT	2/5/2010	2/7/2010
2010 MO PINCHSHOT.COM CHAMPIONSHIPS	2/5/2010	2/7/2010
2010 CO RACQUET FOR THE CURE	2/5/10	2/6/10
2010 WA NORTH SOUND SHOOTOUT	2/6/10	2/6/10
2010 USAR 43RD NATIONAL DOUBLES CHAMPIONSHIPS	2/10/2010	2/14/2010
2010 MI MOTOR CITY ROLLOUT	2/12/2010	2/14/2010
2010 MI 21 AND UNDER CAN AM	2/12/2010	2/14/2010
2010 FL RACQUETBALL RODEO	2/12/2010	2/14/2010
2010 IL ST VALENTINE'S DAY MASSACRE - IRT SATELLITE	2/12/10	2/14/10
2010 NE SPORTS COURTS SHOOTOUT	2/13/2010	2/13/2010
2010 MO MISSOURI HIGH SCHOOL RB LADDER LEAGUE STATE CHAMPIONSHIPS	2/13/2010	2/13/2010
2010 CO ROCKY MOUNTAIN CHAMPIONSHIPS/INTERCOLLEGIATE, HIGH SCHOOL, AND JUNIORS	2/17/10	2/21/10
2010 WA SEATTLE OPEN PRO/AM	2/18/2010	2/21/10
2010 ECRC NORTHEAST COLLEGIATE REGIONAL CHAMPIONSHIPS	2/19/2010	2/21/2010
2010 ID BOISE CITY OPEN	2/19/10	2/21/10
2010 MO MISSOURI HIGH SCHOOL RB LEAGUE BOYS TEAM STATE CHAMPIONSHIPS	2/20/2010	2/20/2010
2010 DE SNOWBALL OPEN	2/20/2010	2/21/2010
2010 MD EASTERN REGIONALS JUNIOR CHAMPIONSHIPS	2/20/10	2/21/10
2010 MO MISSOURI HIGH SCHOOL RB LEAGUE GIRLS TEAM STATE CHAMPIONSHIPS	2/21/2010	2/21/2010
2010 USAR 23RD NATIONAL HIGH SCHOOL CHAMPIONSHIPS	2/24/2010	2/28/2010
2010 MI CAPITAL CHALLENGE	2/26/2010	2/28/2010
2010 NY 27TH ADIRONDACK OPEN	2/26/10	2/28/10
2010 TX 36TH ANNUAL TORNADO ALLEY RACQUETBALL CLASSIC	2/26/10	2/28/10
2010 PA ICICLE OPEN	2/27/2010	2/27/2010
2010 CO BLIZZARD BASH	2/27/10	3/7/10
2010 MA STATE SINGLES	3/5/2010	3/7/2010
2010 MD SINGLES CHAMPIONSHIPS	3/5/10	3/7/10
2010 MI MARCH MAXIMUS SINGLES CHAMPIONSHIPS	3/6/2010	3/6/2010
2010 FL IRT SPRING BREAK PROAM	3/11/2010	3/14/2010
2010 WA NORTHWEST OPEN	3/11/10	3/14/10
2010 OH STATE SINGLES AND INTERCOLLEGIATE 4	3/12/2010	3/14/2010
2010 MI SOUTHWEST MICHIGAN SHOOTOUT	3/12/2010	3/14/2010
2010 NY STATE SINGLES CHAMPIONSHIPS	3/12/10	3/14/10
2010 ID STATE SINGLES CHAMPIONSHIP	3/12/10	3/14/10
2010 OR JUNIOR STOP SALEM	3/12/10	3/14/10
2010 NMRA NATIONAL CHAMPIONSHIPS	3/17/2010	3/20/2010
2010 OR STATE SINGLES	3/17/2010	3/21/2010
2010 NE STATE SINGLES	3/19/2010	3/21/2010
2010 MO MISSOURI STATE CHAMPIONSHIPS PRESENTED BY PINCHSHOT.COM	3/19/2010	3/21/2010
2010 VA DR. EDWARD JEWUSIAK MEMORIAL	3/19/10	3/21/10
2010 NY SPRING CLASSIC	3/19/10	3/21/10
2010 DE 7TH ANNUAL DELAWARE ORTHOPAEDIC STATE SINGLES	3/20/2010	3/21/2010
2010 OH RAISING SOME RACQUET FOR KIDS TOURNAMENT	3/26/2010	3/28/2010
2010 NC 1ST ANNUAL WOLFPACK CLASSIC	3/26/2010	3/28/2010
2010 MI STATE SINGLES	3/26/2010	3/28/2010
2010 WA STATE SINGLES CHAMPIONSHIPS	3/26/10	3/28/10
2010 EKTELON QUARTERLY SKILL HANDICAP SERIES 3	3/27/2010	3/27/2010
2010 IL ONE DAY SINGLES SHOOTOUT	3/27/10	3/27/10

2009-2010 RACQUETBALL CALENDAR

FACILITY	LOCATION	EVENT PHONE	CONTACT NAME	CONTACT PHONE
BEAVERTON FAMILY YMCA	BEAVERTON, OR		DAVID AZUMA	503-808-2047
GOODSON RECREATION CENTER	CENTENNIAL, CO		BRUCE BURKLAND	303-483-7070
SPORT & HEALTH, CRYSTAL GATEWAY	ARLINGTON, VA	(703) 597-9985	KAREN DENU	202-326-4000
BALLY'S TOTAL FITNESS - KENT	KENT, WA	360-820-3224	NEAL HEGGEN	360-820-3224
U OF M REC SPORTS	MINNEAPOLIS, MN	612-616-7009	DAVID TORNELL	612-616-7009
TOMINAC FITNESS CENTER	HUNTER ARMY AIRFIELD, GA	513-600-4651	CHARLES KNIGHT	513-600-4651
GATLINBURG COMMUNITY CENTER	GATLINBURG, TN	865-436-4990	DAVE ANDERSON	612-696-6486
NASHUA AC	NASHUA, NH		GREG LABRIE	978-749-3298
CLUBSPORT OF SAN RAMON	SAN RAMON, CA	650-349-9533	BILL GEORGE	916-879-2229
BALLY TOTAL FITNESS	BEACHWOOD, OH	216-262-2134	JUSTIN LABELLE	216-397-5221
NAPLES FITNESS CENTER	NAPLES, FL	239-262-1112	GEOFFREY HUNTER, SR.	239-262-1112
ALLEN TOWN RACQUETBALL CLUB	ALLEN TOWN, PA	610-821-1300	JODI ESLINGER	610-821-1300
SARASOTA BATH & RACQUET CLUB	SARASOTA, FL	941-545-5802	CHAD BAILEY	941-545-5802
YMCA - OF GREATER LOUISVILLE	LOUISVILLE, KY	270-304-4575	RON MARR	270-765-9941
FOREST VIEW RACQUET CLUB	ARLINGTON HEIGHTS, IL	847-640-2574	JIM THURBER	847-640-2574
MAVERICK ATHLETIC CLUB	ARLINGTON, TX	817-275-3340	LEO VASQUEZ	817-275-3348
IN SHAPE WEST LANE	STOCKTON, CA	209-472-2100	JOHN ELLIS	209-969-4497
DAVID POSNACK J.C.C.	DAVIE, FL		SHANE VANDERSON	239-682-8246
VETTA SPORTS CONCORD	ST. LOUIS, MO	314-842-3111 EXT. 3	DAN WHITLEY	314-842-3111
YMCA - LITTLETON FAMILY/HIGHLINE	LITTLETON, CO	303-564-9069	DAN DAVIS	
HARBOUR ISLAND ATHLETIC CLUB	TAMPA, FL	603-491-1494	KIM ROY	603-491-1494
ALLSPORT FITNESS CLUB-FISHKILL	FISHKILL, NY		MARK DAIGLE	845-496-3661
SUNSET ATHLETIC CLUB	PORTLAND, OR	503-680-8502	PAUL MADUELL	503-245-7588
BRONSON ATHLETIC CLUB	KALAMAZOO, MI	269-370-2013	MARTIN VANDE WEERD	269-349-9603
PRAIRIE LIFE CENTER - WEST	LINCOLN, NE	402-304-8975	LINDA MOORE	402-423-2511
COURTSPO RTS ATHLETIC CLUB	EUGENE, OR		MARNI WAGNER	541-687-2255
THE OHIO STATE UNIVERSITY	COLUMBUS, OH	614-890-6073	DOUG GANIM	614-890-6073
VETTA SPORTS CONCORD	ST. LOUIS, MO	314-842-3111 EXT. 3	DAN WHITLEY	314-842-3111
UNIVERSITY OF TEXAS AT AUSTIN	AUSTIN, TX	512/351-4342	SOLY KOR	512-826-8394
LAKEFOREST SPORT & HEALTH CLUB	GAITHERSBURG, MD	703-797-9985	BRENDA LOUBE	301-417-9697
YMCA - SALINA	SALINA, KS		ELLEN WIELAND	785-825-2151
APEX RACQUETBALL & FITNESS	ARVADA, CO	303-431-9004	BRENT ANDERSON	303-467-7157
YMCA - OF GREATER LOUISVILLE	LOUISVILLE, KY	502-471-7216	BARRY STEWART	
RECREATION ATL	LILBURN, GA	770-972-2303	OTTO DIETRICH	770-972-2303
KIRKWOOD FITNESS & R/B CLUB	WILMINGTON, DE	302-668-6871	JEFF ZEGNA	302-683-4706
YMCA - FT WAYNE CENTRAL	FORT WAYNE, IN		NANCY HALEY	260-432-4141
PENN STATE UNIVERSITY	STATE COLLEGE, PA	978-273-3110	ROBERT VAN SCHALKWYK	978-273-3110
MICHIGAN ATHLETIC CLUB	GRAND RAPIDS, MI	616-956-0944	PAULA SPAGNUOLO	616-224-5400
WASHINGTON ATHLETIC CLUB	SEATTLE, WA	360-820-3224	NEAL HEGGEN	360-820-3224
NASHUA AC	NASHUA, NH		KELLEY BEANE	603-759-2729
SARASOTA BATH & RACQUET CLUB	SARASOTA, FL	603-491-1494	KIM ROY	603-491-1494
LAKEFOREST SPORT & HEALTH CLUB	GAITHERSBURG, MD	410-365-6144	SUSAN FLAESCH	410-461-0660
YMCA - YAKIMA	YAKIMA, WA		NEAL HEGGEN	360-820-3224
CLUB FIT JEFFERSON VALLEY	JEFFERSON VALLEY, NY		GAIL BELL	914-245-4040
YMCA - WICHITA	WICHITA, KS		SCOTT WOLFFORD	316-721-3428
EAST SIDE ATHLETIC CLUB	MILWAUKIE, OR		ANNETTE KNOTH	503-659-3845
UNIVERSITY OF MIAMI	CORAL GABLES, FL	305-606-1756	LYNNE OLVEY	305-446-8714
RIVER OAKS CLUB	NORTH RIDGEVILLE, OH	440-376-0312	LESLIE MESSMER	440-376-0312
VETTA SPORTS CONCORD	ST. LOUIS, MO	314-842-3111 EXT. 3	DAN WHITLEY	314-842-3111
HIGHLANDS RANCH RECREATION CENTER	HIGHLANDS RANCH, CO	303-738-9797	MARCIA RICHARDS	303-986-1501
YMCA - EVERETT	EVERETT, WA		BRIAN GILLESPIE	360-651-7302
ARIZONA STATE UNIVERSITY	TEMPE, AZ	719-635-5396 X132	EDDIE MEREDITH	719-591-8756
COURTLAND RACQUETBALL	UTICA, MI	248-651-8365	CHARLES C. VAN HOOSE	248-651-8365
DAVISON RACQUET & FITNESS CLUB	DAVISON, MI	810-287-9394	DON SCHOPIERAY	810-287-9394
UNIV. OF S. FLORIDA RACQUETBALL	TAMPA, FL	813-205-7091	CHRIS YOUNG	813-205-7091
FOREST VIEW RACQUET CLUB	ARLINGTON HEIGHTS, IL	847-640-2574	DAVE NEGRETE	630-430-1478
SPORTS COURTS OF LINCOLN	LINCOLN, NE	402-304-8975	LINDA MOORE	402-423-2511
VETTA SPORTS CONCORD	ST. LOUIS, MO	314-842-3111 EXT. 3	DAN WHITLEY	314-842-3111
HIGHLANDS RANCH RECREATION CENTER	HIGHLANDS RANCH, CO		BENCE KINCSES	508-904-8026
WASHINGTON ATHLETIC CLUB	SEATTLE, WA	360-820-3224	NEAL HEGGEN	360-820-3224
COURT CLUB	ALBANY, NY	978-273-3110	ROBERT VAN SCHALKWYK	978-273-3110
IDAHO ATHLETIC CLUB - BOISE	BOISE, ID		RONDA DEGIORGIO	208-336-9300
VETTA SPORTS CONCORD	ST. LOUIS, MO	314-842-3111 EXT. 3	DAN WHITLEY	314-842-3111
KIRKWOOD FITNESS & R/B CLUB	WILMINGTON, DE	302-668-6871	JEFF ZEGNA	302-683-4706
SEVERNA PARK RACQUETBALL & FITNESS CLUB	MILLERSVILLE, MD	410-365-6144	SUSAN FLAESCH	410-461-0660
VETTA SPORTS CONCORD	ST. LOUIS, MO	314-842-3111 EXT. 3	DAN WHITLEY	314-842-3111
SUNSET ATHLETIC CLUB	PORTLAND, OR	719-635-5396 X132	EDDIE MEREDITH	719-591-8756
MICHIGAN ATHLETIC CLUB-LANSING	EAST LANSING, MI	517-881-8584	DANIEL MULLIN	517-881-8584
YMCA - GLENS FALLS	GLENS FALLS, NY		KRISTEN HAMILTON	518-581-1230
YMCA - WICHITA FALLS	WICHITA FALLS, TX	940-704-7359	RANDY LANFORD	940-704-7359
ALLEN TOWN RACQUETBALL CLUB	ALLEN TOWN, PA	610-821-1300	JODI ESLINGER	610-821-1300
GOODSON RECREATION CENTER	CENTENNIAL, CO		BRUCE BURKLAND	303-483-7070
METRO SOUTH ATHLETIC CLUB	BROCKTON, MA	978-273-3110	ROBERT VAN SCHALKWYK	978-273-3110
SEVERNA PARK RACQUETBALL & FITNESS CLUB	MILLERSVILLE, MD	410-365-6144	SUSAN FLAESCH	410-461-0660
COLISEUM RACQUET CLUB	WESTLAND, MI	248-473-1532	JAMES SCHEUER	734-560-6014
SARASOTA BATH & RACQUET CLUB	SARASOTA, FL	603-491-1494	KIM ROY	603-491-1494
BELLINGHAM ATHLETIC CLUB	BELLINGHAM, WA	360-319-7035	WANDA COLLINS	360-676-1800
HALL OF FAME FITNESS CENTER	CANTON, OH	614-890-6073	DOUG GANIM	614-890-6073
BRONSON ATHLETIC CLUB	KALAMAZOO, MI	269-370-2013	MARTIN VANDE WEERD	269-349-9603
THE COURT CLUB	COLONIE, NY		PATRICK BERNARDO	518-438-3935
IDAHO ATHLETIC CLUB - BOISE	BOISE, ID		STEVE PURCELL	208-459-3684
COURTHOUSE ATHLETIC CLUB NORTH	SALEM, OR	971-242-9872	ED BOYLE	503-245-7100
TUCSON RACQUET & FITNESS CLUB	TUCSON, AZ	513-490-7472	THOMAS CURRAN	513-490-7472
LLOYD ATHLETIC CLUB	PORTLAND, OR		PAUL MADUELL	503-245-7588
TBD	NE	402-304-8975	LINDA MOORE	402-423-2511
VETTA SPORTS CONCORD	ST. LOUIS, MO	314-842-3111 EXT. 3	DAN WHITLEY	314-842-3111
RIVERSIDE WELLNESS & FIT CTR	NEWPORT NEWS, VA	(757) 229-9643	CARL MOODY	804-221-2373
PREMIER ATHLETIC CLUB	MONTROSE, NY		BETH SHEA	914-739-7755
KIRKWOOD FITNESS & R/B CLUB	WILMINGTON, DE	302-668-6871	JEFF ZEGNA	302-683-4706
WAYCROSS ATHLETIC CLUB	CINCINNATI, OH	513-829-3533	FABRIZIO MORA	513-622-0715
NORTH CAROLINA STATE UNIV	RALEIGH, NC	919-363-6008	ED REMEN	919-363-6008
DAVISON RACQUET & FITNESS CLUB	DAVISON, MI	586-295-9772	TOM BLAKESLEE	810-217-8668
PRO SPORTS CLUB	BELLEVUE, WA	360-820-3224	NEAL HEGGEN	360-820-3224
BALLY TOTAL FITNESS	BEACHWOOD, OH	216-262-2134	JUSTIN LABELLE	216-397-5221
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Featuring Sidsy Monchik & Jason Mannino

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- Learn to hit the perfect backhand
- Think like the pros - improve shot selection
- Find out why game plans and strategies are a must
- Learn to be aggressive on return of serve
- Perfect practice makes perfect - have fun doing it!

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Featuring Fran Davis-
World Premier Coach/ 2004 Hall of Fame
and Jason Mannino -
2003 #1 Pro Player and 1999 & 2006 US Open Champion
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1037 NE 65th St. #343
Seattle, WA 98115
Phone: 206-522-FRAN (3726)
Fax: 206-260-7909

For additional information go to
www.FranDavisRacquetball.com

Camp Schedule

2009/2010 CAMPS

Weekend Racquetball Fantasy Camps

2009	2010
November 6-8	Chicago, IL
January 22-24	MD/VA
January 29-31	Las Vegas, NV
February 5-7	Seattle, WA
March 5-7	Minneapolis, MN
March 19-21	Long Island, NY
April 30-May 2	North Carolina
May 14-16	TBD
June 4-6	San Diego, CA
July 23-25	Woodbridge, NJ
August 6-8	San Francisco, CA
August 27-29	Sarasota, FL

Week Long Racquetball Fantasy Camps

December 3-10, 2009 Aruba
December 2-9, 2010 Aruba
(Caribbean Island...Advanced Camp)
Spring 2010, Date TBD, Kauai, HI
(Hawaiian Island...Advanced Camp)
Possible Future Cities...AZ, OH + more
The above dates are subject to the IRT schedule

Questions? Upcoming camp dates...
camps@FranDavisRacquetball.com

www.FranDavisRacquetball.com

HEAD Penn

Fran's Credentials

- 20+ Year Camp Experience
- 2004 Racquetball Hall of Fame
- US National Team Coach 1990-96, 2002, 2003
- United States Olympic Committee National Coach of the Year 1997
- Coaches Jason Mannino and Sidsy Monchik
- Coached Jrs. to over 20 National and World Titles

THE ULTIMATE WARRIOR (CONTINUED FROM PAGE 25)

Mike Tyson, just to name a few. The Tyson one is probably surprising because he's not the ideal role model, but he said something once that left a lasting impression and it won me many matches and saved me some anguish. I remember struggling with people I'd seen play that I felt I could beat and it was bugging me, but then I saw a Tyson interview after another demolition. His quote was, "When people come to fight the heavyweight champ, they automatically become better fighters." It hit me like a ton of bricks! These guys were not the same players I was watching. I told my father and he also added that these guys are trying to make their career in one night -- they are playing with nothing to lose even though it's just another match to you. This is why I never took anyone lightly, and it's also the reason I'm extra-ready at the very first point. I come ready to stomp on any ambitions immediately, and if they handle that, then I'm prepared to go all night.

Fran: Do you ever get nervous before you play or during a match now as opposed to when you were the #1 Pro Player in the World? If so how do you prepare to handle your nerves?

Cliff: When I don't get nervous, that's when I'm concerned. I almost always have butterflies, some times worse than others. I can't wait to get on the court because shortly thereafter, they're gone. If you have them while you're in the middle of the match, it's because you're not in the moment. Things outside of playing are what make you nervous, and it's different for everyone. It comes from things you say to yourself in your own little world like, "I really don't want to lose to him" or "I really need to beat him" or "Oh, my goodness, look at all these people" or "What are people going to say if I don't beat him" or "\$20,000 if I win this match" or "What will my sponsors do if I lose this tourney"...I could go on and on. There are some things that I do to combat this. The first thing I do is embrace the nervousness, because to me it's just a sign that I care. Just embracing that feeling rather than fighting it makes it go away quicker, and I literally get more pumped when I'm nervous because I know I'm into it. The second thing is about all those negative things that I said people say to themselves...well, use them to your advantage. Use them to get you to the gym before the event, use them to not let you get mad, use them to not get down on yourself and

use them to make yourself play as hard as you possibly can every point. Say all of those things to yourself before the match, because they're true, then let them all go. Stay right in the moment and focus on your serve, your serve return, etc. Get every ball possible. If you hit a bad shot, forget about it, and if you hit a great shot forget about that, too, because they are both in the past. The future is not in your control, but the present is, so take care of that and everything will work out the way it is supposed to.

I feel strongly that I will have some upsets and also believe it is very possible to win another major event. Many people overcome much greater obstacles every day! I believe in the power of the mind and in being totally prepared.

I think this gives you some great insight into just how Cliff Swain prepared for each one of his matches he ever played. Cliff's results speak for themselves. Preparation of the body and mind together helped Cliff attain his 6-time #1 World ranking over the span of a decade. He is truly "The Ultimate Warrior." We'll see you next issue for more of Cliff's secrets and insights.



UPCOMING NATIONAL EVENTS

USA RACQUETBALL

2010 National Doubles Championships

Pro
Penn

43RD NATIONAL DOUBLES CHAMPIONSHIPS

February 10th – 14th, 2010

Arizona State University
Student Recreation Center
400 East Apache Blvd.
Tempe, Arizona 85287
480-965-8918

Host Hotel:

Twin Palms Hotel
225 East Apache Blvd.
Tempe AZ 85287
800-367-0835
\$99.00 per night
Mention USA Racquetball

***All entries must be completed online or over the phone
(no mail/faxed in entries will be accepted).***

***Register online at www.usaracquetball.com or
www.R2sports.com Click on link for National Doubles.***



23RD NATIONAL HIGH SCHOOL CHAMPIONSHIPS

Host Hotel:
Park Lane Suites
809 SW King Suite
Portland Oregon, 97205
503-226-6788

February 24th –
February 28th, 2010
Multnomah Athletic Club
1849 SW Salmon St.
Portland, OR 97205

38TH NATIONAL COLLEGIATE CHAMPIONSHIPS

April 7th – April 10th, 2010
Missouri State University

Host Hotel:
University Plaza
333 John and Hammons PKWY
Springfield, MO 65806
417-864-7333

Enter online or download complete entry forms for more information at www.usaracquetball.com



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Tom Travers has over 30 years' racquetball teaching and coaching experience. He holds 21 National Singles & Doubles Age Group titles. A US Team & International Coach, Tom is the author "Mastery of Racquetball Singles & Doubles" and "Real Racquetball."



Connie Martin is a 2006 Hall of Fame member. She has over 30 years of instructional and programming experience. Connie is a past member of the USA Racquetball Team. The author of "Racquetball Workbook 101" and recipient of the 1st IHRSA Racquetball Club Programming Award, Connie is currently the President of the Oregon Racquetball Association



Jim Winterton taught his first racquetball camp over 30 years ago. He is the author of "Racquetball Fundamentals" and has produced two DVDs. He also has an online instructional program available at www.coachrball.com. Jim is the current director of the USAR Elite Camp, the largest racquetball camp in the world. He was named USA National Racquetball Coach of the Year in 1995, 1999, and 2003 and was inducted into the Racquetball Hall of Fame in 1999.



Fran Davis was named 1997 USOC Coach of the Year. She was undefeated as a US Team Coach 1989-96, 2002. Fran has 30+ years of teaching and coaching experience and has conducted over 1,200 camps/clinics. She has coached five juniors to 20 National and World titles. Fran was inducted into the Hall of Fame in 2004. She is a USAR Elite Training Camp Instructor and coaches Jason Mannino (IRT-Tour Pro).

COURSE LEARNING OBJECTIVES

1. Learn the precise knowledge, skills and abilities needed for efficient teaching.
2. Gain a clear comprehension of the 10 Benchmarks of Instruction.
3. Provide an avenue for ongoing education and advancement and assist the instructor in maintaining current teaching skills.
4. Administer an evaluation process that will produce instructional program consistency across the nation.
5. Develop a high level of confidence with primary instructional techniques, e.g. strategy and stroke mechanics.

AVAILABLE COURSES:

Instructor

Prerequisite: None

Objective: Professional or Instructor license

Coaching

Prerequisite: Professional or Instructor for high school and collegiate level (no prerequisite for recreational coach)

Objective: National Coaching License, high school, collegiate and recreational levels.

Programmers

Prerequisite: None

Objective: Provide information to assist club/racquetball programmer and instructors.

Clinics

Prerequisite: Professional or Instructor license

Objective: Qualified licensed instructor for nationally-sanctioned teaching clinics.

**For more information go to <http://www.usra.org/RacquetballUniversity.aspx>
or contact cmeredith@usra.org**

SEEDING AND RANKINGS

by Jim Hiser

There have been many inquiries regarding how national events are seeded. Some basic principles are used in seeding all national events.

1) Review of the same event from the previous year.

Each division is reviewed to see if any of the players participated in the previous year's event – players who played and placed in the previous year's event are given consideration for seeding.

2) Review of other national events.

Each division is reviewed to see if any of the players participated in other national events (US Open, National Singles, National Doubles, Motorola Pro Nationals). Players who played and placed in these events are given consideration for seeding.

3) Ranking

Players in each division are arranged in ranking order. Players with high rankings are reviewed and their player profiles evaluated for seeding consideration. Lower ranked players are seeded according to rankings but may be moved to separate players from the same state.

4) State Directors and other resources – State directors and other associations (e.g., NMRA, WMRA, IRT, WPRO) are encouraged to provide comments regarding players. State directors are contacted regarding any questionable players.

Seeding and Rankings

Although rankings are used to evaluate the seeds, they are not the sole criteria used. To have accurate rankings that can be used for seeding, a great deal of data is required. While many players have accumulated sufficient data, others may have very little data, necessitating the use of additional factors and resources to correctly seed the division.

The current ranking system is useful for identifying players who may not belong in certain divisions. As an example, if the normal range of "B" players entered begins at a ranking of 800, and someone who is ranked around 400 is in the draw, it is obvious that the player's profile should be examined.

A Ranking Guideline

Review and use the factoring chart as only a guideline for evaluating whether a player is participating in the correct division.

MEN - RANKINGS INDICATE WINNERS OF DIVISION

Event/ Division	09 Singles	08 US Open	09 US Open
Open	44	55	52
Elite	150	134	168
A	136	497	859
B	509	558	612
C	1504	1018	3126
D	5715	1769	3155

Average ranking of quarterfinalists in the 09 Singles, 08 and 09 US Open

Open	69
Elite	246
A	477
B	891
C	2577
D	5253

WOMEN - RANKINGS INDICATE WINNERS OF DIVISION

Event/ Division	09 Singles	08 US Open	09 US Open
Open	22	12	17
Elite	35	25	526
A	176	74	238
B	184	320	230
C	344	401	883
D	715	612	987

Average ranking of semifinalists in the 09 Singles, 08 and 09 US Open

Open	22
Elite	82
A	176
B	358
C	502
D	969

NOTE! The average box includes ranking averages that can be used to help evaluate a person's division of play. Once again, these are only guidelines and not definitive separations between divisions.

JOHN LOMONACO

Memorial Grant

by Cheryl Kirk

John LoMonaco passed away Tuesday, May 5, 2009 at the age of 57. He collapsed in the locker room of the Spectrum Club in Canoga Park, just after winning his last game against Kevin Barlia. John played three or four times a week and had many wins to his credit, including several NMRA medals and a 55A championship in 2007 at the USAR National Singles in Houston. He lived in West Hills, California, near the club, and ran his own fire safety and inspection business.

In John's memory, a friend who wishes to remain anonymous is donating an all-expenses paid trip to the USAR National Singles Championships in Houston, Texas, May 26-31, 2010.

The recipient of the John LoMonaco Memorial Grant:

- May be male or female and must be at least 18 years of age.
- Must be a citizen of the United States.
- May not have previously competed in the USAR National Singles Championships.
- Will submit an application and write an essay no longer than 500 words expressing why he/she wants to attend and compete in the National Singles Championships next May.
- Will sign a USAR liability waiver as well as a release for use of his/her likeness in publications at USAR's discretion.
- Will be given the opportunity to write an article describing his/her experiences as a first-time National Singles player for possible publication in the USAR eNewsletter or *Racquetball* magazine.



Covered expenses will be: entry fee (two divisions), meals, five nights' lodging at the Hyatt Regency Downtown Houston, coach airfare, ground transportation, and a pass to the VIP tent in the Players' Village at the YMCA. The recipient will submit receipts to USA Racquetball for reimbursement not to exceed \$2,000. Companion costs will be at the expense of the recipient or his/her companion.

The essay and application become the property of USA Racquetball and will not be returned. The Executive Committee of the USAR Board, along with the anonymous contributor, will make the final determination as to who will receive the grant.

The application form can be found on the USA Racquetball web site at usra.org/ArchivedStories/2009/johnlomonaco.aspx.

Send your completed form and essay to Cheryl Kirk at cherylkkirk@aol.com. The deadline for submissions is December 31, 2009, with the recipient announced on or before February 28, 2010.

RACQUETBALL SUPERSTAR PAOLA LONGORIA SIGNS TWO-YEAR EXTENSION WITH EKTELON

It could be argued that no other player has achieved everything that Paola Longoria has in the past eight months. She is nineteen years old, currently ranked #1 on the WPRO tour and has just extended her partnership with Ektelon to "Play with Fire" for at least two more years.

Her most recent titles include 2008 Junior World's 18 & Under Singles and Doubles titles, 2008 U.S. Open Pro Singles Champion (the most prestigious pro event in the sport), 2009 Ektelon/WPRO Champion (season ending tour event) and the 2009 World Games Singles Championship recently held in Taiwan.

"We are extremely proud of all Paola has accomplished, and we are thrilled to have another champion on our team," said Scott Winters, Vice President of Indoor Court and Paddle Sports at Prince Sports, Inc. "She is a crucial member of our team, and we look forward to continuing our partnership. We are anxious to start promoting Paola as the undisputed World Champion. It's been a real pleasure watching Paola rise up the rankings during the past three years. She really has proven to be everything we thought she could be as a player, both on and off the court. Plans are being made to develop a campaign around her that will help promote Ektelon sales around the world."

"I love to play this sport and represent this brand. The way Ektelon takes care of its athletes is incredible, and I feel very fortunate to be part of the team," said Longoria. "The company has such a history of champions. I am proud to now be part of that history and will continue to work hard to achieve the goals I have set for myself in the year ahead and beyond."



Tres Locos Mexican Restaurant

RACQUET FOR THE CURE



An amazingly supportive crowd turned out for the 4th Annual Racquet for the Cure on Saturday, October 3rd. Again this year, Tres Locos Mexican Restaurant in Muskego was the title sponsor. Not only did they make a monetary and food donations, they also hosted a golf outing and donated the proceeds from their event to the RFTC. This year's event raised an amazing \$20,800. In just four short years, this event has raised over \$64,000!

The event began on Friday night with a fun "Meet & Greet" men's and women's doubles racquetball challenge for all levels, a 50/50 raffle, and a relaxing evening of socializing in the Wisconsin Athletic Club's Court Sport Café. The main event began early Saturday with the women's round robin format racquetball tournament welcoming players of all skill levels.

The Greater Milwaukee Racquet for the Cure Committee would also like to recognize Ben Blint, a personal trainer working at the Wisconsin Athletic Club-Waukesha. Ben biked nine hours to raise money for the RFTC. Thank you, Ben, and everyone at the Waukesha club.

Thank you to all of our sponsors, donors, players, volunteers, bidders, buyers and all the other participants who have contributed generously to this cause. The success of the Racquet for the Cure would not be possible without the contributions of the Wisconsin Athletic Club. A

special thank you to Trish Beatty and the staff at West Allis for putting on one of the best tournaments ever.

All of the money raised from the RFTC will go to the Milwaukee Affiliate of Susan G. Komen for the Cure. The final donation amount will officially be announced at this year's check presentation scheduled for late November.

To view photos from this year's event and obtain information about next year's event please visit the Greater Milwaukee Racquet for the Cure website, www.gmracquetforthecure.org.

Please thank RFTC's sponsors by patronizing their businesses!

Tres Locos Mexican Restaurant —Title Sponsor

Gold Sponsors: Elements Therapeutic Massage, Elm Grove; Genesis Jewelry & Design; Wisconsin Athletic Club

Court Sponsors: Affeldt Law Offices, New Era Graphics, West Allis Animal Hospital

Contributors: Big Ebe's Pizza, Caribou Coffee, Chris Rox, Ektelon, Grasshopper Graphics, Jimmy John's, Melster Pro Shop, National Sign & Design, Panera Bread, Piranha Promotions, West Allis Chamber of Commerce, Wilson

EKTELON AND WPRO

Agree to Extend Official Ball Partnership

Ektelon and the Women's Professional Racquetball Organization (WPRO) recently announced a multi-year agreement extension that establishes the Ektelon Fireball as the Official Ball of the tour for two additional years. This agreement establishes that the Ektelon Fireball will be used in the Pro division of all WPRO sanctioned events and an Ektelon ball of the tournament director's choice in all amateur matches. Ektelon will continue to take an active partnership role in promoting the WPRO through a variety of marketing efforts.

The WPRO is proud to extend our agreement with Ektelon to use the Fireball as the Tour's Official Ball through 2011," said Shannon Feaster, WPRO Commissioner. "Ektelon has been a primary Tour partner and one of our strongest supporters since 2006. The Fireball's bright color and fast play has made our events more fun to watch and has helped attract a broader fan-base to the women's game. We're thrilled to showcase the red hot action of the women's tour using the Fireball this season and beyond."

When asked about the new Official Ball status with the WPRO, Scott Winters, Vice President of Ektelon said, "Shannon Feaster has done a tremendous job as commissioner in solidifying and strengthening women's professional racquetball. It's been a pleasure working with

Shannon and the WPRO during the past three years, seeing the tour improve and grow along the way. We're excited at Ektelon to continue our successful partnership with the WPRO and especially to help grow the women's game."

Ektelon Pro Player Director Andy Roberts also commented on how proud he is not only to have Ektelon as a key sponsor of the WPRO, but also to have an amazing seven of the top 16 professionals on his team playing the tour, including the top two players in the world. "We are really pumped to see our players in action this year," said Roberts. "Not only do we have the top two on tour now, we have several up-and-coming stars who will definitely be rising up the ranking charts this season."

Ektelon is proud to be the title sponsor of the two most prestigious WPRO events this coming season. The new 2009/2010 season opener kicked off on September 25th in Dallas, Texas at the Ektelon Texas Open, hosted by Team Ektelon Program Director Mike Franks and his daughter Keely Franks, the #16 ranked player on the WPRO tour. This event featured one of the largest women's pro draws of the year combined with an excellent venue and hospitality. And, the season-ending event, the Ektelon WPRO Championships, is always the highlight of the WPRO season.

EKTELON NAMED OFFICIAL BALL OF THE EUROPEAN RACQUETBALL FEDERATION

Ektelon is proud to announce that the ERF (European Racquetball Federation) has signed an Official Ball Agreement with the global racquetball leader. The deal was finalized and announced at the 15th bi-annual European Racquetball Championships, held August 3rd-9th, 2009 in Paris, France. Ektelon becomes the first racquetball company to finalize an official product agreement with the ERF.

As part of the agreement with the ERF, the federation will use the Ektelon Classic Ball as their official ball for the ten top level ranking events and for any newly developed "satellite events" on the ERF schedule.

"We are excited to start this new partnership with Ektelon as the "Official Ball" for our events," says ERF Vice President Mike Mesecke. "It's great to be partnered with the leading brand in the sport and we know that Ektelon is the right choice for us to work with to accomplish our goals. Ektelon has the best staff and marketing team in the sport and also the best product. We conducted some extensive

testing of all racquetballs on the market and the Ektelon balls came out on top."

"We have been following the ERF for the past several years and we recognize them as a top notch organization that is extremely well run. In addition to having a regular schedule of annual events which have been established for many years, the ERF is definitely growing racquetball throughout Europe," commented Scott Winters, Vice President of Ektelon. Winters went on to say, "We are excited to be the first company to partner with the ERF as an official product sponsor and we look forward to a long-term relationship with this organization. We are especially excited to be coordinating this partnership with a focused sales effort and our Ektelon European Division based in the U.K. This is a great testament to all the hard work we have devoted to developing the best balls for the market and we are proud to expand our partnership portfolio outside of the U.S."

**GOT SOMETHING
TO SAY?**



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The Shape of Strings to Come



Sometimes new products are developed in response to a trend or perceived need in the marketplace. Other times, advances in technology yield new products for which the market then develops a need. Occasionally—and this is the best of situations for a manufacturer—the two coincide: new technology allows us to make a product for which there already is a growing need in the market. That's happening right now with racquetball strings.

The trend, or need, is the increased demand for thinner, stronger strings, and we're seeing it on two fronts. One is among top competitive players—power players, typically—who find that thinner strings increase 'bite' on the ball and give them better overall control and an ability to 'cut'—especially on serves—to spin the ball off the wall. For players like Jack Huczek, this added control gives a little extra edge to an already superb game. However, it's an edge that thin strings alone cannot provide. Without a corresponding increase in strength, players like Jack can blow through thin strings like cobwebs.

The other group angling for thinner, stronger strings is the increasingly active senior set, players whose power is not what it once was and whose bodies no longer move as quickly or deal quite as effectively with the rigors of the game as they once did.

These players—Tom Travers is an excellent example—are also looking for that extra edge, that "English" thinner strings can provide, but in addition, they want a string that plays softer and is more forgiving to aging joints and muscles.

Until recently, however, thinner strings were not forgiving of anything: they just broke. But now, technology enters the picture, specifically Zyex® fiber technology. Zyex fibers are not new, of course. They are known for their exceptional load-bearing properties, increased power and durability, and Ashaway has been using them in our PowerKill® 16 gauge and PowerKill Pro 17 gauge for a number of years. But what's new is the ability to make Zyex filaments even finer and stronger than before.

We've been experimenting with these in our R&D lab, developing ever-thinner multifilament core packages, and while we're not quite ready to introduce new string products yet, we have had players like Jack and Tom play-testing some prototypes with impressive results.

Tom Travers raves about them. For those of you who may not know Tom, he's been on the racquetball circuit for the past 35 years, playing, coaching, teaching and stringing. Now 57 and a well-known figure in Master's tournaments, he holds 21 National and World Titles in Singles and Doubles age group divisions. Also to his credit, he has written a book, *Real Racquetball*, produced two popular instructional videos, and was inducted into the Ohio Racquetball Hall of Fame in 1999.

Tom used the new thin Zyex strings in a recent World Senior event in Albuquerque, NM, where he entered the 35 year-old age group and, to his surprise, won. He was impressed with the strings on a number of counts. First was the power. "The ball," he said, "had a lot more pop. It literally exploded off the string bed." He also had more control, especially in cutting his serve. "Thinner strings bite

into the ball more than thicker strings," he added. "So you get more feel, more grip, and can do more with the shot."

But what most impressed Tom was the durability of the strings. "I took four racquets to the Albuquerque tournament, as I usually do," he said. "Normally, I'll go through two or three racquets. With these strings, I used one racquet for the entire tournament. Here it is several weeks later, and I'm still playing with the same string! For a thin string, that's amazing."

We'll be talking more with Tom Travers about the senior's game in our next column.

As for power players, Jack Huczek was even more enthusiastic in his praise. "The string is awesome," he said. "It's hands down the best string I've ever played with. I knew after the first ball I hit that I had to have these in my racquet." Noting again that the strings aren't currently in production, Jack asked Ashaway to make enough to supply him in his tournaments. "So I've been using them and it's been going good," he said, adding that so far, he's made it to the finals in the first two stops on this year's pro tour.

Unlike Tom, Jack has managed to break the strings, but says, even so, it's well worth it. "The string maintains its playability for its entire life. From a power standpoint, and from a feel and control standpoint, it's just top notch. The ball seems to really jump off the strings. I've noticed maybe 15% to 20% more power, and because the string has a rougher texture, it's great on the feel shots and the touch shots. You can really carve the ball into the corners and the ball really stays down nice."

"I've used SuperKill® II for 10 or 12 years now, so I'm not easily persuaded on new things," he added. "But this was instant."

As you can probably tell, we're excited about this new string. So, while we're not ready to introduce it quite yet—there is a lot that goes on between designing a string and being able to market it—we did want to give you this little sneak preview. We think you're going to be excited, too.

by Steve Crandall

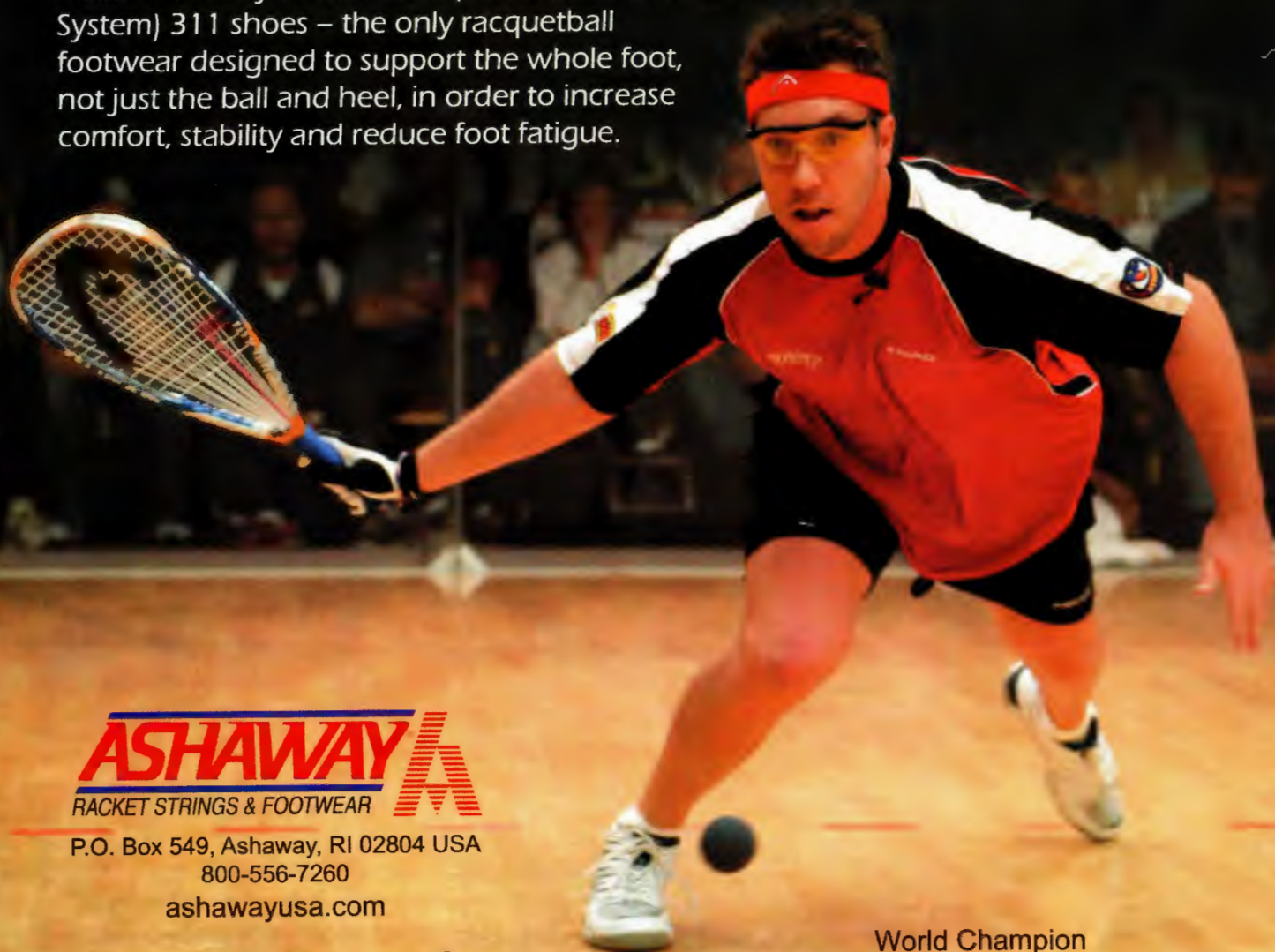
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Ektelon Has Discovered A New Source Of Energy




ENERGY BRIDGE™



ENERGY
CHANNEL™

ENERGY BRIDGE™

ENERGY BRIDGE™

The revolutionary idea behind  is the patented Energy Bridge™, an exo skeletal structure that suspends the string bed from the frame, creating a virtual head size that is 10% larger, while expanding the sweet spot up to 51% for ultimate power. In addition, frame vibration is reduced by up to 63%.

ENERGY CHANNEL™

Enhancing the dynamic effects of the Energy Bridge™, is the patented Energy Channel™. This sculpted groove within the frame greatly improves stability by moving mass to outer edges of the frame, for amazing control even on off center hits.



VIRTUAL
HEADSIZE

Stringbed
increased 10%



SWEET
SPOT

Up to 51%
larger



VIBRATION
DAMPENING

Up to 63%
less



EXO Black

Power Level:

4000

Weight: 170

HIGHEST
POWER
LEVELS
EVER!



EXO Copper

Power Level:

4000

Weight: 185



FEEL THE ENERGY