



RACQUET RACKET

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Official Newsletter of the National Masters Racquetball Association (NMRA) **SUMMER 2015**

A Poem for the NMRA

By Cindy Tilbury

I often think about the good happenings in my life (and how many of the “bad” events turned into the best events), and I believe we make our own luck—good or bad. I was listening to *Fox News* in May, an interview with **Dr. Ben Carson** and he brought up the poem he lives by. It can apply to success in our racquetball lives, so I wanted to print it. I believe it is the perfect tournament philosophy for NMRA players.

Yourself to Blame

A Poem by Mayme White Miller

*If things go bad for you
And make you a bit ashamed
Often you will find out that
You have yourself to blame*

*Swiftly we ran to mischief
And then the bad luck came
Why do we fault others?
We have ourselves to blame*

*What ever happens to us,
Here is what we say
“Had it not been for so-and-so
Things wouldn’t have gone that way.”*

*And if you are short of friends,
I’ll tell you what to do
Make an examination,
You’ll find the faults in you...*

*You’re the captain of your ship,
So agree with the same
If you travel downward
You have yourself to blame*



PRESIDENT’S CORNER – Venues and Achievements

By Cindy Tilbury, NMRA President

Hello NMRA people! I am so happy to be putting out another newsletter for all of our fans. Although it stresses me out each time, I do have plenty of information to impart, and I feel a little pressure to get it right—not miss something important or put the wrong name on a tournament picture, perhaps.

One of my duties for the past several years has been securing the bones of our tournaments for the next 12 to 18 months—the club, the hotel, the food, the shuttle, etc. It takes a lot of phonecalls and emails, and sometimes we just go back to a fantastic place that worked well before. There is some strategy behind this; if they haven’t already done so, the returning players in that venue who don’t travel must renew their NMRA membership. This is really great for the first-timers who didn’t join the NMRA. This happened in *Kansas City* in March. We are really happy to have the Midwest area players renew and enjoy the *Overland Park Athletic Club* event. It was a great one.

We plan to return to a few places in the next year.

Denver— Get your reservations in to play in our July 22 through 25 *Denver* event. The deadline is coming up quickly. You’ll read about the special hotel discount in this newsletter—I hope you can take advantage of it before the rooms are all booked. Info can be found at www.nmra.info or by going to the www.r2sports.com website where you can sign up for the tournament.

Fullerton— Our doubles-only tournament will be returning to *Fullerton, California*, December 3 through 5, 2015. *Fullerton* is close to *Disneyland* and the many beaches in southern *California*, and our tournament dates are still during school months so the parks will be less crowded and the traffic a little lighter. Consider spending a few extra days in the area, or down in *San Diego*. A great list of things to do is available on the www.nmra.info website on the article about the December tournament.

St. Louis— Although the NMRA has not yet been to *St. Louis* and the *Vetta Club Concord*, we have already heard that the *Kansas City* players will drive across the state to join us in March, 2016. The dates aren’t yet firm, but keep checking the www.nmra.info website for updates so you can make firm plans. It will be a little chilly, but *St. Louis* has much to offer during the spring months, too. And the *Gateway Arch* is open year-round.

Portland— We are VERY excited to return to *Portland, Oregon*, and the *Sunset Athletic Club* in July, 2016. You may know that the *Great Northwest* has much to offer the tourist/racquetball player, so we hope you’ll join us in July one year from now. The dates are not yet final for this event, either, but we hope to publicize those in the next newsletter.

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www.nationalmastersracquetball.org

Atlanta — Our 2016 Doubles-Only tournament is planned for the first week of December in Atlanta. The *NMRA* has never been to Atlanta, but based on the popularity of our Raleigh tournaments, we know that our Southeast US players are eager to have us back in the area. More information on that event will be available in the next few months, as well.

My goal for the *NMRA* is to make every tournament one that is not to be missed. If you cannot join us, I want you to hear from your friends how much you missed. The venue is always a large part of this, as there are so many great clubs around the country in which to play, and so many wonderful areas of the US to visit. If you have ideas of where we should go in 2017, I hope you'll share them with me—maybe during our Denver tournament!

On a different note, I don't just spend time at my computer working for the *NMRA*—sometimes I get out and play! Actually, I play or drill about four times a week, and I still love it. When I get down to twice a week, I'll know there is something wrong and it will be time to cut back on the organizing tasks. Time and time again, I saw my racquetball girlfriends start working for clubs and associations, playing less, and finally quitting altogether. I swore that would never happen to me. I have always felt I play pretty well, and I am so lucky to have Rick Betts in my life with whom to take lessons and play against and travel to tournaments. This year, it seems to have paid off. At USAR National Singles in May, I was awarded the Peggy Steding Award for on-court achievement. It was very exciting and I was quite honored. That award is for female "age-group" (that means 35+ amateur) players who do well at the seven national tournaments in the past year. I got a great boxed award and had my picture taken with the other USAR award winners for the year, including the Athletes of the Year, Jake Bredenbeck and Rhonda Rajsich. It was a great night, and I'm sure the photos will be in *Racquetball Magazine* very soon. Now I feel I have to practice a little harder and play a little better. I'll keep working on that.

The rest of 2015 and 2016 look to be great times for our *NMRA* family. Make your plans and reservations NOW to join in the fun!

Membership Update *By Carmen Alatorre-Martin*

Hi Members,

Thought it might be fun to see how we're doing with our membership across states. How can we help the *NMRA* membership grow in your state? Membership is still only \$45 for three years. Lifetime membership is automatic for 80+-year-olds who are current members when they turn 80. Bring a friend to the next *NMRA* events and help us get the membership numbers higher.

As always, thanks for being a part of the *National Masters Racquetball Association*. We value your participation and your friendship.

State	3-year Member	State	3-year Member	State	3-year Member
California	88	New York	8	New Hampshire	2
Texas	45	Indiana	8	New Mexico	1
Arizona	33	Missouri	7	Iowa	1
Florida	20	Michigan	7	Oklahoma	1
Virginia	18	Connecticut	7	Alaska	1
Illinois	17	Maryland	6	Montana	1
Minnesota	17	Nebraska	5	South Dakota	1
North Carolina	16	Tennessee	4	Kentucky	0
Colorado	14	Kansas	4	Maine	1
Pennsylvania	14	New Jersey	4	Wyoming	1
Oregon	13	South Carolina	3	West Virginia	1
Wisconsin	13	Hawaii	3	Delaware	3
Ohio	12	Idaho	3	North Dakota	1
Massachusetts	10	Louisiana	3	Rhode Island	1
Washington (state of)	9	Nevada	2	District of Columbia	1
Georgia	9	Alabama	2	Mississippi	0
Utah	8	Arkansas	2	TOTAL	451

Ruben Gonzalez Newest *NMRA* Hall of Fame Inductee

By Cindy Tilbury

At the gala Friday night banquet in Pleasanton at our December doubles-only tournament, there was a very special celebration. The *NMRA* Hall of Fame voting committee inducted its newest member,

Ruben Gonzalez. In a first-of-its-kind induction, Ruben was brought in as a Professional Athlete, a new category created

just for players like Ruben who make a living in the sport of racquetball. Up to this point, all inductees have been either Amateur Athletes or Contributors.

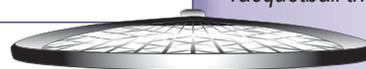
As happens with all *NMRA* Hall of Fame inductions, there were many smiles, with many fun pictures from the old days and much reminiscing.

Ruben is now in three racquetball Halls of Fame, and each one is special to him. His equipment sponsor, Ektelon, has been with him since the beginning, and he is pleased to have them create a special Ektelon poster commemorating this event. Catch it here in this newsletter. And congratulate Ruben on this mammoth achievement.



If you wish to donate your dollars to make racquetball better, in addition to the *NMRA*, you might also consider the Reaching Your Dream Foundation.

Mike Lippitt from northern California has set up a foundation which accepts donations from passionate racquetball supporters. His foundation mainly works to get young male and female athletes going on the professional tours, but there are many other projects sponsored by RDYF grants. In Mike Lippitt's view, it is important to sponsor juniors and young adults while they have time to devote to racquetball, before career and family take over the top billing of their lives. With that solid base, they'll always be able to call racquetball their home sport.





NMRA INTERNATIONAL CHAMPIONSHIPS

July 22-25 — Northridge Rec Center, Highlands Ranch, CO 80126

Entry By Mail Must Be POSTMARKED NO LATER THAN: 07/03/2015

Online Entries Must Be COMPLETED BY: 07/06/2015

<http://www.r2sports.com/tourney/home.asp?TID=13604>



Please Print — Be Legible, Complete & Accurate

Name: _____

Address: _____

City/State/Zip: _____

Phone: Cell _____

Home _____

Work _____

Fax: _____

Email: _____

DOB: m ____ / d ____ / yr ____ Age on 7/22/2015 ____

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 Littleton Family YMCA, and Northridge Rec Center 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) \$ 70 \$ _____

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

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

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 7/13/2015

Limit of two events only: singles and doubles or two doubles.

Everyone plays every day; arrive Tuesday.

DOUBLES			AGE	SINGLES	
MEN	WOMEN	MIXED		MEN	WOMEN
			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.

Emergency Contact Name and Phone Number:

Name _____

Phone # _____

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 90+ years young. Remember to visit WWW.NMRA.INFO.

NMRA 2015 International Championships

DENVER TOURNAMENT INFORMATION SHEET



July 22-25, 2015 www.nmra.info Please read carefully
<http://www.r2sports.com/tourney/home.asp?TID=13604>

Tournament Directors & Staff
 Cindy Tilbury 303.888.4461 cindy.tilbury@att.net
 Patrick Gibson prgibson5@hotmail.com
 Marcia Richards and Matt Anderson – On-Site Hosts
 Panel of Three Members – Rules Committee

Primary Host Club
Northridge Rec Center — 1 Panel- and 9 Cement-walled courts
 8801 S Broadway (C-470 and Broadway), Highlands Ranch, CO 80126
 303.471.8950 <http://hrcaonline.org/HRCALInfo/RecreationCenters/Northridge.aspx>



Bring a towel and a lock; Towel service available at a \$1 fee
 Some practice courts available on July 21, except during registration time;
 Call to reserve your practice court
 Lunches available in the Wetterhorn room on the main level

Secondary Host Club
Littleton Family YMCA – 4 Cement-Walled Courts
 11 West Dry Creek Court (Broadway & Dry Creek), Littleton, CO 80120
 303.797.9622 <http://www.denverymca.org/littleton>



Bring a towel and a lock; Towels may be available
 Use of club is limited to practice (July 21), match play and watching
 Lunches will be available ONLY at the other club

Host Hotel
Hilton Garden Inn Highlands Ranch
 1050 Plaza Drive, Highlands Ranch, CO 80126
 Call 303.683.4100 to Register / Use Code NAMRA Erin Williams, Sales
 \$119 + Tax Per Night Regular Room (Up to 2 People)
 \$8 More For Each Additional Person
 Rates available until June 29, 2015, but please reserve early (45 reserved)
 Rate includes full hot breakfast, wireless internet access, upgraded Hilton
 bedding, parking, mini-refrigerator, fitness center, more
 RV parking is free in a designated area of the parking lot, without hookups
 Registered guests will be entered into a “free night” lottery
<http://hiltongardeninn3.hilton.com/en/hotels/colorado/hilton-garden-inn-denver-highlands-ranch-DENSWG1/index.html>



Extra Suite Hotel
Residence Inn (owned by same company as the Hilton Garden Inn)
 93 Centennial Boulevard (same distance to racquet clubs)
 Highlands Ranch, CO 80129, 303.683.5500 Request the NMRA Rate
 One-Bedroom Suite – Nice for couples or families
 Full kitchen; Ask for list of amenities and breakfast options
<http://www.marriott.com/hotels/hotel-photos/denhr-residence-inn-denver-highlands-ranch/>



Enter Online
 Enter online by July 6, 2015, at <http://www.r2sports.com/tourney/home.asp?TID=13604>
 First event—\$165 Second event—\$30 Guests \$70 for the week
 You may request a doubles partner and/or roommate and we will do our best to
 accommodate you (Try the “Find a Partner” list feature of R2sports)
 \$5 credit card convenience fee will be charged

Enter via US Mail
 Fill out the entry form at www.nmra.info (Tournament Info page).
 Make check payable to NMRA.
 Mail completed entry form and fees by July 3, 2015, to:
 NMRA Cindy Tilbury, 23308 Bocana Street, Malibu, CA 90265

Refunds
 Refunds are available until July 13, 2015, when shirts will be ordered, banquet
 dinners will be committed, and match scheduling will be completed

Nearest Airport
 Denver International Airport (DEN), 8500 Pena Drive, Denver, CO 80249
 I-70 and Pena Boulevard – Make your flight reservations early *continued* ➤

Tournament Information continued...

Airlines Flying into DEN

Aeromexico, Air Canada, Alaska, American
 British Airways, Delta, Frontier, Great Lakes,
 Icelandair, JetBlue, Lufthansa, Southwest,
 Spirit, United, US Airways, Volaris

No alternate airports

Airport Taxi / Shuttle

Super Shuttle: 303-370-1300

One-Way \$50 Individual / \$12 Additional
 People; Make a reservation to avoid delays.

<http://www.supershuttle.com/?Port=DEN>

Taxi: No reservations necessary / \$100
 one-way estimated fare.

Try the “Share a Ride” list feature of
www.r2sports.com when registering for this
 tournament.

Shuttle to Clubs Shuttle van provided
 from host hotel between clubs. Tips are
 appreciated.

Parking at Host Clubs Free at both clubs;
 Please park in the back lot at Northridge.

Driving Directions from Airport DEN to Host Hotel - Hilton Garden Inn

<http://mapq.st/1EVczRU> 39 Miles (Non-Toll
 Road) / 45 minutes or 42 Miles Toll Road /
 45 Minutes (Not Shown Here); Exit airport
 via Pena Road going east (only way
 possible) 12 mi; Merge onto I-70 West (left
 exit) 1.6 mi; Merge onto I-225 South via Exit
 282 12.6 mi; Left exit 1A to I-25 South 5.6
 mi; Merge onto C-470 West via Exit 194
 6.5 mi; Take the Broadway exit and turn left
 (south) .7 mi; Club will be on the left.

Directions from Hilton Garden Inn Host Hotel to Northridge Rec Center - Primary Club <http://mapq.st/1FJlrZs>

.8 Mile East / 2 Minutes (Easy walking
 distance, along sidewalk); East on Plaza
 Drive .7 mi; Right (south) onto Broadway .1
 mi; Club is on the left.

Directions from Hilton Garden Inn Host Hotel to Littleton Family YMCA - Secondary Club <http://mapq.st/1FJnwVh>

2.5 Miles NorthEast / 4 Minutes; East on
 Plaza Drive .7 mi; Left (north) on Broadway
 1.5 mi; Left (west) onto W Dry Creek Court
 Club is on the left near restaurant.

Directions from Northridge Rec Center Primary Club to Littleton Family YMCA - Secondary Club <http://mapq.st/1FJqAAA>

3 Miles North / 3 Minutes; North on Broadway
 3 mi; Left (west) onto W Dry Creek Court
 .1; Club is on the left near restaurant.

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NMRA Tidbits

By Cindy Tilbury

The NMRA is proud to sponsor the annual Men of October tournament in Sun City West, Arizona. Jan Warren and Greg Steger put on an amazing gathering for 80+-year-old players, and they are accepting applications now. Don't let this tournament fill up so that you miss your chance to play! You may get an application in the mail soon, but don't wait! Email Jan Warren today at jpowerfade@yahoo.com and she will email you a tournament application right away. Bring your friends, too, and spend some time in the lovely Phoenix area.

During our Denver NMRA tournament, the USA will be competing against about 30 other countries in Toronto, Ontario, Canada, in the PanAm Games. If they had not been the same weekend, I would have been there yelling for our US team--**Rocky Carson, Jake Bredenbeck, Jansen Allen, Jose Rojas, Rhonda Rajsich, Michelle Key, and Kim Russell-Waselenchuk.** It is rare that you can cheer for top-level racquetball players without feeling that you shouldn't be cheering against the others. So this is that opportunity, and it doesn't come around every year. If anyone is NOT going to the NMRA tournament and wants to go up to beautiful Toronto and cheer on their country's players, I suggest you CALL *Ticketmaster* to get your tickets. The online purchase site was impossible and would only leave you frustrated. Call today to get your general admission tickets to watch the singles, doubles, and team competition.

National Singles was at the Highlands Ranch Rec Center in Denver this May, and some of us were extra excited about that venue. It provided much the same feel as the old *Houston YMCA*, where the tournament desk was in the middle of a big gym that has eight glass-backed courts all around it and a running track above to allow upper viewing into courts. It was easy to glance around and choose a match or two to watch, or just hang out, of course. Our July NMRA tournament should be just as great! Start training now for the higher altitude and bigger bounce.

Long-time player, Grant Morrill, recently made the local news in Harrisburg, Pennsylvania. Watch it here. <http://vimeo.com/m/91634950>

Things to do in Colorado *By Cindy Tilbury*

Denver and the whole state of *Colorado* make up a fabulous summer wonderland. The weather is sunny 300 days a year so visitors flock here and are never at a loss on finding things to do. You can expect temperatures between 50 and 90. Below is a list of *Colorado* highlights; please contact me if you have questions about your *Denver* trip to the NMRA July 2015 event.

Denver —

- Denver Federal Mint
- Coors Field – Rockies baseball
- Pepsi Center – Various concerts and Nuggets basketball (Avalanche hockey in winter)
- Invesco at Mile High – Various concerts (Broncos football in fall and winter)
- Zoo
- Coors Brewery Tour
- Red Rocks Amphitheater – Various concerts – Famous recording venue
- Downtown Comedy/Restaurants/Nightlife
- 16th Street Mall
- Marijuana dispensaries
- Bicycle trails
- Botanical Gardens
- Golfing
- Shopping

Colorado Springs/Manitou Springs —

- USA Racquetball Headquarters
- Pike's Peak Drive or Hike or Train
- Broadmoor Hotel
- Garden of the Gods
- Air Force Academy
- US Olympic Training Center
- Military Museums
- Focus on the Family
- Cheyenne Mountain
- Mountain Zoo
- Horseback Riding
- Bicycling
- Golfing
- Florence SuperMax Prison

Boulder —

- Colorado University
- Pearl Street Mall
- Boulder Brewery and other microbreweries
- Flatirons Mountains
- World-class rock climbing
- Hot air ballooning
- Buddhist community
- Fresh local food restaurants
- Hiking along Boulder Creek
- Celestial Seasonings Tea Tour
- Stanley Hotel ("The Shining")
- Golfing
- Shopping
- Marijuana dispensaries

Mountains —

- Aspen / Vail / Beaver Creek / Breckenridge / Copper Mountain / Keystone / Steamboat Springs Hiking
- Idaho Springs / Georgetown Victorian Old West Towns
- Glenwood Springs Hot Springs / Lodge / Racquetball Courts
- Food and music festivals with concerts
- Art galleries
- Fly fishing
- Mountain biking (ride lift up)
- Wildlife viewing (Bighorn Sheep, Elk and Buffalo)
- Kayaking / River Rafting
- Native American art / paintings
- Golfing
- Ziplining
- Casinos

South —

- Mesa Verde Pueblo Dwellings
- White Sands National Park
- Durango / Telluride Old West Town / Bluegrass Festivals
- Mountain climbing
- Hot springs / spas
- Hot air ballooning / paragliding
- Food and music festivals

North —

- Cheyenne and other Wyoming towns
- Fort Collins University and New Belgium Brewery Tour

Lucky Room Winners in Pleasanton

We booked enough rooms at the Doubletree in Pleasanton to receive two free nights. Our random drawing brought up these two names:

Eric Robinson from *Maryland*

Jim Van Sickle from *California*

Reserve your hotel room at the host hotel and you, too, could be a lucky free-room-night winner at the next NMRA tournament!

NMRA 2015 International Championships INFORMATION SHEET

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Tournament Check-In	Tuesday, July 21, 2015, 5:00 to 8:00 pm near the Primary Club Wetterhorn Room ; (Check www.r2sports.com for venue changes) Let the access desk person know you are there for the racquetball tourney. Light appetizers and drinks, with player meeting at 7:00 pm. Plan to stay and socialize!
Tournament Souvenir	A high-quality shirt will be given out at check-in night. If you would like to have your name or something else embroidered on the shirt for \$10, you may have that done during the tournament. Details will be available soon.
Play Begins / Ends	8:00 am Wednesday, July 22, to 5:00 pm Saturday, July 25, 2015 Every division plays every day (Wednesday 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. ID/bagtag may be required at both venues.
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. Large "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. You must play all of your matches in a division to receive a medal. In rare circumstances, a "watcher" may be requested of the tournament director to settle disputes.
Appeals	The NMRA has a rules committee that can be used by the players to submit an appeal on a rule (immediately) or issue (not necessarily immediately) that arises during the event. The decision of the rules committee is final and binding on all parties concerned.
Tournament Awards	NMRA medals will be awarded to First through Fourth place winners for each bracket. Combined brackets will be awarded medals based on age. No medal will be awarded for the combined division itself.
Eligibility	USAR-sanctioned; Current USAR membership is required to participate. Entries will not be accepted without payment for USAR membership. 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 will be given out.
Breakfast / Morning Hosp.	Full hot breakfast is included in the price of the Hilton Garden Inn host hotel. Fruit and drinks available at Northridge Rec Center.
Lunch	Available at the Northridge Rec Center only. Check for details during the tournament. Planned lunch times will be 11:30 am to about 2:00 pm. Match times may be scheduled around lunch, but please get a lunch if you are playing and will want to eat afterward.
Evening Hospitality	Available at Northridge Rec Center only—not a substitute for dinner.
Banquet	Friday night, July 24, 2015, at the Hilton Garden Inn ballroom Cash bar at 6:00 pm; Dinner and program from 7:00 to 9:00 pm or so Videos, slide shows and possible awards (fun and serious) presentations are customary. Don't miss this!

Tournament Information continued...

Denver Activities and Attractions

Golf, hiking, biking, birding, horseback riding, shopping, zoo, museums, *Air Force Academy*, *Rockies* baseball, 40-minute drive to *Colorado Springs* (including the *USAR* headquarters and the *US Olympic Training Center*), ziplining, fishing, mountain towns, 2-hour drive to *Vail* and other famous ski towns, white water rafting, much more. See the separate handout of *Things To Do in Colorado* at <http://www.nationalmastersracquetball.org/articles.asp?articleID=10296>

RV Parks There are several RV parks with hookups near the host hotel.

<https://www.google.com/#q=rv+parks+near+highlands+ranch%2C+co>

Laundromats Here is a list of laundromats near the host hotel. <https://www.google.com/#q=laundromats+near+highlands+ranch%2C+co>

Doubles Partners Contact Cindy Tilbury for a doubles partner or roommate cindy.tilbury@att.net or 303.888.4461

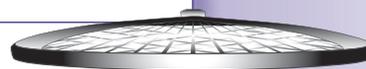
Please try the "Need a Doubles Partner" list feature of *R2Sports* when registering. There are also "Need a Roommate" and "Need a Ride" lists.

Player Profiles / Shirt Sizes It is extremely important that you keep your player profile, including shirt size, up-to-date in the www.r2sports.com system. The profile is used to help you enter tournaments online and, more importantly, to contact you with the latest tournament information and changes when you enter tournaments. This profile is the same as your www.nmra.info and www.usra.org profile. Contact the *USAR* staff in *Colorado Springs* at 719.635.5396 if you need a little help getting started or remembering your password for this feature.

Average Temperatures Denver in July – High 88° F – Low 56° F – Average 72° F
Precipitation 1.7 Inch.

Altitude 5,280 Feet (One Mile)
To increase your competitiveness, it is highly recommended that you arrive an extra day early to get used to the dryness and altitude. The ball bounces much higher (it is typical for ceiling balls off the back wall to go out to the shortline). Practice courts are only officially available on the day before the tournament, but the *Littleton Y* generally lets in players who pay a guest fee. DRINK LOTS OF FLUIDS during the event!

continued ➤



Denver Host Hotel — Giving Back to the Players

By Patrick Gibson

Your NMRA board of directors is always trying to come up with ways to please the members. We thought of a really great one that will directly impact your wallets for *Denver*. We hope you'll take advantage of it.

You may know that *Colorado* in both winter AND summer is a tourist destination. The economy of the state depends heavily on tourist dollars flowing in. To group like our NMRA, it means rather high hotel prices, depending on the services needed. For our July event, we needed a hotel that was fairly close to the *Northridge Rec Center* and had banquet facilities in addition to a shuttle to the club(s). After much negotiation, we were able to get the room rate to \$119 per night plus tax for the weekend at the *Hilton Garden Inn* one-half mile from the club. Our players need rooms during the week, so they were going to have to spend an extra \$20 per night for the week nights. That just isn't something our players are used to, and we ABSOLUTELY wanted all players to stay in the host hotel.

Before publishing our room rates to the potential players, our board met to discuss this and we decided to **take money directly out of the tournament budget to pay down the hotel bills** so that all nights of the tournament would cost \$119 per night at the *Hilton Garden Inn*.

To take advantage of this, you must be one of the first 30 rooms booked in our NMRA block. You'll want to get your hotel room reserved NOW so the rooms don't fill up. You don't have to do anything special to get the deal—it is all set up between the hotel and the tournament directors.

There is also a second, higher-priced host hotel for families, in case you want more room and a kitchen. The *Residence Inn* is equally close to the club, and it is available for \$189 per night.

Although the hotel will be providing shuttle service to the club(s), if the weather is great, as it normally is in July, you would

continued ➤

2015/16 Officers Elected *By Will Constanza*

In the recent March NMRA board meeting in *Kansas City*, the standard officer election was held and here are the results. There was only one minor change from 2014/2015.

President – **Cindy Tilbury**

Vice President – **Carmen Alatorre-Martin**

Secretary – **Leon Jackson**

Co-Treasurer – **Patrick Gibson**

Co-Treasurer – **Scott Kraemer** (**Chris Poucher** had this position last year)

Feel free to contact the officers with comments and questions. ○

Show Me the Medals

By John Prigmore

After the last newsletter, I took a photo of my medals room and wanted to share it. There are quite a few and I display them on the wall with my Granddad's 1888-era violin. It was NOT a trophy from an NMRA tournament. ○



Meet Will Costanza, New NMRA Board Member *By Cindy Tilbury*



Will is a *New Jersey* native and began playing racquetball in high school. He played through his college years at *Arizona State University*, where he achieved my greatest racquetball success - he met his wife Tami on the racquetball court! They played for a few years after graduating, then took a 20-year hiatus from the sport while their kids grew up. They started back playing again six years ago, and hope to continue for a long time.

In recent years, Will's 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. He has a passion to help it succeed!

Will is an electrical engineer and MBA by education, and has spent most of his career in Sales and Marketing within the electrical products industry. His wife Tami and he live in the *Atlanta* area. He has already been very helpful on our board, both in meetings and during the *Kansas City 2015* tournament. We are very lucky to have Will let us take his time, as he is starting a new job as an executive director of a charitable foundation. ○



➤ easily be able to walk to the main club from either hotel via sidewalks. Other area hotels that are not official host hotels would require you to get a rental car.

As always, if you stay at the host hotel, you will be entered into a free room night lottery. The NMRA free nights are based on how many rooms people book for our group. Thanks in advance for staying at the designated host hotel. ○

NMRA TOURNAMENT RESULTS

NMRA Doubles-Only Championships Results December 4-6, 2014

ClubSport Pleasanton

Pleasanton CA / Cindy Tilbury & John Winings - Tournament Directors



Division Place Names State Points

MD40 1st Steve Turner / Dale Millhollin CA 33.50
 2nd Richard Aal / Tom Lonardo CA 24.67

MD45 1st Dan Diodati / Ninja Nomura CA 36.83
 2nd Armando Villa / Claude Hagopian CA 30.33

3rd Butch Fish / Frank Biehl CA 26.17
 4th Eric Robinson / Michael Limsky MD 20.33
 5th Tom Vessie / Bruce Adams CA 13.83

MD50 1st Danny Newman / Ken Stone CA 32.29
 2nd Gil Cepeda / Steven Ducich CA 31.86

3rd Michael Stoner / Dennis Kaufman OR CA 27.00
 4th Scott Steffen / Steve Wattz CA 25.29

5th Eric Robinson / Michael Limsky MD 20.71
 6th Chris Poucher / Will Costanza GA 15.43

7th Gary Rieger / Harry Vernon CA 10.86

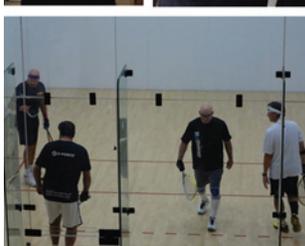
MD55 1st Dave Azuma / Tony Krause OR 34.67
 2nd Gil Cepeda / Jim Durham CA 34.33

3rd Hatch Saakian / Ruben Gonzalez SC 25.33
 4th Tom Trafers / Fred Martin FL TN 16.33

MD60 1st Dave Azuma / Tony Krause OR 37.57
 2nd Hatch Saakian / Ruben Gonzalez CA SC 34.00

3rd Dave Kovanda / Frank Taddonio OH AZ 32.43
 4th Chris Poucher / Rick Betts CA 27.14

5th Bert Castelenelli / Cliff McBride CA 26.71
 6th Mike Lippitt / Tom Travers CA FL 24.86



Left to right, Row 1 - NMRA Pleasanton Logo Bling; MD45 Diodati & Nomura; MD40 Turner & Millhollin; Ellis, Bernardo & Stoner; Row 2 - Saakian & Gonzalez at banquet; MD65 Chan and grandchild; Lippitt & Irvine; Covey, Baker, Evans & Steffen; Row 3 - MD55 Steffen; MD55/MD60 Azuma & Krause; MD55 Cepeda & Durham; MD45 Villa & Hagopian; Row 4 - MD60 Azuma, Krause, Travers & Lippitt; MD55 Vernon, Rieger, Wattz & Steffen; MD70 Florey, Sonnenberg, Baker & Covey; Lunch is served! (left)

Division Place Names State Points
 7th Jeff Auen / Jim Van Sickle CA AZ 19.29
 8th Fred Martin / Harry Vernon TN CA 14.43

MD65 1st John Finegan / Roland Chan CA 38.00
 2nd Mike Pawka / Thomas Lundy CA AZ 32.75

3rd Paul Nigro / Price Thomas CA CA 29.00
 4th Len Sonnenberg / Tim Scott CA CA 17.25

5th Fred Tabak / Fred Roe WI CA 12.00

Division Place Names State Points
MD70 1st Paul Nigro / Price Thomas CA 36.75

2nd Carmen Felicetti / Charles Douglass IN IN 34.75
 3rd Len Sonnenberg / Francis Florey CA WI 26.00

4th Steve Covey / William Baker CA CA 23.00
 5th Kirk Hunt / Fred Tabak CA WI 21.75

MD75 1st Carmen Felicetti / Charles Douglass IN 38.00
 2nd William Baker / Steve Covey CA CA 27.17



Left to right, Row 1 - Lundy's; Fans, Victor & Eric; Evans & Hollis at banquet; MD45 Aal; Row 2 - MD50 Newman & Stone; MD55 Cepeda & Ducich; MD45 Biehl & Fish; MD45 Vessie & friend; Row 3 - Adams & Moore; MD45/MD50 Robinson & Linsky; MD55 verson & Rieger; MD70 Thomas; Row 4 - MD50 Costanza & Poucher; MD60 Gonzalez & Munoz; MD55 Wattz & Steffen; MD65 Finegan & Chan; Row 5 - MD75 Douglass & Felicetti; MD75 Adams & wife; Banquet Fun Awards; Gozalek Posters (right)



Division	Place	Names	State	Points
XD40	1st	Carlos Contreras / Elaine Dexter	CA	30.75
	2nd	Steve Cook / Marni Winings	CA	22.25
	3rd	Anita King / Bruce Adams	TX / OK	16.25
XD45	1st	Frank Biehl / Laura Morin	CA	38.00
	2nd	Tom Vessie / Sherron Boyea	CA	24.25
	3rd	Anita King / Bruce Adams	TX / OK	16.25
XD50	1st	Dave Kovanda / Laura Fenton Kovanda	OH	31.67
	2nd	Beth Bernardo / Dennis Kaufman	OR / CA	27.67
	3rd	Linda Ellis / Michael Stoner	OR	24.67
	4th	Michele Robinson / Richard Aal	CA	19.83
	5th	Tori Davis / Ranulfo Alvarez	CA	14.67
XD55	1st	Vicky Birkmann / Steve Wattz	CA	36.25
	2nd	Scott Steffen / Jill Mitchell	CA	33.75
	3rd	Frank Taddonio / Sandy Rios	AZ / TX	30.00
	4th	Cindy Tilbury / Rick Betts	CA	25.50
	5th	Jeffrey Morse / Patricia Perez	CA	10.50
XD60	1st	Tim Scott / Carla Francis	CA	33.75
XD70	1st	Fred Roe / Nidia Funes	CA	27.50
	2nd	Marquita Molina / Ron Adams	CA	11.75

Division	Place	Names	State	Points
MD80	3rd	Ron Adams / Francis Florey	CA / WI	8.83
	1st	Larry Leifer / Ken Herman	CA	23.17
WD40	1st	Elaine Dexter / Heather Colon	CA	20.80
WD45	1st	Laura Morin / Linda Moore	CA / NE	32.40
WD50	1st	Anita King / Laura Fenton Kovanda	TX / OH	38.00
	2nd	Tori Davis / Michele Robinson	CA	24.60
MD65	3rd	Carolyn Hollis / Sherron Boyea	CA	23.80
	4th	Beth Bernardo / Linda Ellis	OR	16.60
WD55	1st	Jill Mitchell / Sandy Rios	CA / TX	35.25
	2nd	Cindy Tilbury / Linda Moore	CA / NE	35.25
MD65	3rd	Vicky Birkmann / Carolyn Hollis	CA	33.75
	4th	Patricia Perez / Marquita Molina	CA	15.25
MD65	1st	Merijeau Kelley / Nidia Funes	CA	16.75

NMRA TOURNAMENT RESULTS

NMRA National Championship Results March 5-8, 2014

Athletic Club of Overland Park, KS

Carmen Alatorre-Martin & Leon Jackson - Tournament Directors



Division Place Names State Points

M45	1st	Curt Eaton	MO	31.63
	2nd	Mark Gutzmer	MO	30.25
	3rd	Antonio Aguirre	GUA	11.38
M50	1st	Bob Wright	IN	36.63
	2nd	Leroy Grubbs	MO	21.00
M55	1st	Stephen Wattz	CA	34.50
	2nd	Glenn Martineau	TX	32.80
	3rd	Tyrone Gilmore	TX	31.40
	4th	Burgess Raby	AZ	24.40
	5th	Terry Burn	MO	18.80
	6th	Tony Punzo	MO	8.90
M60	1st	Frank Taddonio	AZ	35.20
	2nd	Rick Betts	CA	33.50
	3rd	Chris Poucher	GA	29.10
	4th	Ricardo Montoya	MO	24.30
	5th	Bob Salem, Jr.	KS	19.00
	6th	Estuardo Wer Ponce	GUA	12.70
M65	1st	James Caristi	IN	32.75
	2nd	Robert Rivera	ME	28.38
M70	1st	Terry Albright	MO	38.00
	2nd	Curtis Hoffman	CA	28.38
	3rd	Frank Wall	OR	17.13
M75	1st	Steve Covey	CA	30.13
	2nd	Jim Calvin	AZ	26.38
	3rd	William Baker	CA	17.63
	4th	Stu Simcox	OH	9.00
M80	1st	Paul Banales	AZ	34.00
	2nd	William Herron	TX	28.63
	3rd	David Maitland	CT	18.25
M85	1st	John O'Donnell	IN	32.75
	2nd	Mike Martin	CO	8.63
MD45	1st	Dave Stein / Kevin Buehler	KS	34.86
	2nd	Jacob Chambers / Richard Bocanegra	KS	32.57
	3rd	Antonio Aguirre / Estuardo Wer Ponce	GUA	12.86
MD50	1st	Tyrone Gilmore / Lars Cole	TX	34.67
	2nd	John Winings / Patrick Gibson	TX	33.33
	3rd	Leon Jackson / Scott Kraemer	WI	32.50
	4th	Jim Brane / Jacob Chambers	KS	30.00
	5th	Chris Poucher / Will Costanza	GA	22.33



Left to right, Row 1 - Adams MD55; Baby Clayton; Albright MD70; Alatorre-Martin & Gibson XD55/MD50; John Els; Row 2 - Betts & Baron MD60; Birkmann WD55/XD55; Delsarto XD50; Els & Pett XD55/MD60; Row 3 - Curt & Mrs. Eaton; Cole & Gilmore MD50/MD55/M55; Gina Danner; Club Members Pett & Grubbs; Row 4 - Stoll, Banales, Simcox & Poucher; Winings, Jaworsky, Matthews & Alatorre-Martin; Ft. Myer Crew - Medal Winners

Division	Place	Names	State	Points	Division	Place	Names	State	Points
	6th	Gary Beeman / Mike Wedel	MO / KS	18.50		4th	Patrick Lynch III / Phil De Falco	TX	18.63
	7th	Paul Sondel / Roy Hare	NC / VA	16.67		5th	Randy Godwin / Stacy Sauer	AR / KS	12.75
MD55	1st	Glenn Martineau / Lars Cole	TX / VA	35.29	MD65	1st	Patrick Lynch III / Phil De Falco	TX	38.00
	2nd	Burgess Raby / Frank Taddonio	AZ / AZ	31.00		2nd	Jim Brane / Richard Bocanegra	MO / KS	35.71
	3rd	Gary Jeral / Roger Humpton	LA / DE	25.57	MD70	1st	Frank Wall / Stu Simcox	OR / OH	14.71
	4th	Bill Severns / Terry Burn	KS / MO	22.14	MD75	1st	Steve Covey / William Baker	CA	28.71
	5th	Bruce Adams / Tony Punzo	OK / MO	11.14	MD80	1st	John O'Donnell / Paul Banales	IN / AZ	16.86
MD60	1st	Mark Baron / Rick Betts	VA / CA	34.38		2nd	David Maitland / William Herron	CT / TX	21.29
	2nd	Gary Jeral / Roger Humpton	LA / DE	33.13		3rd	Ralph Stillman / Bob Englund	MN / MN	19.14
	3rd	John Els / Terry Pett	NE / NE	30.50	MD85	1st	John Prigmore / Mike Martin	KS / CO	8.00



Left to right, Row 1 - Aguirre, Wer, Jeral & Humpton MD45/50; Club Members Watch Court 11; DeFalco, Lynch, Baron & Betts MD60; Row 2 - Covey & Baker M75/MD75; Banales M80/MD80; Brane & Bocanegra MD50/MD65/MD45; Beeman & Jeral; Row 3 - Kraemer watching court; Cap & Mike Hiles; Chambers MD45/MD50; Wer & Aguirre M60/M45/MD45; Stacey Sauer; Row 4 - Cindy Golden; James Caristi; Mark Gutzmer; Wright M50/XD50; Kevin Buehler; Check-In Gibson & Winings; Row 5 - Player Meeting; Banales & Stoll; Alatorre-Martin & Hiles

Division	Place	Names	State	Points	Division	Place	Names	State	Points
WD45	1st	Cindy Tilbury / Marie Gomar	CA	34.80	4th	Roy Hare / Cindy Golden	VA	KS	18.00
WD50	1st	Gladys Leonard / Marni Winings	AL	30.20	5th	Will Costanza / Mitzi Smith	GA	KS	15.00
	2nd	Gina Danner / Grace Jaworsky	KS	20.00	6th	Leroy Grubbs / Gina Danner	MO	KS	14.67
	3rd	Cindy Golden / Mitzi Smith	KS	8.60	XD55	1st Carmen Alatorre-Martin / Patrick Gibson	VA	TX	35.17
WD55	1st	Diana Matthews / Linda Moore	NE	35.60	2nd	Mark Baron / Cindy Tilbury	VA	CA	33.00
	2nd	Lynette Froehlich / Vicky Birkmann	SC	25.80	3rd	Stephen Wattz / Vicky Birkmann	CA	CA	32.83
XD45	1st	Marie Gomar / Mark Gutzmer	GUA	28.33	4th	John Els / Linda Moore	NE	NE	31.83
XD50	1st	Bob Wright / Lucy Delsarto	IN	34.33	5th	Mike Hiles / Lynette Froehlich	MN	SC	25.50
	2nd	Gladys Leonard / Scott Kraemer	AL	33.83	XD60	1st Diana Matthews / Randy Godwin	NE	AR	20.67
	3rd	John Winings / Marni Winings	CA	33.50	XD70	1st Curtis Hoffman / Marquita Molina			9.50

NMRA 2015 National Tournament, Overland Park, KS

By Leon Jackson

The National Masters Racquetball Association's (NMRA's) National tournament, March 4 through 7, returned to Overland Park, Kansas after an eight-year absence. With the help of the Overland Park Athletic Club, the NMRA sponsored a truly outstanding and unique event. Even Mother Nature supported the tournament, providing excellent weather every day, and ensuring that all major storms went around the Overland Park area.

Back in Kansas after eight years, many 2007 players returned, with twenty-three (23) first-timers coming out to meet and match skills with NMRA regulars. As always, each division was very competitive, with many matches being won by a single point. As in past tournaments, The Athletic Club (TAC) of Overland Park provided an exceptional tournament venue, and superb daily hospitality.

Employing an all-round-robin format, the NMRA National tournament was open to all Racquet Warriors, ages 45 to 90 years young, providing great competition, and much more racquetball and socializing than you would get in a traditional tournament. The NMRA National tournament is played in a full round-robin format and matches are self-refereed; ensuring players are never eliminated from play in an NMRA tournament. The players are friendly, competition is fierce, the skill level is high, and you play two to four matches each day of the tournament. No more one-and-done. Integrity, sportsmanship, and friendship are more important than winning. Play always begins on Wednesday (Thursday for doubles-only) and ends on Saturday of the scheduled event. Matches are very competitive, with an exceptional tournament venue, and superb daily hospitality, capped with a Friday night banquet with awards, videos, photo slideshows, memorial tributes, tournament highlights, and comedic moments. It is a lot of racquetball, and if you enjoy playing in different locales, then NMRA tournaments are for you.

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NMRA 2015 Doubles Championships

Meridian Sports Club - Fullerton, California

December 3-5, 2015 (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
Mickey Bellah: Meridian Club Contact mickeybellah@yahoo.com

Host Club
**Meridian Club Fullerton** - 20 Cement-Walled Courts
www.fullertonclub.com/
1535 Deerpark Drive, Fullerton, CA 92831 714.961.0400
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
**Holiday Inn & Suites Fullerton** www.ihg.com
2932 East Nutwood Avenue, Fullerton, CA 92831 714.579.7400
1.4 Miles From Club; Shuttle provided every two hours
Single/Double Rate with breakfast \$119 per night + tax
Mention Code NRT when registering by phone
Reserve early—Only 30 rooms (mostly King bed) reserved for NMRA but more may be added when those are booked
Rate available through November 17, 2015
Free parking / free hot breakfast.

Enter Online Enter online by November 18, 2015
Maximum of Two Divisions <http://www.r2sports.com/tourney/home.asp?TID=14036>
First event--\$165 Second event--\$30 Handling Fee \$5
Two Doubles Division Limit. Guests Fee \$70 each 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 15, 2015, 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 roommate 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 John Wayne International Airport, Santa Ana (SNA) (Orange County)
17 Miles to Host Hotel (30 to 42 Minutes) or about \$55 by cab
Book flights at www.ocair.com

Airlines Flying Into SNA Alaska, American, Delta, Frontier, Southwest, United, US Airways, WestJet

Alternate Airport Los Angeles International LAX (Not Recommended)
45 Miles or 120 Minutes From Host Hotel
Book flights at www.lawa.org

Airport Taxi / Shuttle Ground Transportation Shuttles are not provided by the host hotel. A long list of shuttle companies is available at www.ocair.com. Supershuttle (800.258.3826) is one option.

continued ➔

Tournament Information continued...

Shuttle From Hotel to Meridian Club The Holiday Inn & Suites will be providing a shuttle on a two-hour schedule between the hotel and the Meridian Club. Between runs, if you see other players going to the club, don't be shy and ask for a ride. A schedule will be provided to all players at check-in.

Driving Directions from SNA to Host Hotel <http://mapq.st/1KfkqdR> 17 Miles or 18 Minutes North; Exit John Wayne Airport going toward I-405 N / CA 55 N; Merge onto CA 55 going North for 4.5 mi; Merge onto I-5 going North for 4 mi; Merge onto CA 57 N toward Pomona for 6.7 mi; Take the Nutwood Avenue exit ; Turn right for .2 mi; Holiday Inn & Suites is on the right.

Directions from Host Hotel to Meridian Club <http://mapq.st/1LU5dM> .6 Miles or 5 Minutes; East (Right) onto Nutwood; North (Left) onto Placentia Avenue .7 Mi; West (Left) onto Garnet Lane .2 Mi; South (Left) onto Deerpark Drive .1 Mi; Club is on the Left.

Parking at Host Club Free. Covered parking structure. RVs may park along Deerpark Drive with no hookups/utilities.

Tournament Check-In / Player Meet-and-Greet Wednesday, December 2, 2015, 5pm to 8pm, at Meridian Club. Complimentary reception with beverages and hors d'oeuvres. Pick up tournament souvenir, play schedules, etc. and socialize. **Player Meeting** at about 6:45pm to review procedures and answer questions STRONGLY recommended for NMRA first-timers but everyone is invited.

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 will be available free of charge December 1 and 2, 2015.

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

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2015 NMRA DOUBLES-ONLY CHAMPIONSHIP

Registration Wednesday, DEC 2nd - Play DEC 3-5 at Meridian Club

MERIDIAN CLUB - 1535 Deerpark - FULLERTON, CA

Entry by Mail Must Be POSTMARKED No Later Than 11/16/2015

Online Entries Must Be COMPLETED BY 11/18/2015

<http://www.r2sports.com/tourney/home.asp?TID=14036>



HOST HOTEL: Holiday Inn & Suites, 2932 E Nutwood, Fullerton CA 92831 (714.579.7400) Code NRT

Please Print — Be Legible, Complete & Accurate

Name: _____

Address: _____

City/State/Zip: _____

Phone: Day _____

Night _____

Email: _____

DOB: m ___ / d ___ / yr ___ Age on 12/03/2015 _____

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, and Meridian Club 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 11/21/2015

First Event	\$ 165	\$ _____
Second Event	\$ 30	\$ _____
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 Roast Beef Veggie

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+			
40+ B/C	n/a		
45+			
50+			
50+ B/C	n/a		
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 2015 Doubles Championships INFORMATION SHEET

continued from page 12...



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. <i>USAR</i> amateur rules will be used.
Appeals	The <i>NMRA</i> 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 5, 2015. Entries will not be accepted without payment for USAR membership. USAR membership is available at www.usra.org . <i>NMRA</i> membership is required for all EXCEPT players who are playing in their FIRST <i>NMRA</i> event. Special recognition and gift for first-time players and new <i>NMRA</i> members.
Tournament Awards	<i>NMRA</i> 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. You must complete all matches in a division to be awarded the medal.
Morning Hospitality	Breakfast is available at the hotel for hotel guests. Fruit and drinks available at the Meridian Club.
Lunch	Lunch is served at the Meridian Club; you will need to present your tournament pass or bag tag.
Evening Hospitality on Thursday	<u>Not a substitute for dinner.</u> If needed (matches could end earlier than dinner), hospitality will be served at the Meridian Club. You will need to present your tournament pass or bag tag.
Banquet on Friday Night	<i>Meridian Club Colette's Catering</i> , Second Floor Banquet Area 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.tripadvisor.com/Attractions-g32416-Activities-Fullerton_California.html
Sights to See	In addition to Disneyland and California Adventure theme parks, please see the separate sheet for a long list of southern California places to visit and things to do.
Average Temperature	Year – 65° F December – High 67° F – Low 45° F Average December Precipitation 2.05 Inches
Attitude	150 Feet Above Sea Level; 11 Miles From the Pacific Ocean
RV Parks	RV parks near the club are: http://mapq.st/1ILsSmK
Laundromats	Laundromats near the club are: http://mapq.st/1ILt1Xc

Suggestions/Things to Do in Southern California

By Rick Betts

Museums

- Main Getty
- Getty Villa
- LACMA / La Brea Tar Pits
- California Science Center / Natural History Museum / Endeavour Space Shuttle
- Museum Row
- Nixon Presidential Library*
- Reagan Presidential Library / Air Force One
- USS Midway Aircraft Carrier**
- San Juan Capistrano Missions*
- Other El Camino Real Missions

Beaches

- Venice Beach
- Santa Monica Pier
- Newport Beach*
- Laguna Beach*
- Huntington Beach (With Outdoor Racquetball Courts)*
- Long Beach / Queen Mary Museum*
- Art Galleries*

Amusement Parks

- Lego Land**
- Disneyland / California Adventure*
- Knott's Berry Farm*
- Sea World**
- Wild Animal Park / Zoo*
- San Diego Zoo**
- Universal Studios / City Walk
- Hollywood (Actually a Town, But it's Crazy)

Golf Courses

- Torrey Pines**
- Fullerton Golf Course*
- Coyote Hills Golf Course*
- Shopping / Dining
- South Coast Plaza (Upscale)*
- Rodeo Drive Beverly Hills
- Brea Mall* (Recommended For Everything—Especially Dining)
- Fullerton Town Center*
- Restaurants Too Numerous to Mention*

Wineries

- Temecula Wine Country

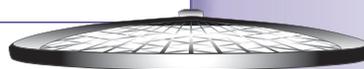
Churches

- Crystal Cathedral (Now Catholic)*
- Other Local Places of Worship*

*Very close to Fullerton Area

**San Diego Area One Hour South

continued on page 16...



Congratulations to
THREE-TIME
HALL OF FAMER

Ruben Gonzalez

Ruben's Legendary run continues - as he is inducted into the National Masters Racquetball Association Hall of Fame.

This marks the 3rd hall induction in Ruben's illustrious career and he's not done yet. Keep it going Rube's!

**Hispanic-American
Hall of Fame
1985**

**USA Racquetball
Hall of Fame
2000**

**National Masters
Racquetball Association
Hall of Fame
2014**

For the latest at Ektelon follow us on



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EKTELON
PLAY WITH FIRE



Boat Rides

- Whale Watching*
- Deep Sea Fishing*
- Catalina Island

Studio Tours

- Sony Studios
- Paramount Studios
- Universal Studios
- Twenty-First Century Fox
- Warner Brothers Studios
- CBS
- NBC

Horseracing (Not in December)

- Del Mar Track**

Football

- San Diego Chargers**

Baseball (Not in December)

- Anaheim Angels*
- San Diego Padres**
- Los Angeles Dodgers

Hockey

- Anaheim Ducks*
- Los Angeles Kings

Basketball

- Los Angeles Clippers
- Los Angeles Lakers

*Very close to Fullerton Area

**San Diego Area One Hour South

Meet Lynn Stephens, Our Other New NMRA Board Member

By Cindy Tilbury

Even before his election, **Lynn** has been working hard for the *NMRA*, doing website content management and communicating with the membership through the *NMRA* web site and social media. He feels this is an important part of any organization; it is the organization's window to the world. There is no doubt as we move ahead it will become more and more important. It gives us an instant connection to our members and anyone interested in learning about the *NMRA*. We are grateful to have someone with Lynn's background on the job.



Lynn has been playing racquetball since 1986 and was a *Tournament Director* for the first time in 1989. He has played in four *NMRA International* tournaments. "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, Lynn 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, he was elected *President* of the *NCRA* and served in that capacity for eight years. In addition to his other duties as *President*, he continued his media role by building and maintaining the content of the new *NCRA* web site during this time. He was

also *Tournament Director* for many events in this period in NC, including men and women professional tour events. Even now, he continues 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.

Lynn has also been involved with the *USAR Rules and Refereeing* committee as co-chairman since its inception in 2005 and continues in that position. His team recently developed the new online certification program that went into effect in May, 2014. He started competitive outdoor racquetball in NC in 2012, and served as *NC Director of WOR* since that time, running three sanctioned events a year. In 2013, Lynn was inducted into the *NCRA Hall of Fame*.



Please feel free to work with Lynn if you would like to talk about the website or add to its content. We welcome Lynn to the *NMRA* board and the website!

Finance Goodness

By Patrick Gibson, *NMRA Co-Treasurer*

We want to say a special thank you to several of our members who recently made sizable donations to the *NMRA*.

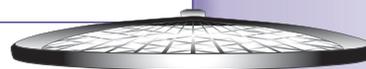
Cap Hiles, father of **Mike Hiles** and current *NMRA Hall of Famer*, donated \$5,000 in the name of his long-time doubles partner and fellow *NMRA Hall of Famer*, **Dick Kincade**. Dick recently passed away in *Colorado*, shortly after his lovely wife. **Andy Gomer**, who represents the *Fort Myer* group near *Washington, DC*, also donated \$5,000 from his company, *NES*, and **Rick Betts** from *Malibu* donated \$1,000.

Receiving donations helps to insure the future of the *NMRA* and it allows us to enhance our tournaments. Our goal is to make our tournaments an experience that people will not soon forget. We offer lots of racquetball, healthy wholesome food, a great banquet, a quality tournament shirt, and plenty of social interaction and fun. We move our tournaments around to different venues and that allows people to visit various parts of the country. Our tournaments cost a little more, but you get so much more. One of the positives of getting donations is to help offset some of the costs associated with our tournaments. One thing we were able to do recently was to subsidize the hotel room cost for our *Denver* host hotel guests.

We certainly appreciate any and all donations which help us to continue our high quality tournaments. If you would like to make a donation in any amount in someone else's name, please let us know. See you in *Denver*.

MORE NMRA Tidbits

It was so wonderful being back in **Kansas City (Overland Park), Kansas, last March**. The weather was cool but the major storms passed us by. We saw many Kansas/Missouri players come back to our event after long absences, and we made some new friends too. The food all week was outstanding and our *Doubletree Hotel* even had a racquetball court in it for hitting before coming over to the club. We will definitely be back to *Overland Park Athletic Club* again in a few years. It's a great club and a great town.



NMRA Slideshows on YouTube

By Leon Jackson

Everyone enjoys photos and videos from past tournaments. I have edited these into slideshows for your enjoyment. Please feel free to submit photos and videos to me during the tournaments so that we can make sure more people get to share the joy.

Pleasanton Slideshows

NMRA 2014 Pleasanton Banquet Slides - <https://www.youtube.com/watch?v=DhoBw9JUH-o>

NMRA 2014 Hall of Fame Inductee Ruben Gonzalez - <https://www.youtube.com/watch?v=5iEzcw13nFY>

Kansas City Slideshows

NMRA 2015 Nationals Medal Winners - <http://youtu.be/cTtFEfMEpfQ>

NMRA 2015 National Tournament Photographs - <http://youtu.be/CnjLKmeh15E>

NMRA 2015 First Timers - <http://youtu.be/Oze-fsafpTM>

Special Attention for Our 70+ Associates

By Carmen Alatorre-Martin



If you are 70 or older, you may expect a phone call from **Fred Roe** or **Mike Martin**. These two gentlemen are calling all 500 people on our mailing list who are 70+

in an effort to connect with you and find out what we can do to make you extra happy. Be assured that we want you to keep playing tournaments, or to come back to our events, if you have not joined us for awhile. Consider that thought and have some great suggestions ready for when they call you.

If you prefer to email Mike or Fred before they call you, they can be reached at martin@dolbear.com or jfredrickroe@aol.com. If you are under 70, you will get an electronic survey via email in a few months. We are about your opinions and want to know what you think we should be doing for you.



NMRA 2015 National Tournament, Overland Park continued from page 11...



2015 Check-In Wall Martin Stillman

The Friday night banquet was outstanding, with awards, videos, photo slideshows, memorial tributes, tournament highlights, and comedic moments. During the banquet, the NMRA members held a *Fundraiser* to benefit the local youth racquetball program. NMRA members were able to demonstrate their support of youth racquetball, raising over \$1500 for *Kansas Junior Racquetball*.

Mike Wedel, as the leader of the *Kansas*

Junior Racquetball program, accepted the funds on the organization's behalf. As always, the NMRA took time during the banquet to honor members who had passed on since the last tournament, and acknowledging the tournament sponsors--*NES Associates of Virginia* and **Rick Betts** of *California*. The NMRA was honored with a special appearance by **Cap Hiles**, making a large donation in honor of the recently-passed 86-year-old **Dick Kincade**, an NMRA *Hall of Famer*. Additional tournament and winner photographs are available on Youtube.com.

The next scheduled National Masters tournament is the *NMRA International Championship* tournament scheduled for *Denver, CO*, July 22-25, 2015, offering competition in singles, doubles, and mixed doubles. The final NMRA event of the year, a *Doubles-only* competition, will be held in *Fullerton, CA*, December 3-5, 2015. More specific tournament event and entry information is available at the NMRA website, www.nmra.info.

If you are a **FIRST-TIME** NMRA player, there is no requirement to join the NMRA, but, you must be an active member of the *USAR National Organization*.



2015 Dollar Store Award Winners

We hope you will join, of course. Another aspect of the NMRA events is their family orientation. We welcome family members and their guests. Our daily hospitality, lunch, and Friday night banquet are legendary on the tournament circuit. Even if you are no longer interested in tournament competition or possibly no longer an active player, think about supporting the future of masters' racquetball by joining the NMRA.

I recently signed up for Twitter with the name **@NMRAPrez** so I can pass on the account to the next NMRA president when the time comes. It has been such fun to read past posts about **#racquetball**, mostly because it is mostly young people (college and high school kids) tweeting about it. If you didn't know the sport used to be a lot bigger, you would swear every kid in college was playing it and getting a great workout. I found it heartwarming that they think of it as a 2010s sport and not a 1970s sport. There were also quite a few "I should have worn eyeguards" tweets with pictures. I hope they learned their lesson without losing an eye. Anyway, try it yourself, if you have an hour. Go to twitter.com and search for **#racquetball** or just racquetball. You'll find a few posts from me. If you already have a Twitter account, post about **#racquetball** all the time.

NMRA Passings

Don Alt, Dublin, OH (NMRA Hall of Famer)



Donald L. Alt, age 83, of *Dublin, Ohio*, passed away on Friday, December 5, 2014. Don was born in *Celina, Ohio* on November 22, 1931. He is survived by his loving wife **Pat** of 36 years and many heartbroken family members. He was in the *US Army* during the *Korean War* for 15 months and retired from *Nationwide Insurance* after 30 years. Not only is he an *NMRA Hall of Fame* inductee, but a member of the *Ohio State Racquetball Association Hall of Fame* as well. If



Don entered a division, you knew you could only take second place, at best. Don's doubles partner of 30 years, **Otis Chapman** of *Cleveland*, said, "Don was the best doubles partner in the world, and I am so glad he was MY partner. I can't believe he is gone and I will sorely miss him."

Dick Kincade, Divide, CO (NMRA Hall of Famer)

Dick passed away at his home in February, not long after his wife, **Phyllis**, passed away. **Tom Curran** was great friends with Dick, and he wrote this thought to be shared. "Dick was a very strong supporter of the sport of *Racquetball* and especially the *NMRA*. He was a welcome participant at almost every *NMRA* event since I started playing with the *NMRA* in 1996. He was a career *Navy Man*, a devoted husband, father, and friend to so many. He was my personal mentor in what the *NMRA* was originally organized to provide to those of us who truly enjoy the game even more than the sport. His last competition was with the *Men of October* event this past October in *Sun City West, AZ*, where I was honored by **Jan Warren** who set up a *Skype* call with me and Dick and other 'senior' members of the *NMRA*."



"Dick will be missed by those of us who continue to support the original vision of the *NMRA*. It is not about Competition... it is *Sportsmanship and Friendship* that provided the focus of the *NMRA*."



He will always be in my thoughts and memory (as is Phyllis, his soul mate and love of his life)."

Mike Martin of *Golden, Colorado*, wanted to let us know that this was rather sudden. "**John Prigmore** and I were at the memorial service for his wife in the fall, and he seemed in good spirits and health at that time. He will be greatly missed."

The *NMRA* board members will remember him forever. We know how lucky we were to have him in our *NMRA* family.

Passings continued on page 19...

MORE NMRA Tidbits

Think about recycling your *NMRA* medals if, for some reason, you don't want to keep and display them. The *NMRA* has not changed medal designs in years, so we would love to get your old *NMRA* medals and award them to another deserving winner in the future. I'm guessing we might not get back any golds.

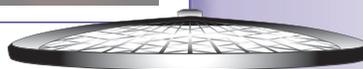
I got an email from the high-end gadget catalog **Hammacher Schlemmer** and the featured product was an "Instant Pickleball Court" with paddles, ball and net. It cost about \$100. I will wait for an instant racquetball court with racquets and balls. \$100 would be a nice price, too.

LA Fitness has its good and bad points. They provide courts for everyday play, but not tournaments. I don't mean to be negative, but wanted to share a short "they just don't get it" story. The floors on our *LA Fitness* racquetball court were very slippery one day, so we went to the front desk to ask for a mop to wet down to wipe the floor. We would have been happy to do it ourselves, but needed the mop and/or a towel. The nice employee brought us a "Caution: Slippery Floor" sign instead.

We plan to have an **XK Sports Rebounder (frame and net)** for the *NMRA Denver* tournament. If you don't have a court, or maybe all the courts are busy during a tournament, this little device can help you get your forehand and backhand all warmed up. <https://www.youtube.com/watch?v=uWUN0qihu1E>

Courtgrabbers are being completely redesigned and will be available in lots of new colors. Check them out here. <http://courtgrabbers.com/> Orders will be accepted there soon, too.

Another cool new product is the **Ektelon** (our *NMRA* "tour" sponsor) **Revolution ball**. It is half red and half blue, so you can see the spin of the ball when it is not going 180 miles per hour. The *Ladies Pro Tour* uses it as their official ball. It's both a useful ball and a fun racquetball novelty. Buy a bunch for your friends for gifts!



Board Members Finishing Terms *By John Winings*

The current *NMRA Board of Directors* would like to thank our two retiring members, **Bruce Adams** and **Fred Roe**, for their service to the *NMRA* during the last few years. We will miss their energy and input, but we know they will join us at tournaments long into the future.

Bruce Adams had been on the board since 2007, serving as our secretary and banquet slideshow creator. Fred Roe joined the board in 2012 and had the duty of representing the 70+-year-old players and members. You may have heard from Fred via telephone asking your opinions on *NMRA* matters.

As always, if you are interested in joining the board in the future, chat with one of the current or past board members to get an idea of the duties and effort involved. We would love to hear from you. ○

Tournament Patches Available

By Carmen Alatorre-Martin

I just wanted to remind you that we will continue to make available sew-on tournament patches to commemorate each *NMRA* tournament. The idea of having patches, rather than just bag tags, belongs to the *Fort Myer* group of players, and specifically **Lars Cole**. They wanted to have one shirt where they would sew on patches for each tournament they had attended. The purple-and-white *NMRA* logo is also available as a patch.

The patches are available for about \$5, and we have plenty left over from recent tournaments. You can get them at the tournament desk during our tournaments, or contact me at teamalamar@gmail.com. Check out some of the handiwork already started by the *Fort Myer* group. ○



NMRA Passings

Glynn Williams, Keller, TX

Glynn Williams was a new convert to the *NMRA* way of life, but he was most enthusiastic as we had a tournament at his club in *Arlington, Texas* about a year ago. **Leo Vasquez**, *Racquetball Program Director at The Maverick in Arlington*, said, "I can tell you that everyone here at the *Maverick* loved him, this was his homeclub. He played every Saturday morning with our loyal group and several nights during the week. He also played in our tournaments and club mixers. He was a fierce competitor on the court, but off the court, he was a gentle giant type, soft spoken, always took the time to speak to everyone and always had kind words of encouragement. Even though he moved here from the *Chicago* area, we adopted him right away as a Texan. He will be missed by many of his friends here in Texas."



I had first met Glynn years ago as I played *Chicago* tournaments. I even played *Mixed Open* with Glynn one year at the *Revie Sorey Open*, and we did much better than we were expected to do. I am so glad I got the chance to have him play our *NMRA Arlington* tournament recently and reconnect.

Russ Maninno, Temecula, CA

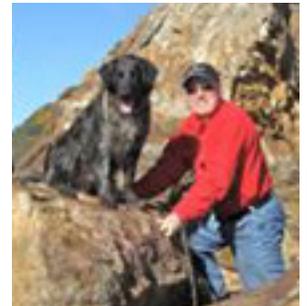
Russ Maninno was known in almost every aspect of racquetball boosterism. He was not only former pro **Jason Maninno's** father, but he was the voice of the *IRT* broadcasts each week for the IRTNetwork.com. A former club owner and the "discoverer" of **Ruben Gonzalez**, Russ wore many hats for our sport.

Russ was not a current *NMRA* member, but he was a great friend to the *NMRA*. During his livestreaming *IRT* broadcasts, he would gladly mention our upcoming events whenever I asked. Russ was a top-level 65+ player and he had our tournaments on his list of tournaments to play, as soon as there was a break in the *IRT* broadcasting schedule. I had a penciled-in date set to try out new *Pro Kennex* racquets at his home in *Temecula* while playing some mixed doubles, and now we will never get to enjoy that. I was lucky enough to give him a hug just a few minutes before his heart gave out on the court at *National Doubles* in February, and I am so grateful I took that opportunity. Russ was just the best!

Glenn Cunningham, Grants Pass, OR



While Glenn may have technically passed away, he didn't stay that way and he is now doing fine, thank goodness. On the court next to where **Russ Maninno** was getting CPR attention, **Glenn Cunningham** had a heart incident within a few minutes of Russ. Glenn got to the hospital in time and, after being put into a coma for over a week, he came back to us and is recovering rapidly. There



were a few more calls to the EMTs during *National Doubles* week, but they were for injuries and other less serious troubles. That was a tough week for racquetball. ○



Coach's Corner: Player/Coaches for Hire

By Cindy Tilbury

You probably know that I am not a coach. You may also know that I use a lot of coach time and take a lot of lessons. I am a big proponent of working on your game and wanted to share some of my thoughts on that, because I believe most players don't take the time (or spend the money) when they could easily slide that practice regimen into their weekly routine. Old dogs (NMRA players) CAN learn new tricks and the time to do it is NOW.

Coaching on a Budget

Right away, I want to address the issue of not having the extra cash to get some coaching. If you really can't spare the cash to have an instructor give you a lesson once in a while, there are still a few things you can do.

1. Take videos of yourself playing and drilling. Play them back slowly to criticize your form and footwork, as well as shot selection. You will probably remember the thoughts going on in your head, and which shots you chose. You should be able to see why the wrong shot did not work, and why the right shot did not happen the way you wanted to execute it.
2. Take a half hour from your regular play time and have your buddy hit setups for you. He/she should tell you which shot to hit, then watch your form and footwork and make suggestions. Switch positions so you can hit setups for him/her.
3. Give a kid at the club a few dollars to hit setup shots for you.

Even if you are taking lessons from an instructor/coach, you will probably want to use some of the above techniques between sessions.

Let Yourself Spend a Little on Your Game

To get good at any sport, you really must take some lessons. Imagine trying to become a scratch golfer without taking a lesson. Racquetball can be too fun to drill when you have the chance to play, so we don't. If you set up an appointment for an instructor, you won't be tempted to play instead—unless, of course, your lesson is a "playing" lesson.

If you don't have respected, qualified instructors in your area, plan to travel. Many coaches will already be planning to be at national tournaments, so ask one to spend a few extra days to work with you. Or, take the opportunity to visit a player/coach and arrange to spend a few days with him/her. You can add a few new skills to your game and correct some mistakes you are making. Even a few days will make a big difference. If you are willing to be a little adventurous, arrange for your player/coach to watch your match at the national tournament and actually coach you. This can be inexpensive if the coach already has a few other clients, but can work you into the schedule.

Then, if you have a group of people you play with who all want to work on their games, pick a weekend and get a player/coach to come to you to spend some quality time with your group. Basically, you set up your own private racquetball camp and pick the campers and instructor you want. Splitting the expense will save you some money and make it much more social. You only run the risk of your buddy learning something better than you do, and then beating you with it. That's a risk worth taking.

Consider Spending Even a Little More on Your Game

Many players don't know this option is available, but if you are looking for some player/coaching in doubles, you can enter a tournament WITH your coach and experience the complete package. NMRA and other round-robin, multi-day national tournaments are perfect for getting some serious instruction, under pressure, against top players in your age group. Who knows? If you play well enough with your coach, you might even win a national title! The age of your player/coach will determine which age group you can enter, so you will want to choose one who is around your age.

I spoke with several player/coaches about this option, and they all recommend doing some up-front homework first. It would be unrealistic to enter a tournament and expect to win without first working for hours ahead of time with your player/coach.

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Thanks for the Opportunity to Serve

By Bruce Adams

NMRA Board Member 2007 to 2015



Thank you you to the members of the *National Masters Racquetball Association (NMRA)* for the opportunity to serve as a *Board member* for past eight years (2007 to 2015).

I have served under three *Presidents (Tom Curran, Howard Walker and Cindy Tilbury)*, and they were all fabulous to work with. Past President Paul Banales filled me up with a bunch of documents when I came onboard March 2007 in Portland, Oregon.

Some 16 tournaments later, in a row, and about 13 banquet presentations, thousands of photographs taken and e-mailed to many of you, it is time to "let someone else have some fun!" I am not leaving the NMRA though! Our events are the best in the country.

We have had good times and some bad times as a *Board*. Yet, through the highs and lows, we remained respectful, cordial, and maintained very high levels of competitive events for the 45+-year-old racquetball player.

I was the organization's *Secretary* seven of the eight years. The duties included not only records of the in-person and telephone meetings, but the various voting, discussion, follow-up items, etc. I developed my own style of notetaking, which allowed me to send the first draft almost immediately after a meeting.

In addition to the above, I would assist the *Tournament Directors* with running the event desk, and also confirming banquet setup. The banquet presentations have matured over the years and are now on www.YouTube.com.

As they say, "It has been quite a ride". As the *Board* has just elected three members (*Carmen Alatorre-Martin, Lynn Stephens and Will Constanza*), give them

continued on page 21...



continued from page 20...

your support BEFORE, DURING and AFTER the tournaments. Ask the Board members what you can do to make our events even more full of comradery, sportsmanship and delight to both players and spectators.



In closing, THANK YOU for letting me serve. I will spend more time in other organizations, and work on some bucket list items. Who knows? Maybe you have a little time to serve the sport that you love so well. I look forward to seeing you at a future NMRA event. ○

National State Games in Lincoln, NE

By Carrie Reitmeier,
Racquetball Pro at Prairie Life Fitness

Hi, NMRA players! We know you love a great tournament, so we hope you'll consider this special request. The *National State Games* is being held in *Lincoln, Nebraska*, July 31 through August 2nd—the weekend right after the NMRA event in *Denver*! We would really like to have an AWESOME showing, and we can't let pickle ball beat us.... they are expecting hundreds! It is open to ALL players (not just 45+) and the deadline is July 15th. Interested players can email **Linda Moore** (lindamoore74@gmail.com) or me (creitmeier@prairielife.com) to register or ask questions. Here is the website with more info <http://www.sga2015.com/>

We are great hosts and put on awesome tourney and it would be spectacular to have some folks from outside the midwest join us!!!

continued ➤

Not for Ladies Only – Minneapolis, Tucson and Malibu

By Cindy Tilbury

What do Minneapolis and Tucson have in common? Ladies playing high-level racquetball, of course!

I always like to highlight the WSMRA yearly tournament which is held during *Martin Luther King* weekend each January. This year, hearty, brave ladies weathered the 20-degree weather of *Minneapolis* to play at the *Lifetime Fitness* club in *Fridley*. This beautiful club is also used for the *US Open* each year, and it was amazing. **John Wilinski** was our tournament director. One of the very special things about this January was that doubles were added as an optional second division for all of the ladies, and it really made it more fun. Results can be found here: <http://www.r2sports.com/tourney/viewResults.asp?TID=12893>

The off-court special feature of this tournament was that some of the extra-brave ladies who had not experienced the *Minnesota* climate got to walk on frozen *Moore Lake*, next to the club, and chat with the ice fishermen who spent quite a few hours at their fish holes. It wasn't cold enough to drive out onto the ice, but no one was asking for that, either. If you have never walked on a frozen lake, consider signing up for a January *Minnesota* tournament. You won't forget it!

Minneapolis was great, but the WSMRA tournament committee asked for a warmer climate for 2016. I volunteered to put on the 27th annual tournament in *Tucson* in January 2016, and the committee thought that might be a good option. Ladies, please consider joining us for singles and doubles, all round-robin, self-refereed matches January 15 through 17, 2016. The club will be the *Tucson Racquet & Fitness Club*, with a few courts at the *University of Arizona* reserved, just in case we need them. And as good as the racquetball is, the banquet and dancing are the highlight of the year. If you miss this tournament, you REALLY MISS OUT! Check out the www.wsmra.com website for all the information you need to plan, or just go ahead and sign up on www.r2sports.com. Call or email me if you want to talk about the tournament, or sponsor it, or to find a roommate or doubles partner. I can do it all! cindy.tilbury@att.net 303.888.4461

Now for the *Malibu* part. A few months ago, I was trying to think of a way to give back to the wonderful ladies of racquetball. They have meant so much to me over the years, and I have done a few nice things as I was able to, time-wise and financially, but it never seemed enough. I had an idea and ran it by my beau, **Rick Betts**. He loved it. My idea was to provide a great weekend for women to get away from home, work on their racquetball games with a great coach, go to the beach or sit in the hot tub, get a massage, have great food and drink, and just hang out with other racquetball ladies. To make it extra affordable, the ladies would stay in our guestrooms in *Malibu*. The main expense would be airfare and instructor fees—we take care of everything else. If this *Malibu Ladies Racquetball Camp* interests you, get a few racquetball girlfriends together, give me a call and suggest a few weekends that you can come out to *Malibu*. I'll email you a brochure, organize the resources and make it happen. Obviously, winter months will be best for the cold-climate ladies, and summer will be great if you want to spend time in the sun. The limit will be about eight ladies, as we only have four guestrooms. I'm excited to get the first camp going. Come out to *Malibu*, raise your game, and soar your spirits. ○

➤ See you in *Lincoln* next month! *Prairie Life Fitness* is located 2275 South 132nd Street, Omaha, NE 68144. Phone is 402.691.8546.

Editor's Note: I have played in Lincoln several times when the Midwest Regional was there. It is a great little town and Prairie Life Fitness will treat you right. -- Cindy Tilbury



That work will set you up to know which shots your coach will expect you to take and which shots to hit, so it won't be foreign when you get to the pressure situation of the tournament.

In general, you can expect to pay for your player/coach's entry fee and all expenses, and some type of salary. In addition, you may agree on a bonus if you win, or win a medal. Each coach does things a little differently.

Player/Coach Suggestions

The *NMRA* tournaments start at age 45, with the exception of our December doubles tournament, where 40+-year-olds may enter, and oddly enough, 45 is about the age that people can set aside some time and money to work on their racquetball skills. Everyone knows there are many coaches out there who have not played in years. Many are really great coaches, but why wouldn't you spend the same money to have your coach on the court with you helping to win matches, rather than making suggestions from the sideline?

For the past ten years or so, the player/coaches who excel in their age group players have mainly been **Ruben Gonzalez** and **Tom Travers**. Both are now coaching 60+ and 55+ players.

It is exciting that a few newer, younger player/coaches have entered the arena. **Woody Clouse**, **Cliff Swain**, and **Dave Negrete** are all available to play the "young" 45 and 50 age group doubles, and coach singles too. There are a few female possibilities, too. **Cliff Swain** lives in the *Northeastern US* near *Boston*; **Dave Negrete** is currently in the western *Chicago* suburbs. **Woody Clouse** lives in the *Denver* area, so he would be an excellent choice for the July 2015 *NMRA Denver* tournament—fewer expenses and an opportunity to work with him before that tournament if you plan to play *USAR National Singles* in May.

I know there are more player/coaches out there—I just haven't heard about their availability. I hope other player/coaches will contact me with their information too. If you need assistance contacting these or other player coaches, email or call me.

What You Might Learn From a Player/Coach

I spoke at length with a few of these player/coaches (and I have worked with **Tom Travers**) and asked them what they could do for a tournament player's game. There were many things, but they all wanted to stress that they coach at the *PLAYER's* level and not at their own. Some other ideas include:

- Crystalizing Goals / Motivations
- Stretching
- Healthy Diet Ideas
- Strength / Conditioning
- Improving Speed
- Mental Toughness
- Adding New Skills
- Perfecting Old Skills
- Good Defense
- Aggressive Offense
- Shot Selection
- Situation Recognition
- Video Analysis
- Opponent Weakness Analysis

Choosing Your Player/Coach

Since you do have several choices when deciding on a player/coach, you might keep in mind a few things when deciding on one to call.

Make sure your coach has a similar philosophy as you when it comes to competing and working at improving. If you play with him/her in a tournament and you are made to feel uncomfortable, perhaps you have not made the best choice. If your coach expects you to put in two hours a day drilling in between coaching sessions and you have no intention of doing that, your coach may not want to stay with you.

And make sure your coach is telling you the correct techniques and rules. You don't want to learn bad habits.

Coaches have their strengths, so you may pick one that is strong in the area on which you are concentrating (singles, doubles, serving, on-court situation analysis, footwork and positioning are some examples). You may like one coach for playing and another for shot setups.

continued ➤

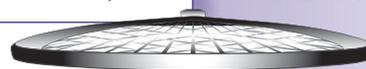
➤ Don't be afraid to try them all. If a coach objects to you wanting to work with other good coaches, alarm bells should be going off in your head. There is so much to learn from everyone, even regular players.

Certain coaches communicate better than others. Pick one that speaks to you the way you need to learn. Perhaps a good test would be to send a 15-minute video of your game to your potential coach and see what he/she can suggest.

There is still time before the July 22 through 25 *NMRA* tournament in *Denver* to make some steady improvements to your racquetball skills with a coach. And our December 3 through 5 doubles-only tournament in southern *California* is months away. What are you waiting for? Get the contact info from me, pick a coach and get to work! ○

MORE *NMRA* Tidbits

If you enjoy watching live racquetball but can't travel to the pro stops, you can watch it online. Two of the pro tours stream the matches for free, and the *IRT* tour is still on a subscription basis. Check out the *LPRT Tour* where the top ladies play (www.lprtour.com) and use the Schedule link to find out when they play, as well as links to the livestreaming). Then the *World Racquetball Tour* is a set of top-prize-money events with an international flavor created by *Gearbox*. Find the schedule using their www.gearboxrb.com site, and the *Gearbox Live* link. The top eight *IRT Tour* players are not allowed to play in the *WRT* events. Of course, the *IRT* is where you will find **Kane Waselenchuk** and **Rocky Carson** battling it out in many finals. Go to www.irt-tour.com or www.irtnetwork.com for the livestreaming. Subscriptions can be purchased for \$100 a year, or by the weekend. In addition there are many free broadcasts too—especially early-round matches, and we all know those can sometimes be the most exciting. John Scott's commentary is well worth the subscription price! Watch all of these tours on your PC, phone or tablet in **your own home, and invite some friends over to catch all of the action.**



MORE NMRA Tidbits

I was lucky enough to play my early racquetball in Minnesota. There are several great young players coming out of there right now, and I can say I knew them before they were born. The first one is **Jake Bredenbeck**, 23, who just won the *2015 USAR National Singles US Team Qualifying* division over **Marco Rojas** from *California*. Jake is also playing on the pro tour and gaining some serious momentum there. Jake's younger brother, Sam, is also an *Open-level* player and is a student at *Buena Vista University* in *Storm Lake, Iowa*. The second *Minnesota* star player is **Jordan Barth** from the *St. Cloud* area. Only 16, he is a varsity baseball star and world racquetball title holder. Here is a link to a recent article where Jordan extols the virtues of racquetball for his other-season sport, baseball. Racquetball is great for improving skills in many other sports! Send me stories if you'd like me to highlight them. <http://www.sctimes.com/story/sports/high-school/2015/05/27/prep-baseball-rocori-ss-world-champ-racquetball/28034385/> I am very proud of and happy for these two young men! Congratulate them if you get a chance.

An NMRA member survey is coming your way in the next few months. The board wishes to find out what would make you happy, as an *NMRA* member and player, so we need your input. When you receive the survey, we hope you will take a few minutes to fill it out. We will also try to make the survey available on paper/US Mail, but the electronic version will be sent via email. Make sure your *R2Sports* player profile is up-to-date. This is very important to the future of the *NMRA*, so thank you in advance for your time on this project. If you have input on questions we should be asking, please contact **Scott Kraemer** (scott.kraemer@bmo.com) or one of the other board members to get those included.



Paddleball, Racquetball, Senior Games and Len Sonnenberg

By Cindy Tilbury

Paddleball is thriving at *San Diego's Sorrento Valley Racquet Club*, thanks to the legend, **Charlie Brumfield**. *Paddleball Senior Olympics* is also thriving, thanks to the efforts of **Leonard Sonnenberg**.

Leonard (Len) Sonnenberg is the *Commissioner* for *San Diego's Senior Olympics Paddleball and Racquetball* tournaments, and he knows a whole lot about both 501(c)3 organizations and senior fitness activities. Leonard is a CPA specializing in 501(c)3 non-profit organizations. His business, *Sonnenberg & Co. CPAs*, at 42 years strong, is itself almost old enough to compete in the *Senior Games*. Leonard's affinity with non-profit organizations made him a key asset to *Senior Games* organizations. He has been the *Treasurer and Board Member* for the *San Diego Senior Olympics*, the *California Senior Games*, and *National Masters Racquetball Association*. He served as a *Racquetball Commissioner* for *San Diego* and also for *Palm Desert, Orange County, Pasadena*, and the *2009 National Senior Games*.

Racquetball and *Paddleball* play a special role for Leonard. In 1997, Leonard was diagnosed with incurable lymphoma, and his prospects weren't optimistic. His doctors recommended vigorous physical activity to maximize his chances. He had always enjoyed racquetball, and so he stepped up the pace of his workout in an effort to overcome the disease. In a fairly memorable moment during a *Senior Olympics Racquetball* tournament, Leonard's chemotherapy was running overtime and he was unable to make the start time for his match. Knowing the cause, the tournament director broke the rules and postponed the match to start when Leonard arrived...whatever time that might be. He was finally cured with a stem-cell transplant from his brother. In 2002, he was selected to carry the torch for the *Winter Olympic Games*.

Leonard adopted this kind of flexibility as a hallmark of the tournaments he directs. It is really not so much about winning, but about playing. If you want to play, he'll find you a partner. If your partner gets injured, he'll find you a substitute. If two teams want to play each other as part of the competition, he'll schedule a match even if they aren't in the same age group. If you need to leave by noon, you can play early. If you can't arrive until ten o'clock, you can play late.

As paddleball gained in popularity in *San Diego*, Leonard added a paddleball bag to his gear, and made paddleball a part of the *San Diego Senior Olympic Games*. Leonard now plays in the 70-to-75-year age group where his forehand is regarded as automatic. He plays in and contributes to numerous local and national tournaments, and has accumulated nearly 100 medals in age group competition.

Moreover, the *Paddleball and Racquetball Senior Games* live up to the mission of encouraging seniors to carry on vigorous physically and mentally healthy lives through fitness and participation in competitive sports. It is a tradition worth preserving, so each year at *Senior Games Paddleball and Racquetball*, we proudly say "Let the games begin!"

Just recently, the *National Paddleball Association* awarded Len the *Earl Risky Memorial Award* for the person who has contributed most to the sport of *Paddleball* for 2015.

Previous winners over the 40-year history include **Ron Pudduck**, **Steve Keeley**, and **Charlie Brumfield**. ○

Leonard Sonnenberg displays gold and silver Senior Olympics medals. That's Charlie Brumfield in the background picking out his T-shirt after taking gold in the 65s.



Submitted by Jamie Lawson, National Paddleball Association Board of Managers

NMRA TOURNAMENT Trail 2015/2016

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



DATE	TOURNAMENT	LOCATION	CONTACT	Website www.r2sports.com
Jul 7-12	National Senior Games 50+	Minneapolis, MN	NSGA	www.nsga.com
Jul 9-12	WOR Outdoor Championships	Huntington Beach, CA	Geoff Osberg Jesus Ustaroz	www.worldoutdoorracquetball.net
Jul 22-25	NMRA International Championships 45+	Denver, CO	Patrick Gibson Cindy Tilbury	www.nationalmastersracquetball.org
Sep 1-5	World Senior Singles and Doubles Championships 35+	Albuquerque, NM	Gary Mazaroff	www.internationalracquetball.com
Oct 7-11	US Open	Minneapolis, MN	USAR Doug Ganim	www.usra.org
Oct	Men of October 80+	Sun City West, AZ	Jan Warren Greg Steger	ipowerfade@yahoo.com
Nov	All Military National Championships	San Diego, CA	Steven Harper	www.militaryracquetball.com
Dec 3-5	NMRA Doubles-Only 40+	Fullerton, CA	Cindy Tilbury John Winings	www.nationalmastersracquetball.org
Jan 7-9	WSMRA 27th Championships Ladies-Only 35+ Doubles and B/C Divisions <i>now offered</i>	Tucson, AZ	Kendra Tutsch Cindy Tilbury Joe Williams	www.wsmra.com
Feb 10-14	USAR National Doubles	Phoenix, AZ	USAR	www.usra.org
Mar	NMRA National Championships	St. Louis, MO	NMRA	www.nationalmastersracquetball.org

Check the www.nmra.info website or Facebook <https://www.facebook.com/groups/191509017552909/> for news.

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