



NCRA, Inc.

P.O. Box 14035

New Bern, NC 28561

NCRA BOARD MEMBERS

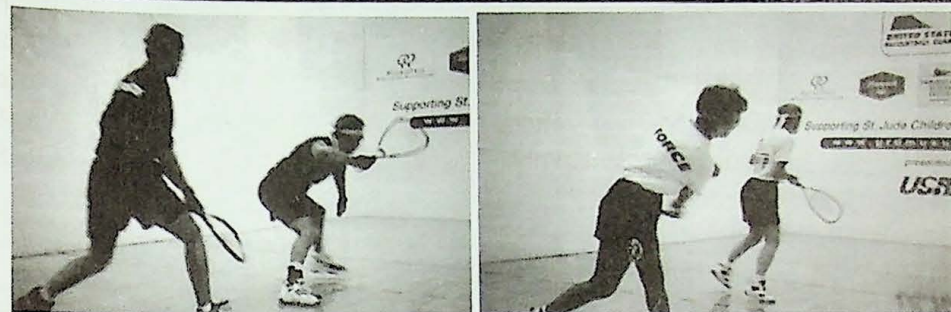
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Keith Taylor	704-540-2258	Charlotte	kflow@hotmail.com
Tommy Troutman	704-436-2021	Mt. Pleasant	raketball99@hotmail.com
Andreas Winston	910-487-6398	Fayetteville	dreas@netquick.net

Anyone interested in serving on this volunteer Board can submit a petition with 25 valid USRA dues paying member signatures OR ask a Board member to recommend your name to the election committee.

LYNN STEPHENS
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THE WALL NUT JOURNAL

The official Newsletter of the North Carolina Racquetball Association, Inc.



UNITED STATES OPEN
RACQUETBALL CHAMPIONSHIPS™



Supporting St. Jude Children's Research Hospital



From top left: Eddie Alberty vs. Tim Doyle at US Open; Meena Evans winning shot in the finals of Womens 45+ at the US Open; NCRA Players at the US Open

INSIDE:

- Notes and Quotes • What's the Call • NCRA Ranking System
- The Trainers Corner • Tournament Schedule • US Open
- Tournament Results: Fall Classic, Turkey Shoot, ARC

NOTES AND QUOTES FROM THE PREZ:

The next board meeting for the NCRA will be in Fayetteville, NC on Friday evening. Anyone is welcomed to attend, but we do ask that if at all possible you notify us in advance for our planning purposes. The NCRA has experienced some phenomenal growth. We are still waiting to hear from the USRA if we made or exceeded our growth goal. I have currently asked that my name be added to the ballot for the National Board of Directors. I thank all of you who participated in signing my petition. I now ask that come election time you cast your ballots, and hopefully can see your way clear to cast one my way!! Lynn Stephens will be attending the leadership conference this year. If you have any issues you would like addressed please feel free to contact him so he can carry our torch.

The tournament schedule is awesome. Our state is making great strides in producing some outstanding tourney choices. Racquetball is alive and well in our State!! If your club has not yet received your bid letter regarding the doubles please let me know. There seems to be some clubs who have not yet received the info even though it was mailed a while ago.

Until next time,
the prez



TRAINERS CORNER

If you thought last month's article on food was important, wait until you read this one. You can survive days without food, but you will find it hard to survive more than 36 hours without drinking any water. Not only does it aid in losing weight; it is critical to an athlete's performance.

As many of you know, water makes up between 45-65% of your bodyweight. For the athlete to perform at their highest level, water consumption plays an important factor. Individuals involved in endurance type exercises generally replace only 20-30% of their fluid sweat loss. If you are not drinking enough water to equal to what you are sweating, you are losing essential minerals and electrolytes. This can cause numerous problems such as cramping, headaches, and nausea.

Fluid replacement will help maintain plasma volume so that circulation and sweating progress at optimal levels. Most people will need about 80 oz of water per day. People who are exercising a couple of times a week may not realize it, but will require more water to maintain optimal levels. Racquetball players should drink about 16 oz of water about an hour before their match. They should sip water throughout the match and soon after consume more fluids. The amount will depend on the length and intensity of the racquetball game. Probably close to a minimum of another 16-oz. This water is on top of the 80 oz of water a day you should be drinking!

A lot of individuals will think that soda or juice is the same as drinking water. I'll tell you why it's not that simple. The sugar in these drinks takes away significant amounts of vitamins and minerals in your urine. Also, they provide you with calories that you may not need. People will sometimes find themselves taking in over 500 calories a day just from drinks. It's hard to beat drinking an ice-cold glass of water.

Some people find it hard to drink enough water during the day. Make sure you carry bottles with you throughout the day and just refill them. It will become routine for you within a couple of weeks. It may make the difference when it comes down to that tiebreaker.

If anyone has specific questions for me regarding exercise, nutrition, sports performance, etc. please e-mail at ktflow@hotmail.com.

Keith Taylor has been a certified personal trainer for 5 years. He owns a sports performance business in Charlotte, NC where he works with athletes of all ages and a variety of sports. You can contact Keith at 704-540-2258.

UPCOMING TOURNAMENTS

Feb. 25-27	Classic Racquetball Tourn.	The Sports Center	Fayetteville	910-864-3303
TBA	NC Open Championships	Sportime Athletic	Greensboro	336-275-1391
March 10-12	Pulse	Pulse Athletic Club	Greenville	252-156-9175
March 19-21	Spring Classic	The Sports Club of Ashville	Asheville	704-252-0222
April 9-11	NCRA State Championships	Courts Plus	Jacksonville	910-346-3446
June 9-11	Crystal Coast Classic	Sports Center	Morehead City	919-726-7070
June 16-18	Summer Bash	The Sports Club of Ashville	Asheville	704-252-0222
July 14-16	Big Brother/Big Sisters	Courts Plus	New Bern	252-633-2221
August	NCRA State Doubles	TBA		
Sept. 15-17	Outback Blast It!	The Sports Center	Fayetteville	910-864-3303
Oct. 6-8	Fall Classic	Central YMCA	Charlotte	704-333-7771
Oct. 20-22	Tournament Of Champions	Elon College	Elon College	336-346-3446
Nov. 17-19	Turkey Shoot	The Sports Club of Ashville	Asheville	704-252-0222

TURKEY SHOOT

Asheville

November 19-21, 1999

MEN	WINNER	2ND PLACE
OPEN	Mitch Williams	Mike Ginn
A	Mike Adams	Eric Plott
B	Dale Merrill	Robert Gordan
C	John Childress	Brad Smith
D	Tim Bailey	Luke Hill
NOVICE	Morris Wilks	Troy Benton
19+	Victor Smith	Hutch Humphrey
30+	Bobby Supel	Robbie Bassinger
25/35+ B	Kevin Brand	Mike Ferris
40+ B	Dale Merrill	John Paysour
45+	Rick Lee	Charles Lew
45+ B	Charlie Soderquist	Glenn Cassie
50+	Gary Biedermann	Ali Paksoy
70+	Robert Miller	Hank Richard
14 & Under	Asher Hoffman	Adam Meyer
12 & Under	Trip Isley	Taylor Haltiwanger
WOMEN	WINNER	2ND PLACE
OPEN	Phyllis Morris	Meena Evans
A	Gay Moore	Pat Sims
B	Pamela Davis	Sharon Wilks
35+ B	Sharon Wilks	Pamela Davis

FALL CLASSIC

Charlotte Central Y

October 8-10, 1999

MEN	WINNER	2nd PLACE
OPEN	Joel Bonnett	Tommy Pugh
A	Peter Popovich	Corbin Dirks
B	Lorne Burry	Victor Smith
C	Yossi Berri	Ron Prinz
12& UNDER	Trip Isley	John Plott
WOMEN	WINNER	2ND PLACE
OPEN	Phyllis Morris	Mildred Gwinn
A	Sharon Steeley	MaryAnn Burgoon
C	Sharon Wilks	Leigh Gintert

**NC PLAYERS ATTEND
US OPEN****"BUILD THE ARC"**

New Bern

January 14-16, 2000

MEN	WINNER	2ND PLACE
OPEN	Mike Ginn	Peter Beckwith
A	Lance Fife	Moses Martinez
B	Warren Davis	Mike Meyer
C	Pete Mace	Kelly Staton
D	Curtis Smith	Alan Layne
NOVICE	Hunter Batts	Gary Riggs
25+	Mike Ginn	Lance Fife
35+	Clair Steffan	Bill Savoy
WOMEN	WINNER	2ND PLACE
A	Catherine Land	Pam Avery
B	Sharon Wilks	Bonnie Gilroy
D	Ann Newman	Edith Smith
NOVICE	Tanya Kelly	Jillian Watson
35+	Sharon Wilks	Jan Stelma



Jan Stelma gives check to ARC director.

**NCRA RANKING
SYSTEM**

The New Ranking System is based on Average Tournament finishes plus points accumulated. For those players looking at the ranking system for the first time. When you see a 15.61 ranking; that should tell you, that the player is consistently getting to the semifinals & finals's based upon T.I. of 13 for SF and 17/20 for final's 1st & 2nd place.

Our ranking system started with the 1st 1998 tournament, February 6-8, Fayetteville thru current tournaments. The system is on a 24 month rotation. The Fayetteville Tournament February 25-27, 2000 will replace data from the 1998 Tournament.

New State Guidelines with Rankin System:

- 1) Any player that win's a State Championship(with 8 or more players competing in that division) must move up to the next level of play. If a player win's 2 NCRA sanctioned tournaments (with 8 or more players competing in that division) within a 12 month period from the first win, must move up to the next division. This is for skill divisions-A, B, C, D
- 2) Novice Division is any player with 2 tournaments or less experience
- 3) D division is 3 or more tournaments.

North Carolina Rankin System-All Divisions have P.I.R. except Novice

P.I.R. = (Total Pts. / 100) + Tournament Index(T.I.) called Power Index Ranking

Total Pts. = (Round Completed* X Toun. Level Multiplier(I thru V) + 5 Bonus pts. for participation

*Round completed = Tournament Index

Tournament Index(T.I.) = Total Tournament Rounds Completed(add all T.I.) / Total Tournaments played

"Rounds Completed" = T.I.	Q.F's	S.F's	Finals
Round 64's 32 16	8	4	2
Points 2 5 8	10	13	17-2nd 20-1st

Tournament Level Multiplier

Level I up to 100 players	multiplier 1.0
Level II 101-125 players	multiplier 1.25
Level III 126-150 players	multiplier 1.50
Level IV 151-up players	multiplier 1.75
Level V State players	multiplier 2.0

December 1-5. There were 25 players from all parts of the State participating. The Open is held in Memphis, Tenn. at three different facilities: The Racquet Club of Memphis, Wimbeldon Sports Complex, and The University of Memphis. It is a combined professional and amateur tournament with over 700 people from all over the world playing singles and doubles. If you ever get the chance to go this tournament is a real experience. The pro matches from the quarters on are introduced with a laser light show and music similar to a NBA game. They are played on a portable glass court set up with bleacher viewing that can hold 1000 spectators. It really is a site to see. There is also a manufacture's area set up with all the latest in racquetball equipment. The Racquetball Museum has equipment from the beginning of racquetball to the present.

Attending this year was: Earl Acuff, Mary Low Acuff, Rick Lee, Eddie Alberty, Charles Lew, Joanna Boyte, Phyllis Morris, Corbin Dirks, Janet Myers, Dereck Dirks, Holly Remen, Randy Duggins, Ed Remen, Meena Evans, Hank Richard, Wiley Fisher, Randal Shirley, Shane Forrest, Lynn Stephens, Ulf Hellsten, Gary Walker, Kerri Helsel, Sharon Wilks, Catherine Land, Valerie Willis

Winners were:	Earl Acuff	1st Place M80+
		2nd Place M75+
	Meena Evans	1st Place W45+
	Ed Remen	1st Place M50+ Doubles
		2nd Place M50+
	Holly Remen	2nd Place W35+
	Sharon Wilks	1st Place W35+C/D



Pro Cliff Swain, NCRA players Derrik Dirks and Lynn Stephens, and Pro Derrik Robinson, at the US Open



Peter Beckwith with new bride Michelle Beckwith



Tommy Pugh vs. Mike Ginn

Womens Doubles

How does it all work?

Example: Mike Young lost in the Finals's of Greenville Open division
 $17.22 \text{ (P.R.I.)} = (22(\text{T.I.}^*) / 100) + 17 \text{ (T.I.-2nd)}$
 $*\text{T.I.: } 17\text{pts.} \times 1 \text{ multiplier (less than 100 participants)} + 5 \text{ pts.} = 22 \text{ pts.}$

Example: Mike Young lost in the Finals's of State Open division
 $17.39 \text{ (P.R.I.)} = (39(\text{T.I.}^*) / 100) + 17 \text{ (T.I.-2nd)}$
 $*\text{T.I.: } 17\text{pts.} \times 2 \text{ multiplier (State tourn.)} + 5 \text{ pts.} = 39 \text{ pts.}$

Now since Mike has played in 2 Tournaments his new ranking will be the following:

$17.61 \text{ (P.R.I.)} = (61\text{pts.}^* / 100) + 17 \text{ (T.I.**)}$

$*61 = 22(1\text{st tourn.}) + 39(2\text{nd tourn.})$

$**17 = 17(2\text{nd in } 1\text{st tourn.}) + 17(2\text{nd in } 2\text{nd tourn.})$

Advertising in the Wall Nut Journal is a great way to tell fellow racquetball players what kind of business your in. Do you have a product or service that we can all benefit from? Come and advertise in the Wall Nut Journal to over 600 direct mailed pieces, and a distribution of a 1000 at all the Clubs around the state. Anyone knowing someone that may be interested in advertising in the Journal should contact Lynn Stephens or Andreas Winston.

Rates for ads are \$175.00 for a 5.5 x 4 inch ad per quarter. At 600 issues that is .29 per issue. Less than the cost of postage. In addition the newsletter will go to all the clubs for additional exposure. Potential advertisers would be anyone who wanted targeted marketing of their product or services to about 600 racquetball players or their demographics.

WHAT'S THE CALL?

Some suggestions for the pre-game conference:
 Upon arriving to the court you will need to have a score card, pencil, ball and a towel to begin the match. During the pre-game conference you will need to cover the following info:

1. Introduce yourself and players
2. Mention the level and round of the match.
3. Identify court hinders and when the ball hits a designated court hinder it is an automatic replay.
4. Let players know about avoidable hinders, sportsmanship, line judges, appeals, and anything else you may need to cover.
5. If using line judges review the rule on how to appeal and how many appeals per game.
6. Ask the players if they have any questions.
7. Inspect player's equipment.
8. Toss coin to select the server.

Here are some helpful hints for during the match

1. Make calls quickly, loud and clear.
2. Only make calls you see.
3. When calling the score say 2 serving 3. Not 2-3.
4. Never say ACE, GAME POINT, or MATCH POINT.
5. Keep game moving by calling the score and keeping track of time for time-outs.
6. Keep control of the match but do not dominate or over control the match.
7. Be prepared and know the rules!!!!!!!!!!!!!!

If you have any questions contact Debbie Bryant at 910-327-4441