

Racquetball Reporter

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STATE SINGLES
ENTRY FORM



Racquetball Association of Michigan

RAM STATE DOUBLES CHAMPIONSHIP

Racquetball Action Two by Two Maureen Price Takes Home 3 Golds

- Twayne M. Howard

The **RAM State Doubles** took its traditional spot on the tournament calendar as 110 players came to Total Sports to vie for the title "State Champion". It was a great weekend of tournament racquetball and another new round of RAM State Champions. Congratulations to our Champions and all the competitors.

The Junior/Veteran Division and the Centurian Division have become very popular since RAM "borrowed" the ideas from our three wall friends. This year's edition offered more great competition. **Mercedes** and **Ed Arias** took the Gold in the Junior/Veteran Division getting past Mike and Scott Bowles, Myles and Chris Kelly and Trevor and Rich Sporer.

Chris Kelly bounced back to win the Centurian with stand in **Tom Yates**. They defeated Alfonso Pugh and Greg Lewerenz and Sherman Gipson and Stanley El-Amin to take the Gold.

Rich Gallagher and **Steve Goedker** defeated Greg Lewerenz and Ron Barton to win the Men's 35+ Open Championship. Mark Reed and Ryan Covell, Paul Stanwick and Tom Yates rounded out the division.

The Men's 40+ Open Championship went to **Jeff Connell** and **Steve Clark** who defeated Gary Roloff and Mike Stetz and Jim Scheuer and Dave Schoonover to win the Gold.

Our most senior division saw a battle of four 60+ players. The match went to **Dan Greene** and **Gary Giblin** over Alfonso Pugh and Morris Penner. But if you ask me, they're all Champions.

Mark Reed and **Matt Malolepszy** were the Men's A Champions after defeating Brad Schopieray and Twayne Howard in the Finals. Aaron Melch and Don Wallace and Gary Roloff and Mike Stetz were the semi-finalists.

The Men's B Gold went to **Bryan Galloway** and **John Leggett**. Bryan and John defeated Erik Testa and Mike D'Almeida in the Finals. Paul Schultz and Bob Buckingham and Keith Bryan and Rich Westerbrink rounded out the semis.

Mike Labadie and **Mike Petrucci** defeated Jeff Mira and Rudy Varela to win the Men's C Championship. Eric Jarmons and Stephen Price and Mike Bowles and Myles Kelly rounded out the semis.

The Men's D Division was a round robin division featuring all-juniors, making the leap up. **Braeden D'Almeida** and **Marcos Leggett** defeated Caige Duryea and Zach D'Almeida and Nikko Leggett and Bryan Schopieray to win the Championship.

The Men's Elite Division was established to help bridge the gap between Open and A. As a first re-introduction of the division, it seemed to go very well and be a very popular move. In the end, a couple of veterans took the title. **George Yarbenet** and **Walt Podraza** defeated Jim Kutt and John Kutt to win the Gold. Chuck Salagan and Mike Garbarino and David Schoonover and Jim Scheuer were the Semi-Finalists.

The Men's Open Division was guaranteed to be a flat-footed slug-fest

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THOUGHTS FROM THE PRESIDENT . .

- Twayne M. Howard
President

SURVIVE AND ADVANCE – A New Way of Life for a New Year

"Survive and advance." The first time I heard that phrase, a basketball coach was doing a post-game interview trying to explain his team's performance in the NCAA Championship tournament. His team was the better team, but it almost didn't show that day. They were out-hustled and out-played but they were able to pull out the game. The coach was not happy about the performance, but was accepting of the result. It wasn't pretty, but style points don't count. For his team, in an elimination tournament, it was all about persevering and finding a way to win. Survive that game and advance to play the next round. "Survive and advance."

I often think of that phrase in the middle of a tournament. Whether I play well or not, I'll get done with a tough win, and that phrase will pop into my head. It's all about "survive and advance".

I had a few of those moments at the recent State Doubles Championship. I had three great partners and had a lot of fun. (Thanks Mr. Reid, Jan and Brad!) But I only advanced in one division. We had a good weekend and got past a few tough matches. (Thanks Brad!) That phrase kept coming back to me. Focus, play hard, kill in the pass direction, flat swing, concentrate and bend your knees. "Survive and advance."

As I was driving home, reflecting on another fun tournament weekend, that phrase popped back into my head, but with greater meaning. Ladies and gentlemen, 2009 will be a watershed year. We are facing some of the worst economic times in decades. Our financial system and auto industries have received bailout funding from the federal government. Major retailers such as Circuit City

have filed for bankruptcy protection. Homes and cars aren't selling, and many believe they can't get a loan to buy anything, even if they are qualified. And as everyone keeps asking, "Where's my bailout?"

And in our little part of the world, not that those don't all affect us, USA Racquetball is raising its membership fees. Now... Really?!? Ladies and gentlemen "Survive and Advance". That is what USAR is trying to do. Over the past few years, USAR has done an amazing amount of work to ensure its sustainability. Debts have been paid off, overhead slashed, and operations have been completely overhauled and leaned in order to keep the organization afloat. It is. Having watched it from my seat, it has been nearly miraculous. I cannot say enough about the efforts made by the Staff and Board of USA racquetball.

USAR is in the perfect position to help take racquetball to the next level. That is what the dues increase is all about. There is work to be done, and only USAR is in the position to do it. Two major national health club chains are each opening approximately 70 locations over the next year are so. One has prioritized racquetball and is including courts in each facility. That's great news. The other chain: "not so much." Literally, not so much as one court across the entire building plan. Now, you and I could launch a letter and phone campaign but I don't think we'd have much chance of doing any good. USAR, however, with a professional marketing campaign to sell the benefits of racquetball, and racquetball members to a facility pulls a lot more weight. That's one huge reason for the increase.

Who can launch a national marketing and outreach effort to show the benefits of our great sport. Who can

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EXERCISE IN A BOTTLE

- Ed Arias

We all know that a well balanced diet including protein, carbohydrates, fats, vitamins, minerals and water is all that is required to provide all the adequate nutrients for a healthy person and certainly for a recreational player playing their league matches 1-2 times per week. This issue's nutritional segment focuses on a contro-versial subject that typically leans more toward the competitive player who pushes their body by training a couple times a week, who may also play league matches and then the long tourney on the weekend -- the subject is SUPPLEMENTS.

A nutritional or dietary supplementation is something that completes the nutritional value of a processed food such as vitamin-enriched bread. Essential vitamins have been lost through the bread making process and are put back in an enrichment, or supplementation, process. However, more serious athletes constantly look for advantages over the standard well-balanced diet by using sport foods or supplements to give them a competitive edge. With that said - BUYER BEWARE - this is a \$13 BILLION market and too often athletes are too willing to shell out the cash for unproved claims

which in effect could even lead to serious health risks if not just a lighter wallet.

From a "supplement manufacturers" point of view, the FDA set the "supplement standard" in the Dietary Supplement Health and Education Act (1994). This legislation does not require FDA testing, clinical trials, pre-market reviews, proof of efficacy but only that the product is safe and uniform labeling is present. Furthermore, three types of claims can be made: 1) nutrient content claims - the product contains what it says it contains, 2) disease claims - i.e. calcium prevents osteoporosis, and 3) nutrient support claims - i.e. calcium builds strong bodies.

Now let's take the consumers point of view. I see ads on TV or the internet about "miracle supplements" which will make me the athlete I always dreamed of. So how do you separate the real from the mystical? What is "enhanced performance" relative to and is it significant? Something could potentially enhance your athleticism by 0.01% ... you are enhanced, but it's not very significant. Secondly, what type of effect is involved, acute or chronic? An acute effect does not affect adaptation (i.e. drinking coffee to be more alert)

whereas a chronic effect does involve adaptation and relates better toward enhanced performance claims. Thirdly, the consumer is only guaranteed a certain level of purity and illegal compounds (i.e. steroid precursors) could be contaminants which one could face strict penalties if you test positive in national competition. Finally, are the proposed claims even true? The "truth" comes in many different flavors and can be based on personal experiences (testimonials), anecdotes of coaches, athletes or other industry professionals, or the bottom line, scientific inquiry.

Scientific inquiry is based on the scientific method which presumes that every effect is linked with a cause (causality). Ultimately, this establishes rules/laws concerning natural phenomena which are indisputable such as "muscular training causes muscular adaptation" (aka you get stronger by lifting weights). But research on supplements often falls short due to poor funding, little or no peer review, unqualified human subjects, and uncontrollable circumstances (sleep, nutrition, etc). Furthermore, proper experimental design requires appropriate controls (i.e. placebos and for variables) and proper statistical analysis. So when you hear or read that a certain supplement does this or that, what is the scientific evidence to support those claims or are they just based on anecdotes from your weekend warrior neighbor?

On the flip-side, a certain supplement may have a desired effect but proper experimentation has yet to been done (for many of the reasons above). So how can athletes make intelligent choices when it comes to supplementation? First, keep these things in mind: a) 'product' composition, dosage and cost, b) are the "claims" sensible and is

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NEW MEMBERSHIP RATES

ADULT - 1 YEAR	\$ 50
ADULT - 3 YEAR	\$125
JUNIOR (until age 21)	\$ 25
LIMITED EVENT	\$ 20
LIFETIME (effective 6/1/09)	\$1,250

JUNIOR'S CORNER . . .

JUNIOR NATIONALS 2009

- Dan Mullin

Junior Nationals 2006 was such a smash hit, USAR asked us to do it again! After a long year of planning and organizing, a coalition of tournament directors from across the state, the Michigan Athletic Club, the Racquetball Association of Michigan (RAM), and the Greater Lansing Convention and Visitors Bureau (CVB) submitted the winning bid to bring the USAR National Junior Racquetball tournament to Michigan in 2009!

To be held **June 24-28, 2009** at the Michigan Athletic Club in East Lansing, the event is expected to bring over 300 players and their families from across the country to experience our Great Lakes hospitality.

We are still eager to include anyone interested to help make this event a spectacular success.

We are looking for fundraisers, or ideas for fundraising, people to organize family events for when the kids are not on the court, and did I mention FUNDRAISING.

Just to scratch the surface, we have a banquet to put on, pool party on Thursday night, shuttle service to and from the hotels and banquet site, hospitality during the tournament, outdoor racquetball events, etc. We need SPONSORS willing to step up to the plate so we can surpass the great impression Michigan left in 2006!

You always hear, "Get 'em while they're young!" And it's true; this is a grand opportunity for promoting, and expanding the sport of racquetball in Michigan! Just think of the excitement building toward Nationals and then the chance to witness and play the top players from across the country. Here is a

rare opportunity to watch the stars of tomorrow right in your own backyard. This is a chance to build interest in young players and carry the excitement for years to come!

Please volunteer, be a sponsor, or even donate product or services. Remember it's for the kids; help us make this an unforgettable event...with your support, we can make this tournament one to be remembered both on and off the court!

If you want to make a tax-deductible contribution, know a company that would like to sponsor a court, or volunteer, please contact me at:

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2008-2009 TEAM MICHIGAN JUNIOR SUPER SERIES OFF TO A QUICK START

- Don Schopieray

The 2008-2009 Junior Series featured a few twists - all of the kids in preparation for the Junior Nationals were required to referee matches at each of the events. This has been very well received and the kids are all doing a great job helping each other as they learn the ropes of "refing" matches.

The West Michigan Pro Am set the stage for many tough matches to come. In the Beginner Division **Caige Duryea**, **Braeden D'almedia**, **Nikko Leggett**, and **Drew Boatwright** let it be known that if you want to stand at the top of the podium you would have to go through them. All of the kids in this division are progressing very quickly and will be knocking at the Intermediates door soon.

For the intermediates **Zach D'almeida**, Kentucky native Sean Henry, local hero **Alex Kemp**, and Detroit 'hot shot', **Marcos Leggett** were up to the challenge setting the tone for the rest of the season. There isn't much distance between these guys and the big dogs in the elite division and you can look for one or two of them to move up and accept the challenge before the end of the year.

As for the elite division the usual suspects again made it clear why we have a junior team worthy of national recognition. **Matt Barbuscak**, **Bryan Schopieray**, **Grant Hoffercker**, and **Nathan Tucker** are at the head of the class. These kids leave it all on the court, not only are they some of our best junior players they are starting to

make some serious waves in the premier adult divisions as well.

This year's tournament series will be a great training ground for all the kids as we get closer to the nationals. I cannot say enough about how all of the tournament directors have been willing to let our junior coaching team have free reign with the juniors at these selected events, without their support and cooperation this would not be possible.

If you are interested in getting involved with the junior series please let me know, we could use help in all of the divisions and quite frankly it is a blast. Thanks again for all the support, and see you on the courts.

don113x@comcast.net

JUNIOR'S CORNER . . .

TEAM MICHIGAN JUNIOR RACQUETBALL ANNOUNCES NATIONAL CHAMPIONSHIP TEAM SPONSORSHIP PACKAGE

With the 2009 Junior Nationals just around the corner and being held in our own back yard, Team Michigan needs your help. We have a sponsorship package that includes a choice of either polo or button collar official team sponsor shirt with embroidered logo, official team stickers, and an autographed 8 x 10 glossy team photo. You can receive this complete package for a \$150 donation which will be used to help us for the 2009 Junior National Championships. As you may know we will be going for our fifth top 5 finish in a row and could use all your help and support. All donations are tax deductible. For more information and to get your package Email Don Schopieray at don113x@comcast.net or give me a call 810 287 9394. Support Team Michigan by wearing the shirts and watching matches at the Junior Nationals in June.



TWO LOSSES TO MICHIGAN'S RACQUETBALL FAMILY

Frederick Price passed away in January. While Fred did not play racquetball, you all know him well for attending almost every tournament in Michigan with his sons **Andrew Price** and **Jim Price**. This loss is particularly hard for Andrew because not only were Fred and Andrew close, but Fred was Andrew's coach, mentor, and friend. The support and attention that Andrew received is reminiscent of children that grow up in Olympic competitor households. Please keep the Price family in your thoughts and prayers.

Fellow racquetball player, **Eric Washington**, lost his father, who passed away January 8. **Apostle Washington** was pastor and founder of the Trinity Deliverance Church in Detroit. He was recognized as a spiritual father internationally, and a spiritual gatekeeper for the City. Apostle was committed to outreach and community development. He served as a Chaplain for the Wayne County Sheriff's Department and board member of the Southeastern Village Adopt-A-School Constellation of Churches. Keep the Washington family in your prayers.



Inez LeCland (left)
Mercedes Arias (right)

REMINDER -- SOME OF THE FUTURE NEWSLETTERS WILL BE SENT BY EMAIL. PLEASE BE SURE YOUR EMAIL ADDRESS IS UPDATED AT USRA.ORG, UNDER MEMBERSHIP LOG IN.

RADIATION MAN -- THE MAN, THE LEGEND -- BILL GOTTLIEB

- Caryn Coyle

On a cold, snowy Sunday in early January, Allan and I had breakfast with Jim and Dianne Easterling. We spent a couple of hours with eggs, toast, hot coffee, and warm memories of days gone by. . .

Back in the Glory Days of Racquetball in Michigan, there strode a man with an afro, a jug of Gatorade, blue warm ups, and a T-shirt with a Cannabis leaf on the back.

This was THE Radiation Man.

A man with an unorthodox playing style who had a backhand shot that no opponent could hit: a crosscourt pitch from shoulder high with a Little Bandito racquet. When relating this story, Jim Easterling indicated that, "you always had to try to think at least 3 shots ahead when Radiation Man was your opponent and he STILL outshot you more often than not!" Jim fondly remembers that he took 1 game from Radiation Man on two different occasions, but could not hold it together for the tiebreaker.

When Bill was on the Board, back when it was still MRA, tournament director, Bill, was trying to teach Larry Roberts how to run The Tournament Desk - a daunting task when you know what you're doing - downright terrifying when you're first learning.

Bill sat down to teach Larry the sequence of running The Tournament Desk; he was a good man for the job given that he is an electrician and Bill very sequential in both his professional and recreational pursuits. He taught Larry:

1. Take the card from a player who has completed a match;
2. Cross off the court, indicating that the match is completed;
3. Put the card in the done pile (for recording on the wall);
4. Get the card for the next match;
5. Page the next players.

Larry followed closely, moving through the sequence with prompting from Bill until Bill felt it was time for Larry to "solo". Larry approached the task with enthusiasm; when the next match was completed, he took the card, set it down (step 3), and began to call the next players (step 5). Bill, perhaps remembering grade school days, rapped Larry on the knuckles with a ruler and said: "Stop! Put that card down. Pick up the card they gave you. Cross off the court. Call the next players AFTER crossing off the court."

The tournament proceeded, and when each card came in, Larry meticulously followed the procedure and nervously keeping an eye on Bill, who kept the ruler in his hand—just in case.

If you doubt Bill's enigmatic appeal, read on:

Joanne Furu, returning to racquetball after many decades of life happening, noticed Bill at the Spartan Splat in November 2008. She giggled delightedly, pointed him out, and said "There he is!!" Joanne remembered Bill from all

those years ago, remembered that he owned any court he played on, his warm ups, his jug of Gatorade, and his Cannabis shirt.

Bill has a set of principles that he lives by. . . .

At a Tournament in Petoskey, Bill struggled with the seeding process (it was based on points, and rewarded those who played a great deal with more points than someone with more skill, but less opportunity to play).

Bill was seeded #3 in Men's Open, he felt he should have been seeded #4 and said so, but the seeding did not change. To make his point, he quietly played his matches and made it to the finals. In the final match, Bill won the first game. He then played the second game and took it all the way to one-point away from winning-called a time out and left the court-the match was forfeited to the other player. Shortly thereafter, the seeding system was changed.

While Bill has moved from Racquetball to Squash as his knees

(cont on pg 7)

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RAM STATE DOUBLES CHAMPIONSHIP

(cont from pg 1)

with great match after great match. **Steve Clark** and **Jeff Connell** got past Greg Lewerenz and Ryan Covell to become Champions. Andrew Price and Ed Arias and Rich Gallagher and Steve Goedker rounded out the semis.

The Mixed Open Championship saw a new pairing take the Gold. **Maureen Price** and **Andrew Price** (no relation) took the Championship by defeating Chris Todd and Dan Mullin in the Finals. Mercedes Arias and Ed Arias (relations) and Michele Geile and Charlie Curtis made it to the semis.

The Women's 40+ Open Championship was claimed by **Maureen Price** and **Chris Todd** in round-robin fashion. Melody Gorno took the Silver while Sandy White and Claire Kruse rounded out the draw.

Maureen Price took her third Gold of the weekend by teaming with **Chris Todd** to win the Women's Open Championship. Melody Gorno and Laura Patterson won the Silver and Mercedes Arias and Michele Geile finished with Bronze.

Another Round Robin event was the Men's 25+B Divisions. **Jeff Mira** and **Rudy Varela** teamed up to take the Gold. Eric Jarmons and Stephen Price were the runners-up and Erik Testa and Mike D'Almeida took home the Bronze.

Marc Labadie and **Robin Basil** defeated Ben Marciniak-Jennings and Dan Mullin to claim the Men's 25+A Championship. The semi-finalists were Mike Mollema and Nick Frontczak and Aaron Melch and Don Wallace.

The Men's 40+B Gold went to **George Terryn** and **Rich Sporer** who defeated Rick Beeck and Joe Trocchio in the Finals. Bryan Galloway and John Leggett and Tony Kairis and William Brock made the semi-finals.

Rick Vrosh and **Steve Jazwiec** defeated John Stallmer and Mike Chambon to win the Men's 45+ Open Championship. Mike Garbarino and Chuck Salagan and George Yarbenet and Walt Podraza rounded out the semis.

It was Groundhog's Day all over again as **Dan Verbeck** and **Jim Woolcock** squared off against Jack White and Tom Blakeslee in the Finals of the Men's 50+ Open Championship. Woolcock and Verbeck took this one for yet another State Championship. Chris Kelly and Jim Panasiewicz and Steve Jazwiec and Rick Vrosh rounded out the semis. **Margrit Schmechko** and **Rick Oswald** defeated Tahpenes Johnson and Eric Washington and Jan Insko

and Twayne Howard to win the Mixed A/B Championship. **Jan Insko** and **Tahpenes Johnson** won the Women's A Championship after they defeated Lorna Rose and Margrit Schmechko.

At the end of the weekend, we'd had another great visit to Total Sports in Mt. Clemens. We'd like to thank Ed, Bob, Dawn, Shawn and all the staff for hosting another great State Doubles. Also, CONGRATULATIONS to all of our new RAM State Champions.

RADIATION MAN

(cont from pg 6)

age, he still collects racquetball Tournament shirts, and stops in at every tournament hosted by the Capital Area Racquetball Association. He passes the time, shares stories, and keeps an eye on us. He also enlists our aid in acquiring Racquetball shirts from all over the state.

You can take the Radiation Man out of Racquetball, but you can't take Racquetball out of Radiation Man.

JUST THE LIMIT. . . .

- Allan Coyle

I come off the expressway from 70 mph onto the street at 30 mph, well almost, and looking ahead all looks good...the light stays green. Just through the light who should I find quickly coming up on my tail? You guessed it; the police with a different opinion on what looks good.

In a hurry sir? Hmmm, is this a trick question? I decide to be straightforward and answer, "Actually, yes...I was supposed to be at the MAC 15 minutes ago to play racquetball." As he takes my papers he makes an off-hand comment, "I used to play racquetball." Then walks back to his car.

Three, maybe five, minutes later the officer returns with my license and proof of insurance. "Sir, you were going 48 in a 30 mile an hour zone." This is not going to be good, 15 mph over I'm told is reckless driving. Then he quietly tells me, "...but who am I to get in the way of a good game of racquetball." I want to shout "Yes!" but realize a simple "Thank you" is best.

Racquetball, good for my health and this time good for my wallet. No ticket just a friendly warning to watch my speed. So on to my game, and the rest of the way doing just the limit.

MEMORIES

- Dan Mullin

We are blessed to be in a sport that allows us to exercise, have fun, and be competitive all at the same time. We are blessed that racquetball is organized and allows us to go across the state and the nation to compete. We are blessed to meet and have friends from this excellent venue. I have always maintained that racquetball is more than just a sport, but a tight community of friends enjoying something in common. It is not uncommon to see a fierce battle on the court and when the game ends, see the two opponents hug. While these may not be friends in the traditional manner, playing someone two or three times a week for years transcends the term acquaintance. In the past month, we have lost some friends from our community

Mike Wahl, of the Lansing Michigan Athletic Club passed away January 7, 2009. Mike was a league member for over ten years, often competed in many tournaments, and played socially many times during



the week. If you had the pleasure of playing racquetball with Mike, you will remember he was the only one to wear the full-face mask for eye guards (looked like a welder's mask), was a giant of a man, and while competitive on the court would be remembered by his huge smile, great sense of humor, being soft spoken, and humble. Mike was a retired police officer from the Lansing Police Department of 25 years, earned his Bachelor's degree from MSU in Criminal Justice and an MBA. He is survived by his wife Maureen and two daughters.

Glenn C. Harr of Dimondale age 56, died December 25, 2008 in Mason, Michigan. Born February 7, 1952, in Lansing, Michigan, Glenn was preceded in death by his father,



Christian and brother, Lloyd. He is survived by his daughter, Katie Harr; son, Chris Harr; former wife, Sandra Hutchins; mother, Helena Harr; sister, Donna Christian; several nieces, nephews, aunts and uncles. Glenn was a very generous man who loved his children and

family dearly. He also enjoyed sailing with friends, playing golf and racquetball. Glenn was an avid sports enthusiast who loved watching Katie and Chris compete in high school athletics. He had also owned several businesses in the Lansing area over the years, most recently the Bridge Street Pub & Grill. Glenn will be sincerely missed by those who knew and loved him.

Glenn had been playing racquetball in the Lansing area for over 30 years. In the mid to late 70's, he was playing in the B Division in MRA state racquetball tournaments. He was recently playing at the Oak Park YMCA and used to play at this club when it was called the Oak Park Athletic Club. Before becoming a restaurant owner, Glenn worked in the beverage business for Dave Lund (a nationally ranked racquetball player).

From the racquetball community to their families, our love and condolences, as these special individuals will be missed by their racquetball family.

SURVIVE AND ADVANCE

(cont from pg 2)

help coordinate all of the groups associated with racquetball – the state associations, the equipment manufacturers, AmPRO, IPRO, IRT, WPRO, WSMRA, IRF, NMRA and even WOR. (Bonus points to the first person to tell me what all those acronyms mean.) USA Racquetball. If not USAR, then who?

Who can coordinate all of the grass roots efforts to share ideas among the groups? Who can keep the progress rolling and keep our great game growing and evolving? We have had steady growth at the recreation level over the past several years. Who can capitalize on that growth and help it spread further? Who can help

bring racquetball to where we all want it to be? USA Racquetball. If not USAR, then who? USAR has made it through the "Survive" part. Now it is time to "Advance".

Most years, my first article is a comment on the great progress over the past year, and the things I look forward to in the next year. This year is very different. The world is changing and it would be irresponsible not to recognize that.

As always, I remain optimistic. The economy will turn around. The stock market will rebound. Cars and houses will begin to sell. Detroit will take its rightful place at the top of the automotive world.

As for racquetball... We enjoy a great sport. It provides exercise, and friendship, and competition, and health, and wellness, and frustration relief, and a social life, and the occasional championship, and the occasional bruise to brag about just as much as a medal, and a multitude of benefits too numerous to mention. USA Racquetball is poised to not only "advance" but to conquer. I look for great things from racquetball in the coming years, and I cannot support USAR's effort strongly enough.

I wish you all a safe, healthy and prosperous year. In all things --
"Survive and advance".

RIVERVIEW FALL BRAWL

- Mike Chambon

The Fall Brawl was held on Saturday, November 8th and was a round robin tournament with pool play. We had 49 players this year including 5 juniors and what a day we had. First, I'd like to thank the sponsors and Riverview for hosting this year's event and all those that assisted. For first and second place this year we gave ball caps that showed the Riverview Fall Brawl logo, this drew a lot of compliments and was the same logo used on the shirts. The food, by all accounts, was awesome, thanks to Swan Inn.

Now on to the play. We had eight people in the open with the top two from each pool of four advancing in the playoffs. **Shannon Kohl** won his pool and defeated **John Kutt** in the semi's. **Brandon Cortese** defeated **Paul Stanwick** in the other semi. This matched Brandon and Shannon in the finals and as always, these two played some great racquetball with Brandon winning in two.

The A Division had our largest draw with 16 people competing and was broken down into four pools of four each. The four winners then matched off in the semi's and consisted of **Mike Stetz** holding off and defeating **John Stallmer** and **Mike Chambon** getting past **Ferd Samson**. This pitted Mike Stetz and Mike Chambon in the finals with Mike Stetz coming out on top in the tie-breaker.

The B Division had twelve people in it and the finals pitted **Jason Juberg** (1st tournament ever) defeating **Pat Firtl**, way to go Jason. I hope we see you in future tournaments.

The C Division pitted two friends from Kalamazoo, **James Hemenway** and **Dave Stagray**. The Kalamazoo area brought a large contingent of players thanks to John VandeWeerd. In a hard fought match Dave Stagray defeated James Hemenway.

We also had a 35+, 45+, 55+, and 65+ age division play which was round robin with the exception of the 45+ division which had eight players and two pools of four. The 35+ division winner was **Dan Mullin** from Perry, 55+ saw **Ric Scott** from Muskegon taking this division of six players, and the 65+ saw **Art Murphy** from Ludington come out on top. The 45+ as mentioned had two pools and pitted **Rick Vrosh** against **Mike Stetz** with Rick emerging the victor.

The junior play featured **Alex Kemp**, **Drew Boatright**, **Nikko Leggett**, **Zach D'almeida**, and **Braeden D'almeida**. It is fun to watch the next generation of players and their improvement from tournament to tournament. There was a lot of fine play with Zach claiming first place and Alex Kemp second. The juniors were also treated to an hour long clinic by our Open Champion Brandon Cortese. At the clinic Brandon spent much time talking to them about shot selection to which the juniors started incorporating into their game. Thanks Brandon.

To cap the night off we did a blind draw doubles and had eight teams. The finals pitted **John Kutt** and **Allan Coyle** against the wily veterans of **Steve Jazwiec** and **Charlie Curtis**. The veteran team of Steve and Charlie won this hard fought match, leaving Allan Coyle with his 3rd consecutive blind draw runner-up finish at the Fall Brawl. Next time you see Allan ask him if he feels like the Buffalo Bills team of the 80's! With eight doubles teams we also had a consolation division and here the team of **Dave Trippany** and **Stephen Price** prevailed over **Dan Mullin** and **Tom Sharum**.

Thanks to all the players for showing up and making this a wonderful one day event. I hope to see you all again next for some exciting racquetball play.

AUTOMATIC MOVE UP CLARIFIED

The RAM Board of Directors unanimously voted to clarify the automatic move up rules for State Championship Tournaments.

Effective Immediately: If a player wins a State Championship, that player automatically moves up to the next higher division for the next year. This does not affect their level in the other discipline. A win at State Singles, does not mean the player has to move up in doubles, or vice versa. If that player loses in the first round of the higher division at the following year's Championship, they may be allowed to return to the lower division.

This rule applies to State Singles and State Doubles. This rule does not supersede the previous ruling that a player must move up if they win two local tournaments.

This rule will be in effect for the 2009 State Singles Championship in March.

EXERCISE IN A BOTTLE

(cont from pg 3)

there research to back it up, c) are the "mechanisms" theoretical or definitive, and d) are there "caveats" involving legal, ethical, safety and effectiveness issues? A good source of knowledge on supplements and all the issues addressed above can be found at the Australian Institute of Sports (AIS) Supplement Program which categorizes supplements and sports foods into 4 categories: Group A - supported for athletic use; Group B - under consideration but not yet approved; Group C - little proof of beneficial effects, and Group D - should not be used. One can find more information at <http://www.ausport.gov.au/ais/nutrition/supplements/overview>. Next time we'll look at potential supplements that may be useful in racquetball.

25th ANNIVERSARY RAM HALL OF FAME/AWARDS BANQUET

WHERE: *Kellogg Hotel and Conference Center
55 South Harrison Road
East Lansing, MI 48824*

WHEN: *Saturday, March 28*

TIME: *Cash Bar - 6:30 pm
Dinner - 7:00 pm
Program and Presentations to follow*

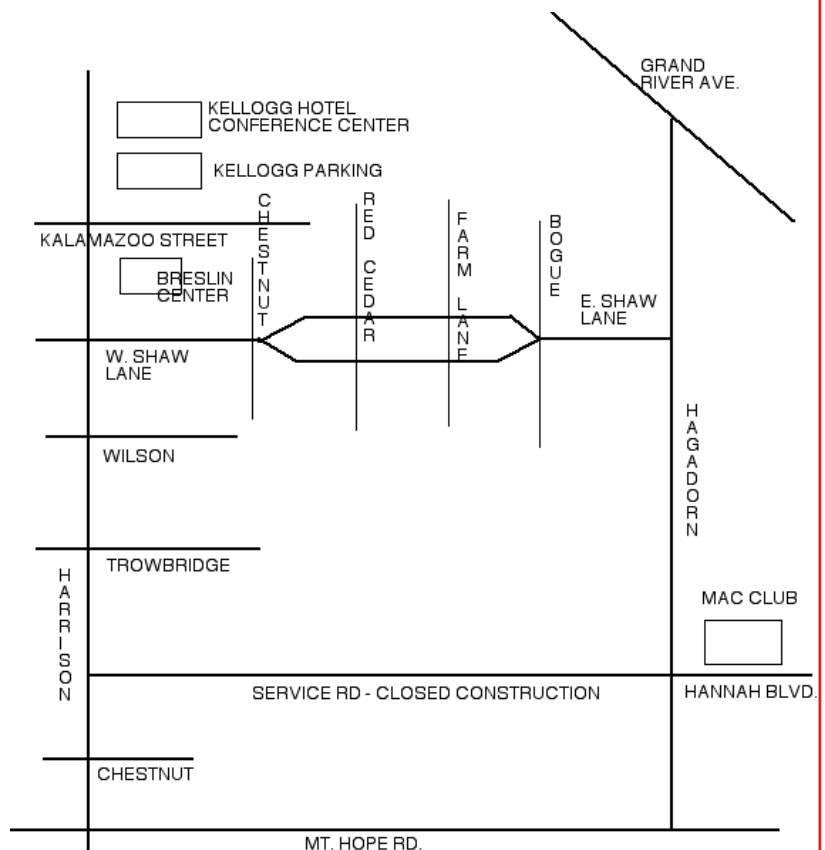
COST: *\$35* - available with your tournament entry form. You do NOT have to enter the tournament to attend the banquet, BUT you must prepay by Monday, March 23, 2009. We will be unable to accommodate walk-ins on Saturday, March 28.

To attend the banquet ONLY, complete the tournament entry form on page 11 of the newsletter. Write banquet ONLY across the top and include all names of people attending the banquet and enclose a check in the amount of \$35 per person. Banquet choices include either Top Sirloin Steak or Kellogg Cordon Bleu (chicken cordon bleu). You must indicate a food choice. Both dinners include salad, dessert, beverage, and potato or rice.

Hotel rooms may be reserved by calling the Kellogg Center directly at 517 355-9313.

This special night we will honor the 25th year of the Michigan Hall of Fame, all of the current inductees, and the 2008-09 RAM Merit Award winners. Many of the Hall of Fame members will be in attendance - Lynn Hahn, Jim Hiser (USAR Executive Director), Radiation Man, Irene Ackerman-Chmura, Johnny Northern, and Craig Finger, to name a few.

To reach the Kellogg Center from the MAC club either go (1) south on Hagadorn Rd., west on Mt. Hope and north on Harrison or (2) north on Hagedorn Road and west on East Shaw Lane to north on Harrison Rd. Stay left on Shaw Lane where it splits in the MSU Campus area. Service Road is closed for construction.





RACQUETBALL ASSOCIATION OF MICHIGAN

2009 RAM STATE SINGLES CHAMPIONSHIPS

MARCH 27-29, 2009

MICHIGAN ATHLETIC CLUB

2900 Hannah Blvd., East Lansing, MI 48823
phone (517) 364-8888



ENTRY FEES & DEADLINE

First Event	\$45	USAR Membership	\$50/20
Second Event	\$20	Hall of Fame Banquet	\$35
Juniors	\$20	Telephone/Late entries	\$5

Entries must be received by SATURDAY, MARCH 23, 2009. You may sign up ONLINE at www.r2sports.com. Any entries received after the March 23 will be subject to a \$5 LATE FEE. To be entered, we must receive your entry form, a phone call or email AND PAYMENT. THERE WILL BE NO EXCEPTIONS. Please help us by signing up early to avoid the crush at the deadline.

RULES

Single elimination format with matches consisting of two games to fifteen and a tie-breaker to eleven. USA Racquetball rules apply including **mandatory USAR-approved lensed eyeguards**. The Tournament Committee reserves the right to move or reclassify players if they are improperly placed or there is a need to combine divisions. Any participant must live or work full time in Michigan and be a member of RAM. Players must be able to provide proof if challenged.

STARTING TIMES

Play will begin on Friday, March 27 for draws of 16 or more. Every effort will be made to reduce Friday play. **Call the club on Thursday, March 26, 2009 after 12:00 pm** for starting times or check online at: <http://www.michiganracquetball.net>

AWARDS

Awards will be given for the first four places in divisions of 16 or more. Each participant will receive a tournament souvenir. All juniors will receive a Team Michigan shirt and participation award. Ladies entering by March 16 will receive a special gift.

25th ANNIVERSARY HALL OF FAME BANQUET

The 25th Anniversary Hall of Fame Banquet is Saturday evening at the Kellogg Center to honor 25 years of a racquetball Hall of Fame in Michigan and the 2008-09 RAM Merit Award winners. You must sign up for the banquet NO LATER than Monday, March 23. No banquet tickets will be sold at the tournament. Choose either Kellogg Cordon Bleu (chicken cordon bleu) or Top Sirloin Steak. Both include salad, dessert and beverage.

TOURNAMENT COMMITTEE

Tom Blakeslee (586) 468-2787 Twayne Howard (616) 540-7925 Dan Mullin Don Schopieray Jack White

ENTRIES MUST BE RECEIVED BY MARCH 23, 2009

Name _____ Club Affiliation _____ Shirt Size _____

Address _____ City _____ Zip Code _____

Phone (days) _____ (evenings) _____ Date of Birth _____

Email address: _____

Make checks payable to RAM, and mail to RAM State Singles Championships, 38114 Lakeshore, Harrison Twp., MI 48045

Entry Fee \$45 _____

2nd Event Fee \$20 _____

Junior Fee \$20 _____

USAR Membership \$50/20 _____

Hall of Fame Banquet \$35 _____

circle one for each banquet ---- chicken - or - steak

Telephone/Late fee \$5 _____

TOTAL _____

Waiver clause: I hereby for myself, my heirs, executors & administrators, waive & release any & all claims for damages I may have against RAM, the host club, tournament staff, & their agents, for all injuries which may be suffered by me in conjunction with my participation in this tournament.

Signature: _____ Date: _____
(parent/guardian signature if under 18)

DIVISIONS

circle correct choices - limit 2 divisions

MENS ☐ WOMENS ☐ JUNIORS ☐

Open	45+ Open	25+ A	35+ D	50+ C
Elite	50+ Open	25+ B	40+ A	50+ D
A	55+ Open	25+ C	40+ B	55+ A
B	60+ Open	25+ D	40+ C	55+ B
C	65+ Open	30+ A	40+ D	55+ C
D	70+ Open	30+ B	45+ A	55+ D
Novice	75+ Open	30+ C	45+ B	60+ A
24-Open	24 - A	30+ D	45+ C	60+ B
25+Open	24 - B	35+ A	45+ D	60+ C
30+Open	24 - C	35+ B	50+ A	60+ D
35+Open	24 - D	35+ C	50+ B	18 & Under
40+Open				16 & Under

Alternate Division _____

14 & Under
12 & Under
10 & Under
8 & Under

Mail To: RAM STATE SINGLES CHAMPIONSHIP, 38114 Lakeshore, Harrison Twp., MI 48045

AWARD NOMINATIONS

Please nominate only one person per category.

You may choose to nominate for one or more categories

Awards are based on accomplishments during the 2008-09 season

You may submit nominations with out playing in the tournament & you can email them to
president @michiganracquetball.net

Female Player of the Year _____

Male Player of the Year _____

Junior Player of the Year _____

Most Improved Player _____

Sportsman of the Year _____

Tournament Director of the Year _____

Club/Owners of the Year _____

Other (specify contribution)

Racquetball Reporter

321 Village Dr.
Lansing, MI 48911



STATE SINGLES ENTRY FORM ENCLOSED