

The NHRA Rollout...

Volume 1, Issue 1

Summer 1998

Welcome to the *New*NHRA...

Welcome to the *new* New Hampshire Racquetball Association (NHRA)! As most of you may know by now, Bill Gargan, who has contributed enormously to the NHRA, has decided to step down from his current position as NHRA President effective May 1, 1998.

After a lot of thought and consideration, I decided to accept Bill's offer to take on this important position. Several years ago I was offered this position from Lenny Bloom but, at that time, it was not the right time. But, as we all know on the court and off, timing is the key to success. And, at this point in time, I can now devote more time and effort to help develop and expand the *new* NHRA.

For the past 18 months, your current Board of Directors, which consists of Tony Bruzzese, Carl Savage, Mike Normand, and myself, under the direction of Bill Gargan, has been running your New Hampshire Racquetball Association. At this point in time, I will be taking over Bill's role as NHRA President and, as a result, one board member slot is now open. We are asking for your help in filling this important board member position. We especially would like to find a new board member from the Seacoast area, Monadnock region, or Lakes region racquetball club which would help to expand our NHRA throughout our state!

As a Board member, you would meet with us approximately every other month to discuss and plan exactly what we need to do as a state board to grow and develop the great sport of racquetball in New Hampshire. If you are interested in being "on board" with us and you can make the time commitment, then please call me at 641-6116. On that note, I look forward

to gathering as many new volunteers and collecting as many new ideas to help us develop and expand our New Hampshire Racquetball Association (NHRA). Thanks, in advance, for all of your help.

Kelley Beane

Specific areas of interest that your Board is currently working on include:

- 1998/99 NHRA tournament schedule
- NHRA membership drive (please submit your e-mail address to Tony Bruzzese at tbuzzese@paragon.com)
- Referee certification
- Current point standings
- New Hampshire Junior Racquetball Team ("Team New Hampshire")
- New newsletter format (as you can see...)

What have you done for me lately?

For the upcoming 1998-99 New Hampshire Racquetball Association (NHRA) tournament season, we would like to form the following committees:

- *Fundraising* Committee
- *Membership Drive* Committee
- *Juniors* Committee
- *Referee Certification* Committee
- *Banquet* Committee
- *Newsletter* Committee

We are looking for people who want to "give something back" to the great sport of racquetball. We are looking for people who can devote a small amount of their free time to help the NHRA grow and diversify. If any of these areas fall into your realm of expertise, then please call Kelley at 641-6116.

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What have you done for me lately?

(Continued from page 1)

Do you remember the people who came *before you* in the great game of racquetball? You can become more involved in the great game of racquetball by helping us on one of these committees. We have an immediate need for someone to step forward and lead these committees and we also need NH racquetball players to do some of the "grunt" work involved in making a committee productive.

We all stand on the shoulders of those who came before us...help to grow the great sport of racquetball by getting more involved in New Hampshire racquetball!

MOST GREAT
CHAMPIONS ARE VERY
EVEN-TEMPERED, THEY
TEND TO LIVE IN THE
PRESENT MOMENT ON
THE COURT...AND LET
GO OF THE PAST RALLY
OR POINT...

Summer Membership Meeting

The United States Racquetball Association (USRA) requires that we (NHRA) have a general membership meeting once each year. We would like to have this meeting sometime this summer!

This meeting will help us to hear your specific ideas and suggestions for improving the NHRA as well as any particular concerns or problems that have been "on your mind" for awhile.

The date, location, and time of this summer event has not been determined at this point in time. We will keep you updated about this event in the next newsletter.

1998 Granite State Cup Tournament

The 1998 Granite State Cup Tournament and Banquet was another great success! The new format, which allows clubs to enter teams from any ability level, worked very well.

This year we had *six* teams as follows:

- Nashua Athletic Club
- Somersworth Club
- Merrimack YMCA
- Executive Health and Fitness Club
- Salem Athletic Club
- Nashua YMCA

Once again, the Nashua Athletic Club took the title with 168 points as the Executive Health and Fitness Club trailed as a distant second with 91 points. With 138 participants, the competition was fierce yet fair (no refs, right!). If you did not participate in this "fun" event this year, then plan on giving it a try during this upcoming racquetball season. Guaranteed...you'll enjoy it! And now for the update on the 1998 Granite State Cup Banquet...

Granite State Cup Banquet

The *real* highlight of the 1998 Granite State Cup Tournament weekend was, of course, the Banquet. This year the NHRA Board of Directors put on a nice dinner for all players and guests — as an opportunity to "give back" to the New Hampshire Racquetball (NHRA) membership.

The banquet started off innocently enough with Happy Hour and a nice homestyle dinner. Then, it was time for the "real" awards ceremony where the following racquetball players went home with...

- * **Male Athlete of the Year** - Chris Zalegowski
- * **Female Athlete of the Year** - Kelley Beane
- * **Ironman Award** - Carl Savage
- * **Tournament of the Year** - Justin Open
- * **Sportsmen of the Year** - Justin Wallace (well deserved!)
- * **State Director Award** - Bill Gargan
- * **Most Improved Player** - Jeff Hill

And, finally it was time for the "not-so-real" award ceremony which was hosted by Kelley. According to

Kelley, "things were getting a bit blurry" at that time but here are the highlights:

- *Bib and sippy cup* for Mike Normand with his upcoming elbow surgery. I can see Kelley smirking as she says to Mike "the surgery wasn't that bad..."
- *Towels and water bottles* for Jay Keddie and his two racquetball players - Mike and Matt - since Jay is usually finished the tournament in C or D division at 8:30 pm on Friday night!
- And the *Captain Morgan* award went to Carl Savage for being the best "captain" of a Granite State Cup racquetball team. Well done!

There were many more winners and awards but some things are best kept unremembered or unsaid or both (whatever that means...).

Once again, the 1998 Granite State Cup and Banquet was a lot of fun with more than 138 participants and lots of competition and laughs. If you, as a racquetball player in New Hampshire, did not get a chance to participate this year, then make plans to play next year. You'll be glad you did!

Thanks again to the *Nashua Athletic Club* for hosting this great event.

***1998 Granite State Cup
Champions...Nashua Athletic Club
(NAC)...Congratulations!!!***



Results from "1998 New England Regional Racquetball Championships" Held at Cedardale Athletic Club

The 1998 New England Racquetball Championships were held recently at the Cedardale Athletic Club in Haverhill Massachusetts. More than 200 racquetball competitors battled for regional titles in over 30 events.

From the New Hampshire racquetball scene, the following players won titles:

- Juniors - **4th** - Matt Keddie
- Juniors + - **2nd** - Matt Keddie
- Juniors ++ - **1st** - Mike Keddie
- Mens 35 + - **1st** - Jim Lukeman
- Mens 45 - **1st** - Pete Messier
- Mens 45 - **3rd** - Joe Allis
- Mens 55 - **4th** - Brandt Pace
- Mens 60 + - **2nd** - Ed Dalton
- Mens 65 + - **2nd** - Norbert LeCompte
- Mens A - **3rd** - Frank Gibson
- Mens AA - **4th** - Aron Drew
- Mens All Age - **1st** - Chris Zalegowski
- Mens D - **1st** - Greg Steeves
- Mens Open - **2nd** - Chris Zalegowski
- Womens 25+ - **2nd** - Kelley Beane
- Womens 30 + - **2nd** - Gail Guy
- Womens 35 + - **1st** - Kelley Beane
- Womens A - **1st** - Judy McCole
- Womens B - **3rd** - Judy McCole

Congratulations to all those racquetball players from the New Hampshire Racquetball Association (NHRA) who participated and won titles at this year's regional event. For those who *did not* win this year, this summer is a great time to "sneak away" for an hour or two each week and practice your down-the-line shots, ceiling shots, and a variety of serves.

For those who *did* win this year, this summer is a great time to "kick back" and revel in your glory...in fact, have a few more beers, hotdogs, and hamburgers and show up on the court 10-15 pounds heavier after Labor Day! Hey, the rest of us need to all the breaks we can get!

NHRA Logo Contest

Are you an artist waiting to be discovered? If so, we, at the New Hampshire Racquetball Association (NHRA) need your graphic design expertise. We are looking for ideas for a "NHRA logo" that we can use on the following items:

- Letterhead
- Newsletter

- Teeshirts
- Sweatshirts

During the upcoming fall racquetball season, the New Hampshire Racquetball Association (NHRA) is planning on using this *great logo* on all of its promotional goods. One of the preliminary ideas for this new logo includes an "Old Man of the Mountain" character playing racquetball or something similar to this New Hampshire's White Mountain-type theme.

So, as you are sitting by the pool this summer, or driving home during your morning or evening commute, think about a NHRA logo that represents your state's love of the game of racquetball. Enjoy your summer and see you on the courts shortly after Labor Day in the early fall...

Thoughts about the game...

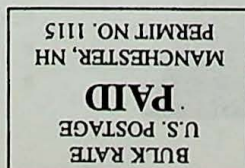
Over the last 2-3 years, I have been keeping notes about improving my game of racquetball. I have collected these notes and ideas from the following resources:

- Reading articles from *Racquetball* and *Killshot* magazines
- Watching tapes from Ektelon, Cliff Swain, and Tom Travers
- Attending 20-30 tournaments from Executive Health and Fitness Center's "club" championships to Pro Stops in Boston and New Jersey to National Junior Olympic Events in Baltimore Maryland and this year in Portland Oregon
- Taking lessons from Jimbo Daley, who was Cliff Swain's first racquetball coach, at the Boston Athletic Club (BAC) in South Boston Massachusetts
- Watching Cliff Swain play the Daley's - Jimmy, Mike, and Kevin — every Friday night for two long hot and humid summers at the BAC in "Southie"
- Hanging out at the "L" - the L Street Bathhouse on L Street in Southie where they have been playing handball for 75 years on an 85 foot doubles handball court...where Cliff's father first saw the potential for "greatness" in his son when he borrowed an old racquet from one of his father's friends and, at age 13, beat easily every single racquetball player at the "L" during his first weekend of racquetball...ever!
- Discussions about racquetball with Cliff, Sudsy, Mike Guidry, Andy Roberts, Eric Mueller, Derek Robinson, Ruben Gonzalez, Fran Davis, Josh Messina, George Delaney, Kelley Beane, Jimmy Lukeman and others...
- Attending Fran Davis's "*Playing Smart*" weekend racquetball clinic and reading in-depth her handouts and workbook...

And here are some of the things about the great game of racquetball that I have learned:

- 1 Always hit the ball hard and low....
- 2 Always keep moving back into center court position...
- 3 When in back of your opponent, pass, splat, or "go to the ceiling" and then move quickly into center court position...

- 4 When in front of your opponent, pinch, kill, or pass kill and then move quickly into center court position...
- 5 Always try to hit the ball in "front" of your body (2-3 inches off your front foot and 10-12 inches up your shin), don't hit the ball while you are "back pedaling" towards the back wall, just let the ball drop to the floor and hit it low and hard...
- 6 Remember - if you do not get your first drive serve "in", then you have just given away your greatest offensive opportunity in the game of racquetball...when you are standing on the short line getting ready to serve, it is the only time in the entire game of racquetball when your opponent is completely at your "mercy"...don't take this great opportunity lightly!
- 7 The return of serve is the second most important shot in the game of racquetball...make sure that it is a "passing" shot of some kind (down-the-line, ceiling ball, wide-angle pass) and then move those feet as fast as you can to establish a strong center court position
- 8 Whenever you lose to an opponent, immediately ask yourself: "what three things could I have done to improve my game during that match?"...write them down and then focus on improving these areas one at a time (month 1 = improve area 1, month 2 = improve area 2, and month 3 = improve area 3)



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