



RACQUET RACKET

APRIL 2008

Official Newsletter of the National Masters Racquetball Association (NMRA)

Old Geezers are TOUGH!

By Dick Kincade

John Prigmore and I have been playing 75 and then 80 doubles for several years. Although competitive, we had never won a championship.

I was up at 6:00 a.m. for my three singles matches starting at 8:00 a.m. on Wednesday, March 5, 2008. John joined me at noon for three winning doubles matches. A nice dinner followed that night. **Louise Prigmore** asked me to check on John in the men's room. John was coughing and frothing at the mouth; he couldn't clear his throat. After several minutes, John turned to me and said, "Take me to the hospital now!"

With Louise, the three of us found the Emergency Room Entrance around 9:30 p.m. and John was admitted. A throat surgeon and his team arrived around 11:00 p.m. John was given a general anesthetic and was successfully operated on for the removal of chicken particles from his esophagus. John was allowed to leave the hospital about 3:00 a.m. when I drove him back to the hotel. John was ordered not to drive or exercise for 24 hours and was on a liquid diet indefinitely.

I was up again at 6:00 a.m. for my 8:00 a.m. singles matches. The tournament desk tried to work out a postponement of our doubles matches, but there were too many people and matches involved. We had to forfeit!

I called John back at the Marriott and broke the bad news. John said, "No way! I'll be down shortly. We will play." John came down and we played all of our matches and won the NMRA 80's doubles for the first time. **WHAT A TOUGH OLD GEEZER!**

New Portable Court Ready for Action

By Cindy Tilbury

They've been designing, manufacturing and assembling it for many months and it is finally ready for action at the *USAR Regional and Motorola IRT Pro Nationals* at the *Schaumburg Tennis Plus* club in April. It is the new Portable Court, created for the *IRT* and its commissioner, **Dave Negrete**, and financed in large part by two of our *NMRA* members from Chicago, **Pat Taylor** and **Leo Klimaitis**.

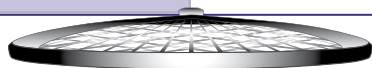
This is the biggest news in racquetball since the introduction of the first "portable" court which debuted at the *US Open* in Memphis in 1996. Several improvements have been engineered into this court. The sides are all viewable plexiglass walls so it can be set up in a stadium with great seats on all sides. The *USAR* keeper of the court, **Eddie Meredith** of Colorado Springs, Colorado, reports that it is much easier to assemble and disassemble than the other portable court, and players notice the true bounce and bright lighting. After the *Motorola IRT Pro Nationals* tournament, it will be used to introduce to the sport of racquetball people who will never venture into a racquetball club to watch a match.

I was very fortunate to "test drive" the court before it was shipped back to Chicago in early April. **Eddie Meredith** invited local players to try out the court after it was assembled. Eddie and I played about five games on the court and it was quite a thrill for me—I felt like a pro. I found it a little difficult to see along the glass and in the back corners, but that is true for me with all glass walls. The front white dots make it easy to see the ball and gauge distance while allowing great spectating. I hope you get a chance to play or hit on the court soon, too.



Cindy Tilbury and Eddie Meredith test out the New Portable Court.

If you have a sponsor and a fabulous venue in which to showcase racquetball by having the portable court come to your town, contact **Dave Negrete** of the IRT.negretz@comcast.net



Not for Ladies Only

By Cindy Tilbury

We had a great group of ladies at the *Orem, Utah*, tournament in March, including some new to *NMRA* tournaments. Some were also new to their doubles partners, after agreeing to play an extra event and take on a partner suggested by me. I applaud your being adventuresome and a good sport, because we had lots of *Women's and Mixed Doubles teams*, and some very high-level competition.

I explained to the ladies who played doubles that I thought it might be a good idea for all of the ten teams to play each other, even though we had signed up for 45 through 65 doubles. I actually thought it was a great time and I know I wouldn't have met **Lani Geer** and **Sylvia Sawyer** from Utah, for example, if we had not combined the divisions.

I was really impressed with everyone's game and the great shots and teamwork they displayed. But we all decided that it wasn't fun for the 60/65 teams to play the 45/50 teams, so we will not be doing that again in the future. I hope you all will excuse the mistake as an experiment that didn't have the most favorable outcome.

We do have to get more *Women's Doubles* and *Mixed Doubles* teams in the upper divisions, however, so that means that you will have to bring your female friends to the next tournaments, and get their names to me if they need a doubles partner. I'm counting on you to help fill the draws. We have plenty of male partners begging for some quality *Mixed Doubles* partners; please tell your friends to make their plans now to play in the July West Allis tournament. I believe the Midwest ladies will turn out in full force for the summer tournament, so expect some good competition in both singles and doubles.

During the Utah banquet, **Tom Curran** mentioned a thought we had about possibly trying to combine a *Women's Senior/Master tournament* with our winter *National Masters tournament*. I asked the *WSMRA* board of directors and they decided that would probably not work. They cherish the minimal amount of time taken off of work, with one event (singles), and offering the B/C divisions—lots of things that are different from the spirit of an *NMRA* format-tournament. For now, we will continue to do things the way we have been doing them, and keep trying to come up with good ideas to improve self-refereed, round-robin racquetball for the 40+ crowd. All ideas are welcome, but we especially would like to hear ideas on how to get more WOMEN to participate in our tournaments. **They just don't know what they are missing!**

If you have more suggestions on what I can do to make tournaments more enjoyable for the women players, please let me know what those are. I'm planning to play in Houston at the *National Singles tournament*, and will try to specially invite each 45+ woman to our summer tournament. I hope to see you there, and then in West Allis. **Play well and stay healthy.**

Show Me the Disk!

By Mike Hiles

Congratulations to the March tournament medal winners! I am the one that works hard behind the scenes to make sure your medals are high-quality and that the disk on the back shows exactly what you won and at which tournament. Unfortunately, we had an issue with the disks that go on the back of the medals—when it was time to bring them over to the Orem Fitness Center on the last day of competition, they were gone. The box was found in the trash, but no disks were in it.

The medals were all awarded without the reminder of which age division at which venue they had been won. We invite you to get a disk printed locally, but if you would like your disk engraved and given to you at the July tournament in Wisconsin (or the March 2009 tournament), please contact me and I can get that done. Email me at splat_57@hotmail.com and include the division and the place, or just contact me for more information.

The members of the *NMRA Board of Directors* are all genuinely sorry that this happened and we want you to have your disks. **You earned them!**



Jack McAfee Passes On

By Dick Kincade

Jack McAfee spread the word about racquetball throughout the world. He served in the *U.S. Army Air Force* in WW II and the *U.S. Air Force* during the Korean and Vietnam wars. He was a news broadcaster and interviewer who publicized various entertainers who visited bases. He met his wife, **Lee**, while serving as Sports Director and Coach of the women's basketball team.

Jack and Lee retired from service and finally settled down in The Dalles, Oregon. Racquetball was his main interest in life and he participated in national tournaments all over the country. His favorites were the *NMRA* tournaments, the *World Seniors* in Albuquerque, and the *Swing Into Spring tournament* in Sun City West, AZ. It is fitting that he placed tied for 4th in a 20-man field at Sun City in March of 2007 when he was already suffering from his terminal cancer. The cancer led to his passing December 8, 2007, after several painful treatments and operations. He showed a lot of mental and physical strength during this period.

In *The Dalles*, he continually showed leadership as he organized and constantly promoted league racquetball, and did much to keep the private racquetball courts from being changed over for other uses.

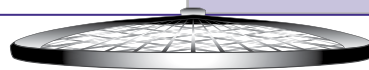
Jack's love for racquetball was only surpassed by his love for his wife, **Lee**, his children and his grandchildren, who gave him so much love and support in his final troubled months. His sense of humor, respect for others, and thoughtfulness will not be forgotten by those who knew Jack McAfee.

Editor's Note: We honored Jack McAfee at the March *NMRA* banquet in Orem, Utah, but it is important to make sure Jack's long-time friends and opponents know about this via the *RacquetRacket*, too.



NMRA Women at Utah

Photo by Bruce Adams



The President's Corner



By Tom Curran,
NMRA Board of
Directors
President

Greetings to all. For those of you who came out to play in the *National Championships* in Orem/Provo, UT, I hope you'll agree it was another great NMRA event. Thanks for your support and I hope you had a memorable time.

There are a couple of items that I want to talk about in this issue directly related to helping us to continue to make our tournaments the best event and value in Racquetball.

As you are aware, I hope, the tournament website on r2sports (www.r2sports.com) for each of our events is put up live for entries at least three months before the event. We do this to ensure that all of our members are completely aware of the location, dates, hotel and venues for the event so you can make a decision about participating. We appreciate your entering the tournament using the website, as this makes the check-in line at the tournament speed right along.

The issue we have had over the past few tournaments is the fact that the vast majority of those attending our events enter less than two weeks before the actual event. Now I know that many of you are saying 'that's not me'... and for those of you we send our deepest thanks for entering early.

For those of you who do wait until the last minute to enter, please take a few minutes and continue reading so you'll understand why this is a real issue for the administration of the tournament.

At each event, we have to find, research and negotiate with a local hotel to try to get the best rate we can. When we do this, the first question they ask is 'how many guests can we expect'. We provide them a number from our past events, but there is no way to assure anyone that that number will be met, or in some cases, exceeded. Each of these situations causes a potential financial problem for the NMRA.

When we do give a number to the hotel, we are contractually obligated to meet that number within 10%; otherwise, we are ➤

NMRA and Ektelon Extend the Ball Contract

By the NMRA Board of Directors

The NMRA Board of Directors voted unanimously to extend the present ball contract with *Ektelon*, which was due to run out in August of 2008. The new contract is extended for three years and will end in August 2011.

Under the present contract, *Ektelon* provides up to 50 cases of the Classic Ball (with the NMRA Logo) for use at our two annual events. Under this contract, we also provide balls as a sponsor to the Huntsman Games in October in St. George, Utah, the *Kentucky Senior Tournament* (put on by NMRA member **Ron Marr**), and, for the first time, the *World Senior Doubles* scheduled this June in Mexico.

In addition to the balls, *Ektelon* provides 12 racquets, score cards (when needed) all shipping, and one custom giveaway per tournament. They also provide all of the court stickers and display them at each of our events.

It is important to note that all of the items provided by *Ektelon* under this contract directly result in a decrease in tournament expenses. If we did not have this contract and its special considerations, these are items that we would have to pay for from the tournament revenue.

The NMRA is honored to call Ektelon our "Official Ball" and look forward to another three great years of partnership.

➤ responsible for one night room and tax for every room we do not fill. I hope you can see how important it is that reservations are made early at the host hotel.

Now, what happens if our estimate is over the number we negotiated? The hotel will provide us only that number of rooms we negotiated at the special NMRA rate. Anyone trying to get a room after that cutoff date is not guaranteed the NMRA rate. Many of you have had this situation occur and have called me to see if I could 'get you in'. In some cases, we were successful, in others we were not, but in both cases, it required phonecalls and emails that take up a lot of time.

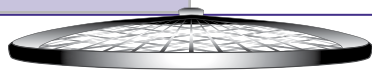
Please do whatever you can to plan your participation at a tournament as soon after the entry and information sheets arrive in the newsletter or when the tournament is listed on r2sports. This will help us ensure that we have enough rooms at the right rate and it helps us get the most 'free nights' to have available for the room lottery. The number of free nights is directly related to the number of rooms we have in our block that are filled.

Another way to help us with the administration of a tournament is to read all of the information included in the tournament information sheet, and entry form. The lower the number of calls to answer questions about information already available in these two documents, the more time we have for completing the match schedule, etc.

When we are at the event, the best help we can get from the players is their cooperation to help keep the event on time. In Utah, we would have been able to keep the event much more on time than we did if we had had everyone's help in keeping warmup times reasonable (for example, in more than one case, the court was assigned for over 20 minutes before the match began). As always, getting the card back with the correct scores is also imperative in trying to keep the event on time. Again, in more than one case, we had folks (and not new, first time, or local players) who played their match and left the card at the court, without a score, then left the building. Now, some might say, 'well, you would think the tournament desk would notice that'... and you would be partly correct. After all, the player had one court to account for and the TD in this case had 12. We did try to keep an eye on this problem, but the fact is we would not have to do that if folks simply took the time to do the right thing and get the match played and the results back to the desk as soon as they can. Please remember that for every five minutes late with the first matches of the day, 15 minutes is added to the end of the day. Sooner or later every player is affected because of this problem.

I hope that all of the readers take this information in the manner to which it was intended... as constructive criticism. *If you take it personally.... GET OVER IT.* We are sincerely asking for your help in making the event the best it can be for everyone.

I wish you all health and happiness until we see you again in Wisconsin in July.



The NMRA and Computers...

By Tom Curran, NMRA President

I had a very good friend who liked to say "I don't like computers, and I don't like people who like computers".

Now, I know that sounds funny, but the fact is that computers have evolved in the same way as the automobile. They have gone from being a luxury item (something that everyone 'wanted') to a necessity (something that everyone 'needs').

The NMRA Board of Directors has been trying very hard over the past two years to make the transition from doing all of our accounting, tournament management, membership administration, etc. from analog (by hand) to digital (by computer). Where possible, we did, and continue to do, everything we can to accommodate both the computer user and the computer non-user.

We have offered entry into our tournaments both by going online with a computer and mailing in an entry form (which, by the way, still is entered via computer by the human, **Steve Cohen**, our Treasurer). We have offered the NMRA newsletter "RacquetRacket" sent via email (by computer) or via the US Post Office. We have, and will continue to, offer you the option.

We understand and respect that many of you do not own a computer. However, we also know that many of you do own a computer and use email to communicate with friends and family. For those of you who already go 'online' we ask that you make it a point during your online sessions to visit the NMRA Official Website. The address is: www.nmra.info.

Although we have had this site for a number of years, it has not had the kind of exposure we had hoped for. With the great volunteer work of one of our members, **Dick Lowell**, we have been trying to keep the site updated with the most recent and relevant information possible.

For example, from the [Welcome Page](#), you can use the main menu to the left of the page to go to sections of the site that have information on:

- The **Board of Directors**, including contact information and direct email link.
- **Tournament Information**; including the most recent tournament results and the entry and information sheet for the next tournament scheduled. There is also a link to register for the next tournament online at r2sports.com.
- **Articles and Information**, including the most recent copy of the NMRA newsletter (*RACQUETracquet*) which you can download or print directly from the site.
- **Future Foundation** which provides the names of all our donors, as well as the most recent balance for the account.
- **Tribute to Friends** which provides the names of all our members who have made financial donations in the name of friends both past and present.
- **Memorial page** which pays homage to our deceased members.
- **Links page** which gives automatic links to a number of racquetball-related sites just by clicking.

Over the past year, we have been working very closely with **Ryan Rogers**, owner and operator of r2sports, to help us make the website easier to edit so we will be able to update quicker and easier, and keep the information more up-to-date.

For those of you who have played at either NMRA tournaments or *National Events (Singles, Doubles, US Open, etc.)* then you know that r2sports is fast becoming the tournament management standard. We have used it for the past three events and it has streamlined our accounting, accuracy of registration, accuracy of membership (both NMRA and USAR), and cut the time it takes to get everyone registered at the event so you spend less time in the registration line and more time at the hospitality buffet line.

We have implemented these changes in the best interest of you, our members. What we need in return is for more of you to use the technology. So please, help us help make the NMRA the most cost-effective and efficient organization possible by doing your best to make full use of these advances. And one more request—please send any changes to your membership number and address(es) to **Merijean Kelley** (mkelley959@aol.com). We are planning to create an **NMRA member directory** soon, and need current information.

NMRA National Championships for March, 2009

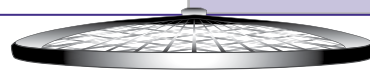
As announced, the NMRA National Championships will be held in *Canoga Park, California* (the Los Angeles area) at the 22-court *Spectrum Club*. Our tournament director will be **Debbie Tisinger-Moore** and we are still negotiating with a host hotel for our banquet and hotel rooms. More information and an entry form will be available in the next *RacquetRacket* newsletter.

As always, we are looking for great new venues for our tournaments. Even if it would be several years before we might go there, please contact **Paul Banales** with your ideas and names of contact people. We are specifically looking for clubs in the eastern half of the United States. To successfully hold our tournaments, we need 20 courts, and the 20 courts could be at two clubs within a few miles of each other. Paul can give you more details. Contact him at banstoll@peoplepc.com.

TIDBITS...

I've recommended using a pedometer in past newsletters. During our March Utah tournament, I played in two events and had six matches per day (three singles and three doubles). My pedometer consistently counted 18,000 steps—almost twice the 10,000 steps suggested by health experts. By contrast, walking a recent nine holes of golf only netted me 4,500 steps and bowling three games was about 2,500 step. *I also learned that when a pedometer is dropped into the toilet, it will eventually dry out and start working again, but it's never the same.*

It was great to have WPRO sixth-ranked pro Kristen Walsh Bellows visit our NMRA tournament in her home town area of Provo, Utah. She was not just a guest, however, as she cheered on her mom, **Marianne Walsh**. Marianne played fabulously all week, and won both the *Women's 45+ Singles and Doubles* (with partner Leslie Pawka). Obviously, Marianne taught Kristen everything she knows about racquetball. At the *Orem Fitness Center*, they told us that the locals still consider Kristen as "Marianne's daughter" while the rest of the racquetball world mostly thinks of Marianne as "Kristen's mother." I know Kristen was very proud of her mom.



35th Anniversary of the USAR Hall of Fame, Houston, May 2008

By Tom Curran, NMRA President

This year's *National Singles Championships* have an added twist. The USAR is going all out on this event to celebrate and recognize the past inductees into the *Hall of Fame*.

To date, 27 of the 31 past winners will be present at the event. For many of these past winners, it will be the first time they receive the official recognition they deserve. In the early years of the Hall of Fame, there were no actual plaques given to the winners. During the banquet in May, they will receive their just reward.

The event is planned to be 'formal' for those who want to make it really special.

Yep--black tie is optional, but encouraged. I know that some of the *NMRA Board* members (and I'm hoping *NMRA Hall of Fame* inductees) will get into the mood and the dress to support this great event.

The USAR is offering special tables for the banquet that will provide a special menu, wine, and other 'perks' for those organizations and individuals who are willing to sponsor a table. Each of these special tables will seat 10 folks and are selling for \$1,000.00. The funds collected will be used to offset the additional expense for the past *USAR Hall of Fame* winners who will be attending.

The *NMRA Board of Directors* has approved the purchase of one of these tables and is hoping that some of our members will be willing to sponsor one or more seats. Actually, we hope the interest is great enough to have an additional table purchased by the *NMRA* membership.

If you are interested in sponsoring a seat at our table, please let me know as soon as possible. Even if you decide not to sponsor a seat, please let us know if you are planning on playing in the event. Any seats we have left over will be put into a blind draw for our members attending.

We hope that you will help us make this event another great showing of the *NMRA's* continuing support of the sport of Racquetball. It would be a great way to showcase the organization and our dedicated membership.

Hope to see you in Houston!

Editor's Corner — College Kids

By Cindy Tilbury

I was really impressed with the college kids at the *Utah Valley State College* when we were there for the *March NMRA tournament*. The students we met were mostly on the racquetball team, and in racquetball classes. Their teacher was a great player and he assigned them all a midterm exam of watching our 45+ group's matches for at least an hour and reporting who won. They had lots of questions and we even played a few of them on Tuesday night before the tournament. They didn't understand what a great facility they had available to them, but we hope we inspired them to learn the game a little better after we left.

In my home state, we have a great group of college kids who have regular meets, for fun and in preparation for *National Intercollegiates*. They also play in our regular sanctioned tournaments, so we get to meet them and see how they are improving. We also happen to have the best **Intercollegiate Men's team** in the country (*University of Southern Colorado at Pueblo*) and we are really proud of them. The **Women's team** from the *University of Colorado at Colorado Springs* are having some success, too. It is so encouraging to me as a racquetball enthusiast!

National Intercollegiates just finished and it was another fabulous event with incredible competition. Many of the competitors have played on the men's and women's pro tours.

There is another level of college racquetball competitors who are not so accomplished or famous. They're not junior players anymore, and not quite on their own yet. Many of the college clubs and teams across the country could use a little help, time, coaching, equipment and travel money to keep them playing. If you have any extra time, energy or money, think about sponsoring your favorite young college team. Offer them a racquet demo night or an exhibition match or a play-the-pro night. Invite them to your club for some healthy competition. Collect some gently-used racquets and eyeguards for their school. Pay their entries into a tournament. There are many low-dollar / high-effectiveness things you can do to keep our sport young and strong.

The *NMRA* will again be at a college venue in July of 2009 when we travel to Champaign, Illinois. I look forward to it, and I hope we can help out the racquetball program with as much gear as we were able to donate to the *Utah Valley State College* from our equipment sponsors. It was definitely a highlight seeing the look on the coach's face at the banquet when he realized the table piled high with equipment was for his team.

Are you already working with collegiate racquetball programs in your area—maybe even at your alma mater? Send me your success stories. I'd love to hear about them and possibly inspire other *NMRA* members to follow your lead. **See you in West Allis!**

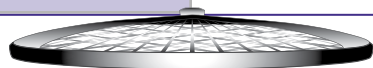


Cindy models Utah Tournament Hooded Sweatshirt and Golf Towel



Women's 45 Doubles at UVSC: Marianne Walsh, Leslie Pawka, Tracy VanRaden and Nancy Abrams

TD Jim Elliott watches the last matches at UVSC



Pan American Championships — 2008

By Dave Ellis, Coach, USA Racquetball



Pan American Games, TEAM USA

Team USA traveled to San Jose, Costa Rica, to participate in the yearly event, now known as the *Pan American Championships*. Formerly called the *Tournament of the Americas*, the event has grown to include 15 countries from North America, the Caribbean, Central and South America. After the nearly two weeks of practice, round robin play, and then elimination play, *Team USA* finished first in the Women's Team category, third in the Men's, and second in the

coveted Overall competition. Our delegation consisted of **Woody Clouse, John Goth, John Ellis, Jose Rojas, Rhonda Rajsich, Liz Alvarado, Aimee Ruiz** and **Jackie Paraiso**. Every Team member gave 100% at all times--both on the court and in support of their teammates. *Aimee and Jackie won the gold medal in the Women's Doubles. Rhonda took the silver in the Singles. Woody and John Goth took the silver in Men's Doubles.* Complete results are available on the *USAR* and *IRF* websites (www.usra.org and www.internationalracquetball.com).

Once again, the Team sends their heartfelt thanks to the *NMRA* for their generosity and support. Passing the hat at the banquet in Provo yielded \$1,035.00. *NMRA member Joe Lee* also donated \$1,000 to support the red, white and blue. With *USAR* still in a time of austerity, all monies for expenses were raised by donations. Along with www.splatshotz.com, who donated our uniforms, the *NMRA* was the Team's biggest supporter. All of the players were proud to represent the USA and all emphasized the special feelings that came from playing with "USA" on the back of their shirts. Thanks to *NMRA* and the many other donors that made it possible to support our players in the manner that they deserved. Each Team member is very grateful for the support that came from fellow racquetball players.

The Team's next competition will be the *World Championships*, which will take place in Ireland during August of this year. **We're out to make it a "four-pete," having won the Overall title in 2002, 2004 and 2006.**



Pan American Games, Women's Doubles Gold, Jackie Paraiso & Aimee Ruiz

Silver Sneakers and New Racquetball Recruits

By Cindy Tilbury

While working on a thesis program recently, Colorado 65+ player and junior coach, **Dan Davis**, recently devised a version of racquetball that can be used in *YMCA Silver Sneaker* programs. Perhaps you are familiar with the multi-bounce rule changes that accommodate the little players' shortcomings. Dan's new *Wacquetball™* rules provide for the less mobile but more than eager senior club members' special abilities. *Wacquetball* also appeals to young children just beginning and handicapped kids. *Wacquetball* rules allow two bounces, but the biggest change from the regular racquetball rules is his creation of a special three-inch foam ball (the official color is yet to be determined) that is a lot slower, quieter and easier on the arm than the standard racquetball and will not bounce all the way to the back wall, no matter how hard you hit it into the front wall. **Dan's senior group absolutely loves the game.**

Dan's *Wacquetball* group was showcased on the local Denver news in April. It can be viewed at <http://www.thedenverchannel.com/video/15717174/index.html>.

This link can be found on the www.coloradoracquetball.com site, as well. This could be the perfect program for you to fill up the courts at your facility during the day, before the high school players and the after-work crowd. Players may eventually want to play with the standard ball and rules, and we welcome the new recruits, but the important thing is to get them on the court and moving at their ability level.

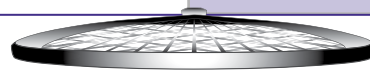
For more information on how you can introduce *Wacquetball™* to your senior players (and anyone, really), contact **Dan Davis** at dndvs1@msn.com.

**Start a
Wacquetball™
league today!**

NMRA Member Poll

We are always interested in your feedback. Email one of the board members to let them know your opinions! Here are some suggested topics.

- What was your favorite part of the Utah tournament?
- What can we do to improve our NMRA tournaments?
- Where would you like to see a future NMRA tournament?
- What type of NMRA-logoed apparel and gear would you like to see made available?
- What type of tournament souvenir would you like to receive?



Rules of the Game — If you don't call it, Did it really happen?

By Mike Arnolt, Former USAR National
Rules Commissioner

You have heard: "When a tree falls in the forest and there isn't anyone present, is there still a sound?" "When you drive over the speed limit but don't get a ticket, is it really speeding?"

How about taking that a step further: "When playing in a golf tournament and you happen to whiff a swing in the sand trap and no one sees it, does it still count as a stroke?"

What has this to do with racquetball—a game of gentlemen and gentlewomen? Ha! It is a game of "take no prisoners"—even in self-officiated matches in masters tournaments.

But like all games, racquetball does have its rules. We have skips and double-bounces, and we even have carries and avoidable/penalty hinders—all of which count against the offender. So why is it we acknowledge that the ball we shot skipped, or that we picked it up on a double-bounce, but that we are in denial about when we cause an avoidable hinder?

The answer is that we think we can justify it simply by saying, "I'm sorry" and we think the avoidable will go away. After all, there is no official, so what is a little cheating? This isn't the gentlemen's game of golf.

Folks, I don't care what you do with your taxes, but failing to acknowledge when you have taken away a direct offensive shot, and not awarding that shot to your opponent, is cheating. For certain, there is a fine line: one time, serving a lob z or hard z that your opponent was going to drive right into your path, can be excused. Once. Standing near a straight-in or cross-court shot might be excused once. But going to the floor, backing into the path of your opponent or getting in the way of the offensive player's backswing is not a do-over. It is a penalty.

And please do not give me: "We don't call those here", "I was trying to move", "At my age..." BS. Try giving any of those excuses to the IRS, State Trooper, or golf official. Folks, if it walks like a duck and quacks like a duck, it is a duck.

Avoidable hinders (or penalty hinders, if you must) is a rule of the game, just like a skip ball. You know it when it happens. ➤

Welcome to our Newest Board Members

By Tom Curran, NMRA Board of Directors President

If you have been out to visit the *Official NMRA website* (www.nmra.info) and clicked on the Board of Directors page, you will notice a couple of new faces.



Ending in February, we held elections to fill three open Board positions. Two of the Board members ran for re-election and won.

Congratulations to Mike Hiles and Bruce Adams. Thanks for running again for the Board. Your service is greatly respected and appreciated.

The other open position was won by **Gary Mazaroff.** I'm sure many of you know Gary, especially if you have ever had the good fortune to be able to play at the *IRF World Senior*

tournament in New Mexico each August. Gary filled the position left by **Ron Adams.** As you heard at the Banquet in Utah, Ron will be missed but we thank him for his service and valued input to all of the Board actions over the years.

Mike, Bruce and Gary were elected to full three-year terms on the board.

Elliott Papermaster, who was elected to the Board two years ago, notified us of his resignation just prior to the Board meeting in Utah. Elliott cited family issues that precluded him from filling out his term.

In a case like this, the *NMRA Constitution* provides a procedure that has the person who ran for the Board and got the next highest number of votes to be offered the open position. If accepted, it would be an 'appointment' to the Board to fill out the term of the position vacated. Elliott had one more year on his Board term and his position was offered to **Gary Cowger** of Iowa. Gary was next in line, based on the number of votes he received in the most recent election.

Gary Cowger declined the offer because he was not sure that he would be able to make the next meeting in July of 2008 in Wisconsin. He is having surgery on his back and, although he was pretty sure he would be able to make it, he did not want to chance taking the position and not being able to make the meeting. Gary felt it was better if he just put his hat back in the ring next election cycle (December 2008). We really appreciated Gary's selfless decision and his complete support for the *NMRA.* We wish him good luck in the next election!



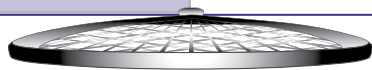
The next person on the list from the recent election was **Tom (TJ) Ferro.** Again, for those of you who are regulars at our events, I'm sure you know TJ. Since he was in Utah, we called him. (He was helping with the setups at the clubs and hotel, as he always does). TJ agreed to fill the vacant position and was able to make the meeting in Utah. This was bad news for **Jim Elliott,** since he lost a great worker for the day.

Congratulations and best of luck to each of these re-elected, newly elected, and appointed members of the NMRA Board of Directors.

➤ Call it, and get over it. And, if you don't call it, expect that your opponent will.

Penalty hinder simplified: intentionally or unintentionally taking away a direct offensive shot. Expanded, it is intentionally or unintentionally **1) failing to move,** to give your opponent a direct shot to the front wall or cross-court shot, including falling down and creating a safety issue; **2) stroke interference,** such as hindering the backswing, or failing to give your opponent the shot to which he is entitled; **3) blocking,** moving into or staying in a position that prevents your defensive opponent to a spot to which he is entitled; **4) moving into the ball,** which needs no explanation; **5) pushing;** **6) intentional distractions,** such as talking to your partner while on defense, or stamping your feet; **7) obstructing the view of the ball;** **8) wetting the ball** and **9) losing apparel or equipment.**

Now you have it, masters players--racquetball rules, just like a skip or double-bounce, to live by.



Provo, Utah Mayor Greets NMRA

By Bruce Adams, NMRA Secretary



The **Honorable Mayor Lewis Billings** of Provo, Utah, was the surprise guest at the *National Masters Racquetball Association's 2008 National Championships*. The tournament was held from March 4th through 8th, 2008. He spoke about meeting his wife on the racquetball court, and thinking he could beat her easily at the game. Naturally, she beat him, even while she was eight months pregnant! Mayor Billings ended his greeting with a presentation to our own NMRA member, **Lewis Edwards**. The award was for his service and assistance, not only with the

National Championships tournament, but also for his many years of service in the state of Utah with racquetball. We appreciated Mayor Billings taking time out of his busy schedule to speak with the NMRA. A nice article and photos of Lew followed in the local paper on Sunday – it can be found at <http://tinyurl.com/2bkw7f>.

Like the past few events, a local Boy Scout troop presented the colors before the banquet started. This time, it was **Troop 999** that did the honor, led by **Senior Patrol Leader Jacob Bigler**. Assisting was **Andrew "Bear" Baggs** and **James Brown**. Scouts doing the work were **Lorin, Phillip, Alonzo** and **Wesley Green; Ezra McMullin; Tanner Breeze; Devin Halvorsen;** and **Brent Bosley**. They were all given the tournament powder blue "hoodie" souvenir shirt after the presentation of colors, to a roaring applause from the banquet attendees.

Dave Ellis petitioned our group to help *Team USA* go to Costa Rica; they were \$1200 short before the "passing of the hat". Afterwards, they only needed a few more dollars, having raised over \$1,000 at the Friday night banquet. *Outgoing Board Member Ron Adams* (right) was presented with an award during the banquet "for his many years of Leadership and Support" by NMRA President **Tom Curran**.



We did play a little racquetball also! There were two venues used for the event – the *Orem Fitness Center* (14 courts) and the *Utah Valley State College* (eight courts). Both were fabulous facilities with plenty of viewing. There was an exhibition on Tuesday evening after registration at *UVSC*--**Ruben Gonzalez** against **Woody Clause**. In front of 150 cheering spectators, Ruben and Woody ended it in a 10-10 tie. Videotape of the free event showed the viewing area was in overflow status. There were 163 players in the tournament, with 31 female players (19%), and 28 players from Utah. Participation was down a little, as it has been for a few national tournaments lately. We are working on some ideas to get the numbers back up, for both women and men.



Joe Lee talks to UVSC Students

We found out that 91-year-old **Ben Marshall** has been taking lessons and scoring more points, and having even more fun with his game. He is a pleasure to talk to and get to know. The 45- and 50-year-old champions in the men's singles, women's singles and mixed doubles are: **Oscar Fierro, Marianne Walsh, Kent Hollingsworth / Linda Ellis; Stephen Wattz, Jill Mitchell, Tom Hanson**

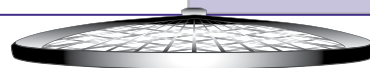
/ **Leslie Pawka**, respectively. The 45- and 50-year-old champions in the men's doubles and women's doubles are: **Thomas Travers / Thomas Cain, Marianne Walsh / Leslie Pawka; Stephen Wattz / Mike Grisz and Cindy Tilbury / Marcia Richards**.

See www.r2sports.com for complete results. If you were not playing racquetball, there was the outstanding beauty of the snowcapped *Wasatch Mountains*. Some folks went skiing either before or after the racquetball event. A couple of players also went to do work on their family genealogy.

The next NMRA event is its *International Racquetball Championships* at West Allis (Milwaukee area), Wisconsin at the *Wisconsin Athletic Club*. We are through with the picturesque mountains of Utah, and are ready for the cheese country of Wisconsin. **So Milwaukee, Here We Come!** We had a great time in Milwaukee a few years ago and look forward to the return visit. Check out the website www.nmra.info for the application and more particulars on the event. Players will be able to enter for the event on the www.R2Sports.com site sometime in April. The tournament hotel will be the same hotel as before, but it is now called the *Brookfield Suites*. The room rate is \$99.00 (plus tax) for up to four in a room. All rooms are two-room suites with microwave and refrigerator. There is also made-to-order breakfast and evening hospitality included in the rate. Registration / check-in will be Tuesday, July 15, 2008 with play from July 16th to 19th. **Make your room reservations early!**

The NMRA is dedicated to the mature racquetball player 45 years old and older. All matches (singles, doubles, and mixed doubles) are self-officiated and round-robin format, at our two annual events—*No More One Round and Out*. Your first event does not require membership to the association, but we wish you would join.

We look forward to your joining us at an upcoming event.



Please say "Thanks" to these Very Special Members...

By NMRA Board of Directors

We are very fortunate to have 'volunteer' members who dedicate their expertise, energy, and time to the NMRA with only our sincere thanks and admiration for reward.

Lee Graff –

Director of the Hall of Fame

Dick Lowell –

Webmaster (www.nmra.info)

Merijeane Kelly –

Membership Coordinator

Cap Hiles –

Tournament Help and Video Production

Joe Lambert –

NMRA Memorial Coordinator

Jim Emerson –

Webmaster NMRA MyFamily Site
(www.myfamily.com)

Not only do they work without compensation, I know several voluntarily pay for some of the items related to their area.

Thanks to each of you for your selfless service to the NMRA.

Room Lottery Winners in Orem, Utah

The following people were the lucky recipients of a free room night at the tournament host hotel, *The Provo Marriott*. The free room nights are the complimentary rooms the NMRA receives as a result of booking the rooms and banquet at the hotel.

1. Ben Marshall
2. TJ Ferro
3. Lola Markus
4. Ali Paksoy
5. Jill Mitchell
6. Cindy Tilbury
7. Roger Barber
8. Toby DiCesare

Stay at the *Brookfield Suites* host hotel in West Allis in July and you may receive a free room night, as well!

Tournament Results NMRA Orem, Utah

March 5-8, 2008 / Tournament Directors Jim Elliott and Tom Curran

Place/Division	State	Avg	Place/Division	State	Avg
M45			M65		
1st Oscar Fierro	UT	36.50	1st Pat Taylor	IL	36.67
2nd Bob Wright	IN	30.50	2nd Mitch Milewski	NH	35.00
3rd Thomas Cain	FL	30.00	3rd Dan Jones	GA	34.33
4th Enrico Dubach	UT	25.63	4th Luis Guerrero	CA	31.78
5th Jim Lundberg	UT	16.13	5th Steve Covey	CA	27.89
M50			M70		
1st Stephen Wattz	CA	Playoff	6th Byron Boyd Jr	UT	23.67
2nd Mike Gris	TX	Playoff	7th Robert Cox	OR	22.33
3rd Rick Howick	WA	Playoff	8th Paul Wehmeyer	NJ	19.44
4th Rick Ramirez	CA	Playoff	M75		
Qtr Kevin Boerup	AZ	Playoff	1st Charlie Hamon	WA	Playoff
Qtr Tom Weniger	CA	Playoff	2nd Leon Stanley	AL	Playoff
7th Richard Jackson	UT		3rd Lee Graff	OR	Playoff
8th Kent Gunderson	UT		4th Ron Adams	CA	Playoff
M55			M80		
1st Joe Lee	HI	Playoff	Qtr Ron Dorst	CA	Playoff
2nd Howard Walker	TX	Playoff	Qtr James Weeks	SC	Playoff
3rd Darryl Warren	CA	Playoff	7th Francis Florey	WI	25.20
4th Frank Taddonio	AZ	Playoff	8th Bill Baker	CA	24.40
Qtr Pete Chmielewski	CA	Playoff	M75		
Qtr TJ Ferro	IL	Playoff	1st Aaron Vederoff	WA	35.44
7th Bill Cooper	MD		2nd Jim Stahl	TX	30.11
8th Ali Paksoy Jr	NC		3rd Ron McElwee	AL	29.30
M60			M85		
1st Dave Warner	MN	36.33	1st Victor Sacco	NY	38.00
2nd Don Gunderson	WI	34.89	2nd Dick Kincade	CO	31.29
3rd Michael Call	WA	33.40	3rd Lee Goldstein	CA	30.00
4th George Henshaw	LA	32.11	4th Mike Martin	CO	29.86
5th Garry Carter	AR	30.78	5th Philip Dziuk	IL	28.29
6th Warren Bailey	AK	24.44	M85		
7th Larry Gazelka	MN	23.90	1st Sam Harry		21.14
8th David Ellis	CA	22.33	2nd William Gillio Sr		12.14

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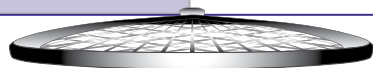


Local Utah NMRA players after the banquet.



Shirley Parsons & Cece Palaski
Kristen Walsh talks w/Tom Curran.

Photos by Bruce Adams



NMRA Orem, Utah Results continued...

Place/Division	State	Avg
M90		
1st Ben Marshall	TX	11.14
W45		
1st Marianne Walsh	UT	35.33
2nd Cindy Tilbury	CO	34.44
3rd Tracy Van Raden	OR	26.33
W50		
1st Jill Mitchell	CA	35.44
2nd Marcia Richards	CO	33.33
3rd Jere Luttner	TX	22.33
4th Melanie Newsome	NC	20.56
5th Jan Warren	AZ	14.22
6th Jana McKnight	UT	5.78
W55		
1st Shirley Parsons	CO	35.71
2nd Lynne Weisbart	IL	10.43
W60		
1st Merijeane Kelley	CA	35.29
2nd Mary Lou Furaus	AZ	34.43
3rd Lani Neer	UT	22.29
4th Cece Palaski	NM	18.00
W65		
1st Mildred Gwinn	NC	24.71
2nd Gloria Piscoran	OR	16.57
M45D		
1st Tom Travers / Thomas Cain	FL/AZ	38.00
2nd Oscar Fierro / Eddy Connor	UT/UT	28.50
3rd Tom Weniger / Bob Wright	NV/IN	24.83
4th Martin Sheeran / Pete Rossi	UT/UT	17.67
M50D		
1st Stephen Wattz / Mike Grisz	CA/TX	36.67
2nd Hatch Saakian / Ruben Gonzales	CA/NY	35.60
3rd Gary Bratt / Kent Gunderson	ID/UT	28.10
4th Tom Travers / Alex Puchall	FL/FL	22.60
5th Mike Hiles / Bruce Adams	MN/OK	14.80
6th Glen Aitken / John Haynes	UT/UT	21.22
M55D		
1st Hatch Saakian / Ruben Gonzales	CA/NY	Playoff
2nd Steve Cohen / Joe Lee	CA/HI	Playoff
3rd Darryl Warren / P. Chmielewski	CA/CA	Playoff
4th Chuck Childers / Mike Arnold	IN/IN	Playoff
Qtr Mike Lippitt / Bill Cooper	CA/CA	Playoff
Qtr Dan Webb / Bob Kelley	CA/CA	Playoff
7th Kelly Painter / Dave Briski	CA/CA	28.83
8th TJ Ferro / Jim Elliott	IL/SC	26.00
M60D		
1st Mike Pawka / Tom Hanson	CA/NV	36.27
2nd Bill Hughes / Carl Bruere	NM/NM	35.45
3rd Chuck Childers / Mike Arnold	IN/IN	34.70
4th D. Gunderson / Dave Warner	WI/MN	32.00
5th Ken Weinstein / Dennis Misal	MD/MD	27.91
6th Warren Bailey / Larry Gazelka	AK / MT	24.55
7th David Olson / David Atwood	MN / ID	22.60
8th Fred Roe / Howard Nellor	CA / FL	21.90
M65D		
1st Jerry Davis / Fred Letter	OH/NJ	38.00
2nd Luis Guerrero / Mitch Milewski	CA/NH	34.80
3rd Peter Pustorino / Dave Zabinski	MN/MN	28.20
4th John Eliot / Len Sonnenberg	NC/CA	22.60
5th Paul Wehmeyer / S. Lavorgna	NJ/NJ	15.20
6th Byron Boyd Jr / Glenn Pirrong	UT/NC	14.80

Place/Division	State	Avg
M70D		
1st Lee Graff / Ron Adams	OR/CA	36.20
2nd Jerry Northwood / Rex Lawler	AZ/IN	36.20
3rd Ken Pattison / Leon Stanley	CO/AL	27.50
4th James Weeks / Bill Baker	SC/CA	24.20
5th Bob Warren / Glenn Pirrong	AZ/NC	19.00
6th Roly Kalez / Dan Furman	OR/WA	12.90
M75D		
1st Armand Matern / David Faux	UT/UT	35.10
2nd Aaron Vederoff / Ron McElwee	WA/AL	31.00
3rd Paul Banales / Lew Edwards	AZ/UT	30.50
4th Ralph Stillman / Bob Englund	MN/MN	30.30
5th Jim Stahl / David Maitland	TX/CT	18.60
6th Ken Pattison / Cap Hiles	CO/FL	11.10
M80D		
1st Dick Kincade / John Prigmore	CO/KS	34.89
2nd Ivan Bruner / Victor Sacco	WI/NY	34.10
3rd Armand Matern / Lee Goldstein	UT/CA	27.00
4th Mike Martin / Philip Dziuk	CO/IL	26.50
5th Norman Skanchy / Russ Carruth	UT/UT	18.11
M85D		
1st Sam Harry / William Gillio Sr.	PA/CA	15.30
W45D		
1st Marianne Walsh / Leslie Pawka	UT/CA	38.00
2nd Carol Loomis / Linda Ellis	OR/OR	35.30
3rd Tracy Van Raden / Nancy Abram	OR/CA	30.70
4th Kim Deamer / Susan Miller	UT/UT	22.00
W50D		
1st Cindy Tilbury / Marcia Richards	CO/CO	34.60
2nd Kim Cameron / Val Shewfelt	CA/UT	25.50
3rd Rosario Bauer / Jan Warren	CA/AZ	24.30
W60D		
1st Lani Neer / Sylvia Sawyer	UT/UT	19.00
2nd Joy Desantis / Vickey Utter	CA/NC	18.20
W65D		
1st Mildred Gwinn / Gail Schaefer	NC/MD	19.70
2nd Lola Markus / Nidia Funes	IL/CA	12.10
X45D		
1st Kent Hollingsworth / Linda Ellis	OR/OR	34.00
2nd Enrico Dubach / Susan Miller	UT/UT	24.13
X50D		
1st Tom Hanson / Leslie Pawka	NV/CA	37.00
3rd Howard Walker / Jill Mitchell	TX/CA	32.71
4th Rick Ramirez / Kim Cameron	CA/CA	27.88
5th Mike Hiles / Jere Luttner	MN/TX	24.00
6th Dave Briski / Melanie Newsome	CA/NC	22.14
7th Garry Carter / Jana McKnight	AR/UT	15.63
X55D		
1st Steve Cohen / Lynne Weisbart	CA/IL	33.80
2nd Roger Barber / Shirley Parsons	WY/CO	31.60
3rd Jim Elliott / Rosario Bauer	SC/CA	23.80
X60D		
1st Jerry Northwood / Mary Lou Furaus	AZ/AZ	36.00
2nd Bob Kelley / Merijeane Kelley	CA/CA	18.00
3rd John Eliot / Vickey Utter	NC/NC	14.60
X65D		
1st Rex Lawler / Gail Schaefer	IN/MD	37.00
2nd Charlie Hamon / Nidia Funes	WA/CA	34.38
3rd Steven Lavorgna / Gloria Piscoran	NJ/OR	25.50
4th Roger Flick / Sylvia Sawyer	UT/UT	21.88
X70D		
1st Ron Dorst / Lola Markus	CA / IL	17.13

Social Director Notes

By Cindy Tilbury

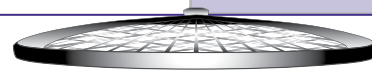
Since I appointed myself as the NMRA social director for our two yearly tournaments, I have worked hard to get NMRA players introduced to all of the other players. In a big tournament, that's not always possible, but we all know that our sport would not be our sport if it didn't have great people playing it. I hope you take the time to meet players in your division, and in others. **One of the best ways to get to know other players is to play doubles.**

As I've done for the past two tournaments, I will be making a special effort to put together roommates, sightseeing partakers (no one has needed my services on that one yet, but check out the *list of things to do in Milwaukee*) and **DOUBLES PARTNERS**. If you enter the tournament and indicate you need a doubles partner on your entry, I will find you one. I also call everyone who enters one division to ask if they would be willing to play a second event—mixed or same-sex doubles. In Utah, we had about 75 percent of our players playing a second event, and I spent many hours calling and matching up players. When finding doubles partners for people, my goal is to try to make sure you have a great time, so that you will want to come back again and again. I can't make every match perfectly, but if I made a mistake, I'll do better next time.

You can expect my email or call for the *West Allis* tournament if you don't already have a doubles partner. I believe many more players will be up for some doubles, since the tournament is NOT at high altitude. **Give me a call if you would like me to contact someone for you, or wait for me to contact you!**

TIDBITS...

Do your shoelaces always come untied? I haven't had that problem since Marcia Richards showed me a great trick. Before you pull the last loop tight, loop it around one more time and then pull it tight. Your laces will stay tied and, unlike double-tied shoelaces, you can untie them like always, just by pulling on one lace. **Try it.**





ENTRY FORM

NMRA International Championships

JULY 16 - 19, 2008



Wisconsin Athletic Club

Wisconsin Athletic Club, West Allis, WI 414.321.2500



Mail-In Entry Must Be POSTMARKED NLT 7/3/08
Online Entries Must Be COMPLETED BY 7/10/08

Please Print — Be Legible, Complete & Accurate

Name: _____

Address: _____

City/State/Zip: _____

Phone: Home _____

Work _____

Cell _____

Fax: _____

Email: _____

DOB: m ____ / d ____ / yr ____ Age on 7/15/08 _____

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, Wisconsin Athletic Club & their staff, & 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: _____

FEES:

First Event	\$ 140	\$ _____
Second Event	\$ 40	\$ _____
Spouse/Guest(s)* (each)	\$ 65	\$ _____
NMRA Membership ** (3yrs)	\$ 45	\$ _____
USRA Membership (required, 1 yr)	\$ 35	\$ _____
Future Fund Donation:	\$ _____	
Total Due:	\$ _____	

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

____ ****This is my first NMRA tournament (**First time participants do not have to join the NMRA, but we hope you do)**

SHIRT SIZE: S M L XL 2X 3X
MENS _____ WOMENS _____

PAYMENT: Send entry form & payment in U.S. dollars, *made payable to NMRA*. Mail to:
 Steve Cohen, NMRA Treasurer
 5832 E Bluebonnet Court, Orange, CA 92869
 Online entries at: www.r2sports.com

Players may enter a maximum of two (2) events: Only one (1) singles event may be entered. A player may enter two (2) doubles events, OR a player may enter one (1) singles event AND one (1) doubles event, OR only one (1) singles, OR only one (1) doubles.

	MEN	
DOUBLES		SINGLES
_____	45+	_____
_____	50+	_____
_____	55+	_____
_____	60+	_____
_____	65+	_____
_____	70+	_____
_____	75+	_____
_____	80+	_____
_____	85+	_____
_____	90+	_____

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

MIXED DOUBLES		
_____	45+	_____ 70+
_____	50+	_____ 75+
_____	55+	_____ 80+
_____	60+	_____ 85+
_____	65+	

Doubles Partner(s): Please print
 Name/Div/Age Bracket: _____
 Name/Div/Age Bracket: _____

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

NO REFUND OF ANY FEES AFTER 7/13/2008

Tips from the Trainer — Longevity on the Court

By Lynette Froehlich



Hi, my name is **Lynette Froehlich** and I love racquetball! I've been playing for 29 years and attribute my longevity for staying healthy, strong and competitive on the court to following some simple rules. There are two primary enemies to longevity on the court. The first is injury and the second is an aging body.

A nagging injury is the worst thing that can happen to an avid racquetball player. If you haven't experienced one, you're fortunate. If you have, you know what I mean. As I observe players with nagging injuries, instead of allowing the problem to heal, I see some players continue to play, putting up with the pain. Their game suffers. And if they continue to play, the injury usually gets worse until the player is forced to quit. It isn't fun; but laying off and coming back can be a long process.

Then there's that problem none of us can prevent – aging bodies. Even when not injured, it's so easy to expect to play like we did when we were 20, isn't it? Our minds want what our bodies can't always do.

The solution to both these enemies is to cross train. If we use an analogy, our bodies are like a beautiful car. If we neglect maintenance, our car begins to rust, the interior starts to crack, gas mileage slips, the hoses start to split, the exterior fades, and parts break down. But if we stay on top of it, it can look pretty good while it runs for hundreds of thousands of miles! Just ask my husband. He drives a *1991 Buick Park Avenue*. His goal was to drive it for 200,000 miles. To date, it's got 205,000 and he thinks it'll be good for another 50,000. Personally, I think he's a little crazy and wish he'd trade it. But the point is...he has taken care of it and it continues to serve him well.

How did he get all those miles on that car? REGULAR MAINTENANCE! The same principle works with our bodies. The sources I read say that regular maintenance has four friends. They are (1) Cardio, (2) Weight Lifting, (3) Stretching and (4) Nutrition. If we include all four in our regular routine, since our bodies are our most prized possession, we can be active and competitive on the court for a lot of miles!

Nothing looks nicer than a '65 *Corvette*, a '57 *Chevy*, or a '68 *GTO* when it's tuned up, shined up, and purring like a kitten – unless of course, it's roaring like a lion! I'm looking forward to seeing how many antique cars can outshine and outrun the newer models on the court. The newer models don't like to get beat – and I say, "Let's keep it that way!"

See you on the Courts!

Lynette Froehlich is a Certified Ace Personal Trainer, a Certified Am-Pro Instructor, a 2007 Singles and Doubles National Champion and sponsored by Ektelon. For more information, contact Lynette at: lynettef@velocityalliance.com

Keep Your Game Young — Learn to Dive

By Jo Shattuck

QUICKTIP 1: Wanna dive without getting hurt?

Use your non-racquet hand as your third leg. Have you ever done a Bear Crawl, where you use your arms as legs? As you begin the dive, after your first two steps, you'll take a 'step' with your non racquet arm, propelling yourself horizontally to the floor. The sequence is... one



foot, other foot, arm, and swing. Don't let your whole body weight be supported by any one 'leg'. After you swing, (or just 'bunt' the ball), the impact of landing should be absorbed by your chest and belly so it is more of a 'glide' along the floor. Dive injuries happen when players land on the bony hip, or when they let one arm, or knee, absorb all the shock. ➤

➤ QUICKTIP 2:

Getting up quickly after a dive

If you have landed properly after your dive, you are horizontal to the floor, sliding on your chest and belly. This next part happens in about one second. First, unwrap your fingers from the bottom of your racquet (prevents your fingers from getting smashed). Your palm will still be on top of the grip, so you can pick up the racquet as you get up. You will now plant both palms, one hand with the grip underneath it, beside your shoulders, as if you were going to do a pushup. Since you are still sliding, the rest of you will come sliding up underneath you. You will do a half-pushup, to push your chest up, to make room for your knees. Remember the 'burpees' you had to do in PE? Oh, and the less you are sliding, the more like a real push up it becomes. *I recommend practicing the 'get up' part with your racquet in your hand.* First, lay down on your belly, with your racquet, plant your hands, then 'get up' as described above. Your triceps will feel it.

That's it! You're diving!

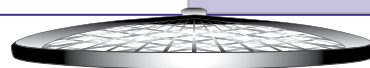
Editor's Note: This newsletter's **Keep Your Game Young** section is contributed by future NMRA member **Jo Shattuck**, who teaches racquetball programs, and plays all of the Women's Pro Tour events. She is currently ranked #11, and is an *AmPro Certified Instructor*. Jo is available to teach racquetball and *AmPro* clinics in your area, and provide one-on-one instruction. —Cindy Tilbury

TIDBITS...

We need you! You don't have to be a board member to make a difference. The NMRA is always in need of volunteers to work during and before our tournaments. If you are in town early for a tournament and want to help out, please contact a board member and we can find a place for you.

In an effort to better serve our members, we would like to do more to follow up on memberships by making telephone calls when memberships expire and keeping information up-to-date. Please let us know if you are interested in helping us out with this task.

Can you believe it? The racquet we found at the Kansas City tournament is still unclaimed. I'll give everyone a little hint, to jog your memory from almost a year ago: It is a *Pro Kennex racquet*, and we believe a woman left it at the club near the tournament desk.



RACQUETBALL INSTRUCTOR CERTIFICATION COURSE

CLINIC REGISTRATION FORM

Local Contact: Tom Curran, (513)490-7472
 Location: West Allis, WI
 Dates: July 14 & 15, 2008
 Club/Venue: Wisconsin Athletic Club
 Clinician: Gary Mazaroff
 Telephone: (505) 321-1110
 Days/Hours: Mon 9am-5pm, Tues 9am-4pm
 Email Contact: gmampro@aol.com

Name: _____
 Address: _____
 City: _____
 State: _____
 Telephone: _____
 Telephone-cell: _____
 Fax: _____
 E-mail: _____

USAR Member yes () no ()
 NMRA Member yes () no ()

Registration Fees Enclosed:

Instructor Course	\$225	_____
NMRA member-course	\$150	_____
UPGRADE-current members	\$100	_____
Program Manual	\$40	_____
AmPRO renewal (1yr/3yr)	\$30-\$75	_____
USAR dues (new only)	\$35	_____
Late Fee	\$20	_____

Total Fees Enclosed \$ _____

Payment Method: () check
 () money order
 () credit card MC/Visa only

_____ Exp. _____

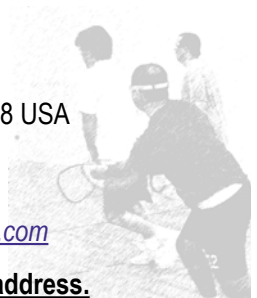
Name on Card _____

For more information, contact:

Gary Mazaroff, Director
 6201 Copper NE / Albuquerque, NM 87108 USA
 (505) 321-1110 tel / (505) 256-1380 fax
 email: GMAmpro@aol.com

or visit website at Internationalracquetball.com

Send this form and payment to above address.



Special Notice:

Hope and Dreams Fundraiser

By Warren Bailey, Anchorage, Alaska

As many of you know, raising money and awareness for cancer patients is a passion of mine, as so many people were there to provide support during my health battles over the last years.

The Hope and Dreams Racquetball Tournament is a special fundraiser for cancer where we raise money for research. *Research provides "Hope", and the "Dream" is to provide a wish for people where research is too late and they have less than a year to live.* This is our 3rd annual fundraising tournament, and is our largest tournament in Anchorage! We expect to fill all 12 courts as we host at least 150 players, with our local mayor and television involved, as before. I'd like to personally invite you up to Alaska to participate in this extraordinary event.

The Tournament is October 2 through 5, and will be held at The Alaska Club in Anchorage, Alaska. Contact me, **Warren Bailey**, at 907-727-9860 or wkbailey1@gmail.com for more details, and an entry form/brochure.

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Places to Go and Things to Do in the Milwaukee / West Allis Area

By Kendra Tutsch, President, Women's Senior/Master Racquetball Association

There are many attractions for NMRA visitors to the West Allis / Milwaukee area. Our favorite is the Milwaukee Art Museum on the Lake, with the spectacular Calatrava-designed addition, featuring moveable "wings", and huge Chihuly sculpture. The Lakefront is also great. There is a long hiking path and great views, and a coffeehouse in an old pumping station.

Other attractions that we have enjoyed include:

- The Milwaukee Public Museum
- The historic Pabst Mansion
- The Milwaukee County Zoo
- Miller Park, home of the Brewers, with amazing retractable roof
- Boerner Botanic Gardens
- Old World Wisconsin in Eagle
- Miller Brewing Co tours

Great areas for eating and drinking

- Lakefront Brewery
- Historic third ward
- Mexican area around 5th street (great restaurants- we like La Perla)
- Riverwalk area

One of the other Wisconsin Athletic Club 45+ players, Linda Covault, also wanted to remind the NMRA guests that a group went salmon fishing on Lake Michigan during the last NMRA tournament and had a blast.

Try to schedule a few extra days in the Milwaukee area. If you need specific directions, please contact Kendra Tutsch, Linda Covault, Elliott Papermaster or Trish Beatty, your tournament director at the Wisconsin Athletic Club.



Wisconsin Athletic Club

NMRA July 2008 International Championship INFORMATION SHEET

Tournament Registration: Tuesday, July 15, 2008 (with player meeting)

Tournament Play Dates: Wednesday July 16 – Saturday July 19, 2008

Tournament Banquet: Friday, July 18, 2008 – Host Hotel – Cocktails at 6pm.

NOTE: Every bracket will begin play on Wednesday and will have matches scheduled through Saturday. DO NOT MAKE TRAVEL ARRANGMENTS FOR SATURDAY BEFORE 6 PM. There will be no availability of courts to play matches early. PLEASE HELP US WITH THIS >>>> PLEASE DON'T PLAN AN EARLY FLIGHT ON SATURDAY. PLEASE DO NOT ASK FOR SPECIAL CONSIDERATION SINCE IT DISRESPECTS THOSE WHO DO MAKE ALL THEIR TRAVEL PLANS TO PLAY.

Tournament Scoring Rules:

Every bracket will play two games to 15 with no tiebreaker game. The 'pool play' brackets will have playoff matches. Two games to 15, tie breaker to 11 if needed. The r2sports.com system will automatically apply the extra game and match points. Two extra points per game won and four extra points if you win a match.

Tournament Director: Trish Beatty, Assistant Manager, Court Sports Director & Club Pub Manager
Wisconsin Athletic Club - West Allis / 1939 S. 108th St. / West Allis, WI 53227
PH: 414.321.2500 / Email tbeatty@thewac.com

Main Club: Wisconsin Athletic Club - West Allis / 1939 South 108th St. / West Allis, WI 53227

2nd Club: Wisconsin Athletic Club - Waukesha / 1530 East Moreland Boulevard / Waukesha, WI 53186 / 10 Miles/15 Minutes West of WAC West Allis

Registration night information:

Check the www.r2sports.com website for this tournament for full information

Hospitality information:

Check the www.r2sports.com website for this tournament for full information

Sponsor information:

Check the www.r2sports.com website for this tournament for full information

Airport information:

MKE General Mitchell International Airport – 17.5 Miles to the Host Hotel
ORD O'Hare International Airport – 90 Miles to the Host Hotel

Host Hotel Information: Brookfield Suites Hotel and Convention Center / 1200 S. Moorland Road / Brookfield, WI 53005 / 262-782-2900

This is a full 'suites' hotel, formerly the Embassy Suites, located five miles from the Wisconsin Athletic Club. Each room has a separate livingroom and bedroom. All rooms have wetbar, microwave, and refrigerator.

Room rate is \$99.00 (plus tax) per night. This rate is good for up to 4 in a room. Room rate includes full cooked breakfast daily and evening 'managers' hospitality.

Call the hotel directly to make a reservation (262-782-2900) and ask for the "NMRA" room rate. Shuttle Service is available to and from the Hotel and Milwaukee Airport.

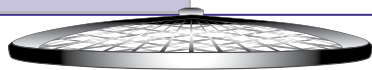
Shuttle Service will also be available on a set schedule during the tournament play dates to and from the two clubs from the HOST HOTEL ONLY.

Directions from the Milwaukee Airport to the Hotel: 21 Minutes, 17.5 Miles. Follow the airport access road to I-43/I-894 and go west and curve north on I-894 for 9 miles. Take the I-94 west exit and drive for 4 miles, to the Moorland Road South exit and go half a mile to Pinehurst Drive. Turn left onto Pinehurst and into the Brookfield Suites driveway.

Directions from the Host Hotel to the Wisconsin Athletic Club: 7 Minutes, 5 Miles. Go north on South Moreland Drive and then I-94 east for 3 miles to Route 100 / South 108th (Exit 304B). Follow Route 100 for 1.5 miles to the Wisconsin Athletic Club.

Directions from WAC West Allis to WAC Waukesha: 15 Minutes, 10 Miles. On 108th, U-turn at Rogers to go North. Merge onto I-94 West for 6 miles to Barker Road (Exit 297) and loop around to merge onto US-18 W / East Moreland Boulevard toward Waukesha for 2.5 miles.

Milwaukee weather in July: Sunny, hot and humid.



Masters TOURNAMENT Trail 2008-2009

USAR National Singles	May 21-26, 2008	Houston, TX	Draw / All Ages	www.usra.org
World Senior Doubles	Jun 11-14, 2008	San Luis Potosi MX	RR / 35+ Doubles Only	www.internationalracquetball.com
NMRA International Champ.	Jul 15-19, 2008	West Allis, WI	RR / 45+	www.nmra.info
IRF World Championships	Aug 26-30, 2008	Albuquerque, NM	RR / 35+	www.nmracquetball.com
Huntsman World SR Games	Oct 17-20, 2008	St. George, UT	RR / 50+	www.hwsg.com
US Open	Oct 22-26, 2008	Memphis, TN	Draw / All Ages	www.usra.org www.usopenracquetball.com
State Senior Games 2008	Varies by St.	Varies by City	Varies by St / 50+	http://nsga.com
Women's Senior Masters Championships	Jan 16-18, 2009	Canoga Park, CA	RR / 35+ Singles Only	http://my.execpc.com/~tutsch/WSMRA/main.html
USAR National Doubles	Feb, 2009	Phoenix, AZ	Draw / All Ages	www.usra.org
NMRA National Champ.	Mar, 2009	Canoga Park, CA	RR / 45+	www.nmra.info
USAR Regionals	Apr, 2009	Various, Chicago	Draw / All Ages Recommended	www.usra.org
Summer National Senior Games	Aug 1-10, 2009	Stanford Campus near San Francisco, CA	TBA / 50+	www.2009seniorgames.org



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