

# THE WALL NUT JOURNAL

The official Newsletter of the North Carolina Racquetball Association, Inc. • PO Box 14035 • New Bern, NC 28561 • 252-633-2221 • Fax 252-635-2653

## Notes & Quotes from the prez:

What a distinguished group of racquetball players we had at the State Championships. It was truly a joy to be part of such a great group. Over 200 matches were played at two different sites.

Congrats to all the finalists and all who participated. Special kudos to Eddie Alberty who is the first in NC history to Three Peat the States three years in succession. This is quite an accomplishment.

Thank you to the Board of Directors for all their hard work during the tournament. Without their diligence and attention to detail the tournament would not have been such a success. And if I might indulge; thanks to my Courts Plus staff for all their hard work and sincere caring for the tournament players. Special thanks also to the sponsors and the club members who helped solicit the sponsorship. The wonderful amenities and great food was a direct result of their work.

The States will be put out for bid for the year 2000. The State Doubles are still scheduled for Charlotte in the fall. All clubs that we can reach will receive a letter informing them of the bid process. We'll keep our membership informed as we go along.

Thanks again for a Great State Championship!  
Jan



## NORTH CAROLINA RACQUETBALL ASSOCIATION RANKINGS

### WOMEN'S RANKINGS

| OPEN              | A                    | B                   |
|-------------------|----------------------|---------------------|
| 1. Debbie Bryant  | 1. Kristi Hale       | 1. Connie Honeycutt |
| 2. Sallie Bennett | 2. Marsha Kallander  | 2. Sharon Wilkes    |
| 3. Brenda Kyser   | 3. Tricia Brown      | 3. Jan Willis       |
| 4. Catherine Land | 4. Phyllis Bishop    | 4. Angela Smith     |
| 5. Janet Myers    | 5. Marsha E. Medina  | 5. Kerri Helsel     |
| 6. Holly Remen    | 6. Daryl Lee         | 6. Colleen Bates    |
| 7. Meena Evans    | 7. Kerri Helsel      | 7. Graceanne Kane   |
| 8. Sally Benedict | 8. Bobbi Oates       | 8. Melanie Bianucci |
| 9. Vanessa Tulao  | 9. Pat Sims          | 9. Pamela Davis     |
| 10t Kristi Hale   | 10. Tammy Shepherd   | 10. Amelia Eaton    |
| 10t Kim Herrold   |                      |                     |
| 10t Terri Home    |                      |                     |
| C                 | D                    |                     |
| 1. Karen Mickel   | 1. Mary Smith        |                     |
| 2. Susan Snyders  | 2. Patricia Campbell |                     |
| 3. TJ Winchip     | 3. Stephanie Byers   |                     |
| 4. Brandi Butcher | 4. Patricia Kelsay   |                     |
| 5. Leanne Wilson  | 5. Lucy Hoffman      |                     |
| 6. Jennifer Cook  | 6. Carol Blackwelder |                     |
| 7. Erik Camp      | 7. Kim Trujillo      |                     |
| 8. Ashley Darmer  | 8. Kathy Schrank     |                     |
| 9. Jane McFayden  | 9. Jennifer Zeigler  |                     |
| 10. Eliza Johnson | 10. Michelle Burdick |                     |

### MEN'S RANKINGS

| OPEN                | A                   | B                  |
|---------------------|---------------------|--------------------|
| 1. Joel Bonnett     | 1. Chris Amidon     | 1. Jesse Garcia    |
| 2. Matt Gehling     | 2. Ron Renn         | 2. Juan Cageao     |
| 3. Mike Ray         | 3. Robert Adkins    | 3. Rick Potter     |
| 4. Jason Thoerner   | 4. Ashley Conway    | 4. Mike Adkins     |
| 5. Eddie Alberty    | 5. Jonathon Skinner | 5. Mike Norelli    |
| 6. D.J. Lewis       | 6. Peter Popovich   | 6t. Chuck Petronis |
| 7. Mike Glowa       | 7. Tim Hardison     | 6t. Robert Myer    |
| 8. Steve Castonguay | 8. Lance Fife       | 6t. Vic Corey      |
| 9. Jason Armbrecht  | 9. Paul Knoblock    | 6t. Tony Myer      |
| 10. Reed Noble      | 10. Adrian Snyder   | 10. Rob Meyer      |
| C                   | D                   |                    |
| 1. Pete Garner      | 1. Juan Guareno     |                    |
| 2. Paul Moore       | 2. Frank Gentile    |                    |
| 3. Adam Podolac     | 3. Fred Murff       |                    |
| 4. Scott Conway     | 4. Mark Rudisill    |                    |
| 5. Jeff McBane      | 5. Gary Dietz       |                    |
| 6. Scott Jones      | 6. Pat Kelly        |                    |
| 7. Ronnie Moore     | 7. John Behun       |                    |
| 8. Darnell Nixon    | 8. Chris Page       |                    |
| 9. Carter Farthing  | 9. Albano Garcia    |                    |
| 10. Thomas Molina   | 10. Jason Kellum    |                    |



NCRA, Inc.  
P.O. Box 14035  
New Bern, NC 28561

## THE CLASSIC

Fayetteville, NC

February 26-28, 1999

As always, this tournament provided wonderful competition at every skill level. If you are looking for larger draws and good competition, check out the next Fayetteville tournament. There were over 150 entrants for this tournament. Also, many people seem to have trouble getting into Fayetteville without getting lost..(including me!!). Doug is in the process of posting a printable map of the Fayetteville area, along with local hotel information. This may help for the next one. FINALLY.....THE RESULTS:

### MENS OPEN+

- 1st - Dan Llacera
- 2nd - Joel Bonnett

### MENS OPEN

- 1st - Michael McClintock
- 2nd - Reed Noble

### MENS A

- 1st - Ron Renn
- 2nd - Clair Steffan

### MENS B

- 1st - Preston Gaster
- 2nd - David Haar

### MENS C

- 1st - Ken Lidonnici
- 2nd - Carter Farthing

### MENS D

- 1st - Juan Guareno
- 2nd - Brad Vaughn

### NOVICE

- 1st - Eric Noble
- 2nd - Curtis Smith

### MENS OPEN DOUBLES

- 1st - Alberty / Llacera
- 2nd - Bonnett / Williams

### MENS A DOUBLES

- 1st - Vaivao / Wayt
- 2nd - Jones / Moten

### MENS B / C DOUBLES

- 1st - Corey / Murray
- 2nd - Day / Haar

### MENS 25+

- 1st - Karl Francis
- 2nd - Lance Fife

### MENS 35+

- 1st - William Garner
- 2nd - Preston Gaster

### MENS 40+

- 1st - Jesse Garcia
- 2nd - Ron Renn

### WOMENS OPEN

- 1st - Holly Remen
- 2nd - Sally Benedict

### WOMENS A

- 1st - Catherine Land
- 2nd - Pam Avery

### WOMENS B

- 1st - Kerri Helsel
- 2nd - Jennifer Cook

### WOMENS C

- 1st - Karen Mickel
- 2nd - Ashley Darmer

### WOMENS NOVICE

- 1st - Jennifer L. Cook
- 2nd - Kristin Walters

### W. OPEN DOUBLES

- 1st - Evans / Walker
- 2nd - Balwanz / Land

### W. B/C DOUBLES

- 1st - Dumas / Honeycutt
- 2nd - McFadden / Cook

### WOMENS ALL AGE

- 1st - Catherine Land
- 2nd - Graceanne Kane

### JUNIORS

- 1st - B Balwanz
- 2nd - Jordan Walters

### MIXED O/A DBLES

- 1st - Remen / Remen
- 2nd - Evans / Dirks

### MIXED B/C DBLES

- 1st - Dumas / Stephens
- 2nd - Helsel / Bourgeois

## THE KEVIN BANKS MEMORIAL

Greenville, NC

March 12-14, 1999

Talk about hospitality! Talk about having fun! Greenville's return to the racquetball scene was just what we needed. Gaynel Britt, a non racquetballer, was in charge of putting this tournament together and she did a GREAT job. There was plenty of GOOD FOOD all weekend, lots of prizes given away, an onsite massage therapists only charging half price all weekend, plenty of referees, need I go on.... As the tournament's name says, this tournament was a memorial to Kevin Banks, a good racquetball player and friend to many of us. All the proceeds from this tournament went into a fund for his daughter, Elizabeth.. On behalf of the tournament directors and the NCRA, We thank you, the players, VERY much for coming out and sharing in this special event. And Now.....THE RESULTS:

### MENS OPEN

- 1st - Mitch Williams
- 2nd - Mike Young

### MENS A

- 1st - Todd Cook
- 2nd - Adrian Snyder

### MENS B

- 1st - Rob Meyer
- 2nd - Vic Coreyr

### MENS C

- 1st - Scott Conway
- 2nd - Ronnie Moore

### MENS NOVICE

- 1st - Nick Dorsey
- 2nd - Gary Riggs

### M OPEN/A DBLES

- 1st - David / Young
- 2nd - Bryant / Powell

### M OPEN/A DBLES

- 1st - David / Young
- 2nd - Bryant / Powell

### M B/C DOUBLES

- 1st - Corey / Murray
- 2nd - Dumas / Stephens

### MIXED O/A DOUBLES

- 1st - Bryant / Powell
- 2nd - Avery / Snyder

### MENS 35+

- 1st - Willie Henderson
- 2nd - Mike Murray

### WOMENS OPEN

- 1st - Catherine Land
- 2nd - Kristi Hale

### WOMENS A

- 1st - C. Honeycutt
- 2nd - Kerri Helsel

### WOMENS C

- 1st - Leanne Wilson
- 2nd - Wendy Morton

### WOMENS C

- 1st - Karen Mickel
- 2nd - Ashley Darmer

### W OPEN/A DBLES

- 1st - Hale / Land
- 2nd - Avery / Helsel

### W OPEN/A DBLES

- 1st - Hale / Land
- 2nd - Avery / Helsel

### W B/C DOUBLES

- 1st - Cook / Wood
- 2nd - Britt / Brown

### MIXED B/C DBLES

- 1st - Bourgeois / Helsel
- 2nd - Guareno / Wynne

### WOMENS 35+

- 1st - C. Honeycutt
- 2nd - S. Curran-Wilkes

## 3RD ANNUAL SUMMER BASH

Asheville, NC

March 19-21, 1999

### MENS OPEN

- 1st - Joel Bonnett
- 2nd - Mike Glowa

### MENS A

- 1st - Karl Francis
- 2nd - Corbin Dirks

### MENS B

- 1st - Lorne Burry
- 2nd - Mark Reuland

### MENS C

- 1st - Kerry Hughes
- 2nd - Matthew Burton

### MENS D

- 1st - Mark Rudisill
- 2nd - Brad Vaughn

### MENS NOVICE

- 1st - Stephen Howell
- 2nd - Colleen Bates

### MENS 19+

- 1st - Victor Smith
- 2nd - Phil Olson

### MENS 25+ B

- 1st - Todd Good
- 2nd - Michael Chambers

### MENS 30+

- 1st - Alan Sheppard
- 2nd - Robbie Bassinger

### MENS 35+

- 1st - Eric Plott
- 2nd - Mike Adams

### MENS 35+ B

- 1st - Lorne Burry
- 2nd - Andreas Winston

### MENS 40+ B

- 1st - Kerry Hughes
- 2nd - Glenn Cassie

### MENS 45+

- 1st - Charles Lew
- 2nd - Gary Biedermann

### MENS 45+ B

- 1st - Charlie Soderquist
- 2nd - Richard Forbes

### MENS 60+

- 1st - Earl Acuff
- 2nd - Bob Miller

### JUNIORS 14 & Under

- 1st - Jordan Walters
- 2nd - Warren Curran

### WOMENS OPEN

- 1st - Brenda Kyser
- 2nd - Holly Remen

### WOMENS A

- 1st - Joanna Boyte
- 2nd - C. Honeycutt

### WOMENS B

- 1st - Sharon Wilks
- 2nd - Colleen Bates

### WOMENS D

- 1st - Leigh Gintert
- 2nd - Anna Smythe

### WOMENS 19+/45+

- 1st - C. Honeycutt
- 2nd - G. Kane



# 1999 NCRA STATE CHAMPIONSHIP

Jacksonville, NC  
April 9-11, 1999

## MENS OPEN

1st - Eddie Alberty  
2nd - Mike Young

## MENS A

1st - Wiley Fisher  
2nd - Don Shannon

## MENS B

1st - Robbie Bassinger  
2nd - David Dumas

## MENS C

1st - John Small  
2nd - Ronnie Moore

## MENS D

1st - Stanley Vest  
2nd - Greg Gilbert

## NOVICE

1st - Christopher Gill  
2nd - Jackson Wong

## MENS 30+

1st - Alan Sheppard  
2nd - Willie Henderson

## MENS 35+

1st - Dereck Dirks  
2nd - John Panepinto

## MENS 40+

1st - Peter Popovich  
2nd - Mark Morris

## MENS 45+

1st - Peter Popovich  
2nd - Rick Lee

## MENS 50+

1st - Tony Giordano  
2nd - Chuck Lew

## MENS 60+

1st - Ed Mazelli  
2nd - Bob Shoptaw

## WOMENS OPEN

1st - Debra Bryant  
2nd - Phyllis Morris

## WOMENS A

1st - Marsha Kallander  
2nd - Joanna Boyte

## WOMENS B

1st - Lisa Dumas  
2nd - Jennifer Cook

## WOMENS C

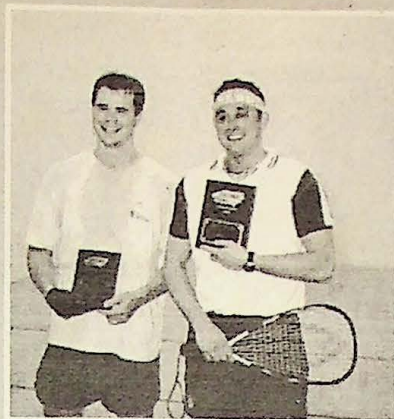
1st - Leann Wilson  
2nd - S. Curran-Wilks

## WOMENS 35+

1st - Phyllis Morris  
2nd - Marsha Kallander

## WOMENS 40+

1st - Judy Balwanz  
2nd - Stephanie Walker



## THE TRAINER'S CORNER

To start off this column in the NCRA letter, I'll start by introducing myself. To those who don't know me, my name is Keith Taylor and I live in Charlotte. I'm going to start writing a quarterly article to help new players sharpen their game and to take experienced players to a new level. To give you some background on myself, I have been a personal trainer for the last five years, the last three of those being in Charlotte. I have my degree in Commercial Fitness as well as having certifications from the National Strength and Conditioning Association, The American College of Sports Medicine, and the American College of Exercise. Three years ago I also started The Charlotte Speed and Agility Program helping athletes with their sports performance. This program works not only on speed and agility but also 1st step explosiveness, hand-eye coordination, foot speed, etc. I work with athletes of all ages from a variety of sports.

Let me start by just giving an overview on what you need to be thinking about for an exercise routine designed for racquetball. Conditioning for racquetball is more than playing a couple times a week and "carbo loading" 2 days before an event. Conditioning has come a long way in the last ten years. But don't think that you have to spend 2 hours every day trying to get in top physical shape. It is a little easier than that if you can put together the pieces of the puzzle. Some of those pieces will include:

- Cardiovascular Exercise
- Resistance Training
- Healthy Eating
- Reducing Stress
- Getting Enough Sleep
- Mental Confidence
- Footwork

Many other pieces could be added to this puzzle but these are what I would put at the top of my list. Think about the above titles and how much or how little energy you put into each one. Some of these aspects may take a little more time than others, but each are important in their own right. Another thing to think about will be that each of us will have their weaknesses that will need extra work.

In upcoming newsletters I will be discussing these pieces of the puzzle. By no means though will I be limited to these topics. If any of you have any questions feel free to ask me at any tournaments or e-mail me at: [ktflow@aol.com](mailto:ktflow@aol.com). I will be looking forward to helping each one of you exceed new levels in your fitness program.

Keith Taylor

## NCRA BOARD MEMBERS

|                 |              |              |                                                                              |
|-----------------|--------------|--------------|------------------------------------------------------------------------------|
| Bruce Bryant    | Sneads Ferry | 910-327-4441 |                                                                              |
| Debbie Bryant   | Sneads Ferry | 910-327-4441 |                                                                              |
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| Lynn Stephens   | Carthage     | 910-947-3029 | <a href="mailto:stepco@mindspring.com">stepco@mindspring.com</a>             |
| Wayne Sweatt    | Charlotte    | 704-523-7887 |                                                                              |
| Lee Tart        | Fayetteville | 910-864-3303 | <a href="mailto:tsc@fayettevillenc.com">tsc@fayettevillenc.com</a>           |
| Andreas Winston | Fayetteville | 910-487-6398 | <a href="mailto:dreas@netquick.net">dreas@netquick.net</a>                   |
| Keith Taylor    | Charlotte    |              | <a href="mailto:ktflow@aol.com">ktflow@aol.com</a>                           |

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.

# WHAT'S THE CALL

Everyone needs to remember that the referee is only human and doesn't have the benefit of instant replay like the NFL. Everyone makes mistakes. As a player of the game it is also good sportsmanship to be an honest player and make your own calls. You make the call!

Also along the lines of good sportsmanship, inappropriate comments to the referee and/or opponents are better left unsaid. Asking the crowd after coming off the court "Does anyone have any coffee to go with the donut I just served?" is definitely inappropriate.

**1. During a match the referee may not assess a technical foul until she has first given the player a technical warning.**

- a. True
- b. False

The answer is b.  
A technical foul may be assessed anytime the referee believes it is warranted. See Rule 3.17(a)

**2. With the exceptions of technical and forfeitures, any time the players agree to do so, they can overturn the referee's call.**

- a. True
- b. False

The answer is a.  
See Rule B.5 (b)

**3. Which of the following is the result if the server drops the ball during her service motion, but completely misses the ball with her swing?**

- a. Fault serve
- b. Out serve
- c. Dead ball serve

The answer is b.  
See Rule 3.16 (a)

**4. When making an appeal the player must:**

- a. Make the appeal directly to the referee and not the line judges.
- b. Make the appeal before he leaves the court.
- c. Make the appeal before the next rally begins.
- d. All of the above
- e. a and b only

The answer is d.  
See Rule B.7 (b)

**5. Player A stands against the left wall and walks into his drive serve, contacting the ball within the 17 foot drive serve zone, drive serving the ball into the left corner.**

The referee should call:

- a. Nothing, it is a legal serve as long as contact is made within the 17-foot drive serve zone.
- b. Call fault serve.
- c. Call side out.

The answer is b.  
See Rule 3.6 and 3.9(h)

## CORRECTIONS

In the 4th quarter newsletter in 1998 three players from North Carolina who attended the US Open were omitted from the article. They were Grace Anne Kane, Stephanie Byars, and Rick Rash. In the 1st quarter newsletter this year the results of the women's Open division in the Asheville Turkey Shoot were wrong. Holly Remen should have been listed as the winner with Meena Evans in second place.

## Champions!

Congratulations to **Ed & Holly Remen, Jim Bailey, and Earl & Mary Low Acuff** for their play at the 1999 Nationals in Houston Texas. Ed won the Men's 50+ division, beating Jim Bailey, and Holly won the Women's 35+ division. Earl Acuff won the Men's 75+ and Men's 80+ divisions, and Mary Low Acuff won the Women's 75+ division. Again Congratulations!

## 1999 HEAD 26TH U.S. JUNIOR OLYMPICS:

Congratulations to the three North Carolina Junior Racquetball Players who participated in this years U.S. Junior Olympics tournament.

### Jordan Walters :

Quarterfinalist of Boys 12 & Under Singles  
Quarterfinalist of Boys 12 & Under Dbles  
Quarterfinalist of Mixed 12 & Under Dbles

### Brent Walters :

1st Place Mixed 18 & Under Doubles  
3rd Place Boys 18 & Under Doubles  
3rd Place Boys 18 & Under Sgles(Blue Div.)

### Mitch Williams:

3rd Place Boys 18 & Under Doubles  
4th Place Boys 18 & Under Singles

## MEMBER'S FORUM

Lynn,  
Just wanted you to know, I had a great time at the States. The enthusiasm of the board is really spreading and contagious. The ideas I am hearing and passing along are great and I know they will only improve North Carolina Racquetball. I can also see that the Board has everyone's best interest in mind that is involved in racquetball. I know it takes a lot of time and effort and I just wanted you and the Board to know that I really appreciate it as an avid racquetball player. Thanks again and have a great week!

Dereck Dirks

## GUIDELINES FOR CHOOSING YOUR DIVISION/EVENT FOR A RACQUETBALL TOURNAMENT

1. Singles Play: A player may choose only 1 skill event (skill events are A, B, C, D). A player can not sign up to play "A" singles and "B" singles in the same tournament. A player may sign up to play "B" singles and Open singles, since Open division is not considered a skill event.
2. In choosing doubles play, the partner with the higher rating determines the team's division. The same is true for mixed doubles. A woman "A" player teams with a man "B" player; the team must play "A", Open, or Open/A mixed doubles.
3. In signing up to play any age division; player must be "the age" as of the beginning of the tournament.

## COMMENTS

We encourage our membership to express any opinions on NCRA/USRA matters or on racquetball in general. We will be glad to publish your opinions. Send any comments you may have to:



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1046 Lamms Rd.  
Carthage, NC 28327-7898  
or E-Mail me at: stepco@mindspring.com

## UPCOMING TOURNAMENTS

|             |                         |                             |              |              |
|-------------|-------------------------|-----------------------------|--------------|--------------|
| September   | NCRA State Doubles      | TBA                         | Charlotte    | 704-333-7771 |
| Sept. 17-19 | Outback Blast It!       | The Sports Center           | Fayetteville | 910-864-3303 |
| Oct. 22-24  | Tournament of Champions | Elon College                | Elon College | 336-229-1433 |
| Nov. 5-7    | Hurricane Classic       | Courts Plus                 | Jacksonville | 910-346-3446 |
| Nov. 19-21  | Turkey Shoot            | The Sports Club of Ashville | Asheville    | 704-252-0222 |
| Jan. 15-17  | ARC Tournament          | Courts Plus                 | New Bern     | 252-633-2221 |