



RACQUET RACKET

MAY 2009

Official Newsletter of the National Masters Racquetball Association (NMRA)

The President's Corner



By Tom Curran, NMRA Board of Directors President

Hi all...

What exciting end-of-year 2008 and beginning-of-year 2009 tournaments for the NMRA!

For those of you who were able to attend, I am sure you will agree that the *Doubles Duel* in Denver, December 2008, was well worth the effort to get there. The host hotel provided a great home-away-from-home and the venue provided a welcoming staff and well-appointed facility for our players and guests. Hospitality was provided by a local woman who used the kitchen facility at the club to prepare fabulous homemade for lunch and evening hospitality. If you left the facility hungry, it was your own fault.

We began 2009 in March in *Canoga Park, California*. It had been three years since our last event there and it was good to get back. The staff at the Spectrum did an excellent job of keeping the event on time and the café provided great service for lunch and evening hospitality.

We experienced a decrease in what we anticipated the attendance would be at both of these well-planned and -managed events. The biggest disappointment was the low attendance of women players at our March event in Canoga Park, CA. We suspected that the close proximity of dates from the *Women's Senior Master* event held in January and the *National Doubles* held in February was a major

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Editor's Corner — In a Slump

By Cindy Tilbury

In the past several years, I have been really happy with my game—except for two slumps. They were pretty frustrating, and it is only now, as I look back at how I accidentally “fixed” my game, that I can appreciate my normal level of play, such as it is.

My first slump was at a time when I had broken all of my racquets, but was on a pretty strict budget so I was using borrowed ones. I used to think that a decent player could play with any racquet, but not anymore. I know I was in racquet hell, and it wasn't until I ordered two more of my regular racquets a few months later, that my game returned to normal. Unfortunately, I had entered the Pro division of a local *Women's Pro Tour* stop, and my borrowed racquet helped me look like a C player against **Nancy Enriquez** from Mexico. Needless to say, I was really happy to get my regular shots back with my regular racquet.

My second slump was equally maddening. I LOVE my shoes and how comfortable they are when I play for hours, but they are getting a little older now, so I was slipping a lot on the court where I normally play. It was better when I would wetmop the floor (we thought it was the darn kids in their streetshoes), but it wouldn't last long. I was afraid I would be shoe shopping again soon. Our group of regular players figured out that the air in the club was dusting the court and we had to mop it every hour or so to have good traction. It is so dry here in Colorado that it must have been getting into the heat ducts of the club. Anyway, I figured out that, if the floor was even a little bit slippery, I played about half as well. I couldn't move without worrying about slipping, but more important, my push-off foot would slip when I was shooting the ball. It just isn't the same game. It turns out that my shoes were just fine, thank goodness, and now we keep the mop right by the court.

I had one other incident when I played pretty badly, but that was when I was tournament director for the *Denver Doubles Duel* NMRA tournament in December. Everyone knows it's tough to run things and try to concentrate enough to play well.

When it's back after being gone, I really appreciate how fantastic it is to play well. I hope you never have any slumps in your game, and that you figure out the problem right away, if you do.



Denver Doubles Duel Tournament Directors

Canoga Park Lucky Winners

One Free Night at the Hilton Room winners:

Charles Childers, IN
Thomas McKie, TX
Arthur Hotchkiss, CT

Ektelon O3 Racquet Giveaway Winners:

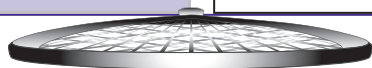
Woman who traveled the farthest:
Gail Schaefer of Baltimore.
Man who traveled the farthest:
Howard Nellor of Orlando.

Auction Prize winners:

Ektelon O3 Racquet:
\$110 to **Ed Roffey** and **Cap Hiles**.

Entry to *World Seniors* in Albuquerque, NM:
\$120 to **Fred Roe**.

Entry to *NMRA* in Champaign, IL:
\$175 to **Cece Palaski**.



President's Corner continued from page 1

cause for the lower-than-expected attendance and support of our women members.

We also realize that this is a very difficult and upsetting time for many of our players, considering the state of the economy. This is a time for us to reflect not on the things we have lost, but on all the wonderful things we still have. Our freedom continues to be guarded by the most reliable, focused, and professional military force in the world. We owe a great debt of gratitude to our men and women in uniform who sacrifice everyday for the great good of our country.

Related to our tournaments, one item I want to focus on in this report is the importance of getting registered for our events as early as possible. I know that many folks do not know if they will have the time to attend, or are making decisions on which events to play. What I would like to explain is why it is important to make that important decision as early in the registration period as possible.

Contracting with the Club:

The second thing the club wants to know (after the dates of the event) is how many folks they will be hosting. Most facilities determine their ability to host an event based on how many players and guests will be using the facilities. Two important reasons for the club knowing the number of players is (1) to prepare their invoice and any deposit requirement they may have and (2) to determine if they can manage the potential disruption to their regular members. The more people we have, the less room there is for scheduled classes, etc.

The Host Hotel:

Again, the dates of the event are very important in trying to find a hotel that will be able to provide the space needed for our events. Since we are not a single-elimination event, if we have 200 people on the first day, we have 200 on the last day. Single-elimination events have a tendency to cause rooms to open up during the week and go back into the reservation system for the hotel. Also, since our events begin on a Tuesday night, it often causes a problem for the nice hotels that cater to the business traveler. The *Hilton* in *Canoga Park* is the perfect example. Last year, before the downturn in Business travel, the management would not host our event unless we changed the event days to Thursday through Sunday.

The number of players and guests who will attend the banquet is another important part of getting the best contract with a hotel. Once we give the total number of folks coming to the banquet, then we have to pay for that number, no matter if they attend or not. This is a serious issue if folks say they are coming to the banquet as they check in on Tuesday night (we are required to give 72 hours prior notice for the number of attendees for the banquet to the hotel staff) and then don't attend the banquet on Friday night. For example; 146 players and guests said they were coming to the banquet in March at the *Hilton*. We gave the hotel the number 140. The actual number that attended was 108. We were charged \$40.00 per person for all of the 140, which means that we lost \$1,280.00 in revenue. That wasted cost means we did not have that amount of money to give to racquetball programs that the *NMRA* usually supports.

The hotel and the club are the two major reasons for asking each of you to make the decision to come to an *NMRA* event and then to register as quickly as possible; however, the areas of tournament food service (lunch and hospitality), and tournament gifts (shirts, bag tags, etc.) also are causes for concern and can result in lost revenue by paying for things we may not need.


An area of concern that affects you directly when you do not sign up early is doubles partners. We have had people sign up at the deadline, asking for two doubles partners. There is a chance that you won't get one if you wait until the last minute. The best option is to sign up early, and let us know if you find a partner; otherwise, we will keep you in mind as other partners become available in the sign-up process. Along the same line, if you need a roommate, you should ask early and we can make that happen for you.

My reason for telling you all this is to ask for your help in doing whatever you can to register for an event as soon as you make the decision that you will be coming. We sincerely appreciate your support and (believe it or not) enjoy doing all the planning for an event.

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Not for Ladies Only

By Cindy Tilbury

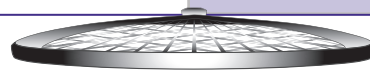


Thanks to all of your efforts, we had been doing really well getting women to play in the *NMRA* tournaments in the past several years. In addition, I had been working hard to get more ladies to play, and to make sure they had a great time at the tournament so they would come back. Unfortunately, we had fewer ladies play in the *Canoga Park* tournament, so our Board members and tournament directors were a little disappointed. The number of ladies was also down in Denver, but the *Mixed Doubles* divisions were strong and that tournament was our first "third tournament" so many players had not budgeted to attend it. The economy will be a factor, but our July *Champaign* event should be back up to our normal 27 percent, or even higher. There is a fantastic group of 45+ female players within a few hours of that venue who regularly play our summer tournament, and **Carmen Alatorre-Martin** will be bringing her group from the Washington DC area. Invite your female player friends now and make plans to travel together.

See you in Champaign!

Marcia Richards and I hope you heard about the February 21 (2009) special promotion sponsored by *Ektelon*. It was called "Women in Racquetball Across America" Day. The aim was to showcase women racquetball players and the game of racquetball being played at all levels--including "introductory"--by holding many events across the country, all on the same day. In Colorado, we had about seven different get-togethers, geared toward specific levels of play, held by many of the *Open* women players at seven different clubs. After holding all of those special events, the *Open* ladies got together for some seriously fun singles and doubles. Marcia is sponsored by *Ektelon* and she arranged for *Ektelon* to be the title sponsor on this single-day, multi-venue celebration. There were many other clinics and on-court matches around the country on that day. We hope you had several offerings in your area, too. Keep it in mind for next year, and organize some events to introduce the ladies in your area to the best sport in the world, or just make the local women players feel extra special.

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Not for Ladies Only continued from page 2

If you don't already have one organized in your area, please consider holding a *Racquet For The Cure* tournament. Started in Denver, the proceeds from this tournament go toward breast cancer research. We all know women who have been sidelined by this form of cancer; this tournament is a fun way to make a difference for future generations. Contact **Linda Mojer** and check out the www.racquetforthe cure.com website if you need ideas to get started.

You don't have to be a woman to promote women's racquetball. You can make a difference to the female players in your area. Simply set up a social racquetball event every month or so, put up some posters and send emails to get the ladies in. The key to keeping ladies playing is to make sure they have women they can call to play. Meeting lots of ladies who play at their level will give them the opportunity to get phone numbers and it will give them the confidence to join a league or play challenge court or even enter a tournament. Be the person in your area in charge of the "Ladies List" and start organizing your lady players today. If you need some ideas, contact me. ○

TIDBITS

By Cindy Tilbury

Gary Mazaroff recently announced that the 2009 World Senior Doubles Championships will be held in Vancouver, British Columbia, Canada.

In past years, this tournament has been held in Mexico, Germany, France, and other countries, so this is a great opportunity to play this fun event much closer to home. Check out www.internationalracquetball.com or contact Gary Mazaroff for more information. Gary can find you a partner(s) if you don't already have one that will travel with you to Vancouver.

Congratulations to all of you 80-year-old members, as you will not have to renew your memberships any longer. Of course, we hope you'll donate to our junior and collegiate fundraising efforts.

You're the greatest!

President's Corner continued from page 2

We know that *NMRA* events enjoy the best tournament We know that many players choose to come play in an *NMRA* because of the perfect blend of friendship, competition, amount can lose, but you can't be eliminated at an *NMRA* event) and other major events.

Let's take a few minutes to talk about the website, www.nmra.info.

I have at least one person per week who contacts me (by clicking on 'contact us' on the website), to ask about why there is no information on the website about future events. I take the time to contact the person and explain that all they have to do is use the features of the website and they will find everything they need.

From the main menu, you can access information on the upcoming event; usually this is the '**FEATURED ARTICLE**' on the main page. Right now, the July event in Champaign, IL is '*featured*' and the information has a '*link*' to online registration for the event.

There are news items related to our organization and sport, a '*Board of Directors*' page which introduces each of the board members and provides a way for you to contact them directly (click on their picture and you can immediately send an email to that board member).

There is also an online *NMRA STORE* linked to the Website. Many of you asked for ways to get merchandise with the official *NMRA* logo. We are not staffed and do have the personal resources to have *NMRA* merchandise made, stored, shipped, and on display at each event. But we heard the membership and made available online what we continue to believe is the best way to provide that service at no additional cost to the *NMRA*--not to mention the cost of hiring a staff to provide that service. The items and services of the *NMRA Store* are provided free of charge to the *NMRA*, and we receive a percentage of the sale of items. Unfortunately, only a couple of Board members have purchased anything on this site. We would like to see folks use the service, but it is more important that we made it available. Making purchases is a personal decision that we respect.

Now I know some of you are saying... "*Sure Tom, but I don't use a computer.*" Although that may be true, I am addressing these comments to those who are sending me messages from the *NMRA* website, which means they do have and use their computer. Also, we can see that they know how to access the internet and locate websites. Yet, we still have a number of folks who won't use the option to enter online at www.r2sports.com.

For those of you who, for whatever reason, still like to send in a paper entry form, there is always a copy of the entry form for the next event in your bi-annual *RacquetRacket Newsletter*. There is a '*contact*' page that allows you to send a '*comment*' directly to the Webmaster (um.... That still is me!!!).

The *Board of Directors* and I want to thank each of you for your membership and active participation at our annual events. We look forward to hearing from you often, and hope to see you all in Champaign, IL for the *NMRA 2009 International Championships*. You will find an information sheet and entry form in this newsletter. ○

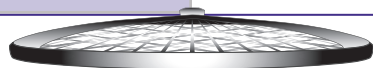
(l to r) Ed and Aiaga Roffey; Ruben Gonzalez and Rhonda Rajsich; Luttner, Cameron, Boyea & Hollis/WD50



(l to r) First timer, Irma Zaldana/W45; Mike and Leslie Pawka; Saakian and Gonzales/MD50 & MD55



Ruben attempts a high backhand.



NMRA Tournament Results

Denver Doubles-Only, Colorado

December 4-6, 2008 / Highlands Ranch Rec Center / Cindy Tilbury, Tournament Director

Division	Place	Names	State	Points	Division	Place	Names	State	Points
MD35	1st	Damion Cordova / Mike Nigro	CO	31.50	MD65	1st	Glenn Cunningham / Mitch Milewski	OR	36.88
	2nd	Shannin Rudman / Paul Jermolenko	CO	30.75		2nd	Bill George / Dan Davis	CO	18.75
	3rd	Eric Barber / Michael Ginocchio	CO	36.38		3rd	Bill Copeland / Arthur Johnson	CO	18.25
MD40	1st	Harold Jagoda / Woody Clouse	CA	36.38	MD75	1st	Michael Henchy / David Maitland	GA	38.00
	2nd	Michael Winters / Eric Metherd	CO	29.13		2nd	Dick Kincade / Phil Molz	CO	25.75
MD45	1st	Greg Kellums / Charles Powers	CO	37.50	MD80	1st	Mike Martin / Philip Dziuk	CO	17.00
	2nd	Cesar Sanchez / Lou Trignani	CO	31.83	WD40	1st	Debbie Beldring / Lori Inskeep	CO	37.29
	3rd	Vincent D'Angelo / Richard Romero	CO	28.00	WD45	1st	Marcia Richards / Micky Richer	CO	32.86
	4th	John Trujillo / Billy Ward	WY	23.67		2nd	Maria Small / Christine Meyer	CO	22.29
	5th	Matt Galusha / Ralph Graham	CO	23.17	WD50	1st	Barbara Mehegan / Mary Keenan	CO	34.00
	6th	Craig Shaddy / Michael Matheson	CO	22.33		2nd	Carold Loomis / Cindy Tilbury	OR	28.29
	7th	Rich Owens / Sammy Payne	CO	17.33	WD55	1st	Shirley Parsons / April Settell	CO	21.43
MD50	1st	Eddie Meredith / Dave Letsche	CO	35.63		2nd	Nila Cole / Susan Schatz	CO	12.29
	2nd	Kimber Schumann / Earl Haskins	CO	34.63	WD60	1st	Marquita Molina / Cece Palaski	CO	18.00
	3rd	Paul Klatt / John Hulick	CO	24.25	XD35	1st	Ralph Graham / Amy White	CO	15.38
	4th	Bruce Adams / Daniel Rhodes	OK	21.38	XD40	1st	Diane Wilkison / Earl Haskins	CO	34.13
	5th	David Nelson / Michael Morales	MN	18.50		2nd	Debbie Beldring / Al Martinez	CO	34.00
MD55	1st	Doug Smith / Johnny Blecher	CO	34.80		3rd	Earl Mosley / Lori Inskeep	CO	32.00
	2nd	Ed Kidneigh / Earl Mosley	CO	31.40		4th	Jill Krenzelok / John Trujillo	WY	18.00
	3rd	Robert Ferrara / Al Martinez	MA	31.40	XD45	1st	Greg Kellums / Barbara Mehegan	CO	32.33
	4th	Jim Elliott / Jim Gutierrez	UT	28.20		2nd	Billy Ward / Micky Richer	WY	25.22
	5th	Jim Mellen / Phil Gaerlan	CO	21.80		3rd	Bruce Adams / Maria Small	OK	22.22
	6th	Ed Post / Tim Lenahan	CO	18.00		4th	Christine Meyer / Matt Galusha	CO	21.33
MD60	1st	Gordon Levy / Michael Wouk	CO	33.00	XD50	1st	Eddie Meredith / Mary Keenan	CO	38.00
	2nd	Barry Hendricks / Thomas Lundy	AZ	32.38		2nd	Marcia Richards / Kimber Schumann	CO	34.00
	3rd	Bob Klass / Charles George	CO	31.75		3rd	Cindy Tilbury / Jim Elliott	CO	27.78
	4th	Mike Lippitt / Tom Curran	CA	30.50		4th	Carol Loomis / Daniel Rhodes	OR	24.78
	5th	Mike Maichele / Stephen Morris	CO	25.00		5th	Lucy Jirik / Harold Jagoda	CO	20.44
						6th	Susan Schatz / David Nelson	MN	15.22

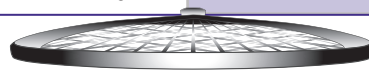


Division	Place	Names	State	Points
XD55	1st	Shirley Parsons / Roger Barber	CO	36.80
	2nd	April Settell / Ed Kidneigh	CO	25.40
	3rd	Sammy Payne / Nila Cole	CO	19.20
XD60	1st	Loretta Marks / Dan Davis	CO	30.20
	2nd	Tom Curran / Marquita Molina	NC	24.80
	3rd	Cece Palaski / Mike Lippitt	NM	24.40

more TIDBITS...

Do you have a great technique for fundraising? The NMRA is committed to making donations to junior and collegiate racquetball organizations but we have limited our general-fund donations for the next year. We have a few ideas, but we need your help too. Our players are among the most generous in the sport, so we like to have fun and entertaining fundraising events available for them during the tournaments. Here are just a few ideas we have used in the past, and plan to use this coming year:

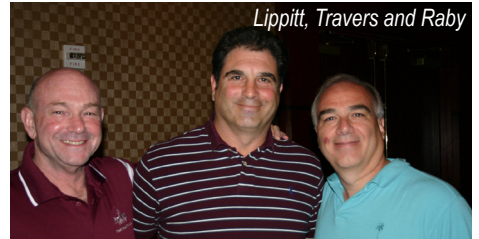
- **Donate tournament sponsor equipment** directly to juniors or college teams. *Ektelon* is our biggest NMRA sponsor, but other manufacturers support our tournaments, too.
- **Hold a silent auction** of donated items with proceeds going to juniors and collegiate players.
- **Hold a regular auction** during the banquet for the sponsor-donated equipment, with proceeds going to the juniors/college kids.
- **Invite the top junior singles and doubles players** to check-in night and have them take on all challengers for \$10 a game. If the challengers score more than a certain amount of points, or win, they get a keychain or glove, etc. Make sure everyone cheers for the kids!
- **Invite the top two players in the area** to put on an exhibition match and clinic during check-in night. For 11-point games, use a deck of cards to "sell" the number of the losing player for \$5 each (ace through ten of one suit). The winner gets half the money generated. For more than 10 takers, sell 10 more numbers in a different suit, or different deck of cards. Like **Derek Robinson** did in Denver, auction off the racquet(s) used to generate some more funds for the kids.
- **Combine the two ideas above.**



NMRA Tournament Results

Canoga Park, California

March 11-14, 2009 / Spectrum Athletic Club / Steve Cohen & Debbie Tisinger, Tournament Directors

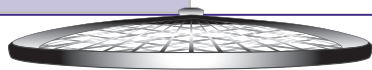


Division	Place	Names	State	Points
M45	1st	Daniel Pischke	WA	38.00
	2nd	John Winings	CA	34.17
	3rd	Steve Ivers	CA	30.83
	4th	Brett Elkins	CA	26.17
	5th	Kevin Barlia	CA	17.33
	6th	Mark Nives	CA	16.17
	7th	Roger Donner	CA	9.00
	M50	1st	Steve Watz	CA
2nd		Joe Hassey	NV	34.00
3rd		Burgess Raby	AZ	29.13
4th		Dave Mark	CA	25.63
5th		Ed Roffey	CO	23.75
6th		Roguer Crouse	WA	17.43
7th		Daniel Rhodes	OR	15.25
8th		Dale Sparks	CA	10.25
M55	1st	Tom Wedniger	NV	Playoff
	2nd	Howard Walker	TX	Playoff
	3rd	Rick Betts	CA	Playoff
	4th	Sirous Shahin	CA	Playoff
	5th	Rick Ramirez	CA	Playoff
	6th	Rick Howick	WA	Playoff
	7th	TJ Ferro	IL	27.40
	8th	George Brewer	WA	26.40
M60	1st	Tim LaVoi	MN	Playoff
	2nd	Dave Warner	MN/FL	Playoff
	3rd	Gary Jones	CA	Playoff
	4th	Dave Briski	CA	Playoff
	5th	Michael Wolfe	WA	Playoff
	6th	Warren Bailey	AK	Playoff
	7th	Jeff Kindl	LA	27.00
	8th	Michael Wouk	CO	26.83
M70	1st	Ron Adams	CA	35.33
	2nd	Jerry Holly	CA	30.67
	3rd	Arthur Hotchkiss	CT	30.00
	4th	Francis Florey	WI	27.00
	5th	Charles Welby	CA	15.40
	6th	Samuel Johnson	NC	13.60
	7th	Doug Peterson	WA	26.60
	8th	Stan Lefkowitz	CA	22.83
M75	1st	Aaron Vederoff	WA	33.50
	2nd	Lewis Edwards	UT	30.00
	3rd	Dave Schlenker	CA	16.50
M80	1st	Armand Matern	UT	38.00
	2nd	Dick Kincade	CO	34.38
	3rd	Duane Russell	MI	33.88
	4th	Mike Martin	CO	30.33
	5th	Marvin Schinagle	OH	27.33
	6th	Hank Schone	CA	18.63
M85	1st	William Gillio Sr.	CA	18.38
	2nd	Sidney Ruffu	CA	12.13

Division	Place	Names	State	Points
M90	1st	Ben Marshall	TX	14.50
	2nd	Irma Zaldana	CA	15.57
W45	1st	Melanie Newsome	NC	34.86
	2nd	Jan Warren	AZ	29.14
	3rd	Aiaga Coffey	CO	28.14
W50	1st	Cindy Tilbury	CO	38.00
	2nd	Jan Warren	AZ	29.14
W60	1st	Cece Palaski	NM	16.71
	2nd	Mildred Gwinn	NC	25.57
MD45	1st	Tom Travers / Tom Cain	FL / AZ	35.58
	2nd	Daniel Pischke / Roguer Crouse	WA / WA	28.75
	3rd	David Reyes / Kent Hollingsworth	OR / OR	20.75
MD50	1st	Joe Hassey / Troy Stallings	NV / SD	37.33
	2nd	Hatch Saakian / Ruben Gonzalez	CA / NY	35.86
	3rd	Steve Cohen / Pete Chmielewski	CA / CA	32.86
	4th	Rick Merrill / Randy Kahn	CA / CA	27.57
	5th	Mike Hiles / Donald Guggia	MN / CA	23.86
	6th	Tom Travers / Alex Puchall	FL / FL	20.71
MD55	1st	Hatch Saakian / Ruben Gonzalez	CA / NY	37.38
	2nd	Steve Cohen / Pete Chmielewski	CA / CA	32.88
	3rd	Howard Walker / TJ Ferro	TX / IL	31.50
	4th	Mike Lippitt / Ed Kidneigh	CA / CO	20.13
	5th	Harry Vernon / Roland Chan	CA / CA	17.50
MD60	1st	Dave Briski / Kelly Painter	CA / CA	37.60
	2nd	Mike Pawka / Tom McKie	CA / TX	34.00
	3rd	Mike Lippitt / Dave Warner	CA / MN	33.20
	4th	Chuck Childers / Michael Arnolt	IN / IN	32.20
	5th	Alan Weiner / Tim LaVoi	CA / MN	31.00
	6th	Michael Wolfe / Warren Bailey	WA / AK	25.00
	7th	Gary Arbogast / Tom Curran	CA / NC	23.80
	8th	David Olson / Ottis Campbell	MN / TX	21.22

Division	Place	Names	State	Points
MD65	1st	Jerry Monell / Tom Penick	CA / CA	38.00
	2nd	Dave Zabinski / Peter Pustorino	MN / MN	33.33
	3rd	Fred Roe / Howard Nellor	CA / FL	30.17
MD70	1st	Tom Penick / Ron Adams	CA / CA	38.00
	2nd	Bob Warren / Dan Furman	AZ / WA	29.67
	3rd	Doug Peterson / Bill Chillchutt	WA / CA	25.67
	4th	John Eliot / Samuel Johnson	NC / NC	23.33
MD75	1st	Paul Banales / Michael Henchy	AZ / GA	20.20
	2nd	James Keenan / Joseph Goldman	CA / MA	4.60
	3rd	Daniel Furman / Robert Cox	WA / OR	19.50
MD80	1st	Duane Russell / Marvin Schinagle	MI / OH	32.86
	2nd	Mike Martin / Armand Matern	CO / UT	32.00
	3rd	Dick Kincade / John Prigmore	CO / KS	29.50
	4th	Amos Rosenbloom / Cap Hiles	MN / MN	15.00
MD85	1st	William Gillio Sr. / Sidney Ruffu	CA / CA	9.80
	2nd	Michele Robinson	CA	26.14
WD45	1st	Carol Loomis / Marni Wagner	OR / OR	27.57
	2nd	Tori Davis / Julie Mouser	CA / CA	19.57
	3rd	Melanie Newsome / Julia Mouser	NC / CA	19.57
WD50	1st	Leslie Pawka / Vicki Panzeri	CA / WA	38.00
	2nd	Carolyn Hollis / Sherron Boyea	CA / CA	28.71
	3rd	Vicky Reyes / Linda Ellis	OR / OR	27.43
	4th	Cindy Tilbury / Jan Warren	CO / AZ	22.57
	5th	Jere Luttner / Kim Cameron	TX / CA	19.14

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NMRA July 2009 International Championship Tournament

UNIVERSITY OF ILLINOIS at CHAMPAIGN

Information Sheet

NOTE: Every bracket will begin play on Wednesday and will have matches scheduled though Saturday. 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.

NMRA MEMBER SPONSOR: John O'Donnell, 217.351.9093 (home) / 217.417.3688 (cell)

TOURNAMENT DIRECTOR AND STAFF: Tom Curran, Jim Elliott

Venues (Approximately one-half mile from the Host Hotel)
1) University of Illinois at Champaign Activities and Recreation Center (ARC), 201 East Peabody, Champaign, IL 61820.

2) University of Illinois at Champaign Campus Recreation Center, East (CRCE), 1102 West Gregory, Urbana, IL 61801

Shuttle Van Service Free Van Service to and from the HOST HOTEL ONLY to each of the two Venues.

Host Hotel Hawthorne Suites , 101 Trade Centre Drive, Champaign IL 61820
Phone: 217-398-3400 / Room Reservation Code: NMRA
Rate: \$94.00 plus tax (up to 4 in a room)

Directions from Host Hotel to Activities and Rec Center (ARC)

1. North on S. Neil Drive
2. Immediate right (East) onto Kirby Avenue for almost one mile
3. Left (North) onto S. First Street
4. Right (East) onto E. Peabody

Directions from Host Hotel to Activities and Rec Center (ARC)

1. North on S. Neil Drive
2. Immediate right (East) onto Kirby Avenue
3. Left (North) onto S. Maryland Street
4. Right (East) onto E. Pennsylvania
5. Left (North) onto S. Dorner (it becomes W. Gregory)

Travel / Airport Closest airport is Willard Airport and Hotel has a courtesy van to the hotel from the Willard Airport ONLY. Willard is not an airport you can fly directly to or from.

Other Airports (No Shuttle to Hotel) 1) Chicago – about 140 miles away; 2) St. Louis - about 140 miles away; 3) Indianapolis about 80 miles away (recommended)

Online Entry Available through www.R2Sports.com. NMRA's website will provide a link for a printable copy of the entry form and to the www.r2sports.com tournament website.

Other Information

- This is a USAR-Sanctioned event and 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.
- Registration will be held at the Host Hotel on Tuesday, July 14, 2009.
- Banquet will be at the Host Hotel on Friday, July 17, 2009.
- Play will begin at 8:00 am on Wednesday, July 15, 2009
- Every bracket will play every day.
- Saturday matches will begin at 8 am and we will schedule the last matches to play not later than 4 pm.

Tournament Scoring Rules

- Every bracket will play two games to 15.
- Those 'pool play' brackets will have playoff matches. Format will be two games to 15, tie breaker to 11 if needed.
- The R2Sports system will automatically apply/total the extra game and match points. Two extra points per game win and four extra points if you win a match.

Things to do in the Champaign/Urbana Area

Golf Courses - 8

- Stone Creek - East Urbana
- Illini Orange - 6 miles south
- Illini Blue - 6 miles south
- Lake of the Woods - 11 miles NW
- Urbana Golf Club - North Urbana
- The Legends - West Champaign
- Brookhill - Rantoul - 15 miles north
- Willow Pond - Rantoul - 15 miles north

RV Parks

- Tin Cup RV Park, Mahomet IL, 11 miles NW on I-74
- RV Hookup, Golf Driving Range

Tennis Centers

- The Tennis Center, Champaign Parks & Recreation, North Champaign
- Atkins Tennis Center, U of I Campus

Bowling Lanes - Champaign

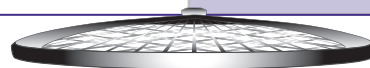
- Arrowhead - 1401 N. McKinley Ave, Champaign
- Old Orchard Lanes - 901 N. Dunlap Ave, Savoy
- Western Bowl - Francis Dr, Champaign

Areas of Interest

- Allerton Park - 10 miles SW just off I-72, 1500 acres, Allerton Park Gardens
- Frasca Field - North Urbana - Military Electronic Simulators
- Krannert Center for Performing Arts - Theater, Music, Drama
- Assembly Hall - Stage Shows, Concerts
- Starkle Planetarium - Parkland College
- Octave Chanute Air Force Museum - Rantoul, 15 miles north
- Hardee's Reindeer Ranch - Rantoul, 15 miles, north
- Downtown Champaign - Side Walk Cafes
- Amish Community - Arcola, 25 miles south - Rockome Gardens
- Market Place Mall - North Champaign
- Lincoln Square Mall - Urbana

Food Service - within 3-4 blocks of Host Hotel

- The Ribeye Steak House - American
- Biaggi - Italian
- TGI Fridays - American
- Houlihans - American
- Yellow Fin - Chinese
- Kamakura - Japanese
- El Toro - Mexican
- Atlanta Bread Company - American
- Great American Grill - Hilton Garden Inn - American
- LaPeep - Breakfast & Lunch - American
- Steak & Shake - American
- Taco Bell - Mexican
- Hardees - American
- McDonalds - American
- Hooters - American





ENTRY FORM

NMRA International Championships

JULY 15-18, 2009



UNIVERSITY OF ILLINOIS, Champaign, IL



Entry by mail must be POSTMARKED NO LATER THAN 7/3/09

Online Entries Must Be COMPLETED BY 7/8/09 at <http://www.r2sports.com/toumey.asp?TID=5339>

Please Print — Be Legible, Complete & Accurate

Name: _____

Address: _____

City/State/Zip: _____

Phone: Home _____

Work _____

Cell _____

Fax: _____

Email: _____

Emergency Contact Name/Number: _____

DOB: m____ / d____ / yr____ Age on 3/11/09 _____

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 University of Illinois 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: _____

FEES:

First Event	\$ 140	\$ _____
Second Event	\$ 40	\$ _____
Spouse/Guest(s)* (each)	\$ 65	\$ _____
NMRA Membership ** (Total f-3yrs)	\$ 45	\$ _____
USRA Membership (required, 1 yr)	\$ 50	\$ _____
Future Fund Donation (\$5 increments)	\$ _____	\$ _____
Total Due:	\$ _____	\$ _____

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

****Check if this is your first NMRA tournament****
(**First time players 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

NO REFUND OF ANY FEES AFTER 7/10/2009

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

DOUBLES	WOMEN	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.

Board News

By Tom Curran, President

We had our election this past January (*Thanks to **Dave Warner** for collecting all the ballots and doing the tabulation*). We had three board positions to fill. There were a total of five (5) folks who threw their hats in the ring to be considered for the three open positions:

Steve Cohen, TJ Ferro, Gary Cowger, Carmen Alatorre-Martin and Tom Curran.

Ballots were cast by our members and **Steve Cohen** and **Tom Curran** were re-elected, and Carmen was elected for the first time. Unfortunately, only about 5 percent of the members voted.

Carmen is a great supporter of the *NMRA* and very active with our sport in her home State of Virginia. She is retired from the *United States Air Force*. She has already shown that she is ready to get right into the work at hand when she volunteered to take over the *Membership Coordinator* responsibilities from **Merijeau Kelley**, who has been our membership coordinator for a number of years.

As a result of the resignation of **Gary Mazaroff** from our Board, **TJ Ferro**, who had the next highest number of votes in the election, agreed to take over the remaining two years of Gary's term. We are very sorry to see Gary leave the board but we understand his reasons. He has so many other racquetball activities that would not permit him to be available for our two annual board meetings.

We are very lucky to have TJ continue his service to the *NMRA*. Beside his work on the board, TJ always arrives on Sunday night before the event starts and helps with the set up of the club(s). He was the *NMRA* board member on the ground in Wisconsin, helping the tournament staff plan the *West Allis* event.

The new board nominated and elected the following Officers of the Board to a one-year term of service: Secretary – **Bruce Adams**; Treasurer – **Steve Cohen**; Vice President – **Dave Warner**; President – **Tom Curran**

The Board passed the following major motions during our March meeting in *Canoga Park*:

- Imposing term limits for board members (two 3-year elected terms).
 - The major reason for this motion was to ensure that we had 'fresh views' on the board and gave all members the opportunity to be elected to the board.
- Waiving of the renewal membership fee for members 80+ years old.
 - It was with great pleasure that the board passed this motion. It recognizes those of our members who have been loyal to the *NMRA* for a long time.
- Approving a third annual *NMRA Tournament – Doubles Only*.
 - It was what our membership asked for and, since the *Denver Doubles* in December was so well received, we thought it best to make it a regular event.
 - The date of this annual event will be during the month of November/December of each year.
 - The location will change each year without a set pattern. The location will be based on the availability of courts and, since Doubles allows for fewer courts, we have more options.
 - The Doubles-Only event can easily be held in one club with at least 8 to 12 courts.
- Approving a moratorium on donations from the *NMRA* general fund for the remainder of 2009.
 - Due to the lower attendance at events, we have run the past two events at a slight loss. We need to ensure that we have funds enough to run our three annual events until the number of participants rises to our normal levels.
 - We know that much of this is due to the economy.
 - We will (as we did in *Canoga* and *Denver*) try to raise some additional donations during our events through auctions and challenge events, separate from the tournament budget. We raised funds for the juniors in *Canoga Park* and *Denver*--over \$1000.00 during the *Denver* check-in event, in fact.

We also began the process of planning the *NMRA 2009/2010 Tournament Schedule* and beyond. Here are the locations we are negotiating with at this time:

- *2009 International Championship – July 15-18 – University of IL, Champaign* (see the paper entry form and Information sheet in this **RacquetRacket**, or enter online at www.r2sports.com)

more ➤

- ▶ • *2009 Doubles-Only Tournament – November (dates to be determined)—Club Sport Pleasanton, Bay Area, CA*
- *2010 National Championship – March (dates to be determined) – Tucson, AZ*
- *2010 International Championship – July (dates to be determined) – Overland Park, KS*
- *2011 National Championship – March (dates to be determined) – Portland, OR*

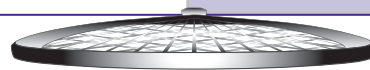
We owe a word of thanks to **Paul Banales** for all his work on finding and making the initial contact with all of the potential locations.

Our Board meetings are held twice a year on Tuesday of the week of the events in March and July. Typically, they are held in the host hotel and start at 8 am. It is a full-day meeting, usually ending by 4 pm. If you have any ideas or recommendations that you would like the board to consider, please contact any of the *Board of Directors*. **We welcome your opinions.** ○

more TIDBITS...

We ALWAYS need volunteers to help with our tournaments and other between-event tasks. If you want to get involved but don't want the commitment of serving on the *Board of Directors*, we would appreciate your help. Suggestions of volunteer activities include:

- Organizing, running or emceeing fundraising activities during tournaments.
- Taking digital photographs and videos of people and matches at the tournaments, then helping with the slide presentation.
- Arriving a day early to help set up the tournaments and check-in stations.
- Setting up for the banquet presentations.
- Boxing up tournament equipment for shipping to the next site.
- Contacting members via telephone for renewals and email/address updates.
- Contacting first-time players to ask them to join the *NMRA*.
- Helping with the www.nmra.info website to keep it fresh and informative.
- Advising the Board on racquetball matters, including suggesting policies and changes.



NMRA Canoga Park Results
continued from page 5



Oregon Octuplets at Canoga Park

Division	Place	Names	State	Points
WD60	1st	Merijeane Kelley / Nidia Funes	CA	38.00
	2nd	Vickey Utter / Marquita Molina	NC	28.33
WD65	1st	Gail Schaefer / Mildred Gwinn	MD	26.83
	2nd	Carol Taylor / Gloria Piscoran	IN	13.33
XD45	1st	John Winings / Marni Wagner	CA	35.60
	2nd	Tori Davis / Mark Nives	CA	32.80
	3rd	Linda Ellis / Kent Hollingsworth	OR	31.30
	4th	David Reyes / Vicky Reyes	OR	27.20
	5th	Bruce Adams / Julia Mouser	OK	19.00
	6th	Alex Puchall / Michele Robinson	FL	9.50
XD50	1st	Debbie Tisinger-Moore / Troy Stallings	CA	38.00
	2nd	Rick Howick / Vicki Panzieri	WA	31.67
	3rd	Kin Cameron / Rick Ramirez	CA	28.67
	4th	Harry Vernon / Sherron Boyea	CA	20.83
	5th	Mike Hiles / Jere Luttner	MN	20.67
	6th	Carolyn Hollis / French Harding	CA	19.17
	7th	Carol Loomis / Daniel Rhodes	OR	18.00
XD55	1st	Ed Kidneigh / Cece Palaski	CO	30.63
XD60	1st	John Eliot / Vickey Utter	NC	30.86
XD65	1st	Michael Wolfe / Gail Schaefer	WA	35.75
	2nd	Gloria Piscoran / Robert Cox	OR	19.13
XD70	1st	Ron Dorst / Carol Taylor	CA	20.75



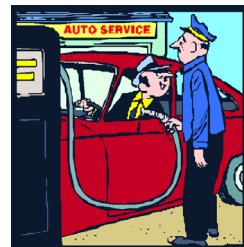
Painter / Briske, MD60

Nutrition

What Kind of Fuel Should We Put in Our Tanks?!

By Lynette Froehlich, State Director of Women and Junior Racquetball

Have you ever gotten on the court and knew you were running low on fuel? Our body is just like a gas tank – if it's empty, it doesn't run! We need food as fuel to run our body's complex systems and to provide building blocks for regeneration of tissues such as bones and muscles. Food also provides nourishment and the essential elements required for optimum function of the immune and protective systems, arming us against attack from infections and viruses. The *US Surgeon General's* report of 1988 stated that 71% of all deaths are related to poor nutrition.



The United States leads the world as having the fattest population! This is mostly due to our abundant supply of heavily processed, high fat, high salt and high-energy foods that our bodies simply do not need and in many cases can't process. **The Sport of Racquetball is a great way to lose weight** (600 – 800 calories an hour) but we need to do it the healthy way. Here is a reminder of the daily requirements of the 5 food groups that we need daily:

(For a 2,000 calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.)

GRAINS (Eat 6 oz. every day):

- Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day
- 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta

VEGETABLES (Eat 1 ½ cups every day):

- Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens
- Eat more orange vegetables like carrots and sweet potatoes
- Eat more dry beans and peas like pinto beans, kidney beans, and lentils

FRUITS (Eat 2 cups every day):

- Eat a variety of fruit
- Choose fresh, frozen, canned, or dried fruit
- Go easy on fruit juices

MILK (Get 3 cups every day; for kids aged 2 to 8, it's 2):

- Go low-fat or fat-free when you choose milk, yogurt, and other milk products
- If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

MEAT AND BEANS (Eat 5 ½ oz. every day):

- Choose low-fat or lean meats and poultry
- Bake it, broil it, or grill it
- Vary your protein routine – choose more fish, beans, peas, nuts, and seeds

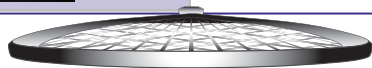


Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any nutrients.

Here are a few "Training Tips" for your racquetball game.

- Drink at least 8 glasses of water per day.
- When you're exercising you need water before, during and after every racquetball workout. Doesn't water taste awesome after a hard fought game? Or, as a strategic move, call "time out" and get a drink in order to refocus, re-energize, and slow your competitor's momentum. A drink break can help you regroup and get back onto the court with greater energy!





New NMRA Membership Coordinator

By Carmen Alatorre-Martin

Hi, Everyone!

Thank you for selecting me for the NMRA Board of Directors. This is a fine organization and I'm proud to be a part of it, both as a member of the NMRA and as a Board member. I've recently taken over the Membership duties from MeriJean Kelley. As such, I'll be sending out renewal notices for your memberships when they come due and will be trying to keep the membership information current (phone numbers, addresses, and especially email addresses, etc.).

You can zap your updated membership information to me at teamalamar@verizon.net.

When your membership renewal comes due and you receive a notice from me, you can send your renewal check and updated information to me at:

Carmen Alatorre-Martin

1600 South Eads Street

Apartment 1123N

Arlington, VA 22202

Soon, you will have the option to renew online via credit card. Information on doing that will be on your renewal notice.

We recently added a new membership policy that applies to some of our most distinguished members. We will now waive membership renewals for those 80 years old and over. If you are a current member and you turn 80, you no longer will have to renew your membership. This applies to renewals only—new 80-year-old members still have to join once.

I'm looking forward to helping the organization in the upcoming years and appreciate your suggestions. **Please let me know if you have any questions. Thanks!** ○

Doubles in the Desert

By Jim Elliott

National Doubles is in Tempe--this tournament is in Sun City West (northwest Phoenix area), and what a great event it is!

Tournament Director **Ron Eppley** and his staff at the *RH Johnson Rec Center* have been hosting "Swing Into Spring" for seventeen years, but this year, they invited players from Colorado to California.

The format is similar to what many doubles groups do on any Saturday morning at the club--it is simply rotating partners. With two divisions (50 to 66 and 67 and above) and only two courts to work with, they limit entries to 20 players per division. Ron then splits each division into two groups of ten and each group plays one game to 15 with each of the other players in their group, for a total of nine games. After two days of preliminary play, they take the top four from each group and play the same format until the top four from each division are determined. I can't remember the last time I was in a tournament that was as social and competitive at the same time. I played 15 games with 12 different partners.

Hospitality was fabulous throughout the weekend, with the topper being a Saturday evening BBQ--grilled burgers and dogs with potato salad and baked beans, beer, soda, and boxed wine. It was a great evening in the March desert. NMRA members **Bob** and **Jan Warren** have a major role in planning and running the tourney with a few other NMRA members participating in "Swing Into Spring"—**Dennis Hagerty, Paul Banales, Jerry Northwood, Dick and Phyllis Kincade**, and me, **Jim Elliott**.

Don't look for an entry to this tournament to show up in the mail, since this tourney is an invitational. If you want in on this fantastic tourney, the next time you see Bob or Jan at an NMRA event, offer to take them out to dinner or maybe tote their racquetball bag to the club or just be REALLY nice to them, and you might get lucky and get on the list. ○

Fort Myer Racquetball Teams Impress in West Allis (July 2008)

By Leon Jackson, actioneod@aol.com

At the July 2008 NMRA International Championships in West Allis, Wisconsin, our group of US Armed Forces retirees and former military members, who train weekly at Ft. Myer Army Post in Arlington VA, achieved unprecedented success at this prestigious event.

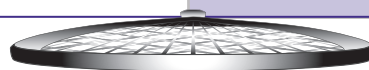
Nine player/trainees left the Ft Myer courts and traveled to Wisconsin to compete in various age events. They won a total of eight Gold medals, two Silver medals, and four Bronze medals in the following events:

- 60+ Mixed Doubles – Gold Medals for **James Weathers & Judy Buckeye**
- 50+ Mixed Doubles – Gold Medals for **Carmen Alatorre-Martin & Philippe Jean-Baptiste**
- 45+ Women's Doubles – Gold Medals for **Carmen Alatorre-Martin & Gladys Leonard**
- 45+ Mixed Doubles – Gold Medals for **Gladys Leonard & Leon Jackson**
- 45+ Mixed Doubles – Silver Medals for **Roy Hare & Judy Flis**
- 50+ Men's Doubles – Bronze Medals for **Leon Jackson & Curtis Perry**
- 45+ Men's Doubles – Bronze Medals for **Roy Hare & Philippe Jean-Baptiste**

The "Masters" round robin format results in the fairest determination of tournament success and mandates consistent, quality play throughout all matches. Some doubles teams played 3 matches per day in each of two competitive categories. Six matches a day—that's a lot of racquetball played within a compressed time frame. The competition was extremely tight with the *Gold Medal* winners being determined by victory in their final matches.

The success of the doubles teams is due, in no small part, to the training and instruction they receive from their coach, **Curtis Alatorre-Martin**. Curtis is a prior *Gold Medal* winner in *Masters* competition. The teams receive regular instruction and practice on the nuances and fine points of playing "winning" doubles racquetball. Curtis has established a rigorous training

continued on page 12...



A Few Words From the 80s

By Amos Rosenbloom

For **Rosenbloom** and **Hiles**, Canoga Park has come and gone. We watched some great racquetball and we walked through the 80s—I mean walked! Team 6 was out of order with two bad hips and a pulled leg muscle, but getting to the tournament was a win! Playing the tournament was a win! Planning for Champaign, Illinois, is a win! And both mentally and physically we were both better off that we played!

Thanks to the *NMRA* for the tournament. Thanks to the teams that put up with our less-than-stellar play, and remember that we plan to be back another day.

George Spears Says Hi

By Merijean Kelley

A while ago, **George Spears** from Venice, Florida, asked me to pass along his greetings to all of the *NMRA* players. He has not been able to compete since he had a stroke, but he thinks of our people often. Drop him a note if you have a few minutes.

Bless 'Em All

By Duane Russell

Bless 'em all! Bless 'em all!

The Masters who played Racquetball!
Bless all their spirits, and their will to will all!
God bless them now and may they never fall!

Heaven awaits for us all
The Masters who play Racquetball
Though some have left us, may heaven bless us. Bless all who play racquetball!

Bless 'em all! Bless 'em all!

The long and the short and the tall
We will remember and play them forever
We will remember them all!

And forever we'll win overall
The R-ball will fly off the walls
We'll swing and we'll hit it, and try hard to kill it. And play on the best team of all!

Bless 'em all! Bless 'em all!

The Masters who played racquetball!
Bless all their spirits, their will to win all!
We will remember them all!....

Editor's Note: Duane wrote a personal note that said: "I wrote this poem many years ago. I knew 31 of the "Gone But Not Forgotten" people shown at *Canoga Park*. The ranks are thinning in my age category." ○

Denver Doubles Duel Recap December 4-6, 2008

By Cindy Tilbury

The *NMRA's Denver Doubles Duel* tournament was our first doubles-only tournament in many years. The feedback from the members was extremely positive. Everyone had a great time, the food was fabulous, and the competition was strong.

The *Highlands Ranch Recreation Center* welcomed 92 players from all over the country; 21 ladies participated in the *Women's and Mixed Doubles*. While the Mixed draws were quite robust, we had to get creative to ensure some of our people had two events with enough matches. First, we had the 75+ and 80+ gentlemen play a triple round robin. Next, for their second event, we held a jackpot doubles where they switched partners each round, and individual points were tallied to determine the overall individual winner. Those results won't show on the R2Sports.com (those are not choices for division formats) website for the tournament, but it was great fun for the participants.

We were quite pleased and proud to have raised about \$1,000 for *Colorado Junior Racquetball* and the two best events were during tournament check-in. Local professional players **Woody Clouse** and **Derek Robinson** put on an exhibition match. Future pros **Adam Manilla** and **Nick Riffel** took on all challengers as a doubles team. Other juniors participated in the fundraising, as well.

Pedometers were handed out in the welcome packet and a contest for the most steps during the tournament was announced. Any means of increasing the stepcount was legal. One person even attached it to his dog. The winner was **Ralph Graham** of Colorado at 63,000 steps. That is 21,000 per day, or about 11 miles per day. Ralph spent some time on the treadmill, we suspect.

Check out the results in this newsletter. **Congratulations to the medal winners!**

As tournament director, I want to personally say "thanks" to all who played, with a special thank-you to the out-of-town participants who made it extra special (not just a regional round-robin). Look for the 2009 *Doubles-Only* tournament in November in *Pleasanton, California*. ○



(clockwise from top left) Junior fundraising; Caterer Claudia Delgado Provided Gourmet Lunches
Eli watches court; Denver players watch slideshow at award party; Junior challenge doubles; WD 50's

IRF Director's Message

March 2009, By Gary Mazaroff

An historic event took place February 6-8, 2009 in *Colorado Springs, Colorado USA*. The *Crown Plaza Hotel and Convention Center* was the venue for the first *International Racquetball Federation (IRF)* summit. This was an opportunity for many leaders within the international racquetball community to assess the past and present, and to build on its strengths for the future. Organized in 1979, the *IRF* now has over 80 member federations. The following countries were represented: *Argentina, Belgium, Bolivia, Canada, Ecuador, Germany, Guatemala, Korea, Mexico*, and the *USA*. In addition, leaders from other organizations and companies attended; including, *E Force, IRF Directors, IPRO, R2 Sports*, and *World Senior Racquetball*.

Geoff Peters, a *USAR Board* member and *AmPRO Instructor*, was the summit facilitator. He has a storied background in racquetball and in the corporate world. Reports from the field, breakout sessions, group dynamics exercises, experience sharing in the lounge, and more marked the three days. Some were pulled from their traditional 'comfort zone' and verbal fisticuffs were not absent. However, nobody took the 'count of ten' and all seemed to rise with a sense of respect for others.

A very important theme appeared at the summit; to confirm the *IRF's* vision statement and to collectively arrive at common goals. Among them are: To work together without splinter groups, the sport is more important than any individual's agenda, volunteerism is good and must be polished, coaching, instruction, and officials' training are tantamount to growth, website access and energy are important for building its constituency; finally, the *IRF* must produce highly successful events. Sub-themes included networking with all facets of the sport (eg. *Pro tours, Australian Rules Racquetball*, and *Outdoor Racquetball*) and the maintenance of strong leadership. In addition, the procurement of funding through advertising, membership dues, and fundraising was addressed.

IPRO Penetration from the summit

- >>One major goal is to provide more training opportunities for officials in the field, especially elite events. An example is the provision of ten Level 3 officials for Chinese Taipei in July in order to work the *World Games*. *IPRO* can and will be an integral part of the training process.
- >>A second goal is to continue to provide coaching and instructor training and continuing education for athletic clubs and other venues around the world.
- >>A third goal is to keep existing members and potential members abreast of news and other information through website access. We are currently working with the *IRF* to help with this process.

In conclusion, what will come from the first *IRF Summit* remains to be seen. At the least, it happened! It is apparent that the 20+ attendees left *Colorado Springs* with a heightened sense of pride, excitement, and passion for the sport of racquetball.

Other IRF News:

- Upcoming AmPro courses include *Denver, Seattle, Tempe, and Houston*. Check Calendar for schedule.
- The *IRF* held a 'ribbon cutting' ceremony on the *Pueblo of Pojoaque* outside of *Santa Fe, New Mexico*, February 28th. The ceremony honored the Pueblo for the completion of its new racquetball and aerobics center. The center consists of two championship courts, both with back wall glass and one with full left side wall glass. The *IRF* plans to hold an elite event the first part of 2010 featuring the top players from the *USA, Canada, and Mexico*.
- Last year we announced a plan to have all current and future *AmPro* instructors secure background check in order to maintain status in the organization. Plans still include this process; yet, we have not obtained full disclosure from the *USOC* as to the format. We will keep everyone posted as the process becomes more in place.

Upcoming International Racquetball Events:

- *4th World Senior Doubles; June, Vancouver BC, Canada*
- *National Masters International Event; July, Champaign, IL*

more ➤



- *25th IRF World Senior Racquetball Championships; September, Albuquerque, NM*

Thank you to **Linda Mojer** (*IRF Website*) and **John Bryant** (*Crossroads Access*), for assisting us with the *IPRO* website. We now have things in order to provide consistent blasts each month; with news, articles, and upcoming events. ○

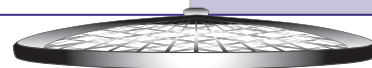
Ft. Meyer RB Teams Impress continued from page 10

regimen that begins six months prior to a major tournament event and involves the selection of an appropriate partner followed by constant, competitive practice against other doubles teams. The players are drilled and monitored on their team strategy and court positioning, as well as stroke selection and execution. And while tournament wins are the overall objective of his sessions; goodwill, professionalism, and just having fun are the cornerstones of his approach to Doubles racquetball.

As a result of their training and play, the *Fort Myer* racquetball group has become a magnet in *Northern Virginia* for quality competitive doubles play in racquetball. Many of the trainees have won *State and Regional* titles in singles and doubles tournaments, but are now honing their *Doubles* games. Doubles requires an intricate understanding of racquetball positioning and stroke selection different from that necessary in singles competition, and with four people in the court, understanding where you and your partner should be becomes paramount. Knowing when and how to move with your partner--what Curtis calls "*The Dance*"-- is the most important aspect of successful doubles, followed closely by the exploitation of most other teams' more traditional court positioning.

The *Ft Myer* teams are now starting to train for the upcoming *NMRA International Championships* in Champaign, Illinois.

They feel very fortunate to have a well maintained facility, a supportive staff, and an encouraging environment in which to play



A World Apart

By Gary Mazaroff, IRF / Ampro

Shortly after my return home from the *National Masters* event in Wisconsin this past July, I embarked on another 'Racquetball Vacation', this time to the *Republic of Ireland*. First and foremost, for those yet to travel there who have the wherewithal (time, energy, and money), it should definitely be on the priority list of places to go; racquetball-related or not. I am one of the fortunate ones who is able to piggyback most of my travel adventures with racquetball; as a player, administrator, coach, whatever!! I was there as a part of the International Racquetball Federation team to administer an event.

Ireland (*The Republic down south*) is not part of the 'Kingdom'; United Kingdom to be formal, which includes England, Wales, Scotland, and Northern Ireland. There seems to be some inexplicable difference between the mentality of those who live in the south. They still sit on the right side of their motor vehicle and drive on the left side of the road. This certainly was an issue for those of us who rented cars, at least for the first two days. It may be their genuine hospitality and warmth for others. Another difference is that distance is measured in meters/kilometers; finally, tariffs are paid in Euros versus Pounds.

Twenty-four countries were represented in the 14th IRF World Championships, held in the quaint Village of Dun A Ri (Gaelic) or Kingscourt. It sits about one hour northwest of the Capital of Dublin. The USA won all (men's, women's, and overall), Bolivia jumped to second overall, and Turkey participated for the first time since the event began back in 1981. Ireland has a strong tradition in Handball--the same court game that racquetball invaded back in the 1960s--however, the original Irish game of Handball uses a 30 x 60 foot court.

I had the opportunity to play handball on this court last year during my visit to **Dun A Ri**. **Paul Brady**, *Handball Champion*, plays at the *Kingscourt Racquetball and Handball Club*, and he and three others treated many of us to an exhibition of doubles handball on the 'traditional court.' On the racquetball end, [more](#) ➤

NMRA Members Pass Away

Ed Dalton Passed Away (June 6, 1936, to February 24, 2009)



Edward J. Dalton, Jr., 72, of Daytona Beach and Weymouth, Mass., died Tue., Feb. 24, 2009, at home. He was born in Dorchester, Massachusetts, on June 6, 1936. Ed was a U.S. Navy veteran of Korea. He was a commercial real estate developer in Massachusetts and southern New Hampshire. He was an avid fisherman and member of the Halifax River Yacht Club. He owned the Weymouth Skating Rink and was involved in youth hockey. Ed played racquetball twice a week at Club Boom in Ormond Beach with the lunch bunch. He was Maintenance Director at Marina Point Condo Association and active in community affairs in Daytona Beach.

Published in the *Daytona Beach News-Journal* on 3/3/2009

Ed served one term on the NMRA Board of Directors. He was also President of the New England Master's Racquetball Association for many years before he moved to Florida.



Robert Yoxall Passed Away
(February 14, 1927 to November 30, 2008)

By Ron Dorst

Bob Yoxall passed away at his home in Los Altos, California, after a valiant battle with lung cancer. Bob enjoyed every minute of his life and loved to be around people. He was surrounded by his family until the very end.

Bob served in the Merchant Marines during World War II. After the war, he attended the University of Miami on a football scholarship. He graduated with a BS degree in Physical Education. His lifelong love of sports and competition led him to a life of country club management and culminated in running his own consulting business for 20 years. He loved tournament racquetball (especially NMRA round-robins where he sometimes played doubles with Phil Dziuk) and golf, which he did until the final weeks. He was a wonderful human being and he will be missed.



Chuck Ramey Passed February 17, 2009

By John McManamon

I am sorry to inform you that Chuck Ramey from California passed away yesterday, February 17, 2009, in Estes Park, Colorado, after playing racquetball. Chuck was a class person, and a great racquetball player. Personally, I will miss him greatly.

Healing Thoughts Needed For Other Members

Several of our NMRA members are going through difficult illnesses or surgeries. Please send positive thoughts and prayers their way, as well as to others that haven't been brought to our attention. Our members are precious to us and we can't wait to see them healthy and back on the court. **Please keep Lee Graff, Ron Pudduck, Elliott Papermaster and Leland Rientz in your thoughts.** ○

➤ **Rocky Carson** and **Jack Huczek** exemplified athleticism and racquetball prowess at its grandest level during the Individual *Singles Final*. I would be remiss if **Rhonda Rasjich's** incredible return to form was not mentioned and that she is the new *Female Singles World Champion*.

All in all, our trip was one for a lifetime. Moments to remember: Driving on roads narrower than a US regulation racquetball court, playing golf at the *Adair Manor Club* (9 holes for \$200) in the rain, navigating castles like *Bunratty*, abandoning a tire during our trip around the *Ring of Kerry*, and, lest we forget, having the airlines lose our luggage in both directions--ida y vuelta. ○



Steve Wattz wins M50 at Canoga

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RACQUETBALL INSTRUCTOR CERTIFICATION COURSE

CLINIC REGISTRATION FORM

Local Contact: Gary Mazaroff
Location: Champaign, IL
Dates: July 13 & 14, 2009
Club/Venue: University of Illinois
Clinician: to be determined
Telephone: (505) 321-1110
Days/Hours: Mon Noon-7pm, Tues 9am-6pm
Email Contact: gmampro@aol.com



Registration Fees Enclosed:

Table with 3 columns: Fee Item, Amount, and a blank line for payment. Items include 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), and 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.

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E-mail: _____
USAR Member yes () no ()
NMRA Member yes () no ()

more TIDBITS...
By Cindy Tilbury
If you know of a club that has 10 courts or more, send that information to one of our board members.
List of cities: Pleasanton, CA; Fountain Valley, CA; Fullerton, CA; Canoga Park, CA; Portland, OR; Kansas City, KS; Denver, CO; Tucson, AZ; Canton, OH; Manchester, NH

Buy all of your favorite NMRA-logoed items at the online NMRA Store. Your purchases generate revenue for our organization, and your wearing of the logo promotes our organization. Go to www.nmra.info and click on the link for the NMRA store.

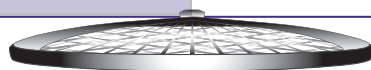
Doubles Partners, Roommates and Rideshare coordination for our tournaments are services for which I enjoy taking responsibility. If you want to play in one of our tournaments and don't know anyone else who is coming, you can contact me and I will hook you up with a partner, or roommate, or (a new offering) airport rideshare. I also contact players who sign up for only one event to ask if they would be willing to play doubles—expect my call. I do my best to make sure you have an enjoyable time at the tournament, so you'll come back again and again.

If you enjoy watching the pro players as much as I do, we have some events coming up for you! Please consider sponsoring these tournaments so you can view them all weekend in style.

- Chicago Navy Pier Pro Tourney in May. The new four-lucite-wall portable court will be used again in the public area and tickets are FREE.
Denver 16th Street Mall Pro Am Tourney in September. Verizon Wireless and Motorola will be presenting this Pro and amateur tournament outside on the 16th Street Mall in downtown Denver. We plan another week of beautiful weather and top-ranked pros competing at the highest level. You can't beat that. Tickets are FREE.



Check out the tournaments section of the www.irt-tour.com website or contact Dave Negrete, IRT Tour Commissioner, for more information on attending and sponsorship. Spectators on show court B, Canoga Park.



Masters TOURNAMENT Trail 2009-2010

USAR National Singles	May 20-25, 2009	Houston, TX	USAR	www.usra.org
World Senior Doubles 35+	Jun 10-13, 2009	Vancouver, BC	Gary Mazaroff	www.internationalracquetball.com
NMRA International Championships	Jul 15-18, 2009	Champaign, IL	Tom Curran	www.nmra.info
All Military Champs.	Jul 31-Aug 1, 2009	CO Springs, CO	USAR	www.usra.org
Summer National Senior Games 50+	Aug 11-15, 2009	Palo Alto, CA	USAR	www.usra.org
IRF World Seniors 35+	Sep 2-5, 2009	Albuquerque, NM	Gary Mazaroff	www.internationalracquetball.com
Motorola/Verizon Wireless World Championships	Sep, 2009	Denver, CO	Dave Negrete	www.irt-tour.com
Huntsman Senior Games 50+	Oct 7-10, 2009	St. George, UT	Jim Elliott	www.seniorgames.net
US Open	Oct 21-25, 2009	Memphis, TN	USAR	www.usra.org
NMRA Doubles Only	Nov 4-8, 2009	Pleasanton, CA	Tom Curran	www.nmra.info
NMRA National Champ.	Mar, 2010	Tucson, AZ	Tom Curran	www.nmra.info
NMRA Int'l Champ.	Jul, 2010	Overland Park, KS	Tom Curran	www.nmra.info



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