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Volume 17, Number 3 May - June 2005



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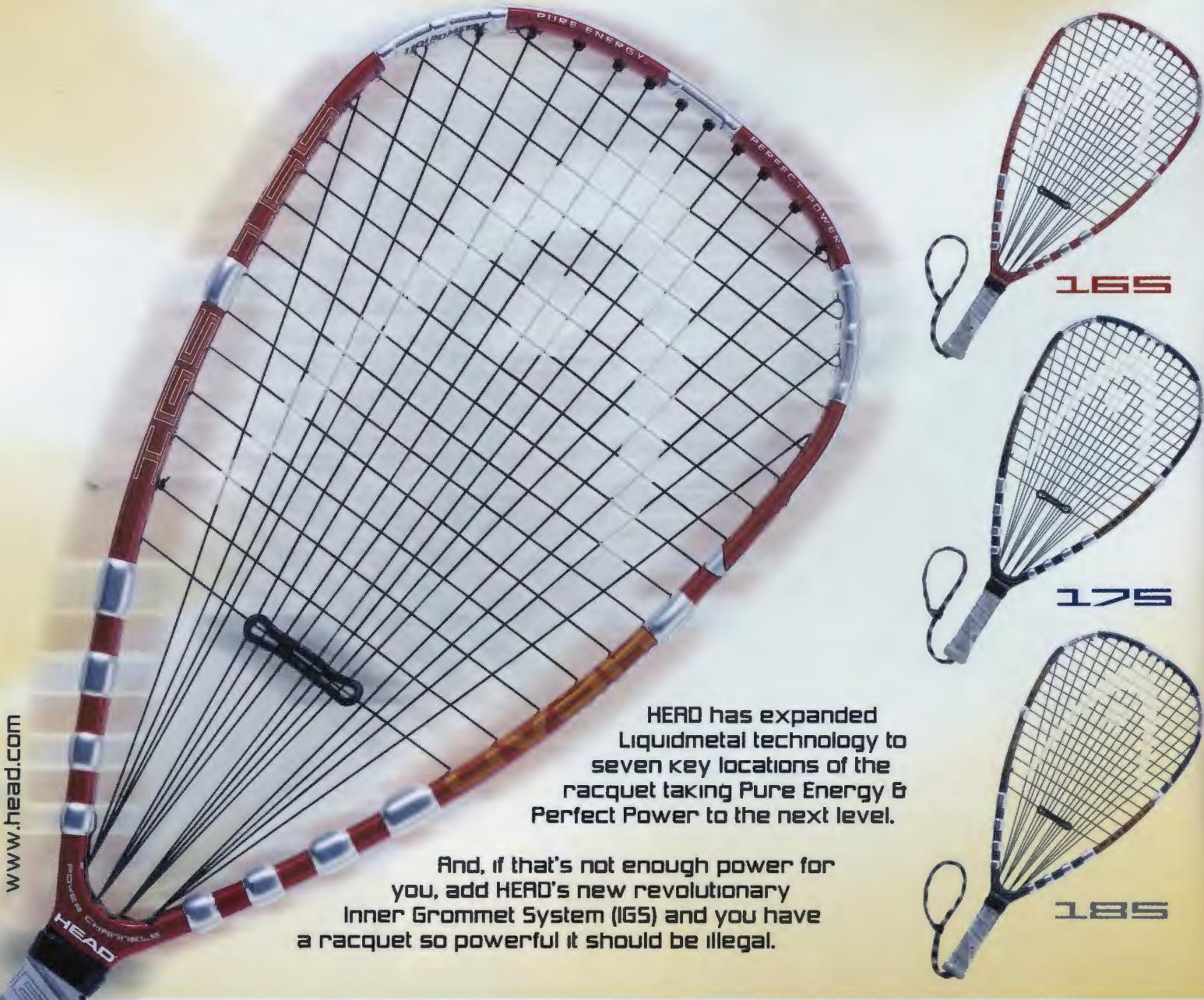
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SPORT GRAPHICS



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.

FEATURES



Pan American Championships

The U.S. did well, taking home three gold medals and two silver. Kristen Walsh may have been the biggest surprise as she defeated teammate Cheryl Gudinas in the women's singles final.



USAR National Intercollegiate Championships

Alabama was able to repeat as the overall team national champions. They also took home the women's team title and Colorado State earned their second consecutive men's team title.



2005 Motorola IRT Pro Nationals

Racquetball has a new grand slam! Complete with the portable court and plenty of hot action, the Motorola IRT Pro Nationals exceeded all expectations.



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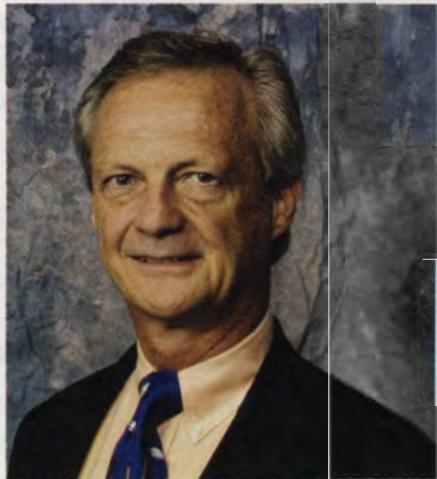
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FROM THE TOP

James Hiser, Ph.D.

USAR Executive Director



Racquetball seems to be returning in popularity. Entertainment Magazine recently had a short article listing racquetball as the "In" sport, the "On the Way Out" sport as squash, and the "Out" sport as table tennis.

Our first two events of the season, the National High School and National Intercollegiate Championships, also had increased participation, showing that there have been increases in numbers in those particular demographics. Also IRSA (the club owners association) has approached the racquetball community with the opportunity of placing the portable court in the middle of their 2006 convention floor thus once again showcasing our sport to club owners and event directors. For many years racquetball was always placed in the back corner of the convention floor while the "fitness" enthusiasts held all the prime locations.

According to the Court Company the construction of courts is healthy with numerous courts being built again this year. What seems to be changing is the venue for racquetball participation. Colleges seem to be dynamic areas of play and courts are full. High School play is still basically centered in certain areas, but there are signs of expansion in locations where an interested parent or teacher has decided to initiate a program. What is surprising is the number of apartment buildings, churches, schools, and private homes building courts. Although difficult to interpret, it shows that racquetball is still popular - just the venues have changed from years ago.



**2005
Summit in the Rockies
&
US Team Golf Outing
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Enjoy a nice, relaxing weekend at award winning Garden of the Gods private club. Starting with a fun and exciting day filled with golf, contests, food, drinks, and great friends. Join a day of discussion with State Presidents, Industry Leaders and Sponsors regarding USA Racquetball. Enjoy cocktails and hors d'oeuvres at each evening social gathering. The Summit will come to a close with a fun filled evening of bidding on auction items to support the US Team at the Farewell Banquet.

For more information please check online at www.usaracquetball.com or call Heather Fender at 719-635- 5396 ext. 129

PLAYERS HELPING PLAYERS



» By Randy Stafford, President,
USAR Board of Directors

A NEW ERA FOR RACQUETBALL

Jubilations, Cheers, etc., we have finally accomplished what our dream was for this association during the past three years. We have removed the majority of debt and have the business operating with a profit. One day in the month of March, we moved from \$630,000 in total debt to \$102,000. We sold our building and reorganized our staff which reduced our monthly expenses. High interest rate credit cards were paid off along with debts that had been on our books for years. Our dream was to take this organization into a new era of debt free and profitability so we can get back to what is really needed and that is to promote racquetball. I wanted to give everyone the details as to what went on and where we are with the finances.

Back in February, the bank actually froze our funds and demanded full payment on the building mortgage. Even though we had never missed one payment, they started this procedure because of a lien that was placed against us from a vendor. At this point, with no money, and seeing our building being taken away, things looked very dim for USA Racquetball. We considered several options, one of which was closing the doors. The other option was to somehow bring together everyone we could think of and try to save this organization. We chose the later.

After much work and sleepless nights, the following was accomplished. During a conference call of about 15 concerned people, we put together a plan which consisted of five phases. All areas of this plan must all go through at the same time for it to work in order to save this organization. Our goal was not only to save our association, but to put it onto a path that it had never seen before and where it should have been all along.

The phases included the following steps. We had to sell the building and quick. Second, money had to come from the USOC to help out; a total of \$19,000. Third, we had to raise a lot of money from both individuals and other associations. Fourth, we needed someone to do matching funds or donate a large gift to us. Last, we arranged for a line of credit with a local bank that we can use for cash flow if needed. Overall, this entire package amounted to \$339,000.

I am excited to report to you that all areas were successful. Some more than what we expected and some not as much as we had hoped. But, together, the financial package to reorganize our association is complete. The budgets we have set for the upcoming two years are very conservative and we will be watching the money very closely. This does not mean that money is now plentiful and more than enough to go into every program, but it does mean that with our existing membership base, staff and existing budgets, this association can run on its own and survive and not be chasing dollars at every turn. Why did all of this happen?

Well, that is another article, but what I will say now is that the current board and staff inherited these problems and it has been a gigantic struggle during the past three years. There were times when I was not sure we could dig out of these problems. It has not been fun, but somehow our Executive Director, Jim Hiser, stood the test of time and problems and now better days are going to be with us.

During the next year we have new priorities that will take the forefront. First, we must repair our relationships with our state directors. This is most important. There are many areas that have to be fixed before this will be accomplished. I can promise that our attention will go into solving this and trust with our organization will be earned back. Our entire computer programs must be working, sanctioning figured out, and membership structure changed to fit today's players. Also, this is a perfect time for all areas of racquetball to come together and unite so we can promote racquetball as a team. Quite a list of priorities, but all of them important.

I have to personally thank some people that really made a difference these past three months. Without each of them, I do not think we would have made it. There are many that helped and this list could go on for a very long time. But, special thanks needs to go to Doug Ganim, Dave Negrete, Jim Hiser, Tom Curran, Leo Klimaitis and Geoff Peters. Also, during these past three years we have done fund raising and many players and organizations have stepped up to help. All of these people have enabled us to survive these past three years and we sincerely thank all of them.

There has been so much support for racquetball from all levels. Look at what Kelley Beane from New Hampshire did this last year. She organized an entire junior's team, raised all the money needed and took the team to Mexico. Without her work, there would have been no team and these young players would not have gone to the World Juniors. Now, they are playing and loving racquetball even more. Thanks to Kelley and her team of supporters which went all the way from the players and parents to the kids themselves doing their own fundraising. All of these people and everyone that has contributed in their own way played a major part of our survival these past three years.

Finally, I have to give special thanks to Geoff Peters. In our darkest time, when the options just did not seem to be there, Geoff would call me and tell me, "We just need to work harder, call more people and think better". I know sometimes I would lose my thinking cap and Geoff would prop us all up and put us back on course. For everyone that donated money and worked in racquetball in their respective areas, I wish to thank you for helping us save racquetball.

Players Helping Players Since January 1st, 2005

General Recognition

A Level (\$500+)

Aaron Krebs

B Level (\$250+)

Jeff Reneaud

Duane Russell

James Woolcock

Leonard Marsocci

C Level (\$100+)

Earl Acuff

Keith Calkins

Fran Davis

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Dick Kincade

Caryn McKinney

Ed Remen

Shannon Wright

Mike Yellen

Chin AquaticCenter

Roger Rydman

D Level (\$50+)

Barb Faulkenberry

Blake Manning

Kenneth Brand

Geoff Peters

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Nicholas Kokkinis

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Tony Conte

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Ray Gabel

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Rick Betts

Jason Hicks

Jacob Chambers

Ambrose Fish

Steven Markey

David Michalek

Roy Wheeler

Rafael Diaz

Tracie Valentine

John Kwarcinski

Patricia Baldrick

A special recognition to the following individuals who stepped up during a period of extreme crisis and donated significant funds to support racquetball:

Sue and Leo Klimaitis - \$50,000

Racquetball Manufacturers - \$20,000

Thomas Curran - \$10,000

Doug Ganim - \$10,000

Geoff Peters - \$10,000

Dave Negrete - \$4,000

Jim Hiser - \$10,000

Randy Stafford - \$10,000



2005 PARC PAN AMERICAN RACQUETBALL CHAMPIONSHIPS

By Dave Ellis • Coach, US Team

Just back from Caracas, Venezuela, and I wanted to share some news about our participation in the Pan American Championships. Our delegation consisted of six players and one Coach/Team Leader/Trainer/Delegate/Referee. Kristen Walsh, Jack Huczak, Shane Vanderson, Jason Thoerner and I flew together from Houston, arriving on Wednesday, March 16th. Mike Guidry and Cheryl Gudinas arrived the following day. After being met at the airport, which is about 45 minutes north of Caracas, we were transported to the first pleasant surprise, a Best Western hotel which was situated over a three story shopping center. The rooms were large, and the mall had pretty much everything that was necessary. A Venezuelan player, Hemhil Hernandez, accompanied us to a nearby typical restaurant and we found ourselves eating at about 1 AM. That night we changed some money, finding out that \$100 purchased 250,000 Bolivares. Throughout our stay, we had to be careful with the number of zeros on the money. At first glance, 2000 looks pretty much the same as 20000. Also common were conversations such as, "How much was that Subway sandwich?" "Not bad, only nine grand."

The next day we got our first view of the club. This required about a 45 minute taxi ride which cost us about \$.5. The altitude of Caracas is about 2800 feet, and the courts had both cement walls and floors, thus making them very fast. The cement floors made it tough to dive and hard on the ankles and knees. The club, Cocodrilos, was very nice with six courts, and a couple of restaurants. Court 1 had left side and backwall glass, and our players were immediately determined to get used to playing on it. That night, Mike and Cheryl arrived. The next day's practice went well with the guys playing short games of singles followed by a couple of games of doubles. Guidry and Thoerner, two veteran doubles players who had scarcely every played together, clicked instantly. Cheryl and Kristen, our entire women's team, played some singles and then played doubles against a couple of the guys. Saturday's practice was optional. It pretty much ended up with Jack playing Cheryl and Kristen, two on one.

The next three days consisted of the round robin groups that lead to seeding for the final draws. The team did not have any trouble and all finished first in their groups. This was important as a loss would have meant that two of our players would have played in the semi's rather than the finals. Kristen had the toughest match as Angela Grisar of Chile was in her group. After an easy first game, Kristen survived a tough challenge, holding on to defeat Angela 15 - 14 in the second. Angela is ranked No.8 on the LPRA, and she is a very good player.

The Mexican Team was out in full force, and, with their red and green warm-ups, they looked very impressive. After their doubles teams won two gold medals in the Pan American Games in 2003, the team has received good financial help from their national sports federation. They brought a complete team of eight players, many juniors, and a large staff of coaches and helpers. Heading the

delegation was the ever present Fito Baca who always refers to himself as my professor of street Spanish. I can assure you that he is a good teacher and a good friend as well. The Mexicans have become one of the International Racquetball Federation's biggest supporters, and the report is that racquetball continues to grow within the country. With three consecutive Junior Team World Championships, the delegation is anxious for the "ola" to reach the adult level.

The bracket play continued to Saturday with only one defeat before the finals. Shane Vanderson drew Gil Mejia of Mexico. Gil is tough and has had some good wins in the past. He played Shane very well, forcing him to shoot from the back and then rekill anything that was left up. After losing the first game, and being

way behind in the second, Shane had a game point at 14 - 13 which he didn't get. Gil scored two on the next service opportunity and moved into the semi's against his teammate Polo Gutierrez. One of the big upsets of the round robin play had been Santiago Canedo of Bolivia upsetting Polo to force him into the same half as Gil. The theory circulated that this was done to stay away from Huczak. If this was true, perhaps it wasn't completely well thought out as Gil and Polo had an hour and 45 minute match in the semis. Gil moved into the finals, but the semi's the day before had cost him a lot.

Jack was rolling, and, as usual in international events, was intense and focused. One big challenge supposedly was to be Cory Osborn in the semi's. Cory is an intelligent player who had one the silver medal in Ecuador one year earlier. Cory's game is a bit like Jason Mannino's in the sense that he has great shot selection and a thorough command of angles. The comparison breaks down there, however, as Cory is admittedly carrying way too much baggage, and could in no way match up with Jack's athletic ability on the court. The scores were 15-1, 15-5. In the final, Jack defeated Gil 15-6, 15-5. It is worth of note that at this point in time, Jack held the following titles: National Singles and National Doubles (with Rocky Carson), Intercollegiate, Pan American Games Gold Medal, World Champion, and now the Pan American Championships.



Cheryl and Kristen both rolled through their matches with ease. They met the first part of la ola mexicana in the semi's, as they faced Semantha Santos and Nancy Enriquez, both of whom are still teenagers. Both USA representatives won with ease. This tournament was the first time I had seen Semantha play, and she looked awfully tough in taking out Josee of Canada in the quarters. She just wasn't ready for a seasoned professional, however, and Kristen gave her an introduction to the highest level of women's racquetball. Nancy has been a member of Mexico's national team for a number of years, but Cheryl arrived with "goods" intact and advanced easily to the finals. The coach's dream final took place early Saturday morning. With the gold and silver assured for Team USA, Kristen and Cheryl battled to a tie breaker with Kristen eventually winning, 11 - 8. Kristen returned served well against Cheryl, and she made many gets to extend the rallies. The gold medalist was especially happy as it was the first time that she had defeated the current No.1 LPRA player.



In the ladies doubles final, our women faced off against the Pan American Games gold medalists and defending Pan American Championships gold medalists, Rosie Torres and Susy Acosta. Rosie and Susy have played together now for many years, and they cover the court very well. Rosie made many gets and killed a lot of balls. She really works well for position, as does her left handed partner. Susy also played steady, and she killed many balls from the deep left corner. The Mexican pair won the first game 15-10. The second game was particularly exciting as Rosie and Suzie got to 14 - 10. Kristen and Cheryl called a time out. It had been noted that Rosie's eye guards were not of the approved type, and this resulted in a technical which made the score 13 to 10. Obviously perturbed with the enforcement of this rule, the Mexican girls kept their concentration, fought through their anger, and won the game, 15 - 12. Our sincere congratulations go to them for a job well done. Supposedly Rosie is retiring to help coach. If so, she ended her international play in the best way possible - with the victory.

The last final of the day was the men's doubles which pitted our team of Mike Guidry and Jason Thoerner against Brian Istace and Mike Green of Canada. Green and Istace played together in Korea and defeated Mike Dennison and Shane Vanderson in the team competition after they had won the individual world championship title. A couple of things must be pointed out: Jason Thoerner has some really quick hands, and Mike Guidry played from the outset with a determination that led him to dominate the doubles draw. In the first game, our guys pulled away and won 15-8. In the second game, Jason, who had been steady throughout, was more skippy than a case of peanut butter. This led to a 10-3 deficit for the Americans. A time out was called. Jason, "What do you got Coach?"



Hit the front wall?" "Right, that would be nice." Finally a side out, after which Jason found his wallpaper-serve down the right side. The serves were so tight that they forced Green to go to the ceiling. Guidry mixed some great z-serves with his inside out drive down the left side into the glass, and Istace was fighting the glass to return them. After a side out, our guys held and then piled on more points to gain a 14-10 advantage. The first match point - we didn't get it - side out. Jason was determined to make it interesting, 14-14. Later, Jason mentioned, "Yeah, Coach, but I hit the one that counted at 14 all." After gaining the side out, we scored a point to win the gold medal. Thanks Jason for the extra gray hair.

At our closing team meeting, Captains Mike and Cheryl both mentioned that each person on the team should be proud of having made the decision to be there in Venezuela. With our organization's financial difficulties, players made sacrifices to represent our country and to wear "USA" on the back of their shirts in international competition. As Coach, I want to say that I am proud of the way our team competed, and yet had a good time socializing throughout the tournament. Our team composed of IRT and LPRA tour rivals, worked together as a unit from the outset and gave each other mutual support during the 12 days. All of our players are outgoing, and each has made many friendships with players from throughout the world. Perhaps we as a country will someday realize that this is the most important part of the "Olympic Movement." Cheryl, Kristen, Jack, Shane, Mike and Jason represented USA Racquetball well, and we can all be proud of them.

***Note, thanks go to the tournament staffs of the LPRA Super Bowl Open, and the IRT Satellite tournament, "The Lynmar Classic" for their financial contributions. These contributions gave the players a small but welcome "per diem." Thanks also go to Head Racquetball and Pro Kennex for support given to their players. Thanks go to Ektelon for their generous sponsorship of the tournament and the IRF. Of course, we are very grateful for the hospitality of our Venezuelan hosts led by Manuel Medina and Dante Tulipano. The tournament facilities, hotel, and transportation were well chosen and organized. Many thanks also go to Usher Barnoff, Gary Mazaroff, Luke St. Onge, and Osvaldo Maggi for their leadership in the IRF. As a personal note, thanks Usher for taking me in when I was a homeless person in Caracas.*



MARCH 18 - 26 CARACAS, VENEZUELA



2005 USAR NATIONAL INTERCOLLEGIATE CHAMPIONSHIPS ARIZONA STATE UNIVERSITY - TEMPE, ARIZONA

MARCH 30-APRIL 2

Presented by:



By Shane Wood • Intercollegiate Director

Being part of Intercollegiate Racquetball and having the opportunity to see it grow in the last few years has been one of my best racquetball memories. This year was no exception. 280 Student-Athletes from 44

Colleges/Universities gathered at Arizona State University to compete at the 2005 US Intercollegiate National Championships from March 30th - April 2nd, and the results were nothing less than spectacular. The University of Alabama, led by coach Jeff Garner, and supported by a team of parents and friends, re-captured their second consecutive

National Title in convincing

fashion, as they pulled away in the final day of the event to knock off perennial powerhouses Brigham Young University and Colorado State University-Pueblo by 796 and 835 points, respectively. Coach Garner's thoughts on Alabama's performance this year was simple. "I couldn't be prouder of our team this year. They put in a lot of hours on the court and I think it showed in Tempe. Everyone on the team showed an improvement since last year's event. I know myself and everyone associated with the University of Alabama's racquetball program look forward to the continuing growth of our program and collegiate racquetball as a whole."

Alabama also captured their first Womens Team title, holding off Brigham Young by only 201 points. The University of Utah, led by teenager-at-heart Maryanne Walsh (mother of US National Team Member and last years Intercollegiate Champion Kristen Walsh), continued their impressive run over the last couple of years to capture the third place title, only 40 points, or one match, behind another strong BYU Team. But in the end, it was Alabama who took home the gold.



On the Mens side, the University of Colorado-Pueblo, led by coach Rich Krinsky, continued their collection of titles as they nearly swept the Mens Divisions to take the Mens Team Title over Alabama and BYU in decisive fashion.

The race was tight going into Saturday's matches, as Alabama and CSU were set to square off head-to-head in an amazing 8 of 9 Mens Division Finals. The matches were intense right off the bat on Saturday and lasted through most of the day, but in the end it was Colorado State that pulled away, winning 7 of those 8 head-to-head finals and capturing their second straight men's team title.

In Division II, it was Clarkson University from Potsdam, New York taking home it's first National Championship in school history, upsetting Baldwin Wallace College, trying to capture it's fourth straight Division II title, by only 195 points. Rensselaer Polytechnical Institute took home the bronze for Division II schools.

In the individual competitions, it was Ben Croft (CSU-Pueblo) taking home the title of US Intercollegiate National Champion, defeating Mitch Williams (North Carolina State) 15-12, 15-4. Ben dropped his first game of the tournament to sleeper Daniel Bratt of Iowa State, but

"It's hard to believe that a whole year of classes, training, planning and teamwork went into just these four days of racquetball, and now we prepare to start all over again from where we left off, but now with more familiar faces, friends, and those that we'll never forget." - Charles Muir, Bryant College





bounced back to win in a tie-breaker, then proceed to turn it on, as he didn't drop a game the rest of the tournament.

The road to the title for Adrienne Fisher (Alabama) was similar, as she captured her first Intercollegiate National Title without dropping a single game the entire tournament. Adrienne defeated current US Junior Team Member Jesi Fuller (University of New Mexico) in the finals, 15-2, 15-8.

With these victories, both Ben and Adrienne earned a spot of the US Adult National Racquetball Team, as I'm sure they will transition from their roles as Co-Captain (Ben) and Captain (Adrienne) of the 2004-2005 US Junior National Team to the Adult ranks with ease.

So what is collegiate racquetball all about? At Arizona State, that question was clearly defined. The intensity, the sportsmanship, the friendships and the class of every single one of these fine young athletes is unmatched in any level of racquetball today. They play with a passion on the court and a competitiveness that gives them the drive to lay it all on the line out there, but knowing that when they're done, they'll look at their opponent, shake their hand, and know that not only did they just compete at the highest level, they also made a new friend that may last a lifetime. In being around the tournament desk, I got to see dozens of these great athletes take the time to approach Otto, Heather and Jim and thank them for the time they put in to make this event possible. In one of those occasions, it was only minutes after the athlete had just suffered a close tiebreaker loss.

I got to see one match where a particular athlete was in a close tiebreaker, and on a ball in the middle of the court, swung and missed. He was angry, as most of us would be, but as he turned and looked out the glass, all he saw was a whole crew of his teammates laughing at the situation, only to make him remember that we play this game to compete our hardest, have fun, and enjoy the time that you can spend with others (even if it's your teammates enjoying your misery sometimes). Instead of being upset, it made him laugh, relax a little, and he went on to win the match.

I got to see a situation where a player had "acted out" in a very tight match in the semi-finals. I saw the match and thought that both players had brought an incredible amount of intensity to the game, and with that, sometimes we go overboard, but not in this case. In my opinion, both players acted with class and integrity given the situation, yet this student-athlete still felt it necessary to search out and find the referee after the match to apologize, find his opponent and do the same, then gather all of his teammates together just to tell them he was sorry about how he represented them out there. That act alone represented himself, his coaches, and his teammates at the highest level of sport.

"When I first started playing racquetball, I could barely hit the ball. Then, because of my teammates support, and going to my first ECRC Meet in Allentown, PA, I met Shane Wood and became focused and started striving to be the best. Nationals just helped me see how good the players really are. I realize now that all of these competitors were once in the same situation I am now. To even tell people that you competed in a National Championship is amazing. I am looking forward to competing every year, and someday with the great advice I have gotten, and the helpful hints of anyone I play, I will be up with the best soon." - Steve Corndell, freshman, Bryant College

Event Sponsor:





BACKGROUND

No longer is Memphis the only "real" grand slam event on the pro tour schedule. After years of waiting for that one sponsor to support Dave Negrete and his plans to bring a mega event to the Chicago area, Dan Aderhold and Motorola finally stepped forward. With only three months to plan the event, Dave recruited the assistance of Doug Ganim, Jim Hiser and USA Racquetball to move forward with his dream.

Although not as many players took part in the event as do at the US OPEN, the 2005 Motorola IRT Pro Nationals exceeded everyone's expectations. The event exhibited the same fan excitement, superior player performance and overall dramatic presentation as the US OPEN. Thanks to Dave, and the numerous supporters who believed in his dream, Chicago now has their own grand slam event.

QUARTERS

The qualifying and 16's went much as expected. The drama, as usual began in the quarters...



Waselenchuk and Robinson

Although Kane continued his dominance of the 2004- 2005 tour the real story of the match was Derek Robinson's retirement from the tour. Considered as one of the best instructors of all professional players, Derek had

decided prior to the match that this would be his last professional event as a full-time pro player. Holding back tears of emotion, Derek, in his normal professional and classy manner, thanked his fans and fellow players, placed his shoes and racquet against the front wall of the court, and left the court to a standing ovation from the appreciative fans.

Beltran and Carson

Alvaro never seemed to find his rhythm and seldom put any pressure on Rocky.



Although Rocky lost his composure and concentration in the middle of the second game after disagreeing with a call, Rocky still managed to eliminate Alvaro in three.

Mannino and Swain



Everyone was prepared for a war and no one was disappointed. A five-game, back-and-forth, intimidating, athletic, powerful battle from two warriors that fought to the end with

neither giving in. Although Mannino survived, undoubtedly the best player of all-time Cliff Swain gave Jason everything he could handle. The power and athleticism that Cliff displayed in the first game was almost unimaginable.

How can a 39-year-old continue to perform at such a high level? Swain's year's and Mannino's consistent pressure and returning ability eventually took its toll in the fifth game as Cliff missed what would normally be easy set-ups permitting Jason to escape with an 11-9 fifth game victory.

Vanderson and Huczek

These two players, who are only 22 years of age, have already had a decade long rivalry dating back to their junior and collegiate years. This day was all Jack as he played perhaps his best back-to-back games ever against



Shane. The first two games were a lesson in perfect shot making, excellent almost flawless strategy and complete domination. In the third game Shane's drive serve forced Jack to make diving serve returns and Shane took his first lead of the match, 7-3. But Jack's consistency once again outlasted Shane's necessity to force shots and Jack won in three straight.

Semis

Huczek and Mannino

Always respectful of each others talent, these two players seem to bring the best out of each other. In the see-saw first game, which saw both players making tremendous gets, Huczek



survived as the winner. Game two and three were all Mannino as his half lob serve seemed to often hand-cuff Jack. But in game four and five everything changed. Jack's combination of short-hopping Jason's half lob serve and his almost perfect high lob nick serve, continually had Jason on the defense, allowing Jack to easily win both games and the match.

Carson and Waselenchuck



Carson was way way off his game and normal calm demeanor. Continually disagreeing with the officiating, Rocky waged a losing verbal battle throughout the match. This obviously affected his

concentration allowing Kane to not only dictate the pace, but also easily win in three straight games.

Finals

Huczek and Waselenchuck

With all the pressure on Kane who had predicted a three game victory the night before, it was Jack who seemed nervous and out of his normal game style.

Although Jack controlled much of the first game, he often missed what are normally easy rally ending shots, allowing Kane to win the first game, 11-9. Game two saw Kane at his best, mixing drives and lobs, finishing every set-up with a blazing kill and showing everyone why he is the No.1 player in the game. The third went much the same as the second until 8-2 when Jack took a timeout. Returning with straight drive serves along the glass, Kane uncharacteristically skipped five-straight back hand shots, allowing Jack back in the match after giving up a 12-10 win. Game four started like the previous two with Kane out front most of the game until 10-6.



Jack again fought back with consistent short-hop, roll-out splats off of Kane's serve. At 11-10 Kane pulled out the shot of the game when Jack's back hand kill floated (Jack broke his string) to the back left corner taking a weird hop directly into Kane's body. He jumped, shooting the ball between his legs into the left corner for a perfect pinch and the championship.

Without question Kane is the best player in professional racquetball. Although the gap between one and two may not be as great as many had thought before Chicago, it is still significant. Normally professionals are able to adapt after playing someone several times and figure out their weakness. But how to you find a weakness in a player who undoubtedly has the fastest hands in the game and one of the best pure shooters off all time?



SIDE NOTES

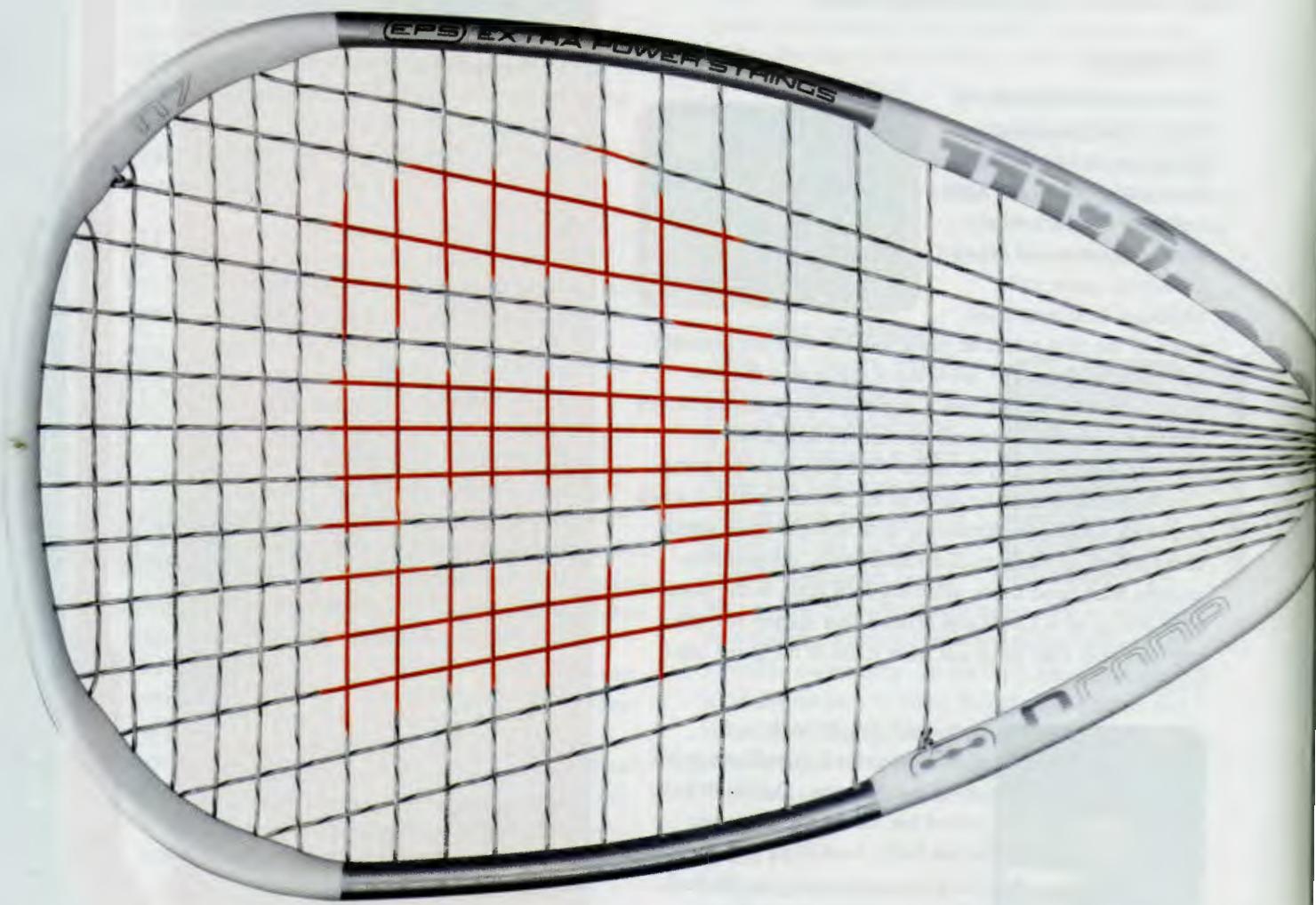


It was great to see all the juniors from Michigan and Ohio. Both Dave Negrete and Doug Ganim's boys played in the junior division. Where were the Illinois kids? Lots of credit for the event should go to Julie Vincent, Martha Huske, Liz Molitor, Cathy Tojaga for their endless hours of help at the event.

Also the ISRA for their support. The event raised \$7800 for the Chicago chapter of the JDRF Juvenile Diabetes Research Foundation.

Thanks to the AC/DC cover band Dirty Deeds for rockin the house at the Friday night bash. Julia Negrete, Dave's daughter and her two friends sang the National Anthem acapella before the men's final. Great beer was available at the event all week from Prairie Rock Brewery, which also hosted the Saturday night party. It was David Negrete who Kane picked out to take Derek's shoes and racquet off the court to help pass the torch on to the next generation. If the service and five foot lines were off line, you can blame Kane and Guidry who helped put them on the court. The main decal on the front wall was in five pieces and measured 20x16. Big thanks to Terry Bell from Rose Construction and the crew from Pay Taylor for assembling the court.

Cannot wait until next year! One last thank you to Leo and Susan Klimaitis, Pat and Mary Taylor of Dartmoor Homes, Howard Miller and Keith Minor of KWM Guterman Intl. Jaime Vine of STP and all the volunteers that help make this event.



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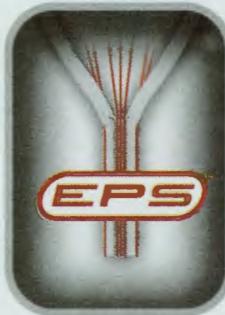
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International Racquetball Federation

Korea

Successful Seoul Economic Newspaper Open

The first Seoul Economic Newspaper Singles Open 2005 was very successful.

Players from all over Korea and Japan enjoyed the challenge and competition that this event offered. Both open singles divisions were won by players from Japan. Shimizu Hiroshi won the men's open and Uchiyama Hideko took home the women's open title. The event will be held in 2006 again. It is hoped that even more players from around the world will participate then.

Mexico

Copa Contry 2005

The 2005 Copa Contry Tournament will be held in Monterrey on May 12-15, 2005. Contact Miguel Perea for further information and download the

information flyer for this event which is sanctioned by Racquetball Mexico.



IRF - Calkins Elected to ARISF Board

During the Sportaccord 2005, an international sport convention, which was held on March 17-20 in Berlin Germany, the members of the Association of Recognized IOC International Sports Federations (ARISF) have elected IRF President Dr. Keith Calkins to the executive board. Calkins will serve on the board for a four-year term.

Brazil

New Federation Finally Set

All paperwork done, the real work begins. The new Associação Brasileira de Raquetebol has been finally set in place with Ivo Katz as President. A website is under construction. The IRF has officially approved the new federation. Congratulations.

Ireland

Ireland - Kingscourt's Juniors Win Team Competition

The Kingscourt Junior's were the clear winners of the team competition at the 6th Irish Junior Open held in Kingscourt. The team amassed 44 points to the inaugural team event at the Irish Junior Open and was presented with the Aisling Hynes Memorial Cup.

Puerto Rico

Puerto Rico - XII Festival Olímpico

The XII Festival Olímpico will be held on June 2-5, 2005 in San Juan, Puerto Rico at the club Parque Central de SAN

JUAN. Contact Puchó Miranda for any further information and see the information flyer.

Peru

Peru - Davila Elected President, Flores Named National Coordinator

New development in Peru. Mr. Carlos Davila has been elected as new President while Alfredo Flores took over the position as National Coordinator for the Peru Federation.

Racquetball has developed mainly in the south over the past 10 years and is now gaining popularity in other regions as well.

Racquetball Federation

International Racquetball Federation Schedule

April 29-May 2	Arklow Irish Open	Arklow, Ireland
May 21-22	Korean National Doubles Championships	TBA, Korea
May 23-28	Canadian National Championships	Regina, Saskatchewan, Canada
May 25-30	38th US National Singles Championships	Houston, TX, USA
May 28-29	Sungnam City Singles Open	Sungnam City, Korea
May 30-Jun 12	3rd National Singles Tournament	San Jose, Costa Rica
June 22-26	32nd USAR Junior Olympic Championships	Portland, OR, USA
July 1-4	2nd National Tournament	Bogota, Colombia
July 9-10	2005 National Senior Championships	TBA, Japan
July 13-16	2005 International NMRA Championships	Canton, OH, USA
July 23-30	2005 13th ERF European Championships	TBA, TBA
August 15-28	4th National Singles Tournament	San Jose, Costa Rica
Aug. 30-Sept. 3	IRF 17th World Senior Championships	Albuquerque, NM, USA
Sept. 16-18	1st National Doubles Tournament	Barranquilla, Colombia
Sept. 19	5th National Singles Tournament	San Jose, Costa Rica
Sept. 16-18	22nd Hamburg Open	Hamburg, Germany
Sept. 28-Oct. 2	38th USAR National Doubles Championships	Tempe, AZ, USA
October	International Tournament	Cali, Colombia
October 2	2nd New Generation Tournament	San Jose, Costa Rica
October 8-10	Japan National Singles Championships	Tokyo, Japan
October 12-17	International Racquetball Tournament	Cali, Colombia
October 15-16	Autumn Open	Zoetermeer, Netherlands
November 14-30	6th National Singles Tournament	San Jose, Costa Rica
November	Antwerp Open	Antwerp, Belgium
November 16-20	The 2005 Choice Hotels 10th US OPEN	Memphis, TN USA
November 4	UK Open	Alconbury, England
December 1-4	3rd National Tournament	Barranquilla, Colombia
December	IRF 17th World Junior Championships	TBA, TBA



LPRA REPRESENTED DURING DENVER BREAST CANCER TOURNAMENT

The LPRA would like to give a special thanks to Jean Gallager and Marcia Richards for running the 6th annual Racquet for a Cure tournament February 4-5 in Denver, CO. Proceeds for the women's only tournament go to the Susan G.

Komen foundation to help find a cure for breast cancer. They did an outstanding job, and all the women had a great weekend including LPRA touring pros Christie Van Hees, Kerri Wachtel, Jo Shattuck, and Denny Erardi. It made all the women racquetball players realize there are bigger, more important battles to be won outside the court. Thanks ladies!

LPRA STOPS IN SUNNY MIAMI

The LPRA stopped in sunny Miami, FL to wash away the winter blues and play some racquetball! Vivian Gomez and her staff put on an unbelievable tournament at the University of Miami. The facility is one of the best racquetball clubs the LPRA has ever played in. Not to mention, the weather was 80 degrees in the beginning of March.

The round of 32 had several local and international first time players who gave the veterans a run for their money. Claudia Ramirez, Veronique Guillemette, Laura Brandt, and Genevieve Brodeur bought their games, and showed that they are forces to be reckoned with.

In the round of 16, Jo Shattuck pushed Tammy Brown in a close four-gamer. Canadian Josee Grand'Maire gave Cheryl Gudinas a scare by winning the first game. Gudinas collected herself, and won the next three games. In the quarterfinals, one of the best matches of the season was fought between Chilean Angela Grisar and Canadian Christie Van Hees. Grisar's training and hard work paid off by coming back from an 11-2 loss in the first game to win the next three and advance to her first semi-final appearance. Kristin Walsh and Kerri Wachtel squared off again. They have played each other at every stop this season. Both players knew it was going to be a hard fought battle. This time, Wachtel came out of top in four games. Brenda Kyzer played one of her best matches of the season against Gudinas. Gudinas made a few clutch shots to take the match in three close games 13-11, 13-11, 11-7. Rajsich and Brown battled in a war, but Rajsich squeaked it out in the fifth game.



In the semifinals, Grisar was too solid of a match up for Wachtel. She advanced to the finals in straight games. Rajsich and Gudinas came down to the wire. Gudinas won the first two games, and it looked like she was going to win the match in three. Rajsich dug deep and won the next two games, and then the tiebreaker 11-0. On Sunday, Grisar brought tons of fans screaming, "Vamos!" It worked the first game, as Grisar won, 11-7. Rajsich turned it on in the second, third, and fourth games - flat rolling backhands from 39 feet. Grisar played well, but Rajsich played even better. Congrats Rhonda!

Final: Rhonda Rajsich def. Angela Grisar 8-11, 11-7, 11-4, 11-9

ON THE ROAD AGAIN FOR ANNUAL TRIP TO NASHVILLE

The LPRA rolled into Music City for a back-to-back tournament. This is the 3rd Annual LPRA stop in Nashville. Terry Davis and his staff always seem to roll out the red carpet for the ladies. In the round of 16, Stephanie Bessent really has shown that marriage agrees with her. She is playing some of her best racquetball, giving Kerri Wachtel a scare. It was good to see Krystal Csuk back on the circuit too. She played Rhonda Rajsich, and showed she has been practicing in between being a full-time student and working full-time. Veteran Gerri Stoffregen played Cheryl Gudinas, losing in three very competitive games. What an inspiration for lady racquetball players over 40! What a great player and unbelievably classy lady.

In the quarterfinals, Kerri Wachtel was pitted against Kristin Walsh. This time it was Walsh winning in four games with unbelievably diving rollouts. Adrienne Fisher lost to Christie Van Hees in four close games. Van Hees looked as though she wanted to avenge her loss from the week before, and was taking no prisoners. Angela Grisar's run ended in Nashville with Gudinas winning in four games. Tammy Brown versus Rajsich was a match of hard hitting and athleticism. Brown let Rajsich in the door by skipping more than usual with Rajsich winning in three games.



In the semifinals, Gudinas played Rajsich in another two-hour thriller. In the fifth game, Gudinas was up 10-8 and serving. Rajsich took her first time out and then her second immediately after the first one. This must have rattled Gudinas because Rajsich went on to get the serve, the next four points and the match. Walsh's earlier match-up with Wachtel must have taken a lot out of her because she didn't come out fighting in her match against Van Hees. Van Hees won in an easy three games.

In the finals, Van Hees started out hot right out of the gate. She served well, made very few mistakes, and kept Rajsich on the defense which resulted in Rajsich skipping many balls. Van Hees won in three games, and retained her No.1 ranking.

Final: Christie Van Hees def. Rhonda Rajsich 11-5, 11-4, 11-2

2004-2005 LADIES PROFESSIONAL RACQUETBALL ASSOCIATION SEASON RANKINGS

Points	Name	Hometowns	Last	Last
1. 553.75	Christie Van Hees	Canada	1	2
2. 485.00	Cheryl Gudinas	Lisle, IL	2	1
3. 450.50	Rhonda Rajsich	Phoenix, AZ	3	3
4. 252.00	Kristen Walsh	Salt Lake City, UT	5	5
5. 242.75	Kerri Wachtel	Cincinnati, OH	4	4
6. 179.00	Tammy Brown	Boise, ID	6	8
7. 149.75	Angela Grisar	Chile	9	9
8. 111.75	Adrienne Fisher	Centerville, OH	7	7
9. 78.50	Diane Moore	Griffith, IN	10	60
10. 66.25	Brenda Kyzer	Lexington, SC	11	11
11. 63.00	Kersten Hallander	San Diego, CA	8	6
12. 62.50	Johanna Shattuck	Denver, CO	12	13
13. 54.50	Kelley Fisher	Centerville, OH	15	25
14. 42.25	Susy Acosta	Mexico	13	15
15. 35.00	Paola Longoria	Mexico	16	77
16. 33.50	Carola Loma	Bolivia	17	64
17. 33.00	Laura Fenton	Overland Park, KS	18	22
18. 31.75	Denny Erardi	Danville, CA	27	NR
19. 30.75	Krystal Csuk	Naperville, IL	20	18
20. 30.00	Stephanie Bessent	Lawrence, KS	38	17

2004-05 LADIES PROFESSIONAL RACQUETBALL ASSOCIATION SCORE CARD & SCHEDULE

Rosarito Beach	Christie Van Hees def. Kerri Wachtel	11-9, 11-6, 11-9
Gaithersburg	Cheryl Gudinas def. Christie Van Hees	11-6, 9-11, 11-6, 11-5
Memphis	Cheryl Gudinas def. Rhonda Rajsich	11-8, 11-5, 8-11, 12-14, 11-3
Stockton	Christie Van Hees def. Cheryl Gudinas	11-8, 7-11, 11-5, 9-11, 11-0
Miami	Rhonda Rajsich def. Angela Grisar	11, 11-7, 11-4, 11-9
Nashville	Christie Van Hees def. Rhonda Rajsich	11-5, 11-4, 11-2
May 13-15	Atlanta, GA	Southern Athletic Club

For information concerning LPRA events, contact Chris Wachtel at 513-383-0219, send e-mail to cwachtel@ladiesproracquetball.com, or visit www.LadiesProRacquetball.com





The Legends Tour

Classic Pro Racquetball

The Legends Roll in to Boston



The Legends Tour participated in the Red Swain Memorial Racquetball Tournament April 7-10 for the second consecutive year. The draw was stacked with top players from the 80's and 90's and the competition was fierce from the quarterfinals on. In the first quarter of the day, Woody Clouse of Denver, Colorado blew out a usually tough Corey Brysman from Miami, Florida, holding him to just five points in the match. Woody's serve was humming and Corey

was clearly off his game in this ten minute match. In the second quarter Gerry Price of Stockton, California beat Freddy Calabrese of Manchester, New Hampshire in a more competitive match, 15-11, 15-7. Price didn't seem to miss a single backhand in the match, and dove several times picking up Fred's best shots. In the day's third quarterfinal, Ruben Gonzalez of Staten Island, New York defeated Mike Cersesia of Canada in a three game match. Marty Hogan of Chesterfield, Missouri got past Dan Obremski from Pittsburgh, Pennsylvania in two tough games in Saturday's last quarterfinal match.

The semis were even better than the quarters. Woody Clouse beat Ruben Gonzalez by serving the lights out in the final two games after Ruben took a close first game from Woody. This was Woody's second Legends final and first victory over the always tough Gonzalez.

In the second semifinal, Marty Hogan came out on top of Gerry Price in an hour and half long war. Gerry edged Marty, 15-14, the first game. Marty never looked worried but had to pull out his whole bag of tricks to just beat Gerry, 15-13 in game two. The tiebreaker started the same way with both players trading points until it was 4-4. Gerry seemed to tire just a little and somehow the 48-year-old Hogan seemed to grow even stronger. Marty ran off the last seven points to finish a great match in the third game.

Everyone was excited about the final but it never lived up to its great hype. Marty's unmatched return game nullified Woody's serve. Each point was a rally but no matter what shot Woody hit Marty had the answer. Smokin' Hogan won his fourth title of the 2005 Legends season defeating Woody, 15-9, 15-3.

FINAL: Marty Hogan def. Woody Clouse 15-9, 15-3

April 3, 2005 Was a Big Day for Marty Hogan. Marty was inducted in to The National Jewish Athletic Hall of Fame in New York along with the NFL's Jay Fiedler, MLB'S Shawn Greene and Olympic Gymnast Mitch Gaylord. Marty was previously enshrined in The International Jewish Sport Hall of Fame in Televiv, Israel and USA Racquetball's Racquetball Hall of Fame.

Marty was further honored when the Mayor and City Council of his home town declared April 3 to be Marty Hogan day in Chesterfield, Missouri. It's great to see that officials far and near recognize the accomplishments of racquetball's greatest player.

2004-2005 Legends Tour Season Rankings (as of 4/10/05)

1. Marty Hogan, Chesterfield, MO
2. Cliff Swain, Naples, FL
3. Woody Clouse, Denver, CO
4. Ruben Gonzalez, Staten Island, NY
5. Derek Robinson, Denver, CO
6. Mike Ray, Hilton Head, S.C.
7. Dan Obremski, Pittsburgh, PA
8. Corey Brysman, Miami, FL
9. Dave Peck, Austin, TX
10. Gerry Price, Stockton, CA

The Legends Nationals Are Coming to St. Louis!

All the World's top 35+ and 45+ players have been invited to compete at the fourth annual Legends National Championship at the Missouri Athletic Club West in St. Louis, MO from May 12-15 2005. Legendary players including Charlie Brumfield, Marty Hogan, Davey Bledsoe, Cliff Swain, Ruben Gonzalez, Mike Ray, Sudsy Monchik and Jason Mannino have already entered. To enter go to www.stlracquetball.com or email slc314@aol.com. This is a once a year gathering of the all time best to play the game. You don't want to miss it.

Legends National Championship Finals by Year

2002 Las Vegas

Marty Hogan def Ruben Gonzalez 15-4, 15-8

2003 Las Vegas

Marty Hogan def Mike Ray 15-10, 10-15, 11-9

2004 Phoenix

35+ Cliff Swain def Derek Robinson 15-10, 9-15, 11-9

2004 Phoenix

45+ Ruben Gonzalez def Marty Hogan 15-9, 9-15, 11-10



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Jo Shattuck, LPRA top touring pro, will be coaching at the Elite Camp this Summer at The Olympic Training Center in Colorado Springs, CO. Look for details at www.USRA.org



RACQUETBALL ACADEMY

www.racquetballacademy.com

joshattuck@hotmail.com

(303) 949-7785



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USA Racquetball National Doubles Championships

September 28th – October 2nd, 2005

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Site:

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- All glass back-wall courts provides excellent viewing
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- Great Racquetball facility with 14 courts
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- Wonderful outdoor pool and lounge
- Friday night party will be in the lounge

City:

Tempe, Arizona

- University is within walking distance of downtown Tempe
- University town with numerous restaurants and excellent nightlife.

Event:

- Championship divisions for every skill level
- Consolation available
- Mixed Doubles
- Entries closed at 700
- U.S. Doubles Team Qualifying

Event Sponsor



Hall of Fame

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

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

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



2005 Hall of

Jerry Hilecher

Jerry Hilecher

Jerry Hilecher was one of the "original" players being involved in racquetball from the very first IRA Championships held in St. Louis, MO in 1973.

A finalist in over 40 professional events and winner of three National championships Jerry also brought a high level of desire and intensity to every match he played. Never one to sit back, Jerry in 1979 also organized the Professional Player's Association in an effort to allow players an active voice in establishing clear guidelines for professional racquetball. An instructor and coach Jerry presented over 100 camps, clinics, and exhibitions during his career and was head coach of the US Junior Team in 1992 and 1993. Recently elected to the St. Louis Jewish Sports Hall of Fame, Jerry occasionally continues to participate on the legends tour and other selected amateur tournaments.





Dan Obremski

Dan Obremski

Many credit Dan Obremski with changing the modern pro tour by bringing advanced sport specific fitness training to the game. His dedication to fitness brought him pure strength, flexibility, and unbelievable quickness that left his opponents and fans awe struck. He reached a peak ranking on tour of #3 in the world and won multiple pro events however he is best known as the greatest right side doubles player in history. He won an unbelievable five Men's Open national doubles titles with two different partners - a record that still stands today.



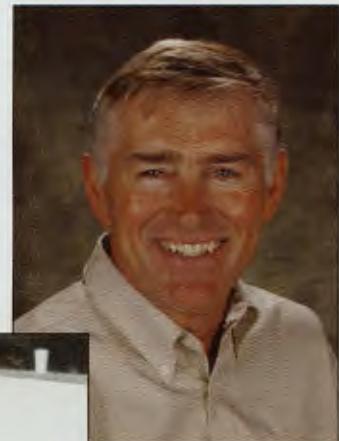
In addition to playing, Obremski was very generous with his time when it came to teaching and training players throughout the country. For many years he was a lead instructor at the annual Olympic High Performance Training Camp in Colorado Springs, CO and is credited with helping to develop advanced techniques for training high level players in the areas of fitness, strategy, and mental toughness.

Fame Inductees

Steve Strandemo

Steve Strandemo

Steve Strandemo is widely recognized as the father of racquetball instruction. The author of three instructional books and five instructional videos, Steve organized the first formal certification camp for instructors. Steve was known among his peers as "an intense student of the game" and dedicated much of his career to the study and analysis of racquetball. Many credit Steve with being the original inventor of videotape analysis. Steve spent hours analyzing materials and developing new theories of instruction and strategy. As a professional player Steve maintained a top ten ranking from 1973-1986.



Coming Soon...



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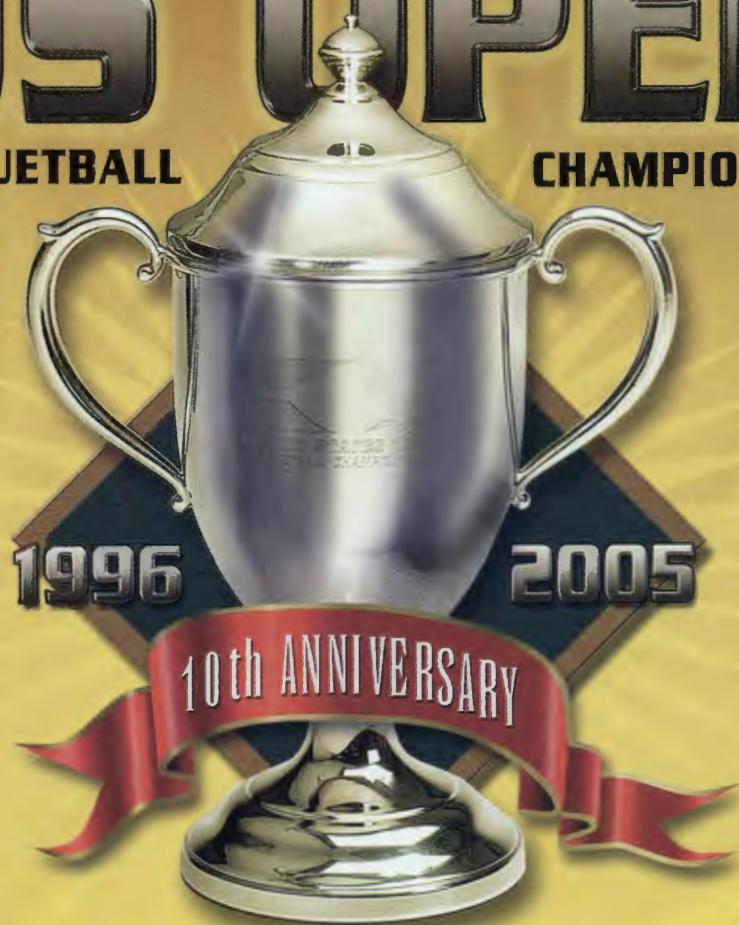


CHOICE HOTELS

US OPEN

RACQUETBALL

CHAMPIONSHIP



The Racquet Club
of Memphis



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Supporting St. Jude Children's Research Hospital

www.choicehotelsusopen.com

November 16-20, 2005
Memphis, Tennessee

Presented by:



Entry Form and Ticket Application



CHOICE HOTELS INTERNATIONAL

Supporting St. Jude Children's Research Hospital

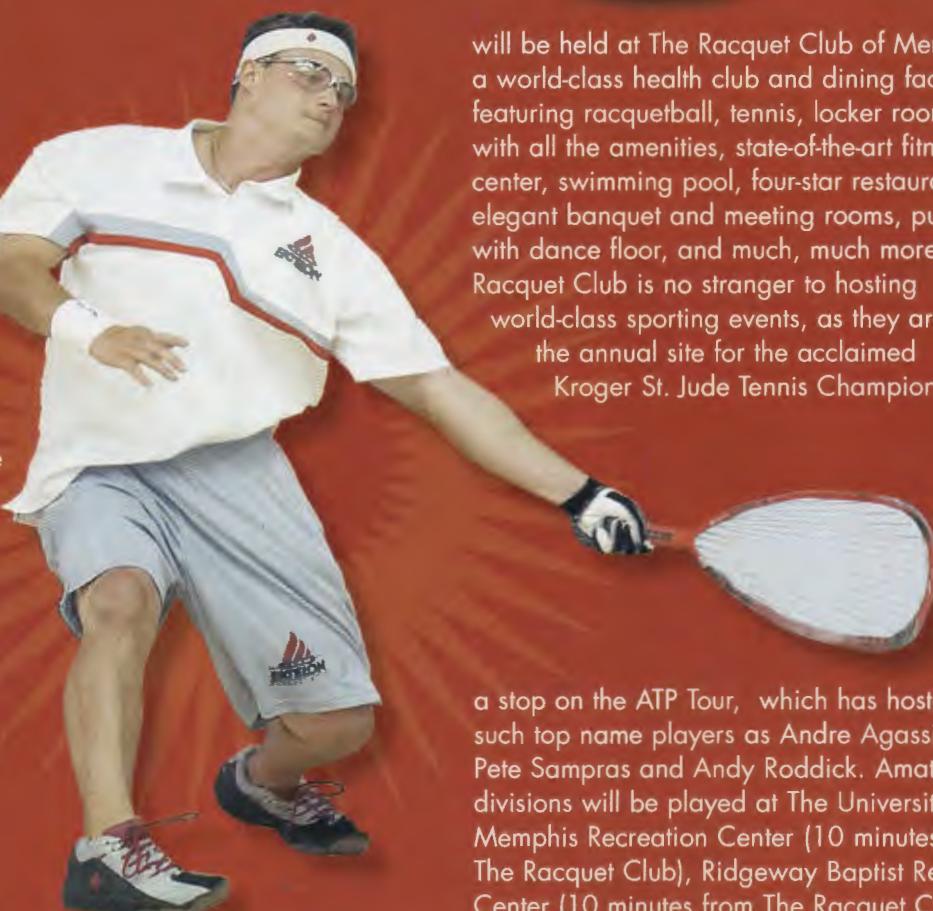
IT'S A 10 YEAR ANNIVERSARY PARTY.... AND YOU'RE INVITED!

Witness racquetball's premiere "Grand Slam"- the Choice Hotels U.S. OPEN Racquetball Championships. See all of the top players in the world from the IRT, LPR, and LEGENDS Tours compete for the largest prize-money purse in the sport — \$65,500+.

Experience the thrill of dramatic player introductions featuring booming music and laser light shows. Stroll through the Choice Hotels U.S. OPEN Player Village and see what's new from the world's top racquetball manufacturers.

Party the nights away with your favorite pros and racquetball fans from throughout the world. Be there to see the world's only "made-for-TV" portable stadium racquetball court. The event will be nationally televised (tape delayed) on THE TENNIS CHANNEL. In addition, over 600 amateur division players will compete in age and skill divisions for every level. Special events include the Saturday evening Grand Gala "PARTY WITH THE PROS", a Players Village complete with concessions and live

entertainment, International/VIP Reception, Pro-Am Doubles Tourney for St. Jude, IRT Champions Clinic, All-Star Skills Challenge, Friday Night Player's Dance Party, and continuous fan fair activities on the stadium court. The event will benefit St. Jude Children's Research Hospital. The professional matches



Kane Waselenchuk

**IRT #1
2004 US OPEN
Champion**

CHOICE HOTELS

US OPEN

RACQUETBALL CHAMPIONSHIP



will be held at The Racquet Club of Memphis, a world-class health club and dining facility featuring racquetball, tennis, locker rooms with all the amenities, state-of-the-art fitness center, swimming pool, four-star restaurant, elegant banquet and meeting rooms, pub with dance floor, and much, much more. The Racquet Club is no stranger to hosting world-class sporting events, as they are the annual site for the acclaimed

Kroger St. Jude Tennis Championships,

a stop on the ATP Tour, which has hosted such top name players as Andre Agassi, Pete Sampras and Andy Roddick. Amateur divisions will be played at The University of Memphis Recreation Center (10 minutes from The Racquet Club), Ridgeway Baptist Rec. Center (10 minutes from The Racquet Club) and Wellworx Sportsplex (15 minutes from The Racquet Club). Complimentary shuttle service between all four facilities will be provided.



MADE-FOR-TV PORTABLE STADIUM

RACQUETBALL COURT

One of the most exciting aspects of the Choice Hotels U.S. OPEN Racquetball Championships is that the world's only "made-for-TV" portable racquetball court will be used for all feature matches! The unique construction of the court allows stadium seating for more than 1,000, in addition to courtside luxury boxes for sponsors and VIPs. Dramatic player introductions complete with laser light shows and booming music will treat racquetball fans to a total entertainment experience. The crystal clear LUCITE acrylic walls will make you feel like you are in the court with the players.

PARTIES, PARTIES AND MORE PARTIES

That's right! For those of us who like to enjoy our evenings, the Choice Hotels U.S. OPEN promises a solid week of non-stop fun, kicking off with a Wednesday night International/VIP Reception and Thursday late-night "get together" at the Fox & Hound Sports Bar (next door to The Racquet Club). And that's only the beginning! On Friday evening, the action moves to the "Pub" nightspot at The Racquet Club of Memphis,

which will feature a DJ spinning the hottest tunes for your dancing pleasure. Mingle with the pros and racquetball fans from throughout the world.

CHOICE HOTELS PLAYER VILLAGE

The nerve center of the event will be the Choice Hotels U.S. OPEN Player Village. Many activities are scheduled to take place in the Village, including an extensive Industry Trade Show, pro autograph signing sessions, live stage with entertainment, concessions, cash bar, informational seminars, and plenty of seating to kick back and relax. Admission is free for all spectators and players.

Saturday evening will top off the party calendar with the gala racquetball bash of the year – the tenth Annual Choice Hotels U.S. OPEN Grand Gala "PARTY WITH THE PROS". More than 1,000 racquetball fans are expected to turn out at The Racquet Club Party Center for an evening of live entertainment featuring one of Tennessee's hottest dance bands. Elegant ice carvings, extravagant hors d'ouerves and desserts, huge dance floor, cash bar, multi-media slide show, and all the top racquetball pros in the world will make the evening one to remember. The cost for guests and tournament spectators is \$35 per person. Players participating in the Choice Hotels U.S. OPEN will be admitted free!



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PRO MATCH SCHEDULE

Pro-Am Doubles for St. Jude	Tuesday	5 p.m.- 10 p.m.
Men's & Women's Pro Qualifying	Wednesday	10 a.m.- 3 p.m.
Men's round of 64	Wednesday	4 p.m.- 11 p.m.
Men's round of 32	Thursday	9 a.m.- 1 p.m.
Women's round of 32	Thursday	1 p.m.- 6 p.m.
Men's round of 16	Thursday	3 p.m.- 9 p.m.
Women's round of 16	Friday	9 a.m.- 1 p.m.
Men's quarters	Friday	1 p.m.- 9 p.m.
Women's quarters	Friday	5 p.m.- 8 p.m.
Women's semi's/Men's semi's	Saturday	10 a.m.- 6:00 p.m.
Legend's semi's	Saturday	10:00 a.m.-1:p.m.
Women's finals/Legend's finals	Sunday	10:00a.m.- 3:00 p.m.
Men's finals		

MEMBERSHIP

All players must be current members of USA Racquetball. If you're not, a membership can be purchased at the event (\$30 per year). In addition, all players entering the pro draws must be current members of the IRT/LPRA Players Association or join at the event (\$10).

PLAY BEGINS/STARTING TIMES/CONFIRMATION/ENTRY DEADLINE

Players must be prepared to play as early as 8 a.m. on the dates indicated in the chart below. Requests for special starting times must be indicated on the entry form. Every effort will be made to accommodate special requests, however no guarantees can be made. **Starting times will be available after 5 p.m. on Monday, November 14th by calling The Racquet Club at (901) 765-4428. Starting times can also be obtained on line at www.choicehotelsusopen.com.** Entries and ticket orders can be confirmed online after October 28th at www.choicehotelsusopen.com. Please immediately call the Choice Hotels U.S. OPEN headquarters at (800) 234-5396 ext. 0 if any errors or omissions are found. All entries must be received by Wednesday, Nov. 2nd and/or postmarked by Friday Oct. 28th.

OPENING ROUNDS SCHEDULE

Wednesday Nov. 16th

Singles – All IRT/LPRA Pro's, Men's Open, A, B, C, D, 24 & under, 24 & under A-B-C, 25+, 25+A-B-C, 30+, 35+, 35+A-B-C, 40+, 45+, 45+A-B-C, 55+A-B-C.

Doubles – Men's Open, A, B, C, 35+

Thursday Nov. 17th

Singles – Men's 50+, 55+, Women's Open, A, B, C, D, 24 & under, 24 & under A-B-C, 25+, 25+A-B-C, 30+, 35+, 35+A-B-C, 40+, 45+, 45+A-B-C.

Doubles – Men's 19+, All Women's and Mixed except 50+

Friday Nov. 18th

Singles – Men's 60+, 65+, 70+, 75+, 80+, Women's 50+, 55+, 55+A-B-C, 60+, 65+, 70+, 75+, 80+,

Doubles – Men's and Women's 50+

CHECK-IN

All player registration will take place at The Racquet Club of Memphis. Check-in is required prior to participating in the event. Hours for registration are: Tuesday, November 17th 3 p.m.- 10 p.m., Wednesday, November 16th 8 a.m.- 10 p.m., Thursday, November 17th 8 a.m.- 9 p.m., and Friday, November 18th 8 a.m.- 9 p.m.

SKILL LEVEL CERTIFICATION

Skill-Level entrants (A, B, C, D divisions.) must be AMPRO certified at that level or be approved by the state director or representative as being legitimately competitive in the entered skill division at a level five event. Tournament directors will use these benchmarks to determine eligibility for skill competition, and reserve the right to re-classify or disqualify players when/they are improperly placed. *NOTE: Players in Age+Skill must meet the same criteria.*

TICKETS FOR PRO MATCHES

Everyone will be required to purchase tickets for pro matches — see ticket application or call (800) 234-5396 ext.0. All non-players must purchase a ticket to be admitted to the Saturday evening Grand Gala **"PARTY WITH THE PROS"**. Seating is limited, therefore it is strongly recommended that you purchase tickets in advance. **ABSOLUTELY NO VIEWING FOR PRO MATCHES WILL BE PERMITTED WITHOUT A TICKET.** Last year's ticket packages sold out four weeks in advance, so don't delay!

A very limited number of four-person courtside luxury box seats (with table service) may be available starting at \$2,400. Call 614-890-6073 for availability.

HOSPITALITY

Limited hospitality for all players will be available at The University of Memphis, Wellworx Sportsplex, and Ridgeway Baptist Rec.Center only. The Racquet Club of Memphis features a four-star restaurant for your dining pleasure, as well as the Players Village with a cash bar and limited concessions.

SILENT AUCTION & PRO/AM DOUBLES CHALLENGE

For the benefit of St. Jude Children's Research Hospital a silent auction will be held during the event featuring Olympic Memorabilia and sporting goods equipment from the industry's best manufacturers. Checks, cash, VISA and MasterCard are welcome. In addition, Tuesday evening, November 15th, 32 lucky amateurs will have the opportunity to play in a single elimination (one game to 15) doubles challenge with a top professional player as their partner. All proceeds will be donated to St. Jude, and each amateur player will receive an autographed racquet from their pro partner. **Call (614) 890-6073 if you are interested in participating as spots are limited.** Pro/Am Doubles for St. Jude – \$250 donation.

ST. JUDE HOSPITAL

The Choice Hotels U.S. OPEN Racquetball Championships is once again proud to name St. Jude Children's Research Hospital as its designated charity. Founded in 1962 by the late entertainer Danny Thomas, St. Jude is dedicated to the successful treatment of diseases that afflict children. Having treated more than 13,000 patients from 47 states and 53 countries, the hospital is a world leader in the treatment of catastrophic childhood illnesses. During the past nine years the Choice Hotels U.S. Open has raised over \$120,000 for St. Jude!

TRAVEL AND LODGING

Northwest Airlines, United Airlines, and AVIS have joined the U.S. OPEN to offer special discounted airfares and rental cars to the 2005 U.S. OPEN. Please follow the information below to obtain these special rates:

Northwest Airlines

Discount: 10% off any published fare with 30+ days advanced purchase. 5% off published fares 0-30 days.

Instructions: Must call NWA Group Reservations Desk at (800) 328-1111 and mention WOLRD FILE #NSDAV

United Airlines

Discount: 5%-10% off published fares.

Instructions: Must call Olympic Travel Desk at (800) 841-0460 and mention USA Racquetball account #514PE.

Avis Rent-A-Car

Discount: Special low weekly rates on all car classes.

Instructions: Must call AVIS group reservations desk at (800) 331-1600 and mention AWD# J996315.

Hotels

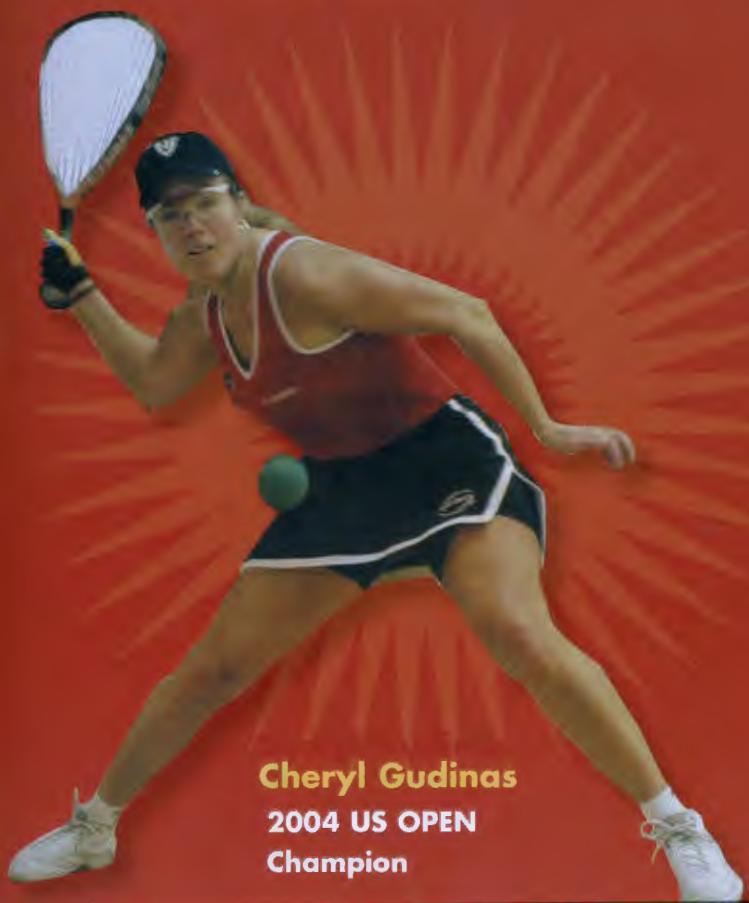
When making hotel reservations, you must mention the Choice Hotels U.S. OPEN Racquetball Championships. Discounted rates are good for up to four people per room. You must make reservations by October 25th for these special rates. Regular shuttle service will be available between all four clubs throughout the event. **In addition, free shuttles service will be provided from the main host hotels (Comfort Inn & Suites and Sleep Inn) to The Racquet Club every half hour.** No parking is available at The University of Memphis, so players must use the shuttle.



For additional nearby hotels please contact the US OPEN headquarters at 800-234-5396 ext 0 or e-mail us at hfender@usra.org

1. COMFORT INN & SUITES*
(main host hotel)
2575 Thousand Oaks Blvd.
(901) 365-2575
Rate: \$76
-12 minutes to Racquet Club
2. SLEEP INN*
(main host hotel)
5119 American Way
(901) 363-4800
Rate: \$69
-12 minutes to Racquet Club
3. QUALITY INN & SUITES
1541 Sycamore View Rd.
(901) 386-4600
Rate: \$69
-15 minutes to Racquet Club
4. HAWTHORN SUITES
1070 Ridge Lake Blvd.
(901) 682-1722
Rate: \$94
-5 minutes from Racquet Club
-private hotel shuttle available
5. THE RACQUET CLUB
5111 Sanderlin Rd.
(901) 765-4400
6. WELLWORX SPORTSPLEX
6161 Shelby Oaks Dr.
(901) 388-6580
7. UNIVERSITY OF
MEMPHIS
630 Echles St.
(901) 678-2816
8. RIDGEWAY BAPTIST REC. CTR.
2500 Ridgeway Rd.
(901) 761-1113

*Only the COMFORT INN & SUITES and The SLEEP INN will have regular free shuttle service to The Racquet Club (every half hour)



Cheryl Gudinas

2004 US OPEN

Champion

PRIZE MONEY

over \$65,500!

RULES/FORMAT

All amateur divisions will be played according to official USA Racquetball rules, including the mandatory use of protective lensed eyewear tested to ASTM F803 or CSA impact standards. Pro divisions will use IRT/LPRA rules. For all age divisions, players must meet the proper age requirement as of the first day of the tournament (November 16th). All divisions (pro and amateur) will use the new ProPenn HD (purple) ball, the official ball of the IRT and US OPEN. Consolation will not be offered due to court time restrictions.

RANKINGS

Every match played in all divisions at the US OPEN will be entered in the USAR's new state of the art ranking system.

OFFICIATING

All players will receive \$5 for each amateur division match they referee. Players losing a match in the pro divisions are required to referee with no fee paid.

CHOICE HOTELS INTERNATIONAL

We are very pleased to have Choice Hotels International as our title sponsor for the U.S. OPEN Racquetball Championships. Choice Hotels International (NYSE: CHH) is one of the world's largest lodging franchisors, franchising more than 5,000 hotels in 46 countries under the Comfort Inn, ComfortSuites, Quality, Clarion, Sleep Inn, Econo Lodge, MainStay Suites, and Rodeway Inn brand names. For more information on Choice, visit the company's web site at www.choicehotels.com.



Men's Pro-\$35,000

1st	\$8,000	16's	\$	750
2nd	\$4,500	32's	\$	350
Semis	\$2,500			
Qtrrs	\$1,500			

Women's Pro-\$15,000

1st	\$4,200	Qtrrs	\$	750
2nd	\$2,400	16's	\$	350
Semis	\$1,300			

Legends \$15,000 Invitational

Men's & Women's Open Singles

1st	\$	350	Semis	\$	85
2nd	\$	175			

TOURNAMENT DIRECTORS

Event Director:

Doug Ganim

Floor Manager:

Pete Ulliman

Executive Committee:

Dr. Jim Hiser, Kay McCarthy, Heather Fender, Dr. Fred Heros, Dino Tashie

Pro Commissioners:

Dave Negrete (IRT), Chris Wachtel (LPRA), Scott Hirsch (LEGENDS)



Marty Hogan

**2004 Legends US
OPEN Champion**

CELEBRATION OF CHAMPIONS

Men's Pro	Women's Pro	Legends
2004 Kane Waselenchuk	Cheryl Gudinas	Marty Hogan
2003 Kane Waselenchuk	Rhonda Rajsich	Ruben Gonzalez
2002 Sudsy Monchik	Cheryl Gudinas	Bret Harnett
2001 Cliff Swain	Kerri Wachtel	
2000 Sudsy Monchik	Christie Vanhees	
1999 Jason Mannino	Jackie Paraiso	
1998 Sudsy Monchik	Jackie Paraiso	
1997 Cliff Swain	Michelle Gould	
1996 Sudsy Monchik	Michelle Gould	

PRO MATCH TICKET APPLICATION

	Price	Quantity	Total(\$)
SESSION #1:.....	\$16	_____	_____
Men's & Women's Pro Qualifying Wednesday, 10 a.m.- 3 p.m.			
Men's round of 64 Wednesday, 4 p.m.- 11 p.m.			
SESSION #2:.....	\$16	_____	_____
Men's round of 32 Thursday, 9 a.m.- 1 p.m.			
Women's round of 32 Thursday, 1 p.m.- 6 p.m.			
SESSION #3:.....	\$16	_____	_____
Men's round of 16 Thursday, 3 p.m.- 9 p.m.			
SESSION #4:.....	\$18	_____	_____
Women's round of 16 Friday, 9 a.m.- 1 p.m.			
Men's quarters #1,#2 Friday, 1 p.m.- 4:00 p.m. (IRT Champions Clinic 4p.m.)			
SESSION #5:.....	\$18	_____	_____
Men's quarters #3, #4 Friday, 5:00 p.m.- 9 p.m.			
Women's quarters Friday 5 p.m.- 8 p.m.			
SESSION #6:.....	\$20	_____	_____
Women's semi #1/Men's semi #1 Saturday, 10:00 a.m.- 1:00 p.m.			
(All-Star Skills Challenge 1pm)			
SESSION #7:.....	\$20	_____	_____
Women's semi #2/Men's semi #2 Saturday, 2:00 p.m.- 5:00 p.m.			
SESSION #8:.....	\$30	_____	_____
Women's finals/Legend's finals/Men's finals Sunday, 10:00 a.m.- 3 p.m.			

BEST VALUE (\$75 savings)

TICKET PACKAGE (includes all sessions listed above – only available in advance).....\$79

Ticket for Dinner Gala "PARTY WITH THE PROS"\$35

(free for all player participants) Saturday, 8 p.m.- 12:30 a.m.

Processing fee (must be paid to process your order)\$4

Make check payable or use credit card and mail to:

Choice Hotels U.S. OPEN Racquetball Championships
1685 West Uintah
Colorado Springs, CO 80904-2906

- OR -

To order your tickets by phone call: (800) 234-5396 ext. 0
or fax this completed form to : (719) 635-0685

TOTAL

Visa/MC # _____ Exp. Date _____ Sec. Code _____

Cardholder's Name (print) _____

Signature _____

Name to hold tickets under _____

Credit Card Billing Address _____

City _____ ST _____ Zip _____

Home Phone _____ Work Phone _____

E-Mail _____ Fax _____

Tickets will not be mailed in advance.
They can be picked up at the Choice
Hotels U.S. OPEN Will Call Desk, located
at The Racquet Club (I.D. is required).
Seating is limited. Must purchase tickets in
advance to be guaranteed a seat.

A very limited number of four-person
courtside luxury box seats (with table ser-
vice) may be available starting at \$2,400.
Call (614) 890-6073 for availability.

ENTRY FORM

Name _____ Birthdate _____ Age _____

Address _____ City/State/Zip _____

Phone (day) _____ (night) _____ Fax _____

USA Racquetball Membership Number _____ Expiration Date _____ E-Mail _____

Seeding Information (2004 U.S. OPEN, 2005 States, Regionals, Nationals) _____

Home Club _____

Players may enter a maximum of two (2) events: (3 events permitted if at least 1 is a doubles division):

Check one: Men's or Women's

Skill Divisions* **Skill + Age Divisions*** **Doubles & Mixed Doubles Divisions***

Can only enter ONE from this group	A <input type="checkbox"/>	24 & under A <input type="checkbox"/>	35+ C <input type="checkbox"/>	Open <input type="checkbox"/>	C <input type="checkbox"/>	50+ <input type="checkbox"/>	MX A/B <input type="checkbox"/>	MX 30+ <input type="checkbox"/>
	B <input type="checkbox"/>	24 & under B <input type="checkbox"/>	45+ A <input type="checkbox"/>	A <input type="checkbox"/>	19+ <input type="checkbox"/>		MX C/D <input type="checkbox"/>	MX 40+ <input type="checkbox"/>
	C <input type="checkbox"/>	24 & under C <input type="checkbox"/>	45+ B <input type="checkbox"/>	B <input type="checkbox"/>	35+ <input type="checkbox"/>			

	D <input type="checkbox"/>	25+ A <input type="checkbox"/>	45+ C <input type="checkbox"/>					
		25+ B <input type="checkbox"/>	55+ A <input type="checkbox"/>					
		25+ C <input type="checkbox"/>	55+ B <input type="checkbox"/>					
		35+ A <input type="checkbox"/>	55+ C <input type="checkbox"/>					
		35+ B <input type="checkbox"/>						

Partner's Name _____	Division _____
Partner's Name _____	Division _____

***REQUIRED Skill Verification Form**

Please indicate below your eligibility for competition in the skill level you have selected. This information will be verified and re-classification may take place if deemed appropriate by the Tournament Director.

I have been AMPRO certified at this level by: _____

AMPRO Certified Instructor (name required) _____

I have recently competed in this skill category in my state, and have been approved for participation in this category at a Level Five event by the state director or designated representative shown below: _____

(name required) _____

I competed at this level (but did not win the division title) at the: _____

_____ 2004 U.S. OPEN, or the _____ 2005 USAR National Singles

PRO Men's (IRT)** Women's (LPRA)** Legend's (by invitation only)

** The Men's Pro draw will begin in the round of 64 with qualifying rounds scheduled as needed. The Women's Pro draw will begin in the round of 32 with qualifying rounds scheduled as needed. Players wishing to enter the amateur OPEN division must enter it directly as a second event.

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Participant Signature _____ (parent if under 18) _____ Date _____

ENTRY FEES

Players may enter a maximum of two events (3 events permitted if at least 1 is a doubles division). Consolation will not be offered due to court time restrictions. Players in multiple divisions may play back-to-back matches. Returned checks will be assessed a \$23 service charge (\$10 for declined credit cards). Phone entries will be accepted through the entry deadline with a \$10 service charge and a major credit card by calling the Choice Hotels U.S. OPEN headquarters at (800) 234-5396 ext. 0. Maximum amateur draw is 600 players. Once filled, all additional entries received will be returned with refund.

	Amount Pd.	Division	
First Event (Amateur Divisions/Pro's) (\$95/\$105)	_____	_____	ENTRY DEADLINE:
Second Event (\$48)	_____	_____	All entries must be received by Wednesday, Nov.
Third Event (\$48)	_____	_____	2nd and/or postmarked by Friday, Oct. 28th. No
USA Racquetball Membership (\$30)	_____	_____	refunds will be given after the entry deadline. All entries
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GET WITH THE PROGRAM



BY CONNIE MARTIN

Organizational Chart for a New Member (& Existing Members not active in your Program)



This is a complex New Member Chart. Depending on the number of courts you have may limit you to a simpler chart. BUT, no matter how many courts you have, you still need to have your Call/Letter, Intro Lessons, Socials and Clinics to obtain and keep their interest.

Some Programs to offer...

Leagues

There are many different types of leagues. All Clubs should offer some type of league. Because there are so many different types, all clubs can find one or two types which will suit their club.



YOU NEED TO KEEP YOUR MEMBERS ACTIVE, HAPPY AND INVOLVED:

There are two types of existing members - those who are use the club occasionally and those who use the club all the time! We need to involve the 'occasional' member in more activities such as round robins, mixers and league play. You need to spend the least amount of time programming for the 'high use' members, however, you cannot forget about them.

The types and numbers of participants will be dependent on the number of courts and your usage. However, here are some types of programs you should run for your existing members. You need to follow an organization chart such as this to be successful in any club.

Organized Weekly Play

Round Robin Play

Set up a day and time or two each week where players can come and play others their level of play. If a member doesn't or their usual playing partner moves, they may just quit playing if you don't offer them an alternative.

Challenge Court

For the better players, offer a challenge court. Depending on the number of players at your club this may be once or twice a week or everyday.

Mixers/Socials

There are so many different types you can run...but the most important thing to remember is Mixers/Socials need to incorporate a socially-competitive racquetball play (where the majority of players play throughout the whole evening), and include a social with refreshments and prizes.

Competitions

Competition come in many forms including, but not limited to, leagues, mini-tournaments, in-club tournaments, and open tournaments. If you do not have enough courts at your club to host a tournament, you can still prepare and inform your players of tournaments at other clubs.

Instruction, Drill Classes, Clinics

Most successful Clubs have a Club 'Pro' or a certified AmPRO Instructor or Teaching Professional. They teach the Membership not only Introductory Lessons and Free (teaser) Clinics but also give Group and Private lessons.

Recognition

It is very important to give your Members recognition. Stay involved with your state association so that you know when your members played and how they did. Post the results at the club and/or include them in your monthly newsletter.

GROW THE GAME

Want to improve your racquetball programs and publicize your facility nationwide absolutely free? Complete a club listing at www.playracquetball.org and receive a copy of the new 2005 Racquetball Programmer's Book compliments of the Racquetball Manufacturer's Council*. The updated manual is scheduled for release this summer, but your listing will be activated immediately so fill it out today! Thank you.

Connie can be reached at:

clpsportscreations@verizon.net

For more programming ideas, visit
www.playracquetball.org



Q: HOW IMPORTANT IS STRATEGY IN THE GAME OF RACQUETBALL?

Answer: How important is strategy in any sport...basketball, baseball or football to just name a few?

VERY IMPORTANT... NO - EXTREMELY IMPORTANT!

Let's take a quick look at the strategies of various sports and the game of chess:

Basketball

1. Your goal is to work the ball down the court and then pass, pass, pass until one of your teammates is open and can shoot the ball and score.
2. The players are NOT trying to score from just anywhere on the court.

Baseball

1. Each batter has a goal to accomplish:
 - 1st batter-get on base
 - 2nd batter-advance the player on base and put him in scoring position.
 - 3rd batter-get on base and advance the player already on base to score.
 - 4th batter -clean up hitter...clean up the bases.
2. Every time the batter comes up to the plate he does NOT go for the home run.

Football

1. Your objective is to work the ball down the field with short passes and running plays until you get close enough to the goal to score a touchdown.
2. Every time the quarterback has the football he DOES NOT try and throw a bomb to get a touchdown.

Chess

1. You move your pieces (pawns, knights, bishops, etc.) around the board setting it up to eventually force checkmate. This could take hours at the highest levels.
2. Chess players would NEVER go in for checkmate every time they move.

Racquetball is NO different then any of the above sports or the game of chess.

1. Your goal should be to work the rally and move the ball around the court. You want to keep your opponent out of center court and put them as deep in the court as possible which is tougher for them to score from.
2. Every time your racquet hits the ball you SHOULD NOT be thinking "kill".

Here are a few examples of strategies in racquetball for you to think about:

When Receiving the Serve:

As a receiver your goal is one thing and one thing only...get your opponent out of the middle (which is the service zone) and put them in the most difficult position to score from which is the last five feet of the court. You accomplish this with a pass or a ceiling shot.

You should **NOT** be thinking kill the ball and end the rally on the return of serve because the percentages are too low from 35 feet which is where you are receiving the serve. The odds of killing the ball (the ball hits the front wall six inches and lower and bounces 2X's before the short line) from the dotted line (which is 25 feet) is 30%. The further back you go (35 feet to receive serve), the odds of killing the ball diminishes (maybe 15-20%). Also, remember your goal is to get your opponent out of center court and move them back (a pass or ceiling accomplishes that) it is **NOT** to keep them up front and in the middle (a kill shot does that). Think pass or ceiling.

When Serving:

As a server your goal is to force a weak return, relocate back into good center court position, and then do something offensive with the ball. You accomplish this by mixing up your serves (like a pitcher does with his pitches in baseball), so you keep your opponent, the receiver, off guard, off balance and guessing (similar to a batter in baseball that does not know what pitch is coming). Your goal is **NOT** to ace your opponent and score a point. That is too difficult to do and often will back fire on you and generally waste too much energy, get you frustrated and wind up setting up your receiver with an easier return.

During a Rally:

Racquetball is chess at 100mph. Just like you would move the pieces around the chess board to set up for checkmate, you would do the same in racquetball. You would move the ball around the court and force your opponent to hit on the run, creating weak returns, giving you more and more opportunities to try and end the rally. This is high percentage racquetball...one that wins you more matches.

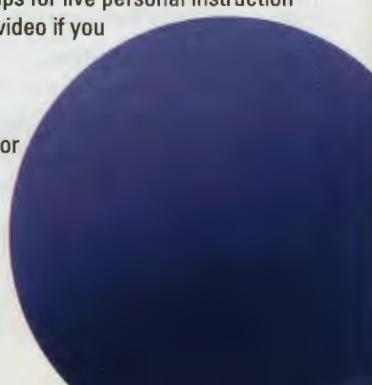
Most racquetball players try and kill everything from everywhere. That is low percentage racquetball...one that loses more matches for you.

So, YES strategy in the game of racquetball, like in any other sport or game is a **CRITICAL** factor in your success. Strategic planning, in my opinion, is a must if you want more wins in the win column then loses in the lose column.

There is a saying, "If you fail to plan, you plan to fail."

Hope to see you at one of my camps for live personal instruction or for the next best thing buy our video if you can't make a camp at this time.

Go to
www.FranDavisRacquetball.com for
 details on both the video and
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Houston Preview

USA Racquetball National Singles Championships Return to Houston for the 28th Straight Year!

The 38th USA Racquetball National Singles Championships presented by Penn Racquet Sports are returning to Houston from May 25th - May 30th. Nearly 600 entrants, representing almost every state will converge on Houston for the 28th straight year.

Players will be competing for National titles in 74 separate divisions with the premier division being the Men's and Women's Open. The top three finishers in these divisions each earn a one-year appointment to the US National Team and chance to represent the US at the Pan Am Qualifying tournament in Guatemala next April.

"The YMCA, Downtown Houston and the Hyatt have combined to provide us with a truly special event for our players" said Jim Hiser, Executive Director for USA Racquetball. We have traveled to Houston for 28 years for several reasons. The main reason being the support and cooperation we get from the entire city and venue.

The event also hosts the only major award banquet for the sport. Special recognition is given to the year's best performers and contributors along with the induction of Jerry Hilecher, Dan Obremski, and Steve Strandemo to the USAR Hall of Fame. The awards banquet takes place Saturday evening at the Hyatt Regency.

Cheryl Gudinas - 1 to 2

- Although second last year still the player to beat in Houston.
- Consistent and mentally tough and wants to revenge last year's upset.



Rhonda Rajsich - Even

- Physical ability to win any match
- Sometimes difficult to predict which Rhonda will show - last year's winner or quarterfinalist at the Worlds?



Kristen Walsh - 3 to 1

- Victory over Cheryl at Pan Am event should provide extra momentum.
- Can she play consistently for several matches?



Kerri Wachtel - 4 to 1

- Always a threat and one of the players that top seeds really would rather avoid.
- Can she repeat her two previous US OPEN appearances.



Laura Fenton - 5 to 1

- Still competitive and could easily make semi's.
- Decision to play fewer events could hurt in the close matches.



Jack Huczak - 1 to 2

- Conditioning and mental toughness to handle multiple challenging matches in Houston.
- Should win - but does he have enough incentive?



Rocky Carson - 2 to 1

- Has a relaxed game style that drives many opponents crazy
- If he unleashes a drive serve he could be unbeatable on Houston's fast courts.
- Is he up for another grueling final match with Jack?



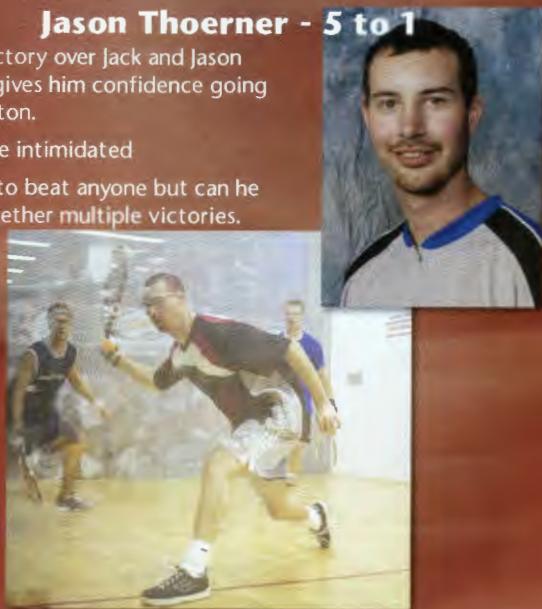
Shane Vanderson - 4 to 1

- His appearance in two IRT finals proves he has ability to win any event.
- Has been knocking on the door for sometime, but is he ready to break it down?



Jason Thoerner - 5 to 1

- Recent victory over Jack and Jason Mannino gives him confidence going into Houston.
- Will not be intimidated
- Potential to beat anyone but can he string together multiple victories.



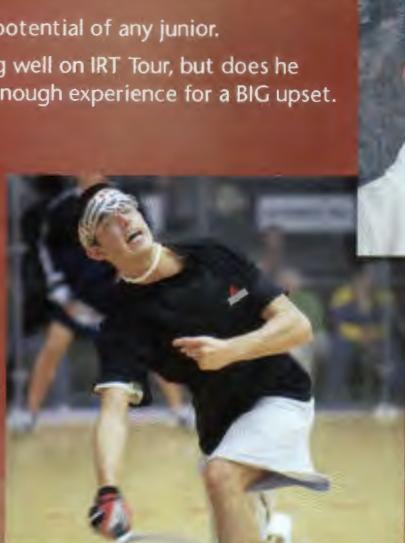
Mike Guidry - 6 to 1

- Always plays well in home state.
- Enjoys underdog status but does he have one more left in the tank?



Ben Croft - 10 to 1

- Most potential of any junior.
- Playing well on IRT Tour, but does he have enough experience for a BIG upset.



Junior Matters

BY ADAM KATZ



Grass Roots Junior Development! I've heard from many people that we need this in order to get racquetball growing again. To be honest, I totally agree. There is one quick way to achieve this. Join the Junior Council!

The Junior Council is a volunteer organization made up of concerned parents and coaches from all over the country. They are charged with assisting USA Racquetball's Board of Directors on all matters concerning Junior Racquetball, be it seeding at the Junior Olympics, development within states, or site selection for upcoming Junior Olympic Championships.

"Whatever your interest is, there is a place for you on the Junior Council!"

This group meets formally once a year during the Junior Olympic Championships, but they stay in contact throughout in order to promote our great sport. There are several committees to choose from when you volunteer. Whatever your interest is, there is a place for you on the Junior Council!

Junior Committees

Junior Development - Works through USA Racquetball to accumulate a nationwide listing of resources that help develop junior racquetball.

Junior Programming - Gathers, develops, and makes available program ideas for anyone interested in starting a junior program. They list ways to get a program off the ground and make it successful right away.

High School - Assist with all matters concerning the National High School Championships, as well as high school leagues throughout the country.

Junior National Team - Assists the Junior National Team and make sure that they have the best possible preparation for and experience at the IRF World Junior Championships.

Site Selection - Accumulates information regarding future sites for junior events and works closely with USAR staff to finalize site agreements.

Rules - Acquires information regarding junior rules and forwards all proposed rule changes to the National Rules Committee.

So if you really want to make a difference, consider joining the Junior Council. If interested, please contact me at adam.katz@att.net. Please include which committee(s) you are interested in and I will be glad to add your name to the list.

WHAT'S THE CALL?



By OTTO DIETRICH • USA RACQUETBALL NATIONAL RULES COMMISSIONER

WHEN TO SPEAK UP

This issue's first question is from Sam Tolisano, New Rochelle, NY, who says that it has always been my understanding that during a rally in singles, no talking of any kind is allowed. It is also my understanding that, in doubles, talking is allowed in the rally when it is your team's shot. Some examples are "I got it" or "You take it", etc. Please clarify both of the above and site the specific rule that applies.

Talking during a rally can be very distracting, as you know. Therefore, it is generally accepted (although not a specific rule) that no talking is allowed in singles unless your intent is to immediately stop the rally and live with the consequences thereof, e.g. calling out "hinder" and hoping that the referee agrees with you, because otherwise YOU are guilty of a penalty (formerly called avoidable) hinder for distracting your opponent or else just failed to return the ball. The specific rule cite for the former is Rule 3.15(f).

So, saying **NOTHING AT ALL** during singles play is always the best bet. But if you do say something, accept that the referee may rule that what you said was distracting and you may be called for a penalty hinder. For example, let's say you hit a poor shot and immediately afterwards say something like "Oh, Crap!" If I (as the ref) felt that that outburst adversely affected your opponent's shot, then YOU are guilty of a penalty hinder in my book and you would lose that rally.

The same concept is basically true in doubles, too, but as you noted, some very limited statements are allowed while it is YOUR team's turn to hit the ball. Simply commands like the ones you cited ("I've got it" or "It's yours") are certainly within the accepted norm and should NOT be distracting at all. Should the other team claim that they are distracting and stop playing, I'd simply replay that rally, but tell them that they are going to have to ignore such statements in the future and just play through them.

"... saying **NOTHING AT ALL during singles play is always the best bet."**

Bob Orosz, Tampa, FL, writes: This situation occurred at our local YMCA last night -- not at a tournament. The ball was struck quite hard by the offensive player and was about 24 inches high when that same player jumped to avoid being hit by his own shot. The ball traveled between his legs and was then struck by his opponent. In the past, we called that an automatic screen/hinder and a replay was in order because the returning player had a disturbed view. But can the returning player call a hinder AFTER his attempt? Or does the returning player forfeit the right to call a hinder once he has attempted to return the ball? We all agreed to the call being a replay if it had been called before the returning player struck the ball. However, the returning player said he was just trying to keep the ball in play, but could not do so under the circumstances. So, does that returning player have a right to a replay?

Since there was NO referee, it would be more meaningful to refer to the recommended procedures for "reffing without a ref". What those procedures say about such situations is that the hindered player should call the hinder BEFORE he strikes the ball. Of course, that's not always possible in some bang-bang situations, but that is the basic concept. Otherwise, he lives with the results of the shot.

He should NOT have an option of first seeing whether his shot is good and then calling hinder if it is not! This same concept is basically true whether a referee is present or not.

That being said, please realize that a referee can and should call a hinder and stop play anytime that he detects impairment affecting play and, in some cases, may find that by doing so, he has actually taken away an effective shot from the player. That's why referees should be certain that there is impairment before stopping that play.

Always "Play by the Rules" and, if you don't have a copy, I encourage you to find and review them on-line at: <http://www.usra.org/usra/pub&ref/Rulebook.htm>. 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.

TRAINING TIPS FOR BODY AND MIND



» By MARCY LYNCH

SIMPLE VS. EASY

Just because something is simple in concept doesn't mean it is easy to accomplish. For example, weight loss is really very simple. Eat less than what you burn in calories and you will lose weight. Anyone who has tried to lose weight can tell you that it is not easy to do on a consistent basis.

Many of us confuse simple and easy in other areas of our lives. In my experience as a racquetball coach and fitness professional, I see it every day. The problem with thinking this way is that we tend to minimize the work it takes to achieve our goals. Then when our plan doesn't go the way we think it should, particularly in the time frame we expect it, we get upset. Upset leads to frustration and sometimes we abandon the goal altogether.

Some of us approach our racquetball goals in the same way. We go see the Pros play and are inspired to improve our own games. It isn't easy to comprehend the commitment that goes into the Pros making the game look so 'easy' and effortless. We go home and become frustrated with what appears to be slow progress or lack of results. In actuality, progress by nature is slow and steady, but we expect it to be easy, i.e. quick. The key to minimizing this frustration is to set a realistic goal.

A frank assessment of yourself and the work it will take to achieve your goals is a necessary prerequisite to setting realistic goals. Adjusting your expectations based on this analysis will reduce the chances of giving up before you get where you are going. There is skill in finding a goal that is just the right amount of challenge. The best teacher in assessing challenge is experience, so it's important to learn from the times that you either overshot or undershot your target.

Although it may be 'simple' to see where you need to improve, it's not always 'easy' to put a realistic plan in place. Start with challenging and clear goals and build on your success, rather than trying to fix everything all at once. Then you'll be celebrating your progress rather than berating yourself for what you failed to achieve.

Marcy is a USA Racquetball Certified Racquetball Coach, NASM Certified Personal Trainer, ICF Certified Personal Coach, and a Certified Nutrition Consultant. She can be reached at www.marcylynch.com.

"A frank assessment of yourself and the work it will take to achieve your goals is a necessary prerequisite to setting realistic goals."



Ashtanga For Athletes

Instructed by EAGLE



Aloha to my RACQUETBALL FAMILY!

Since retiring in 2001 from the International Racquetball Tour and the United States National Team, I have been deeply immersed in the study of Ashtanga YOGA in Hawaii and at the Ashtanga Yoga Research Institute (www.AYRI.org) under the guidance of YOGA Master Sri K. Pattabhi Jois and his grandson Sharath Rangaswamy in Mysore, India. This immersion was my intention to soundly be able to share this "MASTER KEY" to human performance with others involved in this awesome and dynamic sport of RACQUETBALL.

This Ashtanga Yoga system finds its magic in its method of linking the ASANAS (postures) and movements with the breath, either an INHALE or an EXHALE-this is called VINYASA.

We will begin with the practice of the Sun Salutation. Take this practice and use it prior to starting your day

first thing in the morning or just before taking the racquetball court. It helps us "TUNE IN" and prepare our body and mind to begin to perform. Use it as a ritual, meaning, something you do each time you prepare for match play or training. The benefit of doing it each time before you engage in your day or activity is an experience that is nothing short than that of INSIGHT and UNDERSTANDING. Discover yourself, improve your recovery rate, concentration and achieve a higher potential with this ANCIENT tool of wellness.

Sun Salutations, or Surya Namaskara as it is known in Sanskrit language, can be used as a tool. It can serve as a WARM UP, to take inventory of your body that day for safety, to tune your mind into being on the court fully and not to allow some of your mind to be at home or at the office/school etc. Be present in each INHALE and EXHALE! Smooth free even breathing through the nose ONLY. Let it happen with ease!



1

Standing with arms at your side and feet together.



2

INHALE
your arms overhead while looking at your thumbs and palms together.



3

EXHALE

place your hands on the floor, ankles, or shins.



4

INHALE

making a long back with your finger tips extended while touching the floor.

Keep your head up.



5

EXHALE

jump or step back to a lower push-up position, looking forward.



6

INHALE

straighten your arms while opening the chest and shoulders. Press the tops of our feet down to the floor. Press entire palm to the floor.

5th round **EXHALE**.



7

EXHALE and INHALE 5

rounds-lift your tail-bone up and back let your heels sink back and down. Press entire palm to the floor. Step or jump forward after

5th round **EXHALE**.



8

INHALE

making a long back with your finger tips extended while touching the floor.

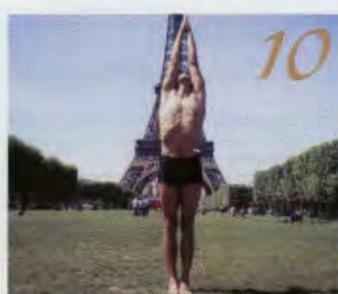
Keep your head up.



9

EXHALE

place your hands on the floor, ankles or shins.



10

INHALE

your arms overhead while looking at your thumbs and palms together.



11

EXHALE

arms out to the side and down the side of your body.

Points to remember about the practice of YOGA:

Take things slowly, as they come, while staying in balance. Refrain from pushing or stretching too hard too fast. Let your breath be your guide. Work to do 3-5 Sun Salutations daily.

As a former professional athlete I am most excited to present and share the "Art of Yoga" with the sport of racquetball which is and will always be a part of me. Treat yourself to a visit to Kauai, Hawaii, my home, for private and group "hands on" instruction or contact me at www.AshtangaForAthletes.com. Also check out my bio-web site www.EagleYoga.com Mahalo! Namaste-Eagle.



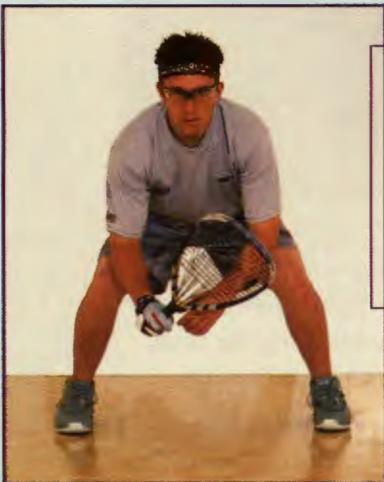
FOOTWORK FOR THE RETURN SERVE



» BY SUDSY MONCHIK, FIVE-TIME IRT CHAMPION
PRESENTED BY HEAD/PRO PENN

In the January/February 2005 issue I discussed the footwork for "The Low Hard Serves". Today I want to go over "The Footwork for the Return of Serve". The footwork for the return of serve is equally as important to your game as the footwork for the low hard serves. Together the serve and the return of serve are worth 40-50% of your game. With that being the case let's now take a look at "The Footwork for the Return of Serve".

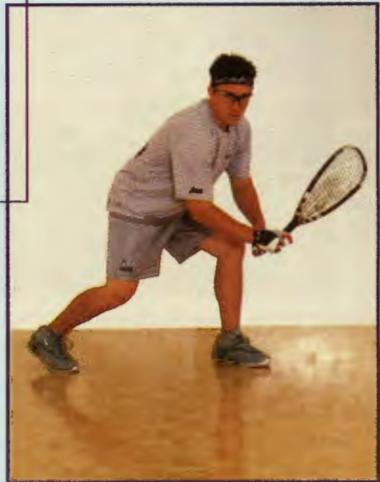
TRICK 1 DOWN AND READY



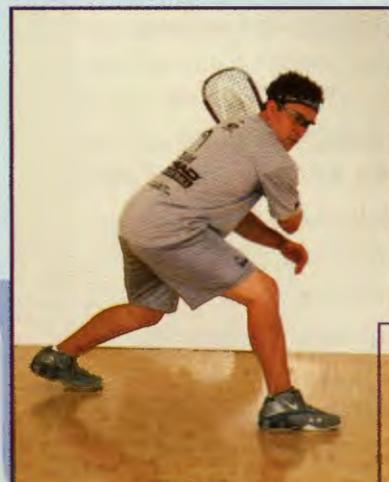
- Legs spread a little wider than shoulder width apart.
- Knees bent
- Bent slightly at the waist
- Racquet up and ready to go forehand or backhand
- Eyes on the ball

TRICK 2 PIVOT

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



TRICK 3 CROSSOVER STEP



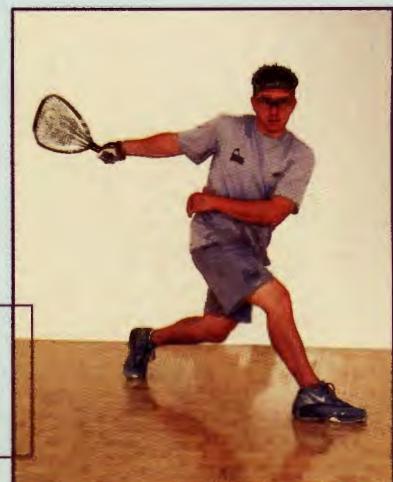
- Push off with opposite foot
- Crossover the pivoted foot
- Racquet comes up
- Move in the Direction of the ball

MAGIC SHOW

TRICK 4 SWING/CONTACT POINT



- Racquet starts to come down as you begin your swing
- Contact point off your lead foot
- Same as regular forehand or backhand stroke
(see articles in May/June 1999 & March/April 1999)



TRICK 5 FOLLOW THROUGH

- Racquet head is pointing to the back wall
- Chest and belly button are facing front wall

"The Footwork on the Return of Serve" is critical at ANY level of play, but especially at the pro level where the ball could be traveling in excess of 150 mph. By crossing over you are able to get square to the sidewall so you can engage your legs and hips into the stroke to generate power. A VERY common mistake is to side step and hit open stance ONLY using your upper body to generate power. This could not be further from the truth.

Take it slow and don't get frustrated...it is worth spending the time on your footwork for the return of serve and learn the "cross over step". Remember this generates much more power and leads to greater consistency than using the side step. Good luck!

Please 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. It has ALL of this in depth in chapter 8....Return of Serve. Go to www.FranDavisRacquetball.com for details.

MAGIC SHOW

Ellistyle

Presented by



The Backhand Grip...Ellistyle!

BY JOHN ELLIS



Question for all you racquetballer's out there...what grip should you hold the racquet with when it is your opponents turn to hit? Answer, **YOUR BACKHAND GRIP**

I'm willing to bet that most of you have never thought about this topic. I ask this question during all of my Ektelon Ellistyle Experience demos and most players admit that they are not sure of the correct answer. Now, I realize there are certain moments during a rally that it is blatantly obvious your opponent is about to hit the ball to your forehand side. In that situation you should be moving with the forehand grip prepared to hit the shot. However, more often than not, when it is your opponent's turn to hit, you are not sure where they are going to hit the ball. HINT, HINT...that is why you watch the ball at all times.

Here are my three reasons why the backhand grip is the grip for you while on defense.

1. Your opponent will attack your backhand first. It's in our nature as racquetball players to test an opponent's backhand from beginners to pros. 99% of racquetball players begin with a stronger forehand than backhand and we all know this. So make it easier on yourself and get that racquet to your backhand grip.
2. It's easier to switch your grip from backhand to forehand, rather than forehand to backhand. Some may disagree with me here, but since I began playing racquetball tournaments at five, I've always found it takes a split second longer to adjust that backhand grip to get just the right feel. Not the case on the forehand side. I believe this ability to put the racquet in the forehand grip with ease stems from all of us at some point swinging a baseball or softball bat as we grew up.

Put your hands on a bat and notice how both your right and left hold the bat with a forehand grip. Again if it takes longer to put the grip in the backhand, then why not have it there already?

3. My third reason is the most import and requires photos to help you understand what I'm talking about. Often during a rally you find yourself hitting shots from the middle of the court with very little time. Maybe your opponent missed the angle on a pass and the ball is headed right at you - no time to move. What I see happen so often is demonstrated in photo 1.



A player will try to hit the backhand shot from the forehand grip. Notice the face of my racquet heading upwards with no control. This also takes a lot of shoulder work and doesn't allow any lower body to be involved.

Photos 2 and 3 demonstrate what many beginners will do in this situation which of course will just leave their opponent with another setup. To solve the problem get that racquet into your backhand grip which will allow you to at least make a nice level pushing swing to direct the ball where your opponent is not



(Photos 4 and 5). As a reminder from a previous article of mine, make sure your body is in good ready position with your racquet in front of you....in the **BACKHAND GRIP!!!!**

ROADSHOW

BIG D's

Becoming a Pro/Open/A/B/C player

Your guide to achieving the next level of play.

Presented by



**"A strong core and strong legs
will help you master the fundamentals!"**

Wilson's "Fitness for Racquetball" articles have stressed the importance of strengthening the muscles in the legs and those that improve core stabilization (abdomen and back). Study this close up view of Derek's forehand to get the most out of your shots!

TIPS:

1. Take a diagonal step in to the shot with the front foot. This adds to balance and shot accuracy.
2. Pivot on the back foot and drive your knee down. The back knee should bend about 90 degrees.
3. Rotate your hips as you pivot. A strong core and good rotation will add substantially to the power of your shots.
4. Maintain good posture.

Note: When your legs or core are weak or tired, the tendency is to not bend as low and to lose good posture. Both of these will have a negative effect on your mechanics and on the accuracy and power of your shots.

I think it would look good to take each tip and draw a line from the part of the picture that it explains. That way the picture can be the larger focal point with the tips branching out.





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DEREK "BIG D" ROBINSON,
AND CHRISTIE VAN HEES.**

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YOU WITH PHYSICAL AND MENTAL
EXERCISES FOR PEAK PERFORMANCE!**

CORE STABILIZATION

Do you want more POWER, more ENDURANCE and BETTER TECHNIQUE at the end of a match? Make it happen by including CORE and LEG workouts whenever you can!

Core stabilization is critical to great racquetball play. By developing the muscles in your abdomen and back, you will increase your power and accuracy - even when you are tired!

TIPS:

1. Start the exercise in a push up position.
2. Rotate on your left arm, and then return to the starting position.
3. Complete one push up.
4. Rotate to your left arm. Repeat.
5. Work towards completing a set of 10 on each arm.
6. Keep your movement fluid and steady.

Strong legs will allow you to get to more shots and to stay low even through the toughest matches. If done correctly, this exercise is a great way to keep your knees strong and injury free!

TIPS:

1. Start with good posture. Feet about shoulder width apart.
2. Slowly bend knees to a 90 degree angle.
3. Be sure knees are in line with, or behind your toes.
4. Keep ball pressed against the middle and lower part of your back.
5. Work on completing three sets of 10.



FIG. 1



FIG. 2



FIG. 3



FIG. 4



FIG. 5

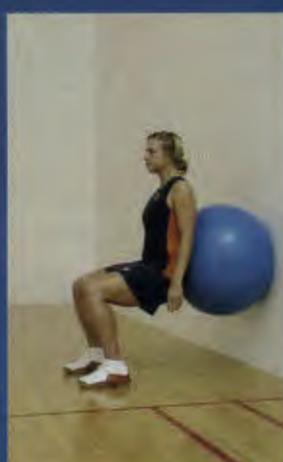


FIG. 6

RACQUETBALL'S HIGH PERFORMANCE CAMP

Where: USOC Training Complex & Lynmar Racquet Club
Colorado Springs, Colorado

When: Arrive July 17th, 5 day camp, and leave July 23rd, 2005
Includes:

- 40 hours of competitive racquetball instruction
- Two racquetball books, plus your own personalized instructional cd
- Individualized training plan for each athlete
- Video analysis
- Stroke mechanics and shot selection
- Performance nutrition
- Footwork analysis
- Sports psychology
- Weight training
- Evening lectures and legendary morning exercise sessions!
- Room and all meals at the great usoc village
- Camp shirt

Extra this year -

Your own personalized CD with play and feedback!!!

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Camp director, hall of fame coach-Jim Winterton

New coach: Rhonda Rajsich, National Champ, Team USA Member

Also back by popular demand-

USA Team Member & Pop Mens' Pro, Shane Vanderson

Championship Collegiate Coach from BYU, Dennis Fisher

Former World & Intercollegiate Champion, Josh Tucker

Plus -Jo Shattuck, Top LPRA Touring Pro and Clinician

Do the math...this camp gives you the best staff in the world, for five days, at what you pay for one weekend at some clinics...and the price includes room and board!!!

Applications available online at www.usra.org; look under camps information or go to usra desk at the regionals or at the nationals in houston-cost: \$475.00, foreign athletes (without usa address) add \$200.00 spaces are limited to the first 40 applicants.

Questions? Ask Heather Fender at USAR offices or email Camp Director Jim Winterton at coachwint1@aol.com

Racquetball's Own "Extreme Home Makeover"

By Jim Hiser



Eddie Meredith with wife Mary at MAME awards

Many of you may know Eddie Meredith as the "problem solver" during National Singles and Doubles. Eddie is responsible for the physical set-up, maintenance and tear-down for these events along with helping almost anyone who has a problem. Few know Eddie as the "Ty Pennington" of Racquetball, but on April 16th Eddie was honored with the MAME Award presented by the Colorado Building Association for the best charity project for 2004. Eddie, although not as "crazy" as television's Ty Pennington, performed a similar function as coordinator, project direction and overall first person for Colorado's own Extreme Home Makeover. Most of you are familiar with the climbing accident that forced young Jeremy Lanosga to be confined to a wheelchair just a week prior

to last year's nationals. Jeremy and Eddie were close friends and often played racquetball, so when presented with the project of remodeling Jeremy's home to better accommodate his restricted lifestyle, Eddie stepped up. Presented with a \$25,000 budget, Eddie realized there was no way he could complete the needed renovations. Eddie's persistence and dedication resulted in over \$160,000 in upgrades and an almost new home especially fitted with chair lifts, handicap ramps, etc.

Although racquetball brought Eddie and Jeremy together it was Eddie's generosity and loyalty that will bond them together for life.

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*Sports Tracking Europe (Germany/France: July-Dec 2003, Hitlist Total Market, in value), GFK (Austria: Aug-Dec 2003, Hitlist Tennis Racquets, in value), Sports Marketing Surveys/USA, Specialty Store Retail Audit, (July-Dec 2003, in value); Yano-Kaizer Report, (Sept-Oct 2003, quote of 80 key retailers nationwide)

** IRT/LPRA rankings as of April, 2004

HEAD

2005 IRF WORLD SENIOR RACQUETBALL CHAMPIONSHIPS

TUESDAY, AUGUST 30 – SATURDAY, SEPTEMBER 3,
ALBUQUERQUE, NEW MEXICO USA

Last Name:	First Name:	
Address:		
City:	State:	ZIP:
Country:	Gender (Check One): <input type="checkbox"/> Male <input type="checkbox"/> Female	
Home Phone:	Work Phone:	
Email:		
Age As Of 8/30/2005:	Date Of Birth:	

NO ENTRIES ACCEPTED WITHOUT FEE. NO REFUNDS AFTER AUGUST 1, 2005

<input type="checkbox"/> First Event - \$110.00	<input type="checkbox"/> USA Racquetball Competitive License - \$30.00
<input type="checkbox"/> Husband/Wife Players - \$170.00	<input type="checkbox"/> Late Fee - \$15.00
<input type="checkbox"/> Second Event Per Player - \$30.00	<input type="checkbox"/> Non-Player Spectator(s) - \$55.00 (Enter Spectator(s) Name(s)Below.)

Spectator(s):

Check Method Of Payment Below - Total Fee Enclosed: \$

U.S. Currency Only. Add \$5.00 processing fee for VISA or Mastercard.

Check Money Order Bank Draft VISA Mastercard

Credit Card #

Exp. Date:

WAIVER: In consideration of my participation in the World Senior Racquetball Championships, I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against the World Senior Racquetball Championships Council, New Mexico Sports and Wellness Clubs, Kirtland Air Force Base, International Racquetball Federation, USA Racquetball Association, New Mexico Racquetball Association, and their respective agents, representatives, successors, and assigns for any and all injuries or damages, whether caused by negligence of the above or otherwise. I also acknowledge the potential risk of eye injury during competition and can provide certification in writing that my protective eye guards (including prescriptive frames/lenses) conform with all standards specified by the IRF rules. By registering to compete in this event, I release all rights to the use of event photographs in which my image appears.

(Original Signed Waiver Required For Participation.)

Participant Signature & Date:

MAIL COMPLETED ENTRY AND FEES TO: WORLD SENIOR RACQUETBALL CHAMPIONSHIPS ◆ P.O. BOX 30188 ◆ ALBUQUERQUE, NM 87190

DEADLINE: Entries must be RECEIVED by August 1, 2005

THIS YEAR'S EVENT: Men's & Women's Singles Age Group Divisions 35+ through 85+. Mixed Doubles throughout the tournament. Players may enter Mixed Doubles as only event. Limit 1 singles event and mixed doubles. **ALL EVENTS BEGIN PLAY ON TUESDAY.**

EVENT DETAILS: Expanded entry form will be available in late May.

To request a full entry by mail, contact Gary Mazaroff at 505-321-1110, or email joel.gellman@gte.net.

EVENT HEADQUARTERS: Sheraton Albuquerque Uptown,

2600 Louisiana NE, 505-881-0000. WSRC Room Rate - \$80/night for up to 4 people per room.

TRAVEL: United Airlines, 800-841-0460 (use acct. #509 VW for best United rate).

CHECK EVENT(S) - Limit 1
Singles & Mixed Doubles

Wheelchair
 Men's Singles
 Women's Singles
 Mixed Doubles
Doubles Partner:

CHECK AGE GROUP

35+
 40+
 45+
 50+
 55+
 60+
 65+
 70+
 75+
 80+
 85+

PLAYER LEVEL

Open, Elite
 A, B
 C, D
 Novice

State Ranking:

Regional Ranking:

National Ranking:



Propenn



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JR. OLYMPICS ENTRY FORM

Please Print

Name/Gender _____ M | F

Address _____

City _____ State/Zip _____

Phone (Day) _____ (Evening) _____

Email _____

Birthdate _____ Age _____

Partner's Name _____ Division _____

Partner's Name _____ Division _____

Required Qualifier: _____
[State Championship, Junior Regional or National High Schools]

Other Seeding Information _____

EQUIPMENT SURVEY

Racquet _____ Glove _____

Eyeguards _____ Shoes _____

Sponsor _____

WAIVER: I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against the USA Racquetball, Head, Penn Racquet Sports, Multnomah Athletic Club or their respective agents for any and all injuries. I also acknowledge the potential risk of eye injury during competition, and can provide certification in writing that my child's protective eyeguards (including prescription frames/lenses) conform with all standards specified in USA Racquetball Rule 2.5(a).

By registering to compete in this event, I consent to be subject to drug testing as administered according to the USA Racquetball/USOC guidelines, and release all rights to the use of event photographs in which my image appears.

LIABILITY: I agree to be liable for all costs for damages for which my child is responsible and to pay for all costs arising from any disciplinary action imposed as stated in the Junior Code of Conduct.

Guardian Signature/Date _____

Participant Signature/Date _____

DIVISIONS

BOYS SINGLES

- 18 & under
- 16 & under
- 14 & under
- 12 & under
- 10 & under
- 8 & under
- 8- multi-bounce
- 6- multi-bounce

GIRLS SINGLES

- 18 & under
- 16 & under
- 14 & under
- 12 & under
- 10 & under
- 8 & under
- 8- multi-bounce
- 6- multi-bounce

BOYS DOUBLES

- 18 & under
- 16 & under
- 14 & under
- 12 & under
- 10 & under

GIRLS DOUBLES

- 18 & under
- 16 & under
- 14 & under
- 12 & under
- 10 & under

MIXED DOUBLES

- 18 & under
- 16 & under
- 14 & under
- 12 & under
- 10 & under

Check here if you need a doubles partner!

FEES & PAYMENT

First Event	(\$65.00)	_____
Second Event	(\$40.00)	_____
Mixed Doubles	(\$40.00)	_____
USAR Junior Membership	(\$20.00)	_____
Late Fee	(\$15.00)	_____
Telephone/Fax Entry	(\$10.00)	_____
Tax deductible donation		
to Junior Team USA	\$	_____
TOTAL DUE:.....\$		

Identify your USA Racquetball MBNA credit card when you charge your entry, and receive an additional 10% off your fees. Only MBNA charges receive this discount!

MC/Visa _____

Expiration Date _____ USAR Visa? Y | N

Cardholder (please print) _____

Signature _____

MAIL COMPLETED ENTRY AND FEES TO:

USA Racquetball JUNIOR OLYMPICS
1685 West Uintah
Colorado Springs, CO 80904-2906

Entries must be received by June 8 (Postmarked no later than June 3). Entries are not accepted without pre-payment and required signatures. Additional surcharges may include: \$23.00 for returned checks and \$10.00 for declined credit cards.



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Video

Presented by Fran Davis Racquetball
Featuring Sudsy Monchik & Jason Mannino

What's Included

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- Learn to hit the perfect backhand
- Think like the pros - improve shot selection
- Find out why game plans and strategies are a must
- Learn to be aggressive on return of serve
- Perfect practice makes perfect - have fun

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DVD = \$49.95

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For additional information go to
www.FranDavisRacquetball.com

Camp Schedule

2005

June 3-5	San Diego, CA
June 10-12	Louisville, KY
July 22-24	Boston, MA
July 29-31	Woodbridge, NJ
August 5-7	San Francisco, CA
Sept. 16-18	So. or Central FL
October 14-16	Dallas, TX
October 28-30	Las Vegas, NV
Nov. 11-13	Greensboro, N.C.
December 1-8	Aruba (Caribbean Island)

Future cities... Los Angeles, CA; CO; LA, NM; PA; TN, etc.

dates are subject to the IRT schedule.

Questions? Upcoming camp dates...
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I need new shoes. My racquet stinks. Wrong shirt. I forgot my powerbar. The ball is dead. Can we switch courts? This glass is different than what I'm used to. My goggles fog up too easily. The ref made some bad calls. I need a different glove. These walls stink. I forgot to eat this morning. My boyfriend is not watching. My coach sucks. The 'air' isn't on. The kids were sick all week. Boss is after me so I can't practice. I don't stretch 'cause it takes too long. My dog ate my racquet. Wrist bands are in the wash. The hinder rules suck. Can't play him because I am an A player. My opponent's bad breath took me out of my game. Poor 'draw' eliminated me. Strings are too tight. I play best with purple balls. Strings are too better at elevation. Game wasn't 'on' today. I fast I lost my timing. I play better after lunch. boyfriend thinks this is a man's game. No more practice time. Wrong racquet. I play too the ref calms me down and lets him know I more. I am not getting the support I am used age. My girlfriend kept me out last night. The racquet. From now on I need to ice my shoul- don't have the ability. I scream out loud play better. Tournaments aren't what they good instructor. I didn't eat enough before don't give a free contract. I need to do more ments to meet new people. I don't play in unorthodox. Bad surface on this floor. Wrong sheets right. Ate too much for lunch. My shoe ache so I couldn't practice. I need to stop my medication. I only wore a single pair of like I had when I was winning. Next year I'll playing. I am not used to playing a women. I is not the problem. My coach didn't arrive on experience. I used to have a coach but he is playing. It isn't anger you hear. it is my take too long. The game took too long and I play for. If I don't win I still get great exercise. gloves that I need to use to win. Wrong



loose. Wrap grips don't work for me. I play play better in the mornings. Surface was so Screen serves weren't called all day. My one calls the 'foot faults' in shoot-outs. I need much doubles. I need to lift weights. Yelling at play to win. I need to eat less. I just need to eat to from my club. My wife wants me to act my locker rooms smell. There is no logo on my der after playing. Training is for those that because I am focused. If I drop down I usually used to be. It costs too much money for a playing. I am not going to play hard if they ladder work. I drop down at major tourna-leagues because recreational players are glove. Slept too late. I didn't read the draw strings are too long. My partner had a tooth lifting weights. Just the wrong day to go off socks today. Should have used 17 ga. string have more time. I ate too much before am tired of being told about ERP. My footwork time. I should have won because I've more gone because he didn't like how I was passion for the game. Changing my game will ran out of gas. Winning isn't the only thing to My sponsor won't allow me to play with the string. Wrong division. Next tournament will

be better. Too many bad calls to overcome. I didn't have my special mascot with me this time. I need new shoes. My racquet stinks. Wrong shirt. I've been playing 22 years and I can't change my game! Can we switch courts? This glass is different than what I'm used to. My coach sucks. The 'air' isn't on. I don't stretch 'cause it takes too long. My dog ate my racquet. Wrist bands are in the wash. No one shoot-outs. Not Wrong racquet. I play need to lift weights. me down and lets him need to eat less. Just am not getting the from my club. My wife age. My girlfriend kept Bad luck. The locker no logo on my racquet. use ice on my shoul- Training is for those ability. I scream out focused. I need to stop head band is too tight. money for a good

instructor. Just not lucky in tournaments. Just a terrible Tournament! I didn't eat enough before playing. I am not going to play hard if they don't give a free contract. I need to do more ladder work. I am tired of being told about ERP. Slept too late. I drop down at tournaments to meet new people. I don't play in leagues because recreational players are unorthodox. Warmed up too long. I didn't read the draw sheets right. Not enough complex carbos before playing. My shoe strings are too long. My partner had a toothache so I couldn't practice. I need to stop lifting weights. Just the wrong day to go off my medication. Only wore a single pair of socks today. Should have used 17 ga. string like I had when I was winning. Next year I'll have more time. I ate too much sugar. I am not used to playing women. My footwork is not my problem. I used to have a coach but he's gone because he didn't like how I was playing.

Which excuses are **YOU** using this year?

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USA RACQUETBALL

SANCTIONING YOUR EVENT - STEP BY STEP - START TO FINISH

Step 1:

The state president or sanctioning chairman can log onto the tournament scheduler to list their sanctioned event a minimum of 21 days prior to the first day of the tournament. Only an authorized member of a state association may file requests for event sanctioning.

Step 2:

Complete all the required information including the name of the event, dates, host club, contact name, telephone number, e-mail address, etc. and submit credit card payment of \$100.

Or

Mail the completed sanction form, with payment, to the national office in sufficient time to be received six weeks prior to the event or a minimum of 21-days.

Step 3:

Click "submit" to send your event to a pending file which will be activated by the national office who will update your tournament from "pending" to "approved" on a daily basis.

Step 4:

Immediately upon approval of your event you will be able to manage the following Online benefits and services:

- Download mailing addresses in your region
- Verify that all players are members
- Rank all players for seeding
- Access ranking/competition history of all players
- Utilize the National Tournament Management System

Step 5:

At the close of the event the following requirements must be fulfilled to receive the full refund of \$50:

- Submit event roster - mail or online (30 days after the event)
- Submit event match results - online only (30 days after the event)
- Submit event memberships with required payment - mail or online (14 days after the event)

The \$50 refund will be forfeited if you do not use one of the three online systems that will be made available to you or your state association representative to electronically submit the match results.

If you elect to mail the match results into USA Racquetball for a national staff member to enter, the \$50 refund cannot be obtained.

Step 6:

When all requirements have been fulfilled (within the required period following the event) your refund will be issued.

EVENT SCHEDULE

USAR SCHEDULE OF SANCTIONED EVENTS

June 4	End of Season @ Classic Athletic Club	Fairfield, NJ	973-389-0078
June 9-12	20th Annual Pepsi Cup Champ. @ Colorado Athletic Club-Aurora	Aurora, CO	303-696-9313
June 10-12	Ballard Open @ Olympic Athletic Club	Seattle, WA	206-909-7094
June 11	Triple Crown One Day Shootout @ Maverick Athletic Club	Arlington, TX	817-275-3348
June 18	Summer Splat @ Spectrum Health Club	San Antonio, TX	210-344-8596
June 24-26	Aloha Open @ Body Check Health & Fitness	Winston Salem, NC	910-947-3202
	Claddagh Open @ Greenbriar Athletic Club	Indianapolis, IN	317-847-6563
	Interbay Summer Shootout @ YMCA-Interbay Glover Family	Tampa, FL	813-839-0210
July 9	Triple Crown One Day Shootout @ Maverick Athletic Club	Arlington, TX	817-275-3348
July 15-17	Low Country Summer Classic @ St Andrews Family Fitness Plus	Charleston, SC	843-766-9527
July 16	Hot Tamale @ Spectrum Health Club	San Antonio, TX	210-344-8596
July 22-24	Five Seasons Super 7 Doubles @ Five Seasons Country Club	Westlake, OH	440-871-2811
	Summer Bluegrass Games @ University of Kentucky	Versailles, KY	502-320-9394
August 5-7	State Games Of Indiana @ Omni 41	Schererville, IN	317-847-6563
August 12-14	Lobsterbake @ Cedardale Athletic Club	Haverhill, MA	978-372-7758
August 13	Triple Crown One Day Shootout @ Maverick Athletic Club	Arlington, TX	817-275-3348
September 2-4	Best of Texas @ Spectrum Health Club	San Antonio, TX	210-344-8596
September 9-11	Triple Crown Championships @ Maverick Athletic Club	Arlington, TX	817-275-3348
October 7-9	Joseph Coppola Sr. Memorial Pro-Am @ Bath and Racquet Club	Sarasota, FL	863-494-2975
October 15-16	Texas State Seniors @ Maverick Athletic Club	Arlington, TX	817-275-3348
November 12	Turkey Shootout @ Spectrum Health Club	San Antonio, TX	210-344-8596
December 10	Maverick One Day Shootout @ Maverick Athletic Club	Arlington, TX	817-275-3348
December 17	Winter Rollout @ Spectrum Health Club	San Antonio, TX	210-344-8596



National and International Schedule



May 25-30	38th USAR National Singles Championships	Houston, TX
June 22-26	32nd USAR Junior Olympic Championships	Portland, OR
July 13-16	NMRA International Masters ChampionshipsCanton, OH	
July	USAR High Performance Training Camps	Colorado Springs, CO
Aug. 30 - Sept. 3	IRF 17th World Senior Championships	Albuquerque, NM
Sept. 28 - Oct. 23	8th USAR National Doubles Championships	Tempe, AZ
November 16-20	9th Choice Hotels US OPEN Racquetball Championships	Memphis, TN

YOU DON'T KNOW JACK

Let's play a little question and answer.

Would you like or respect a player that views playing for the red, white, and blue and his teammates on International soil as an honor and will back up that view with a hefty commitment?

Would you like or respect a player who is arguably the hardest worker on the IRT?

Would you like or respect a player that is honest, willing to face criticism and makes an effort to learn from mistakes both on and off the court?

Last one, isn't it enjoyable to watch a player pick away at weaknesses until the scab bleeds errors and eventually a loss?

Jack Huczak, is that person.

He has been saddled with the following tags "bad attitude," "antisocial," and "arrogant," among other dubious complaints.

It got to this point not by one act or one character trait, but more likely a combination of things.

Huczak kept to himself as a junior and preferred laying beatings on his competitors over making friends with them. Secondly, there is an ever decreasing faction of IRT players whose first line of defense for high quality up-and-comers is to make tour life as miserable as possible and to promote the said up-and-comer as a bad apple. Their hope is that the player will be aggravated enough to re-think their commitment to the game and ultimately go in another direction. Fortunately, this form of pro tour hazing was more popular in the 70's and 80's.



In addition, Huczak speaks candidly in public forum. We are not used to this and many times we are offended by his truisms. The public persona and commentary most big time sport athletes offer is a regurgitation of the lines their agent has force fed them. "One game at a time," "I'll give it 110 %," and all that hideously boring stuff. If you don't want an honest answer, don't ask this guy a question.

Furthermore, some people have pigeonholed Jack because they have tried to engage him in conversation during a match, just before a match or just after a match. Think about asking Tiger Woods a question on the back 9 of a major. The idiot in this scenario, one that plays itself out at every IRT, LPRA and International Racquetball event, is the fan!

On court, Huczak is a tenacious competitor and extremely workmanlike. He doesn't smile, rarely engages the crowd and saves most of his gesticulations for head wagging after perceived bad calls. The latter will not win him a wild cheering section, however, the former should!

Off the court, he is a 23-year-old student/athlete still finding his way in the public eye and in dealing with the public and the politics of racquetball. He openly acknowledges he needs to work on these areas. Translation, he will work at it his way and in due time.

Huczak readily admits he has made mistakes and this column is not speaking about one headed for sainthood. More like, let's get to know this guy, give him a chance and hope he stays the course both on and off the court. The game needs him now, Kane Waselenchuk needs him, and the next generation of players certainly needs him!

The Inside Scoop

BY MIKE CERESIA

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