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MISSION STATEMENT

USA Racquetball (USAR) is the National Governing Body for the sport of racquetball, recognized by the U.S. Olympic Committee and is committed to excellence and service to our members. We provide opportunities for members and enthusiasts to actively participate in the sport, through sanctioning of events, administration of programs and development of competitive teams.

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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VOTE '07

ELECTION



PABLO FAJRE

THE FINALS



THE FINALS

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By James Hiser, Ph.D.
USAR Executive Director

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THE FUTURE: High School and Collegiate Programs

This is the time of year when High School and Collegiate racquetball programs culminate in National Championship events. The first High School Championship was in 1988 and the first Collegiate National Championship was in 1973.

Can anyone name the winners of these events?

Although both programs have had periods of success, the fact that these programs are still concentrated in isolated pockets across the country illustrates the necessity of continued development in both areas. Most agree that the potential for growth is great in both the high school and collegiate areas. The success of the Oregon and St. Louis high school programs (over 800 players participating in high school leagues) emphasizes the potential in the high school area. The tremendous growth and success of the Eastern Collegiate leagues (over 500 players) also illustrates that collegiate racquetball can be successful. So why aren't there more areas with successful programs?

The simple answer may be that there are not enough energetic dedicated volunteers to drive successful programs. The services of most of

these programs are directly related to individuals who have dedicated enormous amounts of time and money to grow these programs.

The ideal solution would be paid directors in each area whose responsibility would be development. The recipes for success are available and the support from manufacturers and state associations could be there. But without adequate funds, success is dependent upon volunteers.

If you are interested in these areas – get involved!

****Answer**
1988 High School Champions
Jim Floyd (MI), Holly Gray (VA)
1973 Collegiate Champion
Jerry Hilecher (MSU)

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Give the Gift of the Future!

At USA Racquetball, we're excited about the future of our sport and working hard to let people know how critical building an endowment is to upcoming generations of racquetball players and the legacy of our sport's founders and pioneers. We have kicked off our President's Advisory Council and want to help you (our core constituency, the players) understand how you can help in this key initiative. In fact, there is some good news from the folks in Washington that actually makes it financially beneficial for many people to consider a gift to USA Racquetball. Let's look at two scenarios:

a. Stan and Sue own stock worth \$10,000 that they purchased five years ago for \$2,000. If they sold the stock, they would realize a taxable gain of \$8,000, which would generate a capital gains tax of \$1,200 at their 15% rate. However, they are both avid racquetball players and have been considering a gift to USA Racquetball. They realize, in consulting with their tax advisor, that the best way to make this gift would be through using their stock.

Why would someone do this? Well, it benefits people who MUST take a distribution (by law) but who do not require the current income. It also benefits individuals who do not itemize but make a gift less than the standard deduction (\$12,600 for married couples; \$6,400 for individuals). By making the gift directly from an IRA, they reduce their gross income.

Of course we're not financial advisors at USAR, and we encourage everyone to discuss gifts and



By Geoff Peters
VP, USA Racquetball

"...BECAUSE USA RACQUETBALL IS TAX-EXEMPT, IT CAN SELL THE STOCK WITHOUT HAVING TO PAY ANY TAX ON THE APPRECIATION."

In their 28% tax bracket, a gift of \$10,000 will save them \$2,800 in income taxes. By giving the stock (rather than cash) directly to USA Racquetball, they avoid the capital gains tax entirely. And, because USA Racquetball is tax-exempt, it can sell the stock without having to pay any tax on the appreciation.

b. The second scenario is for players who are retired and charitable-minded. Congress enacted legislation last year as part of the Pension Protection Act of 2006 (PPA 2006) that allows individuals to make gifts directly from their IRAs and exclude the amount of the gifts from gross income. To qualify, the donor must: 1) be 70 ½ or older, 2) transfer funds directly from the IRA to the charity, 3) not exceed \$100,000 per year, and 4) designate it as an outright gift. This opportunity is only good in 2006 and 2007.

bequests with their attorney or tax advisor to ensure individual circumstances are taken under consideration.

We have also had a number of players contact us recently about having USA Racquetball mentioned (sometimes prominently) in their estates and we would like to encourage everyone to consider this in the future. For more information about giving a gift, or making a bequest to USA Racquetball, please contact Geoff Peters at petersgeoff@hotmail.com (for gifts), Jim Hiser at jhiser@usra.org (for any questions), or Tom Curran at tom1947@aol.com (for bequests).

Here's to many happy years of racquetball – for you and for future generations.

— Geoff Peters/VP, USA Racquetball



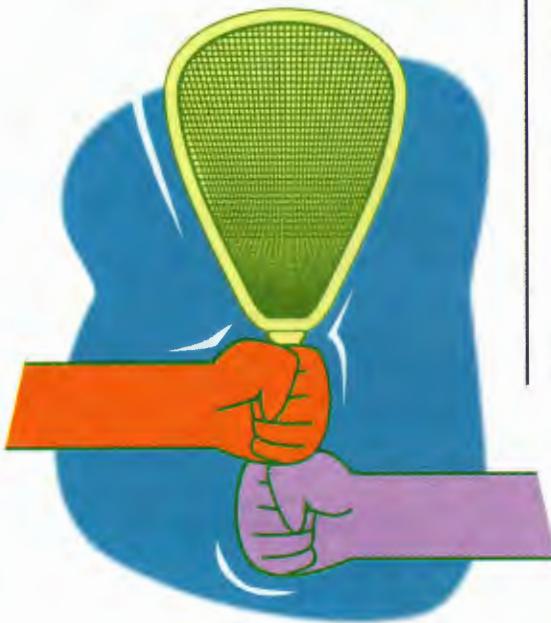
By Randy Stafford
President, USAR Board
of Directors

Sign up a New Member Contest

Any current member who sponsors a new member will have his/her name listed in Racquetball Magazine and qualify for a drawing to be held May 1st for a free entry and airfare to the 2007 National Singles Racquetball Championships.

To qualify, send the membership application and information to USA Racquetball. USA Racquetball will send the new member a letter indicating that they have been sponsored by the indicated person, welcoming them to the organization and also explaining the various benefits now available to them. There is no limit to the number of players you can sponsor. Every sponsorship qualifies as a separate entry in the drawing. New members signed up at or for events do not qualify. Also renewals do not qualify.

Sponsored New Member	Individual Who Sponsored
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Sponsor Night at SPORTIME

The 2006 New York City Pro Am

Sportime RC - Syosset NY
January 18-21, 2007

The IRT was back in full action in Long Island at the great facility known as SPORTIME of Syosset. The famous "fishbowl" court has seen the likes of all the great IRT professionals over the years. One of the few privately-owned clubs in the area that supports the racquetball community, SPORTIME is the home to Event Director Tom Keogh and serves over 300 league players. The events here are first class and definitely one of the most highly-attended events of the IRT season.

The pro qualifying round went off on Thursday night with some great matches. Syracuse native Tim Kirch watched intently as his 15-year-old son Brad lost his match to Ben Croft. Tim won a five-game battle against Jordan Walters. Event Director Tom Keogh gave it his all against Alejandro Herrera, losing in three. Joe Palazzo won a barn burner against Japan's Michimune Kono in five games. Michimune is currently attending college in Stockton and training under the guidance of former IRT professional John Ellis. Canada's top junior player Ryan Smith took out Boston's Rich Sledzik. Rich has the game to play on the IRT and will hopefully make a few more events this season. At 18, he has a bright future on the IRT, as does Ryan. Local Mitch "Charisma Red" Posner did not have enough red to push Andy Hawthorne; he went down in three. Japan's Best, Hiroshi Shimizu, took out Jose Flores in four games and IRT Board of Director Eric Muller gave Sudsy a run for his money but eventually bowed out in three games. Eric is a former semifinalist at the US OPEN. Sudsy looked healthy and ready to play.

Round of Sixteen

All the seeds advanced into the quarterfinals; a few of the matches were battles. Jason Thoerner squeezed out a tough victory over Andy Hawthorne in four hard-



Title Sponsor: Joe Secreti and Jason Thoerner

ACKNOWLEDGEMENTS

Thanks to Tom Keogh for putting together this event and for his continued support of the IRT. Tom assembled the largest event of the IRT season and commands tremendous respect from the Northeast racquetball community. Also thanks to his great staff that kept things running like clockwork all weekend. This event had over 250 amateurs and never ran behind. Brian, Rick, Sabeita and Paula, thank you!

Once again, thanks to all the financial supporters of the event and to Joe Secreti and Cactus Salons for becoming the title sponsor this year.

The IRT would also like to extend its thanks to Len Silversmith, Doug Walsh, and Rob Cerrito for their continued support of the NYC Pro Am.

The SPORTIME of Syosset is a great club -- thanks to the staff and Club Director Bonnie for all your help. We look forward to coming back for the 2008 New York City Pro Am next year!

fought games, 9,10, (10), 9 and moved on to meet Jack Huczak. Jason and Andy bring out the best in each other every time they play and this was no exception. Mitch Williams avenged an earlier loss to Sudsy Monchik in Kentucky this year by winning a five-game match, 6, 9, (6), (4), 9, to move on to face Alvaro Beltran. Mitch had a commanding two-game lead only to see Monchik find the needed inspiration from the hometown crowd and come back to win the next two. The tiebreaker was a duel as each player fought for a run. Mitch eventually finished the match, much to the crowd's dismay. Monchik had been nursing a back injury since Memphis and missed the Orange County event. Jason Mannino advanced, taking out local Joe Palazzo in three games. Ben Croft continued his great play, taking Shane Vanderson to five games. Vanderson buckled down in the last two games and took the match, (9), (8), 11, 6, 7. Vanderson had been battling a flu bug since the start of the

New Year but it didn't seem to bother him in this one. Croft had opportunities to close out game three, but Shane's backhand was too much. Rocky Carson advanced after defeating Canada's junior national champion Ryan Smith in three fairly close games 7, 8, 8. Chris Crowther gave Alejandro Herrera fits on the championship court to take the match in four, 0, 5, (11), 2. Herrera has yet to win the big match but continues to battle at each event. No lack of heart with Alejandro. Hiroshi Shimizu from Japan took on Mexico's Alvaro Beltran and played well in a three-game loss, 8, 3, 9. Credit has to go to Shimizu with the extensive travel schedule he endures to come to the States and compete with the best. Number one Jack Huczak put an end to Tim Kirch's winning streak, taking him out in three, 1, 5, 4.

Quarterfinals

Jason Mannino vs. Shane Vanderson

The first match of the evening was a seesaw battle in the first two games. Mannino controlled the first, not missing a shot and then in the second Vanderson turned it up a notch. "Vandy" gave it his all in the next two but it wasn't enough as Mannino moved on to the semifinals, taking the match, 3, (4), 5, 4.

Jack Huczak vs. Jason Thoerner

Jason Thoerner seems to give Jack Huczak fits every time they play, but it was all Huczak this weekend. The tough court here in Long Island was not a factor in this match -- Jack made very few unforced errors and Jason never really got going. Huczak moved on the semi-final, 1, 5, 4.

Rocky Carson vs. Chris Crowther

These two southern California players have battled many times in their careers. Crowther has been playing some great ball as of late and taking full advantage of his position in the draw. Chris has learned to



Jason Mannino, Tom Keogh and Alvaro Beltran



control his emotions on the court and it is bringing out some tremendous racquetball from this six-foot-six power player. Rocky, however, had all the answers for Crowther's power game and moved on, winning the match, 3, 5, 2.

Alvaro Beltran vs. Mitch Williams

The last match of the evening was the most exciting as Mitch Williams got set to dual Alvaro Beltran. Williams, fresh off a five-game win against veteran Sudsy Monchik in the round of sixteen, looked ready as he dominated Beltran in the first two games, delivering a bagel in the second to Beltran after a tough first game. Experience would come to play in this match as Beltran regrouped and stuck with his game plan, winning the next three games in typical Beltran fashion - hitting the pinch when he needed it. Beltran moved on to meet Jack Huczek on Saturday, advancing in five games, (9), (0), 6, 3, 5. The fans definitely saw the coming of Mitch Williams this weekend

Long Island; this was a battle from the start. Beltran has always played well here at SPORTIME and so has Huczek. The first game saw Beltran take an early lead only to have Huczek hang in and take game one, 11-9. Beltran continued his control of center court in the second and held off any thought of Jack coming back as he did in the first, winning 11-6. In the third, Jack dominated the front court to take the third, 11-4. In the fourth game, both players did not miss and traded serves many times without scoring. Huczek took the fourth, 11-9. The excitement rose to another level as the fifth game got ready to begin. Huczek has rarely failed to win a five-game match because of his fitness level and Beltran has had very little success in the tough five-gamers. The fifth started off very close with both players hitting some big shots. However, some rare unforced errors in the front court caused Huczek to give Beltran some easy points and Beltran took full advantage, winning game five, 11-6, and pulling off the upset of the tournament. Alvaro went on to meet Jason Mannino in the Sunday final!

The 2007 One Shot Orange County Open

Los Caballeros R.C. Fountain Valley, CA
January 11-14 2007
By Dave Negrete

Fountain Valley, CA - Los Caballeros Sports and Racquet Club was host to the One Shot Orange County Open in Southern California. The club is a beautiful complex offering everything from tennis to gymnastics as well as 14 racquetball courts.

This event showcased the largest amateur draw that Southern California has seen in recent years. The men's pro draw also was quite large and had some great locals battling on Thursday afternoon and throughout the evening. The main IRT draw was lacking Cliff Swain who recently started a new business venture: his restaurant/bar Lucky's @ 951 in Naples, Florida. This is Cliff's last full-time year on the IRT. Also missing was Sudsy Monchik, still nursing a back injury suffered at the US OPEN.

Qualifying rounds began at 3:00 p.m. Event Director and One Shot proprietor Son Nguyen played his heart out, losing a tough battle to Terry Durham. Terry's brother, Tom, played in a later round and moved on.

These two young players from Fresno are very talented. Former tour standout Greg Thomas was back to see how much things have changed in five years and played well, losing to Ruben Gonzalez. Another

THE FINALS

It was Jason Mannino vs. Alvaro Beltran in this Sunday Final. Mannino had his eye on his second NYC title and Beltran sought to capture his first IRT title the same way Mike

Guidry did a few years ago here at SPORTIME. As the large New York crowd took their seats for this match, you could see intensity in both players' eyes. A win for Mannino would inch him closer to Huczek for the year-end number one spot and a win for Beltran would take the monkey off his back. This turned out to be one of the best finals in recent IRT history - a five-game war. Beltran came out smoking the first game but Mannino stayed within himself and battled to an 11-9 game one win. Game two was the longest game in IRT finals history and saw Beltran come out two points short, 16-14. Mannino gave it everything he had in game

two, knowing that it could well be a turning point in winning the title. Just when the crowd thought Mannino was in control, Beltran found a little extra and took game three, 11-8. When both the crowd and his peers thought he had nothing left, Alvaro came out hot as a pistol, taking game four, 11-3, and forcing game five! Mannino would now have to regroup and find a way to cool Beltran down. He did just that and took a commanding lead in the fifth. Although Beltran did make a late comeback, this day was Mannino's and he held on for his second NYC Pro Am title, taking the match 11-8.



NYC Pro/Am Sponsor Doubles

as he played his best ball of his young career.

Semifinals

A rematch of the semi's the week before in California between Jason Mannino and Rocky Carson would be the first match on Saturday evening in front of a full house at SPORTIME. Both players looked ready to play but all the games would be very low scoring as Rocky struggled to find his game. Jason did a great job of keeping Carson out of the service box and stuck with his game plan from the start. Although Rocky did win game two, Mannino was the dominant player in this one, winning the match, 3, (4), 5, 5, and moving on to his third final in a row.

The second match would pit Mexico's best against the USA's best: Alvaro Beltran vs. Jack Huczek. They did not let down the fans here in



Event Director: Son Nguyen and Jack Huczek

tough player from Northern California, Jason Samora, made his mark in the qualifying draw, winning two tough matches before being taken out by Ben Croft. Tucson transplant Tom Fuhrmann also played some great ball in the early rounds before losing to

IRT INTERNATIONAL RACQUETBALL TOUR

early rounds before losing to Juan Herrera in four. The Herrera brothers, Juan and Andres, moved into the main draw and Alejandro (no relation) made it a Herrera trifecta as Colombia's best continued to play some good hard-nosed racquetball. John Ellis's last appearance here was a pro national title in 2002 and he continued his winning ways here, taking out Willie Tilton in a tough five-gamer to move on to the main draw. Japan's Hiroshi Shimizu played well as did Andy Hawthorne who ran into a tough Midwest player, John Goth. University of Colorado-Pueblo star Ben Croft moved on, taking out Jason Samora. All in all, it was a great first night of racquetball here in Orange County.

The Round of Sixteen

The round went off without much a hitch as all top seeds advanced in three straight games with the exception of the Thoerner-Shimizu match, which ended in four. Ruben Gonzalez continued to entertain racquetball fans, hitting some great shots in his loss to Alvaro Beltran. Alvaro had some significant fan support here in OC as did Rocky Carson and Jason Mannino, all California residents. Jack Huczak looked sharp in his first round as he took out John Ellis in three. The amateur side of the draw with well over 200 players kicked off at 2:00 p.m.

The Quarterfinals

The first match of the night featured 2006 US OPEN champion Jason Mannino vs. Chris Crowther. The rust showed in the first game as both players had some unusual unforced errors; Mannino outlasted Crowther in the first, 11-6. Crowther caught fire in game two and did not miss a shot, killing everything Jason hit at him, winning 11-3. Mannino though, used his experience and did not let that affect his game plan as he stayed on course and Chris eventually cooled down. Mannino moved into the semi's, winning the last two games, 11-9 and 11-7.

The second match of the evening in front of a packed house showcased number one Jack Huczak against Shane Vanderson. Shane played the best he could, battling a flu bug, but just did not have it in this match. Jack would not let up and pushed Shane to the limit, taking the victory in three straight, 3, 4, 4. Jack advanced to meet the winner of the Beltran/Thoerner match.

Match number three saw local favorite Rocky Carson facing off against Mitch Williams. Rocky took full advantage of the large fan base and the home court cracks as he played some great ball, taking out Mitch in three straight. Rocky was sporting his new "colors" in full Ektelon gear. Ektelon's Scott Winters and Andy Roberts were in attendance to watch Rocky's debut for Ektelon. Mitch still continues to show improvement each time he steps on the court

and will be a true force on the IRT in the near future.

The last match of the evening had another crowd favorite, Alvaro Beltran, ready to bang it with Jason Thoerner. Jason struggled the first half of the season and in his round of sixteen match earlier in the day against Japan's Hiroshi Shimizu. Beltran, on the other hand, played some great ball in the first half. Most predicted a three-game win in Beltran's favor, but Thoerner came out and played some inspired ball. Taking full advantage of any Beltran miscue, Jason pulled off the upset in three straight close games 9, 9, and 9, to move into his first semi-final of the season.

The Semifinals

The house was full and fans were turned away from the sold-out stands for the first match of the afternoon, Jason Mannino vs. Rocky Carson. Jason looked focused as he pursued his quest for the year-end number one ranking and Rocky looked ready for battle with his family and new sponsor in attendance. Today, however would be all Mannino. Jason played some flawless ball and his backhand was right on. Rocky struggled to find a rhythm but never did. It was Mannino, sporting his new One Shot clothing, 4, 9, 5.

Match number two featured #1 Jack Huczak (celebrating his 24th birthday) and an upset-minded Jason Thoerner. Thoerner has pushed Huczak in the past and planned to again today. Jack kept the pressure on Thoerner, moving him around the court and forcing him to hit the big shots, which he did very well. In game two, however, and the rest of the match, it was Jack hitting the big shots. Huczak was too much in the end as he enjoyed a hard-earned birthday gift with a win 5, (7), 2, 8.

The Finals

A rematch of the US OPEN semifinal match the fans were still talking about took place on Sunday. After the presentation of the colors by the U.S. Coast Guard, these two players went to battle. Jason came out smoking in the first game, making no errors and capitalizing on any set-up Jack hit. Jack stayed within himself and kept grinding away. Keeping the pressure on Jason the next three games (to see if Jason could keep up the near flawless racquetball that he was playing) seemed to be Jack's strategy. Jack kept his focused and eventually emerged the victor in his fifth IRT win in six events this season. Jack avenged his loss to Mannino at the US OPEN with a four game win (3), 4, 8, 7. The capacity crowd was treated to some fantastic racquetball on Sunday and let the players know it with a long standing ovation upon completion of the match.

ACKNOWLEDGEMENTS

Hats off to the great event staff: Deby Pierce, Ryan Schnieder, Greg Solis, Craig Lane and event director Son Nguyen. They ran a great tourney and all the players and fans enjoyed a great weekend of racquetball, food and fun.

Thanks to Rob Hoff for helping out with the sponsorship of the Outdoor event, pitting the IRT players against the WOR players. The IRT did not fare well but had a great time outside in the California sun playing ball.

Big kudos to Orlando Mayo and his wife Lisa for bringing the professional aspect of sound and music to the OC Open. Orlando made the tournament a true "sporting event."

Special thanks to Mike Martinez at Pro Kennex for helping get Los Cab on board, bringing the IRT here and donating prizes for all the winners. Thanks for your support of the game.

Thank you to Ektelon's Scott Winters and Andy Roberts for sponsoring the Saturday party and for their continued support of the IRT and its players.

Son Nguyen, your dedication to the sport, both indoors and out, is tough to match. The IRT appreciates all you do for its players as a well as the sport. It was a pleasure working with you and your racquetball family in Orange County.

What a great club to host an event at - Los Cab!! Thanks to General Manager Mike Kane for letting us come in and take over for a weekend. The club is a great one and we look forward to coming back next year.

A few former pro's stopped by over the weekend and looked great and in shape: Dave Johnson, Tim Doyle, and Andy and David Gross.

Big thanks to Peggine Tellez for lending support from the CRA.

Lastly, thanks to all those who helped out with financial support of the event. Your support is what keeps the ball rolling!



Orange County Crowd



By Fran Davis

Q

Fran, how important is it to have a training schedule?

Answer: A training schedule is a must if you want to be successful on the court. It will keep you on track, keep you focused and help you achieve the goals you have set for yourself. If you don't have a training schedule, you will probably train inconsistently, get off track and be distracted easily.

Look at the top professionals in this sport today, athletes like Jason Mannino, Jack Huczek, Cliff Swain, Rocky Carson, Christie Van

Hees, and Rhonda Rajsich: they all have a training schedule they've used to achieve their top rankings. Jason and Christie became the 2006 US Open Champions not by staying home and relaxing, but by training diligently so they could perform at their best both physically and mentally.

Let's take a look at a sample 2 month training schedule...

SAMPLE TRAINING SCHEDULE

STEP 1: 6-8 WEEKS OUT

- 1 - Start with an aerobic conditioning program of running, biking, Stairmaster, etc., for 20-30 minutes and build up to 30-45 minutes, 3-4 times per week
- 2 - Begin weight training with gradual weights, building up to heavier weights/lower reps to build power and strength, 2-3 times per week
- 3 - Begin practicing on the court by yourself (no playing yet!), 2-3 times per week
- 4 - Begin reading a mental toughness book such as, "Mental Toughness Training for Sports" by James Loehr, or another one of your choice
- 5 - Begin visualizing 10-15 minutes, 2-3 times per week

STEP 2: 4-6 WEEKS OUT

- 1 - Continue the aerobic conditioning program 3 times per week (30-45 minutes) and once a week for 15 minutes add an anaerobic conditioning activity like court sprints, hill work, or 10-yard dashes
- 2 - Continue weight training 2-3 times per week
- 3 - Continue practicing by yourself, but add some movement and service drills, plus add in playing with someone once per week, one level below you so you can work on your game without feeling pressured
- 4 - Continue reading mental toughness materials
- 5 - Continue visualizing 20-30 minutes, 4-5 times per week

The above sample of a 2-month training schedule is a guideline you can use to get started. Feel free to adjust it to you, your lifestyle, your fitness level and your commitment to your goals. I think you will experience positive results once you adopt some sort of training schedule and get used to having a routine. Human beings are creatures of habit and thrive on routine. Training schedules allow you to have a routine and obtain very successful results as a result.

Remember, everyone is at a different fitness level. It varies from individual to individual, so I urge you to pace yourself. I recommend

STEP 3: 2-4 WEEKS OUT

- 1 - Continue aerobic conditioning 2 times per week up to 30 minutes and 1-2 times per week anaerobic conditioning 15-20 minutes
- 2 - Continue weight training 2-3 times per week with a little lower weight and a few more reps to begin your maintenance program
- 3 - Continue practicing by yourself 1-2 times per week and play someone a level below you and also someone equal to you so you can put your skills to the test
- 4 - Continue reading mental toughness materials
- 5 - Continue visualizing 30-45 minutes, 5-6 times per week

STEP 4: 0-2 WEEKS OUT

- 1 - Continue the aerobic conditioning 1-2 times per week for 20-30 minutes and 2 times per week anaerobic conditioning for 20 minutes
- 2 - Continue weight training 1-2 times per week on lower weights and lower reps to be in complete maintenance mode
- 3 - Continue practicing by yourself once per week and add playing 2-3 times per week, one level below you, one level equal to you and one level above you to push you a little bit and get you good and ready for the season
- 4 - Continue reading mental toughness materials
- 5 - Begin visualizing 45-60 minutes 6-7X per week

you consult your doctor before engaging in any type of training program whether moderate or extensive. I also recommend that you consult a fitness expert before going into an extensive conditioning program.

Hope to see you at one of my camps for live personal instruction on this topic and many others. The next best thing is to buy my video if you can't make a camp this year!

Please go to www.FranDavisRacquetball.com for details on both.

2009 USA Racquetball ELECTION AND THE CANDIDATES ARE...



**TOM
CURRAN**

TOM CURRAN
CINCINNATI, OHIO
Tom1947@aol.com

Over the past two years, it has been both a pleasure and an honor to serve as an appointed member of the USAR Board. It has been a challenging time for the USAR and I am proud to have been involved in helping the organization survive and succeed. I want to continue my service and contributions

to the Board to ensure it maintains the current focus on financial stability and service to the membership.

During my tenure on the board I have been an active member of the Fundraising, Membership, and Technology Committees and Chair the Legislative Committee. My efforts are evident by the positive changes in the financial health and services of the USAR.

Over the past thirty-five years, racquetball has been both my sport and my social life. Like many of you, I am passionate about our sport and the USAR and want to see both grow and flourish for generations to come. I am thankful that I have reached a point in my life where I can devote even more time to this goal. I am asking for your support by way of your vote.



GEOFF PETERS
CHICAGO, ILLINOIS
petersgeoff@hotmail.com



It seems as if the past three years have flown by since I last ran for a seat on the USA Racquetball Board of Directors.

In 2004 when I rejoined the Board of USA Racquetball, our Association was near collapse. With a lot of hard work and tough decisions, we can confidently say that racquetball is looking to the future. We have a focused staff and have reviewed all programs to ensure they directly impact our mission to promote competitive racquetball.

When required to spend money, we ensure that the expenditures will have the greatest possible impact on our sport's membership.

However, we are not home free. Our sport requires an endowment like that of squash, tennis or handball to ensure that racquetball thrives for future generations. We need to grow our player base with exposure through vehicles like The Tennis

Channel and additional Grand Slam Events. We have great relationships with the manufacturers and Pro Tours, but we must find funding beyond our traditional constituencies.

I'd like to be a part of guaranteeing the future of USA Racquetball and our sport. As your Vice President, I am committed to ensuring that we have the resources to manage and promote racquetball.



**GEOFF
PETERS**

Board ONS



ED REMEN
APEX, NORTH CAROLINA
ed_remen@ncsu.edu



member of the Racquetball Hall of Fame (1991) and a Physical Education Teacher, presently at North Carolina State University.

I have been competing against and meeting so many great people and racquetball players over the years. I have a good understanding for what our members would like from their national association.

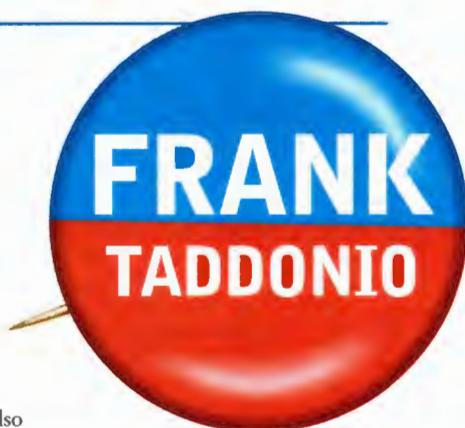
I feel that all of these experiences along with my great passion for our sport qualify me to be a productive board member that will help us stay on our mission and lead us in fulfilling our vision for this great sport.



**FRANK
TADDONIO**
GILBERT, ARIZONA
franktaddonio@cox.net

I strongly desire to rejoin the USA Racquetball Board of Directors to capitalize on the experience I have gained from prior service on the Board. I served as Military Representative to the USAR for two years and also served as interim Secretary for the USAR Board of Directors and as President for one year. I want to continue fostering initiatives and work on existing projects to improve our sport. I've been playing for over twenty-five years, continuously striving to keep pace with ongoing developments. A great deal of progress has been achieved over the last several years in many aspects of the sport and our organization. I desire to be a part of continuing significant improvements and making them happen. I want to be in a position to help with future developments in racquetball at all levels and I'll continue to work diligently to improve as many aspects of our sport as possible.

I also served on State Boards in two different states in addition to the experience indicated above. I completed a 31-year career in the United States Army serving in a variety of command, staff and management positions. A majority of that experience was in the field of strategic planning, operations and training. Since my retirement, I worked in Afghanistan as a Strategic Planner to the Ministry of Defense. Currently, I am a Strategic Planner for the Ministry of Interior in Baghdad, Iraq. I plan to return in March 2007.



DOWN & READY

POSITION

By Sudsy Monchik

March/April 2007

In the last two issues, I covered my magical "Power Forehand and Backhand" which have been very important factors in making me fundamentally sound...and if they make me fundamentally sound, I know they will help you, too.

For this issue, I want move to another aspect that also has made me (and will make you) fundamentally sound and that is my magical "Down and Ready" position. You hear people talk about being "down and ready," but most players are not -- they are too relaxed and standing erect.

Let's define being Down and Ready -- it is exactly that: being down and ready, waiting for your opponent to hit their shot. The game is so fast that anytime wasted getting to the ball can cost you, big time. Being down and ready could be the difference between you consistently getting to the ball with "time" to hit the shot you want vs. getting to the ball a split second "too late" and missing the shot you want to hit -- it clips the side wall and sets your opponent up.

Too often I see players in an upright position and NOT down and ready. If you look at me and the top professionals like Jason, Jack, Cliff, Christie and Rhonda, you will see us Down and Ready -- ready to move to the shot as soon as the ball leaves our opponent's racquet.

Consider: If you are standing up and your opponent hits the ball, you first have to get down and ready, then you can pivot, push off, take a crossover step and move to the ball.

If you are in the down and ready position when your opponent is hitting the ball, all you have to do is pivot, push off, take a crossover step and you are moving to the ball.

Let's take a closer look at me doing it incorrectly, then correctly -- compare the two and see the difference:



1a

1a Incorrect Standing Up

- Legs are shoulder width apart
- Knees are NOT bent, but straight
- NOT bent at the waist at all
- Racquet is down
- Eyes are on the ball
- NOT ready to move, looks like you are waiting at a bus stop



1b

1b Down and Ready

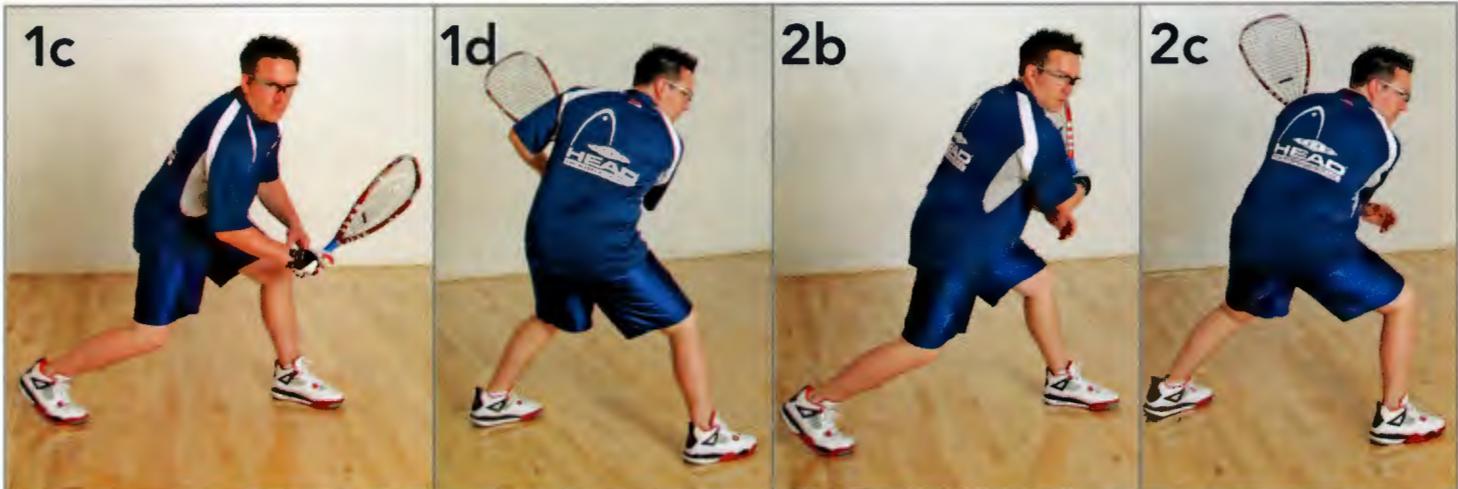
- Legs spread a little wider than shoulder width apart.
- Knees bent
- Bent slightly at the waist
- Racquet up and ready to go forehand or backhand
- Eyes on the ball

1c Pivot

- Pivot your foot on the side that the ball is going to. This opens the hips so you can move in that direction.

1d Push Off & Crossover

- Push off with the opposite foot
- Crossover the pivoted foot with a big step



2a



2a **Correct**

- Legs spread a little wider than shoulder width apart
- Knees bent
- Bent slightly at the waist
- Racquet up and ready to go forehand or backhand
- Eyes on the ball
- Ready to move

2b **Correct**

- Pivot your foot on the side the ball is going to. This opens the hips so you can move in that direction.

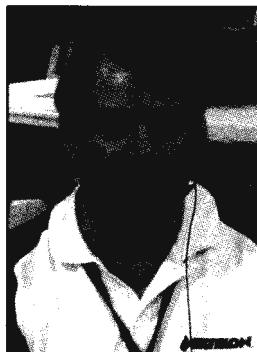
2c **Correct**

- Push off with the opposite foot
- Cross over the pivoted foot with a big step

I think you can clearly see from these pictures that if you are "Down and Ready" you will react more quickly to the ball since it is only two more steps to get to the ball...pivot, push off and crossover. If you are "Standing Up" there are three more steps to get to the ball...you have to get down and ready before you can pivot and then push off and crossover.

No matter what level you play, being "Down and Ready" on the return of serve as well as during a rally will cut your reaction time to the ball by one step...a HUGE savings when that ball is traveling 100+ mph. Be "Down and Ready" and I promise you will hit the ball with more accuracy, more consistency and with more power...like I do...because you have more time to get there.

I invite you to attend one of the camps with Fran Davis to learn this first hand or in the meantime pick up one of our videos, "Building Your Racquetball Dream House" with Fran, Jason and myself where we cover this in depth. Go to www.FranDavisRacquetball.com for details on both.



By Otto Dietrich
USA Racquetball
National Rules
Commissioner

“... let your opinion be known!”

The Board of Directors has authorized the National Rules Committee to proceed with five proposed rule changes. The next step in this process is to announce the proposals to the general membership and then tally the membership's votes both "for" and "against". While these voting results are NOT binding, your votes and any related comments will certainly be taken into account when the Board votes in May whether to put these proposals into effect on September 1st, 2007. So, please let your opinion be known! Here are the five proposed changes:

- 1** Add this new rule: "Once all players in a match have been informed what court they will be playing on, singles players are allowed 5 minutes of on-court warm-up time and these warm-up times run concurrently. For doubles, each team is allowed 5 minutes for on-court warm-up and while these times do not run concurrently, both team's warm-ups must be completed generally within a 10-minute period that starts when the first team begins its warm-up. In the event that the players/teams are assigned to the court early and more time than the 5 or 10 minutes allowed for warm-ups remain until the scheduled match starting time, then the additional warm-up time may be shared equally as long as the match starts no later than the scheduled time."
- 2** Clarify Rule 3.15(c) by adding the words "that comes into play" at the end of it so it would read: "Moves into a position which blocks the opponent from getting to, or returning, the ball; or in doubles, the offensive player who is not returning the ball hinders or impedes either defensive player's ability to move into a position to cover the pending shot that comes into play."
- 3** Amplify Rule 3.11(a) 1 by adding this sentence at the end: "If the receiver steps on the dashed receiving line with either foot (with any part of the foot contacting the line), a point shall be called for the server."
- 4** Revise Rule 2.4(c) by adding these provisions: "The penalty for playing with an otherwise legal racquet with a grip extending beyond the 22-inch limit if noted during the course of a game shall be a technical foul and a timeout to correct the problem. Subsequent violations will result in the loss of the game in process. If the challenged racquet is found to be within the 22-inch limit, then a timeout will be charged to the player who made the challenge."
- 5** Add this provision to Rule 3.9(j): "In one serve play, if a serve is made while the receiver is not ready as described in Rule 3.5(b), the server will be allowed one more opportunity to hit a legal serve."

While space constraints prevent further elaboration, I have posted fuller explanations in a "pdf" file that can be downloaded at the USAR webpage (<http://www.usra.org/>).

So, do you have an opinion? If so, please vote using the same coversheet ballot used for the Board of Directors election. If you would like to make some additional comments, email me at the address below. Kindly cite your USAR Membership Number in the subject line of your email so I can be sure you are entitled to vote.

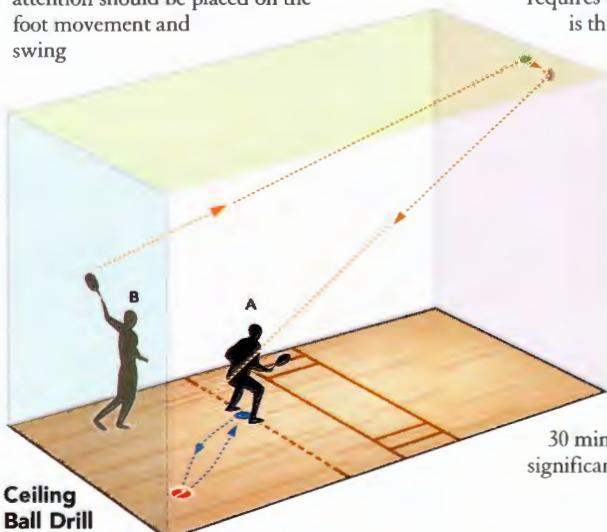
Always "Play by the Rules!" If you don't have a copy, you can find and review them on-line at: <http://www.usaracquetball.com/Default.aspx?tabid=839>. Do you have a rules/refereeing question? Be sure to email it to me at ODietrich@usra.org and you might find it featured in an upcoming issue of Racquetball Magazine.

The training zone focused in this article is SPEED

Speed training is one of the most productive tools you can use to improve your racquetball game. There are many speed training tools: bands, ankle weights, and medicine balls, to name a few. All of these devices can aid in training and help produce results; however, the best racquetball-specific speed training is footwork drills. Speed training is different from quickness training. For example, a racquetball player may be fast when running to the front wall but also may have a slow first step when moving into center court after hitting a serve. [Note: Quickness training will be discussed in my next article.]

The most important aspect of speed training to remember is: **Fast is Slow, Slow is Fast.** This means that fluidity and swiftness should be the goal, not wristwatch speed. In racquetball, we don't have the luxury of running full tilt until we cross the finish line. We must be able to move to a location on the court, set our feet, execute a shot, and then move into center court. This can only be done with proper technique, balance, and fast graceful movement.

First and foremost, the drill should be performed slowly with exaggerated movement, ingraining proper form. Only after proper technique is developed should the pace of the drill increase. To begin the footwork drill, assume the athletic position — knees bent, feet spaced slightly wider than shoulder width, and when using a racquet, have the racquet in the ready position. The drill should be rehearsed first without the ball and focused attention should be placed on the foot movement and swing.



mechanics. For example, exaggerate footwork moving to the ball and then focus on moving the racquet up to swinging level and finishing by following through. Once the deliberate motion becomes routine, add a ball and begin increasing the pace.

Two of my favorite drills that have produced the best results for me are the Basic 6-Stage Star Drill and the Ceiling Ball Shoot Drill.

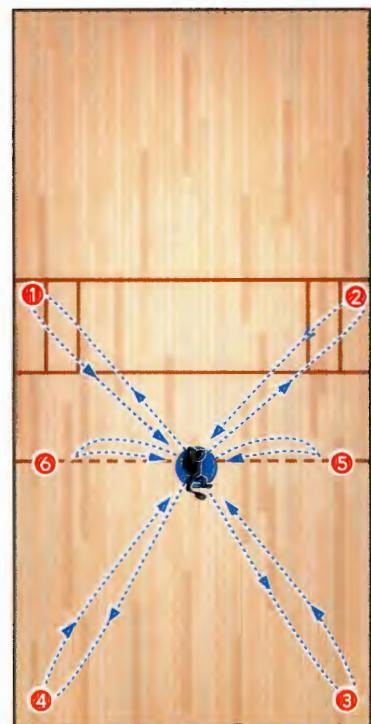
The Star drill begins in center court. The player starts by shuffling forward to the front forehand position (just past the front serving line) facing the side wall. Once the player reaches the front position, a swing is taken, then the player shuffles back to center court. The same steps are repeated to the front backhand, rear forehand, and rear backhand, making sure that the player faces the side wall when shuffling and a swing is taken at the apex of the stage. The last two movements are lunges taken to each side of the court. The player should be able to reach the side wall with the racquet in as few steps as possible. Most players will have to take a half step with the leading leg, then cross the opposite leg over, and finish with a swing. If no half step is needed, then the non-leading leg should cross over, and then swing. The star drill should be performed with a racquet in one-minute intervals. Other variations can be made, such as using a light hand weight instead of a racquet, using ankle weights, or using a band stretching between your ankles.

The Ceiling Ball drill is more advanced and requires two people and a bucket of balls. Player A is the shooter and Player B sets Player A up with a ceiling ball. Player A starts in center court. Player B hits a ceiling ball deep in the court and Player A shuffles back and takes a shot. Player A immediately shuffles back to center court. Upon arrival into center court, Player B hits another ceiling ball and the drill repeats. The ceiling balls should be hit to the same side of the court in 10-20 intervals. After one side is completed, begin on the other side. Focus on one shot during each interval. For example start with down-the-line, then pinch, etc. I would recommend doing each drill once or twice per week, spending at most 30 minutes per practice session. You will see significant improvement if this is done. Good Luck!



By Jack Huczak

Front wall



Star Drill

Presented by

HEAD
Penn

ASHAWAY



Pablo Fajre

pablo FAJRE

1 Pablo, your video streaming of events has received tremendous support. Why are you investing so much money and time?

I have been involved with racquetball for over 25 years and simply – I love the game. Racquetball is a great sport that needs added exposure and hopefully I can help increase the exposure.

2 What are your plans for future events?

Racquetball needs as much coverage as possible. I plan on covering as many events as I can, such as most of the WPRO events, major USA Racquetball events, Men's Pro Nationals and hopefully the US Open.

3 Do you cover other sports?

Yes, we will cover any events, but currently we are working with the Chilean government [Pablo is from Chile] to cover all the Chilean participants at the Pan Am Games this summer.

4 What would help you be more successful?

I need events, then I need people to watch the events, and then with more venues, I hope to attract sponsors. If people like the concept, I hope they watch the telecasts and also send me an email with their comments.

5 How many viewers have been watching your production?

For the IRF Adult World Championships, we had about 700 per day! At the Junior Worlds in December we averaged 1750 per day. Every event seems to attract a larger audience.

6 Any plans to improve your product?

Yes we have many plans which we will start to implement in 2007. Stay tuned!



"I PLAN ON COVERING AS MANY EVENTS AS I CAN, SUCH AS MOST OF THE WPRO EVENTS, MAJOR USA RACQUETBALL EVENTS, MEN'S PRO NATIONALS AND HOPEFULLY THE US OPEN."

SUMMER - A Great Time for Junior Programming



By Connie Martin,

Director of Programs at Cascade Athletic Club in Gresham, OR and National Racquetball Hall of Fame inductee.

If you don't get your articles in on time, you don't get them printed. That is what happened that past 2 issues. Thanks to all of you who have e-mailed and said you missed the 'Get with The Program' section.



Summer Racquetball for Kids...

This is the perfect time to start working on your Junior Programs for the Summer. Racquetball is one of the easiest sports/activities to either offer by itself or with another program. Since kids are out of school for the summer months, the programs you offer can be limitless. Utilizing downtime on the courts is perfect during this time of year. You will need to figure out a budget for the program so you know what to charge and make sure to advertise for the programs you run - in advance. Here are some ideas of what you can do at your Club this summer...

Racquetball...By Itself:

Lessons - Offer group lessons for all levels of players and ages. In the summer months make sure to run short sessions due to vacations. Each session may meet Mon/Wed for an hour for 3 weeks.

Lesson/League - Great for Middle School and High School Kids. Give a few weeks of lessons and then run a round robin league where they each play each other. Or better yet, run mini games with all those who show up each week and they earn points for showing up and points for winning games. Give out small prizes the last week for those who have earned the most points.

League - Great for kids who have been in your Juniors Program. If you have a lot of kids already, split them by skill level. If you have just a few kids, you can handicap their points.

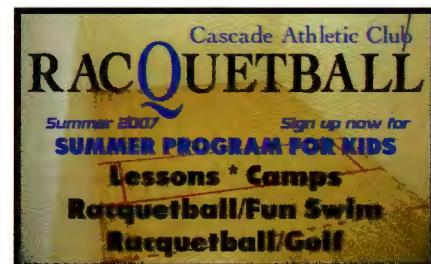
Day Care - offer local day care racquetball lessons for their kids. They can bus in the kids, you can teach them.

Racquetball Camps - Offer a Racquetball Camp for your more advanced kids or kids from other clubs who participate in tournaments or the high school league program. A week long camp for 4 hours a day (20 hours total) can include racquetball drills, skills improvement, SAQ (speed, agility, quickness) training, weight lifting, mental preparation and tournament play. Work with a racquet company or your local state association for t-shirts and give aways.

Round Robin Organized Play - Every Tuesday from 10-12 kids can show up and play each other. An adult is there to organize the play. Members may be free, non-members may pay a weekly fee.

Racquetball...Incorporated into Other Programs

Outside Groups: Church Day Camps...Check with local churches. If they offer camps at their churches, give them the opportunity to have the kids come once or twice and learn how to play racquetball. Charge a minimal fee and make sure to give a one week pass to each of the kids to have their parents/families come try out the game or the club. **Day Care for School Age** Kids...Day cares have busses and day cares are always looking for activities or field trips for their kids to do in the summer. You can



offer a Racquetball/Swim Field trip where they come and play racquetball and then go for a fun swim one Friday morning or offer a 4 week Racquetball Lessons Program.

Sports Camps: If you offer Sports Camps at your Clubs, make sure racquetball is a part of the program. A sports camp at your club may consist of gym games, fun swim, skills training, racquetball, tennis, karate, arts-n-crafts, etc. Sports Camps may run weekly or the whole summer. But adding racquetball is an excellent way to introduce the kids to the game.

Overweight Camp: If you offer an overweight camp at your club, this is an excellent activity to include. Racquetball can be a part of it by just the sheer exercise factor alone. Rallying the ball back and forth without it being competitive will keep the kid's heart rate going.

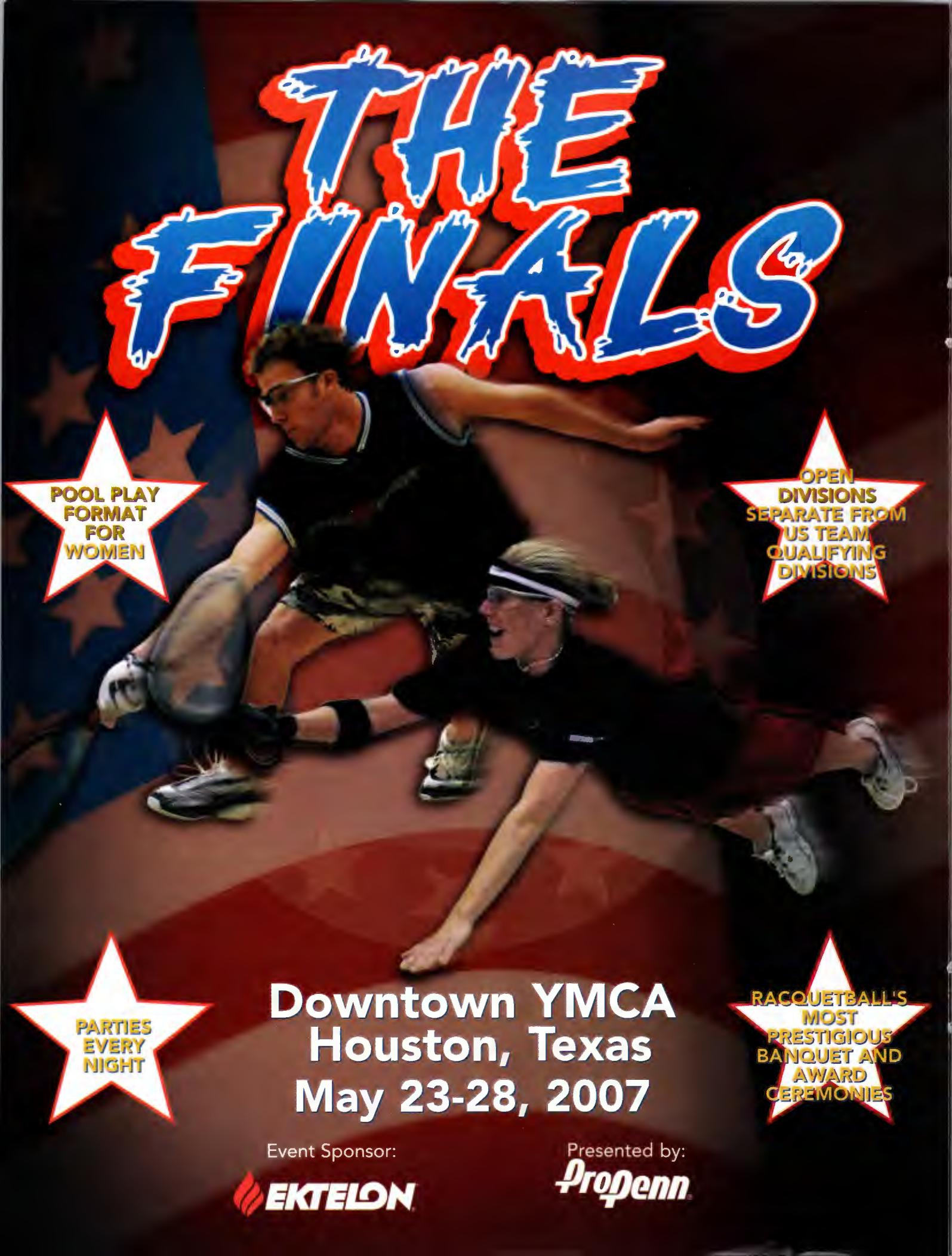
Bi-Sports or Tri-Sports: You can offer racquetball instruction as part of a program for kids which include one or two others sports. Racquetball & Golf...Racquetball & Swimming... Racquetball/Basketball/Gym Games to name a few. Take Racquetball and Golf. This program may meet for 4 weeks on Tuesdays and Thursdays. On Tuesdays 10-11:30am at the Club for Racquetball Lessons on Thursdays 10-11:30am at a local golf course for golf lessons. Work with a local course and pro. (Yes, kids need to find their own transportation).

I have given you a few ideas of some of the programs you can run at your club for kids this summer. Now it is your turn to find a couple of hours in your day to plan what will work for you and your club this summer. For more ideas, please visit:

www.PlayRacquetball.org.

Connie Martin, Director of Programs at Cascade Athletic Clubs in Gresham, OR and National Racquetball Hall of Fame inductee. e-mail: Connie@CascadeAthleticClubs.com

THE FINALS

A dynamic photograph of two racquetball players in mid-game. One player, a man with glasses and a dark shirt, is in the foreground, leaning forward with his right arm extended. Another player, a woman with blonde hair and a headband, is in the background, also leaning forward. The background features a stylized American flag with stars and stripes.

POOL PLAY
FORMAT
FOR
WOMEN

OPEN
DIVISIONS
SEPARATE FROM
US TEAM
QUALIFYING
DIVISIONS

PARTIES
EVERY
NIGHT

Downtown YMCA
Houston, Texas
May 23-28, 2007

RACQUETBALL'S
MOST
PRESTIGIOUS
BANQUET AND
AWARD
CEREMONIES

Event Sponsor:



Presented by:



The "Finals" is the only national championship for singles competition in open, skill, age group and combined divisions. On top of a full week's worth of play in this event, you'll enjoy special activities like these...

WEDNESDAY

PARTY IN THE PARK BAR — Hyatt Regency

THURSDAY

LADIES NIGHT OUT! — Hyatt Regency

Reception for all female participants



FRIDAY

VIP AND IRT
RECEPTION — Hyatt
Regency

An invitation-only reception to honor individuals who have won a National title within the past year as well as IRT sponsors, tournament directors, players and supporters.



CASH WHIRLWIND AND TEXAS
HOLD 'EM POKER — Hyatt
Regency

Each player will receive a small "bank" to spend on Craps, Blackjack, Roulette and the One-armed Bandits! At the close of the evening, you'll be able to bid



on a selection of grand prizes. Also special tables will be available for Texas Hold 'em Poker Sponsored by Penn.

SATURDAY

A RACQUETBALL NIGHT TO REMEMBER

The Hyatt Grand Ballroom will host a patriotic celebration, featuring entertainment and awards to recognize Hall of Famers, Athletes of the Year, and other honorees. Cocktail attire, please...no athletic wear will be permitted!



SUNDAY

OPEN FINALS

Keep your afternoon and early evening free to watch the U.S. Team Qualifier at the YMCA! Men's and Women's Open winners will be appointed to the U.S. Team squad that will compete at the World Championships in August.

FAREWELL IN THE BAR — PARK BAR HYATT

Join fellow players and fans for the last party night of THE FINALS.

MONDAY

All remaining division finals will be played throughout the day (except the U.S. Team Qualifying OPEN divisions, played on Sunday).

AND ALL WEEK LONG...

U.S. TEAM AUCTION

There will be an auction to benefit the U.S. Team held throughout the event. Anyone willing to donate an auction item please contact Heather at 719-635-5396 x129

Enjoy downtown nightlife at over 100 restaurants and nightclubs – all in walking distance of the Hyatt.

For more information on Houston – <http://www.houstonracquetball.org>





MEMBERS ONLY

• This National Event is hosted for USA Racquetball members only. A USA Racquetball membership is required of all participants, and entrants may join online at www.usaracquetball.com, include fees with entry, or must be able to present a current membership card, receipt, or cancelled check indicating recent enrollment as proof of membership. **PLAYERS WITHOUT VAILID MEMBERSHIPS WILL NOT BE ENTERED IN THE DRAW.**

THE FORM

• You'll find the entry form on pages 26 & 27 of this printed piece. You must submit both completed pages with fees to be entered into the draw. If you are faxing your entry, be sure to include both pages. Fax entries require an extra fee.

THE FEES

- **ENTRY:** \$92.00 First event (includes \$10 referee fee), \$47.00 second event. Players may enter two events.
- **LATE FEES:** Entries received after the deadline will be surcharged an additional \$15.00 late fee. No payments will be accepted on-site at the registration desk.
- **PROCESSING:** Telephone/Fax entries will be accepted through the deadline with an \$10.00 service charge and pre-payment with Visa/Mastercard at 719/635-5396.

ENTRY DEADLINE

• Wed., **MAY 9**, postmarked no later than Friday, **MAY 4**. Only pre-paid entries are placed into the draw; any withdrawals will be subject to a \$15.00 fax fee; no refunds will be issued after the deadline date, regardless of cause (including unforeseen injury or illness).

Confirmation: Players may verify their entry and divisions by referencing an online participants list (updated regularly through the entry deadline), linked through "Marquee Event" at usaracquetball.com.

Registration: Players must register at the YMCA prior to their first match, during these hours: Tues. 5 pm to 9 pm, Wed. 8 am to 9 pm, Thurs. 8 am to 9 pm, Fri. 8 am to 8 pm.

DOWNTOWN YMCA ACCESS

• All players must have a bag tag to be admitted into the YMCA racquetball area, and to complete their registration in the Hospitality Park. Players may register online and pick up their bag tag – and one free guest pass per entrant – at the USA Racquetball desk located just inside the entrance to the YMCA. Additional guest passes can be purchased from the YMCA for \$5.00 per day or \$15.00 for the entire week.

EVENT ADMINISTRATION

• USA Racquetball @ 719/635-5396, ext. 129.

REGISTER ON-LINE

• www.usaracquetball.com



THE FINALS TRAVEL INFORMATION



TRAVEL

The U.S. Olympic Committee Travel Desk and United Airlines join USA Racquetball to offer the lowest possible United Airfares to national events.

For reservations, phone United's U.S. Olympic Travel Desk, toll-free, at (800) 841-0460 between 8:30 am and 8:00 pm EST weekdays. Reference the USA Racquetball account number 565 EF to receive United's lowest fare!

GROUND TRANSPORTATION

Bus, shuttle, taxi and limousine services are available from both Houston airports (you must make your own arrangements on arrival). Pricing varies by airport and service (between \$15.00-\$40.00). Hertz is the event's official car rental sponsor — make your reservations by calling 800-654-2240 and referencing meeting 962102 PC for your special rate.

LODGING



Hyatt Regency Houston
1200 Louisiana (1 block from YMCA).
Rate: \$91.00 per night for up to four guests per room. For reservations, call 713/654-1234 and mention National Singles or online at <http://houstonregency.hyatt.com/groupbooking/40thannualusnationalchampionships-hourh>



U.S. Team Qualifying Divisions - Top four players qualify for U.S. Team

Open Divisions - Top eight IRT, Pro's and Top eight WPRO Pro's may not play



USA Racquetball Official Rules will govern competition, including the mandatory use of protective lensed eyewear tested to ASTM F803 or CSA impact standards (including prescription frames and lenses).

It is the player's responsibility to make certain that their eyewear conforms with the standard specified in Rule 2.5(a).

Find a listing of ASTM eyeguards online at www.usra.org > "index" > "eyeguards".

CITIZENSHIP & AGE REQUIREMENTS

Only U.S. citizens may compete in the U.S. Team Qualifying divisions; all other age & skill divisions are open to U.S. citizens and residents. For age division competition, players must meet the proper age requirement as of the first day of competition of their division.

DRUG TESTING

The USAR will be using the U.S. Olympic Committee's Drug Testing Program at this event. Testing will be performed on U.S. team-qualifier players only. For more information about specific medications call the USOC Drug Hotline at 1-800-233-0393.

QUALIFIERS & CERTIFICATIONS

REGIONALS:

All players must have competed – in any division – at a recognized Regional/State Qualifier to be eligible to compete in "The Finals". Any legitimate waivers of qualifying competition must have been directed to – and approved by – the USA Racquetball Headquarters prior to the scheduled regional weekend. Individual regional tournament directors may not approve exclusions from play, for any reason. National waiver fee of \$100 must be included with entry fee.

SKILL DIVISION CERTIFICATION:

Skill level entrants (to A, B, C, D divisions) must:

- be AmPRO certified at that level, OR
- have played in the same division at the mandatory regional qualifier, OR
- be approved by the state director or representative as being legitimately competitive in the entered skill division at the national level.

Tournament directors will use these benchmarks to determine eligibility for skill competition, and reserve the right to re-classify or disqualify players when/if they are improperly placed.



WOMEN'S DIVISIONS:

All women's divisions except open will be offered in "Pool Play" format.

All players will be placed in pools of three to five players. Each pool will play round-robin format with the first place players in each pool playing off for the championship.



Official Ball:

ProPenn[®]

THE FINALS OPENING ROUNDS

Be prepared to play at 8:00 am on the days shown next to your entered divisions. These estimates are provided for your travel planning purposes only — actual starting dates/times may change (possibly later, but no earlier) according to the final number of players entered in each draw.

U.S. TEAM QUALIFIER AND OPEN

Men: Wednesday • Women: Thursday

U.S. NATIONAL DIVISIONS

AGE: 24-

Men: Thursday • Women: Friday

AGE: 25+

Men: Wednesday • Women: Friday

AGE: 30+

Men: Wednesday • Women: Thursday

AGE: 35+

Men: Wednesday • Women: Thursday

AGE: 40+

Men: Wednesday • Women: Thursday

AGE: 45+

Men: Wednesday • Women: Thursday

AGE: 50+

Men: Wednesday • Women: Thursday

AGE: 55+

Men: Thursday • Women: Friday

AGE: 60+

Men: Thursday • Women: Friday

AGE: 65+

Men: Friday • Women: Friday

AGE: 70+

Men: Friday • Women: Friday

AGE: 75+

Men: Friday • Women: Saturday

AGE: 80+

Men: Friday • Women: Saturday

AGE: 85+

Men: Friday • Women: Saturday

SKILL: ELITE

Men: Wednesday • Women: Thursday

SKILL: A

Men: Wednesday • Women: Thursday

SKILL: B

Men: Wednesday • Women: Thursday

SKILL: C

Men: Wednesday • Women: Thursday

SKILL: D

Men: Wednesday • Women: Friday

AGE: 24- SKILL: A

Men: Thursday • Women: Thursday

AGE: 24- SKILL: B

Men: Thursday • Women: Thursday

AGE: 24- SKILL: C

Men: Thursday • Women: Thursday

AGE: 25+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 25+ SKILL: B

Men: Thursday • Women: Thursday

AGE: 25+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 30+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 30+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 30+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 35+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 35+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 35+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 40+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 40+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 40+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 45+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 45+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 45+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 50+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 50+ SKILL: B

Men: Thursday • Women: Thursday

AGE: 50+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 55+ SKILL: A

Men: Thursday • Women: Thursday

AGE: 55+ SKILL: B

Men: Friday • Women: Thursday

AGE: 55+ SKILL: C

Men: Friday • Women: Thursday

AGE: 60+ SKILL: A

Men: Friday • Women: Friday

AGE: 60+ SKILL: B

Men: Friday • Women: Friday

AGE: 60+ SKILL: C

Men: Friday • Women: Friday

For starting times visit online at:

www.usaracquetball.com

Individual starting times will be available on Monday, May 21 after 5 pm or call the National Office at 719-635-5396 during normal business hours, 9 am to 5 pm Mountain Time.

Part 2: Fees & Payment

REVISED TEAM QUALIFYING PROCEDURES
[As of March 1, 2005]

USA RACQUETBALL MEMBERSHIP

Current Membership # (must be current)..... Exp._____
USRA Membership(\$35.00) \$ _____

FIRST EVENT(\$92.00) \$ _____

Each entrant will be provided hospitality, plus
nightly social events and Saturday banquet.
Entrants will also receive a high-quality souvenir
item.

SECOND EVENT(\$47.00) \$ _____

Late Fee(\$15.00) \$ _____

Telephone & Fax Entry fee.....(\$10.00) \$ _____

Guest Package(\$85.00) \$ _____

All special events/parties will require a ticket for
admission, and a guest pass will be needed to enter
the host club. Guest package includes tournament
shirt & souvenir, daily hospitality passes, tickets to all
scheduled social events, Banquet and tournament
guest pass. \$125.00 value.

Guest: _____

Guest: _____

Regional Waiver fee (all waivers) \$100.00

Tax deductible donation

to Olympic Dream..... \$ _____

TOTAL DUE: \$ _____

Use your USA Racquetball MBNA credit card to charge your entry,
and receive an additional 10% off your fees. Only USA Racquetball
MBNA cards receive this discount!

MC/Visa _____

Exp._____ Sec. code# _____ MBNA_____

Name on Card _____

Signature _____

Entries are NOT accepted without pre-payment and required
signatures. Surcharges may include: \$25.00 for returned checks
and \$10.00 for declined credit cards.

U.S. TEAM QUALIFYING

In order to earn an appointment to the U.S. National Team, benchmark performances must be reached at selected qualifiers. Presently the team is comprised of one top professional from each tour (1 each, IRT/male & LPRA/female = 2); the top-four (4) finishers from the U.S.

National Singles Championships (4 each, male & female = 8); finalists from the U.S. National Doubles Championships (4 teams, 2 each, male & female = 8); and Intercollegiate National champions (1 each, male & female = 2). By reaching these benchmarks, individuals are appointed to the U.S. Team for a term of one year, and are then added to a pool of athletes to compete at international events.

MAIL COMPLETED ENTRY AND FEES TO:

"THE FINALS"

1685 West Uintah
Colorado Springs, CO • 80904-2906
[Fax: 719/635-0685]

**Entries must be received by
WEDNESDAY, MAY 9**



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Where the sun always shines

Florida Racquetball Association

Interview with Andy Pawlowski • By Kevin Joyce

What would you say is the key to having a successful state organization?

Teamwork and synergy within your board and service to your members! For example, in Florida, Randy Forrest and I divide and share the responsibilities of the President and Vice President. Randy presides over our board meetings and coordinates our state level tournaments, while I take on the marketing, media and communications role to represent the FRA to our members and other organizations. Other board members work together on various special projects. Regarding service to one's members, it is important to have committed board members who have the insight to focus on matters and make decisions that benefit the majority of its members.

What are the most successful programs in your state?

Our state singles and doubles tournaments each have well over 200 entrants. Our junior program is growing and healthy, and we run Juniors-only tournaments as well. Recognition is important and we have annual player of the year awards (selected by our members) and a "spotlight award" to recognize non-board members who help us in special ways. We have added board members specifically to handle these and other programs.

What is the #1 complaint you hear as USA Racquetball State Representative?

Rankings. We still maintain a Florida ranking system because the majority of our members do not play in national tournaments but like to see where they stand in relation to other Florida players.



During your tenure, what would you consider your state's greatest accomplishment?

Technology has enabled us to utilize our web site as our main marketing and communications tool. Tournament directors no longer have to do mass mailings since we post entry forms on our web site for download. We also send out a monthly email reminder about upcoming events and direct people to our web site for details.

What advice would you like to share?

Strive to run your board as a professional organization and promote teamwork. The more professionally your board operates, the more likely you will be to attract professional people who are willing to help. Expand your programs to include seniors, club players and club facilities that do not currently participate in USAR sanctioned activities. Many times these recreational players are not aware of organized racquetball. Offer to conduct racquetball social events at local clubs.

What makes racquetball special in Florida?

Florida is a large state both physically and relative to the number of USAR members. We are fortunate to have a club in centrally-located Orlando with 10 courts that enable us to efficiently administrate large-scale tournaments. Many of our players have known each other for quite some time and enjoy the social atmosphere provided via this facility.

ABOUT FRA AND ITS MEMBERS:

Andy retired from IBM in 2001 where he was a marketing and sales consultant. A USAR member since 1983 and an AmPro Advanced Instructor, he plays and runs racquetball programs at Club Boom in Ormond Beach. He is also Vice Chairman of the Ormond Beach Senior Games Committee, teaches computer classes at Daytona Beach Learning Center, volunteers at the local humane society and occasionally rides his Harley Road King with his wife/navigator in the passenger seat.

FRA STATE BOARD MEMBERS:

Randy Forrest - President
 Andy Pawlowski - Vice President
 Karen Bouchard - Treasurer
 John Scargle - Secretary
 Randy Buffington - Webmaster
 Frank Dispenza - Sanctioning
 Ross Greenberg - Legal
 Mary Lyons - Consultant
 Guy Meadows - Rankings
 Kim Roy - Junior Programs



ABOUT FLORIDA:

Economy: Tourism is a major source of revenue to the state's economy and Walt Disney World is one of the world's leading tourist attractions. Florida is a fishing paradise and offers miles and miles of coastline for all to enjoy.

Higher Education: University of Florida at Gainesville, University of Miami at Coral Gables, Florida State University at Tallahassee, Rollins College at Winter Park, University of Tampa, University of Southern Florida at Tampa, to name a few.

BY THE NUMBERS

17,789,000

State Population

704

Membership Strength

19

Lifetime Members

THE LARGER CITIES

Tallahassee (state capitol), Jacksonville, Miami, Tampa, St. Petersburg, Hialeah and Orlando.

Classic Professional Racquetball Tour

By Brian Pointelin

In March, the pros will be off to Rochester, New York, to the Penfield Racquet Club where Keith Lopresto and his staff will put on a great event for the second straight year. Ruben Gonzalez is the 2006 defending champion. You can bet Bret Harnett, Mike Ray and Woody Clouse will be looking to make a change in that!



The "Super Ruben" Tour

The CPRT, in conjunction with Ektelon Racquetball, is proud to announce the beginning of the Super Ruben Tour. Ruben Gonzalez, one of the true legends

of the game, will be out and about this season, more so than ever. Ruben will be conducting clinics in every city in which he plays tournaments throughout the rest of the season. His tentative schedule



includes stops at Rochester, New York (March 23-25); and Chicago for the Motorola Pro Nationals (April 25-29).

You can attend one of Ruben's clinics for free throughout the season! For more information, or to schedule Ruben to appear at an event near you, contact Troy Stallings at stallings7@aol.com.

2007-08 Schedule

The CPRT has already begun working on a fuller schedule for the 2007-08 season. Possible cities on the tour include Las Vegas, Salt Lake City, Denver, Dallas, Sioux Falls, San Francisco, and Sarasota as well as Salem, Oregon; Rochester, New York; and Rawlins, Wyoming. If anyone is interested in hosting an event, please contact Tour Commissioner Brian Pointelin at bpointelin@yahoo.com.

A Change of Venue

By Tom Curran

Member, NMRA and USAR Board of Directors

For those of you who may not have heard of the NMRA, you must be younger than 45!

The NMRA is an association of over 1,000 racquetball players who are over 45 years old and continue to enjoy the social and competitive side of our great sport. The organization was created in 1971 by a small group of dedicated players who enjoyed each other's company and competition so much they thought it would be a great idea to build a unique racquetball association around the concept. And they did!

They saw an opportunity in offering tournaments played ONLY in round robin format, in five-year increments from age 45 to 50, for both men and women. Since the NMRA uses the round robin format, there are no skill levels offered; the concept is that you can't get eliminated from playing, plus having the chance to play some national level players should only help your game. Our members embrace the social side of our tournaments even more than the competitive side. The tournaments are played from Wednesday through Saturday, twice a year, during the months of March and July. The average number of entries for our tournaments over the past two years has surpassed 250! Events offered are men's and women's singles, doubles, and mixed doubles in each age bracket. The level of hospitality, camaraderie, and sportsmanship at an NMRA Tournament is legendary.

It was always the intention of the NMRA to plan tournaments in different locations in the United States. The initial idea was to have the National Tournament (held annually in March) in a location west of the Mississippi and the International Tournament (every July), in a location east of the Mississippi. We have not lost sight of that original plan but have had to adjust due to the reduction of racquetball courts in facilities around the United States.

Because of the round robin format and the number of players who attend, we require potential venues to have at least 15 courts (19 or 20 is perfect) to ensure we don't keep folks up way past their bedtime. Back in the 'old days,' it was not difficult to find racquetball clubs in any number of states that had 20+ courts (come on, you old guys and gals remember those Glory Days).

Today is a different story. Since we no longer have the luxury of a number of large clubs with lots of courts, the NMRA found itself having to return to the same venues. We held our

National Championship at the Spectrum Club in Canoga Park, CA for five consecutive years. It's a great facility and has always provided a comfortable, well-managed tournament. In March 2006, we conducted a survey of our members and players. They responded to questions asking if 'traveling' to different tournaments was more important to them than playing in one venue (understanding that you could not have both!). The results showed us they were ready for a change; the overwhelming majority said they would be willing to play in more than one venue as long as they could travel to different locations.

This past year we listened to the membership



National Championships
Portland, OR.
March 7-10, 2007

International Championships
Overland Park, KS.
July 25-28, 2007

and went searching for locations that would provide us as close to 15 courts as possible in not more than two venues that were close to each other. We have found two locations that meet our needs for the 2007 season and we continue our search for the future.

The NMRA will be holding our National Championships Tournament in Portland, OR (Multnomah Athletic Club) and our International Tournament in Overland Park, KS (www.athleticclubop.com). These are two premier facilities that have everything the NMRA needs to put on the type of world-class events that we are known for.

The future continues to look bright and there are many organizations and individuals who are working to keep it strong. One such group is the Reno Courts Sports Connection www.allcourtsports.com, in the planning stages of building a state-of-the-art court sport facility in Reno, NV. Check out their website!

If you have any questions about our organization or events, please feel free to visit our website www.nmra.info or contact me personally at tom1947@aol.com.

Flattery We Can All Do WITHOUT

By Steve Crandall
Vice President, Sales & Marketing
Ashaway Racket Strings

Here's an incident that began with one of our squash strings, but could just as easily happen to racquetball and other racquet sports products:

Not too long ago, I got an email from a squash player that started out, "I am a very happy user of Ashaway string out here in Chicagoland..." I liked that: "happy user of Ashaway string" has a nice ring to it. But then he went on, "This evening, I was looking at squash items offered on eBay and came across a Taiwan-based seller who seems to have copied your SuperNick design and even your SuperNick sales literature. The seller is even so bold as to claim that the 'Super Touch' string on offer is 'very close to that of Ashxxxx Super Nixx—more than 95%.'"

Suddenly I was not so flattered. Not by this kind of imitation. It's no secret that counterfeiting—via product knockoffs—is rampant, but this struck home. Say I was guilty of 'it can't happen here' syndrome, but the thought that this was happening here in our little world of racquet sports, where sportsmanship and fair play are considered virtues, was shocking.

The folks at eBay were very helpful and removed the offending offer immediately and the seller in Taiwan has already agreed to "cease and desist." But this issue is one that should concern all of us—players, manufacturers and marketers alike—both inside and beyond our world of racquet sports.

So why should you care? Counterfeiting a brand or product is theft, plain and simple. The Lanham Act is very specific about patent and trademark infringement. Most of the world's industrialized economies offer similar Intellectual Property protection to their citizens and international agreements have long promised mutual respect for such basic laws. Even China, long considered the rogue of rogues in this regard, is slowly but surely coming to heel on this issue. So abusers, and even those who knowingly purchase knockoff products, can be held liable.



The real Ashaway SuperKill XL string has a very distinctive—and trademarked—cross-pattern in the weave. No matter what you buy, making sure it's the genuine item is your best assurance of quality and performance.

But the reason you should care is much more fundamental than that. Marketers of knockoff products typically claim they are providing 'the same for less'; that their products are identical to those they imitate and that a brand name is simply a way to justify higher cost. But if you buy a knockoff product—no matter whether it's of a Gucci purse, a Rolex watch or Ashaway SuperKill® XL string—you are not getting 'the same for less.' You are not getting the same at all and in fact, you are probably getting much less.

At Ashaway, we work long and hard to develop strings that satisfy our customers' needs, and with any number of friendly

competitors out there watching every move we make and eager to pounce on any missteps, we price and market our products very carefully indeed.

The real Ashaway SuperKill XL string has a very distinctive—and trademarked—cross-pattern in the weave. If the stuff you're seeing doesn't look like that, it's not SuperKill XL. And if the website you're buying from doesn't list basic things like a physical address, it's probably not real either. Imitation may be a form of flattery, but when it comes to products, it's a form we can all do without.

March 2007... The Saga Continues ...

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Womens Final

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USRA MEMBERSHIP OPTIONS

STANDARD MEMBERSHIPS are for one year, and include a subscription to RACQUETBALL*. One third of all dues remain with each state affiliate organization for local programs

STANDARD INTERNATIONAL MEMBERSHIP includes all USRA benefits, plus first class shipping of RACQUETBALL outside the U.S.

MEMBERSHIP TYPE	PRICE
Adult 1 Yr. Membership	\$35.00
Includes a one-year subscription to RACQUETBALL Magazine and full benefits.	

Adult 3 Yr. Membership \$100.00

Junior (18 & under) \$20.00
(18 and younger only) includes a one-year subscription to RACQUETBALL Magazine and full benefits.

Lifetime Membership \$1,000.00

NOTE: All adult & junior competitors must be members in good standing to compete in USRA sanctioned events.

VISIT US ONLINE AT
www.usaracquetball.com



For event information go to www.irtour.com

USAR Play the Pro Day

By Jim Easterling

The USAR held a "Play the Pro Day" fundraiser at the MAC Club in East Lansing Michigan on Saturday, November 25, 2006. We made \$1,100 and the proceeds were divided equally between the USAR Hall of Fame and the Susan G. Komen Breast Cancer Foundation.

Participants could compete against one of the Club Pros or against Touring Pro Jack Huczek, ranked #1 in the world. The Club Pros who helped out were Laura Patterson, Bill Wolcott, Melody Gorno, Ed Arias, and Tom Brownlee.

People paid anywhere from \$25 for 15 minutes against a Club Pro all the way up to \$200 for 1 hour with our Touring Pro!

We even had Tom Brownlee give a squash lesson for a \$50 donation, along with great racquetball lessons.

Everyone had fun and we're looking forward to doing this again next year!



Jack Huczek and Dan Mullin (Ram Board Member)



Dan Schopieray and Melody Gorno

Coaches needed

US Team Coaching Program

Individuals interested in applying for a USA Team coaching position should submit their resume to USA Racquetball – Coaching Position – 1685 W. Uintah St. Colorado Springs, CO 80904. Please specify "coaching position".

USA Junior Team Coach

Length of term – Beginning June 1, 2007 – reviewed in May 2008 – after positive review term extended to May 2009.

Responsibilities:

- Head Coach of Junior Team athletes 14-18 years old
- Maintain communication with athletes
- Develop training schedule for athletes
- Attend selection events
- Select assistant coaching staff (subject to board approval)
- Coach team at Junior World Championships
- Work with junior council on fund raising
- Other assignments as designated by USA Racquetball

Qualifications:

- Coaching at Junior level
- Experience with team coaching at High School or Collegiate level
- AmPRO certification or other teaching credentials
- Experience with instructional camps such as high performance camp, US team camps, or individual instructional camps
- Exposure to international competitions

USA Adult Team Coach

Length of term – Beginning June 1st, 2007 – reviewed in May 2009 – after positive review, term extended to after Pan Am Games 2011.

Responsibilities:

- Maintain communication with team members
- Develop training schedule for athletes
- Confirm all athletes sign team contract and confirm team guidelines
- Coach team at a minimum of one event per year (Pan American Championships) and possibly two (World Championships every 2 years)
- Attend selection events
- Raise funds to assist athletes with event expenses
- Work with US Team committee to make sure that proper selection procedures are followed
- Select assistant coaching staff (subject to board approval)
- Other assignments as designated by USA Racquetball

Qualifications:

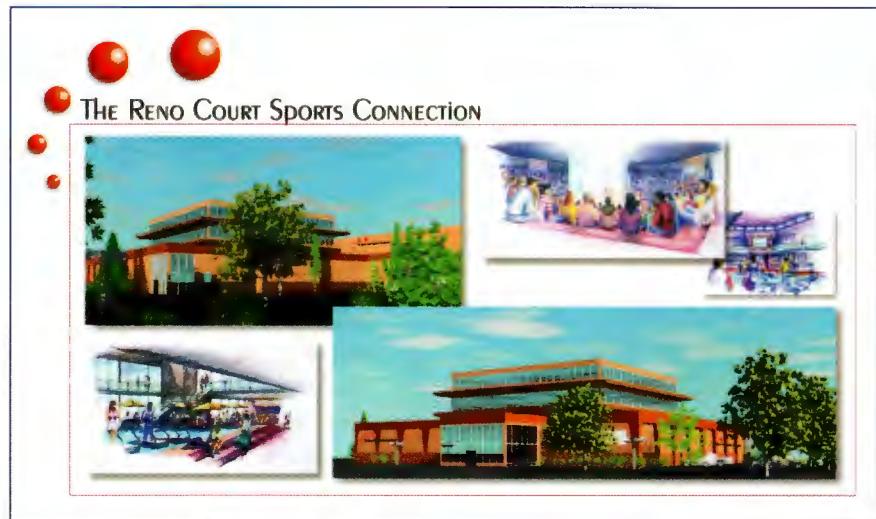
- International coaching and/or playing experience
- Teaching or instructional certification
- Experience with instructional camps such as high performance camp, US team camps, or individual instructional camps.

Reno Court Sports Connection

The Reno Court Sports Connection would like to take this opportunity to update the players and readers of Racquetball Magazine on the progress of the new 19 court facility in Reno Nevada.

Last year the RCSC accomplished a great deal and our focus for 2007 is to complete development and break ground within the coming months. This year our plan includes: completing and submitting construction drawings to the city, the widening and improvement of our frontage road, concluding our financing, commencing construction in May and our projected opening date is February 2008. We have also had a great deal of interest from the Reno business community in the 33,000 square feet of available class A office space thus we have begun pre-leasing. Imagine how fun it would be to work you play and play where you work!

In recent news, our facility with its excellent location and capacity for staging multiple events has drawn enthusiastic interest from a major hotel chain to develop and operate a hotel on our property. We've also had a group of television stations express interest in nationally broadcasting HD sports content and special events from our arena



court. Exciting stuff to be sure but our primary focus remains the development and completion of the facility.

We are also proud to announce the completion of a three minute promotional DVD that visually captures the excitement, uniqueness and versatility of the facility. It's quite compelling and offers the viewer a fresh

perspective of the project. If you would a like to view this DVD please go to our web site at www.allcourtsports.com.

The RCSC predicts an exciting year and future for the racquetball community. Please share this news update with your fellow players and if you have questions or feedback regarding our development we welcome your response.

World Champion Racquetball Player Christie Van Hees

Joins Advisory Staff for Wilson Racquet Sports

[CHICAGO]— Wilson Sporting Goods Co. announced today that Women's Professional Racquetball star Christie Van Hees has officially been signed to the Advisory Staff for Wilson Racquet Sports.

Van Hees, who hails from Canada, became the Canadian National Champion during the 2004/2005 season. Additionally, she holds three US Open Championship titles, (2000, 2005, 2006), two individual World Championship titles (1998, 2006) and a team World Championship title earned in 2000.

"Christie is arguably one of the greatest women's players in the history of the sport. She brings a lot of excitement and energy to the women's game and we are very proud to have her with Wilson," said Terri Graham, Business Director of Indoor Racquet Sports for Wilson. "The women's market is a growing part of our sport and Wilson Racquetball is also leading the charge by offering Hope products to support the Breast Cancer Research Foundation."



NATIONAL CHAMPIONSHIP Qualifying Tip Sheet

Qualification for US National Singles

May 23-28, 2007 – Houston, TX

All participants of the 2007 US National Singles Racquetball Championships are required to qualify at either a recognized regional championship event or at your sanctioned state singles championship. All legitimate waivers must be approved in advance by the National Tournament Director and submitted to USA Racquetball. Individual regional tournament directors may not approve exclusions for play or grant a waiver.

Designated Regional Qualifier or State Sanctioned Singles Championship

Entrants must compete, not only enter, in one national qualifying event or their sanctioned state singles championships in order to participate in the US National Singles Championships. No exceptions!

Active Duty Military

Overseas military – Army, Navy, Air Force and Marine are exempt.

Alaska & Hawaii Residents

Full-time residents of Alaska and Hawaii are exempt.

Collegiate Athletes

March 28-31, 2007 US National Intercollegiate Championships @ Tempe, AZ

Master's Qualifier

Jan 26-28, 2007

USMRA @ Orlando Florida (Women age 35+)

March 8-11, 2007

NMRA @ Portland, Oregon (Men age 45+)

Medical Waivers

The physician's statement must contain a diagnosis of the ailment, date of treatment, and required period of inactivity which prevents competition. Medical waivers must be approved by USA Racquetball prior to the regional competition dates, unless the injury occurs within two days of the event's first day of competition. Injuries which occur within two days of the first competition date must be approved within 7 days of the last day of the event. Waiver fee is \$100

Mileage Restriction

Any player who resides more than 300 miles from the closest regional or state singles may apply for a mileage distance waiver to compete at Nationals. Waiver fee is \$100.

2007 USA Racquetball Regional Qualifiers

March 2007

Lynmar Racquet Club
Colorado Springs, CO
Ed Meredith

April 12-15, 2007

The Athletic Club of Overland Park
Overland Park, KS
Mike Wedel
913-383-9060

Los Caballeros Athletic Club
Fountain Valley, CA
Rick Roa
714-546-8560

Cascade Athletic Club
Gresham, OR
Brian Ancheta
503-665-4142

Orlando Fitness & Racquet
Orlando, FL
Mike Mojer
407-645-3550

Vetta Sports Concord
St Louis, MO
Dan Whitley
314-842-3111 x3

Sportset – Synset Club
Long Island, NY
Tom Keogh
718-429-8489

Southern Athletic Club
Atlanta, GA
Otto Dietrich
770-972-2303

April 20-22

Severna Park Racquet and Fitness
Millersville, MD
Steve Graham
443-850-2648

Downtown Houston YMCA
Houston, TX
Mike Fitzsimmons
832-260-2781

Solon Athletic Club
Cleveland, OH
Doug Ganin
614-890-6073

April 25-29

Schaumburg Tennis Plus
Chicago, IL
Dave Negrete
630-430-1478

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USA RACQUETBALL SANCTIONED EVENTS

START	END	EVENT TITLE	FACILITY NAME	CITY, STATE	EVENT PHONE
2/1/07	2/4/07	NM Superbowl	River Point Swim & Racquet Club	Albuquerque, Nm	505-890-0096
3/1/07	3/3/07	2007 20 th Usa National High School Championships	Vetta Sports Concord	St. Louis, Mo	719-635-5396
3/2/07	3/4/07	MWRA Singles Championships	Severna Park Racquetball And Fitnes	Millersville, Md	410-987-0980
3/2/07	3/4/07	Baywinds Spring Open	Baywinds Racquet Club	Sandusky, Oh	419-473-0086
3/2/07	3/4/07	2007 VA State Singles	Sport & Health, Crystal Gateway	Arlington, Va	703-597-9985
3/2/07	3/3/07	2007 ME State Doubles	The Fitness Forum	Sanford, Me	207-224-1154
3/2/07	3/4/07	2 nd Annual Wood Valley Racquet Club Winter Open	Wood Valley Racquet	Topeka, Ks	785 267-5613
3/2/07	3/4/07	2007 ID State Singles	Idaho Athletic Club - Boise	Boise, Id	208-385-7044
3/2/07	3/4/07	2007 SC State Singles	St. Andrews Family Fitness Ctr	Charleston, Sc	843-383-5202
3/2/07	3/4/07	CO March Madness	Highlands Ranch Recreation Center	Highlands Ranch, Co	720-219-8577
3/2/07	3/4/07	AZ State Singles Championships	La Fitness Chandler Ii	Chandler, Az	480- 539-7575
3/2/07	3/4/07	North Carolina State Singles	Courts Plus Of Jacksonville	Jacksonville, Nc	910-636-8008
3/3/07	3/4/07	Armatulli Open	Omni 41 Sports Complex	Schererville, In	219-365-1040
3/3/07	3/4/07	Michigan March Madness	Player's Racquet/Fitness	Warren, Mi	586-774-6700
3/6/07	3/10/07	Luck Of The Heights	Cottonwood Heights Rec Center	Salt Lake City, Ut	801-502-9526
3/6/07	3/11/07	Great Balls Of Fire Proam	University Of Miami	Coral Gables, Fl	305-245-1756
3/8/07	3/11/07	IL Shamrock Shootout	Glass Court Swim & Fitness	Lombard, Il	630-629-3390
3/8/07	3/11/07	Lynmar Classic	Lynmar Racquet & Health Club	Colorado Springs, Co	719-591-8756
3/9/07	3/11/07	Mac Open	Michigan Athletic Club	Grand Rapids, Mi	616-956-0944
3/9/07	3/11/07	2007 NY State Singles	The Court Club	Colonia, Nj	914-246-2727
3/9/07	3/10/07	Shelbyville Open	Shelbyville Athletic Club	Shelbyville, In	317-392-3822
3/9/07	3/11/07	2007 Casey Dear Memorial	Clarksville Athletic Club	Clarksville, Tn	423-544-1113
3/9/07	3/11/07	2006 OH State Singles	Hall Of Fame Fitness Center	Canton, Oh	614-890-6073
3/9/07	3/11/07	2007 PA State Doubles	Athletic Club North	State College, Pa	814-355-5700
3/14/07	3/17/07	Jordan Valley Challenge	Jordan Valley Athletic Club	Taylorsville, Ut	801-502-9526
3/16/07	3/18/07	2007 Texas State Singles Racquetball Championships	Maverick Athletic Club	Arlington, Tx	817-275-3240
3/16/07	3/18/07	2007 ID State Doubles	Fitness Inc - Pocatello	Pocatello, Id	208-322-1973
3/16/07	3/18/07	Individual Memorial Tournament	Riverside Wellness & Fit Ctr	Newport News, Va	804-222-9443
3/16/07	3/18/07	2007 CA State Singles	Fitness West	Daly City, Ca	650-697-9162
3/16/07	3/18/07	Michelob Ultra Spring Break Open	London Bridge Racquet Club	Lake Havasu City, Az	928-562-1717
3/16/07	3/18/07	Northwest Open	Bellingham Athletic Club	Bellingham, Wa	360-676-1800
3/23/07	3/25/07	2 nd Annual Pro-Am Racquetball Tournament	Penfield R/B Club	Rochester, Ny	585-584-7777
3/23/07	3/25/07	Killshot Classic	Waycross Athletic Club	Cincinnati, Oh	513-742-1700
3/23/07	3/24/07	2007 ME State Singles	The Racket And Fitness Center	Portland, Me	207-775-6128
3/23/07	3/25/07	Najjar Car Care MO State Open Racquetball Championships	Vetta Sports Concord	St. Louis, Mo	314-842-3111 Ext
3/23/07	3/25/07	2007 CO State Singles	Highlands Ranch Recreation Center	Highlands Ranch, Co	720-360-1464
3/23/07	3/25/07	2007 NJ State Singles	Classic Athletic Club	Fairfield, Nj	973-389-9978
3/23/07	3/25/07	2007 NY State Singles	Devlon Racquet & Fitness Club	Devlon, Nj	973-217-1444
3/24/07	3/25/07	4 th Cardile Bros Mushroom Co 2007 De State Doubles	Kirkwood Fitness & Racquet Cl.	Wilmington, De	302-668-6871
3/24/07	3/25/07	2007 Texas State Singles II	Lindenhurst Fitness Factory	Dallas, Tx	972-255-4774
3/27/07	3/31/07	Spring Smash	Marv Jenson Recreation Center	South Jordan, Ut	801-502-9526

USA RACQUETBALL SANCTIONED EVENTS

START	END	EVENT TITLE	FACILITY NAME	CITY, STATE	EVENT PHONE
3/28/07	3/31/07	2007 US National Intercollegiate Championships	Arizona State University	Tempe, Az	719-635-5396
3/29/07	4/1/07	35 th Annual Isra State Singles	Chalet Sports Core	Willow Springs, Il	630-215-4242
3/30/07	4/1/07	Arkansas State Singles	World Class Fitness	Fort Smith, Ar	479-646-4338
3/30/07	4/1/07	Southwest Michigan Shootout	Bronson Athletic Club	Kalamazoo, Mi	269-370-2013
3/30/07	4/1/07	Ojra Tour Stop #4 - Salem Courthouse North	Courthouse Athletic Club North	Salem, Or	971-242-9872
3/31/07	4/1/07	Claddagh Open	Greenbriar Athletic Club	Indpls, In	317-847-6563
4/6/07	4/8/07	2007 Wa State Singles	P.R.O. Sports Club	Bellevue, Wa	425-357-9004
4/7/07	4/7/07	2007 Wa State Juniors	Olympic Athletic Club	Seattle, Wa	360-676-1800
4/10/07	4/14/07	2007 Ut State Singles	Orem Fitness Center	Orem, Ut	801-502-9526
4/13/07	4/15/07	2007 Kansas State Open Racquetball Championships	The Athletic Club Of Overland Park	Overland Park, Ks	913-383-9060
4/14/07	4/14/07	2007 Dallas Singles Series Iv	Landmark Fitness Factory	Dallas,Tx	972-233-6774
4/27/07	4/29/07	Ojra Junior State Championships	East Side Athletic Club	Milwaukie, Or	503-970-6880
4/28/07	4/29/07	Fishkill Spring Fling	Allsport Fitness Club-Fishkill	Fishkill, Ny	845-896-5678
5/3/07	5/6/07	Chemtech Ektelon Wpro Pro Nationals	Elmwood Fitness Center, Harahan	Harahan, La	225-936-4508
5/4/07	5/6/07	Cinco De Mayo Shootout	Pueblo Athletic Club	Pueblo, Co	719-561-3488
5/4/07	5/6/07	2007 Dallas Open Players Championship	Landmark Fitness Factory	Dallas, Tx	972-233-6774
5/5/07	5/7/07	Kent Doubles Challenge	Bally's Total Fitness - Kent	Kent, Wa	360-820-3224
5/12/07	5/12/07	2007 Dallas Singles Series V Invitational	The Texas Club	Dallas, Tx	214-761-6300
5/18/07	5/20/07	USAR Northwest Jr. Regionals	Multnomah Athletic Club	Portland, Or	971-242-9872
5/23/07	5/28/07	2007 40 th Annual Usa National Championships	Ymca - Downtown Houston	Houston, Tx	719-635-5396
6/1/07	6/3/07	NF Charity Tournament	P.R.O. Sports Club	Bellevue, Wa	206-227-1336
6/8/07	6/10/07	Pepsi Cup Colorado Team Champs	Colorado Athletic Club-Denver	Denver, Co	720-997-6302
6/9/07	6/10/07	2007 Triple Crown June Racquetball Shootout	Maverick Athletic Club	Arlington, Tx	817-275-3340
6/23/07	6/23/07	WA Summer Splat	Bally's Total Fitness - Kent	Kent, Wa	360-820-3224
6/24/07	6/25/07	Hot Summer Nights	Greenbriar Athletic Club	Indpls, In	317-847-6563
7/1/07	7/3/07	Colorado State Games	Lynmar Racquet & Health Club	Colorado Springs, Co	719-591-8756
7/14/07	7/15/07	2007 Triple Crown July Racquetball Shootout	Maverick Athletic Club	Arlington, Tx	817-275-3340
7/20/07	7/22/07	Key Sports Racquetball Classic	Flagstaff Athletic Club West	Flagstaff, Az	480-545-1363
8/4/07	8/5/07	2007 IN State Games	Greenbriar Athletic Club	Indpls, In	317-847-6563
8/11/07	8/12/07	2007 Triple Crown August Racquetball Shootout	Maverick Athletic Club	Arlington, Tx	817-275-3340
9/7/07	9/9/07	2007 Triple Crown Racquetball Championships	Maverick Athletic Club	Arlington, Tx	817-275-3340
10/12/07	10/14/07	2007 Texas State Doubles Racquetball Championships	Maverick Athletic Club	Arlington, Tx	817-275-3340
11/10/07	11/20/07	2007 Texas State Seniors Racquetball Championships	Maverick Athletic Club	Arlington, Tx	817-275-3340
12/6/07	12/8/07	2007 Holiday Racquetball Shootout	Maverick Athletic Club	Arlington, Tx	817-275-3340

2007 USA RACQUETBALL NATIONAL EVENTS

March 1-4	Wilson High School Nationals	St. Louis, MO
March 20-April 1	Ektelon Intercollegiate Nationals	Tempe, AZ
April 12-15	Regional Weekend	Nationwide
May 23-26	Ektelon National Singles	Houston, TX
June 20-24	Head Junior Olympics	Tempe, AZ
Sept. 24-30	Ektelon National Doubles	Tempe, AZ
Nov. 14-18	US OPEN Championships	Memphis, TN

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Weekend Camps 2007

March 24-25: Premium MH
March 30-April 1: Dreams MI
April 20-22: Channel Park, MI (Kalamazoo, MI)
June 1-3: Sun Valley, ID
June 8-10: Louisville, KY
June 15-17: Naples, WI
July 27-29: Whistler, BC
August 3-5: San Francisco, CA
For more information go to www.FranDavisRacquetball.com

Week Long Fantasy Camps 2007

May 3-10: Naples, FL
May 10-17: Whistler, BC
July 23-30: Decatur & Atlanta, GA
August 13-20: Advanced Camp

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PRINCE NFS 03 SQUASH-M

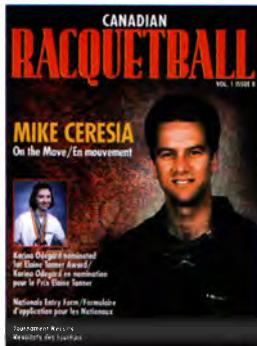
PRINCE NFS INDOOR II—MEN

WILSON EM 6—LOW-M

WILSON EM 6—MID-M

WILSON EM 7—MID-MEN

WILSON EB 7—LADIES



By Mike Ceresia

The SUBURBS to the CITY

It has been a long time coming and it represents promise, potential and the opportunity to scale new heights. Can we finally bring our game from the suburbs to the city? From the racquetball clubs to the convention centers, concert halls and major league arenas?

If the answer is yes, we could be moving into the golden age of Big Time Racquetball.

The vehicle is the totally portable court. We currently have a very good court that has been used for the US OPEN and the Motorola Pro Nationals. This court is the best to date; it plays true, provides solid footing and offers excellent two-wall glass viewing. The two knocks against the court are the speed: it plays slow and it is not a completely stand-alone court.

The word on the New Court is it is the best one yet and will open new doors for our game. This new court has been a work in progress for some three years now. The group providing the backing is a consortium out of Chicago. They are the same group of gentlemen who have sponsored professional racquetball and Dave Negrete-run events since the mid to late '80's. Mr. Negrete, IRT Commissioner and a former top-ranked Illinois professional, has been affiliated with professional racquetball all of his adult life. How has this guy

Now, it is time to get back to the sponsorship game. Our game has always had the potential to attract major outside sponsors. It has not happened yet for one simple reason -- we have not attempted to sell our game to enough presidents, CEO's, marketing directors, and other major decision makers. We have not been to the board room enough to take it to the next level. We don't even know what the objections would be and the major hurdles we would have to overcome to gain access to the pots of gold out there. Most of our sponsors are under \$5,000. We have not asked for the \$50k, \$100k, \$250k etc. nearly enough. We have to get more aggressive. We have to push forward.

It's time to plan strategically for using the court to deliver our game back to the masses. Do we go to Daytona Beach at Spring Break; to Las Vegas for a major league event; to the New York or Chicago Subway system like professional squash has? What about Europe? What about Mexico? What about

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mustered so much support? Easy answer -- he has earned it. The "man of the people" has racquetball in his veins and loves to be a part of the racquetball hierarchy that delivers more sponsorship dollars to the professional game.

There will be many more articles on the court and the major players, so I will leave it to another time to talk about the contributions of this group. However, it must be said their dedication to our game has been impressive and very much appreciated.

China -- there are a few people living there who are quite into racquet sports!

Can we take our professional game out of the clubs and bring it to the downtown masses where the cash is? Can our top professionals draw a crowd without an amateur draw? There are a lot of questions and it's time for us to find out the cold hard answers. Hey, we might even surprise ourselves and gain thousands of new fans for what we already know is an awesome game to watch and play! Hang on and stay tuned...

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