

RACQUETBALL

INSIDE the WPRO

PLUS:

- National Singles
- Junior Olympics

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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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JUNIORS



SINGLES



WOMEN

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visit us on the web @ www.usaracquetball.com



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By James Hiser, Ph.D.
USAR Executive Director

The consensus of opinion is that without national and state leadership, junior programs will not develop.

Junior Racquetball is in **CRISIS**

Attendance at the recent Junior Nationals in Minneapolis indicates that junior racquetball is in a crisis situation. In order to determine possible reasons for the current situation, members of the Junior Committee met with parents and coaches to discuss the situation. Although no one fact seemed to surface as the major cause for the decline, the following factors appear to be contributing issues:

- Economic conditions make it difficult for families to attend events.
- Many clubs do not allow juniors under fourteen years old to play.
- There exists huge competition from other school sports.
- Lack of support from state associations stalls junior development. In most states, no one person has responsibility for organizing and maintaining a viable junior program.

Leadership seems to be the one overriding critical success factor. Although USA Racquetball earmarked considerable funds for junior development in 2010, few states applied for these grants. This indicates that many states either simply do not have leadership to spearhead the project; do not have the resources to even make use of the funds and thus do not apply; or have no particular inspired interest in junior racquetball development.

The consensus of opinion is that without national and state leadership, junior programs will not develop. The importance of leadership is evident within the collegiate programs. Under the leadership of Shane Wood and numerous other leaders/volunteers, collegiate racquetball programs are growing each year. Perhaps one of the solutions to growing junior racquetball is a separate state organization (similar to Oregon's) that concentrates only on junior development. Although this model has worked for Oregon, the size of some states and the limited number of available volunteers may eliminate this option. For some of the larger states, though, this may be a plausible approach.

USAR is making a committed effort to contact every state to determine the reasons for the lack of involvement. I encourage every person interested in junior racquetball to contact their state organization, ask questions, get involved, and volunteer to help initiate a plan to get new juniors involved in racquetball.

The statement, "Juniors are the future of our sport," is no cliché – it's a fact.



By Cheryl Kirk,
USAR Board President

Approaching Season Brings Change and Opportunity

One serve vs. two...following are excerpts from a recent message from IRT President Jason Mannino discussing their recent rule change, back to two serves effective 9/9/10. (For Jason's full article, visit www.irt-tour.com.)

"After considering over twenty proposed rules changes designed to increase fan excitement and enjoyment, the IRT Board of Directors recently voted to bring two serves back to the pro game." (Here Jason provided some historical texture surrounding the IRT's move to one serve that occurred back in 1990.)

"Many people believed switching to one serve would increase the importance of the rally and round out the game.

"For many years the rule change achieved its desired effect."

(But) "While one serve emphasized the rally, it also led to a lob serve generation of players. They are excellent at hitting accurate lob serves, and they are equally skilled at returning lob serves. While the rallies are still exciting, there are actually fewer rallies! Who would have thought that going to one serve would lead to fewer rallies?

"It is impossible to know what the unintended consequences will be of the rule change, but we think it's going to be exciting. The change undoubtedly will help some players and hurt others. ... When a player falls behind in a match, maybe having two serves will offer a greater opportunity to mount a comeback. We think fans will love seeing the return of the crack ace and powerful serve and shoot game styles."

Jason, I agree – it's an exciting change...looking forward to the coming season!

Will USAR also change to two serves for Open divisions? Well, because the International Racquetball Federation has a one-serve-for-Open rule, USA Racquetball has felt it makes sense to follow suit. For the sake of consistency, though, and for the reasons Jason Mannino highlights above, Jim Hiser and I agree that we would indeed like to see Open divisions go to two serves. We'll be engaging in dialogue with the IRF on this.

As far as USA Racquetball's own proposed rule changes of the past season, after taking into account the input of our members, the Board of Directors discussed each one and voted in Houston at our Annual Meeting. National Rules Commissioner Otto Dietrich published this on USARacquetball.com: "The Board of Directors approved the rule limiting the length of the wrist cord; rejected the 'one serve for all open AGE divisions'; and decided to revisit the penalty for "serving out-of-order" in light of some newly offered factors." (On the latter, see the current poll on the website.)

On the verge of the new season, I want to put in a plug for volunteerism and support. There are so many ways we can each make a difference in this world, and so many worthwhile organizations are hoping for donations of time and money to keep their objectives moving forward. As we move into 2010/2011 season, please consider keeping USA Racquetball on your personal list of worthwhile organizations. To fulfill our mission of keeping this great sport alive and well for future generations, my favorite quote, "None of us is as good as all of us" (Ray Kroc) comes heavily into play. In demonstration of this concept, Jack Huczak, our Board VP, is currently organizing the committees as we do each year right about now. If you have business skills and expertise - or just plain old passion for this sport - and would like to participate, specific committee information is available on the web site. Please contact Jack, Jim Hiser or me if you have interest in participating on a USAR committee. Keep in mind, too, that our state associations are always looking for great folks to help out.

To all the volunteers out there, and to all of those who have provided financial support in any amount, large or small, please accept my gratitude and that of the Board of Directors and USAR Staff. You are deeply appreciated.

By the time you read this, the IRF World Championships in Korea will be in the record books. But as this article is emerging from my mind and heart today, I simply have to end with this:

Carson, Croft, Gudinas, Huczak, Paraiso, Rajsich, Ruiz and Williams -- we're so proud of you!

GO TEAM USA!!

ROJAS: I'VE GOT NEXT?

The 2010/2011 season is looking good for the International Racquetball Tour (IRT) and its fans, as well as for up-and-coming rookie Jose Rojas of Stockton, CA. He is one of a number of new faces likely to shape the tour over the next few years. Less than two years ago, the 20-year-old turned his sights on his ranking and by the end of last year's 09/10 season had climbed to #10 in the world. By most accounts, this talented college junior has not only "arrived" but is running ahead of schedule, focused on elevating his ranking even higher in the upcoming season as he continues to successfully balance academics and the pro tour.

In September 2008 at the Motorola World Championships, Rojas decided to make his move in the pro ranks after dominating juniors internationally since he was a small child. It was there in Denver that he demonstrated his readiness for the pros by getting past three rounds of veterans to the round of sixteen before #4 Alvaro Beltran stopped him. Six months later at the Canoga Park Open, while still a teenager, Rojas again stunned the competition with consecutive wins over IRT's #6 and #5 players, Shane Vanderson and Jason Mannino, before Rocky Carson put the brakes on his run.

Such early composure has drawn some initial comparisons between Rojas and the sport's biggest names. While also still in their teens, Sudsy Monchik and Kane Waselechuk took a leisurely four tries in the pro division to reach the semifinals. Maybe the pressure of such comparisons was a distraction to Rojas at his next pro event in San Diego, where he lost in the Round of 64 to Mexico's Polo Gutierrez. However, apparently undaunted, he finished the 2008/09 season with U.S. Intercollegiate and Junior National titles and returned in '09/10 to make the sixteens in every appearance. His season was punctuated by an impressive quarterfinal showing at the 2009 U.S. Open.



Rojas is highly touted in part due to his extensive achievements as a junior, and he has spent most of his life in what has turned out to be successful preparation for a grand entrance to the pro level. In addition to his obvious physical and mental gifts, he has been getting excellent training and support for years. He was introduced to the game at age six by his dad Miguel Rojas, from whom he has received continual guidance and encouragement. Around that same time, he began working on game fundamentals with Coach Jody Nance, an experienced and successful junior instructor in Stockton. Rojas still has Nance's support, enhanced by close mentor relationships with Coaches Dave and John Ellis and physical fitness trainer Jessie Serna. All play a large day-to-day role in Rojas' professional training.

Coach Dave Ellis, whose influence now spans three generations of successful pros, speaks highly of Rojas, saying, "Jose brings to the IRT a lot of experience, tremendous skill, and personal charm. He comes to the pro tour with the support of his coaches and his friends from his hometown. His game is reaching new levels, as it must be to be able to compete with the professional talent that is the IRT. Yet, in spite of his success as a junior, he remains very humble and very approachable."

For the time being, in breaking into the top ten, Rojas has already made it to a level many players aspire toward for years but do not achieve. In doing so at such an early age, he has increased his opportunity for continued success and record-breaking in the sport. But like any rookie, he is going to have to work his way up an intimidating ladder of veterans as well as compete against a field of diverse incoming competitors. It will take some time to see what percentage of his initial promise is realized, but so far, especially for Rojas and the IRT fans, the prospects are good.

International Racquetball Tour 2010-2011 Schedule

August 27-29	WPRO TEXAS OPEN IRT SATELLITE - DALLAS TX (T5)	February 4-6	CINCINNATI OPEN - CINCINNATI, OH (T4)
September 9-12	HOST OF GEORGETOWN - KANSAS CITY, KS (T1)	February 11-13	KEYSTONE CLASSIC - WINNIPEG, CANADA (T4)
September 15-19	CALI COLOMBIA GRAND SLAM - CALI, COLOMBIA (GS)	February 9-13	U.S. NATIONAL DOUBLES - PHOENIX, AZ (USAR)
September 30-Oct 3	SAN DIEGO RACQUET HOUSE IRT Pro/Am - SAN DIEGO, CA (T1)	February 17-20	SEATTLE OPEN, SEATTLE, WA (T1)
October 1-3	KITCHENER CLASSIC - KITCHENER, CANADA (T4)	February 17-20	TORNADO ALLEY OPEN - WICHITA FALLS, TX (T4)
October 8-10	AUBURN VW OPEN - KENT, WA (T4)	February 24-27	SAN DIEGO OPEN - SAN DIEGO, CA (T1)
October 15-17	WEST MICHIGAN OPEN - GRAND RAPIDS, MI (T4)	March 3-5	CARL MYERS MEMORIAL - GARDEN CITY, KS (T2)
October 20-24	U.S. OPEN - MINNEAPOLIS, MN (GS)	March 3-5	LEAMINGTON RACQUETBALL CLASSIC - LEAMINGTON, CANADA (T4)
October 29-31	NEW MEXICO Pro/Am - ALBUQUERQUE, NM (T3)	March 10-13	FLORIDA SPRING BREAK Pro/Am - FL (T1)
October 29-31	68 INSIDE SPORTS Pro/Am - KANSAS CITY, KS	March 17-19	SALT LAKE CITY Pro/Am - SALT LAKE CITY, UT (T1)
November 4-7	CORONA OPEN - CHIHUAHUA, NEW MEXICO (T3)	March 18-20	NORTHWEST OPEN - BELLINGHAM, WA (T4)
November 5-7	POMONA VALLEY OPEN - POMONA, CA (T4)	March 24-27	ST. LOUIS OPEN - ST. LOUIS, MO (T1)
November 5-7	LONG ISLAND OPEN - LONG ISLAND, NY (T4)	April 1-3	TOPEKA OPEN - TOPEKA, KS (T4)
November 18-21	18TH ANNUAL TURKEY SHOOT - GARDEN CITY, KS	April 7-10	SOUTH CAROLINA OPEN (T4)
December 3-6	ROSE CITY Pro/Am - PORTLAND, OR	April 14-17	MEXICO OPEN - Tijuana, Mexico (T1)
December 3-6	ST. NICK SPLAT - MILLERSVILLE, MD (T3)	April 28-May 1	ALISO VIEJO Pro/Am - ALISO VIEJO, CA (T1)
December 9-12	MARKET AMERICA Pro/Am - GREENSBORO, NC (T1)	May 5-8	BOSTON Pro/Am - BOSTON, MA (T1)
December 6-9	COAST TO COAST CALIFORNIA OPEN - LOS ANGELES, CA (T1)	May 6-8	CINCO DE MAYO SHOOTOUT - PUEBLO, CO (T4)
January 13-16	NEW YORK CITY Pro/Am - LONG ISLAND, NY (T1)	May 12-15	CANADIAN RACQUETBALL CLASSIC (T1)
January 20-23	LAWLER SPORTS Pro/Am - TERRE HAUTE, IN (T1)	May 19-22	COSTA RICA OPEN - SAN JOSE, COSTA RICA (T4)
January 21-13	NEW JERSEY OPEN - FAIRFIELD, NJ (T4)	May 25-29	IRT PRO NATIONALS/USAR FINALS - LOCATION TBD (GS)
January 21-13	CONCORD OPEN - CONCORD, CA (T4)	June 10-12	MARYLAND OPEN CHAMPIONSHIPS - LAUREL, MD (T4)
January 27-30	WICHITA OPEN - WICHITA, KS (T4)	July 22-24	TAMPA OPEN - TAMPA, FL (T3)
January 27-30	LEWIS DRUG Pro/Am - SIOUX FALLS, SD (T2)		Dates subject to change. Check http://irt-tour.com for the latest updates.



by Otto Dietrich
USA Racquetball National Rules Commissioner

WHAT'S THE CALL?

“The only proper way to check for a broken ball is to squeeze it by hand.”

If the “racquet” is called a “racquetball racquet,” then why not call the ball a “racquetball ball”?

I'm just being silly.

While the ball manufacturers try to prevent premature breakage, every now and then a ball is bound to break. At this year's U.S. National Singles Championship, a “broken ball” issue arose that puzzled the players and the referee. I thought that sharing the outcome of this issue might prove interesting to those who want to know more about the finer rules of the game.

The specific situation in Houston involved a rally that had just concluded. The player who won the rally called a time-out and both players immediately left the court. When they returned to the court, one of them picked up the ball and started hitting it again before the referee called the score. But the ball broke during one of his strokes. A question arose about the previous rally — does it stand or is it replayed?

Because both players and the referee were unsure, I was called in. I referred them to Rule 3.13(f) that states “(f) Broken Ball. If there is any suspicion that a ball has broken during a rally, play shall continue until the end of the rally. The referee or any player may request the ball be examined. If the referee decides the ball is broken, the ball will be replaced and the rally replayed. The server resumes play at first serve. The only proper way to check for a broken ball is to squeeze it by hand. (Checking the ball by striking it with a racquet will not be considered a valid check and shall work to the disadvantage of the player or team that struck the ball after the rally.)”

Since you cannot break a ball by squeezing it with your hand, but you can break it with the force of a racquet hit...this rule makes good sense.

There are some other “broken ball” situations that may also warrant your attention, since their resolution is slightly different under certain circumstances.

More specifically, if the ball is broken when the server serves (and before the receiver hits it), then after the ball is replaced and only THAT particular serve is repeated. By that, I mean if the ball broke on the “second” serve, then the server only gets another “second” serve. But if, instead, the ball breaks on either the return of the serve or at any time during the rally, then after the ball is replaced, the server serves again beginning with his “first” serve — even if that return or the rally was begun on a “second” serve.

Look for further clarification of this rule in September.

Always “Play by the Rules” and, if you don’t have a copy, I encourage you to find and review them on-line at <http://usra.org/Rulebook.aspx>. As soon as the new rule limiting the wrist cord and the penalty for serving out-of-order goes into effect on September 1st, you will be able to see the latest rules on-line, even though new rulebooks may not have been printed by then.

Do you have a rules/refereeing question? Be sure to email ODietrich@usra.org and not only will I answer it, but you just might find it featured in an upcoming issue of Racquetball.



The Making of a CHAMPION

By Fran Davis,
Diana McNab and
Dan Obremski

Let's start to Build Your Championship Racquetball Game one assessment at a time so we can make sure you are always completing the "Sports Triangle" we explained in the Winter 2010 issue of this magazine.

Hopefully you've had a chance to take all four assessments we covered in the Spring 2010 issue: Racquetball Skills, Mental Skills, Fitness Skills, and Nutrition Skills, so you can

gauge where you are in your game. These scores will clearly tell you what level of player you are in each area. With this information, you will now know what you have to work on in order to start down the road to Becoming the Champion you want to be.

Now let's get started on "Making You a Champion" by Building Your Championship Racquetball Game.

RACQUETBALL SKILLS

Percentage Shot Selection:

By taking the right shot at the right time, making your opponent run the furthest distance to get to the ball, and hitting the most effective shot in that given situation based on where YOU are on the court and your ability level; the BALL's height/speed and angle, YOUR OPPONENT's position; and The SCORE; you are using what we call "Percentage Shot Selection." Hitting a percentage shot generally puts your opponent in the most difficult position to score and may even force him to hit off balance causing lots of unforced errors.

Jason Mannino states it simply:

"Taking the correct shot has a domino effect on many different areas. For instance, on the return of serve if a player can be offensive enough with a passing mentality, then that will keep the server off balance and put him deeper in the court in a position to cause more unforced errors. On the contrary, if a player is too offensive off of the return of serve with a kill mentality, he will likely be susceptible to unforced errors himself and that will help keep the server in the front court in scoring opportunity. These return of serves help determine which serves will be effective. The same holds true during the rally; you want to use shots that make your opponent run the furthest distance to the ball, keeping him off balance and deeper in the court, causing more mistakes. Skating the "offensive line" is very difficult as there is little space between too offensive and not offensive enough."

Now, let's take a quick look at some other sports where "percentage shot selection" works, too.

1-Basketball – If you had one second left in a game and you were down by one point would you want to take a lay-up, a foul shot or a three-pointer? Obviously, a lay-up is the highest percentage of all three shots and you'd have a GREATER chance of scoring and winning the game.

2-Football – If you were down by two points with three seconds left, would you want to hit a field goal from two yards, 20 yards or 40 yards out? Obviously, from two yards out as it is the highest percentage chance that you'd score and win the game.

3-Golf – If you were putting on the green and you were down by a stroke would you want to putt when you were inches away from the hole or a few feet? Obviously, you would want to be inches from the hole as the percentages are higher and you'd have a greater chance of getting the golf ball in the hole.

4-Racquetball is NO DIFFERENT. If the score is 14 to 14 and you are serving and you can win the game on a kill or a pass shot, always go for the pass as that is the highest percentage shot - it has the most room for error. This mentality will win you more games/matches.

MENTAL SKILLS

The Art of Visualizing

The #1 technique in maintaining mental toughness is visualization. It is the art of creating images in your mind of perfect technique and performance and allowing these images to become imprinted into your muscle memory. The best athletes do this naturally without even knowing it. Every athlete needs to understand that this is the key to perfecting consistent performance.

Your MIND is an amazing instrument. It does not know the difference between a vividly imagined picture and reality. The right side of your brain thinks in pictures, not words. Every image you create in your mind sends a 30% neural-electrical response to the exact muscles that you are using in the image. All of this is done instantaneously. It is truly amazing.

Below are the four steps of how to visualize for the deepest and most accurate visualization session.

Step #1 – Nostril Breathing

Step #2 - Relax Muscles

Step #3 - Clear Your Mind

Step #4 - Emotional Calmness

There are two ways to visualize: through your own eyes and through a camera view. Top level professional athletes are able to do both, which is a byproduct of their focus.

Jason puts it this way:

"I ALWAYS visualize EACH and EVERY DAY, several times a day. To me it is imperative so I can perform at my VERY BEST. When I visualize it is positive, such as...I win the point; I serve successfully to force a weak return; I raise my arms in victory. I like to visualize playing both players that are feeding into me in a tournament so that I am not surprised at which one I have to play, and visualizing on the other player may help me combat the unexpected."

FITNESS SKILLS

Speed and Power

SPEED can be defined as getting from point A to point B as quickly as possible; in other words, "moving faster." There are five kinds of speed:

- Speed # 1 Starting Speed
- Speed # 2 Foot Speed
- Speed # 3 Hip Speed
- Speed # 4 Backpedal Speed
- Speed # 5 Change of Direction Speed

In our book *Championship Racquetball* (due for release by the end of 2010), these five speeds are covered in detail and we offer specific exercises for each. Just know you have to be proficient in all five in order to be the best player you can be and become a champion. We will also teach you not only how to get faster, but move more efficiently, another key to success. You will learn sprint exercises, ladder drills, backward moving, slalom drills with cones, shuffle drills and much, much more.

POWER is represented by speed over time. In other words, how quickly and with what certain force can you move? Or in sports, we think of "explosion" when we think of power. We will also teach you from the book how to develop more power by using lunges, crossover steps, the medicine ball and safe box jumps.

Note: You can gather information online to get started. Try www.SpeedQuest.com.

Jason says:

"I train 'sport specifically,' so most of my routines are simulations of what I do on the court such as explosive short step drills, moving in multiple directions, jumping, stretching, plyometrics, and core training. My typical speed/power workouts are usually under an hour. In our book, *Championship Racquetball*, we break down how many days a week you should be doing these workouts, but it is based on what 'training schedule' and during what 'time of the season' you are working out. But the bottom line is, speed and power workouts are a must and should be part of your training if you want to become that champion that lies within you."

NUTRITION SKILLS

Dehydration

Dehydration is undoubtedly the #1 cause of poor performance. Even if you become slightly dehydrated, you instantly lose power, speed and accuracy. Your brain, muscles and all neural-electrical connections need enough body water and fluids in order to perform at their best. Therefore you want to make sure you drink plenty of water...the best for hydration.

Start with hydrating your body with at least 60-100 oz. of water each day. If you stay hydrated, you will have better co-ordination, reflexes, power, speed, accuracy and timing; your focus and concentration will be sharper.

According to Jason:

"I carry around a gallon jug everywhere I go. I start to hydrate two days before each match and I drink 12 oz. of water each hour before as well as after my match. I know I am drinking enough when I live in the bathroom."

Hope to see you at one of my camps for live personal instruction. Or, buy my video if you can't make a camp at this time. Also, my racquetball book and on-line coaching program will be released Fall 2010. For details go to www.FranDavisRacquetball.com.

Fran Davis coaches Jason Mannino (#4 IRT Pro Player) and Paola Longoria (#1 WPRO Pro Player). She is one of the Master Instructors of the new USA Racquetball Instructor Program.

Diana McNab is a renowned sports psychologist who has worked with many Olympic and professional athletes such as two-time Olympian and X-Games Half Pipe Snowboarding Champion Gretchen Bleiler, three-time Canadian Olympic Team Skier Emily Brydon as well as NHL hockey players and other elite athletes in many sports.

Dan Obremski developed the FASTFIT Training System twelve years ago with an emphasis on helping athletes develop all of their movement skills. FASTFIT is an acronym for "Fitness Agility Speed Training For Individuals and Teams." He is a member of the USA Racquetball Hall of Fame and has won several national and world championships.

WOW, what a week! The 2010 Junior Olympic National Championships conducted in Minneapolis are over and in the record books, and all we can say is, AWESOME! There were quality matches in every division as U.S. Junior Team appointments and National Championships were up for grabs. Bragging rights for "top state" were also on the line. This year's tournament had a surprisingly low turnout as only 154 players made the trip to Minnesota. The USAR Junior Committee is very interested in your input on this issue. If you have any thoughts on this situation, please feel free to email us at usarjuniorzone@gmail.com. We are working as hard as we can to find the solution to this challenge, and your opinion is very valuable.

The state competition was won by Oregon; they scored a whopping 620 points, which brings me to the subject of this month's article: Creating a Team Atmosphere.

Every state has a group of kids that travel around to local tournaments and for the most part end up playing each other time after time. Soon, a "pecking order" is established and then the problems can start. Kids naturally want to succeed at their endeavors and when things begin to seem futile they tend go in a different direction rather than try to get better. This is generally more true with the younger kids than it is with the older ones; however, it still exists, and this is where the "Team" concept can help. For starters, come up with a team name. Here in Michigan we use either Junior Team Michigan, which is the one used for general tournaments, or Michigan Mafia, which is used for the team we take on the road. Both of these have logos that I made up using the logo maker software I like so well. I have created stickers and bag tags for both and hand them out to the kids. These can be made for a low cost so it doesn't become a burden, and kids love to place the stickers on everything.

Once you have the name, start getting the kids and parents on board. Come up with a simple schedule of one-day events that are geared only to the team kids. Recruit some of your adult open players to help with simple instruction. Most times they are very willing and the kids already look up to these players so they will really listen to what they have to say. These "training days" will help get the kids together in a non-competitive environment which helps cool off any big rivalries that may have started to build. Don't be afraid to ask your local racquet manufacturer representa-

tives for free prizes. Stuff like headbands and t-shirts are usually available for the asking.

As soon as you have your core group established, try to work with the parents to develop a schedule of tournaments they can all attend locally. If you have older kids, get them to start entering the adult divisions. This will create the leaders of the team and get the other kids to start cheering and lending support to their teammates, kind of a David and Goliath thing. It gives the kids a common goal and strengthens the team as a whole. Try to pick one tournament a year as a travel event, either your area Regional tournament or the Junior Nationals. In these situations, the whole team will be rooting for each other as you take on kids from outside your state, and one other thing will happen: your players and the other players will seek each other out and begin to build the friendships that we come to know so well in this game.

Don't be afraid to try fundraising for this type of event. In Michigan, we're able to get the support of our adult players without a problem, in fact many of them remember their days on previous junior teams and will readily help out; all you need to do is ask. State associations can be another source of funding; some have money set aside for helping out junior programs.

This has been a very quick and condensed synopsis of the team concept. Remember it only takes a couple of kids to start. Once you get going, others will want to be involved. Always take time to talk to new parents and don't assume that they understand what is going on. Be patient and help them feel comfortable with what is happening. You never know when you may be talking to your next big supporter. Email us at usarjuniorzone@gmail.com with any question or comments you have related to the team concept or to junior development in general. If you need help developing a team logo, we will be more than happy to do what we can to get you started. Who knows, maybe you will become the next "Oregon!"





MILITARY RACQUETBALL FEDERATION

MILITARY RACQUETBALL FEDERATION PROUDLY PRESENTS THE 2010 MILITARY PLAYER OF THE YEAR



At the National Singles awards banquet in Houston over Memorial Day weekend, soon-to-be-retiring Master Chief Kevin Brylski struck an impressive image in his "choker" whites as he announced Kimo Hansen as the 2010 recipient of the 2010 MRF Outstanding Achievement Award.

Kimo has served in the U.S. Army for 22 years, with three tours of service in the Middle East on Apache helicopters. His pride in serving his country is matched only by his infectious enthusiasm for racquetball. Kimo is an inspiration to the MRF for his boundless energy and drive to bring as many folks into this sport as he can.

The MRF chose Kimo in recognition of his diligent work on the Iron Horse Open event in Texas, raising over \$2,000 for the families of the shooting victims at Fort Hood, Texas this past November. Kimo is also appreciated for the example he sets as we work towards building additional base chapters. On behalf of the MRF, congratulations to Kimo Hansen.



Military Racquetball Federation presents 3rd MRF Annual All Military National Racquetball **CHAMPIONSHIPS**

November 12th to 14th, 2010
32nd Street Naval Base & Marine Corps Recruit Depot
San Diego, California

Enter Online or Print Entry Form at:
www.militaryracquetball.com

For more information please call
(650) 349-9533 or (714) 319-9669



WOMEN'S SENIOR/MASTERS RACQUETBALL CHAMPIONSHIPS HEAD TO COLORADO

by Kendra Tutsch, WSMRA

The 22nd Annual Women's Senior/Masters National Racquetball Championships will be held Jan 14-16, 2011 at the Highlands Ranch Recreation Center in Littleton, CO (Denver area). This is the first time that the tournament will be in Colorado and we plan to be "Rockin' the Rockies"! This will be a great tournament at an outstanding facility. Bring some friends! Plan to come early or stay late for some skiing. You will have fun, meet new friends and play a lot of racquetball. You are never out of the draw at this singles round-robin tournament. The tournament is for all women 35 and over, and we offer Open/A and B/C (intermediate) divisions for all age groups.

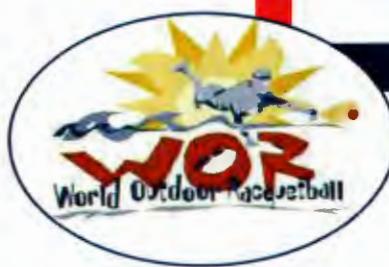
Many extra events are planned for the 2011 tournament. The annual "Fun Doubles to Benefit Breast Cancer Research" will be the afternoon of January 13th. This provides a great opportunity to get used to the courts and the altitude. Wilson Racquetball plans to sponsor a clinic by a top WPRO during the tournament. There will be time for sightseeing in the Denver area. In addition, the tournament organizers have planned an exciting post-tournament ski trip to the Breckenridge ski area.

The WSMRA is an organization dedicated to promoting racquetball as a lifetime sport. Our members are women

35 and over who want to compete at a high level and have fun at the same time. We sponsor our yearly national tournament of self-refereed, round robin play within age groups. All matches in the tournament count in the current USAR ranking system. At this event, you will not only find yourself competing against some of the best women players in the country, but you will have a great time doing it. We stress fun, friends and good sportsmanship. The WSMRA is continuing its long-time partnership with our national sponsor, Wilson Racquetball.

For more information, pictures, results, entry forms and the flyer for the 2011 tournament (including ski trip information), please visit our web site at www.wsmra.com or contact Kendra Tutsch at kdtutsch@wisc.edu.

Please Note: Entry forms will NOT be mailed out this year. Please enter at R2Sports (www.r2sports.com/tourney/home.asp?TID=7190) by January 7, 2011 or download the entry form and have it postmarked by January 5, 2011. We look forward to seeing you in beautiful Colorado!



On November 24, 2007, racquetball lost one of the truly good guys in any sport. A long-time indoor and outdoor racquetball player and ambassador, Greg Sheffield served as National Racquetball Director for LA Fitness. He was loved by all who knew him.

As a player, Greg Sheffield was the epitome of sportsmanship and class. In his honor, a new annual tradition was established: The Sheffield Award.

The inscription on the plaque says:

"Presented to the Outdoor Racquetball Player Who Exhibits Honor, Integrity and True Love for Growing the Game"

This year's winner is Geoff Osberg of Hollywood, California. One year ago Geoff accepted the volunteer position of WOR State Director in California. In that role, Geoff has been unwavering in his efforts and a true ambassador for outdoor racquetball.

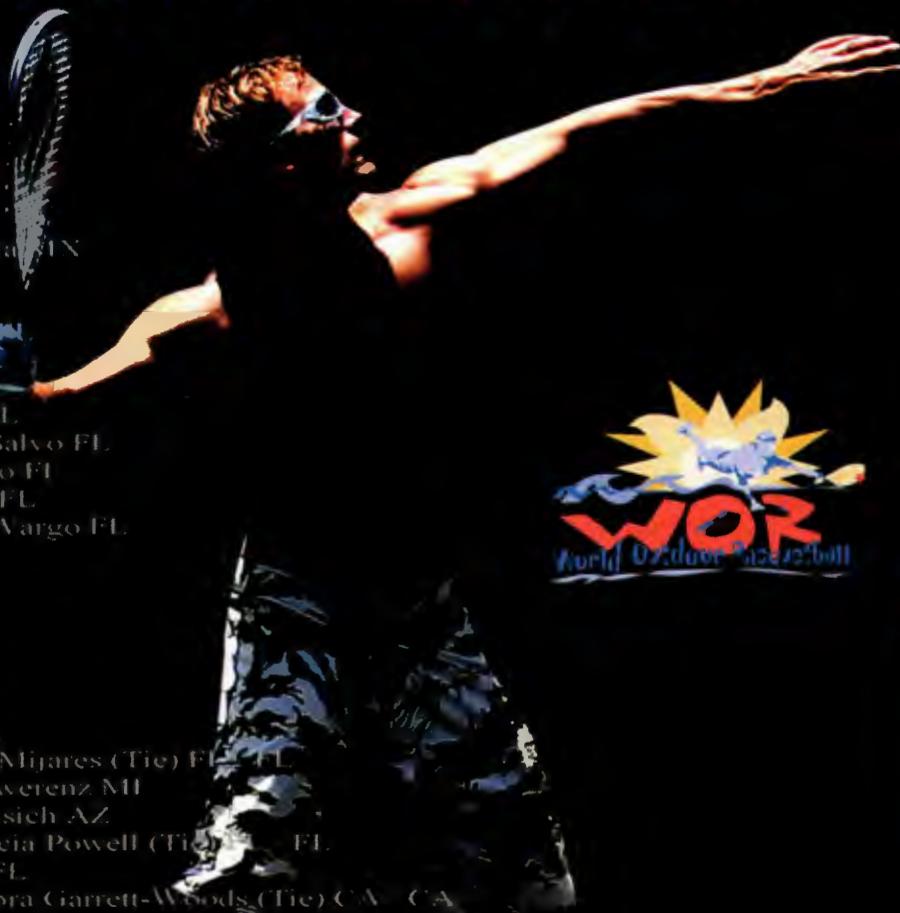
2010 WOR NATIONAL TEAM

SINGLES

- 1) Men's Pro Singles Rocky Carson CA
- 2) Men's Open Singles Andy Hawthorne OH
- 3) Men's A Singles David Chirio NH
- 4) Men's B Singles Kyle Merritt CA
- 5) Men's C Singles Tony Marchegiano CA
- 6) Men's 40+ Singles Rob Mijares FL
- 7) Men's 50+ Singles Brad Quartuey CA
- 8) Women's Pro Open Singles Paola Longoria TX
- 9) Women's A Singles Engracia Powell FL
- 10) Junior Boy's 18+ Singles Jose Diaz CA
- 11) Junior Boy's 14+ Singles Robby Mijares FL
- 12) Junior Boy's 12+ Singles Evan Wargo FL
- 13) Junior Boy's 10+ Singles Evan Wargo FL
- 14) Junior Boy's 8+ Singles Vinny DiSalvo FL
- 15) Junior Boy's 8+ Multi-Bounce Vinny DiSalvo FL
- 16) Junior Girl's 10+ Singles Gracianna Wargo FL
- 17) Junior Girl's 8+ Singles Gracianna Wargo FL
- 18) Junior Girl's 8+ Multi-Bounce Gracianna Wargo FL

DOUBLES

- 19) Men's Pro Doubles Mike Peters CA
- 20) Men's Open Doubles Yelandi Rivero FL
- 21) Men's A Doubles Jose Canizares FL
- 22) Men's B Doubles Richard Perez CA
- 23) Men's C Doubles Tony Marchegiano CA
- 24) Men's 40+ Doubles Mark Maupin - Rob Mijares (Tie) FL - FL
- 25) Men's Centurian Open Doubles Greg Lewerenz NH
- 26) Women's Pro Open Doubles Rhonda Rajsich AZ
- 27) Women's A Doubles Lan Huynh - Engracia Powell (Tie) FL - FL
- 28) Mixed Pro Open Doubles Yoani Garcia FL
- 29) Mixed Elite Doubles Roland Girassl - Debra Garrett-Woods (Tie) CA - CA
- 30) Mixed A Doubles Engracia Powell FL
- 31) Mixed B Doubles Gary Wargo - Kathleen Wargo (Tie) FL - FL
- 32) Junior Boy's 14+ Doubles Robby Mijares FL
- 33) Junior Boy's 12+ Doubles Evan Wargo FL





Hall of Fame

RACQUETBALL HALL OF FAME NOMINATIONS DUE

Nominations for the USA Racquetball Hall of Fame are due November 1, 2010. The Racquetball Hall of Fame is maintained to recognize and honor those athletes and contributors who have demonstrated outstanding achievement in competition, or in the development, leadership and advancement of the sport. The award is based upon years of consistent excellence in one or more of the following areas:

COMPETITOR

In either an amateur or professional field, the person must have influenced other competitors with his or her performance through any or all of the following: high performance standards, sportsmanship and fair play, competitive techniques, persistent and inspirational leadership.

CONTRIBUTOR

The person must have made a significant and noteworthy contribution that has left a lasting, positive effect on the advancement of the sport. The person's efforts should have been devoted to the sport and organization of racquetball.

NOMINATION CRITERIA

Contributor or Competitor.

- 1. Age Limit:** Candidate must be 40 years of age or older.
- 2. Contributor:** Nominees must have been involved in racquetball at a state, regional, or national level for a minimum of ten (10) years.

3. Competitor:

Professional: Professionals may be nominated, once they have been retired from professional tour play for three (3) years or longer.

Amateur: Nominees must have exhibited outstanding performance at the national level in

either singles or doubles play over an extended period of time.

4. Eligibility: Staff members or members of the respective IRT/WPRO/USAR Boards of Directors shall not be eligible for nomination until three years following their last employment by or service to one of the above associations.

The person presenting a nomination must obtain and submit a resume and complete a cover letter. This one-page cover letter should accurately summarize the resume.

If your cover letter and resume is in digital form, you may deliver it via email, or you can mail your package to both individuals listed:

USAR Hall of Fame
Eddie Meredith
1685 West Uintah
Colorado Springs, CO 80904
emeredith@usra.org

AND

USAR Hall of Fame
Jim Easterling
321 Village Drive
Lansing, MI 48911
djeasterling@earthlink.net

Please include your name, address, email, phone numbers, etc. in case we need to contact you for any additional information.

GREAT BALLS ... ON FIRE!



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Choose your speed and play with an Ektelon ball today!





FAREWELL HOUSTON THANKS FOR THE MEMORIES!

by Leo R Vasquez

For the 28th consecutive (and final) year at the Downtown YMCA in Houston, the country's best racquetball players competed in the 2010 USA Racquetball National Singles Racquetball Championships presented by Head/Penn Racquet Sports. After many eventful and memorable matches over the years this was going to be the last National Singles at the historic YMCA. The venue will close and the new YMCA will not have enough courts to host the event. Read on to find out about our new location and host club...

Wednesday began as 177 matches kicked off the first day of competition for most of the larger divisions. There were 535 players competing in 77 divisions separated by age, skill, and age-skill. Military divisions were also offered. To accommodate the nearly 1,100 matches throughout the tournament, The Met Club and the Houston Center Club hosted players as well. The Dr. Pepper/Snapple Match of the Day was in the Men's 45+ where Bryan Titus (Suwanee, GA) defeated Matthew Christensen (Denver, CO), 15-2, 7-15, 11-10.

Thursday saw three generations of the Hicks family (Vine Grove, KY) take to the courts. Larry (dad), Jason (Larry's son) and Ray (Jason's 12-year-old son) all played matches that day, creating more special memories in Houston.

On top of a full week's worth of spirited competition, players also enjoyed special activities all week long beginning Thursday with the "Ladies' Night Out" party hosted by USAR President Cheryl Kirk. In the end, over \$500 was raised in the Susan G. Komen Foundation raffle as upwards of 60 women enjoyed snacks and refreshments while sharing ideas and feedback on women's racquetball.

Friday was a busy day for all the players, but probably the most buzz came from the Women's U.S. Team Qualifying division as #8 Janel Tisinger (Simi Valley, CA) defeated #1 Aimee Ruiz (Stirling, NJ), 15-13, 15-13. Ruiz was the defending champion and Tisinger played remarkably well in what was arguably her biggest singles match to date. Friday night was the Head/Penn American Idol, Mechanical Bull and Casino Party. Players enjoyed betting on the Texas Hold 'Em tables as well as singing karaoke and riding the mechanical bull. Doug Ganim and Ben Simons gave out over \$2,500 worth of prizes to gamblers who cashed in their chips for raffle tickets.

Super **Saturday** at National Singles meant that the draws were slimming down and there were only two more days before we had to bid adieu to the YMCA and the City of Houston. There was plenty of excitement, and fans were treated to some thrilling tiebreaker matches in the Men's and Women's U.S. Team Qualifying divisions. Jack Huczak (#1, Trophy Club, TX) defeated #5 Andy Hawthorne (Seven Hills, OH), 14-15, 15-7, 11-2. The women were up next as #2 Cheryl Gudinas (Naperville, IL) narrowly escaped defeat over Rhonda Rajsich (Fountain Hills, AZ), 9-15,

15-13, 11-5. The "Cinderella Run" by Janel Tisinger continued as she defeated #4 Kerri Wachtel (Cincinnati, OH), 13-15, 15-11, 11-7.

At the Saturday night annual Banquet and Awards Ceremony, all were asked to wear their favorite country/western attire in salute to the great state of Texas. Three new members were inducted into the USAR Hall of Fame: Davey Bledsoe, Bret Harnett, and Larry Liles. Hall of Famers Jim Austin, Jim Winterton and Fran Davis were on hand to witness the induction.

The Hyatt Grand Ballroom was filled with players and sponsors as awards were presented throughout the evening. Tom Fuhrmann and Leo Vasquez hosted the program as awards were given out to athletes of the year, contributors and career achievers: Aimee Ruiz and Jack Huczak (Athletes of the Year), Kimo Hansen (inaugural Military Racquetball Achievement Award), Bob Frazier (Alabama; Presidential Award), TJ Ferro (posthumously; John Halverson Fair Play Award), Malia Bailey (Peggy Steding Award), Frank Taddio (Dr. Bud Muehleisen Award), and Randy Stafford (Joe Sobek Contributor Award).

Col. Ben Marshall (93) and Warren Bailey (11) were recognized as the oldest and youngest athletes at the event, at 82 years and 1 day apart! Michelle Sikorski was recognized as the John LoMonaco Memorial Grant winner (see article this issue). The night ended with a special video presentation of farewell to Houston, and Dick Bagby and Peyton Dorsett presented a generous monetary gift to USA Racquetball as they were thanked for their assistance in Houston over these many years.

Sunday was the day where national champions would be crowned and good-byes would be in abundance. With so many matches still being played, emotions ran high as the final day came to a close. Jimmy Lowe set the tone by grabbing two gold medals, in the Men's 40+ and Men's 45+ divisions. Following in Jimmy's footsteps were John O'Donnell, Jr. winning the Men's 75+ and the Men's 80+ divisions. Drew Finke won the Men's 25+A and Men's A divisions. Kolten Wenckus won the Men's 24-C and Men's D. Tracy Hawthorne won the Women's 24+A and Women's A. Kelley Gremley took two, Women's 24+B, and Women's B, and Kelani Bailey won the Women's 24- and Women's Elite.

The Men's U.S. Team Qualifying division ended with Rocky Carson winning his fifth (and record breaking) U.S. National Singles title, defeating Jack Huczak in the finals. Cheryl Gudinas captured her 8th U.S. National Singles title, defeating Janel Tisinger in the finals of the Women's U.S. Team Qualifying division. Gudinas has tied Michelle Gould for most U.S. National Singles Women's Open/Team Qualifying titles.

Mark your calendars for next year as the USAR 44th National Singles Championships will be held at the Meridian Sports Club in Fullerton, CA. The event dates will be May 25-30, 2011.



2010 USA RACQUETBALL NATIONAL SINGLES RACQUETBALL CHAMPIONSHIPS AWARD WINNERS



Jack Huczak - Male Athlete of the Year Award



Randy Stafford - Joe Sobek Outstanding Contribution Award



Bob Frazier - Presidential Award



Malia Bailey - Peggy Steding Female Age Group Award



Frank Taddonio - Bud Muehleisen Male Age Group Award



Aimee Ruiz - Female Athlete of the Year Award



TJ Ferro (deceased) - John Halverson Fair Play Award



Kimo Hansen - MRF Award

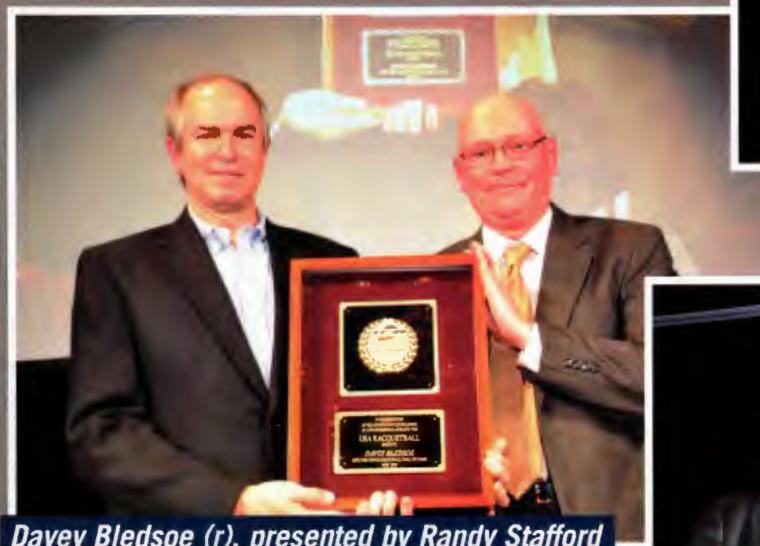
2010 USA RACQUETBALL NATIONAL SINGLES RACQUETBALL CHAMPIONSHIPS HALL OF FAME



Larry Liles (r), presented by Charlie Mazzone



Bret Harnett (r), presented by Hank Marcus



Davey Bledsoe (r), presented by Randy Stafford



Davey Bledsoe, Larry Liles, & Bret Harnett



2010 USA RACQUETBALL NATIONAL SINGLES RACQUETBALL CHAMPIONSHIPS



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**HEAD/PENN AMERICAN IDOL, MECHANICAL BULL
AND CASINO PARTY**



Results 2010 USAR National Singles Championships

Men's Singles US Team Qualifying - Single Elimination

- 1st: Rocky Carson III - YMCA Saddleback, Ladera Ranch, CA
- 2nd: Jack Huzek - Trophy Club, TX
- 3rd: Andy Hawthorne - Lifecenter Plus, Seven Hills, OH
- 4th: Chris Crowther - LA Fitness, Riverside, CA

Men's Singles Open - Single Elimination

- 1st: Anthony Herrera - Lynmar Racquet and Health Club, Grand Junction, CO
- 2nd: Allan Crockett - University of Alabama, Tuscaloosa, AL, Birmingham, AL

Men's Singles Elite - Single Elimination

- 1st: Adam Ackermann - Dallas, TX
- 2nd: Raymond Maestas - Las Vegas Recreational Center, Albuquerque, NM
- 3rd: Mike Gaffney - Kirkwood, Bridgeton, NJ
- 4th: Brad Schopieray - Davison Athletic Club, Swartz Creek, MI

Men's Singles A - Single Elimination

- 1st: Drew Finke - Concord Sports, St Louis, MO
- 2nd: Paul Julbes - LA Fitness, Olympia, WA
- 3rd: Bryan Shaw - JCC, Bel-nor, MO
- 4th: Mike Patalano - Healthtrax East Providence, Warwick, RI

Men's Singles B - Single Elimination

- 1st: Gonzalo Castillo - LA Fitness, Euless, Bedford, TX
- 2nd: Jerry Everts - Ballys, Redmond, WA
- 3rd: Dima Prochenko - Ballys, Issaquah, WA
- 4th: Danioush Afshar - Courthouse Athletic Club, Salem, OR

Men's Singles C - Single Elimination

- 1st: Rudolph Rodriguez - University of Alabama, Tuscaloosa, AL, Tuscaloosa, AL
- 2nd: Heath Wanamaker - Westlake, Fulshear, TX
- 3rd: Ralph Graham - Schlessman - YMCA, Denver, CO
- 4th: Rick Morris - Spectrum Forum, San Antonio, TX

Men's Singles D - Single Elimination

- 1st: Kolten Wenckus - Montana State University, Bozeman, MT
- 2nd: Curtis Ponder - Healthtrax Fitness, Warwick, RI
- 3rd: Mitchell McCoy - Stephen F. Austin State University Racquetball Club, Nacogdoches, TX
- 4th: Gerald Ortiz - Las Vegas Recreational Center, San Jose, NM

Men's Military Singles Open / A - Single Elimination

- 1st: Travis W Passey - Langley AFB, Yorktown, VA
- 2nd: Troy Vanbemelen - Maxwell AFB, Prattville, AL
- 3rd: Rabbit Rogers - Idaho Athletic Club, Boise, Meridian, ID
- 4th: Mark Fuhrmann - Pentagon, Alexandria, VA

Men's Military Singles B / C - Single Elimination

- 1st: Michael Hall - Elmwood Fitness Center, New Orleans, LA
- 2nd: Ian Burgess - NAS Whidbey Island, Oak Harbor, WA

Junior Singles J14/18 - Round Robin

- 1st: Roberto Labrado - William and Mary, Williamsburg, VA
- 2nd: William Craig - Triton Sports Center, San Antonio, TX
- 3rd: Ryan Kelly - Boston Athletic Club, Plymouth, MA
- 4th: Warren Bailey - Greenbrier North YMCA, Norfolk, VA

Men's Age Singles 24+ - Single Elimination

- 1st: Jansen Allen - Colorado State University, Rice, TX
- 2nd: Matthew Barserian - California State University Fresno, Fresno, CA

Men's Age Singles 24+ A - Single Elimination

- 1st: Arash Afshar - University of Oregon, Salem, OR
- 2nd: Kenneth Green Jr. - Snyder Center, Biloxi, MS
- 3rd: Tyler Kendrick - Lockheed Martin Rec Center, Arlington, TX
- 4th: William Craig - Triton Sports Center, San Antonio, TX

Men's Age Singles M24B/25B - Single Elimination

- 1st: Danioush Afshar - Courthouse Athletic Club, Salem, OR
- 2nd: Dima Prochenko - Ballys, Issaquah, WA
- 3rd: Kevin Winn - Auburn Racquet & Fitness, Meadow Vista, CA
- 4th: Will Costanza - LA Fitness Windward, Alpharetta, GA

Men's Age Singles 24+ C - Single Elimination

- 1st: Kolten Wenckus - Montana State University, Bozeman, MT
- 2nd: Mitchell McCoy - Stephen F. Austin State University Racquetball Club, Nacogdoches, TX
- 3rd: Andrew Fenlon - William and Mary, Midlothian, VA
- 4th: Rudolph Rodriguez - University Of Alabama, Tuscaloosa, AL, Tuscaloosa, AL

Men's Age Singles 25+ - Single Elimination

- 1st: Andy Hawthorne - Lifecenter Plus, Seven Hills, OH
- 2nd: Marcelo Laprea - Houston, TX
- 3rd: Robert Bruner - YMCA - Downtown Houston, Houston, TX
- 4th: David Austin - LA Fitness Cherry Hill, Cherry Hill, NJ

Men's Age Singles M25A/30A - Single Elimination

- 1st: Drew Finke - Concord Sports, St Louis, MO
- 2nd: Bryan Shaw - JCC, Bel-nor, MO
- 3rd: Mike Patalano - Healthtrax East Providence, Warwick, RI
- 4th: Jason Kennedy - LA Fitness, Rochester Hills, MI

Men's Age Singles 25+ C - Single Elimination

- 1st: Tejvarun Garlapati - LA Fitness, Irving, TX
- 2nd: Joshua Green - Downtown Houston YMCA, Houston, TX
- 3rd: Justin Miranda - Tinker AFB, Edmond, OK
- 4th: Sugavan Malligarjunan - Skippy's Racquetball Club, Austin, TX

Men's Age Singles 30+ - Single Elimination

- 1st: Mike Orr - Sorrento Valley Racquetball & Fitness, La Jolla, CA
- 2nd: Jeff Bloom - Downtown Club at The Met, Houston, TX
- 3rd: Jason Sylvester - NYC Health And Racquet, Harriman, NY
- 4th: Raymond Maestas - Las Vegas Recreational Center, Albuquerque, NM

Men's Age Singles 30+ B - Round Robin

- 1st: Mike Cook - Northwest Athletic Club, Springdale, AR
- 2nd: Chris Poucher - LA Fitness, Atlanta, GA
- 3rd: Alonso Mago - Life Time Fitness, Houston, TX
- 4th: Drew Popovich - Carmody Rec Center, Denver, CO

Men's Age Singles 30+ C - Round Robin

- 1st: Galahad Carreira Jr. - Nuuanu YMCA, Honolulu, HI
- 2nd: Heath Wanamaker - Westlake, Fulshear, TX
- 3rd: Gerald Ortiz - Las Vegas Recreational Center, San Jose, NM
- 4th: Shawn Wallis - LA Fitness, Houston, TX

Men's Age Singles 35+ - Single Elimination

- 1st: John Ellis - In-Shape Sport: West Lane, Stockton, CA
- 2nd: Thomas Fuhrmann - Santa Barbara Athletic Club, Carpinteria, CA
- 3rd: Lance Rathmell - Sweetwater Country Club, Richmond, TX
- 4th: Fabian Balmori - Ferrum College, Rocky Mount, VA

Men's Age Singles 35+ A - Single Elimination

- 1st: Dennis Negrete - LA Fitness, Schaumburg, IL
- 2nd: Bill Adams - LA Fitness, Sugarland, TX
- 3rd: Gustavo Torres - Houston, TX
- 4th: Mark Ruiz - Downtown Club At The Met, Kingwood, TX

Men's Age Singles 35+ B - Single Elimination

- 1st: Roger Hertzberg - Humble, TX
- 2nd: Elio Trigo - LA Fitness, Houston, TX
- 3rd: John Welsh - LA Fitness, Wellington, FL
- 4th: Americo Ongaro - Triton Sports Center, San Antonio, TX

Men's Age Singles 35+ C - Round Robin

- 1st: Brian Smith - LA Fitness, Farmers Branch, TX
- 2nd: Paul Gomberg - Houstonian, Houston, TX
- 3rd: Lenoy Woods Jr - Nuuanu YMCA, Mililani, HI
- 4th: Keith Harper - Woodcreek Athletic Club, Troup, TX

Men's Military Singles 40+ - Single Elimination

- 1st: Rabbit Rogers - Idaho Athletic Club, Boise, Meridian, ID
- 2nd: Paul Julbes - LA Fitness, Olympia, WA
- 3rd: Ian Chin - Adelholt Gym, Navarre, FL
- 4th: Shaun Stone - Clovis Community College, Clovis, NM

Men's Age Singles 40+ - Single Elimination

- 1st: Jimmy Lowe - Honolulu, Wahiawa, HI
- 2nd: Richard Eisemann - LA Fitness, Carrollton, TX
- 3rd: Bobby Ferreira - ASU Student Recreational Center, Glendale, AZ
- 4th: Keith Minor - LA Fitness, Channahon, IL

Men's Age Singles 40+ A - Single Elimination

- 1st: Jeffrey Waters - San Antonio, TX
- 2nd: Dennis Negrete - LA Fitness, Schaumburg, IL
- 3rd: Jeffrey Elder - Pentagon Athletic Center, Fort Washington, MD
- 4th: Chris Lamakul - LA Fitness, Grand Prairie, TX

Men's Age Singles 40+ B - Single Elimination

- 1st: Jerry Everts - Ballys, Redmond, WA
- 2nd: Richard Seaberg - LA Fitness, North Aurora, IL
- 3rd: Michael Miller Jr - LA Fitness Northlake, Atlanta, GA
- 4th: Curtis Haines - YMCA - Downtown Houston, Houston, TX

Men's Age Singles 40+ C - Round Robin

- 1st: Curtis Ponder - Healthtrax Fitness, Warwick, RI
- 2nd: Leroy Woods Jr - Nuuanu YMCA, Mililani, HI
- 3rd: Jon Coachman - LA Fitness - Klein, Houston, TX
- 4th: Keith Harper - Woodcreek Athletic Club, Troup, TX

Men's Age Singles 45+ - Single Elimination

- 1st: Jimmy Lowe - Honolulu, Wahiawa, HI
- 2nd: Jody Morris - Texas Health and Racquetball Club, San Marcos, TX
- 3rd: David Sabalesky - LA Fitness, Atlanta, GA
- 4th: Keith Minor - LA Fitness, Channahon, IL

Results 2010 USAR National Singles Championships

Men's Age Singles 45+ A - Single Elimination

- 1st: Michael Keith Kaplan - Jewish Community Center/YMCA/THE MET/SWCC, Houston, TX
- 2nd: Rick Betts - Spectrum Club, Malibu, CA
- 3rd: Ian Chin - Adelholt Gym, Navarre, FL
- 4th: Gonzalo Castillo - LA Fitness, Euless, Bedford, TX

Men's Age Singles 45+ B - Single Elimination

- 1st: John Shurbet - Premier Fitness Center, Lubbock, TX
- 2nd: Bill Bearden - 24 Hour Fitness The Woodlands, Woodlands, TX
- 3rd: Richard Seaberg - LA Fitness, North Aurora, IL
- 4th: Michael Dixon - 24 Hour Fitness, The Woodlands, TX

Men's Age Singles 45+ C - Single Elimination

- 1st: Kenneth Fletcher - LA Fitness, Katy, TX
- 2nd: Paul Smith - Qls, Humble, TX
- 3rd: Larry Hicks - E'town Swim and Fitness, Vine Grove, KY
- 4th: Jeff Jorgensen - Texas Health & Racquet Club, San Marcos, TX

Men's Age Singles 50+ - Single Elimination

- 1st: Tim Hansen - LA Fitness, West Palm Beach, FL
- 2nd: Ivan Sanchez - Life Time Fitness, Shavano Park, TX
- 3rd: Glenn Bell - Beaumont Health & Wellness Center, Nederland, TX
- 4th: Wes Snead - Gold's Gym, Raleigh, NC

Men's Age Singles 50+ A - Single Elimination

- 1st: Russell Palazzo - YMCA Norwich, Franklin, CT
- 2nd: David Weiser - JCC, Houston, TX
- 3rd: Joe Clinton - Abrams, Harvey, Burba, Killeen, TX
- 4th: Watmora Casey - LA Fitness, Wooddale, IL

Men's Age Singles 50+ B - Single Elimination

- 1st: John Shurbet - Premier Fitness Center, Lubbock, TX
- 2nd: Chris Poucher - LA Fitness, Atlanta, GA
- 3rd: Francisco Martinez - YMCA - Downtown Houston, Houston, TX
- 4th: Ronald Harris - Fort Hood, Killeen, TX

Men's Age Singles 50+ C - Single Elimination

- 1st: Mark Sikorski - Downtown YMCA Colorado Springs, Black Forest, CO
- 2nd: Ray Cornell - Lynmar Racquet and Health Club, Colorado Springs, CO
- 3rd: Ron Curtis - St. Louis, MO
- 4th: Jeff Jorgensen - Texas Health & Racquet Club, San Marcos, TX

Men's Age Singles 55+ - Single Elimination

- 1st: Thomas Travers - LA Fitness, Delray Beach, FL
- 2nd: Frank Taddonio - LA Fitness, Gilbert, AZ
- 3rd: Jimmie York - Triton Sports Center, Helotes, TX
- 4th: Howard Walker - Clay Madsen Rec Center, Austin, TX

Men's Age Singles 55+ A - Single Elimination

- 1st: Bill Wilt - LA Fitness, Spring, TX
- 2nd: Brad Cress - LA Fitness, Tomball, TX
- 3rd: Lary Matula - Triton Sports Center, San Antonio, TX
- 4th: Joe Clinton - Abrams, Harvey, Burba, Killeen, TX

Men's Age Singles 55+ B - Single Elimination

- 1st: Bruce Teter - LA Fitness, Dallas, TX
- 2nd: Clarence Simmons - Elmwood Fitness Center, Harahan, Gretna, LA
- 3rd: Bob Fulton - LA Fitness, Flower Mound, TX
- 4th: Ric Johnson - Woodcreek Athletic Club, Flint, TX

Men's Age Singles 55+ C - Single Elimination

- 1st: William Coopwood - Downtown Houston YMCA, Pasadena, TX
- 2nd: Rick Morris - Spectrum Forum, San Antonio, TX

Men's Age Singles 60+ - Single Elimination

- 1st: Russ Montague - Jenkintown, PA
- 2nd: Jim Bailey - Little Creek Naval Base, Norfolk, VA
- 3rd: Jim Hiser - Lynmar Racquet and Health Club, Colorado Springs, CO
- 4th: Russell Palazzo - YMCA Norwich, Franklin, CT

Men's Age Singles 60+ A - Single Elimination

- 1st: Rich Freed - Jewish Community Center/YMCA/THE MET/SWCC, Bellaire, TX
- 2nd: Mike Targon - 360 Athletic Club, Calabasas, CA
- 3rd: John Patalano - Healthtrax East Providence, Warwick, RI
- 4th: Don Scales - LA Fitness, Euless, Euless, TX

Men's Age Singles 60+ B - Single Elimination

- 1st: Bob Walton - Woodcreek Athletic Club, Whitehouse, TX
- 2nd: Jim Wildner - YMCA - Abilene, Abilene, TX
- 3rd: Tony Vargas - LA Fitness, Menifee, CA
- 4th: Clarence Simmons - Elmwood Fitness Center, Harahan, Gretna, LA

Men's Age Singles 60+ C - Single Elimination

- 1st: Michael Stephens - Mvp, Rockford, MI
- 2nd: Richard Gower - Davison Fitness, Waynesville, MO
- 3rd: Michael Grosse - Rocky's, Gunnison, CO
- 4th: Wayne Harris - LA Fitness Roswell - West Marietta, GA

Men's Age Singles 65+ - Single Elimination

- 1st: Brad Parra - Rambler Fitness Center, Cibolo, TX
- 2nd: Robert Lattanzio - Renaissance Club Sport, San Clemente, CA
- 3rd: Mickey Bellah - Meridian Sports Club - Fullerton CA, Laguna Hills, CA
- 4th: Fredrick Roe - Marina Fitness, Santa Monica, CA

Men's Age Singles 65+ A - Round Robin

- 1st: Fredrick Roe - Marina Fitness, Santa Monica, CA
- 2nd: John Bryant - LA Fitness, The Woodlands, TX
- 3rd: Carl Moody - William and Mary, Williamsburg, VA

Men's Age Singles 65+ B - Round Robin

- 1st: Leon Stanley - Family Fitness Center, Hampton Cove, AL
- 2nd: Peyton Dorsett - Houston Downtown YMCA, Houston, TX
- 3rd: Burton McLain - YMCA-Cypress Creek, Tomball, TX
- 4th: Larry Pickard - Houston City Club, Houston, TX

Men's Age Singles 65+ C - Single Elimination

- 1st: Richard Gower - Davison Fitness, Waynesville, MO
- 2nd: Ernesto Segura - Laredo Racquetball Club, Laredo, TX

Men's Age Singles 70+ - Single Elimination

- 1st: Joseph Capozzoli - Club La Maison, Penn Valley, PA
- 2nd: Jim McPherson - Hot Springs Health And Fitness, Hot Springs Village, AR
- 3rd: Francis Florey - University of Wisconsin - Superior, WI, Superior, WI
- 4th: Leon Stanley - Family Fitness Center, Hampton Cove, AL

Men's Age Singles 75+ - Single Elimination

- 1st: John O'Donnell Jr. - Fitness Center, Champaign, IL
- 2nd: Donald Alt - Dublin, OH
- 3rd: Jerry Holly - LA Fitness, Canyon Country, CA
- 4th: Charles Kaiser - Life Time Fitness Center, Pickerington, OH

Men's Age Singles MEDALS - Round Robin

- 1st: John O'Donnell Jr. - Fitness Center, Champaign, IL
- 2nd: Robert McAdam - Lockheed Martin Rec Center, Crowley, TX
- 3rd: Garrett Foy - YMCA - Downtown, Louisville, KY
- 4th: J.W. Studak - YMCA - Austin, Austin, TX

Women's Singles US Team Qualifying - Single Elimination

- 1st: Cheryl Gudinas - Glass Court, Naperville, IL
- 2nd: Kerri Wachtel - Courthouse Fitness Center, Cincinnati, OH
- 3rd: Rhonda Rajsich - Life Time Fitness, Fountain Hills, AZ
- 4th: Janel Tisinger - Spectrum Club, Simi Valley, CA

Women's Singles Open - Single Elimination

- 1st: Janel Tisinger - Spectrum Club, Simi Valley, CA
- 2nd: Aubrey O'Brien - California Family Fitness, Auburn, CA
- 3rd: Sharon Jackson - University of Alabama, Tuscaloosa, AL, Birmingham, AL
- 4th: Keely Franks - LA Fitness, Euless, TX

Women's Singles Elite Group: 1 - Pool Play

- 1st: Cindy Tilbury - Littleton Family YMCA, Denver, CO
- 2nd: Marcia Richards - Littleton Family YMCA, Littleton, CO
- 3rd: Kathy Gluvna-Isett - Oakridge, Moorpark, CA

Women's Singles Elite Group: 2 - Pool Play

- 1st: Christie Noller - YMCA, Santa Maria, CA
- 2nd: Jennifer Lynch - University of Massachusetts, Hadley, MA
- 3rd: Debbie Beldring - Carmody Rec Center, Littleton, CO
- 4th: Rosario Betancourt-Kelley - LA Fitness, Houston, TX

Women's Singles Elite Group: 3 - Pool Play

- 1st: Kelani Bailey - Greenbrier North YMCA, Norfolk, VA
- 2nd: Tina Hagen - Peterson Air Force Base, Colorado Springs, CO
- 3rd: Cheryl Gistand - Kingwood Athletic, Houston, TX
- 4th: Diana Matthews - Sports Courts, Lincoln, NE

Women's Singles Elite - Playoff

- 1st: Kelani Bailey - Greenbrier North YMCA, Norfolk, VA
- 2nd: Marcia Richards - Littleton Family YMCA, Littleton, CO
- 3rd: Christie Noller - YMCA, Santa Maria, CA

Women's Singles A - Single Elimination

- 1st: Tracy Hawthorne - Baldwin Wallace College, Seven Hills, OH
- 2nd: Rhonda Jenkins - Clay Madsen Rec Center, Austin, TX
- 3rd: Lynn Yeazell - Life Time Fitness, Naperville, IL
- 4th: Christa Davis - LA Fitness, Richmond, TX

Women's Singles B Group: 1 - Playoff

- 1st: Barbara Jinks - Bill Bartley Branch Family YMCA, Burkhardt, TX
- 2nd: Phyllis Clair - Clay Madsen Rec Ctr, Round Rock, TX
- 3rd: Laurie Welsh - LA Fitness Wellington, Wellington, FL
- 4th: JoAnna Reyes - Corpus Christi Athletic Club, Corpus Christi, TX

Women's Singles B Group: 2 - Pool Play

- 1st: Kelly Gremley - Purdue University, West Lafayette, IN
- 2nd: Melanie Jones - The Club At Woodbridge, Aberdeen, NJ
- 3rd: Kim Wilson - Beaumont, TX
- 4th: Rosie Gonzalez - Gold's Gym Corpus Christi, Corpus Christi, TX

Women's Singles B - Playoff

- 1st: Kelly Gremley - Purdue University, West Lafayette, IN
- 2nd: Phyllis Clair - Clay Madsen Rec Ctr, Round Rock, TX
- 3rd: Barbara Jinks - Bill Bartley Branch Family YMCA, Burkhardt, TX
- 4th: Melanie Jones - The Club At Woodbridge, Aberdeen, NJ

Results 2010 USAR National Singles Championships

Women's Singles C Group: 1 - Pool Play

- 1st: Nancy Davis - JCC, Saint Louis, MO
- 2nd: Leslie Book - Guadalupe Regional Wellness Fitness Center, Seguin, TX
- 3rd: Vanessa Smith - Bob Sierra YMCA, Tampa, FL

Women's Singles C Group: 2 - Pool Play

- 1st: Andee Felker - Ogden Athletic Club, Ogden, UT
- 2nd: Alison Dooley - New York, NY
- 3rd: Shelly Craig - Triton Sports Center, San Antonio, TX

Women's Singles C Group: 3 - Pool Play

- 1st: Cristina Cali - Elmwood Fitness Center, Harahan, Metairie, LA
- 2nd: Rosa Smith - Spectrum Racquetball and Fitness, San Antonio, TX
- 3rd: Sheri Heard - Rhode Island College, Coventry, RI

Women's Singles C - Playoff

- 1st: Nancy Davis - JCC, Saint Louis, MO
- 2nd: Andee Felker - Ogden Athletic Club, Ogden, UT
- 3rd: Cristina Cali - Elmwood Fitness Center, Harahan, Metairie, LA

Women's Singles D Group: 1 - Pool Play

- 1st: Jessica Shiel - Rhode Island College, Warwick, RI
- 2nd: Ingrid Castillo - SMU, Bedford, TX
- 3rd: Cindy Lockworth - LA Fitness, Houston, TX

Women's Singles D Group: 2 - Pool Play

- 1st: Dragana Bulatovic - LA Fitness, Wylie, TX
- 2nd: Amanda Billstone - LA Fitness, Houston, TX
- 3rd: Samantha Simeone - Rhode Island College, Coventry, RI

Women's Singles D Group: 3 - Pool Play

- 1st: Dustie Baker - Landmark Racquet and Health, Washington, IL
- 2nd: Melissa Demirjian - Rhode Island College, Warwick, RI
- 3rd: Hilary Switzer - Rhode Island College, Woonsocket, RI
- 4th: Mary Lorys - LA Fitness, Katy, TX

Women's Singles D - Playoff

- 1st: Dustie Baker - Landmark Racquet and Health, Washington, IL
- 2nd: Jessica Shiel - Rhode Island College, Warwick, RI
- 3rd: Dragana Bulatovic - LA Fitness, Wylie, TX

Women's Age Singles 24+ - Round Robin

- 1st: Kelani Bailey - Greenbrier North YMCA, Norfolk, VA
- 2nd: Danielle Key - LA Fitness, Gilbert, AZ
- 3rd: Vivian Laprea - Metropolitan Racquet Club, Houston, TX
- 4th: Elise Wilson - Orange Hollow, Harriman, NY

Women's Age Singles W24A/25A/30A/35A - Round Robin

- 1st: Bernadette Zimmerman - LA Fitness, Carrollton, TX
- 2nd: Christa Davis - LA Fitness, Richmond, TX
- 3rd: Michelle Sikorski - Downtown YMCA Colorado Springs, Black Forest, CO
- 4th: Tracy Hawthorne - Baldwin Wallace College, Seven Hills, OH

Women's Age Singles W24B/35B - Round Robin

- 1st: Kelly Gremley - Purdue University, West Lafayette, IN
- 2nd: JoAnna Reyes - Corpus Christi Athletic Club, Corpus Christi, TX
- 3rd: Tish Rodgers - Life Time Fitness, Wylie, TX

Women's Age Singles 24- C Group: 1 - Pool Play

- 1st: Sheri Heard - Rhode Island College, Coventry, RI
- 2nd: Hilary Switzer - Rhode Island College, Woonsocket, RI
- 3rd: Ingrid Castillo - SMU, Bedford, TX

Women's Age Singles 24- C Group: 2 - Pool Play

- 1st: Leslie Book - Guadalupe Regional Wellness Fitness Center, Seguin, TX
- 2nd: Jessica Shiel - Rhode Island College, Warwick, RI
- 3rd: Melissa Demirjian - Rhode Island College, Warwick, RI
- 4th: Samantha Simeone - Rhode Island College, Coventry, RI

Women's Age Singles 24- C - Playoff

- Finalist: Sheri Heard - Rhode Island College, Coventry, RI
- Finalist: Jessica Shiel - Rhode Island College, Warwick, RI
- Semifinalist: Hilary Switzer - Rhode Island College, Woonsocket, RI

Women's Age Singles W25C/30C/35C - Round Robin

- 1st: Cristina Cali - Elmwood Fitness Center, Harahan, Metairie, LA
- 2nd: Nancy Davis - JCC, Saint Louis, MO
- 3rd: Alison Dooley - New York, NY
- 4th: Dustie Baker - Landmark Racquet and Health, Washington, IL

Women's Age Singles W35/40 - Round Robin

- 1st: Linda Moore - Lincoln Racquet Club, Lincoln, NE
- 2nd: Kelley Beane - Nashua Athletic Club, Manchester, NH
- 3rd: Lorraine Galloway - Hempstead, NY
- 4th: Jennifer Lynch - University of Massachusetts, Hadley, MA

Women's Age Singles W40C/45A - Round Robin

- 1st: Christie Noller - YMCA, Santa Maria, CA
- 2nd: Lynn Yezell - Life Time Fitness, Naperville, IL
- 3rd: Marti Villareal - YMCA - Victoria, Victoria, TX
- 4th: Clara Obrien - Premier, Lubbock, TX

Women's Age Singles W40B/50B - Round Robin

- 1st: Laurie Welsh - LA Fitness Wellington, Wellington, FL
- 2nd: Phyllis Clair - Clay Madsen Rec Ctr, Round Rock, TX
- 3rd: Melanie Jones - The Club At Woodbridge, Aberdeen, NJ
- 4th: Rosie Gonzalez - Gold's Gym Corpus Christi, Corpus Christi, TX

Women's Age Singles W40C/45C/45C - Round Robin

- 1st: Ingrid Johnson - LA Fitness - Barker Cypress, Houston, TX
- 2nd: Andee Felker - Ogden Athletic Club, Ogden, UT
- 3rd: Shelly Craig - Triton Sports Center, San Antonio, TX
- 4th: Cindy Lockworth - LA Fitness, Houston, TX

Women's Age Singles 45+ - Round Robin

- 1st: Anita Maldonado - Bqe , Bronx, NY
- 2nd: Laura Brandt - LA Fitness, Southwest Ranches, FL
- 3rd: Debbie Belding - Carmody Rec Center, Littleton, CO
- 4th: Lorraine Galloway - Hempstead, NY

Women's Age Singles 50+ Group: 1 - Pool Play

- 1st: Malia Bailey - Greenbrier North YMCA, Norfolk, VA
- 2nd: Anita Maldonado - Bqe, Bronx, NY
- 3rd: Cindy Tilbury - Littleton Family YMCA, Denver, CO
- 4th: Kathy Gluvna-Isett - Moorpark, CA

Women's Age Singles 50+ Group: 2 - Pool Play

- 1st: Chris Evan - Lifestar, Wheeling, IL
- 2nd: Linda Moore - Lincoln Racquet Club, Lincoln, NE
- 3rd: Karen Simon - Health First, Cortland, NY
- 4th: Janice Vosika - Teton Athletic Club, Riverton, WY

Women's Age Singles 50+ - Playoff

- 1st: Malia Bailey - Greenbrier North YMCA, Norfolk, VA
- 2nd: Chris Evan - Lifestar, Wheeling, IL
- 3rd: Anita Maldonado - Bqe, Bronx, NY
- 4th: Linda Moore - Lincoln Racquet Club, Lincoln, NE

Women's Age Singles W50W55A Group: 1 - Pool Play

- 1st: Sandy Rios - Kerrville Family Sports Center, Kerrville, TX
- 2nd: Donna Cooper - LA Fitness, Hurst, TX
- 3rd: Ann Draudt - Maverick Athletic Club, Colleyville, TX
- 4th: Cheryl Kirk - Glass Court, Naperville, IL

Women's Age Singles W50W55A Group: 2 - Pool Play

- 1st: Debbie Roberson - Clay Madsen Rec Center, Austin, TX
- 2nd: Aiaga Roffey - Athletic Club, Grand Junction, CO
- 3rd: Barbara Jinks - Bill Bartley Branch Family YMCA, Burk Burnett, TX
- 4th: Marquita Molina - What A Racket, Wasco, CA

Women's Age Singles W50W55A - Playoff

- 1st: Debbie Roberson - Clay Madsen Rec Center, Austin, TX
- 2nd: Sandy Rios - Kerrville Family Sports Center, Kerrville, TX
- 3rd: Donna Cooper - LA Fitness, Hurst, TX
- 4th: Aiaga Roffey - Athletic Club, Grand Junction, CO

Women's Age Singles W55/60 - Round Robin

- 1st: Rhonda Jenkins - Clay Madsen Rec Center, Austin, TX
- 2nd: Marcia Richards - Littleton Family YMCA, Littleton, CO
- 3rd: Diana Matthews - Sports Courts, Lincoln, NE
- 4th: Shirley Parsons - Western Rio Blanco Rec Dist, Rangely, CO

Women's Age Singles W65/70/75 - Round Robin

- 1st: Marquita Molina - What A Racket, Wasco, CA
- 2nd: Lola Markus - Lattof YMCA, Park Ridge, IL
- 3rd: Mildred Gwin - YMCA - Dowd, Waxhaw, NC
- 4th: Nidia Funes - Petaluma Valley Athletic Club, Novato, CA

LoMonaco Award Winner Michelle Sikorski Enjoys First Trip to National Singles

In memory of John LoMonaco who passed away on May 5, 2009, an anonymous friend donated an all expenses paid trip to Houston to the winner of the John LoMonaco Memorial Grant. Twenty-one applicants vied for the honor, and Michelle Sikorski of Colorado was chosen the winner. Following are her reflections on this chance-of-a-lifetime National Singles experience.

My father and I started out with some timing issues in getting to the airport. Because of the mix-up, I had to fly standby to Houston. However, it didn't dampen my spirits. It's rare when fathers make mistakes, but it is amusing to watch them panic when they do. This was a rare father-daughter moment! Next time, my father will remember to set the alarm to "AM" rather than "PM"! When I finally made it to Houston on Wednesday, I was surprised by the heat and humidity – very different from Colorado Springs. It felt like I was pushing my way through the air, which I swear you could actually see. Boy was it great to get into air conditioning!

Arriving at the hotel and seeing all of the players was a thrill. I was definitely ready for some racquetball action. I checked in and was very pleased with the host hotel. I had a great room with a beautiful view of Houston!

I met up with Cheryl Kirk, USAR President, who walked me through the YMCA and told me a little about the history of the club and the National Singles Championships. Then it was time for some racquetball!

I was able to watch my dad play in his first event and met up with a few friends from home who were playing. We had 21 players turn out to represent Colorado! In getting advice on competing at the national level, Marcia Richards, President of the Colorado Racquetball Association and a good friend, summed it up by saying, "Every match is like the finals in a regular tournament." I soon realized how right she was!

On Thursday, I watched more friends' matches and some of my "competition." I also competed in my first match. It's funny that I train a certain way before tournaments and, as soon as I stepped onto the court here, all of the preparation went right out the window! It was exciting, nerve wracking, and very difficult to concentrate with the new pressures of competing at this level. My opponent was tough and I ended up losing. I wasn't very happy, but I did enjoy the match. I felt a little better as my opponent was a solid player and a good sport. As I continued to play, I discovered that all of my opponents were tough but, win or lose; they were all incredible people and became my friends. I am excited to have met these tremendous women athletes. Getting that first round match behind me helped me to settle my nerves and made me more comfortable on the court. Now, armed with advice from Dad and from Colorado WPRO Professional



Jo Shattuck, I started to play better. I had some amazing games and real battles, but everyone was respectful and honest on the court. I won a few matches, lost a couple, and received a National Championship Gold medal in my age division!

Saturday night was the formal dinner during which we listened to the Hall of Fame inductees. It was an excellent "event within the event," with an abundance of good food. I was surprised to see pictures of the racquetball legends in such short shorts, knee high socks, and small racquets that really did exist! It was intriguing to see some of the history of racquetball presented and that the stories my dad had told me while growing up were not just myths. That evening topped off an already amazing experience and made the tournament the best event I have attended in my racquetball career. I can't wait for the next one!

I was able to attend this fantastic event due to the generosity of an anonymous donor providing a grant in the memory of John LoMonaco. I talked to quite a few people who knew John.

They described him as a great player, good sport, and a friend to many of the racquetball players. I met Kevin Barlia, who was John's last opponent. He shared that he always enjoyed playing John. He said John was mentally tough. When John would get a little frustrated on the court, he would usually work through it and play even better. A number of people shared their memories of John: how he may have disagreed with some of the referees' calls but instead of arguing, he would play out the match and always thank the referees for their efforts. How fantastic his serve was. How he would cross his hands over each other and make sure his footwork remained the same for each serve. I feel I almost know John after meeting all of his good friends who were willing to share "John stories" with me.

This was truly a unique and rewarding experience providing me with memories that will last a lifetime. I am deeply grateful to the anonymous donor and to the selection committee for their faith in selecting me. I thank my father for his continual support as well as all of the many players I met, my numerous new friends, and the USAR staff for making this my most rewarding tournament experience ever!

I hope to see all of you next year in California... I had better start saving!

Editor's Note: USAR and John LoMonaco's anonymous friend are pleased to announce that this memorial grant will be repeated again for the first National Singles in Fullerton, CA in 2011. Watch for more information on www.usaracquetball.com. We suggest also that anyone on a state or organizational level who wishes to promote the sport; remember or honor a special person; and create an opportunity for a deserving player (adult or junior); might consider a grant process like this one. It creates a huge "win" for everyone!



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October 30-31
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Coach Jim Winterton - Fall, 2010

October 8-10
Hillsborough Racquet Club, Hillsborough, NJ
October 29-30
MAC, Grand Rapids, MI

Coaches Winterton, Davis, and Travers - Fall, 2010

October 18-19
US Open - Minneapolis, MN

Coach Fran Davis - Fall, 2010

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A new web site featuring educational information for all levels of players, instructors and coaches!!

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Free on-line information regarding mechanics, physiology, strategy, etc.

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On-line module education with immediate feed-back and testing certification.

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Up-to-date education and testing modules designed especially for high school and collegiate coaches.

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The most complete instructional information featuring the sports top instructors and endorsed by the IRT, USOC and the USAR.

Participating instructors:

Jason Mannino, Shane Vanderson, Mitch Williams, Rhonda Rajsich, Cheryl Gudinas, Chris Evon, Jim Winterton, Tom Travers, Fran Davis, Andy Hawthorne, Anthony Herrera, Jo Shattuck, Kelley Beane, Shane Wood and many more.

2010 USAR 37TH NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS

June 26-30, 2010

University Of Minnesota Rec Center – Minneapolis, MN
Presented by Pro Penn
Sponsored by Ektelon & Racquetskinz*The Finals*

Taylor Knoth defeated Brad Kirch in a close and very exciting Boys 18 final. Taylor topped off a great year after having taken 2nd at Intercollegiates.

Aubrey O'Brien edged out Danielle Key in a small round robin playoff for the Girls 18 title.

Outstanding Performance

Jordan Barth (MN) – won Boys 12 and Boys 10 – great talent, projects a bright future for U.S. Junior boys!

Outstanding Exhibit of Sportsmanship

Trevor Snyders (IL) called a carry on himself at 9-8 in a doubles tiebreaker. No other player or official saw the carry!

Most Improved

Brad Schopieray (MI) – lost in the semis, 12 and 11, to Boys 16 winner Marco Rojas. Great attitude, great serve, will continue to be a threat.

A Tie or Not?

A three-way tie in match wins came down to “points scored for and against” as Erika Manilla (CO) edged out Lexi York (OK) and Jordan Cooperrider (FL) in the Girls 12 Singles.

Girl Dominates!

Graciana Wargo defeated all her male opponents to win the combined Boys and Girls 8 Multi-bounce division.

Rewarding

The great venue at the University of Minnesota and the tremendous support of the LOC, especially Aaron Metcalf, Karen Bredenbeck, and Matt Johnson who helped organize and run the event.

The Finals

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2010 US Junior Team

(18- to 14-)**Boys 18 Singles**

- 1- Taylor Knoth
- 2- Brad Kirch
- 3- Dylan Reid

Girls 18 Singles

- 1- Aubrey O'Brien
- 2- Danielle Key
- 3- Amanda Lindsey

Boys 18 Doubles

- 1- Brad Kirch/Nick Montalbano

Girls 18 Doubles

- 1- Aubrey O'Brien/Danielle Key

Boys 16 Singles

- 1- Marco Rojas
- 2- Jose Diaz
- 3- Brad Schopieray

Girls 16 Singles

- 1- Kelani Bailey
- 2- Devon Pimentelli
- 3- Samantha Simmons

Boys 16 Doubles

- 1- Marco Rojas/Jose Diaz

Girls 16 Doubles

- 1- Devon Pimentelli/Courtney Chisholm

Boys 14 Singles

- 1- Adam Manilla
- 2- Sawyer Lloyd
- 3- Spencer Shoemaker

Girls 14 Singles

- 1- Abbey Lavelly
- 2- Kaitlyn Simmons
- 3- Hollee Hungerford

Boys 14 Doubles

- 1- Adam Manilla/Sawyer Lloyd

Girls 14 Doubles

- 1- Abbey Lavelly/Kaitlyn Simmons



2010 USAR 37TH NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS

2010 US Esprit Team (12- to 8-)

Boys 14 Singles

- 1- Jordan Barth
- 2- William Metherd

Girls 14 Singles

- 1- Erika Manilla
- 2- Lexi York

Boys 14 Doubles

- 1- Jordan Barth/Justus Benson

Girls 14 Doubles

- 1- Erika Manilla/Jordan Cooperrider

Boys 10 Singles

- 1- Jordan Barth
- 2- Sebastian Fernandez

Girls 10 Singles

- 1- Victoria Leon
- 2- Kaitlyn Boyle

Boys 10 Doubles

- 1- Carter Simon/Sebastian Fernandez

Girls 10 Doubles

- 1- Kaitlyn Boyle/Victoria Leon

Boys 8 Singles

- 1- Antonio Rojas
- 2- Nick Bernel

Girls 8 Singles

- 1- Graciana Wargo

Junior Olympic Championship Results

Boys Singles 18 and Under Gold - Olympic Format

- 1st: Taylor Knoth - University Of Oregon, Milwaukie, OR
- 2nd: Brad Kirch - Gold's Gym, Syracuse, NY
- 3rd: Dylan Reid - Lincoln High School, Portland, OR
- 4th: Nick Montalbano - Armitraj Fitness and Health, West Islip, NY

Boys Singles 18 and Under Blue - Olympic Format

- 1st: Jade Hemiller - WCRC, Watertown, SD
- 2nd: Joshua Hungerford - East Side Athletic, Milwaukie, OR
- 3rd: John Lindsay - Oregon City, Oregon City, OR
- 4th: Emmett Coe - Sorrento Valley Racquetball & Fitness, Poway, CA

Boys Singles 18 and Under Red - Olympic Format

- 1st: Ethan Wadsworth - Lockheed Martin Rec Center, Joshua, TX
- 2nd: Brad Falvey - Sussex, WI
- 3rd: Tyler Lanman - Club Sport, Danville, CA United States
- 4th: Kyle Lebow - Courthouse Athletic Club North, Salem, OR

Boys Singles 18 and Under White - Olympic Format

- 1st: Lucas Arias - One On One Athletic Club, Ann Arbor, MI
- 2nd: A.C. Orozco - Fitness, Inc., Pocatello, ID
- 3rd: Andy Gonzalez - Fitness, Inc., Pocatello, Idaho
- 4th: Bryan Schopieray - CMU Racquetball Club, Swartz Creek, MI

Boys Singles 16 and Under Gold - Olympic Format

- 1st: Marco Rojas - Franklin High School, Stockton, CA
- 2nd: Jose Diaz - Franklin High School, Stockton, CA
- 3rd: Brad Schopieray - Davison Athletic Club, Swartz Creek, MI
- 4th: Zachary Wertz - Elmwood Fitness Center, Harahan, LA

Boys Singles 16 and Under Blue - Olympic Format

- 1st: Nicholas Riffel - Orchards Athletic Club, Loveland, CO
- 2nd: Tyler Kendrick - Lockheed Martin Rec Center, Arlington, TX
- 3rd: Ryan Charbonneau - Oregon City, Oregon City, OR
- 4th: Mitchell Hardin - YMCA, Findlay, OH

Boys Singles 16 and Under Red - Olympic Format

- 1st: Raul Quintanilla - YMCA - El Paso, El Paso, TX
- 2nd: Jon Lanford - Bill Bartley Branch Family YMCA, Wichita Falls, TX
- 3rd: Shahbaz Ahmed - The Club At Woodbridge, Piscataway, NJ
- 4th: Andy Ekblad - Great Falls High School, Great Falls, MT

Boys Singles 16 and Under White - Olympic Format

- 1st: Tanner Gross - Racquetball Plus, Alexandria, MN
- 2nd: Sam Nguyen - Spectrum Racquetball and Fitness, San Antonio, TX
- 3rd: Jacob Matthews - Gold's Gym, Bethel, NC
- 4th: Andrew Allen - Center Court Fitness Club, Grand Forks, ND

Boys Singles 14 and Under Gold - Olympic Format

- 1st: Adam Manilla - Goodson Recreation Center, Centennial, CO
- 2nd: Sawyer Lloyd - Petaluma, CA
- 3rd: Spencer Shoemaker - YMCA, Findlay, OH
- 4th: Alex Winter - Sportime Fitness and Racquetball, Melville, NY

Boys Singles 14 and Under Blue - Olympic Format

- 1st: Kyle Ulliman - Westerville Athletic Club, Westerville, OH
- 2nd: Shahbaz Ahmed - The Club At Woodbridge, Piscataway, NJ
- 3rd: Robert Hemphill - Fitness One, Fosters, AL
- 4th: Jesse Mendoza - LA Fitness, Tucson, AZ

Boys Singles 14 and Under Red - Olympic Format

- 1st: Jacob Matthews - Gold's Gym, Bethel, NC
- 2nd: Steven Boyle - Sunset Athletic Club, Beaverton, OR
- 3rd: Tanner Burns - Oakmoor Health Center, Grimes, IA
- 4th: Sean Jacob - Indiana State University, Terre Haute, IN

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Boy's Singles 14 and Under White - Olympic Format

1st: Thomas Carter - LA Fitness, Murrysville, PA
2nd: Brady Yelverton - LA Fitness, Garland, TX
3rd: Justin Kuhlman - LA Fitness, Mokena, IL

Boy's Singles 12 and Under Gold - Olympic Format

1st: Jordan Barth - Suburban Health Club, Cold Spring, MN
2nd: William Metherd - Goodson Recreation Center, Centennial, CO
3rd: Jake Birnel - Bellingham Athletic Club, Bellingham, WA
4th: Mauro Rojas - Stockton, CA

Boy's Singles 12 and Under Blue - Olympic Format

1st: Shahmir Ahmed - The Club At Woodbridge, Piscataway, NJ
2nd: Sean Henry - YMCA, Georgetown, IN
3rd: Daniel Fishbein - Executive Health & Sports Center, Barrington, NH
4th: Brady Yelverton - LA Fitness, Garland, TX

Boy's Singles 12 and Under Red - Olympic Format

1st: Zachary D'Almeida - Rose Shores, Harrison Twp, MI
2nd: Caige Duryea - Coliseum Racquet Club, Dearborn Heights, MI
3rd: Evan Wargo - Clearwater YMCA, Clearwater, FL
4th: Braeden D'Almeida - Rose Shores, Harrison Township, MI

Boy's Singles 12 and Under White - Olympic Format

1st: Sam Goodman - Glass Court Swim And Fitness, Wheaton, IL
2nd: Deryk Wray - Baywinds Athletic Club, Huron, OH
3rd: Joseph Carter - Holiday Health & Racquet, Murrysville, PA
4th: Quade Howell - Sportplex, Mobile, AL

Boy's Singles 10 and Under - Pool Play

1st: Jordan Barth - Suburban Health Club, Cold Spring, MN
2nd: Sebastian Fernandez - American Athletic Club, San Diego, CA

Boy's Singles 8 and Under - Round Robin

1st: Antonio Rojas - In-Shape Sport: West Lane, Stockton, CA
2nd: Nick Birnel - Bellingham Athletic Club, Bellingham, WA
3rd: Maxwell Tarkett - Omaha, NE
4th: Julius Ellis - In-Shape Sport: West Lane, Stockton, CA
5th: Cole Hartman - Life Time Fitness, Hamel, MN

Boy's Singles Multibounce 6 and Under - Single Elimination

1st: Steve Jacob - Indiana State University, Terre Haute, IN
2nd: Caden Krueger - Prairie Athletic Club, Sun Prairie, WI

Boy's/Girl's Singles Multibounce 8 and Under - Round Robin

1st: Graciana Wargo - Clearwater YMCA, Clearwater, FL
2nd: Cole Hartman - Life Time Fitness, Hamel, MN
3rd: Steve Jacob - Indiana State University, Terre Haute, IN
4th: Maxwell Tarkett - Omaha, NE
5th: Caden Krueger - Prairie Athletic Club, Sun Prairie, WI
6th: Julius Ellis - In-Shape Sport: West Lane, Stockton, CA

Girl's Singles 18 and Under - Round Robin

1st: Aubrey O'Brien - California Family Fitness, Auburn, CA
2nd: Danielle Key - LA Fitness, Gilbert, AZ
3rd: Amanda Lindsay - Oregon City, Oregon City, OR
4th: Lily Berry - Sawmill Athletic Club, Columbus, OH

Girl's Singles 16 and Under Gold - Olympic Format

1st: Kelani Bailey - Greenbrier North YMCA, Norfolk, VA
2nd: Devon Pimentelli - Capuchino High School, San Bruno, CA
3rd: Samantha Simmons - Severna Park Racquetball And Fitness Club, Crofton, MD
4th: Mercedes Arias - One On One Athletic Club, Ann Arbor, MI

Girl's Singles 16 and Under Red - Olympic Format

1st: Courtney Chisholm - Wayside Racquet & Swim Club, Marlborough, MA
2nd: Elizabeth Simmons - Severna Park Racquetball And Fitness Club, Crofton, MD
3rd: Sara Leon - American Athletic Club, Chula Vista, CA
4th: Ayla Hall - Terre Haute, IN

Girl's Singles 14 and Under Gold - Olympic Format

1st: Abbey Lavelly - Cuyahoga Falls Natatorium, Cuyahoga Falls, OH
2nd: Kaitlyn Simmons - Severna Park Racquetball And Fitness Club, Crofton, MD
3rd: Hollee Hungerford - Eastside Athletic Club, Milwaukie, OR
4th: Krystle Boyle - Sunset Athletic Club, Beaverton, OR

Girl's Singles 14 and Under Red - Olympic Format

1st: Danielle Falvey - Fall River, WI
2nd: Molly Manning - YMCA - Mankato, North Mankato, MN
3rd: Ashley O'Brien - California Family Fitness, Meriden, CT
4th: Ashley Boyle - Sunset Athletic Club, Beaverton, OR U

Girl's Singles 12 and Under - Round Robin

1st: Erika Manilla - Goodson Recreation Center, Centennial, CO
2nd: Lexi York - East Side Athletic Club, Milwaukie, OR
3rd: Jordan Cooperrider - Clearwater YMCA, Palm Harbor, FL
4th: Lorena Meruvia - Sport & Health, Falls Church, VA

Girl's Singles 10 and Under - Round Robin

1st: Victoria Leon - American Athletic Club, Chula Vista, CA
2nd: Kaitlyn Boyle - Sunset Athletic Club, Beaverton, OR
3rd: Graciana Wargo - Clearwater YMCA, Clearwater, FL
4th: Loriann Pepe-Luhaoig - Sunset Athletic Club, Beaverton, OR

Boys Doubles 18 & Under - Single Elimination

1st: Brad Kirch / Nick Montalbano - Syracuse, NY/West Islip, NY
2nd: Jake Bredenbeck / Taylor Knoth - Marine On St. Croix, MN/Milwaukie, OR
3rd: Trevor Snyders / Joshua Hungerford - Woodridge, IL/Milwaukie, OR
4th: Dylan Reid / Joseph Lee - Portland, OR/Baton Rouge, LA

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Boys Doubles 18 & Under Consolation - Single Elimination

- 1st: Brad Falvey / Jade Hemiller - Sussex, WI/Watertown, SD
- 2nd: Alexander Korenic / Max Niedermeier - Sun Prairie, WI/Janesville, WI
- 3rd: Jacob Boyle / Micah Hoffman - Beaverton, OR/Sandy, OR
- 4th: Calvin Godwin / Taner Burns - Mountain Home, AR/Grimes, IA

Boys Doubles 16 & Under - Single Elimination

- 1st: Jose Diaz / Marco Rojas - Stockton, CA/Stockton, CA
- 2nd: Sam Reid / Zachary Wertz - Portland, OR/Kenner, LA
- 3rd: Jon Lanford / Tyler Kendrick - Wichita Falls, TX/Arlington, TX
- 4th: Brandon Qualls / Nicholas Riffel - Seabrook, SC/Loveland, CO

Boys Doubles 16 & Under Consolation - Single Elimination

- 1st: Andy Ekblad / Michael Lavin - Great Falls, MT/Kalispell, MT
- 2nd: Andrew Allen / Erik Smith - Grand Forks, ND/Houston, TX
- 3rd: Nate Manning / Rafael Fernandez, Jr. - North Mankato, MN/San Diego, CA
- 4th: Carter Wendt / Trevor Bukovi - Scottsdale, AZ/Henderson, NV

Boys Doubles 14 & Under - Single Elimination

- 1st: Adam Manilla / Sawyer Lloyd - Centennial, CO/Petaluma, CA
- 2nd: Spencer Shoemaker / Kyle Ulliman - Findlay, OH/Westerville, OH
- 3rd: Robert Hemphill / Sean Cooperrider - Fosters, AL/Palm Harbor, FL
- 4th: Mauro Rojas / Jesse Mendoza - Stockton, CA/Tucson, AZ

Boys Doubles 14 & Under Consolation - Single Elimination

- 1st: Connor Laffey / Joshua Lebow - Salem, OR/Salem, OR
- 2nd: Sam Bredenbeck / Alex Winter - Marine On St Croix, MN/Melville, NY
- 3rd: Christopher Francis / Nathan Tucker - Litchfield, NH/Davison, MI
- 4th: Luis Fernandez / Justin Kuhlman - San Diego, CA/Mokena, IL

Boys Doubles 12 & Under - Single Elimination

- 1st: Jordan Barth / Justus Benson - Cold Spring, MN/Sun Prairie, WI
- 2nd: Jake Birnel / Ryan Francis - Bellingham, WA/Litchfield, NH
- 3rd: Mauro Rojas / Daniel Fishbein - Stockton, CA/Barrington, NH
- 4th: Carter Simon / Sebastian Fernandez - Sun Prairie, WI/San Diego, CA

Boys Doubles 12 & Under Consolation - Single Elimination

- 1st: Brady Yelverton / Nicholas Godwod - Garland, TX/Green Bay, WI
- 2nd: Jason Goodman / Sam Goodman - Wheaton, IL/Wheaton, IL
- 3rd: Braeden D'Almeida / Jeremy Dixon - Harrison Township, MI/Downers Grove, IL
- 4th: Justin (Cade) Foster / Sean Henry - Mobile, AL/Georgetown, IN

Boys Doubles 10 & Under - Single Elimination

- 1st: Carter Simon / Sebastian Fernandez - Sun Prairie, WI/San Diego, CA
- 2nd: Justin (Cade) Foster / Sean Henry - Mobile, AL/Georgetown, IN

Girls Doubles 18 & Under - Double Round Robin

- 1st: Aubrey O'Brien / Danielle Key - Auburn, CA/Gilbert AZ
- 2nd: Amanda Lindsay / Lily Berry - Oregon City, OR/Columbus, OH

Girls Doubles 16 & Under - Round Robin

- 1st: Courtney Chisholm / Devon Pimentelli - Marlborough, MA/San Bruno, CA
- 2nd: Kelani Bailey / Mercedes Arias - Norfolk, VA/Ann Arbor, MI
- 3rd: Elizabeth Simmons / Samantha Simmons - Crofton, MD/Crofton, MD
- 4th: Ayla Hall / Sara Leon - Terre Haute, IN/Chula Vista, CA

Girls Doubles 14 & Under - Round Robin

- 1st: Abbey Lively / Kaitlyn Simmons - Cuyahoga Falls, OH/Crofton, MD
- 2nd: Hollee Hungerford / Krystle Boyle - Milwaukie, OR/Beaverton, OR
- 3rd: Danielle Falvey / Molly Manning - Fall River, WI/North Mankato, MN
- 4th: Ashley Boyle / Lorena Meruvia - Beaverton, OR/Falls Church, VA

Girls Doubles 12/10 - Round Robin

- 1st: Erika Manilla / Jordan Cooperrider - Centennial, CO/Palm Harbor, FL
- 2nd: Kaitlyn Boyle / Victoria Leon - Beaverton, OR/Chula Vista, CA
- 3rd: Christina Lively / Hollie Scott - Cuyahoga Falls, OH/Bellingham, WA

Junior Mixed Doubles 18 & Under - Round Robin

- 1st: Danielle Key / Taylor Knoth - Gilbert, AZ/Milwaukie, OR
- 2nd: Aubrey O'Brien / Adam Manilla - Auburn, CA/Centennial, CO
- 3rd: Lily Berry / Trevor Snyders - Columbus, OH/Woodridge, IL
- 4th: Amanda Lindsay / Jeremy McGlothin - Oregon City, OR/Canby, OR

Junior Mixed Doubles 16 & Under - Round Robin

- 1st: Kelani Bailey / Nicholas Riffel - Norfolk, VA/Loveland, CO
- 2nd: Jose Diaz / Samantha Simmons - Stockton, CA/Crofton, MD
- 3rd: Mark Brower / Mercedes Arias - Hudson, OH/Ann Arbor, MI
- 4th: Rafael Fernandez, Jr. / Sara Leon - San Diego, CA/Chula Vista, CA

Junior Mixed Doubles 14 & Under - Single Elimination

- 1st: Abbey Lively / Sawyer Lloyd - Cuyahoga Falls, OH/Petaluma, CA
- 2nd: Kyle Ulliman / Kaitlyn Simmons - Westerville, OH/Crofton, MD
- 3rd: Connor Laffey / Molly Manning - Salem, OR/North Mankato, MN
- 4th: Joshua Lebow / Krystle Boyle - Salem, OR/Beaverton, OR

Junior Mixed Doubles 14 & Under Consolation - Single Elimination

- 1st: Jacob Matthews / Danielle Falvey - Bethel, NC/Fall River, WI
- 2nd: Jordan Cooperrider / Sean Cooperrider - Palm Harbor, FL/Palm Harbor, FL

Junior Mixed Doubles 12/10 - Single Elimination

- 1st: Erika Manilla / Justus Benson - Centennial, CO/Sun Prairie, WI
- 2nd: Christina Lively / Daniel Fishbein - Cuyahoga Falls, OH/Barrington, NH
- 3rd: Lexi York / Wayne Antone IV - Milwaukie, OR/Junction City, OR
- 4th: Sebastian Fernandez / Victoria Leon - San Diego, CA/Chula Vista, CA

Junior Mixed Doubles 12/10 Consolation - Single Elimination

- 1st: Hollie Scott / Jake Birnel - Bellingham, WA/Bellingham, WA
- 2nd: Joseph Carter / Lorena Meruvia - Murrysville, PA/Falls Church, VA
- 3rd: Kaitlyn Boyle / Evan Wargo - Beaverton, OR/Clearwater, FL

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INSIDE THE WPRO

by David Ellis

An International Flavor

The WPRO is eagerly anticipating its fifth full season since the reorganization of the women's professional game took place in 2006. At this point in time, there are seven Tier 1 events and three Grand Slam tournaments on the 2010-11 schedule. Compare this with the last year of the previous organization that had only four Tier 1 or above events. Indeed, the women's professional tour has been stabilized. The women may train with confidence that the events will take place. Junior girls see the women pros and realize that there is reason to continue the development of their game. The tour is financially sound and the show that the women put on is wonderful.

The Fight for #1

Among many things, the tour is proud of its international diversity, with ten of the top 32 ranked players coming from outside the United States. In 2008-09, four of the top ten players hailed from outside the United States, including #1 player Paola Longoria of Mexico. The WPRO and IRT will take part in a groundbreaking international event in Colombia during September of the coming season. The event will be offering double prize money, thus making it a Grand Slam on par with the US Open.



The upcoming season will begin on August 26th with the first Tier One stop in Dallas. The rivalry between Paola and Rhonda will be renewed from the onset. A big question for the upcoming season is what factor Cheryl Gudinas will play with semifinal victories over the #2 player, whether it be Paola or Rhonda. Also, Samantha Salas has demonstrated strong showings in the last two tournaments. Her game appears to have matured significantly and, if she can play the entire tour, she will be vying for a top four finish. Kerri Wachtel is always a threat in any tournament. She is quick, hates the ceiling, hits good angles, and seldom skips the ball. The other women don't look forward to playing her. Adrienne Fisher had a semifinal finish in New Orleans; she is always a threat.

How the Current Association was Formed

Historically, the WPRO arose from events that took place during the 2005-06 season. The previous governing body for the women's pro tour, the Ladies Professional Racquetball Association (LPRA), was floundering due to a number of serious internal problems. At the US Open in November 2005, Brenda Kyzer and Christie Van Hees approached IRT Commissioner David Negrete and asked for his assistance. Dave agreed to assist and, working with a players' council of top ranked players, several important decisions were made. Since the IRT was stable and functioning, Dave said, "Why reinvent the wheel?" It was decided that the new organization would follow the same basic model of the men's tour. Next came the question of the commissioner - could Dave run both tours? Dave and the players' council came to the mutual decision that it would be better to have a separate commissioner to avoid potential conflicts of interest.

In December 2005, Kristen Walsh visited relatives in the Washington DC area. While there, she decided to play some racquetball and called on an old friend, Shannon Feaster. Shannon asked about the women's tour and information was provided that things were not going well. Shannon mentioned in an offhand remark that perhaps sometime in the future it would be fun to be involved in the leadership of the tour. In discussions of potential candidates, Kristen shared this remark with the council. It turned out that Shannon had business experience and when approached she was agreeable to exploring the possibility of taking the position. Dave, Brenda, and Christie

interviewed Shannon at some length and subsequently offered her the position. On February 6, 2006, Shannon assumed the role of WPRO Commissioner.

Bylaws, rules, host guidelines and other operation procedures were passed from the IRT to the newly created WPRO. A Board of Directors was created that consisted of the commissioner, three players, and other influential members of the racquetball community. The Board is the policy-making body of the organization. Judging by results, sound decisions were made, as the WPRO continues to assume a more influential role in the racquetball community. The women's tour has been stable under Shannon's leadership, and it continues to increase the number of events each season. The WPRO proudly promotes women's racquetball, women's athletics, junior racquetball development, lifelong fitness, breast cancer research, the fight against childhood obesity, drug free athletics, and good sportsmanship and fair play on its professional tour.

The 2009-10 season featured the rivalry between Paola Longoria and the USA's Rhonda Rajsich. Rhonda was off to a great start by winning the opener in Dallas and soon thereafter she won the US Open. Paola then went on a tear, winning the next five Tier I tournaments. The race came down to the last tournament in New Orleans. If Paola and Rhonda both reached the finals, then the winner of the match would be the year-ending #1 player. In spite of the promotion of this possibility, Cheryl Gudinas began to come on strong toward the end of the season. In Pennsylvania, Cheryl defeated Rhonda in the semis. In New Orleans, Cheryl defeated a determined Samantha Salas of Mexico in a tough quarterfinal match, only to top this later in the day with a grueling five-game victory in the semis over Rhonda. Cheryl went on to win the tournament when Paola, up two games to zero, turned her ankle and withdrew shortly thereafter. But with Rhonda's defeat in the semis, Paola had secured the #1 position.

Stay tuned for the 2010-2011 season – it's going to be exciting!

The Top 4

#4 Kerri Wachtel:

My goal for the coming season is to do better than the season right after I had our twin girls. I always seem to play better after giving birth. I want to win some stops and finish in the top 3. Practicing and training are my "me time." My husband and my parents are wonderful for supporting me and caring for our children when I am training or when I am at a tournament. I have peace of



mind knowing that the kids are well cared for and that they are having fun. I love the tour and I love being competitive. When I am at a tournament, the only thing on my mind is to do well in the next match. The only reason that justifies me being away from my family is that I do the best that I can.

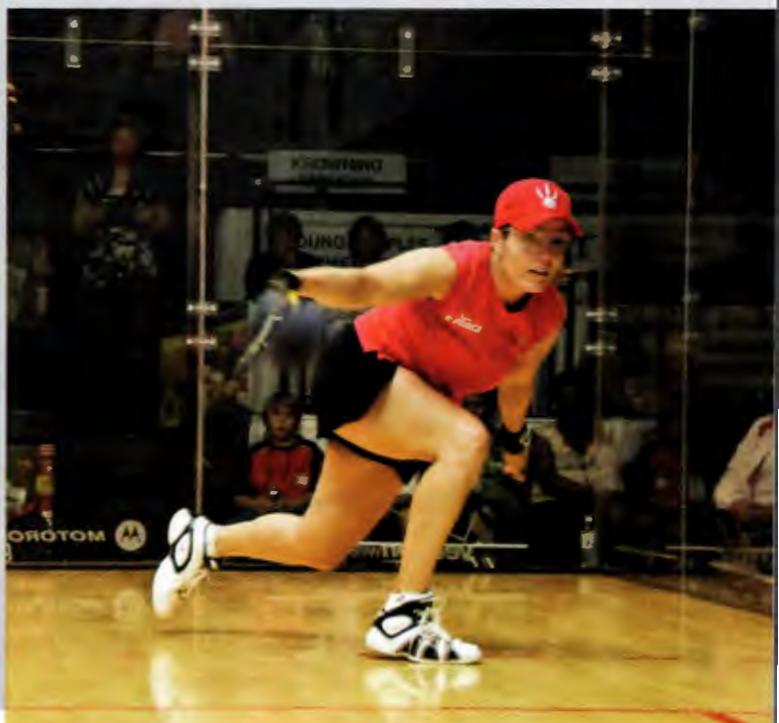
This summer I am taking a Tri-Fit class 3 days/wk. It is perfect for racquetball training. It is six 10 minute segments, each divided up with 4 minutes of intense cardio, 4 minutes of lower body strength training, and 2 minutes

of upper body strength training. I am playing about 4 times a week. On the days I am not playing or taking this class, I do the elliptical machines or run outside. Apart from racquetball and training, my day consists of playing with my kids, driving them around to activities, and hanging out with my family at night. The occasional nights out with Chris and friends are always much appreciated!

#3 Cheryl Gudinas:

During the summer, I'm going to rest throughout June and early July. I want to rest and rehab my knee. I'm not going to rest completely as I'll be swimming, weight training, and anything else I can do without aggravating the knee. I'll begin playing July 11th, and this will give me time to be ready for the World Championships in Korea, August 11-21. I have my sights set on winning a 4th world title which would break the current record. This will not be an easy task but I believe that I have a chance to make it happen.

I love the Chicago area and will never leave it for good. My parents are here and the city offers everything. I love animals, especially my two dogs. For fun, I like to fix things around the house. I also like to play golf, tennis and ping pong. I enjoy an evening out with friends. I work as a physical trainer for Health Trac Sports and



Wellness. What keeps me motivated to play? The latest thing was that I was seeded 5th in Racquetball Magazine's "Draw of the Century." I feel motivated to try to live up to that seeding. Also, I feel good about still being able to win now and then in spite of my age. It gives me a real sense of pride.

My goals for the upcoming professional season include continuing with the same intensity and desire with which I ended the season. I would like to break into the finals more consistently and make a run at ending the season with the #1 ranking. I am also already thinking about next season's USAR Nationals and will be preparing for that as well. I plan to enter the upcoming season in the best shape of my career. Here's a news flash: I'll implement the McDiver when needed so watch out.

#2 Rhonda Rajsich:

(A tribute to Rhonda was written by her personal coach, Jim Winterton.) Rhonda Rajsich is not just another great athlete. She has to be one of the most recognized faces in our sport. A young girl from Ireland emails her and tells her she is writing a paper about women in racquetball and wants to interview her. Racquetball Alaska calls and wants a clinic. Her sponsor calls and wants to do a photo shoot. A contact from Hollywood calls and wants to do lunch. All of these requests receive a resounding,



"Yes, no problem." Her game has been described as "all or nothing," "undisciplined," and "athletic." Yet she has earned three US Open titles, three USA National titles, one World title (she is the defending World Champion), and three year-ending #1 finishes in the professional ranks. Not bad for someone so undisciplined! Rhonda began playing racquetball at the tender age of two. Her father had just begun to play and would leave Rhonda in child care. Rhonda would sneak out of child care and go down to the basketball courts to practice dribbling. When her dad was finished playing, she would go on the court and hit until they went home. Rhonda grew up torn between basketball and racquetball. She chose racquetball. She loves traveling the world and promoting our great sport. She counts winning the World Championship in 2008 in Ireland as one of her most memorable wins. For those who do not know, Rhonda was brutally assaulted outside her home in California in May of that year, and unpredictably her rapid recovery and perseverance kept her in the competition. She will be pursuing once again the year end as the #1 ranked player with the same desire as always.

#1 Paola Longoria:

I'm enjoying the time off from both school and the pro season, and presently, I'm living in San Luis Potosi with my family. I am recuperating from the injury that I suffered in the last tournament of the 2009 – 10 season. Up to this point, my training sessions have been more or less designed so as not to reinjure my ankle. I will be participating in the Caribbean/Central American Games in mid July, so I have now increased the intensity of my work outs. After these games, which take place in Puerto Rico, I will participate in the World Championships which take place in Korea during the last part of August. Unfortunately, I will not be able to play in the WOR Nationals as the dates conflict with the Puerto Rico tournament. After the World Championships, I'll return to Monterrey to continue with the third year of my studies in the field of mechanical engineering administration.

Besides racquetball, I like to play tennis and squash. I also like to be with my family and my girlfriends. I like to go shopping and go out to the discos. I do this once in a while without compromising my training in the few moments of spare time that I have. I'm still in contact with the people from Univision, the Spanish language channel. They have proposed that I return to the program but for the moment my schedule is completely full with all the tournaments and soon with my classes. The idea of being



The Contenders

In Their Own Words: Email interviews produced some interesting reading by the year ending top 8 players:

#5 Adrienne Fisher: What do I do during the off season? I don't usually do a whole lot. The season is

so long and there isn't usually enough time between tournaments to really take a break, so I take at least a month off from anything racquetball or training related. I've spent the last few summers working at the hotel during its busy season. I will start training and practicing again about a month and a half before the season



on television attracts me a lot and hopefully in the future it will work out. I don't have a boyfriend and it seems impossible to have one now because again there is not sufficient time. There are some suitors calling me and some day I'll surprise everyone and have a boyfriend.

The start of the WPRO season will be upon us soon. I will continue with my training right into the pro season. One goal is to continue to maintain my level of play so that I can again finish the season as the number 1 ranked player. Another goal is to win the US Open for the second time. As far as my studies, I am very happy because the university and the teachers support me in every way. I am in the 5th semester of mechanical engineering administration and the truth is that it has been difficult to combine my studies with my game but thank heavens I am almost at the halfway point and I'm happy. In the future I want to work on a master's degree in communications so that I can be prepared if I get the chance to work in the television industry.

starts. This summer, I am moving. I am focusing on finding a job here in Memphis. I am hoping that the time off from playing racquetball will let my elbow and shoulder recover from the strain of last season.

#6 Jo Shattuck: I finished strong in the second half of the 2009-2010 season with several quarter final finishes and then a semi-final finish in Laurel, MD. I plan to keep the subtle changes I've made in my game style, a few technical adjustments to my strokes, and a mental workout plan as well. I'll also continue with the legwork and extensive MuDCAT training that I am doing. In the off-season, I force myself not to swing for 6 weeks, and this break keeps me fresh and hungry. This is difficult because I teach throughout the summer with my business,

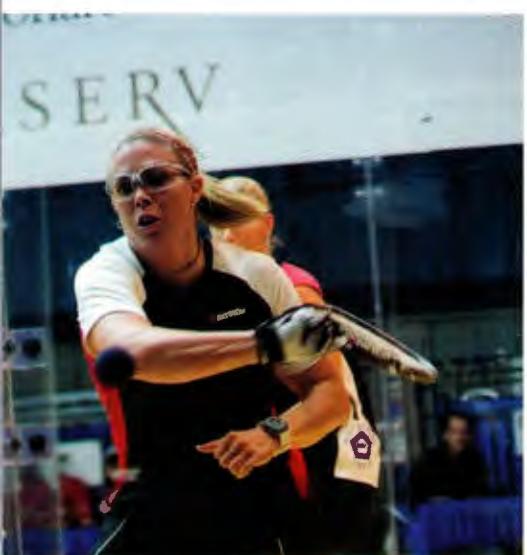


www.racquetballacademy.com. In this stage of my career, my break includes plenty of prehab for my shoulder, hip and back to remain injury free. I'll begin training 6-8 weeks out from our season opener in Dallas. I love the tour and the WPRO. Self challenge is the thing. I've been playing competitively for 22 years. There is always something new to learn, and I challenge myself to continue. I've learned that balance in life is difficult to maintain. I seek to find a "balance within the imbalance." By September of this year, I will have earned an MA in Sport Science. I'm currently studying behavioral neuroscience with hopes to apply it to performance enhancement. I'll be working in a brain imaging lab that studies the processes behind fatigue. I live in Denver and I love it. It's a great city, with young people that are very active and health minded. Here, nature is greatly appreciated.

#7 Keely Franks: My plans for the summer, apart from my work, consist of being outside as much as possible, ideally at the lake or at the pool. I love outdoor racquetball, especially in the Texas Summer Heat. I'll be traveling to Huntington Beach for the 2010 Racquetball Warehouse WOR Championships, which is absolutely one of

my favorite events of the year! I will also continue training hard on and off the court to get ready for the 2010-2011 WPRO season. The season begins at the end of August in Dallas, Texas where my Dad and I will be hosting the event. A large portion of my free time this summer will be spent planning, preparing and raising funds for the event (any help is needed

and greatly appreciated). I am looking forward to an exciting 2010-2011 WPRO Season this year. I love to travel, to compete and to meet new people and racquetball is a great



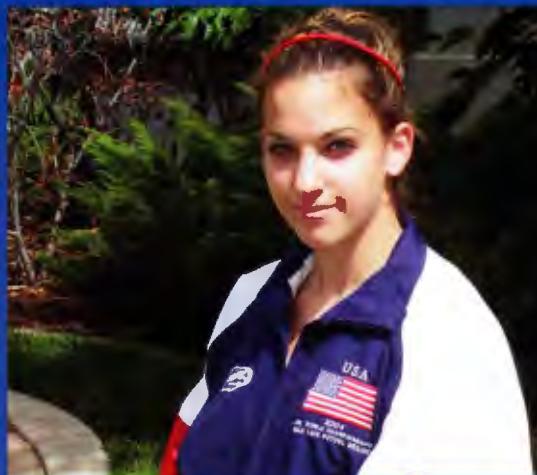
escape from my work, even though I usually have to take work with me. I will continue working hard this summer to improve my game and work on my weaknesses, one at a time until I am perfect haha... Just kidding, but my motto is "Strive for Perfection, Learn from Defeat."

Responding to a question, Keely said, "I would say one thing most people don't know is that I played third base for the University of Texas softball team as a four year starter with a trip to the College World Series my sophomore year and Regional appearances my junior and senior years. Later, I moved to Louisiana to be an assistant softball coach for Northwestern State University, a small Division I school. I returned to University of Texas the following year to pursue my master's degree and that is when I started playing racquetball again after taking a 12 year hiatus from the sport. I love racquetball and look forward to playing it as long as my mind and body let me. I plan on winning the Women's 80+ division in the future.

#8 T.J. Baumbaugh: During the summer, I continue to play some racquetball, but I also enjoy participating in other sports. So far this summer I've played tennis, squash, court tennis and golf. I also like to swim and bike. I spend quite a bit of time in the gym as well, and not just because I work there (I'm a Personal Trainer). I use the summer/off-season to try and improve my strength, so my lifting sessions increase in frequency and in weight. I do mostly functional training and core work, and, as I get closer to the start of the season, I include more speed and agility training as well. I enjoy the summer, especially the weather and being outdoors, but I also look forward to the next season. My goal for this year is to win a quarter-final match.



Up and Comers



Aubrey O'Brien



Michelle Key



Sheryl Lotts



Sharon Jackson

The WPRO has embarked upon fundraising drives on several levels. The goals of raising additional funds are:

1. Raise the amount of prize money awarded at a Tier I event. We want to award an additional \$300 to the top eight finishers and an additional \$200 to finishers 9 – 16. With additional prize money, participation will increase.

2. We need additional funds to support the streaming of our Tier I and Grand Slam tournaments. We have a great show. We want people to see it.

Contribution cards are being distributed in the hopes of finding individuals that would like to support the Women's Pro Tour, even with small amounts. These cards can be found on the web site, www.wpro-tour.com. Please consider a donation to further solidify the effort to promote women's racquetball.

EVENT TITLE	EVENTSTART	EVENTEND	FACILITYNAME
2010 FL STATE DOUBLES	8/20/2010	8/22/2010	SARASOTA BATH & RACQUET CLUB
2010 VA Curt Rettke Memorial Tournament	8/20/2010	8/22/2010	SPORT & HEALTH, CRYSTAL GATEWAY
2010 Camp - Fran Davis FL	8/27/2010	8/29/2010	SARASOTA BATH & RACQUET CLUB
2010 TX WPRO Texas Open	8/27/2010	8/29/2010	LANDMARK FITNESS FACTORY
2010 WOR Tampa Doubles Classic	8/28/2010	8/29/2010	Forbes Recreation Shootout
2010 Rollout Open Series 4	8/28/2010	8/28/2010	THE CLUB AT WOODBRIDGE
2010 LA Summer Jam Doubles Shootout	8/28/2010	8/28/2010	ELMWOOD FITNESS CENTER, HARAHAN
2010 26TH IRF WORLD SENIOR RACQUETBALL CHAMPIONSHIPS	8/31/2010	9/4/2010	MIDTOWN SPORTS & WELLNESS
2010 FLORIDA OPEN	9/3/2010	9/5/2010	SARASOTA BATH & RACQUET CLUB
2010 FL DOUBLES AND COLLEGIATE SHOOTOUT	9/10/2010	9/12/2010	University of Miami
2010 TX Maverick Triple Crown Racquetball Championships	9/11/2010	9/12/2010	MAVERICK ATHLETIC CLUB
2010 FL CELEBRATE THE WOMEN IN YOUR LIFE TOURNAMENT	9/17/2010	9/19/2010	SARASOTA BATH & RACQUET CLUB
2010 WA Fall Kick Off	9/17/2010	9/19/2010	Lynnwood Bally's Total Fitness
2010 NC Fall Classic	9/17/2010	9/19/2010	YMCA - DOWD
2010 WOR 3WALLBALL Championships	9/23/2010	9/26/2010	Stratosphere Hotel
2010 GA Atlanta Open	9/24/10	9/26/10	SOUTHERN ATHLETIC CLUB
2010 OH 1st Annual Free USRA and ORA Membership Tourney	9/24/10	9/26/10	THE HEIGHTS HEALTH & RAC CLUB
2010 FL REGIONAL DOUBLES	10/1/2010	10/3/2010	RICHEY RACQUET
2010 SC Woody Newton Memorial Tournament	10/1/2010	10/3/2010	TRI-CITY LEISURE CENTER
2010 VA 3rd Annual YMCA James River Open	10/1/10	10/3/10	YMCA - LYNCHBURG
2010 WA Auburn VW Open	10/8/2010	10/10/10	BALLY'S TOTAL FITNESS - KENT
2010 TX Texas State Doubles Racquetball Championships	10/8/10	10/10/10	MAVERICK ATHLETIC CLUB
2010 VA Ghostly Gateway	10/15/10	10/17/10	SPORT & HEALTH, CRYSTAL GATEWAY
2010 15TH ANNUAL US OPEN RACQUETBALL CHAMPIONSHIPS	10/20/2010	10/24/2010	Life Time Fitness - Minneapolis Athletic Clu
2010 FL IRT HALLOWEEN CASH	10/29/2010	10/31/2010	TBD
2010 GA GRPA Doubles Shootout 2	11/5/10	11/5/10	ATHLETIC CLUB NORTHEAST
2010 VA The 19th Annual Turkey Shootout Racquetball Classic	11/5/10	11/7/10	RIVERSIDE WELLNESS & FIT CTR
2010 OH State Doubles Championship	11/5/10	11/7/10	THE HEIGHTS HEALTH & RAC CLUB
2010 TX Texas State Seniors Racquetball & Golf Championships	11/13/10	11/13/10	MAVERICK ATHLETIC CLUB
2010 IRF JUNIOR WORLD CHAMPIONSHIPS	11/15/2010	11/20/2010	SPECTRUM CLUB
2010 IL Turkey Shoot Open	11/18/10	11/21/10	GLASS COURT SWIM & FITNESS
2010 NMRA DOUBLES CHAMPIONSHIP	12/2/2010	12/4/2010	Meridian Sports Club
2010 VA Mistletoe Hope Tour	12/3/10	12/5/10	YMCA - Greenbrier North
2010 VA 19th Annual Christmas Classic Women's PROAM Tournament	12/10/10	12/12/10	SPORT & HEALTH, CRYSTAL GATEWAY
2010 GA State Doubles Championship	12/10/10	12/12/10	SOUTHERN ATHLETIC CLUB
2010 TX Maverick Holiday Racquetball Shootout	12/11/10	12/11/10	MAVERICK ATHLETIC CLUB

2010 RACQUETBALL CALENDAR

EVENTPHONE	CITY	STATE	CONTACT NAME		CONTACT EMAIL
321-299-2699	SARASOTA	FL	Jean	Trimble	TRIMBLEW@AOL.COM
703-597-9985	ARLINGTON	VA	Karen	Denu	kdenu318@yahoo.com
	SARASOTA	FL	Fran	Davis	FRAN@FRANDAVISRACQUETBALL.COM
817-235-4528	DALLAS	TX	Mike	Franks	m.franks@teamektelon.com
	Pinellas Park	FL	Victor	Leibofsky	vicheatfan@yahoo.com
908-309-1829	WOODBRIDGE	NJ	Jonathan	Clay	jonathan.m.clay@gmail.com
225-936-4508	HARAHAN	LA	Albert	Schof	RACPRES99@AOL.COM
505-321-1110	ALBUQUERQUE	NM	Gary	Mazaroff	gmampro@aol.com
941-545-5802	SARASOTA	FL	Chad	Bailey	auchad99@hotmail.com
305-606-1756	Coral Gables	FL	Lynne	Olvey	kshotlo@aol.com
817-275-3348	ARLINGTON	TX	Leo	Vasquez	leo@themav.com
603-491-1494	SARASOTA	FL	Kim	Roy	kimberly_roy@hotmail.com
	Lynnwood	WA	Pat	Lew	plewee@earthlink.net
704-716-6114	CHARLOTTE	NC	Shane	Hummell	
	South Las Vegas	NV	Steve	Lerner	steve@classicproracquetball.com
404-317-7992	LILBURN	GA	Will	Costanza	willc@interserv.com
937-284-2753	DAYTON	OH	Sam	Wildofsky	yksfodliw@yahoo.com
603-491-1494	PORT RICHEY	FL	Kim	Roy	kimberly_roy@hotmail.com
803-351-0960	WEST COLUMBIA	SC	Brenda	Kyzer	BRENDA@BRENDAKYZER.COM
434-332-4980	LYNCHBURG	VA	Daniel	Rodriguez	RolloutVA@gmail.com
	KENT	WA	Neal	Heggen	NHEGGEN@YAHOO.COM
817-275-3348	ARLINGTON	TX	Leo	Vasquez	leo@themav.com
703-597-9985	ARLINGTON	VA	Karen	Denu	kdenu318@yahoo.com
719-635-5396	Minneapolis	MN	Heather	Fender	hfender@usra.org
603-491-1494		FL	Kim	Roy	kimberly_roy@hotmail.com
404-317-7992	ATLANTA	GA	Will	Costanza	willc@interserv.com
757-874-0679	NEWPORT NEWS	VA	John	Roberg	heidelberg94@verizon.net
614-890-6073	DAYTON	OH	Doug	Ganim	ganim@earthlink.net
817-275-3348	ARLINGTON	TX	Leo	Vasquez	leo@themav.com
505-321-1110	CANOGA PARK	CA	Gary	Mazaroff	gmampro@aol.com
630-629-3390	LOMBARD	IL	Doug	Halverson	DHHAL@AOL.COM
714-767-4622	FULLERTON	CA	Steve	Cohen	scohen5832@yahoo.com
757-366-9622	Chesapeake	VA	Malia	Bailey	XI2b1@cox.net
703-597-9985	ARLINGTON	VA	Karen	Denu	kdenu318@yahoo.com
404-317-7992	LILBURN	GA	Will	Costanza	willc@interserv.com
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FOR IMMEDIATE RELEASE

Travis Mettenbrink Joins Prince/ Ektelon Team of Indoor Sales Representatives

Prince is proud to announce the addition of Travis Mettenbrink to its team as the newest Indoor Sales Representative. Mettenbrink, will become the second dedicated Indoor Court Sales Representative for Ektelon Racquetball and Prince Squash joining Mike Orr who was appointed as the first indoor rep earlier this year for the territory of California, Nevada and Arizona.

"This sport has given me so much – providing me with a number of meaningful relationships. I am extremely proud to be part of the Prince/Ektelon family – a company that has given so much to the sport, and I will do what I can to give back to the sport I love so much," said Mettenbrink.



Contact:
Aimee Ruiz
609-291-5996
aruiz@princesports.com

BUILDING your RACQUETBALL

Video

Presented by Fran Davis Racquetball
Featuring Sudsy Monchik & Jason Mannino

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- Be deceptive - vary serves to keep your opponent guessing
- Learn to hit the perfect background
- 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 drilling

Camps

Featuring Fran Davis
World Premier Coach/2004 Hall of Fame
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2003 #1 Pro Player and 1999 & 2006 US Open Champion

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NEW...Championship Racquetball Book, for Intermediate and Advanced Players.
Written by Fran Davis and Jason Mannino.
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Release Date: February 2011.
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Camps

For additional information go to www.FranDavisRacquetball.com

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www.FranDavisRacquetball.com
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VHS = \$39.95 plus shipping & handling -180 minutes
DVD = \$49.95 plus shipping & handling -120 minutes

Questions? video@FranDavisRacquetball.com

Camp Schedule

Weekend Racquetball Fantasy Camps

2010	
August 6-8	San Francisco, CA
August 27-29	Sarasota, FL
October 1-3	San Antonio, TX
October 15-17	Atlanta, GA
November 5-7	Chicago, IL

2011	
January 21-23	Los Angeles, CA
January 29-31	Las Vegas, NV
February 4-6	Seattle, WA
March 4-6	Ohio
April 29-May 1	Louisiana

Week Long Racquetball Fantasy Camps

December 2-9, 2010 Aruba
(Caribbean Island...Advanced Camp)
Possible Future Cities...AZ, NM, MD/VA, NewEngland + more
The above dates are subject to the IRT schedule

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

HEAD **Penn** www.FranDavisRacquetball.com

RACQUETBALL CHANGED HIS LIFE

by Mark Cotterman, Vice President of Business Development and Marketing, IRT

Yelandi Rivero was out for a fun day with his kids when everything turned upside down. As first reported by Gary Curreri, a freelancer for the Sun-Sentinel News in West Palm Beach, Florida, Yelandi flipped his ATV and ended up paralyzed from the waist down. His love of the sport gave him the motivation he needed to not only be able to walk, but to reach the top of the outdoor game, recently achieving #1 doubles status in the Open division. I caught up with Yelandi to hear more about his story...

Mark: You were severely injured a while back. Tell me about what happened, and what the doctors gave you as a prognosis.

Yelandi: I remember the date well: February 11, 2005. I decided to go out and spend some time with my family riding our ATVs when I went over on mine and broke my back. The first doctor said I would never walk again. I sought a second opinion, and the specialist said with the right surgery I could get back some feeling, maybe walk with a lot of rehab. So I had the surgery, spent two weeks on a ventilator, and had a lot of time to think things through. Would I walk again? If I did, then what? Could I do the things with my family I used to? Would I be able to play ball again?

Mark: That sounds like it was pretty scary and posed quite a challenge. But you did it. What was your recovery training like? What did you do to get back into fighting shape?

Yelandi: The first thing I did was refuse to sit in a wheelchair the hospital gave me! But more than the physical part, it was mental. Sitting in the wheelchair was an admission of weakness, of giving in to the injury. No way was I going to let that happen! But the hospital did work with me on a lot of rehab exercises, including some that made little sense to me. And over time, with lots of work and concentration, I could walk again.

Mark: Thank goodness for experts being good at what they do. How much of a role did racquetball play in your recovery?

Yelandi: A huge part. I've always loved the game and have played it since I was in my teens. The competitions to me are like a child being told he's going to Disneyland. To see the guys

out hitting as I was rehabbing was really hard, so I decided that was where I was going to be – on the courts again, competing, and winning. So day-by-day I kept pushing myself, and now here I am -- playing at a high level in the game. As I'd said earlier, so much of this was mental, and the love of the sport gave me that mental edge to drive my body and mind to get to the place I needed to be to make a full recovery.

Mark: What are your plans going forward in racquetball?

Yelandi: I want to be at the top of my game and move into playing at the pro level. I can't dedicate as much time as I want due to my work schedule, but every chance I get I'm out practicing. And I'm looking forward to entering as many tournaments as possible.

Mark: Given what you have been through, for all of the racquetball fans out there hearing your story, what would you like to say to them?

Yelandi: Don't ever give up on anything in your life due to a setback. Don't let people tell you "you can't." Be mentally strong, always. Racquetball gave me the focus I needed to do what I'm doing today, and for that I will always be grateful. This sport made a huge difference in my life.

This story has a familiar refrain. Those who know Jason Mannino's story know that his was another dramatic "come from behind" tale. Jason was in a car accident that left him with multiple injuries and broken bones, including his back (in several places). Like Yelandi, doctors were not optimistic. It was months before Jason could walk, let alone pick up a racquet and play. And like Yelandi, Jason's renowned mental toughness took him to new heights, allowing him to not only start to play again, but win many IRT events and secure a #1 professional ranking.

Racquetball gave Mark and Jason their reason to recover. And their mental strength, so crucial to high-level competition, allowed them to capitalize on their mutual goal – playing the great sport of racquetball.



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EKTELON INTRODUCES TWO NEW RACQUETS FOR SUMMER 2010

EXO3 Attack and EXO3 Ignite Feature EXO3 Technology to Suspend String Bed for Largest Sweet Spot and Ultimate Power in Customizable Frames

Ektelon has launched two new frames to its line of performance racquets this summer, the EXO3 Attack and EXO3 Ignite. Both feature the Company's patented and revolutionary EXO3 technology, eliminating conventional grommet holes to literally lengthen the strings to the frame's exterior edges and suspend them to create the largest functional hitting area of any racquets. This results in two frames that provide the largest sweet spot for ultimate power for competitive to recreational racquetball players worldwide.



Both racquets also offer weight and balance customization options with EXO3 Energy Bridges which can provide up to four different swing weight combinations per frame. Both are offered in SSR, SS and SM grip sizes.

Both EXO3 racquet models are now available at retail locations where Ektelon products are sold. For more information about EXO3 technology or the full line of Ektelon products, visit www.ektelon.com.

MISSOURI PREPARES TO NAME INAUGURAL GROUP TO STATE HALL OF FAME

The initiation of a racquetball Hall of Fame in Missouri is long overdue. Arguably, no other state has such a rich and expansive history in racquetball as Missouri. "If you look at the record books from all the major national events, you undoubtedly will find a champion from Missouri. It is extremely appropriate that we begin to acknowledge all these great players," said Shari Coplen, co-founder of the Missouri Hall of Fame.

At one time, six of the top ten pros were from St. Louis. Pro players have included Marty Hogan, Jerry Hilecher, Steve Serot, Ben Koltun, Doug Cohen, the Gross brothers, Josh Tucker, Chris Wright, and outstanding female pro Rita Hoff. The top intercollegiate player of all time, Tim Sweeney, went to school at Southwest Missouri State and won numerous Missouri State

titles. National Open winners include Jerry Zuckerman and the first female winner, Fran Cohen. Missouri also has numerous Junior National and High School National champions, not to mention many age division champions at numerous major events.

The first "class" to be on the ballot for players include Marty Hogan, Jerry Hilecher, Steve Serot, Rita Hoff, Jerry Zuckerman, Fran Cohen, Ben Koltun, Joe Zelzen, Chris Wright and Bruce Erickson. Members of the Missouri State Racquetball Association will vote for five nominees. Inductees will be honored at the State tournament in March. "This is an exciting time for Missouri racquetball," stated Dan Whitley, president of the Missouri Racquetball Association.



MITCH WILLIAMS SIGNS MULTI-YEAR WILSON CONTRACT

Top touring racquetball player Mitch Williams has signed a multi-year contract to continue to endorse Wilson's entire line of racquetball products.

Mitch has been with Wilson for the past three years and in that time he has climbed to #7 in the International Racquetball Tour (IRT) rankings. "I am pleased to continue playing and endorsing Wilson," Williams said. "They have supported me so much in the last three years and I am excited to continue our relationship on the International Racquetball Tour."

Williams recently won two national doubles titles including the 2010 USA Racquetball National Doubles Championships. He qualifies as a member of the U.S. Team and along with his Warlock BLX racquet will travel to Korea in August to compete in the IRF World Championships. "Mitch is a dynamic player with an aggressive style of play," said Terri Graham, U.S. Business Director of Indoor Racquet Sports. "He is always a must-see match at events. We are proud of his accomplishments and look forward to many more championships added to his list of titles."

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UltraKill 17



- Zyex multifilament core increases power and resilience
- Zyex multifilament core prevents tension loss
- Braided surface maximizes control and increases spin
- 17 gauge maximizes durability and string life

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POWER LEVEL:
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SRP- \$300

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per model!



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POWER LEVEL:
3900 - 4000

SRP- \$280

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