



NCRA, Inc.
1048 Lamms Rd.
Carthage, NC 28327

THE WALL NUT JOURNAL

The Official Newsletter of the North Carolina Racquetball Association

Second Annual Dowd Fall Classic LPRA Pro-Am Tournament



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Tournament schedule, Word from the President,
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Fall 2002

NCRA Board of Directors

Mike Bourgeois

mbourgeois@ncracquetball.com
Jacksonville
910-353-4284

Debbie Bryant

dbryant@ncracquetball.com
Sneads Ferry
910-327-4441

Miguel Figueredo

mfigueredo@ncracquetball.com
Fayetteville
910-822-3210

Lynn Moffitt

lmoffitt@ncracquetball.com
Fayetteville
910-864-3303

Curtis Smith

csmith@ncracquetball.com
Greenville
252-756-2817

Jan Stelma

jstelma@ncracquetball.com
New Bern
252-633-2221

Lynn Stephens

lstephens@ncracquetball.com
Carthage
910-947-3029

Wes Waller

wwaller@ncracquetball.com
Goldsboro
919-736-1232

Note and Quotes

The LPRA Pro-Am is only in its second year at the Dowd YMCA in Charlotte and it's already equaled the amount of prize money offered at racquetball's only Grand Slam event, the US Open. Janet Myers has done an amazing job bringing this tournament to Charlotte and then managing to match the highest paid women's racquetball tournament anywhere. She has really raised the bar when it comes to women's professional racquetball.

State Doubles continues to grow in North Carolina. We had the largest one yet this year since we started having it separate from State Singles in 1999. There seems to be a lot more people enjoying the doubles game now. I know I'm one. The rallies are longer and more exciting to me than singles. Plus of course, I don't have to cover as much court. And when you gain those few extra pounds and get a little older that's a BIG plus. For players who haven't attended a State tournament recently, we have changed our system around to have losers referee now. We've used this successfully at the Aloha Open, State Doubles, the Outback Blast It, and the LPRA Pro-Am. Everyone I've talked to really likes this new method because no one has to referee more than once for each division they're in. And if you go to the finals, you never referee. Now that's some incentive to win, isn't it? We're trying to get all the tournaments to adopt this, but it's still up to the individual tournament what method they use.

North Carolina continues to grow its membership numbers. We're seeing new faces all the time at tournaments now. Our numbers have moved us into ninth place in the country for now. We have about 600 members at press time. Many people come and go from the membership roles as their membership expires and then they wait until the next tournament to renew. It would be great for North Carolina if all these people would renew before their membership expires. Then you never have to worry about your subscription to Racquetball Magazine expiring or

missing out on getting any of the tournament entries in the mail. It also keeps a steady source of income coming in to the state. And that's important for us to be able to continue our programs. So please don't let your membership lapse! Help racquetball in North Carolina continue to grow by sending in your renewal before your membership runs out. Speaking of programs, we'll be giving you a report on the progress of our Junior program in the next newsletter. We want you to see what all the dollars you have so generously given us have helped us to do.



The Internet is an amazing thing. There are many, many racquetball related sites out there. There is one site in particular that has links to every known racquetball site available. It belongs to a great guy up in Maine named Kevin Young. Kevin is the one who created the web site for Curt and

Amy Smith when they were married and he also created the Aloha Open web site for me. If you get a chance, or if you're just looking for something racquetball related, check it out at this address, www.racquetballkevin.com. I also have my own web site to try and keep everyone up to date on what the NCRA Board of Directors is currently working on, any changes that have been recently made to the tournament schedule, and some of my thoughts and pictures from recent tournaments I have been to. Stuff you wouldn't find on the NCRA web site. If you're interested you can check it out at <http://home.mindspring.com/~stepco>.

I'd like to welcome our newest member to the NCRA Board. It's Wes Waller from Goldsboro. Wes is going to be working on Junior Program development with Curt Smith. We're very fortunate to have someone like Wes agree to work with us in this area. Now we need an aspiring journalist that would like to try their hand at producing our newsletter. Any takers?

Keep 'em rolling
the prez

NCRA Board Members Needed

The NCRA Board of Directors is currently seeking individuals interested in volunteering their time to help North Carolina become the largest and best State Association in the country. You must be willing to assume an active role in the organization and be able to attend at least 4 of 5 annual meetings. Two areas that we need help on are Media/Public Relations and Junior Development. We are in the process of developing Junior programs all across the State and Youth Programs Director, Curt Smith, is seeking interested individuals to help him get these programs into as many clubs as possible.

Anyone interested in serving on the Board can contact Lynn Stephens, President of the NCRA, or any other Board member for information.



Charlotte LPRA Stop a Huge Success

The ladies of the LPRA made the trip to Charlotte for the second annual Dowd Fall Classic LPRA Pro-Am tournament September 20 – 22, and this year's tournament was better than ever for the ladies. Twenty-four of the top women players competed for \$15,000 in prize money. Yes, that's not a misprint. The prize money raised this year was equal to the amount they play for at the most prestigious event of the year, the US OPEN. Through the efforts of Janet Myers and the generosity of Bill Belk (of the Belk department store chain) and Claude Crocker from South Carolina, plus the many other sponsors, they were able to match the prize money from racquetball's only Grand Slam event. And Belk has vowed to make the event even larger next year.



reputation that we are a city that can bring the best

When Myers originally approached Belk about having an LPRA Stop in Charlotte in 2001, he felt compelled to do something for the Queen City. "It creates a

and brightest here to display their talents," Belk said. He views the LPRA athletes as role models, saying, "Young women need to have heroes and get excited about them. We want our children to be exposed to, and be inspired by, the best." In addition to donating the foundation sum upon which the remainder of the prize money was built both years, Belk recruited Bank of America and others to help sponsor the event. And as an added treat for the ladies, Belk opens up his mansion on Saturday night to host a



most of us only see in magazines.

This season the LPRA has returned to the standard professional scoring system. They are using the same system as the men with two exceptions. They replay court hinders, and they have line judges for the semis and finals. The round or 32 held no surprises here as all of the top seeds advanced. The round of



dinner for them and the sponsors. Complete with swimming pool with a waterfall, tennis court, home theater, and a full wine cellar, his home is something

16 had two great matches with Adrienne Fisher taking Kristen Walsh to five with scores of (4), 9, (8), 12, and 5. Kristen finally pulled out the win by keeping everything to Adrienne's forehand. Jen Saunders managed to pull out a good win over Kersten Hallander in another tough five game, 3, (4), (2), 7, and 8. Jen had Kersten diving all over the court, but in the end it just wasn't enough. The best match of the quarters had to be the Kerri Wachtel and Jen Saunders match up. Jen came out strong and took the first two games off Kerri, 5 and 7. But last years US OPEN champion was not out of it yet. She showed up to play the next three games taking the match with scores of 6,2, and 0. This set the match ups for the semis with Cheryl Gudinas playing Rhonda Rajsich in the top half and Kerri Wachtel playing # 2 seed Jackie Rice in the bottom half. Rhonda seemed to be more comfortable with her game this weekend, not making as many unforced errors as have plagued her in the past. She was playing well against Cheryl and was the only player to take a game off her all weekend. But Cheryl



was just too strong and took the match 7, 5, (9), and 5. Jackie had also not dropped a game all weekend until the finals. She seems to be moving a lot better



now that her ankle injury has had some time to heal. She was very intense and took the first two games off Kerri, 4 and 1. Kerri mounted a comeback in the third with an 11-5 win, but Jackie wasn't to be denied her second finals of the season and took the fourth game and match with a score of 11-3. The finals had Cheryl playing her patented game of keeping the ball in play with perfect ceiling balls until she has the opportunity to hit the

great pinch or passing shot. And Jackie just couldn't seem to keep the ball down as well as she had been doing in her other matches. She

seemed to be pulling it together and made a good run in the third game, but Cheryl hung tough and took home the winners paycheck with scores of 2, 4, and 11.



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USRA National Singles Championships

Seventeen players from North Carolina made the trip this year to the USRA National Singles Championships, May 22 -27 in Houston, Texas. Attending were: Earl C. Acuff, Mary-Low Acuff, Debra Bryant, Dean Cline, Meena Evans, Chris Finley, Mildred Gwinn, Tripp Isley, Clarence Jones, Charles E. Lew, Janet Myers, Peyton Myers, Hank Richard, Curt Smith, Lynn Stephens, Brent Walters, and Mitch Williams.

Coming home with awards were: Earl Acuff, second place in Men's 75+ and 80+, Janet Myers, first place in Women's 50+, Mildred Gwinn, second place in Women's 60+, and Mitch Williams, first place in Men's 24-. Unchallenged first place went to Mary Low Acuff in Women's 75+ and 80+.

Lynn Stephens was awarded the USRA State Presidential Award for 2002 at the Awards banquet on Saturday night. The USRA Board of Directors votes on several nominees for this prestigious award given to a State President each year. Some of the reasons for Stephens receiving the award were because the NCRA has maintained 100% compliance with USRA requirements, attended the USRA Leadership Conference, runs a solid event schedule, maintains a viable referee program, juniors program, and initiated a welcome package to all new members.

ERIC NOBLES, CFP
Certified Financial Planner

910-323-9195
Fayetteville, NC
"Keep em Rollin"

Protecting the Joint You Knead: Preventing Knee Injuries

By: Kevin Quinley

Want to be like Mike? His Airness has just rejoined the NBA's Washington Wizards after an absence due to knee problems. Racquetball players who are MJ wannabees -- and even those that aren't -- should watch their knees! Here's how you can avoid that crippler of would-be racquetball champs! Three strategies... #1 Stretch! You may not want to hear this, but you need to stretch. I know, I know -- stretching is like flossing -- you know you should do it but you just don't seem to find the time. Don't stretch cold muscles, though. Warm them up first -- maybe a few minutes on the bike, Stairmaster, or treadmill just to get a bit warm and then start stretching. Smart players -- especially those hitting the middle-aged years -- do that before they get on the court as a pre-warm up regimen. Knee injury prevention focuses on stretching and warm-up before practicing or competing. Stretching should focus on quadriceps, hamstrings and calf muscles. Warm-up should involve jogging, then sprinting and sport-specific functional movements. Sport-specific movements include side-to-side shuffles for racquetball players and jumping exercises for basketball players. Stretching is the BIG factor in knee injury prevention. Ironically, it seems the hardest one for many type-A racquetball folks to do. It should be the easiest thing, though, since there's little effort involved. It's that it feels like we're not really doing anything, and since most people are limited in their workout time, it's hard to be patient. #2 Knee Braces, Wraps, etc. Some swear by wraps and braces. Others swear at them. Some types of braces actually do "correct" certain problems. For instance, "J" braces on the knee, (those with the little pad down the outside and bottom of the patella) help keep the kneecap aligned if you have a problem with runner or jumper's knee. However, standard "Ace" neoprene knee braces may not really do anything structurally. They keep the joint warm and help with compression, which for one reason or another sometimes seems to help ease the pain. Wraps and braces may be the knee's equivalent of chicken soups for colds -- they won't hurt and it may help. Many different commercial knee braces are available for athletes. While they may cause no harm, knee braces have never been scientifically shown to help prevent knee injuries. Thus, many believe they are unnecessary. Which wrap is best? No consensus exists, even if you get agreement that they provided more than cosmetic or "psychological" support for the knee. Some racquetball players swear by the Donjoy Legend, saying it actually holds the knee together. Other items (e.g., loose fitting neoprene, etc) may provide warmth but offer no support. Of course, there's a whole range of other knee wrap products in the middle. There is absolutely no need to wear any kind of braces or wraps if you're not

hurting or injured. The musculature around the joint should take care of that. And if it doesn't, build it up. One intriguing weight-training program for this is by Michael Colgan, called "the new power program." It employs per iodization, and goes to great lengths to explain proper techniques (e.g. slow eccentric movements, negatives, etc)

#3 Weight Training to Strengthen the Legs Still others believe that the most important factor in knee injury prevention is lifting weights to build strong muscles supporting the knees. Many trainers and physical therapists, for example, believe that strong hamstrings are very important to strong knee joints as well as quads and calves. Others caution that weight lifting helps, but in a limited way. When a knee "goes" for a racquetball enthusiast, it's almost always a ligament, cartilage, or a tendon. Many of these do not necessarily get stronger from lifting weights. If your legs are strong, weight training can help avoid hyperextension, hyper flexion, etc. It will not, however, make the parts of the knee that usually fail any stronger. However, the stronger the surrounding muscles are, the more they can support the joint and thus the less stress the ligaments, cartilage and tendons must take. Admittedly, in certain cases you can't avoid injury, but strengthening those muscles helps lessen your chances. Focus on the stabilizers (as opposed to the prime movers), such as rotators, adductors/abductors. Some trainers believe that this means you stay away from machines that guide your movements, avoiding machines in general (except cables). Other trainers think that one of the worst knee exercises you can do is the leg extension. It puts enormous stress on the knees. Knee osteoarthritis is becoming increasingly common for adults over 40. The problem of cartilage, the tracking in the meniscus issue, gait, and strength of muscles -- hamstrings, quads, and calf are all very important. Stretching after warm-up and as a cool-down, using knee support for proper tracking, using good shoes for proper support, taking supplements and pain relievers, are all important to understand. Little strains add up. Stretch, cool down and recover after you play. Avoid over-training. What is your weakest link as a racquetball player? If the knees are the answer, the problem may be far more serious than an upbraiding by a snippy TV game show host. Stretch, lift and support the knee to minimize the odds of you being like Mike... in a way that you won't like! Kevin Quinley is a writer, insurance executive and racquetball player in Fairfax, VA. Currently, he is nursing a knee injury. The author is not a physician, and doesn't play one on TV. Nothing in this article is intended to be medical advice. In the event of a medical problem, seek the advice of a physician.

What's the Call?



Question: Someone told me that the rules had changed and now you were allowed to "carry" the ball. Is that true and what is a "carry"?

Answer: No, the rules have not changed and it is still an infraction of the rules to "carry" the ball. Rule 3.13 (b) makes this clear and explains what a "carry" is: "3.13(b) One Touch. The player or team trying to return the ball may touch or strike the ball only once or else the rally is lost. The ball may not be carried. (A carried ball is one which rests on the racquet long enough that the effect is more of a sling or throw than a hit.)"

This can be a hard call for the referee to make sometimes though, so in the spirit of good sportsmanship, anytime you "carry" the ball you should immediately make the call on yourself.

Question: I haven't been playing long and I was wondering exactly what the broken line behind the short line is for?

Answer: That's part of the definition of the safety zone. It exists to protect the server against the receiver "rushing the serve" and causing bodily damage. Here are the pertinent rules: 2.1b(7) Safety Zone. The safety zone is the five-foot area bounded by the back edges of the short line and the receiving line. The zone is observed only during the serve. See Rules 3.10(i) and 3.11(a). 3.10(i) Safety Zone Violation. If the server, or doubles partner, enters into the safety zone before the served ball passes the short line, it shall result in the loss of serve. 3.11(a) Receiving Position 3.11(a)(1) The receiver may not enter the safety zone until the ball bounces or crosses the receiving line. 3.11(a)(2) On the fly return attempt, the receiver may not strike the ball until the ball breaks the plane of the receiving line. The receiver's follow through may carry the receiver

or his racquet past the receiving line. 3.11(a)(3) Neither the receiver nor his racquet may break the plane of the short line, except if the ball is struck after rebounding off the back wall. 3.11(a)(4) Any violation by the receiver results in a point for the server.

Even people that have been playing for a long time don't know about rule 3.11(a)(3) above which states that in no case may the receiver break the plane of the short line on a return of serve unless the ball is rebounding off the back wall.

If you have a question about anything related to the rules of racquetball you can email Debbie at dbryant@ncracquetball.com or call her at 910-327-4441

Debra Bryant
NC Rules and Referee Director
Regional Certified Referee

Player Profile



NAME: Christopher Lea

HOMETOWN: Phoenix, AZ

OCCUPATION: Dentist in the US Army

YEARS PLAYING RACQUETBALL:
4 years off and on. I have only had the privilege of playing in two tournaments, but there are many more to come!

DIVISION YOU PLAY IN NOW:
C or 25 B/C

FAVORITE RACQUETBALL MOMENT:
Defeating Lynn Stephens on WED night and taking the pot. Well, it hasn't happened yet...

OTHER HOBBIES/ACTIVITIES:
Hanging out with the family, lifting weights, golf, skiing and drinking an occasional 'cold one'. I don't have much of a life now because I am in an Endodontic (root canal) specialty school for 2yrs. But, look out Cliff Swain, I will come to (watch) one of your tournaments when I am done.

The Sports Center Outback Blast It!

The racquetball season in North Carolina really starts off with a blast each year with the Outback Blast It! tournament held in Fayetteville at The Sports

Center. This year was no exception as 170 players converged on the club to participate in 248 matches. This was the first time I have seen a draw at a tournament with the

exact same number of players signed up in the A, B, and C divisions. There were 25 in each. That made for some tough draws all around. There were 16 players in the D division. That's the biggest draw I've seen there in a while. And of course



the B/C doubles is always popular with 21 teams competing. Men's Open had 15 entries with the State Champions from NC, VA, and GA. competing.



The Open semis had Mitch Williams (NC) defeating Dan Llacera (DE) in 2 games in the bottom half and Jason Thoerner (GA) defeating David Day (VA) in 2 games in the top half. In the finals Jason and Mitch had a close match but Jason pulled it out in the breaker for the win. In the women's Open draw, Meena Evans had a tough time against Holly Remen, but she prevailed in the breaker to take home the winner's check. Holly is just now coming back to racquetball after having her son Nicholas with husband and Hall of Fame member, Ed Remen. All matches ran on time or ahead as usual. Lynn Moffitt does a great job as tournament director keeping this event moving. It looks like everyone really likes the losers referee format we have been using. So far, we



haven't had any problem with people running out on their duty.

As always, Outback Steakhouse did a

great job with the Saturday dinner giving people their choice of a 12 oz. sirloin or 2 chicken breasts. They had grilled veggie shish-ka-bobs and Caesar salad to go along with it and cheesecake for desert. Nobody went away hungry. Even the rain didn't deter the Outback cooks from setting up their grills

to do their thing. They just erected a tent in the parking lot and went about their business. And the member's buffet was bigger than ever on Sunday with over 15 different dishes and 6 different deserts. There was everything from potato salad to barbeque meatballs and seafood gumbo.

All in all it was a great weekend of racquetball. It's no wonder that this is probably the most popular tournament in North Carolina.



Referee Certification in NC

The North Carolina Board of Directors has voted to take over all aspects of referee certification in North Carolina. We have really been doing this for the last three years anyway. The USRA started the Referee Certification program, but then 2 or 3 years into the program they stopped keeping records of when people's certification expired. North Carolina is one of the few states that think a strong certification program is important, so we started keeping our own records of expirations. We also offer clinics and certification tests at every sanctioned tournament in the state. The cost for this certification has always been ten dollars with the state keeping five and sending the USRA five. But with the situation the way it is at the USRA in regards to this program, all we were really doing was paying them five dollars for the referee pin they send everyone. So we have decided to keep all of the ten-dollar fee and supply or own pin and also a referee certification card that will have your expiration date on it.

Now, you may ask, what does all this have to do with me? Well, in an effort to increase the number of certified referees in our state, we have worked

with the tournaments and come up with a plan to make it more attractive to people to become certified. Starting in 2003 all the tournaments participating in this program will now pay ten dollars per match for certified referees. If you're not certified you will not be paid. If you're in the process of becoming certified and you have already attended a clinic, taken and passed the test, and are doing your required number of matches, you will be paid five dollars for each of those matches. Losers will still be required to referee but certified referees will be given preference to referee. So if a certified referee is available to referee after your match, you will not be allowed to referee that match. And your obligation to referee will not carry over, so you are free to shower and leave if you wish. Our ultimate goal would be to have a certified referee do every match. Wouldn't it be great to know that you could enter a tournament, have a qualified referee officiate your match and then when you're finished playing you could leave?

The tournaments that have agreed to this are of course the State Singles and Doubles Championships, all tournaments at Courts Plus in New Bern

and Jacksonville, all tournaments at The Sports Center in Fayetteville, The Aloha Open in Winston Salem, and all tournaments at Vision Sports in Asheville. That's eleven tournaments so far. We hope to convince all tournaments in NC to go with this format in the future.

We hope that many of you will consider becoming certified referees now. Just think, at most tournaments you could referee 5 or 6 matches and completely recover your entry fees. Or make enough for you and a companion to go out and have a nice dinner. Ten bucks for the best seat in the house at a match isn't too bad. And the certification process is not that hard. The cost is ten dollars. You have to attend one rules clinic, pass a 50 question multiple-choice test with a score of 86 or better (open book) and referee ten matches. Two of those matches must be at the Open level (Men's or Women's, straight Open or Open/Age) and of those two Open level matches, one must be observed and assessed by a State Representative. That's it, and from then on every time you referee at a participating tournament, you are paid ten bucks a match!

UPCOMING NCRA TOURNAMENTS 2003

Jan. 10 - 12	Build The ARC	Courts Plus	New Bern	252-633-2221
Feb. 21 - 23	The Schultz Classic	The Sports Center	Fayetteville	910-864-3303
March 14 - 16	Pirate Country Blast	Pulse Athletic Club	Greenville	252-756-9175
March 21 - 23	Spring Classic	Vision Sports	Asheville	828-252-0222
March 27 - 30	NC Open Championships (Pro Stop)	Sportscenter Triad	High Point	336-451-5663
May 2 - 4	NCRA State Singles Championships	The Sports Center	Fayetteville	910-864-3303
June 6 - 8	Hurricane Hideout	Family Y	Goldsboro	919-735-7201
June 20 - 22	Aloha Open	Body Check	Winston Salem	910-947-3202
July 11 - 13	Big Brothers/Big Sisters	Courts Plus	New Bern	252-633-2221
Aug. 15 - 17	NCRA State Doubles Championships	Sportscenter	Concord	704-782-3000
Sept. 12 - 14	Outback Blast It!	The Sports Center	Fayetteville	910-864-3303
Sept. 20 - 22	Fall Classic (LPRA Pro Stop)	Dowd YMCA	Charlotte	704-716-6100
Oct. 17 - 19	Racquetball October Fest	Family Y	Goldsboro	919-778-8557
Oct 24 - 26	East Coast Doubles Championships	Wilmington Athletic	Wilmington	910-343-5950
Nov. 7 - 9	Turkey Shoot	Vision Sports	Asheville	828-252-0222

Tournament Results

Outback Blast It!

	Men's Winner	2nd Place
Open	Jason Thoerner	Mitch Williams
A	Dennis Mumford	John Brodland
B	Jeremy Orr	Kirk Yoo
C	Phil J. Thorne	Patrick Thorne
D	Toby Sewell	Wesley Webb
Beg	Walter Scott	Jonathan Byrd
24-	Jon Brinson	Matthew Emmel
25+O/A	Johnnie Harris	Rob Cook
25+B/C	Curtis Smith	Calvin Hunt
35+O/A	Dereck Dirks	Al Sheppard
35+B/C	Brian Haebig	Gene Gibson
45+O/A	Curt Geller	Claude Wiggins
45+B/C	Samson Richardson	Alan Wyatt
55+	Arthur Klein	Bruce Mallick
Jrs Int	Blake Plummer	Maurice McKoy
Jrs Adv	Tripp Isley	Jonathan Justice

	Women's Winner	2nd Place
Open	Meena Evans	Holly Remen
A	Pam Avery	Sharon Wilks
B	Molly Hedgecock	Dawn Dozier
C	Patricia White	Michelle McFadden
D	Renee Pearson	Amy Smith
Beg	Marilyn Gilmore	Roxanne King
All Age	Ginny Baier	Sharon Wilks

	Men's Dbles Winners	2nd Place
Open	Thoerner/Williams	Llacara/Young
A	Bryant/New	O'Leary/Walters
B/C	Orr/Fredrickson	Childress/Gibson

	Women's Dbles Winner	s2nd Place
Open/A	Land/Avery	Newsome/Utter
B/C	Cook/McFadden	Pearson/White
	Mixed Dbles Winners	2nd Place
Open/A	Evans/Williams	Brodland/Baier
B/C	Cook/Bourgeois	Hedgecock/Allard

LPRA Pro-Am Fall Classic

	Men's Winner	2nd Place
Open	Mitch Williams	Brent Walters
A	Cary Nadleman	Mark Spykerman
B	Tony Lennard	Gene Gibson
C	Tyrone Brice	Ron Prinz
25+O/A	Rob Cook	Cary Nadleman
25+B/C	Jim Barberio	Daniel Loyola
35+O/A	Dave Hibbard	Dennis Mumford
35+B/C	Tony Lennard	Doug McCuen
45+O/A	Dan Griffin	Bill Welaj
Juniors	Jack Myers	Jon Plott

	Women's Winner	2nd Place
Open	Lori Jane Powell	Brenda Kyzer
A	Sharon Wilks	Melanie Newsome
B	Dawn Dozier	Peyton Myers
25+	Ginny Baier	Leigh Gintert
35+	Sharon Wilks	Jackie Gurley
45+	Mildred Gwinn	Dee Stribling

Big Brothers/Big Sisters

Mens Open	Carl Cook	Todd Cook
Womens A	Sharon Wilks	Elaine Hinchman
Mens B	Ken Lidonnici	Dale Taylor
Mens C	Chris Finley	Scott Davis
Womens C	Patricia White	Renee Pearson
Mens D	Michael Martins	Michael Synnnett
Womens Beginner	Lilly-Ann Figueredo	Tara Wynant
Juniors 10 and Under	Joel Barrow	Patrick Balance
Juniors 14 and Under	Heather Perkins	Blake Plummer
Juniors Intermediate	Damian Jones	Heather Perkins
Junior Multi Bounce	Joel Barrow	Patrick Balance
Mens 24- B/C	Matt Emmel	Chris Finley
Mens 25+ B/C	Calvin Hunt	Scott Davis
Mens 35+ Open	Claude Wiggins	Kelly Staton

	Men's Doubles Winner	2nd Place
Open	C. Cook/Waller	T. Cook/Hale
B/C	Figueredo/Lidonnici	Hunt/Stallings
D	Freeman/Whitfield	Cox/Wynant

	Women's Doubles	
Open/A	Avery/Land	Stelma/Cook
B/C	McFadden/Wood	Pearson/White

	Mixed Doubles	
Open/A	T. Cook/Land	Avery/Waller
B/C	Cook/Bourgeois	Hinchman/Stallings

State Doubles Championships



The State Doubles Championships were bigger and better than ever this year. There were 120 players competing in 20 different divisions. That's up from 92 last year. The tournament was held in Concord this year at the beautiful Sportscenter complex. As usual, all matches ran on time or ahead. Many thanks go out for the hard work of the NCRA Board of Directors and Mike Habershaw of the Sportscenter for making this a great tournament. Most people don't realize the number of hours that go into planning an event like this. It's a lot of hard work but it's worth it when you see how much everyone enjoys his or her self.



USRA National Doubles Championships

This years National Doubles was held in Minneapolis, Minnesota on October 2 – 6. Nineteen players from North Carolina made the trip from the sunny south to the cold northern city. Participating in this years tournament were: Eddie Alberty, Pam Avery, Bruce Bryant, Debra Bryant, Jennifer Cook, Meena Evans, Catherine Land, Beth Marshall, Mike Marshall, Eric New, Ed Remen, Holly Remen, Carl Schlager, Curt Smith, Jan Stelma, Brent Walters, Kevin Webb, Sharon Wilks, and Mitch Williams .

Bringing home gold and silver medals were:

Brent Walters/Mitch Williams
1st place in the 24 -

Debbie Bryant/ Aimee Roehler (NJ)
1st place in the 25+

Catherine Land/Pam Avery
1st place in 25+A/B

Meena Evans/Mark Baron (VA)
2nd place in Mixed 45+

Ed Remen/ Johnny Hennen (TN)
1st place in 55+

Jennifer Cook/Jan Stelma
1st place in 35+C/D unchallenged

Several other players brought home 3rd and 4th place medals.

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