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USA Racquetball is the National Governing Body for the sport of racquetball, recognized by the USA Olympic Committee, and is committed to excellence and service to our members. We provide the infrastructure and organization for racquetball. We also provide competitive opportunities for members and enthusiasts through our coordination of racquetball organizations, development and administration of rules and programs, sanctioning of events and development of teams for international competition.

VISION STATEMENT

To provide racquetball opportunities in the sport of racquetball for all levels of participation through:

Objectives:
- **MEMBERSHIP SUPPORT** - USAR values its members and will strive to provide the best possible member services at all levels.
- **MEMBERSHIP RECRUITMENT** - USAR believes that racquetball is a lifetime endeavor and the benefits of health, recreation, and competition should be available to everyone. USAR will strive to expand its membership in order to share these benefits with as many players and supporters as possible.
- **PROMOTION OF THE SPORT** - in order to sustain a strong player base USAR will promote the numerous benefits of participation through mass marketing efforts.
- **COMPETITIVE SUCCESS** - USAR strives to maintain America’s position as the number one racquetball nation in the world. Success at the elite levels has a positive influence on every other facet of our sport.
- **SPONSORS AND SUPPORTERS** - USAR values its relationship with sponsors and will continue to maximize benefits and exposure.

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- U.S. National Singles
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Another season is in the books, and it’s time to begin planning for the coming season. It’s important to recognize the efforts of the many volunteers who work tirelessly to make all of our programs and events possible, and it’s a great time to remind ourselves of the broad scope of their efforts.

In my home state of Colorado, some new Board Members were recently installed and received their introduction into the world of event volunteers. I applaud their efforts - particularly one volunteer who was involved for his first time from start to finish! As expected, he shared that he had no idea the extent of the work involved in running a tournament. He was also pleasantly surprised at the gratitude shown by the players, spectators, and facility staff for running a successful event.

The “behind the scenes” volunteers in racquetball deserve a great deal of recognition as well. State and National Board members are not compensated for their efforts. In fact, to the contrary, they usually experience real out-of-pocket costs and many hours of donated time in the performance of their duties. I sincerely thank them for being on the front lines in ensuring the success of our sport.

There are also committee and task force members, hospitality workers, league coordinators, tournament directors, sponsor solicitors, newsletter editors, and many others whose hard work can’t be minimized. If you haven’t volunteered to give back to our sport, please consider doing so. It can be hard work but also very satisfying. If for some reason you can’t volunteer, please take the time to thank those volunteers who make your racquetball experience successful and satisfying. It really makes all the hard work worthwhile!

JIM HISER IS NEW USAR PROGRAM MANAGER
USA Racquetball Board of Directors is pleased to announce that Jim Hiser has accepted the position of Program Manager at our national offices. Some of Jim’s duties will include, but not be limited to: managing membership and support services, review of existing membership programs/policies, development of new membership programs/policies and continuing his key role at all national events. Jim will also serve as manager of the USA Racquetball administrative offices until the Executive Director position is filled.

The USA Board would like to thank Jim for his outstanding role as USA Executive Director for the past ten years. We are extremely pleased that he has accepted this new position and will continue in an important capacity with USA Racquetball. Join us in thanking Jim for his many years of hard work and valuable service to USA at jhiser@usra.org.

USA RACQUETBALL BOARD OF DIRECTORS SAYS GOODBYE TO PRESIDENT KIRK, WELCOMES NEW MEMBERS
The USA Board of Directors 2012 election results are in! We announce the departure of a great friend and welcome some new ones.

It is with sadness that we say goodbye to President Cheryl Kirk as she completes her six years of Board service (four as president). A former Director in Worldwide Operations with McDonald’s Corporation, Cheryl wrapped up a distinguished and productive USA Board term, donating countless hours and unlimited energy to help ensure the members of this great association were well served. Cheryl moves on to the Pan American Racquetball Federation (PARC) and the International Racquetball Federation (IRF) as Board member and Secretary for each organization. We wish her well and extend our heartfelt gratitude. If you would like to personally thank Cheryl, you can email her at cherylkirk@aol.com. Special thanks also to outgoing Board members Jeff Elder and Jan Stelma for their untiring service – they will be missed.

We welcome new President (and former Board vice-president) Larry Haemmerle of Colorado (see his column this page), Frank Taddoni of Arizona, and Don Schoepieray of Michigan. Frank returns to Board service having served several years in the past, and Don joins the Board for the first time.
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Valerie Marott
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Randy Emrs
Sam Myers
Scott Hillman
Stan Fyke
Steve Disalvo
Yvonne Leiby
Eddie Meredith
William Gingold

PLAYERS Helping PLAYERS
Our Warmest Thanks to All of our Generous Donors for
Your Continued Support of Racquetball!
The Ladies Professional Racquetball Tour (LPRT) has been formed for a schedule of play that is set to begin in late August. The season starts in various locations beginning the weekend of August 25th at the Ektelon Texas Open Pro Am in Dallas.

The new professional season of match play has been organized by Andy Kulback of Ohio and T.J. Baumbaugh of Virginia. Both are experienced professional and amateur level tournament directors, and both are racquetball players.

This new women’s group is seeking players to be part of the program. For information or to become part of LPRT, contact Andy at 513-604-0398 or amkulback@yahoo.com. The mission of the new organization is to enable an increasing number of players to consider a career in professional racquetball.

If you are interested in hosting an LPRT event, or to become a part of this new program, contact Andy at the phone number or email address above.

USA Racquetball needs your help!
We have established a yearly fundraising goal of $50,000. Your tax-deductible gift to our Annual Fund will have a direct impact on our efforts to increase access to our sport.

Support USA Racquetball today so that we can continue to make progress in realizing our vision that all people have the opportunity to enhance their health and well-being through the sport of racquetball.

Please help us reach our Annual Fund goals:

- **$50 Gift**
  - Acknowledgement on website and magazine

- **$100 Gift**
  - USA Racquetball luggage tag

- **$250 Gift**
  - USAR T-shirt
  - Luggage tag

- **$500 Gift**
  - All benefits of $250 Gift level plus:
    - Free six-piece tumbler set

- **$1250 – Champions Club Lifetime Member**
  - All benefits of $500 Gift level plus:
    - USAR Lifetime Membership
    - VIP Access for one at designated national events
    - Special opportunities to purchase VIP tickets to select events

- **$2500 – Champions Club Patron Member**
  - All benefits of Champions Club Lifetime Member plus:
    - VIP access for two at designated national events
    - Official USAR commemorative statue
    - US Team official collared shirt

- **$5,000 – Champions Club Benefactor Member**
  - All benefits of Patron Member plus:
    - US Team warm-up suit

- **$10,000 – Champions Club - Founder’s Club**
  - All benefits of Benefactor Members Benefits plus:
    - VIP seating at US Open
    - Free autographed US Team racquet
    - Photograph placed on Founder’s Plaque and displayed at National Singles Championship every year.

Donate online: www.usaracquetball.com or print the donation form and fax it to 719-635-0685.
The US team competed along with 21 other countries at the IRF World Racquetball Championships, August 4-11, with the Women’s Team taking Silver, the Men’s Team winning Gold, and the entire group together capturing the Overall Team title! Everyone medaled in the individual portion of the competition as well. “Outstanding, congrats to all of the Team! Very well deserved, a fantastic win,” said Larry Haemmerle, USA Racquetball President.

This event was also a significant milestone for Cheryl Gudinas, who qualified for, and has played in, every one of the biennial IRF World Championships over the last 20 years!

Rocky Carson won the individual gold medal in the Men’s Singles final - with scores of 15-6, 15-11, he emerged the winner vs. Polo Gutierrez of Mexico. This is Rocky’s third consecutive World Champion singles title. He joins Michelle Gould, Cheryl Gudinas, and Jack Huczek in this achievement. (Jackie Paraiso has won an astounding seven titles, all in doubles.)

**INDIVIDUAL COMPETITION**

Team USA ended the individual portion of the event with one gold medal (Rocky), one silver medal (Tony & Jansen) and four bronze medals (Rhonda, Cheryl, Rhonda & Aimee, and Jose). It was a good warm-up for the team competition. All four Singles players finished in the Top 16, qualifying for the 2013 World Games next July in Cali, Colombia.

**TEAM COMPETITION**

The Team Finals were just one iota short of perfection, but all in all, it was a day to be remembered.

In the Women’s finals vs. Mexico, Rhonda came within two points of defeating Paola Longoria (tiebreaker, 9), but it was not to be. Then, Cheryl had her hands full with Jessica Parilla, dropping the first game, 13, and winning the second by the same score. The tiebreaker was 4 in Mexico’s favor. There was no doubles competition since Mexico won in two games. The Women’s Team took the Silver, a very good showing.

Rocky was up next for the Men’s team, and while Canada’s Mike Green fought hard, Rocky took the match 8, 8. Meanwhile on the court straight across, Jose was battling it out with Kris Odegard. In the first game, it was back and forth with a lot of scoreless side outs until Jose pulled ahead, winning the last point on a success-
I am honored to have these amazing athletes wearing the Rollout logo alongside the Team USA logo at the World Championships!”

Credit for the great team uniforms goes to Jonathan Clay of Rollout Racquetball’s Official Apparel Partner and supplier of the uniforms for the adult team. Jonathan says, “It not only makes me proud personally but proud on behalf of Rollout to be partnered with USA Racquetball on the uniforms for the adult team.

ROCKY CARSON, SINGLES
It’s an honor that never gets old. It motivates us all as US Team players. We prepare well and leave everything on the court.

JOSE ROJAS, SINGLES
This has been an awesome experience ... a real honor, I was eager to show the world what I’m made of while representing my country and my team.

JANSEN ALLEN, DOUBLES
It was an honor to represent my country! I’m so happy to have had this opportunity and all the support from my friends and family back home.

TONY CARSON, DOUBLES
It’s great to be selected to wear one’s country’s colors, truly a pleasure and an honor.

RHONDA RAJSICH, SINGLES/DOUBLES
It’s impossible not to be inspired by all of the athletes of the world competing in the Olympics, and it absolutely magnifies the honor and pride of wearing USA on our backs as we put our hearts and talents out at the World Championships. Thank you, all of you, for your support, your contributions, and your belief in us!

CHERYL GUINANAS, SINGLES
I live for playing for the US Team ... It’s my favorite thing to be a part of in racquetball!

AIMEE RUIZ, DOUBLES
This is one of the best US Team trips I have been on, and it was because of the great team of players and staff surrounding it. Thanks to everyone - Go Team Diva!

DAVE ELLIS, HEAD COACH
I consider it a privilege to be representing USA Racquetball as National Team Coach. This team was especially unified, and they enjoyed a camaraderie that does not usually exist in an individual sport.

RO CARSON, ASSISTANT COACH
Everyone worked hard to be the best they can be. It’s been a blessing for me to be able to be here with the US Team.

BRENT HUFF, TEAM TRAINER
It was a privilege and an honor to make the trip with the US Team - the best racquetball athletes in the world - and to help out in a sport that’s my passion and my hobby as well. (Author’s note: Congratulations to Brent and his fiancée Tami Bowen who will tie the knot in Florida on September 11!)

CHERYL KIRK, TEAM LEADER
It was an honor to be a member of the US Delegation. The players and the staff were a pleasure to work with – they were wonderful ambassadors for the United States! Professional, friendly, fun, and great interaction with folks from the 21 other countries in attendance...I couldn’t be prouder of them all. Congratulations, Team USA!

INDIVIDUALS AND ORGANIZATIONS
Heartfelt gratitude goes out to those who contributed to the US Team’s trip to the IRF World (many on behalf of specific players):

Rick Betts, Andy Pawlowski, Kit Lawson, Geoff Peters, Bruce Greenberg, Darrel Vincent, Thomas Vessie, Thomas Rall, Leslie Montgomery, Rich Barker, Dave George, Jonathan Burns, William George, Whallen Fong, Nidia Funes, David Powell, Rich Sorenson, Scott Sellers, Debra Schneider, the Velerton Family, Shelly Craig, Randolph Canham, Joseph Beale, Christiana Needham, John Rickards, Steven Douglass, Bonnie Rejai, David Hill, Jr., Herschel Horton, Lance Berry, Mary Helen Sprecher, Richard Loringder, Todd Elias, Darlene Drapkin, Hugh Spellman, Mike Wilkinson, Byron Kohut, Eric Foley, Michael Pawka, Nancy English, Mark Davis, Martin Carlson, Cynthia Huga, John Wenige, Anand Agarwal, RO Carson, Peter McMilin, Larry and Avri Haemmerle, Xia Yang, Arun Rohila, Kendra Tutsch, Jason Werner, Marc Auerbach, Tom Travers, Grant Morrill, Jr., Krystal Cusk, Thomas Colgan, Jim Hiser, Thomas Carson, Michael Gale, Annie Muniz, California Racquetball Association (Peggie Tellez), Illinois State Racquetball Association (Laurel Davis), R2 Sports (Ryan and Tish Rodgers), Racquetball Players of Arizona (Ben Simons), TMT Events (Lynn Stephens), USAR-IP Master Instructors (Fran Davis, Tom Travers, and Jim Winterton), Wilson (Terri Graham), Women’s Senior Masters Racquetball Association, and the World Wide Racquetball Academy (Roby Portovich).

To view the day-by-day coverage of the IRF Worlds, use this link: http://www.usra.org/News/tabid/5137/articletype/ArticleView/ articletld/1494/2012-World-Racquetball-Championships.aspx, or go to www.usaracquetball.com and click on the Daily Blog link from the home page.

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Note: Yuni Cobb of the U.S. sits on the IRF executive committee as treasurer Carlos Ruiz (Venezuela), and Roberto Aracena (Bolivia).
The State of Florida Firefighter Games Racquetball Tournament took place in April at Embry Riddle Aeronautical University in Daytona Beach. Besides the regulars that have been coming to the State Fire Games tournaments for 20 years, there were some newcomers as well. Twenty-five players from eleven different fire departments came out and joined the fun. The WFRA discovered diamond-in-the-rough Shane Leon, a firefighter for the Boca Raton Fire Department, who played the best racquetball of the tournament, winning the week with three gold medals.

WFRA Founder Peter S. Berger also had a great tournament, earning two silvers and teaming with Shane to take home the gold in the doubles. Jeff Weinstein collected three bronze medals, Mike Bingham was victorious with two gold medals and a bronze, and Steve Misset captured a gold and a silver. The event was a great success, and we appreciate Embry Riddle for their hospitality.

In August, the 2012 World Police and Fire Games in Sydney, Australia, will also be sponsored by the WFRA. This is the first time the WFRA has been asked to help out internationally, and we are honored. We hope that there will be continued support of this tournament, held in opposite years of the World Police and Fire Games to take place next year in Ireland.

In September, right before the U.S. Open Championships in Minnesota, the first-ever United States First Responders Tournament will take place in Tampa, FL. This tournament will be open to all Federal Agents, Firefighters, Police Officers, and Military Personnel. The WFRA has been asked to be the lead sponsor and coordinator for the event, and we will be reaching out to the NPR and the MRF for their support and assistance.

The WFRA is continuing to support others while it, too, looks for support. How does that happen? The WFRA is eager to make more firefighters aware of the association. We have received applications from Utah, Pennsylvania, North Dakota, Arizona, and Washington State. We are stretching our arms across America looking for firefighters everywhere we can find them and are asking the public and racquetball family to help with this cause. In addition, we are looking for corporate or private support for this racquetball association so that we can continue to help firefighters in need and firefighters’ families who are experiencing financial hardship. We also wish to help future firefighters, paramedics, and EMTs complete school so they can pursue their careers. If you are interested in helping out the WFRA, please visit our website at www.worldfireracquetball.com and click Donate.

The month of June jump-started the NPRA season and on June 20, Texas Law Enforcement Officers converged on Austin, TX, for their annual Texas Police Games. NPRA was a proud sponsor of the racquetball event and team member Phyliss Clair served as the Event Director. R2Sports also played an important role by providing the brackets, scorecards and posting live results. A. King successfully operated the software, which enabled the event to run smoothly and error-free.

In the Men’s Open Singles, there’s a new “Top Cop” in town, and he goes by the name of M. Sharpe. NPRA members J. Jordan captured silver and R. Kessler finished the event with bronze. In the Open Doubles round-robin competition, the NPRA team of Bearden and Jordan were able to fend off all others and took home the gold. This was their second straight gold at these Games, and they look forward to a 3-peat next year when the Games return to Houston. NPRA also hosted the Racquetball Social at the popular Warehouse Saloon & Billiards. Racquetball companies Ektelon, Wilson and Gearbox donated over $800 worth of prizes that were raffled to players.

The following week, Bearden and Jordan traveled to St. Cloud, MN, to compete in the Can-Am Police & Fire Games. Once again, the NPRA was a proud sponsor of these Games, and Bearden assisted Event Director/St. Cloud firefighter Dan Ford in running this event.

In the Men’s Open Singles, NPRA member J. Jordan went undefeated and won the gold. Jordan then returned to the battle-grounds to team up with his partner Bearden and they took the gold in the Open Doubles.

NPRA is proud to be a part of these Games, which continue to display great sportsmanship and camaraderie among all first responders. For more information and photos of the Games, or if you would like to be a part of NPRA, please check out www.policeracquetball.com and contact Bill Bearden or Mike Welch.

As always, Shoot Straight down the Line and Roll ‘Em out. See you on the Courts!
The 2012 Roundabout WOR Championships presented by Ektelon wrapped up another awesome year as players converged on the courts at Marina Park in Huntington Beach, CA, July 12-15, for the sport’s largest national outdoor championship. Celebrating its 39th year, this is the longest-running outdoor racquetball championship tournament in history.

This year’s event featured 250 competitors from 19 states and three countries. Outdoor players from across the country competed for coveted championship plates in 28 divisions that included amateur and professional singles and doubles. Top honors in the Men’s Pro singles went to Rocky Carson who captured his ninth consecutive championship without dropping a single game. The Men’s Pro doubles championship was won by Greg Solis and Kevin Booth.

Participants traveled from far and wide to compete for a chance to become a WOR champion. The challengers were met with many obstacles - warm sun, a rain delay, the usual trash talk and fierce competition - all the way to the end of the draw. Hundreds of spectators throughout the event enjoyed the competition, and the hospitality was spectacular - it was the biggest, baddest party in racquetball!

The hot story of the tournament was Janel Tisinger, who won the Women’s Pro singles, the Women’s Pro doubles (with partner Aimee Ruiz) and the Mixed Pro doubles (with partner Greg Solis). No other male or female player has ever won three WOR Championships at the highest level at the same event. Wow - way to go, Jane!!

Greg Solis was the big winner on the men’s side with wins in the Pro Doubles and Mixed Pro, as well as a semifinal finish in the Pro Singles. Kevin Booth was also a double winner with wins in the Pro Doubles as Solis’ partner and the CPRT Doubles with Jesus Ustarroz.

Congratulations to all of the WOR Champions crowned at this year’s event. For full results check the R2 results page at http://www.r2sports.com/tourney/dirtourney.asp?drawVar=viewResults&TID=9778

Big thanks to tournament directors Geoff Osberg and Jesus Ustarroz. Great job by the entire crew!
This year’s Ektelon USAR National Singles Racquetball Championships was nothing short of spectacular. With support from sponsors, individuals, and tournaments, the MRF was able to bring eight wounded service members to the event to experience the Nationals firsthand. Most had never before experienced racquetball and the gala that accompanied this level of competition. Four individuals from Balboa Naval Medical Hospital recently participated in an MRF Racquetball Rehabilitation Clinic and had the opportunity to compete in this year’s event.

Thanks to USA Racquetball and the International Racquetball Tour who kicked off the tournament on Wednesday by hosting the sixteen-team Pro-Am Doubles fundraiser. Thanks to the participation in this event, USA Racquetball generated $3,600 that will be donated to MRF and its RRCs (Rehabilitation Racquetball Clinics) around the country. This also gave some of our wounded service members the opportunity to actually play with IRT pros. One of the stars of the tournament was a companion and service dog named Arnie who was literally attached at the hip to SGT Ed Afanador (US Army-ret.). Ed was severely injured while rescuing one of his fellow service members during the aftermath of the World Trade Center bombings of 2001. His injuries are so severe that he depends on Arnie to help him be mobile. Players and spectators throughout the event greeted Ed and Arnie with curiosity and affection. Arnie made celebrity appearances at the booths of MRF sponsors E-Force, Ektelon, and RacquetWorld. The most exciting part of the event was the opportunity for the wounded service members to spend time with the tournament players and spectators, including a standing ovation at the Hall of Fame banquet.

Another highlight of the event was an added division that allowed wounded service members to play. USA Racquetball and the MRF created a special Disabled/Amputee division to provide the opportunity for competition. CPT JJ Guerrero (US Army-ret.) competed against SGT Lam Le (USMC). JJ defeated Lam in two games, but just getting them on the court to compete at a national level was proof that they both were winners! Guerrero was the gold medalist and Le won the silver. This will definitely lead to bigger events in the future!

On Friday, the wounded service members put on a special racquetball demonstration for the crowd that is used around the country at military bases. With the help of Rhonda Rajsich, they completed several drills and played a game of doubles against each other – it was truly thrilling and amazing to watch. These guys have tremendous HEART and COURAGE!

The highlight of the weeklong tournament was the flag ceremony conducted on Sunday prior to the Pro finals. It was a spectacular display. Thanks to Lt. Col Mark Fuhrmann and the United States Air Force, the ceremony included a special tribute to all service men and women who protect our freedom. To all of you warriors, from the Military Racquetball Federation, thank you.

Special thanks to RacquetWorld, E-Force, Ektelon, the IRT, and USA Racquetball, as well as all the players and spectators, for making this historic event possible.
MRF hosted a two-day RRC (Racquetball Rehabilitation Clinic) for wounded warriors at Fort Benning, Georgia, in mid-June. Over 80 service men & women from the Army attended the clinics. Thanks to their enthusiasm, Fort Benning will be holding an ongoing RRC program.

Special thanks to MRF’s Marcia Morris-Roberts, Rabbit Rogers, Herman Brooks, and Steven Harper for their time and dedication!
The National Masters Racquetball Association’s International Championship in Raleigh, North Carolina, in July was fantastic. Tom Curran was inducted into the NMRA Hall of Fame as the 40th inductee (more details in the next issue of Racquetball). The Board of Directors welcomes Fred Roe of California as its newest member replacing Tom Curran who cycled off the Board due to term limits. We extend Tom a hearty “thanks” for many years of service as President and look forward to working with him continually in the future.

Our current schedule has us going in December 2012 to Pleasanton, California; March 2013 to Tucson, Arizona; and to West Allis, Wisconsin, next July. And don’t miss out on the excitement at the 2013 Summer National Senior Games in Cleveland, Ohio!

Come try out one of our events – you will be hooked like many others have been after their first event. The NMRA is dedicated to the mature racquetball player 45+. For more information, including our newsletter, The RacquetRacket, please visit our website at www.NMRA.info. For tournament registration and for watching the scoring after matches, visit www.R2Sports.com. We also encourage our members and readers to visit the USA Racquetball website at www.usaracquetball.com. We are now on Facebook, too: search NMRA for the webpage, and search National Masters Racquetball Association for the group page - it’s interactive!
The WSMRA’s 23rd Annual Women’s Senior/Masters tournament in Sarasota, Florida was a fabulous success. Ninety-four players from all parts of the country attended this tournament. The tournament featured fun in the sun and torrid competition on the courts. For all the details and more photos, visit our website at www.wsmra.com. Many thanks go to Wilson Racquetball and all the sponsors, the tournament directors, volunteers, and the clubs for a wonderful event.

It’s almost time for a new season of racquetball, so fire up and plan to attend the 24th Annual Women’s Senior/Masters National championships as we return to “The Mav” in Arlington, Texas, on January 18-20, 2013. The Maverick Athletic Club also hosted our tournament in 2006, and we look forward to that good ol’ Texas hospitality once again. Leo Vasquez will be the tournament director and he has promised a fun event! The host hotel will be the La Quinta Inn Arlington South. A fun doubles mixer to benefit Breast Cancer Research will be held the afternoon of January 17. The Saturday night banquet is always a highlight of the tournament, and we have been promised real Texas barbeque and lots of dancing!

You are never out of the draw at this singles round-robin tournament. The tournament is for all women 35+, and we have Open/A and B/C (intermediate) divisions for all age groups. All matches in our tournament count in the current USAR ranking system. In this tournament, you’ll not only find yourself competing against some of the best women players in the country, but you will have a great time. We stress fun, friends and good sportsmanship. We hope to see you in 2013. Plan to come and bring a friend or two! Look for entry information and an entry form on our website later this summer.
Let’s continue “Making You a Champion” using the core principles of "Building Your Racquetball Dream House" as you build your championship racquetball game one assessment at a time. This will allow you to always complete the “Racquetball Success Triangle” as explained in previous issues.

In the last issue, I suggested taking some time off to allow your body and mind to recover using the “recovery cycle.” I still want you to do this since it is important to heal so you can come back strong, but while you’re relaxing and recovering, I recommend you evaluate the season match-by-match. Look at your strengths and weaknesses so you can sharpen your strengths and hone in on your weaknesses. Below is a list you can use to get you started on evaluating the top eight areas of your game:

1. Stroke Mechanics: This is where you can shine and become more consistent than your opponent and put pressure on him from the start.
2. Court Position: Here’s where you can really establish control of the court and put yourself in the best position to get to a majority of the balls, thereby frustrating your opponent when you get to balls they think you shouldn’t get to, because you are in the right place at the right time.
3. Shot Selection: Playing smarter - not harder - is the winning formula.
4. Serves You Hit: Serving puts you in the driver’s seat and gives you the edges, so pay close attention to your opponent’s habits and develop a good arsenal of serves. This will help you exploit her weaknesses, eliciting weak returns.
5. Return of Serve: Having a good return pulls your opponent out of the middle and puts him deep in the court as far away from the front wall (the target) as possible.
6. Footwork: Getting there quickly and efficiently on your first step is critical and can be the difference between winning or giving your opponent the edge.
7. Emotional State: Stay calm and watch your opponent get distracted and flustered.
8. Types of Players: Become a more versatile player: multi-dimensional, not one-dimensional. This keeps your opponent guessing as to what you are going to do next.

After you have gone through the recovery cycle and rested physically and mentally, you are ready to start working on what you discovered in the above evaluation exercise.

**Racquetball Skills**

This is the time of year you should be doing more stationary drills, fixing and tweaking your inconsistencies you found in your strokes, your serves, your return of serves, your shots, etc. You should also be keeping stats of your results to check your progress.

**Mental Skills**

Now you can put on your iPod to your favorite music and start visualizing your perfect shots. Visualization involves creating images in your mind of what you want to reproduce on the court. Your sports brain works through pictures, not words, and does not know the difference between a vividly imagined picture in your head and actual reality. The benefit is that you get a 30 percent neurological contraction, no matter what, so your muscles are being triggered by your brain. As a result, when a shot you visualized comes up during a match, your body will proactively respond to those prior images. Perfect mental practice leads to perfect results.

Jason religiously visualized every day for hours, which played a huge part in his consistency level and was critical to his success. Now Rocky, Paola, Taylor, Sharon and my Junior Superstars follow suit as well.

**Fitness Skills**

This is the time to work on building your strength and power in all areas of your body so that you are ready to add speed, agility, balance and more flexibility.

**Nutrition Skills**

Often during the recovery cycle, people have a tendency to “treat” themselves and stray from eating well and drinking water. As you enter back into your preseason training, make sure you get back into the routine of eating right and drinking lots of water; your body and mind NEED this in order to perform at their best.

For more details on the above tips, to purchase Fran’s video, “Building Your Dream House” or her book, “Championship Racquetball,” or for her instructional camp calendar, visit www.FranDavisRacquetball.com.

Fran Davis coaches Paola Longoria (#2 WPRO), Rocky Carson (#2 IRT), Taylor Knoth (#1 Jr. National and World Champion), and Sharon Jackson (#1 National Intercollegiate Champion). She is a member of the USAR Hall of Fame 2004, Woman of the Year 2009, a former US Team National Coach, and a member of the Master Professional Instructors (USAR-IP).
Hope that you’re getting ready for the 2012 UnitedHealthcare U.S. Open Racquetball Championships that’ll be played Oct 3-7 in Minneapolis. It’s racquetball’s biggest show! And for those of you who plan to enter the Men’s Pro event, be aware that the IRT has implemented several new rule modifications that are available for download (Rule 11) in the updated Rulebook at the USAR website (or better yet, you can just use the link at the end of this article). Make sure to familiarize yourself with these new IRT modifications before stepping onto the court (and don’t forget your eyeguards either!).

As of the June 1, 2012, submission deadline, I had received about ten or so rule change proposals, although most were just minor wording issues. I will soon task the Rules Committee to assess the viability of these changes and, if needed, tweak them a bit. We’ll then make recommendations to the Board of Directors at their biannual meeting in Minneapolis. Any that meet the test will then be posted on-line for comments by the general membership. The Rules Committee will assess comments received in the Spring of 2013 and then recommendations will be made to the Board for a final vote in May 2013 at the Ektelon Nationals. Even then, any approved rule changes cannot go into effect until September 1, 2013.

Meanwhile, here are a few rules questions I have recently answered…

Michael Fortinberry asked: During a casual, recreational league game without an official, if the ball does not travel past the short line, can the server call the fault? Alternatively, does only the receiver have the option of calling a fault? If a fault is called by the server, would the receiver have the choice to continue to play? I know that in many cases the receiver chooses to play a ball that may go long, but I would think that once a short serve ball is called as a fault by either player, it is considered a short serve fault and cannot be played. I cannot find any documentation that says only the receiver can call the shot, but that seems to be somewhat common practice. Can either player could legitimately call the fault and stop play?

I responded: The latest USAR Rulebook contains a section in the very back (Policy D) on Self Officiating — “How to Ref When There is NO Ref.” It basically says that it is the receiver’s duty to call fault serves, but the server can question that call. He should never play a serve he knows was short and should also hold up if he thinks the serve is short because “playing it” sets forth a case for the serve having been “good” and “in play.” By the way, a serve is NOT long until it actually touches the back wall on the fly. So, the receiver can legally play the serve until it touches the back wall (or the floor twice).

Cic Von Trappmeyer asked: Is there any truth that the receiving line was installed because of Ruben Gonzalez and the 3-foot drive serve alley instituted because of Cliff Swain?

I responded: Regarding the receiving line, as I recall, it was I who first proposed that line on the floor back in the 1980’s. Many years prior to that, there used to be a 6-inch high line on each side wall exactly five feet behind the short line that defined an “imaginary” line across the court at that same point. I proposed actually drawing the line on the floor from one 6” line to the other to more clearly define what had previously been only an imaginary line. Those 6” lines on the walls even existed in handball.

Regarding the drive serve lines, I’ve since found out that they were instituted because of Steve Strandemo who complained that Jerry Hilecher would intentionally stand very near the side wall and serve the ball behind him. It was Jim Hiser, the Pro Tour Commissioner at the time, who put that new rule into effect. The truth is that it started five feet from the side wall(s), then was moved to four feet away, and finally ended three feet away. The rule was intended to keep the referee from having to make a judgment call (screen or not) on serves that passed between the server and the side wall when the server is standing three feet or less from a side wall. The rule says that it is an immediate automatic fault if that happens. The referee doesn’t have to decide if the serve was “close” or not and whether that “closeness” impaired the receiver. I lived in Atlanta at the time that rule was adopted, and always called it the “Florida” screen rule.

It may not be totally fair or correct to say that either of these rules was adopted due to solely one player or another, although it’s probably fair to say that good players tend to push every rule issue to their own personal advantage. That’s racquetball!
JUNIORS RACQUETBALL

Champs Kelani Bailey and Jose Rodriguez

2012 NATIONAL JUNIOR OLYMPIC
CHAMPIONSHIPS

2012 National Junior Olympic Championships
The Meridian Sports Club, Fullerton, CA
June 21-24, 2012

RESULTS

SINGLES
Boy's Singles 18 and Under Gold - Olympic Format
1st: Jose Diaz - Delta College, Stockton, CA
2nd: Marco Rojas - In-Shape Sport, West Lane, Stockton, CA
3rd: Brad Schoepiery - Davison Athletic Club, Swartz Creek, MI
4th: Chase Robison - Lockheed Martin Rec Center, Fort Worth, TX

Boy's Singles 18 and Under Red - Olympic Format
1st: Ryan Charbonneau - Oregon State Univ., Oregon City, OR
2nd: Andrew Allen - Center Court Fitness Club, Grand Forks, ND
3rd: Alec Wasilonsky - LA Fitness, Torrington, CT
4th: Coby Shaper - Club Sport, Tigard, OR

Boy's Singles 18 and Under Blue - Olympic Format
1st: Rick Charbonneau - Oregon State Univ., Oregon City, OR
2nd: Tyler Kendrick - Lockheed Martin Rec Center, Arlington, TX
3rd: Raul Quintanilla - YMCA - El Paso, El Paso, TX
4th: Dustin Cole - Bodyfit Club, Oklahoma City, OK

Boy's Singles 18 and Under White - Olympic Format
1st: Sean Begley - Beaverton, Portland, OR
2nd: Hayden Anderson - Tualatin, Tualatin, OR

Boy's Singles 16 and Under Gold - Olympic Format
1st: Adam Manilla - Denver Athletic Club, Centennial, CO
2nd: Connor Laffey - Courthouse Athletic Club North, Salem, OR
3rd: Sawyer Lloyd - Petaluma Valley Athletic Club, Petaluma, CA
4th: Alex Winter - Synergy Fitness North, Melville, NY

Boy's Singles 16 and Under Red - Olympic Format
1st: Ernesto Renteria - LA Fitness, Chula Vista, California
2nd: Luis Avila - LA Fitness Harbor, Wilmington, CA
3rd: Walker Plath - In-Shape Sport, West Lane, Stockton, CA
4th: Russell Chavez II - Triton Sports Center, Converse, TX

Boy's Singles 16 and Under Blue - Olympic Format
1st: Robert Hemphill - Fitness One, Fosters, AL
2nd: Thomas Carter - LA Fitness, Murrysville, PA
3rd: Zach Fellows - Crossroads Health & Fitness, Palisades, CO
4th: Nicholas Pavloski - Life Time Fitness, Kingwood, TX

Boy's Singles 16 and Under White - Olympic Format
1st: Luis Torres - Spectrum Racquetball and Fitness, Helotes, TX
2nd: Diego Perez - Woodcreek Athletic Club, Tyler, TX
3rd: Nathaniel Lapp - Western Racquet & Fitness, Green Bay, WI
4th: Fausto Santana - Trails Fitness Center, Aurora, CO

Boy's Singles 14 and Under Gold - Olympic Format
1st: Jordan Barth - Suburban Health Club, Cold Spring, MN
2nd: Mauro Rojas - In-Shape Sport, West Lane, Stockton, CA
3rd: Jake Birmel - Bellingham Athletic Club, Bellingham, WA
4th: Wayne Antoine IV - Courtsports Athletic Club, Junction City, OR

Boy's Singles 14 and Under Red - Olympic Format
1st: Nicholas Godwood - Western Racquet & Fitness, Green Bay, WI
2nd: Joshua Gibson - The Fitness Center, Spokane Valley, WA
3rd: Fausto Santana - Trails Fitness Center, Aurora, CO
4th: Jared Lee - Club Sport, Danville, CA

Boy's Singles 14 and Under Blue - Olympic Format
1st: Justin Ide - LA Fitness, Beaverton, OR
2nd: Brady Yelverton - LA Fitness, Garland, TX
3rd: Daniel Fishbein - Executive Health & Sports Center, Barrington, NH
4th: Braeden O’Meade - Rose Shores, Harrison Township, MI

Boy's Singles 14 and Under White - Olympic Format
1st: Jerry Yang - LA Fitness, Sugar Land, TX
2nd: Russell Chavez II - Triton Sports Center, Converse, TX
3rd: Hayden Farmer - Roanoke Recreation Center, Trophy Club, TX
4th: Lukas Le - Maverick Athletic Club, Arlington, TX
The multiple medal-winning Simmons sisters

Boy's Singles 12 and Under Gold - Olympic Format
1st: Sebastian Fernandez – American Athletic, San Diego, CA
2nd: Sean Henry – YMCA - Downtown, Georgetown, IN
3rd: Julian Singh – ClubSport, Pleasanton, CA
4th: Dane Elkins – UCLA, Brentwood, CA

Boy's Singles 12 and Under Red - Olympic Format
1st: Ryan Holz – Bellingham Athletic Club, Lynden, WA
2nd: Sahil Thakur – In-Shape, Tracy, CA
3rd: Cameren Pavlovic – Life Time Fitness, Kingwood, TX
4th: Micah Farmer – Roanoke Recreation Center, Trophy Club, TX

Boy's Singles 12 and Under Blue - Olympic Format
1st: Ricardo Diaz – In-Shape West Lane Racquetball Club, Stockton, CA
2nd: Thomas Penos – Healthtrax Fitness, North Kingstown, RI
3rd: Benjamin Jenkel – Petaluma Valley Athletic Club, Petaluma, CA
4th: Jose Perez – In-Shape Sport, Manteca, CA

Boy's Singles 12 and Under White - Olympic Format
1st: Jordan Birnel – Bellingham Athletic Club, Bellingham, WA
2nd: Mitchell Turner – Courthouse Athletic Club South, Salem, OR

Boy's Singles 10 and Under Gold - Olympic Format
1st: Brian Barberis – Life Time Fitness, McKinney, TX
2nd: Antonio Rojas – In-Shape Sport, West Lake, Stockton, CA
3rd: Thomas Penos – Healthtrax Fitness, North Kingstown, RI
4th: Nick Birnel – Bellingham Athletic Club, Bellingham, WA

Boy's Singles 10 and Under Red - Olympic Format
1st: Cayden Akvis – Roanoke Recreation Center, Keller, TX
2nd: Allen Ypez – In-Shape, Stockton, CA
3rd: Spencer Antone – Courtsports, Junction City, OR
4th: Jaden Ekins – John Wooden Center, Brentwood, CA

Boy's Singles 10 and Under Blue - Olympic Format
1st: Sahil Thakur – In-Shape, Tracy, CA
2nd: Krish Thakur – In-Shape, Tracy, CA
3rd: James D’Ambrogi – Petaluma Valley Athletic Club, Petaluma, CA
4th: Tommy Andros – Renaissance ClubSport, Laguna Niguel, CA

Boy's Singles 10 and Under White - Olympic Format
1st: William Mercado – LA Fitness, Keller, TX
2nd: Karsten Weller – Life Time Fitness – South Austin, Austin, TX

Boy's Singles 8 and Under Gold - Olympic Format
1st: Krith Thakur – In-Shape Sport, Tracy, CA
2nd: Vedant Chauhan – Club Sport, San Ramon, CA
3rd: Isaiah Coplen – Missouri Athletic Club West Campus, St. Louis, MO
4th: Shannah Nangunni – Club Sport, Livermore, CA

Boy's Singles 8 and Under Red - Olympic Format
1st: Nikhil Prasad – Club Sport, Fremont, CA
2nd: Hudson Farmer – Roanoke Recreation Center, Trophy Club, TX

Boy's Singles Multibounce 8 and Under Gold - Olympic Format
1st: Nikhil Prasad – Club Sport Fremont, Stockton, CA
2nd: Vedant Chauhan – Club Sport, San Ramon, CA
3rd: Aidan Weller – Life Time Fitness – South Austin, Austin, TX
4th: Jacob Mercado – LA Fitness, Keller, TX

Boy's Singles Multibounce 8 and Under Red - Olympic Format
1st: Isaiah Coplen – Missouri Athletic Club West Campus, St. Louis, MO
2nd: Heather Mahoney – Petaluma Valley Athletic Club, Penngrove, CA
3rd: Shannah Nangunni – Club Sports, Livermore, CA
4th: Hudson Farmer – Roanoke Recreation Center, Trophy Club, TX

Boy's Singles Multibounce 8 and Under White - Olympic Format
1st: Ashton Akvis – Roanoke Recreation Center, Keller, TX
2nd: Ian Weller – Life Time Fitness – South Austin, Austin, TX

Boy's Singles Multibounce 6 and Under - Round Robin
1st: Nikhil Prasad – Club Sport Fremont, Fremont, CA
2nd: Dylan Barberis – McKinney, TX
3rd: Jacob Mercado – LA Fitness, Keller, TX
4th: Ashton Akvis – Roanoke Recreation Center, Keller, TX

Girl's Singles 18 and Under Gold - Olympic Format
1st: Kelani Bailey – Greenbrier North YMCA, Norfolk, VA
2nd: Samantha Simmons – Severna Park Racquetball and Fitness Club, Crofton, MD
3rd: Devon Pimentelli – Prime Time Athletic Club, San Bruno, CA
4th: Elizabeth Simmons – University of AZ – Tucson Student Rec Center, Tucson, AZ

Girl's Singles 18 and Under Red - Olympic Format
1st: Ariana Gual – Southridge, Beaverton, OR
2nd: Jazmin Trevino – Millennium Sports Club, Merced, CA
3rd: Sarah Lewis – LA Fitness, Beaverton, OR
4th: Erica Lipski – Sunset High School, Portland, OR

Girl's Singles 18 and Under White - Olympic Format
1st: Lindsay Repp – Tualatin, Tualatin, OR
2nd: Courtney Chisholm – Western New England College, Marlborough, MA

Girl's Singles 16 and Under Gold - Olympic Format
1st: Rebecca Nielsen – The Claremont Club, Upland, CA
2nd: Kaitlyn Simmons – Severna Park Racquetball and Fitness Club, Crofton, MD
3rd: Hollee Hungerford – Grandview Christian Academy, Milwaukee, WI
4th: Krystle Boyle – Beaverton, Beaverton, OR

Girl's Singles 16 and Under Red - Olympic Format
1st: Sabrina Viscuso – Auburn Racquet & Fitness, Auburn, CA
2nd: Brittany Click – Life Time Fitness, Huffman, TX
3rd: Ashley Boyle – Beaverton, Beaverton, OR

Girl's Singles 14 and Under - Round Robin
1st: Erika Manilla – Denver Athletic Club, Centennial, CO
2nd: Lexi York – Eastside Athletic Club, Milwaukee, WI
3rd: Jordan Cooper – Clearwater YMCA, Palm Harbor, FL
4th: Daniela Torres – Spectrum Racquetball and Fitness, San Antonio, TX
5th: Kire Mendoza – San Antonio, TX

Girl's Singles 12 and Under - Round Robin
1st: Kaitlyn Boyle – Sunset Athletic Club, Beaverton, OR
2nd: Victoria Leon – American Athletic Club, Chula Vista, CA
3rd: Ingrid Robledo – American Athletic Club, Chula Vista, CA
4th: Angela Mendoza – Triton Sport Center, San Antonio, TX
5th: Alissa Rejani – Los Angeles, CA
6th: Kayoni Coplen – St. Louis, MO

Girl's Singles 10 and Under - Round Robin
1st: Kaitlyn Boyle – Sunset Athletic Club, Beaverton, OR
2nd: Victoria Leon – American Athletic Club, Chula Vista, CA
3rd: Heather Mahoney – Petaluma Valley Athletic Club, Penngrove, CA
4th: Graciana Wargo – Harbour Island Athletic Club – Tampa Fl, Clearwater, FL
5th: Estefania Perez – In-Shape Sport, Manteca, CA
3rd: Julia Stein – Murphysville Sportszone, Murphysville, PA
4th: Nikita Chauhan – Club Sport, San Ramon, CA
5th: Heather Mahoney – Penngrove, CA
RESULTS

DOUBLES
Boys Doubles 18 and Under - Single Elimination
1st: Adam Manilla / Devon Pimentelli - Centennial, CO/San Bruno, CA
2nd: Elizabahah Simmons / Jose Diaz - Tucson, AZ/Stockton, CA
3rd: Kelani Bailey / Nicholas Riffel - Norfolk, VA/Lovelock, NV
4th: Tyler Kendrick / Samantha Simmons - Arlington, TX/Crofton, MD

Junior Mixed Doubles 18 and Under - Consolation - Single Elimination
1st: Ariana Guila / Bryan Domogalla - Beaverton, OR/Tigard, OR
2nd: Amir Jabbari / Jazmin Trevino - San Ramon, CA/Merced, CA
3rd: Daniel Ulrich / Sarah Lewis - Kittredge, CO/Beaverton, OR
4th: Erica Lipski / Sean Bagley - Portland, OR/Portland, OR

Junior Mixed Doubles 16 and Under - Round Robin
1st: Joshua Lebow / Krystle Boyle - Salem, OR/Beaverton, OR
2nd: Connor Laffey / Rebecca Nielsen - Salem, OR/Upland, CA
3rd: Sawyer Lloyd / Kaitlyn Simmons - Petaluma, CA/Crofton, MD
4th: Ashley Boyle / Daniel Fishbein - Beaverton, OR/Barrington, NH
5th: Brittney Clark / Nicholas Pavloski - Huffman, TX/Kingwood, TX

Junior Mixed Doubles 14 and Under - Round Robin
1st: Jordan Barth / Lexi York - Cold Spring, MN/Milwaukee, WI
2nd: Brady Yelverton / Daniella Torres - Garland, TX/San Antonio, TX
3rd: Evan Wargo / Kaitlyn Boyle - Clearwater, FL/Beaverton, OR
4th: Jerry Yang / Kire Mendoza - Sugar Land, TX/San Antonio, TX

Junior Mixed Doubles 12 and Under - Round Robin
1st: Ingrid Robledo/Sebastian Fernandez - Chula Vista, CA/San Diego, CA
2nd: Atossa Rejain / Daine Elkins - Los Angeles, CA/Bellmorad, CA
3rd: Angela Mendoza/Cameron Pavloski - San Antonio, TX/Kingwood, TX
4th: Isaiah Coplen / Kayomi Coplen - St. Louis, MO/SL Louis, MO

Junior Mixed Doubles 10 and Under - Round Robin
1st: Graciana Wargo / Nicki Chauhan - San Ramon, CA/Bellmorad, CA
2nd: Brittney Clark / Nicholas Pavloski - Huffman, TX/Kingwood, TX
3rd: Evan Wargo / Kaitlyn Boyle - Clearwater, FL/Beaverton, OR
4th: Kamani Bailey / Samantha Simmons - Norfolk, VA/Crofton, MD

Boys Doubles 12 and Under - Round Robin
1st: Julian Singh / Sebastian Fernandez - Pleasanton, CA/San Diego, CA
2nd: Ryan Holt / Sean Henry - Lynden, WA/Georgetown, IN
3rd: Benjamin Jenkel / Dane Elkins - Petaluma, CA/Brentwood, CA
4th: Antonio Rosas / Ricardo Diaz - Stockton, CA/Stockton, CA
5th: Cameron Pavloski / Micah Farmer - Kingwood, TX/Trophy Club, TX
6th: Jose Perez / Mitchell Turner - Manteca, CA/Salem, OR

Boys Doubles 10 and Under Consolation - Single Elimination
1st: Antonio Rosas / Nick Birnel - Stockton, CA/Bellingham, WA
2nd: James D’Ambrosia / Thomas Panos - Petaluma, CA/North Kingstown, RI
3rd: Brian Barboza / Cayden Akins - McKinney, TX/Keller, TX
4th: Spencer Antone / Tommy Andros - Junction City, OR/Laguna Niguel, CA

Boys Doubles 10 and Under Single Elimination
1st: Jaden Edkins / Mark Pearson - Brentwood, CA/Las Vegas, NV
2nd: Jeremy Holt / William Mercado - Lynden, WA/Keller, TX
3rd: Cole Hartman / Julius Ellis - Hamel, MN/Stockton, CA
4th: Jerry Geizentanner / Cody Edkins - Arlington, TX/Los Angeles, CA

Boys Doubles 12 and Under Single Elimination
1st: Erika Manilla / Jordan Cooper - Centennial, CO/Palm Harbor, FL
2nd: Daniella Torres / Kire Mendoza - San Antonio, TX/San Antonio, TX
3rd: Kaitlyn Boyle / Victoria Leon - Beaverton, OR/Chula Vista, CA
4th: Ingrid Robledo / Nikita Chauhan - Chula Vista, CA/San Ramon, CA
5th: Graciana Wargo / Julia Stein - Clearwater, FL/Murrysville, PA

Girls Doubles G10/12/14D - Round Robin
1st: Ingrid Robledo / Mikaela Pavloski - San Diego, CA/San Antonio, TX
2nd: Anna Ramirez / Samantha Simmons - Pleasanton, CA/Palm Harbor, FL
3rd: Ashley Boyle / Kaitlyn Boyle - Clearwater, FL/Beaverton, OR
4th: Kamani Bailey / Samantha Simmons - Norfolk, VA/Crofton, MD

Boys Doubles 12 and Under Consolation - Single Elimination
1st: Nate Tucker / Robert Hemphill - Davison, MI/Foster, AL
2nd: Luis Fernandez / Thomas Carter - San Diego, CA/Murrysville, PA
3rd: Dima Wett / Steven Boyle - Petaluma, CA/Beaverton, OR
4th: Luis Torres / Nicholas Pavloski - Helotes, TX/Kingwood, TX

Boys Doubles 14 and Under - Single Elimination
1st: Jordan Barth / Justus Benson - Cold Spring, MN/Sun Prairie, WI
2nd: Jake Birmel / Mauro Rojas - Bellingham, WA/Stockton, CA
3rd: Daniel Fishbein/Wayne Antoine IV - Barrington, Nj/Junction City, OR
4th: Jared Lee / Nikhil Singh - Danville, CA/Pleasanton, CA

Boys Doubles 14 and Under - Round Robin
1st: Kelani Bailey / Samantha Simmons - Norfolk, VA/Crofton, MD
2nd: Courtney Chisholm / Devon Pimentelli - Marlborough, MA/San Bruno, CA
3rd: Kaitlyn Simmons / Lexi York - Crofton, MD/Stockton, CA
4th: Hollee Hungerford / Rebecca Nielsen - Milwaukee, WI/Beaverton, OR
5th: Sarah Lewis / Elizabeth Simmons - Beaverton, OR/Tucson, AZ
6th: Erica Lipski / Kye Stuje - Portland, OR/Beaverton, OR

Boys Doubles G10/12/14D - Round Robin
1st: Erika Manilla / Jordan Cooper - Centennial, CO/Palm Harbor, FL
2nd: Daniella Torres / Kire Mendoza - San Antonio, TX/San Antonio, TX
3rd: Kaitlyn Boyle / Victoria Leon - Beaverton, OR/Chula Vista, CA
4th: Ingrid Robledo / Nikita Chauhan - Chula Vista, CA/San Ramon, CA
5th: Graciana Wargo / Julia Stein - Clearwater, FL/Murrysville, PA

Girls Doubles G10/12/14D - Round Robin
1st: Ingrid Robledo / Mikaela Pavloski - San Diego, CA/San Antonio, TX
2nd: Anna Ramirez / Samantha Simmons - Pleasanton, CA/Palm Harbor, FL
3rd: Ashley Boyle / Kaitlyn Boyle - Clearwater, FL/Beaverton, OR
4th: Kamani Bailey / Samantha Simmons - Norfolk, VA/Crofton, MD

Junior Mixed Doubles 18 and Under - Single Elimination
1st: Adam Manilla / Devon Pimentelli - Centennial, CO/San Bruno, CA
2nd: Elizabahah Simmons / Jose Diaz - Tucson, AZ/Stockton, CA
3rd: Kelani Bailey / Nicholas Riffel - Norfolk, VA/Lovelock, NV
4th: Tyler Kendrick / Samantha Simmons - Arlington, TX/Crofton, MD

Junior Mixed Doubles 18 and Under Consolation - Single Elimination
1st: Ariana Guila / Bryan Domogalla - Beaverton, OR/Tigard, OR
2nd: Amir Jabbari / Jazmin Trevino - San Ramon, CA/Merced, CA
3rd: Daniel Ulrich / Sarah Lewis - Kittredge, CO/Beaverton, OR
4th: Erica Lipski / Sean Bagley - Portland, OR/Portland, OR

Junior Mixed Doubles 16 and Under - Round Robin
1st: Joshua Lebow / Krystle Boyle - Salem, OR/Beaverton, OR
2nd: Connor Laffey / Rebecca Nielsen - Salem, OR/Upland, CA
3rd: Sawyer Lloyd / Kaitlyn Simmons - Petaluma, CA/Crofton, MD
4th: Ashley Boyle / Daniel Fishbein - Beaverton, OR/Barrington, NH
5th: Brittney Clark / Nicholas Pavloski - Huffman, TX/Kingwood, TX

Junior Mixed Doubles 14 and Under - Round Robin
1st: Jordan Barth / Lexi York - Cold Spring, MN/Milwaukee, WI
2nd: Brady Yelverton / Daniella Torres - Garland, TX/San Antonio, TX
3rd: Evan Wargo / Kaitlyn Boyle - Clearwater, FL/Beaverton, OR
4th: Jerry Yang / Kire Mendoza - Sugar Land, TX/San Antonio, TX

Junior Mixed Doubles 12 and Under - Round Robin
1st: Ingrid Robledo/Sebastian Fernandez - Chula Vista, CA/San Diego, CA
2nd: Atossa Rejain / Daine Elkins - Los Angeles, CA/Bellmorad, CA
3rd: Angela Mendoza/Cameron Pavloski - San Antonio, TX/Kingwood, TX
4th: Isaiah Coplen / Kayomi Coplen - St. Louis, MO/SL Louis, MO

Junior Mixed Doubles 10 and Under - Round Robin
1st: Graciana Wargo / Nicki Chauhan - San Ramon, CA/Bellmorad, CA
2nd: Brittney Clark / Nicholas Pavloski - Huffman, TX/Kingwood, TX
3rd: Evan Wargo / Kaitlyn Boyle - Clearwater, FL/Beaverton, OR
4th: Kamani Bailey / Samantha Simmons - Norfolk, VA/Crofton, MD

Junior Mixed Doubles 10 and Under - Round Robin
1st: Graciana Wargo / Nicki Chauhan - San Ramon, CA/Bellmorad, CA
2nd: Heather MahoneyJames D’Ambrosia - Penngrove, CA/Petaluma, CA
3rd: Cole Hartman / Estefania Perez - Hamel, MN/Manteca, CA
4th: Nikita Chauhan/Vedant Chauhan - San Ramon, CA/San Ramon, CA
TIME TO GEAR UP FOR THE 2012-13 SEASON

Pro Kennex expands the Force Flow Technology line to include a new model, the F185, for 2012-13. The F165, F175 and the new F185 all have distinctive weights that cover the optimal spectrum. Force Flow Technology provides stability, even balance points and anti-torque characteristics in the throat area resulting in an ultra stiff frame that generates high performance power. Constructed with STC (Spiral Tech Graphite) and featuring our hour glass grip configuration for great feel and comfort. All three racquets are equipped with Liquid 17 string and our all new Clear Friction Grip.
The 2012 Ektelon Nationals presented by Penn made its triumphant return in May to the sunny skies of Southern California. Over Memorial Day weekend, 559 players from 41 states and eight different countries arrived at The Meridian Sports Club in Fullerton for one of racquetball’s most anticipated events of the year.

In addition to the 24 racquetball courts all housed under a single roof at The Meridian Sports Club, the Ektelon Nationals also featured the all-Lucite portable court, erected on top of the club’s parking garage. The outdoor stadium and accompanying Players’ Village offered players, families and spectators an excellent way to catch the World’s Fastest Sport while also enjoying the wonderful California weather.

On the courts, the Ektelon Nationals not only offered National Championship play among 63 different skill and age divisions but also served as host for the International Racquetball Tour’s (IRT) final Grand Slam event of the 2011-2012 season. New this year was the addition of a season-ending event for the Women’s Professional Racquetball Organization (WPRO). All the top male and female professional players in the world joined the best American amateur players for a fun-filled week on and off the court in beautiful Orange County.

World’s Top Players Wrap Up A Record-Breaking Year

Packed bleacher fans and VIP Gold Box occupants witnessed Kane Waselenchuk cruising through the IRT draw en route to winning his historic seventh year-end title. (Cliff Swain previously held the career year-end title record.) Kane knocked off Alvaro Beltran in the final, 11-3, 12-10, 11-1. Kane’s opponent in the semifinals was upset-minded Polo Gutierrez. To reach his career best showing on the IRT Tour, Polo pulled off a trio of upsets over players ranking #13 (Brad Schopieray), #4 (Jose Rojas) and #5 (Chris Crowther) on the Tour.

In the WPRO bracket, Paola Longoria wrapped up an undefeated season to win her third year-end championship. Paola defeated #2-ranked Rhonda Rajsich in the event’s final. To reach the finals, Longoria beat Cristina Amaya while Rajsich knocked off Kristen Bellows.

The Road to the Dominican Goes Through Fullerton

At stake in the top amateur divisions were appointments to the US
National Team and a possible trip to the Dominican Republic this August for the International Racquetball Federation’s (IRF) World Championships. In the Men’s Team Qualifying draw, two new faces met in the finals. Minnesota’s many-times-over State Champion John Goth (Burnsville, MN) knocked off the #1 seed and last year’s finalist Jose Diaz (Stockton, CA) en route to the finals. His opponent was Marco Rojas, who took out the #3 and #2 seeds along the way. Rojas, a former National High School Champion, was coming off a knee injury but had enough to win the National Championship over Goth 11-2 in a tiebreaker.

Celebrating the True Meaning of Memorial Day
One of the great highlights of the Memorial Day Weekend was the opportunity to honor our country’s active military and veterans. The Military Racquetball Federation (MRF) was the designated charity for the week and received many gracious donations including from those who played in Wednesday’s Pro-Am Doubles event. Several participants in the MRF’s Racquetball Rehabilitation Clinics played in the Pro-Am and also in the Military Divisions of the tournament. Before the Men’s Professional Final on Sunday, a full Color Guard from the Los Angeles Air Base presented America’s colors on the stadium court. All current and retired members of the military playing in the Ektelon Nationals were invited to participate in the ceremony. (See more info and photos in this issue’s MRF section.)

USA Racquetball Hall of Fame Grows by Three
Friday evening the Class of 2012 honorees were inducted into the USA Racquetball Hall of Fame during a ceremony at The Meridian Sports Club.
Michelle Gould - Winner of 39 US National titles, 58 International titles and 55 Professional titles. Ms. Gould is a nine-time Female Athlete of the Year.  
Note: Michelle Gould was unable to attend the ceremony and will be recognized at the 2013 Ektelon Nationals.

Art Shay - Racquetball’s “Original Photographer”, Mr. Shay changed the way we viewed the sport with more than 30 cover photos of Racquetball magazine. For more on Art Shay’s photography, see page 34.

Steve Serot - Called racquetball’s “Wonder Boy” by Sports Illustrated in 1974, Mr. Serot is known for revolutionizing the game’s modern backhand.

Also at the Hall of Fame ceremony, the USA Racquetball Annual Awards were presented. This year’s winners:

Joe Sobek Outstanding Contribution Award – Usher Barnoff (Canada)
Presidential Award – Peggine Tellez (California)
John Halverson Fair Play Award – Catherine Ball (New York)
Peggy Steding Female Age Group Award - Debra Tisinger-Moore (California)
Bud Muehleisen Male Age Group Award - Jerry Holly (California)
Female Athlete of the Year Award – Rhonda Rajsich (Arizona)
Male Athlete of the Year Award – Rocky Carson (California)

More Than Just Racquetball
While everyone came to Fullerton to compete on the court, some of the best features of the event were the off-the-court activities. At the host club and hotels, many officially sponsored parties, socials and events were held. From the Ektelon Hard Hit Contest, to Ladies’ Night Out, to the BBQ Pool Party, to the HEAD/Penn “Bean Bag Toss” tournament, there was something for everyone to enjoy! Participants and guests had the opportunity to bid on and win a lot of great Olympic and racquetball items at the US Team Silent Auction.

Just a short seven-mile drive from the Stadium Court sits Disneyland, making a future trip to the Ektelon Nationals ideal for any racquetball-playing family. If your second favorite sport is baseball, Major League Baseball’s Los Angeles Angels play just down the road -- catching a game after your day’s matches is nice and easy. California’s top beaches are just a 20-minute drive away, including the surfing capitol of the world in Huntington Beach. And...if you’re looking to make an extended stay, Los Angeles, Hollywood and San Diego are just a little over an hour away!

Start making plans now for the 2013 Ektelon Nationals, next May back in splendid California. See you there!

LADIES NIGHT OUT  
By Terry Rogers

The USAR Women’s Committee continued the tradition of hosting “Ladies Night Out” at the National Singles Racquetball Championships in Fullerton. For the second year in a row, the event was held at Don Jose’s Mexican Restaurant, a perfect location within walking distance of the club. What a fun time we had as we shared refreshments, appetizers, and lots of laughs! There were even a few gentlemen guests who joined in the festivities. The traditional raffle was held with the support of racquetball manufacturers and donations from several players. It’s fun to drop those tickets in the trays and hope one of yours is picked as the winning ticket. We were also happy to welcome our youngest player/guest, Vivian Kringle, to the event!

Win or lose, we hope that everyone at the tournament enjoyed successes and/or memorable moments. Congratulations to all the champions, and thanks to all the participants. Women, let’s double the fun next year – bring a friend!
**Men**

*Men’s Singles WPAA Main - Single Elimination*

1st: Kane Waselenchuk - Life Time Fitness, Austin, TX
2nd: Alvaro Beltran - San Ysidro, CA
3rd: Rocky Carson III - Renaissance Club Sport, Ladera Ranch, CA
4th: Polo Gutierrez - Renaissance Club Sport, Ladera Ranch, CA

*Men’s Singles Open / Team Qualifying - Single Elimination*

1st: Marco Rojas - In-Shape Sport: West Lane, Stockton, CA
2nd: John Goth - LA Fitness, Burnsville, MN
3rd: Charles Pratt - Sunset Athletic Club, Portland, OR
4th: Tyler Otto - Colorado State Univ., Pueblo, CO

*Men’s Singles Elite - Single Elimination*

1st: Ryan Hunter - Rhode Island College, Swansea, MA
2nd: Bobby Ferreira - ASU Student Recreational Center, Glendale, AZ
3rd: Kenny Green Jr. - Snyder Center, Biloxi, MS
4th: Mark Fuhrmann - Charleston AFB, Mt. Pleasant, SC

*Men’s Singles A - Single Elimination*

1st: Enrique R. Loaiza - LA Fitness, Trabuco Canyon, CA
2nd: Jake Richter - Los Angeles, CA
3rd: Andrew Aroesteit - Club Fit, Yorktown Heights, NY
4th: Octavio Medina - LA Fitness, Covina, CA

*Men’s Singles B - Single Elimination*

1st: Saad Siddiqui - LA Fitness, Chicago, IL
2nd: Loupe Chavez - LA Fitness, Renton, WA
3rd: Brian Phillips - Chaska Community Center, Chaska, MN
4th: Kevin Savoy - Cascade Athletic Club, Woodville, OR

*Men’s Singles C - Single Elimination*

1st: Robert Rivas - LA Fitness, Oceanside, CA
2nd: Craig Canoy - LA Fitness, Oceanside, CA
3rd: Howard Fauchia - California Family Fitness, Orangevale, CA
4th: John Cabral - Healthtrax East Providence, East Providence, RI

*Men’s Singles D - Single Elimination*

1st: Luis Avila - LA Fitness Harbor, Wilmington, CA
2nd: Bamiki Keita - Georgia Southwestern State University Racquetball Courts, Atlanta, GA
3rd: Yacouba Keita - Georgia Southwestern State University Racquetball Courts, Atlanta, GA
4th: Pete Simeone - Rhode Island College, Swansea, MA

*Men’s Military Singles Open / A - Single Elimination*

1st: Derrick Victor - Little Rock AFB, Jacksontown, AR
2nd: Reid Percivalle - Langley AFB, Langley, VA
3rd: Sunji Spencer - Superior Athletic Club, Medford, OR
4th: Chris D’Aurio - Aero Racquetball, APO, AE Germany

*Men’s Military Singles B/C/D - Single Elimination*

1st: Dean Lavilla - Idaho Athletic, Caldwell, ID
2nd: Paul Beets III - Semper Fit Marine Corps Air Station Yuma, Yuma, AZ
3rd: David Ryan - YMCA - Victoria, Victoria, TX
4th: Chris D’Aurio - Aero Racquetball, APO, AE Germany

*Men’s Military Singles 30/40 - Single Elimination*

1st: Rabbit Rogers - Robins AFB, Robins AFB, GA
2nd: Reid Percivalle - Langley AFB, Langley AFB, VA
3rd: Shaun Stone - Hurlburt Field, Navarre, FL
4th: Julio Estrada - Aderhold Fitness Center, Navarre, FL

*Men’s Singles Amputee - Round Robin*

1st: JJ Guerrero – San Antonio, TX
2nd: Lam Le – San Diego, CA

*Women*

*Women’s Singles WPAA Main - Single Elimination*

1st: Paola Longoria - La Loma, San Luis Potosi, Mexico
2nd: Rhonda Rapisch - Life Time Fitness, Fountain Hills, AZ
3rd: Kristen Bellows - Pleasant Grove, UT
4th: Cristina Amaya – Cali, Colombia

*Women’s Singles Open / Team Qualifying - Single Elimination*

1st: Rhonda Rapisch - Life Time Fitness, Fountain Hills, AZ
2nd: Cheryl Gudinas - LA Fitness, Naperville, IL
3rd: Kristen Bellows - Sports Mall, Pleasant Grove, UT
4th: Adrienne Fisher - Germantown Athletic Club, Memphis, TN

*Women’s Singles Elite Playoff - Single Elimination*

1st: Hailey Miller - University of Oregon, Eugene, OR
2nd: Christie Noller - YMCA, Santa Maria, CA
3rd: Erika Manilla - Denver Athletic Club, Centennial, CO
4th: Cynthia Figueroa - Pico Rivera, CA

*Women’s Singles A - Single Elimination*

1st: Lexi York - Eastside Athletic Club, Milwaukee, WI
2nd: Maria Moreno - Club Sport, Las Vegas, NV
3rd: Emily Coonse - Idaho Athletic Club, Boise, Boise, ID
4th: Rebecca Nienhuis - The Claremont Club, Upland, CA

*Women’s Singles B - Round Robin*

1st: Tracy Shearer - YMCA, Santa Maria, Santa Maria, CA
2nd: Nancy Davis - JCCA, Saint Louis, MO
3rd: Janet Scheffer - Honolulu Club, Honolulu, HI
4th: Michelle Kulju - LA Fitness North Seattle, Seattle, WA
5th: Betty Mota – San Diego, CA

*Women’s Singles WC/ R Round Robin*

1st: Cindy Heng - LA Fitness, Los Angeles, CA
2nd: Dragana Bulatovic - LA Fitness, Wylie, TX
3rd: Ashley Cora - Idaho Island College, MA
4th: Callie Perry - Idaho Island College, Cranston, RI
5th: Adina Manele – Vista, CA
6th: Sarah Duch – Fullerton, CA

*Women’s Singles Age Group - Single Elimination*

1st: Jade Hemiller - WCRC, Watertown, SD
2nd: Kenny Green Jr. - Snyder Center, Biloxi, MS
3rd: Andrew Gale - South Davis Recreation Center, Center- ville, UT
4th: Connor Laffey - Courthouse Athletic Club North, Salem, OR

**AMPUTEE SINGLES**

1st: Minerva Amaya - LA Fitness, Oceanside, CA
2nd: Brian Phillips - Chaska Community Center, Chaska, MN
3rd: Kevin Savoy - Cascade Athletic Club, Woodville, OR
4th: Richelle Kulu - LA Fitness North Seattle, Seattle, WA
5th: Betty Mota – San Diego, CA

**AGE GROUP SINGLES - MEN**

1st: Alvaro Beltran - San Ysidro, CA
2nd: Brian Phillips - Chaska Community Center, Chaska, MN
3rd: Howard Fauchia - California Family Fitness, Orangevale, CA
4th: John Cabral - Healthtrax East Providence, East Providence, RI

**AGE GROUP SINGLES - WOMEN**

1st: Paola Longoria - La Loma, San Luis Potosi, Mexico
2nd: Rhonda Rapisch - Life Time Fitness, Fountain Hills, AZ
3rd: Kristen Bellows - Pleasant Grove, UT
4th: Cristina Amaya – Cali, Colombia

**2012 EKTELON NATIONAL SINGLES**

**RESULTS**

2012 EKTELON NATIONAL SINGLES
Men's Age Singles 24- A - Single Elimination
1st: Cole Burr - Brigham Young University, Midway, UT
2nd: Robert Koontz - YMCA Sarasota, Sarasota, FL
3rd: Eric Mathews - YMCA Sports Complex, Freeport, IL
4th: Alec Wasilonsky - LA Fitness, Torrington, CT

Men's Age Singles 24- B - Round Robin
1st: Saad Siddiqui - LA Fitness, Chicago, IL
2nd: David Ryon - YMCA - Victoria, Victoria, TX
3rd: Jose Hernandez - LA Fitness Lake Elsinore, Nuevo, CA
4th: Tony Sigal - Univ. Of Wisconsin, Birnamwood, WI
5th: Oscar Vargas Jr. - El Paso, TX
6th: Jim Kountz – Glasgow, MT

Men's Age Singles M24/25C - Single Elimination
1st: John Cabral - Healthtrax East Providence, East Providence, RI
2nd: Nick Gannon - Rhode Island College, Warwick, RI
3rd: Bamiki Keita - Georgia Southwestern State University
4th: Theodore Evans - LA Fitness, Azusa, CA

Men's Age Singles 25+ - Round Robin
1st: Ryan Hunter - Rhode Island College, Swansea, MA
2nd: Tim Prigo - Lloyd Athletic Club, OR
3rd: Jason Bronson - The Village, Glendale, AZ
4th: Nick Badia - Club Northwest, Grants Pass, OR
5th: Jake Richter – Los Angeles, CA

Men's Age Singles 25+ A - Single Elimination
1st: Brad Tursky - Jackson Sport And Fitness, Jackson, TN
2nd: Robert Johnson III - YMCA Maryland Farms, Aniotsch, TN
3rd: Adam Rowley - Millennium Sports Club, Merced, CA
4th: Michael Perez – Univ. of Texas, Brownsville, TX
5th: Matthew Dockter – Hamilton, MT
6th: Joel Lawrence – Anchorage, AK

Men's Age Singles M25B/30B/35B - Single Elimination
1st: Roberto Cardenas - 1440 Fitness, Bend, OR
2nd: Kevin Savory - Cascade Athletic Club, Woodville, OR
3rd: Alberto Chico - Life Time Fitness, Mesquite, TX
4th: Julia Carrillo - LA Fitness, Mission Viejo, CA

Men's Age Singles 30+ - Single Elimination
1st: Jason Bronson - The Village, Glendale, AZ
2nd: Nick Badia - Club Northwest, Grants Pass, OR
3rd: Raymond Maestas - Las Vegas Recreational Center, Albuquerque, NM
4th: John Goh – LA Fitness, Burnsville, MN

Men's Age Singles 30+ A - Single Elimination
1st: Mike Patalano - Healthtrax East Providence, Warwick, RI
2nd: Dima Protchenko - Bally, Issaquah, WA
3rd: Sean Klingaman - Executive Health & Sports Center, Lunenburg, MA
4th: David Lyvers - Purdue University, Lafayette, IN

Men's Age Singles 35+ - Single Elimination
1st: Jeff Stark - Bally’s, Centralia, WA
2nd: John Goth - LA Fitness, Burnsville, MN
3rd: Raymond Maestas - Las Vegas Recreational Center, Albuquerque, NM
4th: Doug Gamn – Medallion Country Club, Westerville, OH

Men's Age Singles 35+ A - Single Elimination
1st: Mike Patalano - Healthtrax East Providence, Warwick, RI
2nd: Dima Protchenko - Bally, Issaquah, WA
3rd: Sean Klingaman - Executive Health & Sports Center, Lunenburg, MA
4th: Tim Herman - LA Fitness, Corona, CA

Men's Age Singles 35+ B - Single Elimination
1st: Jeff Stark - Bally’s, Centralia, WA
2nd: Aaron Metcalf - Apartments, Jacksonville, FL
3rd: Sean Klingaman - Executive Health & Sports Center, Lunenburg, MA
4th: Tim Herman - LA Fitness, Corona, CA

Men's Age Singles 35+ C - Round Robin
1st: Howard Favichia - California Family Fitness, Orangevale, CA
2nd: Mauricio Villacres - LA Fitness, Riverside II, Riverside, CA
3rd: Kelly Tucker – LA Fitness, Villa Park, CA
4th: Steven Fitzsimmons - LA Fitness, Placentia, CA
5th: Roland Seilinger – Las Vegas, NV

Men's Age Singles 40+ A - Single Elimination
1st: Jason Utzsch - Downtown YMCA, Mobile, AL
2nd: Jesus Quevedo - LA Fitness, Houston, TX
3rd: David Tedeschi – LA Fitness, Santa Ana, CA
4th: Girish Vallabhan - Zach’s Club, Lubbock, TX

Men's Age Singles 40+ B - Single Elimination
1st: Terry Beal – 24 Hr. Fitness, Santa Ana, CA
2nd: Mike Braun - 360 Club, Canoga Park, CA
3rd: Dean Lavilla - Idaho Athletic, Caldwell, ID
4th: Will Hayes - Bally’s, Olympia, WA

Men's Age Singles 45+ - Single Elimination
1st: Jimmy Lowe - Honolulu, Waikia, HI
2nd: Keith Minor – LA Fitness, Channahon, IL
3rd: Dale Millhollin - In-Shape Sport: Vacaville, Fairfield, CA
4th: Doug Gamn – Medallion Country Club, Westerville, OH

Men's Age Singles 45+ A - Single Elimination
1st: Jeffrey Waters - San Antonio, TX
2nd: Steve Ivers – LA Fitness, Huntington Beach, CA
3rd: Kevin Bartia - Spectrum Club, Sherman Oaks, CA
4th: Jerry Evarts - Pro Sports Club, Redmond, WA

Men's Age Singles 45+ B - Single Elimination
1st: Dean Lavilla - Idaho Athletic, Caldwell, ID
2nd: Billy Hangus - LA Fitness , Beaumont, CA
3rd: Brian Anicha - Cascade Athletic Club, Gresham, OR
4th: John Chow - Pro Sports Club, Newcastle, WA

Men's Age Singles 45+ C - Round Robin
1st: Howard Favichia - California Family Fitness, Orangevale, CA
2nd: Mauricio Villacres - LA Fitness, Riverside II, Riverside, CA
3rd: Kelly Tucker – LA Fitness, Villa Park, CA
4th: Stephen Fitzsimmons - LA Fitness, Placentia, CA
5th: Roland Seilinger – Las Vegas, NV

SUMMER 2012 | USA RACQUETBALL | 25
### Men’s Age Singles 50+ - Single Elimination
1st: Bart Landsman - LA Fitness, Huntington Beach, CA
2nd: Robert Siebert - LA Fitness Mission Viejo, Corona, CA
3rd: Bobby Friedman - Renaissance Club Sport, Aliso Viejo, CA
4th: Leonard Mervin - LA Fitness, Orlando, FL

### Men’s Age Singles 50+ A - Single Elimination
1st: John Wilinski - Life Time Fitness, St. Louis Park, Plymouth, MN
2nd: Charles Hallenbeck - LA Fitness, Orange, CA
3rd: Seth Farber - 92nd Street Y, New York, NY
4th: Kevin Barila - Spectrum Club, Sherman Oaks, CA

### Men’s Age Singles 50+ B - Single Elimination
1st: Richard Golden - UT Dallas, Allen, TX
2nd: Sterling Altsbib - Midtown Racquetball, Oxnard, CA
3rd: Art Wasson - Torrington, CT
4th: Will Costanza - LA Fitness Windward, Alhambra, CA

### Men’s Age Singles M50C/55C - Single Elimination
1st: Max Lopez - LA Fitness, La Habra, CA
2nd: Robert Chavez - LA Fitness, Pasadena, CA
3rd: Milton Gutierrez - LA Fitness, Houston, TX
4th: Mark Ryan - YMCA - Victoria, Victoria, VA

### Men’s Age Singles 55+ - Single Elimination
1st: Jim Durham - Sierra Sport and Racquet Club, Fresno, CA
2nd: Leonard Mervin - LA Fitness, Orlando, FL
3rd: Jeff Rieth - 92nd Street Y, New York, NY
4th: Mark Baron - Worldgate Sport & Health, Herndon, VA

### Men’s Age Singles 55+ A - Single Elimination
1st: Dave Mark - LA Fitness, Trabuco Canyon, CA
2nd: Rick Betts - Spectrum Club, Malibu, CA
3rd: Dean Ritter - The Mendian Sports Club, Placentia, CA
4th: John Guerrero - Spectrum Club, Rancho Palos Verdes, CA

### Men’s Age Singles 55+ B - Single Elimination
1st: Chris Poucher - LA Fitness, Atlanta, GA
2nd: Roy San Miguel - LA Fitness, Temecula, CA
3rd: Steve Levine - LA Fitness, San Marcos, CA
4th: Larry Gee - LA Fitness, Oxnard, CA

### Men’s Age Singles 60+ - Single Elimination
1st: Joe Lee - Honolulu Club, HI
2nd: Dave Kovanda - LA Fitness, Corona, CA
3rd: Frank Tadonno - LA Fitness, Gilbert, AZ
4th: Steven Deaton - LA Fitness, Surprise, AZ

### Men’s Age Singles 60+ A - Single Elimination
1st: Bob Smith - Fitness1440, Bend, OR
2nd: Roger Aronoff - Sport And Health, Chevy Chase, MD
3rd: Daniel Rodriguez - YMCA Of Central Virginia, Rustburg, VA
4th: Gary Buckmaster - LA Fitness, Colleyville, TX

### Men’s Age Singles 60+ B - Round Robin
1st: Robert Rivas - LA Fitness, Oceanside, CA
2nd: Moshe Mann - LA Fitness, Sunny Isles Beach, FL
3rd: Bucky Hall - Cody Quad Center, Cody, WY
4th: Richard Gower - Dawson Fitness, Dixon, MO
5th: John Patalano - Warwick, RI
6th: Dan Young - Anaheim, CA

### Men’s Age Singles M60A/65A - Single Elimination
1st: Bob Smith - Fitness1440, Bend, OR
2nd: Roger Aronoff - Sport And Health, Chevy Chase, MD
3rd: Daniel Rodriguez - YMCA Of Central Virginia, Rustburg, VA
4th: Gary Buckmaster - LA Fitness, Colleyville, TX

### Men’s Age Singles 65+ - Single Elimination
1st: Russell Mannino - LA Fitness, Temecula, CA
2nd: Mitch Milewski - Nashua Athletic Club, Nashua, NH
3rd: Jeff Riehl - 92nd Street Y, New York, NY
4th: Mark Baron - Worldgate Sport & Health, Herndon, VA

### Men’s Age Singles 65+ A - Round Robin
1st: Greg Kearney - Westwinds, Oak Hills, CA
2nd: Dennis Breckner - Mendian Sports Club, Yorba Linda, CA
3rd: Richard Gower - Dawson Fitness, Dixon, MO
4th: Paul Wehmeyer - 24 Hour Fitness, Hackensack, NJ
5th: Leonard Sonnenberg - San Diego, CA

### Men’s Age Singles 65+ B - Round Robin
1st: Mitch Miller - Nashua Athletic Club, Nashua, NH
2nd: Paul Hughes - Chesapeake, VA
3rd: Mark Barlow - Worldgate Sport & Health, Herndon, VA
4th: Ben Marshall - San Antonio, TX
5th: Jim Railey - Murray, KY

### Men’s Age Singles 65+ C - Single Elimination
1st: Counte Cooley - Chatahoochie Country Club, Gainesville, GA
2nd: Bob Bacharach - LA Fitness, Torrance, Rancho Palos Verdes, CA
3rd: Pablo Reyes - Laughlin AFB, Del Rio, TX
4th: Carl Gustafson - LA Fitness, El Cajon, CA

### Men’s Age Singles 70+ - Round Robin
1st: Jerry Holly - LA Fitness, Valencia, CA
2nd: Jerry Northwood - Prescott Downtown Athletic Club, Prescott, AZ
3rd: Paul Banales - LA Fitness Avondale, Tonopah, AZ
4th: Robert Sullivan - Maverick Athletic Club, Arlington, TX

### Men’s Age Singles 70+ B - Round Robin
1st: Greg Kearney - Westwinds, Oak Hills, CA
2nd: Dennis Breckner - Mendian Sports Club, Yorba Linda, CA
3rd: Richard Gower - Dawson Fitness, Dixon, MO
4th: Paul Wehmeyer - 24 Hour Fitness, Hackensack, NJ
5th: Leonard Sonnenberg - San Diego, CA

### Men’s Age Singles 65+ C - Single Elimination
1st: Counte Cooley - Chatahoochie Country Club, Gainesville, GA
2nd: Bob Bacharach - LA Fitness, Torrance, Rancho Palos Verdes, CA
3rd: Pablo Reyes - Laughlin AFB, Del Rio, TX
4th: Carl Gustafson - LA Fitness, El Cajon, CA

### Women’s Age Singles W24/25 - Round Robin
1st: Janel Tisinger - Spectrum Club, Simi Valley, CA
2nd: Emily Coose - Idaho Athletic Club, Boise, Boise, ID
3rd: Hailey Miller - Life Time Fitness, Irvine, CA
4th: Bill Gencarella - YMCA, San Clemente, CA
5th: Ben Marshall - San Antonio, TX
6th: Jim Railey - Murray, KY

### Women’s Age Singles W24A/25A/30A/40A - Round Robin
1st: Lexi York - Eastside Athletic Club, Milwaukie, OR
2nd: Dione Red - Meridian Sports Club, Placentia, CA
3rd: Andrea Kringhe - In-Shape Sport: Concord, Benicia, CA

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**RESULTS**

2012 Ektelon Nationals presented by Penn • The Meridian Sports Club, Fullerton, CA • May 23-27, 2012
2012 EKTELEON NATIONAL SINGLES

Women's Age Singles W24C/35C/35C/55C - Round Robin
1st: Dragana Bulatovic - LA Fitness, Wylie, TX
2nd: Cindy Herceg - LA Fitness, Los Angeles, CA
3rd: Callie Pero - Rhode Island College, Cranston, RI
4th: Ashley Corsa - Rhode Island College, MA
5th: Sarah Duchi - Fullerton, CA
6th: Gudrun Ahlskog - Houston, TX

Women's Age Singles W30/35 - Round Robin
1st: Cheyenne Hayes - Bally's, Olympia, WA
2nd: T. J. Baumbaugh - Worldgate Sport & Health, Reston, VA
3rd: Jennifer Lynch - Univ. of Massachusetts, Hadley, MA
4th: Kris Kaskawal - LA Fitness, La Habra, CA

Women's Age Singles W40C - Round Robin
1st: Christie Noller - YMCA, Santa Maria, CA
2nd: Jody Nance - In-Shape Sport: Westlane, Lodi, CA
3rd: Terry Ann Rogers - Prime Time Athletic Club, San Mateo, CA
4th: Mildred Gwinn - YMCA - Dowd, Waxhaw, NC

Women's Age Singles W40A/50A/55A/60A - Round Robin
1st: Kathleen Ruzycki - LA Fitness, Lombard, IL
2nd: Merjean Kelley - Supreme Court, Palo Alto, CA
3rd: Alisa Schenn - Prime Time Athletic Club, San Mateo, CA
4th: Mildred Gwinn - YMCA - Dowd, Washaw, NC

Women's Age Singles W50/55 - Round Robin
1st: Debra Tisinger-Moore - Oakridge, Simi Valley, CA
2nd: Carolyn Hollis - Oakridge, Simi Valley, Calabasas, CA
3rd: Alisa Schenn - Prime Time Athletic Club, San Mateo, CA
4th: Vicky Birkmann - Corona, CA

Women's Age Singles W60/65 - Round Robin
1st: Kathleen Ruzycki - YMCA, Lombard, IL
2nd: Merjean Kelley - Supreme Court, Palo Alto, CA
3rd: Terry Ann Rogers - Prime Time Athletic Club, San Mateo, CA
4th: Mildred Gwinn - YMCA - Dowd, Washaw, NC

Junior Singles 18 and Under - Pool Play
1st: Luis Avila - LA Fitness Harbor, Wilmington, CA
2nd: Llewyn St John - Spectrum, Los Angeles, CA
3rd: Jacob Toussaint - La Habra, CA

Junior Singles 18 and Under Playoff - Single Elimination
1st: Sebastian Fernandez - American Athletic, San Diego, CA
2nd: Luis Avila - LA Fitness Harbor, Wilmington, CA
3rd: Sidahari Chowdhry - Riverside Well & Fitness, Yorktown, VA

Junior Singles 14 and Under - Pool Play
1st: Dane Elkins - UCLA, Brentwood, CA
2nd: Atossa Rejai - Oakridge, Los Angeles, CA
3rd: Kyle Kingle - California Family Fitness, Benicia, CA

Junior Singles 14 and Under - Pool Play
1st: Jack Kulju - LA Fitness, Seattle, WA
2nd: Heejin Koo - LA Fitness, Irvine, CA
3rd: Jacob Toussaint - La Habra, CA

Junior Singles 14 and Under - Pool Play
1st: Miguel Rodriguez - Olympo, San Ysidro, CA
2nd: Justin (Cade) Foster - Sportplex, Mobile, AL
3rd: Jaden Elkins - John Wooden Center, Brentwood, CA
4th: Felipe Trevino, Jr. - Millennium Sports Club, Merced, CA

Junior Singles 14 and Under - Pool Play
1st: Sebastian Fernandez - American Athletic, San Diego, CA
2nd: Brian Barberis - Life Time Fitness, McKinney, TX
3rd: Tommy Andraos - Renaissance ClubSport, Laguna Niguel, CA
4th: Llewyn St John - Spectrum, Los Angeles, CA

Junior Singles 14 and Under - Pool Play
1st: Sebastian Fernandez - American Athletic, San Diego, CA
2nd:信誉 Kiwi - LA Fitness, Irvine, CA
3rd: Jake Koo - LA Fitness, Irvine, CA
4th: Dane Elkins - UCLA, Brentwood, CA
Junior Singles 10 and Under - Pool Play
1st: William Mercado - LA Fitness, Keller, TX
2nd: Jaden Elkins - John Wooden Center, Brentwood, CA
3rd: Mark Person - Club Sport, Las Vegas, NV
4th: Zackary Steinberg - Renaissance ClubSport, Aliso Viejo, CA

Junior Singles 10 and Under - Pool Play
1st: Brian Barbeis - Life Time Fitness, McKinney, TX
2nd: Tommy Andraos - Renaissance ClubSport, Laguna Niguel, CA
3rd: Vivian Kriple - In-Shape Sport: Concord, Benicia, CA
4th: Cody Elkins - UCLA, Los Angeles, CA

Junior Singles 10 and Under Playoff - Single Elimination
1st: Brian Barbeis - Life Time Fitness, McKinney, TX
2nd: William Mercado - LA Fitness, Keller, TX

DOUBLES – MEN’S

Men’s Doubles Pro / Open - Single Elimination
1st: Jansen Allen / Tony Carson - Rice, TX/Superior, CO
2nd: Alejandro Herrera / Sebastian Franco - Cali, Cali
3rd: Doug Guniner / Jason Bronson - Westerville, OH/Glendale, AZ
4th: Jose Diaz / Marco Rojas - Westerville, OH/Glendale, AZ

Men’s Doubles Elite - Round Robin
1st: Fernando Pizzo / Ricardo Soto - Chula Vista, CA/San Diego, CA
2nd: Alex Purcell / Cody Art - Nampa, ID/Boise, ID
3rd: Georges Barrera / Luciano (Pete) Solten - Fountain Valley, CA/Longwood, FL
4th: Eddie Vann / Les Vasquez - Katy, TX/Arlington, TX

Men’s Doubles A - Single Elimination
1st: Jason Utech / Kipp Atwell - Mobile, AL/Denham Springs, LA
2nd: Jax Mathio / Tom Blakeslee - Atlanta, GA/Harrison Twp, MI
3rd: Scott Mortensen / Steve Levine - Oceanside, CA/San Marcos, CA
4th: Ro Blackwood / Thomas (Alex) Baker - Oceanside, CA/Oceanside, CA

Men’s Doubles B - Single Elimination
1st: Louie Chavez / Roberto Cardenas - Renton, WA/Bend Or., OR
2nd: Scott Burr / Spencer Burr - Orem, UT/Midway, UT
3rd: Bruce Greenberg / David Horton - Tusin, CA/Tustin, CA
4th: Julio Trevino / Richard Garcia - Merced, CA/Awater, CA

Men’s Doubles C - Round Robin
1st: Dominic Maestas / Ronald Maestas - Albuquerque, NM/Las Vegas, NM
2nd: Philip Eliana Jr. / Ruben Eliana - Lihue, HI/Lang Beach, CA
3rd: George Moore / Kyle Smith - Arlington, TX/Katy, TX
4th: Bamiki Keita / Yacouba Keita - Atlanta, GA/Atlanta, GA

Men’s Doubles Centurion+ Open Doubles – Single Elimination
1st: Peter Gauzi / Sam Neer - Placentia, CA/Las Vegas, NM
2nd: Ed Goldbaum / James Clark - Burbank, CA/Newhall, CA
3rd: Hatch Saakian / Ruben Gonzalez - Tujunga, CA/Staten Island, NY
4th: Glenn Bell / Mike Grisz - Nederland, TX/Dallas, TX

Men’s Doubles MCA/CB - Round Robin
1st: Raymond Maestas / Ronald Maestas - Albuquerque, NM/Las Vegas, NM
2nd: George Brewer / Jerry Evarts - Bellevue, WA/Redmond, WA
3rd: Brett Elkins / Robert Spits Warnars - Brentwood, CA/Palmdale, CA
4th: Chris Poucher / Will Costanza - Atlanta, GA/Alpharetta, GA
5th: David Aguire / Roy Smitig - Harold Walker / Linda Moore - Austin, TX/Lincoln, NE
2nd: Cheryl Kirk / Steve Cohen - Naperville, IL/Orange, CA
3rd: Chong Boey / Robert Varkonyi - Lompoc, CA/Vandenberg AFB, CA
4th: Bruce Green / Darcy Norton - Duluth, MN/Esmoridio, CA
5th: Geoffrey Peters / Lauren Davis - Chicago, IL/Gak Brook, IL

DOUBLES – WOMEN’S

Women’s Doubles WED/WBD/45D
1st: Christie Noller / Sue Fast - Santa Maria, CA/Santa Maria, CA
2nd: Carolyn Hollis / Sherron Boyea - Calabasas, CA/Eik Grove, Ca
3rd: Hailey Miller / Leah Redwine - Eugene, OR/Springfield, OR
4th: Debbie Belding / Vicky Birkman - Littleton, CO/Corona, CA
5th: Alaga Moffie / Chong Boey - Grand Junction, CO/Lompoc, CA
6th: Pat Lew / Richelle Kulu - Mukilteo, WA/Seattle, WA

DOUBLES – MIXED

Mixed Doubles A - Single Elimination
1st: David Daniels / Sue Fast - Arroyo Grande, CA/Santa Maria, CA
2nd: Tim Herman / Vicky Birkmann - Corona, CA/Corona, CA
3rd: Darcy Norton / Victor Rodriguez - Escondido, CA/Anaheim, CA
4th: Andrea Kriple / Daniel Mullin - Benicia, CA/Perry, MI

Mixed Doubles MX40/50 - Round Robin
1st: Howard Walker / Linda Moore - Austin, TX/Lincoln, NE
2nd: Cheryl Kirk / Steve Cohen - Naperville, IL/Orange, CA
3rd: Chong Boey / Robert Varkonyi - Lompoc, CA/Vandenberg AFB, CA
4th: Bruce Green / Darcy Norton - Duluth, MN/Esmoridio, CA
5th: Geoffrey Peters / Laurel Davis - Chicago, IL/Gak Brook, IL
Male Athlete of the Year - Rocky Carson, Ladera Ranch, CA

Male Age Group Award - Jerry Holly, Valencia, CA

Female Athlete of the Year - Rhonda Rajsich, Fountain Hills, AZ

Female Age Group Award - Debra Tisinger-Moore, West Hills, CA

Presidential Award - Peggine Tellez, Lake Forest, CA

Outstanding Contribution Award - Usher Barnoff, Calgary, Alberta, Canada

Not pictured: John Halverson Fair Play Award winner Catherine Ball, West Point, NY
Inspiration, Gratitude, AND A GREAT TIME
At Nationals

When I read the announcement for the John LoMonaco Memorial Grant in the USAR Racquetball magazine two years ago I knew that was my chance to go to Nationals. It took me two years to win the grant, but win it I did! Let me start from the very beginning...

I grew up with three brothers in an uber-athletic family. I danced, rowed crew, biked and played tennis, basketball and ultimate Frisbee. I always managed to find a way to incorporate sports into my life. I was not introduced to racquetball, however, until college. By the last two years of college, I was a full-fledged racquetball addict, and it’s been the sport of my sleeping and waking dreams ever since. I especially love racquetball because it’s the only sport in which I can beat my brothers! Technique and strategy can beat height, strength, and speed.

When I became a parent, however, racquetball took a back seat for eight years. It was not until five years ago when I joined a local club that I found the opportunity to play racquetball on a regular basis. I played at least three glorious times a week while my children had a blast participating in the club’s fantastic children’s activities. In short, I was in racquetball heaven. There I was introduced to the world of racquetball tournaments, and I couldn’t believe that I had been missing out on these marvelous events all of these years! I was especially touched by the many people who let me know that they had been friends with John LoMonaco and how happy they were that I was able to be there. It was wonderful to have the opportunity to meet Larry Haemmerle and Cheryl Kirk, both of whom helped administrate the grant.

My deepest gratitude goes to the anonymous donor who made this experience possible. What a perfect way to honor someone who loved racquetball! I hope that down the road I will have the opportunity to pay it forward.
Learn the most FROM THE BEST

PLAYERS
Kane Waselenchuk  #1 Player IRT
Rhonda Rajsich  #1 Player USA National Team
Cheryl Gudinas  #2 Player USA National Team

U.S. TEAM COACHES
Dave Ellis, Kelley Beane

PAN AM GAMES CHAMPION
John Ellis

HALL-OF-FAMERS
Jackie Paraiso, Jim Winterton, Fran Davis, Steve Strandemo

NATIONAL TEAM MEMBERS (CURRENT AND FORMER)
Shane Vanderson, Mike Guidry, Malia Bailey, Andy Hawthorne, Kerri Wachtel, Kim Waselenchuk

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NO OTHER PROGRAM in the industry can match USAR’s level and amount of educational material and convenience of online education.

JOIN NOW!
Contact Jim Hiser at jniiser@usra.org
Art Shay sat in the living room of his Deerfield split-level last week, fumbling with his hearing aids.

“The red dot means the right ear,” he said with a chuckle as he examined the piece of plastic he had just pulled from his left ear. Happily, the 90-year-old Shay’s mordant sense of humor has outlasted his hearing.

Shay blew out his eardrums nearly seven decades ago, on a photo shoot for a new magazine called Sports Illustrated. He was at the National Target Shooting Championships in Vandalia, Ohio, taking pictures, when someone fired a shell a few feet from him.

“I heard beeping in my ears and I started taking it down like it was Morse code,” said the World War II vet. “But it never bothered my photographs.”

Shay is one of the greatest photographers in Chicago history. While Nelson Algren chronicled the city, he chronicled Algren, beginning in 1949, capturing not just the legendary writer but also the city’s storefront beauty parlors, snowy alleyways, and dance halls.

He photographed Chicago police clubbing protesters at the 1968 Democratic Convention, Hugh Hefner’s bedroom office, and John F. Kennedy’s 1960 presidential campaign. He also got in a few nude shots of Algren’s sweetheart, Simone de Beauvoir (one was displayed at the Louvre—a floor up from da Vinci, Shay pointed out).

His work as a sports photographer is often overlooked. Late last month, though, he got some long-deserved recognition when he was inducted into the National Racquetball Hall of Fame.

Racquetball—originally called “paddle racquets”—was invented in 1949. When the game was young, Shay’s photographs, including 30 cover photographs for Racquetball Magazine, were critical in helping the game find a wider audience.

“We were lucky that he loved the sport and this was a passion,” said Randy Stafford, a former president of USA Racquetball.

“Otherwise the old pictures we’d be looking at today would be little brownies.”

Shay recently donated his entire archive of racquetball negatives, numbering more than five thousand, to Stafford’s new online museum. He also still has a copy of the check from a racquetball feature he wrote for Playboy in 1967 displayed on a bookshelf. It was for $2,500. “That’s like 10 thousand bucks today,” Shay said. Actually, it’s more like $16,000.

While reporting and photographing racquetball’s best, he made sure to sneak in a few games, getting good enough to win the over-60 national championship in 1982.

Shay grew up in the Bronx, where in high school he started shooting kids’ plays and bar mitzvahs with a Foth Derby camera. It’s also where he learned to play handball, which later spawned his amateur racquetball career. After two tours of duty flying in World War II and other flying humanitarian missions in the South Pacific, he went to work for Life as a reporter and then a photographer.

Of all his subjects, Shay said, his favorite was President Kennedy. “You can’t take a bad picture of that guy,” he said.

His photos are part of the Art Institute’s permanent collection, and in 2008 the Museum of Contemporary Art curated an exhibit called Art Shay: Chicago Accent. One of his shots of the 1968 Democratic convention hangs in the office of playwright David Mamet.

I asked Mamet if there was something uniquely Chicago about Shay’s images. His answer: “Yes, Art.”

“Our eyes are assaulted by most pictures,” Shay explained. “My philosophy is that a picture should exist on different levels. It should frame competing elements.”

Shay is a small man with kind features framed by tufts of white hair. He uses a chair lift to go up and down the stairs from his living room to his bed room on the second floor (when the doorbell rang one afternoon he announced, “My new knees are here!”).
Seated in his favorite armchair, he scrolled through his archives on a laptop. The stories flowed, as full and rich as his pictures.

There was the night he flew cross-country with Elizabeth Taylor snoozing in the next seat. Shay calls it “the time I slept with Elizabeth Taylor.”

Then there was the visit from Ernest Hemingway at an airbase outside London during World War II. Hemingway showed Shay the manuscript for his next novel, one that was never published. The title: “Onward Christian Soldier Marching to a Whore.”

Shay’s wife, Florence, was diagnosed with ovarian cancer last year, but between trips to the hospital for her chemotherapy, he is working on a set of photographs for Smashing Pumpkins frontman Billy Corgan’s band. Corgan, incidentally, has become a frequent Sunday morning guest at the Shays’ home for bagels and lox.

“(Art has) the gift of capturing that ‘decisive moment’ that separates the legends from the rest of us punters who press buttons and call ourselves photographers,” Corgan wrote in an email. “Art’s eye extends to those overlooked aspects of the human condition that have informed his opinions of the world.”

Even at 90, Shay usually has a camera around his neck. Since 1976, he’s been documenting Northbrook Court Mall. He has a freezer full of Ektachrome and high speed black and white film and blogs today for Chicagoist—where he discusses and shares his vast collection.

Shay even has an iPhone, although he doesn’t take many photos on it. He prefers his Samsung T500.

“It has the heft and speed of a Leica,” he said.

No matter what age or skill level you are, you’ve gotta eat right if you want to play racquetball. World-class athletes especially, who take in an exponential number of calories per day compared to the average person’s consumption to fuel their incredible metabolisms, know that a healthy, balanced diet is one of the most critical elements of their success.

World Champions and US Team members Rocky Carson and Rhonda Rajsich have a staggering number of world and national titles and gold medals between them. These record-breaking phenoms let us take a peek into their nutritional regimens...

**WHAT DO YOU THINK IS THE BIGGEST NUTRITIONAL MISTAKE PEOPLE MAKE?**

Rocky: Eating heavy foods before a match. Heavy foods are foods with a lot of oil in them.

Rhonda: They do not eat enough or often enough. Too many people are obsessed with calorie-counting and trying to “lose weight” but this only perpetuates the cycle. It’s important to eat clean and eat often in order to stimulate the metabolism and fuel the body to perform. Imagine if you had a Ferrari but fueled it with cheap gas and drained the tank too often! The fine piece of machinery would not perform to its ability. The same is true for the body; keep it well fueled, and it will perform at a higher level. Not eating enough or often enough puts the body into starvation/survival mode, which makes it hold on to fat and burn muscle for fuel. In order to turn that around, you must feed it to fuel it, and it will burn fat and develop lean muscle instead... as long as what you take in is healthy fuels. Hydration is also key and severely understated.

**WHAT IS YOUR STRATEGY FOR EATING? FOR EXAMPLE, DO YOU WATCH YOUR CALORIES, FAT INTAKE; DO YOU EAT LOTS OF SMALL MEALS OR A COUPLE OF BIG MEALS?**

Rocky: I try to eat a lot of proteins to feed my muscles, fruits and vegetables for fiber, and I eat carbs to sustain energy. I try to eat at least five times a day.

Rhonda: I have never counted a calorie in my life. But I am aware that 200 calories from a protein or fruit or vegetable is not the same as 200 calories from soda or chips or candy or drive-thru. Mainly, I try to eat by the principle that if it was available for a cave man to eat, then it will fuel my body well. That’s not to say that I don’t enjoy what I eat, and often, but I think I have a pretty clean balance. I tend to eat 3-4 big meals a day, plus snacks in between.

**FAVORITE HEALTHY FOOD?**

Rocky: I love all healthy food, especially poke, Lebanese food, and fruits.

Rhonda: Right now it seems to be avocados and hearts of palm.

**FAVORITE GUILTY PLEASURE FOOD?**

Rocky: I love it all, especially candy, chocolate, and cookies.

Rhonda: McDonald’s Big Mac!

**WHAT IS YOUR COMPETITION DAY MEAL?**

Rocky: Depends on the match time. For a noon match, I eat a light breakfast with oatmeal and yogurt. Also, remember: eating right for that match begins the night before with a good source of protein and carbs.

**WHAT FOODS DO YOU TRAVEL WITH?**

Rocky: Protein bars and energy drink, protein powder.

**WHAT IS YOUR TYPICAL MEAL FOR BREAKFAST... LUNCH...DINNER?**

Rocky: Oatmeal and yogurt for breakfast. For lunch, a turkey sandwich on wheat bread with fruit or rice, and I usually eat a heavy dinner including a steak or chicken and rice, potatoes or pasta.

**FAVORITE EXOTIC FOOD?**

Rocky: Sushi – it feels light on your stomach. I first had it when I was 18 years old. My other favorite food is Lebanese food, which is my wife’s ethnicity. I first had Lebanese food when I was 20 years old. My wife makes it for me, as does my mother-in-law when she comes to visit from Nebraska.

Rhonda: Korean barbeque - unparalleled flavor!

**WHAT FOODS DO YOU LIKE TO SNACK ON?**

Rocky: Fruits, dried fruits, trail mix and protein bars.

Rhonda: Cottage cheese and tomatoes with salt and pepper; avocados and hearts of palm; peanut butter (or almond butter) and jelly; fruit.

**WHAT’S ALWAYS IN YOUR FRIDGE?**

Rocky: Protein shakes, stuff for salads, fruit, and a source of protein (chicken or steak)

Rhonda: Protein shakes, stuff for salads, fruit, and a source of protein (chicken or steak)

**FAVORITE RECIPE TO COOK?**

Rocky: Tacos.

Rhonda: Breakfast burrito (the recipe is a secret!).
Long, long ago in a land far away known as the Lone Star State of Texas, a Force that would prove to be strong, confident, steady, resilient, funny, giving, loving, and brick-strong was born in the Alamo City.

Women and Racquetball (WAR) was created in 2002 by a few good women who wanted to not only promote the sport of racquetball but also create a fellowship of women who would be a support system both on and off the court. Donna Speeks-Armstrong, Tish Rodgers and Lupe Martinez are the pioneers who put their creative juices together and birthed The Force.

Over the past ten years, WAR has grown and expanded its boundaries outside of Texas. Fitness clubs have hosted WAR events at tournaments, and WAR has held fundraisers all over the United States to bring awareness to breast cancer. In addition, they regularly support junior racquetball events, especially promoting the sport for young girls, letting them know that they have worth and that they can dream and strive to be their very best.

WAR celebrated its tenth anniversary on April 20th during the South Texas Regionals/WPRO stop. Top pros as well as amateur women attended the celebration. Texas’ top professional player Keely Franks shared words of encouragement and plans for the future of Women And Racquetball, stating that players need to continue giving back to the sport through junior events. Number one-ranked player Paola Longoria spent quality time at the WAR celebration talking to players and taking pictures with the juniors. Adrienne Fisher and Linda Scales were among the many players who autographed the giant WAR banner. WPRO Commissioner Gigi Rock delivered a short greeting before everyone shared the beautiful cake and refreshments. Special thanks to San Antonio WAR hosts Venita Mitchell, Latia Bishop and Melonese Matthews, and here’s to another 10 years!
## Calendar of Events

<table>
<thead>
<tr>
<th>Event Title</th>
<th>Event Dates</th>
<th>Facility Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012 3-WALL BALL WORLD CHAMPIONSHIPS</td>
<td>SEPTEMBER 19-23, 2012</td>
<td>STRATOSPHERE HOTEL &amp; CASINO</td>
</tr>
<tr>
<td>2012 MO MIKE POHLMAN MEMORIAL RACQUETBALL CLASSIC</td>
<td>SEPTEMBER 21-22, 2012</td>
<td>VETTA SPORTS - CONCORD</td>
</tr>
<tr>
<td>2012 SUMMER SPLASH</td>
<td>SEPTEMBER 21-23, 2012</td>
<td>ST. ANDREWS FAMILY FITNESS</td>
</tr>
<tr>
<td>TEXAS TECH OPEN</td>
<td>SEPTEMBER 21-23, 2012</td>
<td>TEXAS TECH UNIVERSITY</td>
</tr>
<tr>
<td>3RD ANNUAL ORA FREE USAR/ORA MEMBERSHIP TOURNEY</td>
<td>SEPTEMBER 21-23, 2012</td>
<td>THE HEIGHTS RACQUETBALL &amp; FITNESS CLUB</td>
</tr>
<tr>
<td>2012 MASSACHUSETTS STATE DOUBLES CHAMPIONSHIPS</td>
<td>SEPTEMBER 22, 2012</td>
<td>CEDARDALE</td>
</tr>
<tr>
<td>2012 WWRA TEXAS SINGLES RACQUETBALL CAMP WITH JACKIE PARAISO</td>
<td>SEPTEMBER 22-23, 2012</td>
<td>SARASOTA BATH &amp; RACQUET CLUB</td>
</tr>
<tr>
<td>WEST COAST SHOOTOUT</td>
<td>SEPTEMBER 29, 2012</td>
<td>ST. ANDREWS FAMILY FITNESS</td>
</tr>
<tr>
<td>2012 UNITEDHEALTHCARE US OPEN</td>
<td>OCTOBER 3-7, 2012</td>
<td>LIFE TIME FITNESS - TARGET CENTER</td>
</tr>
<tr>
<td>2012 ECRC MEET #1</td>
<td>OCTOBER 5-7, 2012</td>
<td>SEVERNA PARK RACQUETBALL&amp; FITNESS CLUB</td>
</tr>
<tr>
<td>2012 WOR EUSTIS SHOOTOUT - USF RACQUETBALL FUNDRAISING SERIES</td>
<td>OCTOBER 6-7, 2012</td>
<td>SUNSET ISLAND COMPLEX - EUSTIS</td>
</tr>
<tr>
<td>2012 UTAH HUNTSMAN WORLD SENIOR GAMES</td>
<td>OCTOBER 10-13, 2012</td>
<td>ST. GEORGE REC CENTER</td>
</tr>
<tr>
<td>2012 MAC OPEN RACQUETBALL CHAMPIONSHIPS</td>
<td>OCTOBER 13-14, 2012</td>
<td>MICHIGAN ATHLETIC CLUB</td>
</tr>
<tr>
<td>2012 FLORIDA REGIONAL DOUBLES</td>
<td>OCTOBER 19-21, 2012</td>
<td>LAKELAND YMCA</td>
</tr>
<tr>
<td>2012 IZZI RACQUETBALL OPEN</td>
<td>OCTOBER 19-21, 2012</td>
<td>CAMPBELL COUNTY REC CENTER</td>
</tr>
<tr>
<td>CROSS COURT OPEN</td>
<td>OCTOBER 19-21, 2012</td>
<td>CROSS COURT ATHLETIC CLUB</td>
</tr>
<tr>
<td>MEN OF OCTOBER</td>
<td>OCTOBER 25-27, 2012</td>
<td>SUN CITY WEST RACQUETBALL</td>
</tr>
<tr>
<td>2012 ECRC MEET #2</td>
<td>OCTOBER 26-28, 2012</td>
<td>24/7 FITNESS CLUB - BETHLEHEM</td>
</tr>
<tr>
<td>2012 SC STATE DOUBLES</td>
<td>OCTOBER 26-28, 2012</td>
<td>SPORTSCLUB</td>
</tr>
<tr>
<td>WORLD WIDE RACQUETBALL ACADEMY INDOOR SINGLES W/ JACKIE PARAISO</td>
<td>OCTOBER 27-28, 2012</td>
<td>SARASOTA BATH &amp; RACQUET CLUB</td>
</tr>
<tr>
<td>GHOSTLY DOUBLES</td>
<td>OCTOBER 27-28, 2012</td>
<td>GOLD'S GYM HCV</td>
</tr>
<tr>
<td>PK TOUR IRT SATELLITE SERIES - TIER 4</td>
<td>NOVEMBER 2-3, 2012</td>
<td>CORPUS CHRISTI ATHLETIC CLUB</td>
</tr>
<tr>
<td>KITSAP SPLAT</td>
<td>NOVEMBER 2-4, 2012</td>
<td>BREMERTON TENNIS AND ATHLETIC CLUB</td>
</tr>
<tr>
<td>MRF NATIONAL CHAMPIONSHIPS</td>
<td>NOVEMBER 2-4, 2012</td>
<td>32ND ST. NAVAL BASE</td>
</tr>
<tr>
<td>2012 MO GREENSFELDER ST. LOUIS OPEN - MISSOURI IRT SERIES STOP #1</td>
<td>NOVEMBER 2-4, 2012</td>
<td>VETTA SPORTS - CONCORD</td>
</tr>
<tr>
<td>2012 ORA STATE DOUBLES CHAMPIONSHIPS</td>
<td>NOVEMBER 2-4, 2012</td>
<td>THE HEIGHTS RACQUETBALL &amp; FITNESS CLUB</td>
</tr>
<tr>
<td>2012 WWRA SOUTHERN CALIFORNIA INDOOR SINGLES RACQUETBALL CAMP</td>
<td>NOVEMBER 3-4, 2012</td>
<td>AMERICAN ATHLETIC</td>
</tr>
<tr>
<td>2012 ROSE CITY PRO/AM</td>
<td>NOVEMBER 7-11, 2012</td>
<td>SUNSET ATHLETIC CLUB</td>
</tr>
<tr>
<td>2012 MO HIGH SCHOOL LEAGUE TOP SEED AND DOUBLES TOURNAMENT</td>
<td>NOVEMBER 17, 2012</td>
<td>VETTA SPORTS - CONCORD</td>
</tr>
<tr>
<td>2012 ROSE CITY PRO/AM</td>
<td>NOVEMBER 7-11, 2012</td>
<td>VETTA SPORTS - CONCORD</td>
</tr>
<tr>
<td>2012 ROSE CITY PRO/AM</td>
<td>NOVEMBER 17, 2012</td>
<td>VETTA SPORTS - CONCORD</td>
</tr>
<tr>
<td>2012 ROSE CITY PRO/AM</td>
<td>NOVEMBER 30-DEC 1, 2012</td>
<td>VETTA SPORTS - CONCORD</td>
</tr>
<tr>
<td>2012 RAM STATE DOUBLES CHAMPIONSHIPS</td>
<td>DECEMBER 1-2, 2012</td>
<td>TOTAL SPORTS</td>
</tr>
<tr>
<td>FACILITY CITY</td>
<td>FACILITY STATE</td>
<td>CONTACT NAME</td>
</tr>
<tr>
<td>----------------</td>
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<td>----------------</td>
</tr>
<tr>
<td>LAS VEGAS</td>
<td>NV</td>
<td>STEVE LERNER</td>
</tr>
<tr>
<td>ST. LOUIS</td>
<td>MO</td>
<td>DAN WHITLEY</td>
</tr>
<tr>
<td>CHARLESTON</td>
<td>SC</td>
<td>SHAWN DODD</td>
</tr>
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THE NAME GAME

The Best and worst of Racquet Names

by Tim Deighan

Have you ever heard of the Xenon? The Aris? No? I didn’t think so. Well, these are racquet names - bad racquet names. Some would say that a racquet’s name is as important as the strings or the grip. While that’s debatable, it’s safe to say that a good racquet name contributes significantly to its success. Give a stick a bad name and chances are it was a dud of a racquet. The Air Hammer by Wilson, one of the first ultra-light racquets, was given a great name and became a big seller. But then there was The Polaris…a racquet that nobody used.

Since the game of racquetball was invented in 1949, hundreds of racquets have been produced by dozens of manufacturers. Their names run the gamut from the bland and laughable to the inspired and ingenious. Keep in mind this isn’t about identifying the greatest, best-looking or most influential racquets of all time. It’s about beautiful names and names that have the “Wow” factor.

One of the earliest racquets was called a Paddle Racket. It was a hunk - the earliest wooden racquets weighed around one pound and their grips were made for the likes of Dr. J. Other racquets from the early days went by simple names like Match Play, Varsity, Ace, Falcon, Charger, Champ and one of my favorites, The Killer. These names should be classified as “classics”...simple and elegant.

Signature sticks have been in play since the beginning. One of the earliest autograph models belongs to the inventor of racquetball, Joe Sobek - no racquet collection is complete without one. Both Dr. Bud Muehleisen and Bill Schmidtkle had their own models. The XL Schmidtkle was an all-black billy, topped by a white bumper, probably one of the best sellers ever.

Over the years, many great players have been honored with signature sticks. Serot and Wagner had their own, and so did Bledsoe, Hilecher, Brumfield and, of course, Hogan. Marty had a whole fleet of racquets bearing his name when he teamed up with Pro Kennex years ago.

More...Peggy Steding, Shannon Wright and Jennifer Harding, and more recently, Cliff Swain, Egan Inoue, and Dan Obremski - all had their own autograph models.

Weather-related names, as well as those with space themes, have been used over the years. We’ve had Thunder, Lightning, Tornado, Cyclone and Tsunami, plus Launch Pad, Big Bang and various forms of Blast, Ignite and Fire.

Weaponry and police terminology have been worn out. Spaulding offered the Assault and Felon in the 90s. We’ve had Pistol, Nightstick, .357, Bullet, Machete and Saber. And Dirty Harry would have been especially proud of the Enforcer and the Magnum.

With racquet names, one thing is for certain: there have been a lot of really bad ones over the years. Try these on: Boomer, Spoiler, Zinger 500, Wrangler, Baron, Lexis, Aris, Phycon, Dynax and Futura. There are many more, but you get the picture.

While hitting on a successful name is every company’s goal and doing so may lead to increased sales, successful racquets and good names don’t always go hand-in-hand. Magnum, Master, 250-G and CBK were huge sellers. Those names, while not bad, were not Hall of Famers. Sometimes we don’t care what they’re called...

In the 90s, E-Force took the name game to a new level with “in your face” monikers like Terminator, Real Deal, Chaos, Anarchy, and Bedlam. At times, the game does have a certain chaotic feel to it, especially if it’s B Doubles.

Perhaps the funniest racquet name ever was Cliff Swain’s Bad Influence by Transition in the early 90s. Cliff also beat the drum for a fledgling company called Burt in the late 80s. They may have had the longest name ever given a racquet – the Comp III Power Handle Dri Grip “Cliff Swain” Signature. Did I mention they went out of business after just a few years?

So what to make of some fairly recent racquet names? A look at the menu offers some winners and losers.

In 2010 Head called its top of the line racquets Problem Child and Dirty Deed. Though still around, they’ve been displaced by a couple of racquets that have adopted the Texas Hold ’Em theme that swept the country a few years ago. Their tag line is Stack the Deck and the Black Jack Full House and Royal Flush lead the way. Head’s stable was 18 racquets deep last year. A couple of cooler back-of-the-line sticks are called the LM Hurricane and the Ti Crush. They also offer the Ti Heat and Inferno. Anything invoking fire is good.

And lest you think we couldn’t come up with any of our own, here are a few you haven’t seen yet. Racquet companies, feel free to plagiarize them:

Revolution; Prodigy; Hellbent; Flatline; Nunchuck; Endgame; The Finisher; Fundamental; Huzestick; Magnificent 1; Roadkill; Audacity; Relentless; Pursuit; Freedom; Ransack.

Okay, so maybe it’s harder than I thought.

SO LET’S EXPLORE THE TOP 10 AND BOTTOM 10 RACQUET NAMES OF ALL TIME.

WE LIKE THESE:

Honorable Mention: Goliath (Spaulding); Deliverance (Ektelon); Meanstreak (Head) Trinity (Ektelon); Ripstick (Ektelon); Sharp Shooter (Wilson); Graphite Boss (Wilson); Scorpion (Seamco); Vendetta (Ajay); The Answer (E-Force); Big Bang (Head).

10. Colossus (Head)
9. Zorro (Trenway)
8. Sidewinder (Aldila)
7. Eminence (Ektelon)
6. Untouchable (Point West)
5. Borealis (DP)
4. Beaumark (Ektelon)
3. Spittfire (Vittert)
2. Bandido (Leach)
1. Rogue (Ektelon)

IT’S BACK TO THE DRAWING BOARD WITH THIS GROUP:

Dishonorable Mention: Innerbeam (ProKennon); Elantra (Ektelon); Strion (Ektelon); Rollers 195 (Wilson); Radial (Head); Micro-Ceramic (Pro-Kennon); Nightstalker III (Sentra); Ice (Transition); System 10 (Richcraft); Jazz (Head); Genius (Fin).

10. Whisper Damp (Ektelon)
9. Thrust (E-Force)
8. Mad Raq (Omega)
7. Phycon (Ektelon)
6. Swinger (Leach)
5. Spirit (Omega)
4. Xiter (Ektelon)
3. Explo (Sportscraft)
2. Digger (Ajay)
1. Xenon (Spaulding)
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