



RACQUET RACKET

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Official Newsletter of the National Masters Racquetball Association (NMRA)

FALL 2014

What Exactly is the NMRA General Fund? The NMRA Future Fund?

By Carmen Alatorre-Martin, Vice President

I would like to take a moment to address one of the more critical pieces of our organization, but one that we rarely talk about—our operating funds. As a few of you know, the **funding for our organization is founded upon three things:**

1. Our membership payments (\$45 for three years)
2. Our tournament entry fees
3. Generous donations from our members and sponsors

We have established bank accounts for these but most of the dollars we get go into our *NMRA General Fund*. This *NMRA General Fund* is our operating fund, from which we pay out anything and everything to do with putting on one of our championships, our newsletter, the website, and other associated activities. The Board Members are volunteers so none of our funding goes to them and, for the last several years, we have not paid out funding for our tournament director(s)...a practice that will continue.

We have found that we need our members' assistance with keeping our *NMRA* organization healthy and moving in a forward, positive direction. This assistance can be in the form of playing in one of the *NMRA* championships, maintaining the *NMRA* membership, donating to our *NMRA General Fund*, and of course, helping out in other ways.

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PRESIDENT'S CORNER – NMRA Entry Fees Going Up

By Cindy Tilbury, NMRA President

Greetings, *NMRA* members and friends! I hope to see all of you at our next several tournaments, and I wish each of you would bring at least one new player friend with you. I know we have to set a player limit on a few of our upcoming tournaments, but you know what I mean. We are planning for smaller events for 2015 due to our numbers in the last few years. We have to limit our financial exposure as we commit to hotel rooms and banquet dinners, etc., etc. We are just doing our best, and if the numbers start to go up again, we will expand our events in a heartbeat. The main message is for you and your doubles partners to SIGN UP EARLY to ensure you get in. We will provide waiting lists, just in case we have more players than we anticipated, and we will try to get everyone in, even if we have to cut back on a match or two (two or three per division per day instead of three or four, for example). Don't worry—you will still get the same quality tournament service and hospitality, and plenty of racquetball.

Recently, in a long board meeting, our board of directors analyzed our tournament entry fee and the costs associated with putting them on, and at the recommendation of our treasurer(s), we decided we need to raise the \$140/\$40 entry fee after many years. This will start for our March 2015 tournament, so the good news is that you still have time to get into the December 2014 *Pleasanton Doubles-Only* tournament for \$140 / \$40 (first division / second division)



The new entry fees will be:

Description (Effective January 1, 2015)	Fee	Difference
First <i>NMRA</i> Tournament Division	\$165	+\$25
Second <i>NMRA</i> Tournament Division	\$30	-\$10
Handling for Credit Cards	\$5	New
Guest for Banquet and Hospitality All Week	\$75	+\$10
Guest for Friday Night Banquet Only	\$45	Same

NMRA membership fees will remain the same--\$45 for three years—so we hope you renew to enable us to cover our newsletter and postage and other general expenses.

Although we tried to avoid this fee increase as long as we could, we were not covering our per-player costs (high-quality shirt, banquet, court fees, shuttle, medals, hospitality, etc.) with the \$140 entry fee. We had to encourage the majority of our players to play two divisions to make a small profit; in addition, we have also received many generous donations to offset costs. Especially with the player counts being right around 100, we need to be extra diligent about our budgets.

We hope you understand, and will continue to join us for our special *NMRA* brand of tournament fun and great competition. We also promise to avoid raising fees for as many years as we can.



New NMRA Hall of Fame Inductees – Raleigh 2014

By Carmen Alatorre-Martin, NMRA Vice President

The tournament year goes by so quickly! I just wanted to take the time to recap the *NMRA Hall of Fame* inductees for 2014. This year, we held the induction ceremony in July at Raleigh NC. We had three terrific inductees. **Rick Betts** was inducted as a contributor, and **Cindy Tilbury** and **Patrick Gibson** were inducted as Athletes. We had a technical difficulty at the actual induction ceremony and the poem that **Helen Gibson** (Patrick's wife) composed for her husband didn't get shown at the banquet. I hope you'll take a minute to listen to it—she worked hard on it and we were very disappointed that it didn't get read. Cindy was particularly pleased to be inducted the same night as her beau, Rick, who does so much behind the scenes for our organization. These three inductees are wonderful examples of our *NMRA* organization, and represent our members' dedication to our sport.



Hall of Fame Inductee Plaque

Please take a look at the introductory presentations on *YouTube*. The links are:

Rick Betts - <http://youtu.be/rxrW2wq4qA>

Patrick Gibson - <http://youtu.be/3Yomy21eZOW>

Cindy Tilbury - <http://youtu.be/7P3drg361Z4>

If you would like to learn more about the induction process, please contact our *Hall of Fame Director*, **Len Sonnenberg**, who handles the voting process and the awards. (Thank you, Len, for continuing to do this for us!)

Please join me in congratulating our three most recent inductees! They join quite a cool group already residing in the *NMRA Hall of Fame*. It is truly a great honor and we're so proud of our *Hall of Famers*!



Patrick Gibson and Family



Cindy Tilbury and Rick Betts

NMRA General & Future Fund

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To focus a bit more, we'd like to ask for assistance with the financial aspect of the organization--specifically in any donations to either our *NMRA General Fund* (which I've mentioned earlier keeps everything operating), or by donating to our newly-established *NMRA Future Fund*. This *NMRA Future Fund* will be helping the organization in times of financial need, like a savings fund that is only dipped into when times are tough. New?, you are asking? We had a *Future Fund* once before but it morphed into something called *The Foundation* and its mission is now to help grassroots racquetball and not the *NMRA*--an admirable mission, but not one that is directly supporting the *NMRA*.

The *NMRA* is, and has always been, for those members 45 and above who want to have a competitive, hard-playing, yet social, racquetball group and events that promote sportsmanship and integrity.

So for those of us who would like to contribute to keeping the *NMRA* financially healthy and positively structured, please think about donating either to the *General Fund* or the *NMRA Future Fund* (in addition to playing in the championships and maintaining our memberships).

Here are a few actions that will help keep the *NMRA* going and going strong.

- Including the *NMRA* in your will
- Donating on a whim
- Giving at a championship because you like what the *NMRA* is doing or stands for. Many of you have done this on the spot for us when registering for an event

To make your intentions clear, please make sure your donation/check says the *NMRA General Fund* or the *NMRA Future Fund*. If you address the envelope to **Cindy Tilbury**, *NMRA* President, 23308 Bocana Street, Malibu, CA 90265, she will make sure your donation gets into the right fund bank account. Of course, you may also tack on a donation as you are entering an *NMRA* tournament.

If you have any questions, please contact me at teamalamar@gmail.com. We look forward to seeing many of you at our upcoming events!

Lucky Room Winners in Raleigh

We had some complimentary rooms from the *Doubletree University* in Raleigh because so many of our players and guests stayed at the host hotel. We had a random lottery and the following lucky winners got the last night of their stay paid for. For our future tournaments, stay at the host hotel and you, too, might have a room night paid for.

Charles Douglass
Marie Gomar
Mike Hiles
Kim Keltner

John O'Donnell Jr
Frank Stevens
Price Thomas
Sherry Treco-Jones





NMRA NATIONAL CHAMPIONSHIP

MARCH 4 - 7, 2015

ATHLETIC CLUB of OVERLAND PARK, KANSAS

Entry By Mail Must Be POSTMARKED NO LATER THAN: 02/14/15

Online Entries Must Be COMPLETED BY: 02/18/15

www.r2sports.com (Tournament website coming soon - Please enter online, if you can)



Please Print — Be Legible, Complete & Accurate

Name: _____

Address: _____

City/State/Zip: _____

Phone: Cell _____

Home _____

Work _____

Fax: _____

Email: _____

DOB: m ____ / d ____ / yr ____ Age on 03/04/2015 ____

Waiver: I hereby, for myself, my heirs, executors, and administrators, waive & release any & all rights and claims that I may have against the NMRA, USAR, the Athletic Club of Overland Park and their staff, and all sponsors or their respective agents, for any and all injuries or damages of any nature which I, my spouse or my guest(s) may incur as a result of my participation in this tournament. I also acknowledge the potential risk of eye injury during competition, and can certify in writing that my protective eye guards (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 and release all rights to the use of event photographs in which my image appears.

Signature: _____ Date: _____

ENTRY FEES:

First Event \$ 165 \$ _____

Second Event \$ 30 \$ _____

Spouse/Guest(s)* (Each) \$ 75 \$ _____

NMRA Membership** (Total for 3 Yrs) \$ 45 \$ _____

USRA Membership (required, 1 Yr) \$ 50 \$ _____

or

USRA Membership (this event only) \$ 20 \$ _____

Total Due: \$ _____

* Spouse/Guest(s) Name(s): _____

****Check here if your first NMRA tournament**

(First time players do not have to join the NMRA, but we hope you do.)

SHIRT SIZE: MEN _____ OR WOMEN _____

S ____ M ____ L ____ XL ____ 2X ____ 3X ____

PAYMENT: Send entry form & payment in U.S. dollars, made payable to **NMRA**.

Mail to: Cindy Tilbury, NMRA
23308 Bocana Street
Malibu, CA 90265

NO REFUND OF ANY FEES AFTER 02/18/2015

DOUBLES		SINGLES		MIXED
MEN	WOMEN	MEN	WOMEN	
		45+		
		50+		
		55+		
		60+		
		65+		
		70+		
		75+		
		80+		
		85+		

Doubles Partner(s): Please print partner(s) names below

Name/Div/Age Bracket: _____

Name/Div/Age Bracket: _____

____ Check if you need us to find a doubles partner.

____ Check if you would prefer to enter a B/C division in your age group. We will consider offering that if there is interest.

Please provide Emergency Contact Name and Phone Number:

Name _____

Phone # _____

NMRA Official Website: www.nmra.info for Information Sheet and Tournament updates.

NMRA 2015 National Championship
Athletic Club of Overland Park - Overland Park, KS
March 4-7, 2015 (Wednesday, Thursday, Friday & Saturday)
Round Robin Age Divisions Starting at 45 Years Young



TOURNAMENT INFORMATION SHEET www.nmra.info

NOTE: We currently have a verbal agreement with the club, so this information is only 75% sure. Please check the website for the FINAL information sheet - coming soon!

Tournament Directors & Staff Mail-In Registration to: Cindy Tilbury 303.888.4461 cindy.tilbury@att.net
 Tournament Director – Carmen Alatorre-Martin 703-919-8188 teamalamar@gmail.com
 Tournament Director – Leon Jackson 703.508.2523 actioneod@aol.com
 Mike Wedel – Athletic Club OP Contact 913-219-4420 mwedel@athleticclubop.com

Host Club **Athletic Club of Overland Park** - 9 panel-walled courts
<http://www.athleticclubop.com/>
 10440 Marty, Overland Park, KS 66212 913.383.9060

 THE ATHLETIC CLUB
 Bring a lock. Towel service available free.
 All club facilities are available to tournament players and paid guests.
 Great club and locker room amenities available during the event.

Secondary Club **Fox Hill** - 6 panel-walled courts, owned by Athletic Club Overland Park
 10727 El Monte, Overland Park, KS 66212 913.642-2872

Host Hotel **Doubletree by Hilton**
 10100 College Boulevard, Overland Park, KS
 913.323.1907 www.hilton.com

 Shuttle to host club will be provided. Single/Double Rate with breakfast \$112 per night + tax. Mention NMRA when registering by phone.
 Reserve early—Only 50 rooms reserved for NMRA but more may be added when those are booked. Rate available through February, 2015.
 Free parking / free hot breakfast / free wi-fi.

Enter Online Maximum of Two Divisions Enter online by February 18, 2015
www.r2sports.com (Tournament website link coming soon)
 First event—\$165 Second event—\$30 Handling Fee \$5
 Note the fee increases. Two-Division Limit (Sorry, but one must be doubles).
 Guests Fee \$70 for the week.
We can help find doubles partners and/or roommates.

Enter via US Mail - Maximum of Two Divisions Fill out the entry form at www.nmra.info (Tournament Info page).
 Mail completed entry form and fees by February 14, 2015, to:
 NMRA Cindy Tilbury, 23308 Bocana Street, Malibu, CA 90265
 Two-Division Limit.

Double Partners / Roommates Contact Cindy Tilbury for a doubles partner (cindy.tilbury@att.net) or roommate request. Also, please use the list feature of R2Sports when you enter online.

Special for Ladies! We are trying something new to the NMRA—two new B/C age divisions for ladies 59 or younger. If you feel you are not an Open/A-level player, you may enter B/C. Choose 40+ B/C or 50+ B/C. If we don't have ladies entering B/C divisions, we will combine them with all of the ladies.

Nearest Airport Kansas City International MCI. Book flights at www.flykci.com.

Airlines Flying into MCI Air Canada | Air Tran | Alaska | American | Delta | Frontier | Seaport | United | US Airways

Alternate Airport None.

Tournament Information continued...

Airport Taxi / Shuttle Ground Transportation SuperShuttle Kansas City

Contact: (800) 258-3826
 1-3 passengers is \$59 one way or \$113 round-trip. The 4-7 passenger rate is \$84/\$163. 8-10 passengers is \$94/\$183

Agenda USA, Contact: (913) 268-4466
 \$76 for a private sedan (up to 3 passengers with luggage). \$135 for a private SUV (up to 6 passengers with luggage). \$150 for a private Sprinter style van (up to 12 passengers with luggage)
 Note: The \$76 sedan rate is equivalent to a taxi with gratuity.

Taxi Service, Approximately \$80
 10/10 Taxi - (816) 221-0600; Yellow Cab - (888) 471-6050 / (816) 471-5000

Shuttle from Hotel to Athletic Club Overland Park

The host hotel will provide a shuttle to the two club venues, on a regular schedule. That schedule will be available immediately before the tournament starts.

Driving Directions from MCI to Host Hotel

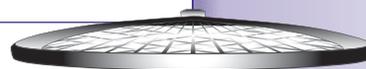
32 Miles South / 38 Minutes With No Traffic. Click for directions: <https://www.google.com/maps/dir/Kansas+City+International+Airport,+Kansas+City,+MO+64153/The+Athletic+Club+of+Overland+Park,+10440+Marty+St,+Overland+Park,+KS+66212/@39.2062431,-94.7053384,9z/am=t/data=!3m1!4b1!4m16!4m15!1m5!1s0x87c05e0888e68799:0xc3cdd0195d2e012m2!1d-94.712594!2d39.300643!1m5!1m1!1s0x87c0ebb396166027:0xd7ac6b46382ddb7!2m2!1d-94.671923!2d38.939911!2m1!6e4!3e0>

Directions from Host Hotel to Athletic Club Overland Park

3.2 Miles / 6 Minutes
 East on College Blvd 1.1 mi; Left (north) on Antioch Rd 1 mi; Right (east) onto W 103rd St .8 mi; Right (south) onto Marty. Click: <https://www.google.com/maps/dir/DoubleTree+by+Hilton+Hotel+Kansas+City+Overland+Park,+10100+College+Blvd,+Overland+Park,+KS+66210/The+Athletic+Club+of+Overland+Park,+10440+Marty+St,+Overland+Park,+KS+66212/@38.9374073,-94.686619,14z/am=t/data=!3m1!4b1!4m16!4m15!1m5!1s0x87c0eae6bcfac86f:0x45c4c4a9ec7bfff0!2m2!1d-94.702856!2d38.928455!1m5!1s0x87c0ebb396166027:0xd7ac6b46382ddb7!2m2!1d-94.671923!2d38.939911!2m1!6e4!3e0>

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Things to Do in the Kansas City Area

From museums to BBQ, Kansas City offers something for everyone. Here is a useful site that highlights things to do and places to eat if you find time during the March 2015 tournament.

<https://www.visitkc.com/visitors/things-do>

A list of a few highlights are:

- Kansas City claims to be the Soccer Capital of America, sporting the Missouri Comets who play in Independence.
- 43 public golf courses (hope for an early Spring).
- National archive museum.
- History and art museums.
- Hallmark Cards corporation tours.
- Lyric Opera of Kansas City
- Maker's Mark Bourbon House and Lounge
- Shopping
- BBQ (whole webpage devoted to this)
- Downtown restaurants, museums and shopping, including Bike Sharing program to get around

Local Activities

Overland Park; Arboretum & Botanical Gardens; Deanna Rose Children's Farmstead; Downtown Overland Park; Nerman Museum of Contemporary Art; New Theatre Restaurant; Museum at Prairiefire; Prairiefire at Lionsgate; Golf; Hiking; Biking

Average Temperature Overland Park

Year – 55° F

March – High 55° F – Low 33° F

Average March Precipitation 3 Inches

RV Parks RV parks near the club are:

<http://www.mapquest.com/?q=laundramats+near%3A+10440+Marty+St+Overland+Park+KS+US#b1d08c7ac9a866b0d5e13b12>

Laundromats Laundromats near the club are: <http://www.mapquest.com/?q=laundramats+near%3A+10440+Marty+St+Overland+Park+KS+US>

NMRA 2015 Election Candidates



Carmen Alatorre-Martin | Arlington, VA

I've been playing racquetball for quite some time now. Picked up the game during my days teaching at the *Air Force Academy*, played everywhere I had been assigned after that, and settled in at the *Fort Myer Army Post* in Northern Virginia. I love the sport and all I have found to go with it: the camaraderie, the competition, and the terrific community of people. My husband and I discovered the *NMRA* championships in 2006 and we've been a part of the organization ever since. We truly enjoy these championships and this organization!

I have been a member of the *Board* and the *Membership Director* for several years; this last year I was honored to serve as your *Vice President* and emcee for the banquets, while continuing duties as the *Membership Director*. I've been a tournament director for many of the championships we've held over the last several years. And I've enjoyed having the *NMRA* as a large part of my racquetball life. I would like to continue serving on the *NMRA Board*, and continue helping to make our organization thrive with a strong sense of community and friendship, with a high level of competition, integrity, and sportsmanship. If you would like to talk to me about why I am running for re-election, please contact me via email at teamalamar@gmail.com.



Will Costanza | Atlanta, GA

I am honored and humbled by the invitation to run for a seat on the *NMRA Board*. I am a *New Jersey* native and began playing racquetball in high school. I played through my college years at *Arizona State University* where I achieved my greatest racquetball success - I met my wife Tami on the racquetball court! We played for a few years after graduating, then took a 20-year hiatus from the sport while our kids grew up. We began playing again 6 years ago, and hope to continue for a long time.

In recent years, my involvement in racquetball has been serving as a founding board member of the *Georgia Racquetball Association (GRPA)*, coaching racquetball at the *University of Georgia*, and supporting racquetball events in many capacities along the way. Very simply, I love this sport and I want to help it succeed!

I am an electrical engineer and MBA by education, and I've spent most of my career in Sales and Marketing within the electrical products industry. My wife Tami and I live in the *Atlanta* area. Thank you for your consideration, and I look forward to the opportunity to serve on the *NMRA Board*. You can contact me via email at wilc@interserve.com.



Lynn Stephens | Atlanta, GA

I have been playing racquetball since 1986 and was a *Tournament Director* for the first time in 1989. I have played in four *NMRA International* tournaments. I have always been interested in the organization and promotion of the sport, more so than developing my abilities as a player. I love playing, but without people to give their time to organize and promote events, where would we be? I love that part of the game also. In 1998 I joined the *NCRA Board* as their media coordinator,

at the time creating content and publishing the quarterly newsletter. This was before web sites were playing a big role in an organization. In 2000, I was elected *President of the NCRA* and served in that capacity for eight years. In addition to my other duties as *President*, I continued my media role by building and maintaining the content of the new

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NMRA 2015 National Championship INFORMATION SHEET

continued from page 4...



Directions from Host Hotel to Fox Hill Club 3 Miles / 8 Minutes; South on Marty toward 105th St .1 mi; First left (east) onto W 105th St .2 mi; Second right (south) onto Metcalf Ave .7 mi; Left (east) onto College Blvd 1.6 mi; Right (south) onto Roe Ave .2 mi; Left (east) onto W 113th Terr .2 mi; light left onto Fontana St. Click here for directions: <https://www.google.com/maps/dir/The+Athletic+Club+of+Overland+Park,+10440+Marty+St.+Overland+Park,+KS+66212/10727+El+Monte+Street,+Overland+Park,+KS/@38.9355831,-94.6542954,14z/am=t/data=!3m1!4b1!4m14!4m13!1m5!1m1!1s0x87c0ebb396166027:0xd7ac6b46382ddb7!2m2!1d-94.671923!2d38.939911!1m3!2m2!1d-94.6370976!2d38.924432!2m1!6e4!3e0>

Parking at Host Club Free. RVs may park with no hookups/utilities.

Tournament Check-In / Player Meet and Greet Wednesday, March 3, 2015, 5 pm to 8 pm, at the Athletic Club Overland Pk
Complimentary reception with beverages and hors d'oeuvres
Pick up tournament souvenir, play schedules, etc. and socialize
"Mandatory" 7 pm player meeting to discuss details of tournament

Play Begins / Ends Starting at 8 am every day. Ends by 10 pm Wednesday & Thursday
Ends around 5 pm Friday and Saturday. Every division plays every day (Thursday through Saturday). Please show consideration for all players and remember that we play every bracket every day of the event. Schedule your travel arrangements accordingly. Sign-in is required at the club.

Practice Courts Courts will be available free of charge March 3, 2015
Special guest fee \$5 for tournament-related guests may apply.

Tourn. Ball Ektelon Classic Black is the official ball of the NMRA.

Tournament Scoring All round robins, self-refereed matches. Every division will play two games to 15. Larger "pool play" divisions will have Saturday playoff matches. Playoff format will be two games to 15, tiebreaker to 11 if needed. Bonus points are awarded for winning games (2 per game) and the match (4). Ties will split the extra four match points. Points are automatically calculated by the R2sports tournament software. When any team or player must forfeit, average scores will be used to determine final results of the division or pool. If a forfeit occurs during a match, the opposing team or player will be awarded points required to finish the match.

Appeals The NMRA has a rules committee that can be used by the players to submit an appeal on a rule or issue that arises during the event. The decision of the rules committee is final and binding on all parties concerned.

Eligibility USAR-sanctioned; Current USAR membership is required to participate. Your membership must be valid thru the last day of the tournament, March 7, 2015. Entries will not be accepted without payment for USAR membership. USAR membership is available at www.usra.org. NMRA membership is required for all EXCEPT players who are playing in their FIRST NMRA event. Special recognition and gift for first-time players and new NMRA members. You must be a current member as of the last day of the tournament.

Tournament Awards NMRA medals will be awarded to First through Fourth place winners for each age division. Combined divisions will be awarded medals based on separate age divisions.

Morning Hospitality Breakfast is available at the hotel for hotel guests.
Fruit and drinks available at the Athletic Club Overland Park

Lunch Lunch is served at the Athletic Club Overland Park grill; you will need to present your tournament pass or bag tag.

Evening Hosp. on Thursday Not a substitute for dinner. Will be served at the Athletic Club Overland Park.
You will need to present your pass or bag tag

SEE ONLINE FOR MORE!

NMRA Tidbits

By Cindy Tilbury

Our Facebook page is <https://www.facebook.com/groups/191509017552909/>. You must be a Facebook member to visit this page, but you can sign up for Facebook after clicking this link. We have a commitment from Lynn Stephens, our newest webmaster, to post all news on Facebook, in addition to our www.nmra.info website.

One of the themes of the NMRA this year will be to keep the budget small while providing the same high-quality event. Not only have we had fewer players at our tournaments in the past few years, but we have also had fewer players staying at the host hotels. Of course, if you are local to the tournament, you'll want to sleep at home, but if you are traveling to our events, please, please, please try to stay at the host hotels. This gives us a small financial boost for the banquet, and more importantly, ensures that we are not liable for unbooked hotel rooms for which we have committed and reserved. Tournament entry fees will just cover our tournament expenses now (see the article on the 2015 entry fee increase in this newsletter); we don't set prices to make a huge profit. We'll continue to do our best, but we wanted you to know that we are planning for smaller events and may end up limiting entries to match that plan until we see a rise in entries. Smaller numbers actually make the planning easier and will allow us to visit more venues across North America. DON'T let the player cap scare you, but DO enter early to make sure you get in.

Are you 80 years old yet? You'll want to make sure your NMRA membership is current when you DO turn 80, because you will be an NMRA lifetime member. If you have questions on that, you can contact **Carmen Alatorre-Martin** (or whoever is our membership coordinator when you turn 80).



Not For Ladies Only —

By Cindy Tilbury

GIVE YOGA A TRY

For year, I have wanted to be a little more flexible and a little more in balance, and I think yoga was the right option. I've been going to a *Yoga Basics* class twice a week for the past year and I wanted to recommend that you give it a try, if you aren't already hooked.

Yoga is so completely the opposite of racquetball and weight lifting and cardio training, but

I just love it and, just like racquetball, I am never unhappy I went to the gym. **Mike Grisz** of Texas loves the hot Vinyasa

variety of yoga, but I just do the regular 75-degree room temperature variety and can work up a sweat many days anyway. It's amazing how the hour goes so fast, and takes me away from my world the whole time while I'm concentrating on trying to execute the instructions of my yoga teacher. I then feel all stretched out if I go straight to the racquetball court, too. I have heard that Pilates is great for flexibility and strength, too, but haven't yet had the opportunity to try it.

If you get the chance, join a beginner yoga class and try it for a few weeks. Indian practitioners from the last 2500 years can't be all wrong.

WSMRA IN JANUARY – DOUBLES ADDED!

Okay, Ladies! I just want you to think about coming to *Minneapolis* (actually, the northern suburb of Fridley) to join us for the *2015 Women's Senior Masters* tournament January 16-18. Ladies from 35 to 100 years of age are specially invited to play in the best all-women tournament of the year. It will be chilly, but we'll be indoors. Let's represent the *NMRA* proudly.

I know that many of our *NMRA* ladies have avoided this tournament in the past because they don't enjoy playing singles anymore. The *WSMRA* knew that and they listened. There will be doubles

continued ➤



NMRA 2015 Election Candidates continued from page 5...

NCRA web site during this time. I was *Tournament Director* for many events in this period in *NC*, including men and women professional tour events. Even now, I continue to be the *Tournament Director* for two yearly indoor events, one of which will celebrate its fourteenth year in 2015 and is the most popular tournament in *NC*.

I have been involved with the *USAR Rules and Refereeing* committee as co-chairman since its inception in 2005 and continue in that position. We recently developed the new online certification program that went into effect in May, 2014. I started competitive outdoor racquetball in *NC* in 2012, and have served as *NC Director of WOR* since that time, running three sanctioned events a year. In 2013 it was my honor to be inducted into the *NCRA Hall of Fame*. I welcome any comments or questions and can be reached at racquetball@gmail.com

NMRA.Info Webmaster By Cindy Tilbury

Where is the best place to find the most up-to-date *NMRA* tournament information? The www.nmra.info website, of course! Don't let me confuse you--if you type in www.nationalmastersracquetball.org, you will get to the exact same place.

After many years of webmastering by our outgoing *Treasurer*, **Tom Curran**, he let us know that he was ready to be done. Over those years, I hope you have gotten the chance to show your appreciation for Tom's efforts and commitment to keeping our members up-to-date via email or in person. I know he loves the positive reinforcement.

It is not easy to fill big shoes, but we think we have got it covered! **Lynn Stephens** from *North Carolina* (who is currently running for the *NMRA* board in the election going on now) has graciously agreed to be our new webmaster. If you have ideas or suggestions for the website, please send them to Lynn at racquetball@gmail.com. He has plans for some positive changes to the site in the coming months, and he will also try to post updates to the *NMRA's Facebook* page. The board wants to thank Lynn in advance for the efforts he has already made, and for the many hours to come.

80+ Tournament in Arizona – Men of October

By Jan Warren

The fourth annual "*Men of October*" was held October 23 with 18 players over 80 coming from all over the country. The event offered both doubles and singles with the second event free. The format for doubles was rotating doubles so you had a different partner for each match. There was lots of great competition over three days, wonderful food and a sumptuous banquet on Friday.

For results, click or visit <http://www.r2sports.com/tourney/home.asp?TID=12955>. Plan to play next year, if you qualify, by contacting tournament director **Greg Steger** at gmsteger22@gmail.com or by phone at 563-271-3053.

divisions added for the first time in its 26-year history. Sign up yourself and your doubles partner NOW.

And for singles players who don't want to play the top age group lady players in the country, you can enter the B/C division and find great competition too. Give it a try once and you'll be hooked.

Enter here: <http://www.r2sports.com/tourney/home.asp?TID=12893>

More *WSMRA* info here: www.wsmra.com

LADY RACQUETBALL PLAYERS LOVE THE US OPEN

Can you believe that over 150 ladies participated in the *2014 US Open in Minneapolis*?!?! That's a lot of ladies, from all over the world, and I am proud to say that I know the vast majority of them. Think about playing in the *US Open* next October.



See you in Minneapolis!

NMRA TOURNAMENT RESULTS

International Championships Results July 16-19, 2014

NC State Univeristy, Raleigh, NC

Tucson AZ / Tom Curran, Jim Elliot, Carmen Alatorre-Martin, Patrick Gibon - Tournament Directors



Division Place Names State Points

M45	1st David Barnes	RI	37.40
	2nd Frank Engel	NC	36.00
	3rd Benjamin Odom	VA	27.00
	4th Sam Loggins	SC	24.80
	5th Richard Anderson	AZ	8.60

M50	1st Tom Adkins	GA	38.00
	2nd Bob Wright	IN	29.40
	3rd Sherman Bierly	NC	28.40
	4th Akira Sato	JP	24.40
	5th Will Costanza	GA	21.60
6th Bill Ruple	GA	17.60	

M55	1st Glenn Leib	PA	37.38
	2nd Wes Snead	NC	36.75
	3rd Joerg Leinemann	MD	25.00
	4th Rick Simmons	MD	24.63
	5th Dana Merrill	NC	23.75
	6th Rick Smith	TN	23.50
	7th Leon Jackson	VA	18.88
	8th Gary Stahl	IN	18.75

M60	1st Russ Montague	PA	35.33
	Playoff 2nd Frank Taddonio	AZ	35.60
	3rd Steve Conn	VA	35.17
	4th Ron Fowler	GA	37.00
	5th Rick Betts	CA	32.20
	6th Kim Keltner	MO	34.00
	7th Peter Popovich	NC	33.33
	8th Tony Upkes	SD	30.00

M65	1st Greg Hasty	IL	37.38
	2nd Tony White	AL	33.25
	3rd Jame Weathers	VA	25.88
	4th Michael Wargel	SC	10.88
	5th Greg Podolsky	MB	10.13

M70	1st Dan Jones	GA	32.50
	2nd Jeffrey Leon	FL	31.38
	3rd Paul Hughe	VA	26.25
	4th Donald Sperber	FL	22.88
	5th Bob Magyar	CT	20.63
	6th Paul Wehmeyer	NJ	17.50
	7th Donald Child	TX	12.88
	8th EC Newman	NC	9.38

M75	1st Arthur Hotchkiss	CT	36.20
	Playoff 2nd Rex Lawler	IN	37.40
	3rd Alan Cononico	FL	28.60
	4th William Baker	CA	27.80
	5th Jon Singer	PA	33.60
	6th Arthur Johnson	CO	34.40
	7th Jim Calvin	AZ	27.60
	8th Jerry Raddatz	MN	23.20



Page 8 Left to right, top to bottom - Bill Baker and Alan Cononico M75; Barbara Fischetti and friend chat with Bill Baker; Benjamin Odom M45; Harold Lloyd MD65; Cindy Tilbury and Carmen Alatorre-Martin at the banquet; Carmen Alatorre-Martin and local Raleigh official at the banquet; Banquet first-timers.

Page 9 Left to right, top to bottom - Raleigh NC State Campus; MD75 Medalists Rex Lawler, James Weeks, Charles Douglass and Bill Baker; Jeff Cullars and wife; Paul Wehmeyer; After the banquet; Don Sperber and wife; Ruben Gonzales and Hatch Saakian MD55; Rick Betts in front of the NC State Carmichael Gym; Art Hotchkiss and Bill Baker M75

Division Place Names State Points

M80	1st Paul Banales	AZ	35.17
	2nd John O'Donnell	IL	32.17
	3rd William Herron	TX	29.33
	4th Cy Dietrich	GA	28.17
	5th Ralph Carito	NJ	24.50
	6th Bob Baudry	LA	23.67
	7th David Maitland	CT	14.67

MD45	1st Wes Snead / Frank Engel	NC	37.40
	2nd Curtis Ponder / David Barnes	RI	35.60
	3rd Chris Poucher / Will Costanza	GA	26.80
	4th Sam Loggins / Benjamin Odom	VA	26.60
	5th Antonio Arango / Estuardo Ponce	GUA	17.60
	6th Patrick Waller / Richard Simmons	NC	7.60

Division Place Names State Points

MD50	1st Scott Kraemer / Leon Jackson	WI	36.33
	2nd John Winings / Patrick Gibson	CA	34.44
	3rd Mel Pangilinan / Ron Fowler	GA	34.00
	4th Lars Cole / Tyrone Gilmore	VA	32.11
	5th Eric Robinson / Michael Limsky	MD	27.00
	6th Bill Ruple / Carl Cook	GA	26.22
	7th Steve Wright / Bob Wright	IN	21.78
	8th Roy Hare / Bruce Adams	VA	17.67





Division	Place	Names	State	Points
MD55	1st	Jonathan Barlow / Tyrone Gilmore	VA	38.00
	2nd	Thomas Travers / Fred Martin	FL / TN	29.80
	3rd	Dana Merrill / Don Justham	NC	28.20
	4th	Michael Hiles / Michael Dimoff	MN / NC	27.00
	5th	Gary Stahl / Gerry Godfrey	IN	20.00
	6th	Gary Nichols / Thomas Curtis	NC	9.40
MD60	1st	Steve Conn / Mark Baron	VA	35.75
	2nd	Dave Kovanda / Frank Taddonio	OH / AZ	35.50

Division	Place	Names	State	Points	
	3rd	Billy Cannon / Tony White	AL	34.13	
	4th	Tony Upkes / Dave Warner	SD / MN	26.63	
	5th	Thomas Travers / Fred Martin	FL / TN	25.25	
	6th	Warren Riecke / Kenneth Weinstein	MD	24.75	
	7th	Michael Dimoff / Mike Robinson	NC	18.75	
	8th	Jim Curran / Jim Elliott	MA / AZ	15.50	
	MD65	1st	Leonard Masocci / Dave Warner	FL / MN	33.40
		2nd	Jon Walker / Barry Hendricks	AZ	31.78

Division	Place	Names	State	Points	
	3rd	Roger Rossi / James Weathers	VA	28.00	
	4th	Harold Lloyd / Fredrick Roe	SC / CA	26.11	
	5th	Warren Riecke / Kenneth Weinstein	MD	25.00	
	6th	Glenn Allen / Joseph Mulkerrin	VA	18.56	
	7th	Frank Stevens / Thomas Curran	MA / NC	16.11	
	8th	Fred Letter / Chuck Childers	NJ / IN	13.67	
	MD70	1st	Jerry Prentiss / Dan Jones	PA / GA	38.00
		2nd	Jon Walker / Fredrick Roe	AZ / CA	34.50
3rd		Wayne Toyne / Price Thomas	VA / CA	29.25	
4th		Glenn Allen / Joeph Mulkerrin	VA	23.00	
5th		Ben Smith / Robert Robinson	FL	31.80	
6th		Donald Sperber / James Weeks	FL / GA	27.60	
7th		Don Benson / Phil Wheeler	VA	26.80	
8th		Paul Wehmeyer / Bob Magyar	NJ / CT	21.80	
MD75	1st	James Weeks / Rex Lawler	GA / IN	36.29	
	2nd	Charles Douglass / William Baker	IN / CA	35.57	
	3rd	Alan Canonico / Earl Black	FL	30.29	
	4th	Francis Florey / Grant Morrill	WI / PA	17.71	
	5th	David Maitland / Stu Simcox	CT / OH	12.29	
	MD80	1st	Paul Banales / John O'Donnell	AZ / IL	32.00
2nd		Michael Henchy / Cy Dietrich	GA	15.29	
3rd		Bob Baudry / William Herron	LA / TX	12.43	

Continued on Page 10...

NMRA TOURNAMENT RESULTS International Championships Results

continued from page 9



Division	Place	Names	State	Points
W50	1st	Robin Whitmire	GA	37.20
	2nd	Tami Costanza	GA	28.60
W55	1st	Carolyn Hollis	CA	35.60
	2nd	Melanie Newsome	NC	21.40
	3rd	Sharon McNeill	MD	20.40
	4th	Dorette Rynkiewicz	DE	8.60
W60	1st	Joanna Nache	NC	37.40
	2nd	Judy Roe Sikula	WV	4.40
W65	1st	Sherry Treco-Jones	GA	28.40
	2nd	May Barber	VA	24.00
W70	1st	Mildred Gwinn	NC	34.00
	2nd	Marquita Molina	CA	29.40



M75 Charlie Garfinkle, Bill Baker and Eugene Consolvo



Ruben Gonzalez and Hatch Saakian MD55

WD45	1st	Claudia Schruhl / Marie Gomar	NC / GUA	35.29
	2nd	Kelly Goddard / Marni Wagner	NC / CA	31.86
	3rd	Kim Housman / Amy Hunter	MD / MD	20.29
WD50	1st	Sallie Benedict / Gladys Leonard	MD / AL	36.00
	2nd	Debra Bryant / Teri King	NC / NC	31.29
WD55	1st	Sharon McNeill / Althea Bailey	MD / MD	20.71
	WD60	1st	Barbara Fischetti / Jane Snyder	CT / TN
2nd		Jeanne Noah / May Barber	VA / VA	13.43
XD45	1st	Lars Cole / Kelly Goddard	NC / VA	37.20
	2nd	Carl Cook / Debra Bryant	NC / NC	32.80
	3rd	Michael Limsky / Amy Hunter	MD / MD	28.60
	4th	Eric Robinson / Kim Housman	MD / MD	28.40
	5th	Antonio Arango / Marie Gomar	GUA / GUA	21.00
XD50	1st	John Winings / Marni Winings	CA / CA	37.33
	2nd	Scott Kraemer / Gladys Leonard	WI / AL	34.17
	3rd	Tom Adkins / Robin Whitmire	GA / GA	31.17
	4th	Roy Hare / Carolyn Hollis	VA / CA	27.33

Raleigh NMRA Event Videos and Photos available on YouTube.com
 By Leon Jackson

Several of our player took pictures and videos. They can be found on *YouTube*. Enjoy!

NMRA International Tournament 2014 Tournament Photographs (Misc) <http://youtu.be/aoBuiBW1xc>

NMRA International Tournament 2014 Medal Winners <http://youtu.be/34ug7wBMN6Q>

NMRA International Tournament 2014 New Members <http://youtu.be/S4yhWQLiNjw>

NMRA International Tournament 2014 Raleigh, NC (Video) <http://youtu.be/oxHNwqNiOyk>

Division	Place	Names	State	Points	Division	Place	Names	State	Points	
XD55	1st	Patrick Gibson / Carmen Alatorre-Martin	TX / VA	37.14	XD60	1st	Steve Miller / Jane Snyder	TN / TN	35.13	
	2nd	Mark Baron / Sallie Benedict	VA / MD	35.57		2nd	Barry Hendricks / Joanna Nache	AZ / NC	30.75	
	3rd	Chris Poucher / Cindy Tilbury	GA / CA	32.43		3rd	John Phinney / Mary Feamster	NC / NC	30.38	
XD65	1st	Thomas Curran / Sherry Treco-Jones	NC / GA	28.67	XD70	1st	Price Thomas / Mildred Gwinn	CA / NC	38.00	
	2nd	Frank Stevens / Marquita Molina	MA / CA	24.33		2nd	EC Newman / Mary Feamster	NC / NC	14.00	
	3rd	David Nelson / Susan Schatz	MN / MN	20.57		3rd				
	4th	Lynn Stephens / Mary Kirchoff	NC / NC	24.14						
XD75	1st	David Nelson / Susan Schatz	MN / MN	20.57	XD80	1st	Jim Curran / Althea Bailey	MA / MD	13.00	
	2nd	Joerg Leinemann / Dorette Rynkiewicz	MD / DE	20.86		2nd	Barbara Fischetti / Leonard Marsocci	CT / FL	26.13	
	3rd	Melanie Newsome / David Nelson	NC / MN	22.14		3rd	Jeanne Noah / Jim Elliott	VA / AZ	12.50	
	4th	Joerg Leinemann / Dorette Rynkiewicz	MD / DE	20.86		4th	Barbara Fischetti / Leonard Marsocci	CT / FL	26.13	
	5th	Michael Hiles / Melanie Newsome	MN / NC	22.14		5th	Leonard Marsocci / Jeanne Noah	FL / VA	12.50	

NMRA Championships Qualifier for National Singles

By Larry Haemmerle,
USA Racquetball President

Editor's Note: This is a repeat from the last newsletter, but it bears repeating.
Cindy Tilbury

Dear NMRA and WSMRA Board and Members,

Congratulations! By vote of the USA Racquetball Executive Committee, your request for a waiver for your usual qualifying events to remain National Singles qualifiers for this year (2014) has been approved. I note that these events have already been conducted. In 2015, these events will no longer be qualifiers, EXCEPT that any player 50 years of age or older will not be required to play in a qualifier, effective with the 2015 National Singles event.

Editor's Note: In order to more accurately seed National Singles events, players are required to play in a tournament before that event. Even after this new guideline (above), NMRA and WSMRA (Women's Senior/Masters Racquetball Association) players 49 years and younger will still need to play in a regional or state tournament to qualify for National Singles. If you haven't played in the regional or state tourney, there are other ways to receive a waiver so that you can play National Singles. Contact the USA Racquetball board or staff, or the www.usra.org site for more details. You don't need to qualify to play in National Doubles.



Warmup before play

Passings

By Cindy Tilbury

Two of NMRA's long-ago board members have recently passed, and I wanted to make sure everyone knew. They were dear to my heart, having played and taught racquetball in Minnesota for many years, and they did so much for the sport, long after they stopped playing in NMRA tournaments. I was fortunate to see them at a get-together during the US Open in 2013. They were both smiling and happy to see all of the old gang, who had come out just for them. They both told me how pleased they were to see the US Open in their city, and that it was such a big-league event for our sport.



Norm Goldetsky, Minnetonka, MN

Norm passed away in April 2014. He played for many years at the JCC with his regular group of guys. He sponsored many junior players and the pro tournaments in the 1990s. Norm was also a past board member of the NMRA while Ivan Bruner was President. His company for many years, Copper Sales, was hugely successful and Norm was the financial expert half to his partner's product and business expertise. I was lucky enough to play Mixed (meaning older guy with too-young-for-NMRA girl) doubles with Norm in 1993 at the Minneapolis July NMRA tournament, and we had a ball winning the Silver medal. Racquetball was his biggest activity after he retired. NMRA member Ralph Stillman played almost every day with Norm for many years. He was always kind and generous. He was also an avid golfer and a great supporter of gymnastics at the University of Minnesota where his son Reed was an all-American gymnast. He was married to his wife Judy for many years. **He is greatly missed in Minnesota.**

Bob McNamara, Edina, MN

Bob was not only in the University of Minnesota Hall of Fame for football, and the Minnesota Racquetball Hall of Fame, but he was also the chairperson and financial contributor to induct others and keep the HOF going. He used the annual Hall of Fame tournament to raise funds for Minnesota junior racquetball players and other worthy racquetball causes. He owned a sports bar for many years and you could find photos of famous and locally-famous racquetball players among the autographed football and hockey stars' pictures. Bob's son, Bobby, is still very involved in the sport. The Minneapolis Star and Tribune had this great article upon his passing in June. Please read it to get a sense of how community-oriented and special Bob was. <http://www.startribune.com/sports/267978421.html>



Butch Harris, Baltimore, MD

NMRA member Sharon O'Neil asked me to highlight another very special racquetball personality, as he touched many lives. Sharon told me, "We lost a legend in our Washington DC, Virginia and Maryland area today--the Godfather of Racquetball, Clarence Lee "Butch" Harris. It's an honor and privilege to commemorate the life of our dear friend. The racquetball family is a special diverse group and there are not enough words to express how much we will miss him. He taught most of us form, skill, style, technique and sportsmanship on the court, and this was the role model exhibited by his son, Jamal, in every game and tournament. Butch showed us how to take care of our bodies, stretching

Continued on Page 17...



NMRA 2014 Doubles Championships
ClubSport Pleasanton - Pleasanton, California
December 4-6, 2014 (Thursday, Friday & Saturday)
*** Round Robin Age Divisions Starting at 40 Years Young ***



TOURNAMENT INFORMATION SHEET www.nmra.info

Tournament Directors / Staff Mail-In Registration to: Cindy Tilbury 303.888.4461 cindy.tilbury@att.net
 Tournament Director: Cindy Tilbury 303.888.4461 cindy.tilbury@att.net
 Tournament Director: John Winings 209.743.6487 johnwinings@hotmail.com
 Carmen Alatorre-Martin: Membership Director teamalamar@gmail.com
 Elaine Dexter: ClubSport Pleasanton Contact rbqueen@gmail.com

Host Club **Club Sport Pleasanton** - 8 Panel-Walled Courts
 7090 Johnson Drive, Pleasanton, CA 94588 925.463.2822
www.clubsports.com/pleasanton
 Bring a lock. Towel service available free.
 All club facilities are available to tournament players and paid guests.
 Great club and locker room amenities available during the event.



Host Hotel **DoubleTree by Hilton Pleasanton at the Club**
 7050 Johnson Drive, Pleasanton, CA 94568-3396 925.463.8000
 Attached to the club so no shuttle needed.
 Single/Double Rate with breakfast \$119 per night + tax; Triple Rate \$129 /
 Quad Rate \$139; Mention *NMRA* when registering by phone.
 Reserve early—Only 30 rooms reserved for *NMRA* but more may be added
 when those are booked. Rate available through November 13, 2014
 Free parking / free hot breakfast.



Enter Online Enter online by November 18, 2014
Maximum of Two Divisions <http://www.r2sports.com/tourney/home.asp?TID=11497>
 First event--\$140 Second event--\$40 Handling Fee \$5
 Two Doubles Division Limit. Guests Fee \$70 for the week.
 We can help find doubles partners and/or roommates.

Enter via US Mail Fill out the entry form at www.nmra.info (Tournament Info page).
Maximum of Two Divisions Mail completed entry form and fees by November 13, 2014, to:
NMRA Cindy Tilbury, 23308 Bocana Street, Malibu, CA 90265
 Two Doubles Division Limit

Doubles Partners/ Roommates Contact Cindy Tilbury for a doubles partner (cindy.tilbury@att.net) or room-
 mate request. You may also use the list feature of R2Sports when you enter
 online.

Special for Ladies! We are trying something new to the *NMRA*—two new B/C age divisions for
 ladies 59 or younger. If you feel you are not an Open/A-level player, you
 may enter B/C. Choose 40+ B/C or 50+ B/C

Nearest Airport San Francisco International SFO
 90 minutes by *BART* train to Pleasanton Station or \$170 by cab
 Book flights at www.flysfo.com

Airlines Flying Into SFO 40 Major airlines fly into SFO

Alternate Airport Oakland International OAK
 Book flights at www.oaklandairport.com

Airlines Flying Into OAK 11 Major airlines fly into OAK

Airport Taxi / Shuttle Ground Transportation Shuttles are not available from the airport to the host hotel, but the host
 hotel will send a shuttle to pick you up from the Pleasanton *BART* station.

Tournament Information continued...

Shuttle From Hotel to ClubSport Pleasanton Host hotel is attached to the club property so no shuttle is necessary.
 At certain hours, a walkway door will be opened to provide indoor access to/from the club, but at other hours, players will walk outside in the parking lot.

Driving Directions from SFO to Host Hotel 39 Miles East / 50 minutes with no traffic. Click link for directions: <http://mapq.st/10-dSzyNFfc>.

Driving Directions from OAK to Host Hotel 21 Miles East / 25 minutes with no traffic. Click link for directions: <http://mapq.st/1-UMtRKXhY>.

Driving Directions from Host Hotel to ClubSport Walk out the hotel front door and turn left. Walk five minutes through the parking lot to the ClubSport entrance.

Parking at Host Club Free. RVs may park with no hookups/utilities.

Tournament Check-In / Player Meet-and-Greet Wednesday, December 3, 2014, 5pm to 8pm, at the ClubSport Pleasanton Club. Complimentary reception with beverages and hors d'oeuvres. Pick up tournament souvenir, play schedules, etc. and socialize.

Play Begins/Ends Starting at 8 am every day. Ends by 10 pm Thursday. Ends around 5 pm Friday and Saturday. Every division plays every day (Thursday through Saturday). Please show consideration for all players and remember that we play every bracket every day of the event. Schedule your travel arrangements accordingly. Sign-in is required at club.

Practice Courts Courts may be available free of charge December 2 and 3, 2014. Special guest fee \$5 for tournament-related guests may apply.

Tournament Ball Ektelon Classic Black is the official ball of the *NMRA*.

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www.CaliforniaRacquetball.org





LIMITED TO FIRST 100 ENTRIES, with Wait List
2014 NMRA DOUBLES-ONLY CHAMPIONSHIP



Registration Wednesday, DEC 3rd at ClubSport - Play DEC 4-6 at ClubSport
CLUBSPORT - PLEASANTON, CALIFORNIA

Entry by Mail Must Be **POSTMARKED** No Later Than **11/15/2014**
 Online Entries Must Be **COMPLETED BY 11/17/2014**

HOST HOTEL: Hilton Pleasanton 925.463.8000 Code NMR

<http://www.r2sports.com/tourney/home.asp?TID=13002>



Please Print — Be Legible, Complete & Accurate

Name: _____

Address: _____

City/State/Zip: _____

Phone: Day _____

Night _____

Email: _____

DOB: m____ / d____ / yr____ Age on 12/4/2014 _____

Waiver: I hereby, for myself, my heirs, executors, and administrators, waive & release any & all rights and claims that I may have against the NMRA, USAR, ClubSport Pleasanton and their staff, and all sponsors or their respective agents, for any and all injuries or damages of any nature which I, my spouse or my guest(s) may incur as a result of my participation in this tournament. I also acknowledge the potential risk of eye injury during competition, and can certify in writing that my 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 and release all rights to the use of event photographs in which my image appears.

Signature: _____ Date: _____

ENTRY FEES: No refunds of any fees after 11/21/2014		
First Event	\$ 140	\$ _____
Second Event	\$ 40	\$ _____
Guest* (daily hospitality & banquet)	\$ 70	\$ _____
NMRA Membership** (Total for 3 yrs)	\$ 45	\$ _____
USAR Membership (1 year \$50 or 1-time event \$20)		\$ _____
General Fund Donation <i>Anything is greatly appreciated</i>		\$ _____
Total Due:		\$ _____

* Guest(s) Name(s): _____

** Check here if your first NMRA tournament
First time players do not have to join the NMRA.

SHIRT SIZE: MEN _____ **or WOMEN** _____
S _____ **M** _____ **L** _____ **XL** _____ **2X** _____ **3X** _____

Saturday Box Lunch preference:

Turkey, Tuna or Roast Beef _____

The National Masters Racquetball Association is a not for profit 501(c)(3) organization of men and women racquetball players who are age 45 to 95+ years young. Visit us at nationalmastersracquetball.org

Limit of two events

DOUBLES

	MEN	WOMEN	MIXED
40+			
45+			
50+			
55+			
60+			
65+			
70+			
75+			
80+			
85+			
90+			

Doubles Partner(s): Please print

Name/Div/Age Bracket: _____

Name/Div/Age Bracket: _____

___ Check if you need us to find a doubles partner

Would you like to play a 2nd Doubles if someone needs a partner?

___ Yes ___ No

Would you like to play Mixed Doubles if someone needs a partner?

___ Yes ___ No

Emergency Contact Name:

Tel [_____] _____

PAYMENT: Send entry form & payment in U.S. dollars, made **payable to NMRA**. Mail to:

Cindy Tilbury, NMRA
 23308 Bocana Street, Malibu, CA 90265

NMRA 2014 Doubles Championships INFORMATION SHEET

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Tournament Scoring	All round robins, self-refereed matches, Every division will play two games to 15. Larger "pool play" divisions will have Saturday playoff matches. Playoff format will be two games to 15, tiebreaker to 11 if needed. Bonus points are awarded for winning games (2 per game) and the match (4). Ties will split the extra four match points. Points are automatically calculated by the R2sports tournament software. When any team or player must forfeit, average scores will be used to determine final results of the division or pool. If a forfeit occurs during a match, the opposing team or player will be awarded points required to finish the match.
Appeals	The NMRA has a rules committee that can be used by the players to submit an appeal on a rule or issue that arises during the event. The decision of the rules committee is final and binding on all parties concerned.
Eligibility	USAR-sanctioned; Current USAR membership is required to participate. Your membership must be valid thru the last day of the tournament, December 6, 2014. Entries will not be accepted without payment for USAR membership. USAR membership is available at www.usra.org . NMRA membership is required for all EXCEPT players who are playing in their FIRST NMRA event. Special recognition and gift for first-time players and new NMRA members. You must be a current member as of the last day of the tournament.
Tournament Awards	NMRA medals will be awarded to First through Fourth place winners for each age division. Combined divisions will be awarded medals based on separate age divisions.
Morning Hospitality	Breakfast is available at the hotel for hotel guests. Fruit and drinks available at the ClubSport Pleasanton Club.
Lunch	Lunch is served at the ClubSport Pleasanton Club; you will need to present your tournament pass or bag tag.
Evening Hospitality on Thursday	Not a substitute for dinner. Will be served at the ClubSport Pleasanton Club. You will need to present your tournament pass or bag tag.
Banquet on Friday Night	Doubletree Pleasanton ballroom, included in your entry fee. Guests are invited for \$50, or \$70 for food all week in addition to the banquet. Cash bar at 6:00 pm; Dinner and program from 7 to 10 pm.
Local Activities	http://www.cityofpleasantonca.gov/community/visiting/index.html#things
Sights to See	See the separate sheet for a long list of northern California places to visit and things to do.
Average Temperature	Year – 50° F December – High 56° F – Low 39° F Average December Precipitation 2.58 Inches
RV Parks	RV parks near the club are: https://www.google.com/maps/search/rv+parks/@37.6995324,-121.9180463,13z/data=!3m1!4b1!4m5!2m4!3m3!1srv+parks!2s7090+Johnson+Dr,+Pleasanton,+CA+94588!3s0x808fec0945be7d65:0x2d69490e157eb6b0
Laundromats	Laundromats near the club are: https://www.google.com/maps/search/laundromat/@37.6995324,-121.9180463,14z/data=!3m1!4b1!4m5!2m4!3m3!1slaundromat!2s7090+Johnson+Dr,+Pleasanton,+CA+94588!3s0x808fec0945be7d65:0x2d69490e157eb6b0

Things to Do in the Pleasanton/ San Francisco Area

By Elaine Dexter, ClubSport Pleasanton Racquetball Program Director

Welcome to Pleasanton and the NMRA Doubles-Only tournament! There are so many things to do in and around Pleasanton that we suggest you take a few extra days to see them. Below is an abridged list, but please ask me and the other local area players for suggestions on sightseeing and dining for your non-court hours. Below are some excellent ideas you might want to check out during the tournament.

Climate. Average high temperature 65, average low 42 for December.

City of Pleasanton. There are several local web pages for visitor information.

<http://www.trivalleycvb.com/>

<http://www.pleasantondowntown.net/>

Downtown Pleasanton is about a 10-minute drive from the club and host hotel, but the hotel has a shuttle, of course.

My personal choices would be the walking downtown self-tour, which will feature most of Pleasanton's best restaurants, <http://www.pleasantondowntown.net/pdfs/WalkingTourGuide.pdf>

an interesting museum in downtown Pleasanton,

<http://www.museumonmain.org/>

and the Saturday morning Pleasanton Farmer's Market, also right downtown.

There is a great comedy club right near the hotel.

<http://www.tommyts.com/>

The Pleasanton/Livermore area has several local wineries:

<http://www.mitchellkatzwinery.com/>

<http://www.rubyhillwinery.net/>

<http://www.wentevineyards.com/>

Fremont is only a 20-minute drive to see the Mission San Jose

<http://www.missionsanjose.org/>

BART (Bay Area Rapid Transit) is less than 5 minutes from the club and host hotel. This train conveniently takes travelers to many destinations, including San Francisco.

continued on page 16...



COMING AUGUST 1, 2014

REINFORCED BY
TeXtreme[®]

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**MAXIMUM POWER,
STRENGTH & ACCURACY**

TeXtreme[®] carbon fabrics
(Spread Tow)



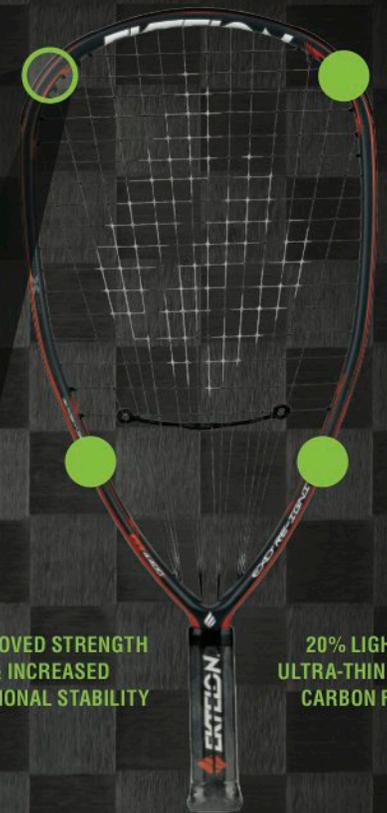
1 The Spread Tow structure makes it possible to achieve thinner laminates.

Conventional carbon fabrics
(Regular tow)



2 Straighter fibers with reduced crimp optimize and strengthen the composite.

3 Lower crimp reduce the amount of excess material thereby minimizing weight.



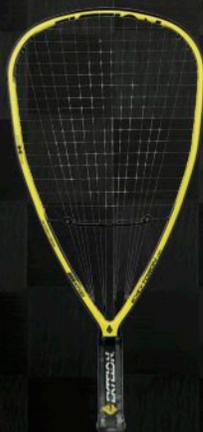
IMPROVED STRENGTH
& INCREASED
TORSIONAL STABILITY

20% LIGHTER
ULTRA-THIN WOVEN
CARBON FIBER



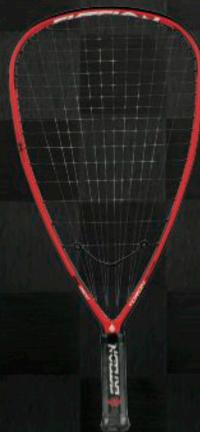
EXO³ TORON 150 ESP

POWER LEVEL: 4800
WEIGHT: 150g
BALANCE: Head Heavy



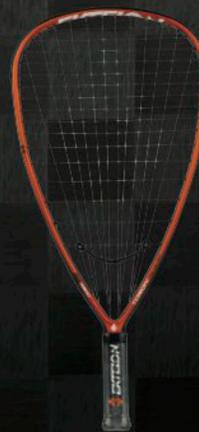
EXO³ TORON 160

POWER LEVEL: 4700
WEIGHT: 160g
BALANCE: Even



TORON PRO 170 ESP

POWER LEVEL: 4900
WEIGHT: 170g
BALANCE: Even



TORON PRO 180 ESP

POWER LEVEL: 4900
WEIGHT: 180g
BALANCE: Even



EXO³ RE-IGNITE

POWER LEVEL: 4400
WEIGHT: 180g
BALANCE: Even

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For the latest at Ektelon follow us on:  

City of San Francisco

There are endless attractions to see in the city of *San Francisco*, and for those who have never been to SF, this would be the city to see while visiting this area, a few highlights listed below:

- The Forty-Niners host the Miami Dolphins on Sunday, December 9 at Candlestick Park at 4:00 pm!
- Alcatraz
- Pier 39
- Coit Tower
- Chinatown
- Golden Gate Bridge
- North beach
- the list goes on...

Napa Valley Wine Country

Beyond *San Francisco* to the north are the *Napa* wineries.

San Jose and South

San Jose and the *Silicon Valley* are less than a one-hour drive south of *Pleasanton*.

South of *San Jose* is *Santa Cruz*, a well known beach site and refuge of many hippies still living in the 1960's.

The *Pacific Coast Highway* is a legendary drive that leads down past *Los Angeles* and to *San Diego* and beyond. It is best enjoyed when you take two or three days to enjoy all of the scenery, *Monterey*, *Carmel*, *Big Sur*, the *Hearst Castle*, *Pismo Beach*, *Morrow Bay*, *Solvang*, the *Sideways Wine Country*, *Ventura*, *Santa Monica*, and all of the beaches down to *Orange County*.

With so much to do, you will definitely want to come back soon. Make sure you bring your racquet.

Ride BART (Detailed Explanation)

By Ken Stone

When coming to a racquetball tournament at *ClubSport Pleasanton* and you fly into the bay area you might be looking at the option to travel by *BART* or *Bay Area Rapid Transit*. Let me offer up some of my tips for *BART* travel!

If you come into *Oakland* you also have the *BART* option, as you are walking away from your arrival gate to baggage claim, you will see an Information booth. They can assist you there. But today you are to ride a shuttle to *BART* which is probably \$3 at this writing. I see the construction in the future, a people mover from *BART* to *Oakland* airport. Once on *BART* the instructions and tips below will match. If the information booth is closed, or they are sleeping, walk straight out the doors with your bags and look for a shuttle that says *BART*. You will need to feed \$3 into a slot on the shuttle. Maybe at the information booth they can sell you the \$3 ticket. Once at the *BART* station at the Coliseum, go up the stairs and purchase a one way ticket to *Dublin/Pleasanton*, \$3.65. Which side of the tracks do you face? Look towards the football baseball stadium and you'll see a train go by with *Dublin/Pleasanton* on the marquee. Board that and get off at the end of the line. Follow the *SFO* for more info below.



BART. You go up a little and will find you are on your way to one of those airport trams. No matter what the time of year it will be cold.

Your goal at this point is to make it to garage G, *BART* Station. Should you board the red or blue? One goes clockwise the other counter clockwise. So one will be a station or two closer maybe, but by the time you figure it out, have found a jacket for the cold, one has gone by.

When you get out at Garage G, *BART*, there are vending machines right in front of you.

As of today, (October 1st, 2012) the one-way cost from *SFO* to *Pleasanton* is \$10.70. That is not bad. Here is what is bad.

Should you buy a round trip? Obviously double that amount. If you have another way to the airport after the tournament, then you obviously would not.

This train ride takes almost 90 minutes! It's very tough when you have been on a long plane flight. And to boot, a simple train transfer is also necessary.

Load the machine with debit, credit or cash money and it will print out a ticket. I don't like to give it too much because sometimes your change is lots of nickels...

Start rolling toward the turnstyle. Put the ticket in, but before you grab it to take it out, be ready to roll through. Grab the ticket, the gate opens and go.

Yeah that gate doesn't open until you pull the ticket, but once you pull the ticket, you better be moving, or it will close up on you. Kinda sneaky. If your ticket doesn't pop up, then you are out of money, but yours will if you bought \$10.70, so grab it you will need it to exit.

There are now a couple of stairwells and escalators. You want to go toward the *East Bay (Pittsburgh)*, or *San Francisco*. The side you don't want is the side that says *Millbrae*. The train will probably be sitting there waiting. Roll yourself in.

SFO and *BART* both have free wifi, although *BART* will only work on the underground stations and you need to sign up. It works all the time, but depends on the number of riders. Your

continued ➤

continued on page 17...



phone may not always get a signal either and you go underground on your 20-stop journey to *Pleasanton*.

If you are on the right train heading North (I mean it's easy to tell, large fog bank on one side.....) you will need to get off and get on another train.

BART will announce a transfer station, I think the first is *Balboa Park*. Too cold for my taste. If you are riding during commute times, or when the *San Francisco Giants* are playing, I recommend to get off at *Civic Center*. Civic is underground and a little warmer. At Civic, just get off the train, don't leave the station. Wait in that area where you just got off and check the overhead sign for '*Dublin/Pleasanton*'. It will be on the same side of the tracks.

If it's not commute and no baseball, you could use *Embarcadero* station, just 3 more down. Otherwise, once you get off and on again, you are done with the transfers. Civic smells a little gamier, but would be easier to get a seat in a crunch.

You have 45-50 minutes more on the train.

Once passed *Castro Valley* there are only two stations left. *West Dublin, Pleasanton* and *Dublin Pleasanton*. It really doesn't matter which one you choose at this point, but the *Dublin/Pleasanton* one at the end is better, because the train announcer will be saying 'end of the line!'

Exit, feed the card in again. If you got a round trip, the ticket pops out. If one-way and money is gone, then it eats your ticket.

Walk about 50 feet and turn right and walk. There will be a cab area waiting or if you are lucky enough to have someone pick you up, they will be there. You can also call the Doubletree and they will come pick you up. If you take a cab, it's about a 1.5 mile cab ride. I have walked it.....

The BART webpage is here:
www.bart.gov

They have a comic strip representation of what I just said. Download that here [BART comic strip explanation](#). ○

Passings continued from page 11...

before and after any game, sitting in the sauna and utilizing the whirlpool.

He traveled to play in many other states and would always come home a winner being feared by many. Every *Thanksgiving*, he facilitated the *Turkey ShootOut*, giving a large Turkey to a deserving player who hit the most turkey plates on the wall of the court. He organized the women's leagues, and gave free instruction to anyone who wanted to learn the game. He never slowed down on the court and continued to play competitively in 2014. However, he never knew what the score was. If it was 9-9, Butch thought it was 12-9. We have fond memories of his laughter, smile, advice and conversation. He was loved as one of the RB family and he will forever be known as one of the great masters of the game with the smooth backhand. **Butch Harris** has experienced physical death but his name is now in the spernal book of life. A foundation is being started to honor the memory of Butch Harris. We celebrate you." ○

USAR Limited Event Membership Director

By Steve Czarniecki, *USAR Membership News*

Editor's Note: *Our NMRA tournaments are some of the only national tournaments for which you can use the LEM option. We encourage you to join the USAR for a full-year membership or more, but we understand that many players are on a budget, so we provide the "weekend membership" option. Cindy Tilbury*

The *USA Racquetball Board* has approved that, effective September 1, 2014, the *Limited Event Membership (LEM)* price will return to \$20. This will apply to all current uses of the *LEM*. In conjunction with this change, a typical state association membership rebate of 20% will be instituted. This doesn't apply to the *NMRA*—only the association of the state you live in.

This change, being made following extensive discussion with state association representatives and event directors at the 2014 *USA Racquetball Leadership Conference* and subsequent conference calls, will allow *USA Racquetball* to keep up with increasing insurance rates while providing additional support to state racquetball associations and encouraging more individuals to join *USA Racquetball* as full members. The *USA Racquetball* full membership continues to be a good value relative to other sport *National Governing Body (NGB)* programs. Additionally, *USA Racquetball* is one of the few *NGBs* that offers a membership option similar to the *LEM*.

This change will not affect *World Outdoor Racquetball* events, elections, *International LEMs*, or the *Limited League Membership*. ○

Important Notice for Players Who Send In Paper Entries (Pleasanton December 2014)

PLEASE READ! THIS IS VERY IMPORTANT FOR PLAYERS WHO USE THE US MAIL TO ENTER TOURNAMENTS! Although we recommend you enter online via R2Sports.com, about 30 percent of our *NMRA* players enter tournaments by sending in a paper entry and a check. If that is you and you plan to enter our December 4-6 *Pleasanton Doubles-Only* tournament, you will want to know that THE ADDRESS FOR MAIL-IN ENTRIES WAS WRONG in the Spring 2014 newsletter.

We apologize for the inconvenience, but you will want to **send the paper entries to Cindy Tilbury, 23308 Bocana Street, Malibu, CA 90265** and not (our previous treasurer) Tom Curran's Wilson, NC, address. Tom will send them back to you and that will cause a delay. If you DO actually send in your entry and you do NOT see your name in the *Participants List on R2Sports*, email Cindy Tilbury at cindy.tilbury@att.net and she will make sure you are in the tournament. So sorry for the trouble. We try to make our tournaments easy to enter, but we messed up on this one. ○

Meet New Board Member Scott Kraemer

By Scott Kraemer

After being appointed to fill an open *NMRA Board* position recently, **Cindy Tilbury** asked me to tell the *NMRA* members a little about myself for the newsletter and website.

Career:

I have a degree from *Carroll University* in Computer Science – Management Information Systems and have been with *BMO Harris Bank* for 33 years. In 2001, became the Community Bank President and Regional Business Sales Manager for *BMO Harris Bank's* Southeast Wisconsin Region Banking Division.

As a member of the Business Banking leadership team, we work with closely-held businesses in the Middle Market segments within the entire metro Milwaukee marketplace, with a direct focus on western *Waukesha County*. I manage a team of six business bankers, as well as handle a select portfolio of clients. Execution of growth strategies, including market share, customer loyalty and all aspects of portfolio management are all integral parts of my daily routine.

Our corporate values, which consist of meaningful community involvement and exceptional customer service, will serve our clients well as we move forward and continue to grow together.

I have served many non-profit organizations in leadership positions. I am currently active on the *Board of Directors* of the *ProHealth Care Foundation* and the *Board of Directors* for the *Hartland Chamber of Commerce*.

Personal

I have been married to **Terry Kraemer** for 20 years with two children, Erika and Mason. We also have two grandchildren, Reese and Roman. We have lived in *Oconomowoc, WI* throughout our entire marriage. Terry just started a counseling practice with our daughter Erika. We all love the outdoors and make regular tours to national parks and northern *Wisconsin*. We all enjoy participating in sports like; hiking, waterskiing, snow skiing, tennis, golf, fishing and hunting.

Racquetball

I originally played tennis in high school and, after injuring my hand, switched to racquetball. I have been playing since I was 16 and was introduced to the game by my father and two of his employees. I joined the *Wisconsin Athletic Club* when it opened in 1976. I was addicted and played four days a week for three to four hours at a crack. Then I played some local and some state tournaments.

During that time, I did get to play singles against some of the pros: **Marty Hogan, Jack Neumann, Cliff Swain, Jeff Plazack, Kevin Graham** and even **Ruben** (when he wore those cute tight white short shorts). After starting at the bank, my play was relegated to only league play to focus on my career.

My game became very inconsistent from not playing regularly, which was frustrating and I totally quit playing in 2005. Then **Trish Beatty**, a wife of one of my long-time racquetball friends, asked me to partner with her in a men's doubles league about a year later. After the first round through the league, we began beating many of the men's teams consistently. She not only taught me how to play doubles, but more importantly, the true enjoyment of playing the game again.

At our *State Singles* in 2008, at the urging of the local player friends and my wife, I was convinced to give a national tournament venue a shot. My first introduction was the *NMRA* when it came to the *Wisconsin Athletic Club* in 2008. Following that tourney, I went on to compete in the *U.S. Open* and *U. S. National Doubles*. I found the *NMRA* format and quantity of play was so enjoyable, I then went to the *NMRA* in *Champagne, IL* the following year. Due to the format, I met many players and forged on- and off-court

continued ▶



bonds with them.

The *NMRA* is how I met the *Ft. Myer* group. After seeing Leon play doubles with Gladys at the *WAC* my first year. I started begging Curtis and Carmen to let me team up with Gladys. After two years, they were finally willing to give me a shot. They consented to adopting me after an exhausting weekend tryout session.

From that point on, I have played in two of the *NMRA* events each year with Gladys and Leon. I have been very fortunate to have the entire *Ft. Myer* family to play with and against. Curtis' love for the game is infectious.

In these last six years, I've been fortunate to play in many National racquetball events and do a little winning along the way. When I played the *NMRA* 2008, Terry told me I could have a year to "get it out of my system". At the end of the second year, she asked what happened to the one-year agreement. Then she flew out to the *Tucson, AZ NMRA* event. My wife was so impressed with the *Ft. Myer* group, she told me I could continue traveling to play events as long as I was with the team from *Ft. Myer*.

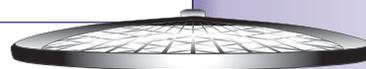
I look forward to working with the board and offering my banking skills to the organization. Please feel free to introduce yourself and discuss *NMRA* issues and ideas with me. ○

MORE *NMRA* Tidbits

Get your new *NMRA* tournament patches from Carmen Alatorre-Martin.

Each tournament has a unique logo that says a little about the venue of the tournament, and Carmen's Fort Myer group has created sew-on patches for you to order for \$5 and let everyone know which tournaments have been important to you. See Carmen's article in this newsletter for more information.

If you still are owed a medal for your performance in Arlington, I want to remind you that we want you to get your medal. Normally, we don't ship them, but because the Dallas area ice storm delayed the arrival of the medals until after the last day of the tournament, we feel we should make an exception. Of course, if you will be at an *NMRA* tournament soon, please ask us to bring an extra medal with us and hand it to you personally, to avoid shipping charges, of course.



New Foundation

By Mike Lippitt

I have had the privilege of knowing many of you over all these years of playing beloved racquetball in many venues including the wonderful NMRA. And I know the one thing we all have in common is a tremendous passion for racquetball. I also believe each of us have been disappointed with the decline of racquetball's popularity over the last ten to fifteen years. As **Doug Ganim** told me, he believes racquetball is in the bottom of the 7th inning and it is incumbent upon us to do something about that scary reality. With that in mind, I and a few other "die-hards" formed the *Reaching Your Dream Foundation (RYDF)* as a nonprofit 501c3 in April 2014 and we received our tax-exempt status this past July. The purpose of the RYDF can best be summarized by this short purpose statement:

The *Reaching Your Dream Foundation (RYDF)* grows the sport of racquetball by infusing it with a new generation of young men and women professional players. These players are chosen based on economic need and having the ability to mature personally and professionally through the help of RYDF. The foundation helps them access tournaments which otherwise wouldn't be available to them to enhance their careers. Through mentoring and economic and programming support, the future of racquetball is supported by the *Vision and Mission of Reaching Your Dream Foundation*. (the Mission and Vision can be found on the website: www.reachingyourdreamfoundation.com). (I should also add the foundation website allows people to support Juniors as well. It a part of our overall programming goals).

But we cannot save racquetball, or even stabilize it, without your help. I know that might sound trite, but in fact I believe it from the bottom of my heart. I would like to be able to discuss how you can (hopefully) help with many of you who would like to know how to get started. My email is mlippitt@att.net and my cell is 510.504.2494. I would encourage you to contact me! In addition, I would like to ask you to visit our website and also LIKE us at [Facebook.com/reachingyourdreamfoundation](https://www.facebook.com/reachingyourdreamfoundation).

Thank you for the opportunity to make you aware of *Reaching Your Dream Foundation*. I hope to hear from you in the near future. ○

How to Practice (and PLAY) BETTER

By Leon Jackson

Yes, practice. We can all get better, regardless of our age, or how long we have been playing. So let's get past that excuse. Most of us want to either (1) play better tournament and/or recreational racquetball; or (2) just beat that one opponent who seems to have our number whenever we play them. It has been demonstrated in studies and the real sports world that Talent can be Overrated, and that another factor that really separates world-class performers from everyone else is how they practice. Not that any of us are world-class athletes, but you get the idea. The good news is that being good at practicing is a skill that can be learned.

By improving our game in one or two specific areas, we can achieve our goal(s). Acquiring the services of a certified instructor would be one approach, but this not a readily available option for most of us. So, how do we enhance our racquetball skill set and on-court IQ so that we can move up the tournament medal ladder in the most efficient and effective manner?

Using the simple techniques outlined below you should be able to make near-term improvements in your game, and in your enjoyment of the sport. Before you begin, take a little bit of time to consider what, if any, physical and mental obstacles stand in your way to improving your skills. Then select a strategy to overcome them in each practice/training session.

- 1. Be clear about the purpose of your practice!** What do you want, and need, to focus on during your practice sessions? Is it better shot execution (footwork, racket prep, stroke me-chanics)? Shot selection? Court coverage? Serves? Service return? Ceiling balls? If, after conducting a racquetball skills self-assessment you can't determine where to start, ask oth-ers that you play with regularly. They should have a fairly good idea as to what your game's strengths and weaknesses are from their perspective. Regardless of your skill level, **pick one, or two at most**, aspects of your game that you want to work on improving. As it usually takes at least 1-2 months of consistent regular practice to begin to incorporate a new skill into your everyday game, it is just not realistic to think that you can expand your skill set in multiple areas all at the same time, no matter how badly they may need fixing. As part of your skills assessment, determine what you can do well enough and what you'd like to improve. Make sure that you can hit consistent cross court and down-the-line (DTL) passes. If you can't, then working on more difficult, low-percentage shots is a non-starter. Stick to the basics, very few of us really demonstrate excellent footwork, racquet prep, and stroke mechanics. You will be surprised to discover how much your game improves and your wins increase with just hitting quality DTLs and cross-court shots. Even with the pros, it is the DTLs and cross-court passes that win the most points, not that backhand splat rollouts. We all remember the rollout, but that's not the shot that consistently wins the most rallies. If you do have effective passes and back wall returns, then focus on your pinches.
- 2. Practice with a Partner if possible!** Why practice with a partner? Your training partner can:
 - a. Repeatedly attack your weak area(s), presenting you with the serves or returns that expose your weaknesses, providing you with multiple opportunities to practice your response (offensive or defensive).
 - b. Provide instant, on-court feedback on your footwork, racquet prep, and stroke mechanics. Your partner can tell you, from an opponent's perspective, how effective your shot was and what changes if any, you should make to improve. A second set of eyes on your stroke mechanics and on-court shots is often very helpful.
 - c. Provide an opportunity to drill on specific areas as well. For example, you set up a serve and return drill where your partner serves a specific type of serve one after another and you execute a return shot for each serve. He/she practices his drive or lob serve and you practice your drive or lob serve return. After ten (10)

continued on page 20...

serves you can change roles or change the type of serves. This is an effective way of practicing, and perfecting an effective return (offensive or defensive), for any particular type of serve, drive, Z, nick-lob, etc. Another effective partner drill is the ceiling ball and back wall return. You hit consecutive ceiling balls and your partner hits back wall returns. After ten (10) shots, roles are reversed, continuing until both backhand and forehand are practiced.

3. **Execute Quality practice sessions!** Effective, deliberate practice, whether with a partner or alone, accelerates learning. Yes, great performers do practice with many repetitions, but these are mindful, not mindless, repetitions. More isn't better if (1) it isn't focused, or (2) it becomes "too much." Too much time can lead to boredom, the inability to focus or concentrate, or burn-out. That's goes for any athlete, amateur or professional.
 - a. Effective practice includes breaking down complex acts into small components, practicing each of these, and then gradually putting these small components together into in-creasingly longer sequences.
 - b. Quality practice includes visualization ahead of each repetition, the specific improve-ment you are trying to accomplish. Reviewing, after each repetition what worked or didn't work. In that way you are continually correcting and improving your skills so that repetitions do not engrain mistakes but rather lead to better and better performance. You perform a specific action, then reflect, figuring out what to do the same or differ-ently, next time. Work on one or two small specific sub-skills (footwork, racquet prep, stroke mechanics, court position, etc.) and gradually put these together into longer sequences.

To help improve your overall racquetball skills, winning percentage, and game enjoyment: practice with a purpose, practice with a partner, and practice with a plan.

PPPP - Practice: Purpose, Partner, and Plan

Sportsmanship Award Winners Susan Schatz and David Nelson

By Cindy Tilbury

Each year, the NMRA board of directors votes to recognize the outstanding sportsmanship of a deserving person. In an organization where sportsmanship and good deeds are almost everywhere on and off the court, it is pretty difficult for the board to agree on just one person as a standout. This time, it was actually quite easy.



Susan Schatz and David Nelson are from nearby towns in northern Minnesota, and they are long-time doubles partners. They both love our tournaments so much that they try to come to all of them and play two mixed doubles divisions. They do all of the sightseeing they can during the tournaments, and get in a round or two of golf, also. Every team that plays against them just falls in love with them while they are all having a great time during their matches. No other team is more sweet or sportsmanlike or fair on the court, and they deserve the *NMRA Sportsmanship Award* as a doubles team. Please congratulate them in person the next time you see them.
Congratulations again, Susan and David.

Patches to Commemorate Your Tournament

By Carmen Alatorre-Martin

Tournament patches are now available for our members! We've recently started a new thing to help in a small way to raise funds and show off the cool places we've been going to for our championships. For those of you who attended the *NMRA International Championship* this past July, you saw that we had patches made representing four tournaments and the generic *NMRA* logo:

- *Raleigh NC* July 2014
- *West Allis WI* July 2013
- *Tucson AZ* March 2013
- *Raleigh NC* July 2012

We plan to continue to make these patches going forward for each of our events, and hope you will like having them to put on your jackets, bags, shirts, sweatpants, or wherever you want to showcase your travels and tournaments with the *NMRA*.

We'd like to thanks **Lars Cole** for his generous donation to pay for the original patches and embroidery set-up fees. You'll be able to purchase these four patches, as well as the next patches we design for each upcoming championship. The *NMRA* logo patch is an option, as well. Check out the pullover shirt example in the photo.

Please let us know what you think of the patches. We are always looking for new and exciting things for our members. If you have other ideas for our members or fundraising (like the racquetball stick family stickers available for your car back window), or just want to comment on *NMRA* matters, please let the *Board* members know what you're thinking.



Big Changes

By Tina Marchie

I am so sorry, but I had to miss the last few national tournaments. [Jean Halahan](#) and I opened an ice cream parlor in our town of *Middletown, New York*. I got out of the corporate world. Our accountant bought the building and he and Jean do a lot of business together, so he approached her with the opportunity.



The original business was started by some local dairy farmers over 20 years



ago and they did very well. They sold the business 5 years ago to someone else. In those 5 years, some people tried to change it and it didn't work out.

We opened on July 4th and we were

very lucky to have a woman that worked for the original owners for 15 year who now works for us. Below is a picture of myself, [Jean](#) and [Barbara](#). We have adopted a mascot named *Milkshake* (photo above) and we try to do one community event a month. We are closing for December and January so I will see all of you ladies in January!

Wish us luck!



How Do You Display Your Winnings?

By Bruce Adams

I was wondering the other day how other racquetball players displayed their winnings? Now I know that plaques have to go on the wall, or take a lot space on your office desk. Trophies are just about nonexistent and are major dust collectors. Therefore, how do you display your medals???

I have seen photos of some *NMRA* members that throw all of the gold medals in a pile. I know another guy in *Oklahoma* whose wife had his top medals placed in a custom mini-shadow box as part of the coffee table. I never saw it though. My few "top medals" are in a shadow box purchased from *Hobby Lobby* about four years ago; I need a second one now.

I have some plastic (acrylic) paperweight awards, and I have them in the bathroom for something for guests to look at. I also have some 12-inch-long plywood whales with engraved labels on them from when I was in *Massachusetts*--talk about unique. I know quite a few folks will give winnings to young relatives and/or the *Boy's Club* to build their self-esteem. A small few of you do not even pick up your winnings. A simpler way would be to stop placing, but what fun is that? How do you display your winnings?

I look forward to your response! Please send photos and descriptions to me at badams138@yahoo.com and I'll have them published in a future newsletter. ○



Denver is the Place To Be

By Cindy Tilbury

Just recently, at the *US Open*, the *USAR* announced that the *2015 National Singles* tournament will be in *Denver, Colorado*, during the Memorial week and weekend. We, the *NMRA*, had decided earlier to hold our July 2015 tournament in *Denver*. I wanted to mention this, in case you thought there might be a mistake or other typo.

The board talked over the possibility of moving our tournament to a different city or date and we decided that it was best to keep it right where it is. We know our round-robin tournaments are extremely popular, so we feel we can bring in the players, even though there is a national championship two months prior. Of course, we hope all of our *NMRA* members can play in both events, if they want to, and that they will get to experience the great city of *Denver* twice in one season. *Denver* has so much to offer in the summer—not just skiing in wintertime. It seems a long time away right now, but while you are planning your *Denver* visit, email us and let us know your opinion of this decision. We can base future decisions on your input. Thanks in advance. ○

Understanding the New Online Referee Certification Program

By Lynn Stephens

Note: As an organization known for its self-refereed tournaments, it is most important that we, as players, know the rules to a high degree, including recent changes. Even if you never refereed a match in your racquetball career, I challenge you to become a certified referee or at least pass the test. Rule knowledge is power on the court. Cindy Tilbury

Since 2005, the USAR has had a *Referee Certification Program* in place that was intended to be administered by the *State Associations*. The idea at that time was that each state would designate a *Referee Program Director* to oversee and administer the program in their state. Every state was supplied with a CD of the complete program with supporting documents and forms. The program consisted of three basic parts: 1) A rules clinic; 2) A written test; and, 3) An assessment of the referee's skills in refereeing an actual match.

Racquetball is one of the few sports that requires its players to referee matches. By supplying each state with the program, the USAR was seeking to help those players reach a better understanding and knowledge of the rules and refereeing in order that the matches they refereed would be officiated with more fairness and consistency. Everyone has heard, or has a story, about a referee that didn't know or apply the rules properly. There have been times when that lack of knowledge affected the outcome of the match. Some states even did away with referees for their matches because of the problems associated with that lack of knowledge. But anyone that has played in a tournament that is self-refereed knows that didn't really solve the problem. The players that played fair before, still play fair, and the ones that didn't, still don't. In club play, you have the choice to not play someone you feel doesn't play fair. In a tournament you don't have that choice. That is why sanctioned tournaments should have a knowledgeable referee for all matches.

Several states adopted the program and were pleased with the outcome of the program. It worked even better when becoming certified meant you were paid more to referee than if you weren't certified. Whatever their incentive, the players that completed the program became more knowledgeable about the rules and refereeing.

The challenge with a state-run program is that not all states agreed on the standards that had been set up to administer the program. If the same standards are not used in a consistent manner, then a player's referee certification may not be recognized across state lines. But the largest problem was that many states didn't have the volunteers necessary to administer the program in their state. States had players that wanted to become certified but couldn't.

In order to solve both of those problems, *Referee Certification Committee* co-chairs **Lynn Stephens** and **Debbie Bryant** proposed putting together an online *Referee Program* that would be administered by the USAR through the *R2 Sports* membership platform. This would ensure that the testing was consistent across state lines and that the program was available to anyone who wanted to become certified. With the support of **Dr. Jim Hiser** and the USAR, the program was created by Lynn and Debbie. The program still consists of the three basic elements of the original program including a one-hour video clinic and fifty-question online multiple-choice test. Once a referee has watched the clinic video and passed the test, then they must pay a ten-dollar fee to complete their certification by taking the video assessment test. This test consists of twenty-five videos of infractions that might occur during a match. If they receive a passing grade, then their name is automatically added to the online list of Level 1 certified referees. That list is available on the USAR membership site. Certification is valid for three years.

A new *Level 2 Referee Certification* has also been created. This is considered a National tournament level certification. In order to complete this certification level, you must have already completed the *Level 1 certification*.

If you would like to become a certified referee, then it is recommended that you download and review the *Official Rules of Racquetball from the USAR* web site. When you are ready to begin testing you must log in to the USAR membership site with your standard log-in information and then go to the "*Courses and Testing*" menu item on the left. That will bring down a sub menu with the item "Referee Certification". Clicking on that item will take you to a page with a checklist of the items you need to complete.

If you have any problems or questions, email Lynn Stephens at racquetball@gmail.com

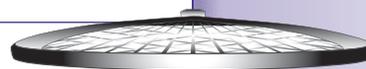
MORE NMRA Tidbits

It can be easy to forget the greater purpose or overarching goals of an organization, so the board asked me to remind you of what the NMRA's purpose is, as stated in our constitution and bylaws. Here it is:

The NMRA is a non-profit organization whose goal is to foster the growth and development of the sport of racquetball. The NMRA represents persons forty-five (45) years of age and older. The association is operated exclusively to enhance amateur racquetball competition in the United States and other countries within the meaning of 501 (c)(3) of the Internal Revenue Code. Notwithstanding any other provision of these By-Laws, the association shall not carry on any other activities not permitted to be carried on by an association exempt from federal income tax under 501 (c)(3) of the Internal Revenue Code. These purposes are fulfilled through the Aims and Objectives.

Our July 2014 Raleigh tournament was very much like the 2012 Raleigh tournament, except for one very cool happening. We had six players from other countries join us for all of the fun and competition. We have had a few players from Canada in the past, and this year was no exception, with Greg Podolsky playing in the M65 singles. It is a rare treat to have two gentlemen travel all the way from Japan to play so we were thrilled when Akira Sato and Chikara Shibuya played MD50 together and M50 and M60 singles, respectively. They definitely got the "traveled the farthest" prize! But it didn't stop there. Three players from Guatemala got on the plane to play in Raleigh, too. Antonio Arango and Marie Gomar played XD45s together, and MD45 and WD45 events separately. And Estuardo Ponce played M60 singles and MD45s. Akira and Marie took home medals, too! How amazing is that?! Our International Championships were truly international this year. We hope they will come back and bring their countrymates in the future.

A Mexico sports channel is currently in production to create a documentary of Paola Longoria. It was very exciting to see them following her everywhere with a camera at the US Open. I hope we all get a chance to view it, even if it is in Spanish.



MORE NMRA Tidbits

I have noticed a crazy trend lately and I thought I would mention it. Maybe others have seen it in their area, too. I'd love to know, if that is the case. It's a small thing, but I've noticed two new Ping Pong clubs near our racquetball club lately in Los Angeles. I know the actress Susan Sarandon has been making it her mission to get ping pong growing in the United States, so I could see one new ping pong club, but TWO within three miles of each other? Dang! Wish they could be racquetball clubs, but of course, putting a few tables in a room is about all you have to do to get some ping pong going. Constructing a racquetball court is a little more involved. Anyway, keep doing what you can to introduce our sport to the world.

One other trend I've noticed that is not so crazy is the explosive growth of pickleball as a sport. We don't have any courts around us that I know of, but everywhere I hear of former, less-mobile racquetball players picking up the pickleball racquet (paddle?) and loving it. I mean to try it someday soon, but I understand the appeal is the fast action combined with less running around and shrewd strategy. It can be played indoors or outside, and the court is much smaller than racquetball or tennis. Let us know if you've tried it and what you thought of the sport.

Ektelon has announced a crazy new ball. I was never a fan of the outdoor red Fireball, but the Ladies Pro Tour adopted it as their ball. They are now changing to the new Revolution ball, which is like the Fireball but it is half red and half blue. I hear it looks kindof purple as it is being hit and still bounces like the Fireball. Check out the Ektelon ball ad to see the other color combinations that Ektelon is considering making available. Write in and let us and Ektelon know what you think of the new ball. I think it's a really exciting development.

If you have racquetball tidbits to share with our NMRA friends, send them to me and I'll put them in a future newsletter. cindy.tilbury@att.net ○

2015 NMRA Election Ballot and Voting Process

By Cindy Tilbury

Our yearly election is at hand. This year, we solicited players at the two previous tournaments for NMRA board member candidates and made many email and phone call communications to find qualified candidates for the open positions. Several people let us know they wanted to run. **Carmen Alatorre-Martin** of the *Washington, DC* area decided to run for re-election; **Will Costanza** from *Atlanta*, and **Lynn Stephens** from *Winston-Salem* would each like your vote for a first three-year term.

We will again be offering online voting. The election will be available to all current NMRA members at the www.r2sports.com website (event type is Election, rather than Tournament). It only takes a few minutes to vote, so log on and voice (click) your opinion! Click this link to vote. Do it now while you are thinking about it! You must have a USA Racquetball profile in *R2sports.com*, but you may set it up or find your password, if you don't already know it.

<http://www.r2sports.com/tourney/home.asp?TID=13015>

If you would like to run and you are NOT listed in this newsletter, we can do several things to further your campaign:

- Send a blast email with your intent to run, along with your bio and picture. In addition to phone calls/emails you initiate, you can run an effective write-in campaign.
- Invite you to run for the Board in one year. We welcome your involvement before the next election, and you can get a feel for the group's efforts.

If you are considering running for the board in the future, please contact a current or past board member to ask about the duties and commitment. You might have in mind an area of interest where you feel you can contribute. We sincerely welcome that. ○

Official NMRA Board of Director ELECTION BALLOT

Postmark Deadline – February 1, 2015 Online Deadline – February 1, 2015

October, 2014 -- Vote for a maximum of three (3) candidates

Review the candidates' qualifications in this newsletter, or online at <http://www.r2sports.com/tourney/viewDivsFees.asp?TID=13015>.

To make your vote count:

1. Vote online at <http://www.r2sports.com/tourney/home.asp?TID=13015>

-OR-

1. Cut this ballot out of the newsletter
2. Keep the address label on the back of it to validate that a current NMRA member is voting.
3. X your candidate choices.
4. Put it in an envelope by February 1, 2015
5. Send it to Cindy Tilbury, 23308 Bocana Street, Malibu, CA 90265 303.888.4461 Cell

Vote X	Name	State
	Carmen Alatorre-Martin 55+	VA
	Will Costanza 50+	GA
	Lynn Stephens 50+	NC
		Write-In
		Write-In
		Write-In



NMRA TOURNAMENT Trail 2014/2015

Check the www.nationalmastersracquetball.org website or Facebook for the latest updates.



DATE	TOURNAMENT	LOCATION	CONTACT	Website
Nov 7-9	All Military National Championships	San Diego, CA	Steven Harper	www.r2sports.com www.militaryracquetball.com
Dec 4-6	NMRA Doubles-Only 40+	Pleasanton, CA	Cindy Tilbury John Winings	www.nationalmastersracquetball.org
Jan 15-17	Women's Senior/Masters 35+ Women Only	Minneapolis, MN	Kendra Tutsch John Willinski	www.wsmra.com
Feb 11-15	USAR National Doubles	Phoenix, AZ	USAR	www.usra.org
Mar 4-7	NMRA National Championships 45+	Kansas City, KS	Leon Jackson Carmen A-Mart.	www.nationalmastersracquetball.org
May 21-24	USAR National Singles	Denver, CO	USAR	www.usra.org
Jul 7-12	National Senior Games 50+	Minneapolis, MN	NSGA	www.nsga.com
Jul 22-25	NMRA International Championships 45+	Denver, CO	Patrick Gibson Fred Roe	www.nationalmastersracquetball.org
Dec 3-5	NMRA Doubles-Only 40+	Fullerton CA	Cindy Tilbury	www.nationalmastersracquetball.org

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PLEASE CONTACT US
 TO RENEW YOUR MEMBERSHIP



Be sure to check the www.nationalmastersracquetball.org website for updates and immediate election results!