

# RACQUETBALL

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SUMMER 2013 • VOLUME 23 • ISSUE 2



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Racquetball Magazine welcomes submissions from our members and readers. If you have an idea for an article you may discuss your topic with the editor either by email or telephone.

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All items submitted are subject to editing.

**Publisher**

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**CORRECTION:** In the previous issue in the National Doubles results, Donald Sperber and Leonard Sonnenberg were not properly listed as champions of the Men's 70+ division.



A new and improved www.USARacquetball.com launched recently - completely redesigned and delivered on the digital platform of the United States Olympic Committee (USOC). Popular content, like the R2 Sports member log-in, Official Rules, Racquetball Magazine and breaking news remains available. On the Sponsors page, visitors can find official partners, including links to support USAR by shopping at Rollout Racquetball and Racquetball Warehouse.

"We are pleased to launch this new

look and facelift to the USA Racquetball brand and image," said Executive Director Steve Czarnecki. "We look forward to working with the USOC on continued site improvement and are anxious to provide a user-friendly experience to our fans and supporters."

With any website migration, users may find content or navigation challenges, so please send any concerns or suggestions to web editor, Leo Vasquez, at leo@themav.com. USA Racquetball also expresses its gratitude to Jay Mathis and X3 Technology, LLC for previously hosting the site on a volunteer basis over many years.

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## MISSION STATEMENT

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 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.



FROM THE  
**Executive Director**

# Supporting Our Nation's Best IN INTERNATIONAL COMPETITION

In the world of sport there are few things more patriotic than supporting the nation's best players as they represent our country in international competition. Here at USA Racquetball, the Fourth of July causes us to reflect on our responsibility for developing and fielding strong national teams, in our role as the National Governing Body (NGB) for the sport.

Throughout the year, the USAR series of National Championships play an important part in that duty. In May, the final rounds of the Ektelon National Singles Championships not only marked the end of the indoor season, but also completed the selection process for the 2013 US National Team.

The 14 deserving and accomplished members of this team are recognized later in this issue, and a delegation of these team members will wear

the Red, White, and Blue in Cali, Colombia at the prestigious World Games. You can bet that Rocky Carson, Jose Rojas, Cheryl Gudinas and Rhonda Rajsich will give it their all as they face off against an ever-improving field of international challengers.

At the conclusion of the Wilson Junior Olympic Championships, the newest US Junior National Team was named from among the bright-eyed, promising young players who are the future of racquetball in this country. The sky's the limit for them as they prepare to don the Stars & Stripes at the Junior World Racquetball Championships in Bolivia in October.

Between now and then, these young athletes – along with their friends and families - will be working diligently to raise the necessary funds to underwrite this international excursion.

Unlike many other nations, the costs for NGB activities in the United States must be privately funded.

There are a number of different ways that we can all take part in providing financial support to the US Adult and Junior National Teams, so I'm asking the entire USA Racquetball family to consider how best to help these tremendous athletes in their efforts to attend and compete successfully at international competitions.

You can support the team by making a financial contribution, proudly wearing official TEAM USA racquetball gear, or even rooting them on via the live streaming. Find the donation links pictured below at [USARacquetball.com](http://USARacquetball.com) to give today and, for those of you viewing the digital version of this magazine, go ahead and click away, right here and now.

Thank you and GO TEAM USA!



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## FROM THE *President*

By **Larry Haemmerle, President**  
USAR Board of Directors

**A**s President of USA Racquetball, my key responsibility is leading the volunteer Board of Directors and ensuring the proper governance of the organization. This includes the oversight of the many USAR committees made up of Board and non-Board members alike. I'm fortunate to have a strong group of committed volunteers with which to work and – as it is with any board - an organization's health is improved by fresh perspectives and new faces.

At our most recent meeting, we welcomed two new members who possess deep and diverse backgrounds in the sport. Leo Vasquez of Arlington, Texas, and Terry Rogers of Las Vegas, Nevada, bring a wealth of experience and knowledge to our governance. Additionally, Peter McMillin of Golden, Colorado, has been re-appointed to a second three-year term on the Board.

Leo is a strong player who brings years of club management and programming experience to the

Board. He has served on the Texas Racquetball Association board for more than 12 years and is currently serving a third term as its President. Many may know Leo from his roles in running top-notch events at Arlington's Maverick Athletic Club as well as his presence at numerous national championships over the years.

Terry's primary Board interest is to focus on the growth of the sport among women, juniors and collegiate players. She is an accomplished age division player who operated a racquetball retail store and organized programming for 20 years. No stranger to volunteerism, Terry is involved with the California/Nevada Racquetball Association, Women's Senior/Masters Racquetball Association, Military Racquetball Federation and USAR Women's Committee.

With sincere gratitude for their contributions, we also bid farewell to departing directors Steve Cohen, Tom Curran, and JoAnna Reyes. A special

thank you goes to Cheryl Kirk, whose one-year appointment as Immediate Past President has also concluded. We are pleased to know that Cheryl continues to bring a U.S. perspective to her ongoing roles as Secretary of both the International Racquetball Federation and Pan American Racquetball Confederation.

As a Board, we continue to assess our structure and composition, as well as that of various committees, while searching for the next group of directors to carry USA Racquetball forward. We are always on the lookout for individuals from diverse professional backgrounds who are interested in investing their time, talent, and resources for the betterment of our sport. If you are interested in serving, or know someone who would be a good candidate, please don't hesitate to share their names with us at [sczarnecki@usra.org](mailto:sczarnecki@usra.org).

Play well, play hard, and play fair!



Leo Vasquez



Terry Rogers



Peter McMillin



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# Kane Waselenchuk:

## WINNING HIS ONLY OPTION

By Jennifer Johnson

With permission/courtesy Restrung Magazine

**K**ane Waselenchuk arrived at the Ektelon National Singles Championships ranked the year-end #1 IRT World Champion for the eighth time, breaking the record he'd set one year ago. He also owns the highest win-loss percentage, longest winning streak, and has tied Cliff Swain for the most pro event wins. Word around the courts increasingly ordains him as the best player ever. Does Kane agree?

"It's a subjective question with no right or wrong answer," Kane said in an interview, leaving others to cite statistical benchmarks. A student of the game and its history, he's instinctively deferential to those who have come before him. "I'm just proud to be mentioned among the greatest players. Having people contemplate that I could be the greatest is awesome in itself, too."

You would think that reaching the pinnacle of his thirteen-year professional playing career would have had him celebrating as soon as the ranking numbers were announced. He didn't. While clinching the title took "a huge weight" from his shoulders, the path to Fullerton had been "all over the place." Gratifying, sure. But a personal loss just before the season opener and a reoccurring injury delivered unexpected challenges.

Performing through aches, illness, and discomfort is inevitable for professional athletes. This injury was different. "It's the uncertainty of the ones that play tricks on you that's frustrating. The problem was that I could play my match feeling 100% and then, two hours later, not." In Denver he felt fine until "boom—it happened." Knee pain forced his forfeit in the final.

At the time, he was in a close race with #2 Rocky Carson. Athletes thrive on routine, so the unpredictability

added to the rigors of competing in the next event. "I felt good going into St. Louis, but didn't know what to expect. Afterwards, I still felt good so I kept doing the same things, hoping it'd hold up."

It did. Yet, even with his #1 year-end ranking secured after the Stockton Pro-Am, he continued to train and focus on maintaining a competitive mindset. "Winning is my only option." The fierce competitor also has a family focus, with a wife, two young girls, and the dogs they foster. "My family sacrifices a lot, which helps me be in the position I am."

The sport's most dominating player will spend more time with his family over summer break, but he'll also get right back to work for next season. With winning his only option and a work ethic pushing him harder, he'll strive to continue making history by breaking his own records and adding more titles to an already impressive list.

Rank	Player	Points
1	WASELENCHUK, KANE	4,022
2	CARSON, ROCKY	3,454
3	BELTRAN, ALVARO	2,470
4	ROJAS, JOSE	1,972
5	CROWTHER, CHRIS	1,892
6	CROFT, BEN	1,846
7	CARSON, TONY	1,482
8	VANDERSON, SHANE	1,276
9	DE LA ROSA, DANIEL	1,123
10	MORENO, JAVIER	1,063
11	ACKERMANN, ALEX	974
12	HAWTHORNE, ANDY	966
13	ROJAS, MARCO	930
14	DIAZ, JOSE	845
15	LANDA, ALEJANDRO	800
16	HERRERA, ANTHONY	776
17	ALLEN, JANSEN	729
18	SCHOPIERAY, BRAD	647
19	MONTALBANO, NICK	610
20	HORN, DAVID	533
21	PRATT, CHARLIE	529
22	HERRERA, JUAN	502
23	SCHMEISER, ARTHUR	400
24	GUTIERREZ, POLO	366
25	GALE, ANDREW	358



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## LPRT Season Wrap-Up

By Andy Kulback, Deputy Commissioner • Photos courtesy T.J. Baumbaugh

April and May were busy months for the LPRT with four Tier 1 stops, beginning with the Southern California Regionals - hosted by Debbie Moore and her tremendous staff at the beautiful 360 Health Club in Reseda. The draw showcased some of the best talent on tour, with all of the top players on deck.

Several great stories surfaced, including Frederique Lambert's return to the tour following shoulder surgery and

Maria Jose Vargas' first run to the semifinals. Vargas reached her debut semifinal with victories over Jocelyn Loreda, Cheryl Gudinas and Adrienne Fisher Haynes. We learned that she's being coached by Cliff Swain and the improvement in her drive serve is noticeable. But her run ended in the semifinals against the unstoppable Paola Longoria.

The best match of the tournament occurred in the lower bracket semifinal, between tour veterans Samantha Salas and



So. Cal Regionals (left to right): Cindy Tilbury, Paola Longoria, Rhonda Rajsich, Rick Betts & Debbie Moore



SCS Title & Escrow Pro Am: back row (left to right) Rex Deitz, Ira Holland, Bill Milbach & Al Shipman; front row (left to right) TJ Baumbaugh, Rhonda Rajsich, Paola Longoria & Jose Marinay

Rhonda Rajsich, who slugged it out in a tiebreaker marathon that lasted over two hours. Both players showed tremendous athleticism, power and a will to win, but it was Rajsich who edged out game five, 12-10.

In the latest in a series of finals between these two top-ranked athletes, Paola continued her tour dominance by defeating Rhonda in a tough four-game match.

In late April, the LPRT returned to San Antonio for the Battle at the Alamo. Thanks to Lance Gilliam and his volunteer staff, this was one outstanding event with over 225 participants competing at three venues for Texas Regional titles. Twenty-six ladies were also on hand to vie for an LPRT title and \$10,000 in total prize money.

Samantha Salas worked her way through the draw, becoming the tourney highlight as she squeaked through a demanding quarterfinal against Maria Jose Vargas, winning 13-11 in the fifth and deciding game. With consistent hard hitting and great court coverage, she then upset the No.2 player in the world, Rhonda Rajsich, in four games. Although it looked as though Rajsich was going to take their semifinal to a tiebreaker when she led 10-7 in game four, Salas kept her cool and battled back to win it 12-10.

On the other side of the draw, World No.1 Paola Longoria efficiently made her way through the quarter and semifinal rounds, defeating Grace Hughes and Cheryl Gudinas in straight games each. This set up an all Mexican final between doubles partners Longoria and Salas. Salas started out with the same strong play she had displayed all weekend, holding 3-0 and 5-4

leads in game one, before Longoria took control of the match to win it 11-7, 11-4, 11-5.

Immediately following the Battle at the Alamo, the LPRT headed to Herndon, Virginia for the SCS Title and Escrow Pro Am, hosted by T.J. Baumbaugh. In an unusual turn of events this season, all top seeds advanced through the draw, with the exception of early round upsets by No.10 D'amonique Davis over No.7 Kerri Wachtel, and No.11 Jen Saunders over No.6 Adrienne Fisher Haynes. Holding true to form, Paola Longoria defeated Rhonda Rajsich in the final, 11-4, 11-5, 11-2.

The last Tier 1 stop of the season was the Ektelon USAR National Singles in Fullerton, California, where 30 players from eight countries entered the LPRT playoff.

Maria Jose Vargas continued to show that she will be a force to be reckoned with by upsetting No.6 Adrienne Fisher Haynes in the round of 16's before losing a tough tiebreaker to Samantha Salas in the quarters. Samantha continued her strong run through the latter half of the season, defeating Rhonda Rajsich in the semi before facing Paola Longoria in the final. Once again Paola exhibited her dominance on tour, defeating Samantha in straight games.

Speaking of Paola Longoria, she has won the last 21 professional tournaments, compiling an 84-match win streak in which she has lost a total of 9 games. She has not lost a professional event since May 2011, and has now logged two undefeated seasons in a row. She's also won the World Championships and the Pan Am Racquetball Championships, adding to a stellar record and outstanding career to date. Congratulations!



## MILITARY RACQUETBALL FEDERATION DEMOS *IN THREE CITIES*

By Steven Harper, Executive Director  
Photo by John Foust

The Military Racquetball Federation (MRF) hosted demonstrations in three cities and reached over 50 disabled veterans in the month of April. In Texas for a racquetball rehabilitation clinic, “Chip” Parmelly – one of the founders of Wheelchair Racquetball Association and former Paralympic and Pan American Games athlete - brought new insight to the disabled veterans in attendance. He, along with other local volunteers, shared the basics of racquetball fundamentals - even from a wheelchair. Many were stunned and inspired by his efforts and skill.

In Denver, Richard Romero presented the MRF with a \$1,000 check made up of contributions raised at Peterson AFB (where numerous Airmen, Soldiers, and Marines held a silent auction) and a sale at the Mile High Pro/AM (from

product donated by manufacturers and sponsors). Special thanks go to Donna Debacca and Mark Shepard of the Paralyzed Veterans of America (PVA) and Debbie Beldring of the Denver Athletic Club who made this one-day demonstration a complete success.

Back on the east coast for its last stop, the MRF hosted a clinic for eight Richmond area veterans at the Clark Fitness Center on Fort Lee Army Base. Nicole Shuman, Chief Recreational Therapist of the Richmond VA Medical Center, personally oversaw transportation and logistics to make the event possible. Mr. Andra Barnett and a team of local instructors contributed as well. The help of this great support staff enabled us to hold another successful clinic. Thanks!



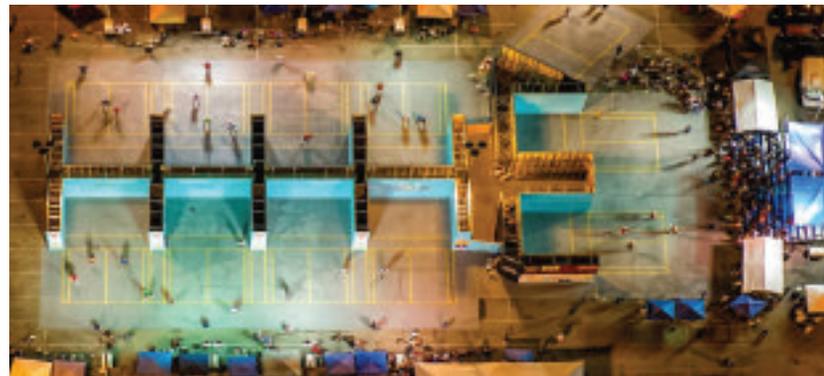
# WOR of the Worlds

By Steve Lerner

**W**orld Outdoor Racquetball, World Players of Handball and the National Paddleball Association are pleased to announce the 2013 Fourth Annual 3 Wallball World Championships, to be held September 18-22 in Las Vegas.

A site on world-famous Las Vegas Boulevard, in front of the spectacular Stratosphere Hotel, will be transformed with the construction of up to 12 outdoor courts to host one of the richest outdoor events in history. New for 2013 is the addition of One Wall courts for men's and women's singles, doubles and mixed doubles racquetball, handball, and paddleball divisions.

The 3 Wallball World Championships will bring the best outdoor players in the three sports together for another amazing tournament and spectator event. Along with the great action, players and fans can enjoy daily special events, a fundraiser and ceremony featuring the Military Racquetball Federation,



and a Saturday night Pool Party.

With the pro divisions offering over \$25,000 in cash prize money and awards – along with amateur divisions for men, women, and juniors in racquetball singles, doubles and mixed doubles, handball singles, doubles and mixed doubles, plus paddleball divisions - the event will be extreme!

To enter Racquetball Divisions go to: <http://www.r2sports.com/tourney/home.asp?TID=10607>

To enter Handball Divisions go to: <http://www.r2sports.com/tourney/home.asp?TID=10587>

To enter Paddleball Divisions go to: [www.paddleball.org](http://www.paddleball.org)

The 3 Wallball World Championships is the final event of the 2013 Three Wallball Cup Championship Series; for information on the first three events of the Cup Series, please go to: [www.3wallball.com](http://www.3wallball.com)

## CLASSIC PRO RACQUETBALL TOUR



# Anything CAN HAPPEN

By Steve Lerner, Commissioner  
Photos courtesy of Randy Lam

**T**he CPRT Championships in Las Vegas closed another chapter in the “anything can happen, that’s why they play the matches” world of Classic Pro Racquetball. Based on rankings, the big story shaped up coming into the event with challenges to top seeds in early rounds.

The first quarterfinal was the perfect example, as No.7 seeded Cliff Swain upset No.2 ranked Craig Lane in three straight games. Next up was the only quarterfinal that held to form, as No.3 seeded Jimmy Lowe easily stopped qualifier Manu Walia. Qualifier Herb Yamashiro was the next to log an upset, taking out No.4 Rob Mijares in four games.

The last match of the night was expected to be close (after their five-game US Open battle earlier in the season) and Doug Ganim pulled off the fourgame win over Woody Clouse. The upset marked Clouse’s first CPRT singles loss since this event in 2009, ending an amazing winning streak on a par with Kane Waselenchuk or Paola Longoria on their respective tours.

Ganim came back for the first semifinal on Saturday and ended the run of Yamashiro in a four-game battle. The second faceoff renewed a long-standing CPRT rivalry, with a surprisingly quick result, as Lowe defeated Swain in three.



CPRT/OPEN Doubles Finals (L-R) Tom Moore, Woody Clouse, Bruce Lillis, Cliff Swain.



Doug Ganim & Steve Lerner

In the final, Lowe came after Ganim with all his tricks to take game one 9-3. But Ganim knows Lowe very well and was able to regroup and keep Lowe quiet, slowing down the pace to take the next three games and the title 9-3, 9-4, 9-2 for his first CPRT victory.

The win vaulted Ganim into #5 for end of season points, but it was Clouse who wrapped up his fifth straight season in the top spot, for yet another CPRT title and a very impressive streak! Rounding out the top five for this season were Jesus Ustarroz at #2, Craig Lane at #3, and Rob Mijares at #4.

The CPRT moves outdoors to start the 2013-14 season with the WOR Warm-ups and WOR Championships in California and then the Three Wallball World Championships back in Las Vegas, September 18-22.



## TWO-STEPPING TOWARD 25 Years

By Kendra Tutsch, WSMRA Board Chair

By the time the last tune was played by Tournament Director and “DJ Leo” Vasquez at the Saturday night banquet, it was obvious that the 24th Annual Women’s Senior/Masters tournament had been a tremendous success. The 60 players from 21 states agreed that it was one of the best ever, thanks to a great host venue - the Maverick Athletic Club – a true racquetball-focused facility owned by long-time enthusiast and supporter Bob Sullins.

The tournament started with the traditional fun doubles breast cancer fundraiser before check-in on Thursday, followed by round-robin play within age groups early Friday morning. Friday afternoon featured a clinic by former touring pro Christie (VanHees) Huczek, who answered questions and gave excellent tips on tournament preparation and focus.

The Saturday night banquet at “the Mav” recognized the many people who contributed so much to the success of the tournament, along with some fun player awards. Those who traveled the farthest were Sharon Chandler from Washington State and Marie Gomar from Guatemala; the states with the largest attendance were Illinois with 13 players, and New York and New Mexico with 7 each. Another long-time tradition of this tournament is the silent auction, which raised nearly \$1,400 for the USAR Collegiate Scholarship Program and the Texas Junior Racquetball Program, to help insure the future of our sport.

A tough weekend of competition wrapped up Sunday afternoon, with final matches that produced some interesting results. Jean Halahan moved from 40+ to 45+ and continued to win as she defeated fellow New Yorker Lorraine Galloway. Nancy Kronenfeld (IL) repeated as 60+ champion, besting



Shirley Parsons (CO). In 65+ Sharon Chandler (WA) won first place over Margaret Hoff (IL), after finishing second last year. The results in 70+ were a reversal of 2012, with Pauline Kelly (IL) finishing first and Mildred Gwinn (NC) second. Other champions were 35+, Stephanie Bird (OK); 35B/C, Stacy Cato (NC); 40+, Erika Rand (UT); 45B/C, Julianne Valentino (IL); 50+, Laura Brandt (FL); 55+, Linda Moore (NE); and 55 B/C, Dottie White (TX). For an expanded write-up, full results and lots of pictures, visit [www.wsmra.com](http://www.wsmra.com).

As players headed home, they were already looking forward to celebrating the 25th Annual Women’s Senior/Masters National Championships in 2014! The Los Caballeros Sports Club in Fountain Valley, California will be our host January 17-19, and the WSMRA would like to extend a special invitation to all past players and tournament directors to attend this milestone tournament. Fountain Valley is about 35 miles south of Los Angeles and about 7 miles from Huntington Beach, so expect excitement when you’re only 40 miles from Hollywood!

You’re never out of the draw at this round-robin tournament for women 35 and over (in both Open/A and B/C divisions), so plan now to attend and bring your friends. You’re guaranteed to have a great time! For more information, please visit [wsmra.com](http://wsmra.com) and find us on Facebook.



By Bruce Adams, NMRA Secretary

## NATIONAL MASTERS *Wrap Up*

The NMRA’s past season included our “Doubles Only” event, which returned to Pleasanton, California in December. Last held there in 2009, the facility is lovely and the attached Marriott is super convenient for players and guests.

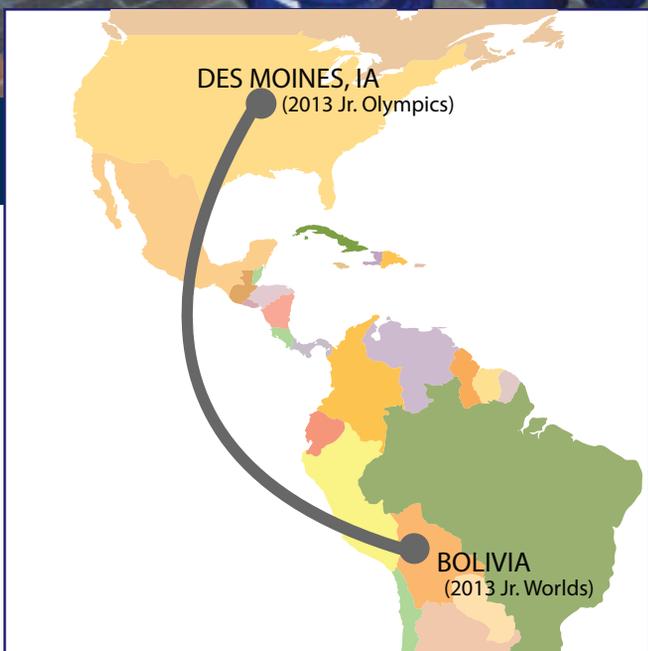
In March we made our second trip to Tucson, Arizona, where both clubs were marvelous for our participants. It was great to see quite a few players that we had not seen in a while. Board elections were also held, with new three-year terms effective March 2013. Welcome to Florida’s Leon Jackson, with thanks to departing board director David Warner.

The NMRA National Championships in July return to West Allis, Wisconsin, and includes our Hall of Fame inductions. The NMRA is dedicated to the mature racquetball player 45+. If you qualify, try out one of our events and you’ll be hooked like so many others have been.

For more information, visit our website at [www.NMRA.info](http://www.NMRA.info) and subscribe to our newsletter, The RacquetRacket. For tournament registration and results, locate NMRA events at [www.R2Sports.com](http://www.R2Sports.com) and find our group on Facebook, too - it’s interactive!



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2013  
**EKTELON**  
**NATIONALS**

FULLERTON, CA • MAY 15-19



LPRT Champ Paola Longoria and IRT Champ Kane Waselenchuk

Leo Vasquez ©USA Racquetball



## 46TH US NATIONAL SINGLES Championship

By Steve Czarnecki

Once again the racquetball world converged at the Meridian Sports Club in Fullerton, California, for what has become the indoor racquetball season-ending blowout for the professionals and amateurs alike. May is known as the time to crown new champions, celebrate seasonal and lifetime accomplishments in the sport, and finalize the roster of the US National Racquetball Team. More than 400 players, ages nine to 96, gathered to test their skill on the national stage.

In the Men's US Team Qualifying Division, two good friends met in the final match. Californians Marco Rojas and David Horn both train in Stockton under the tutelage of US National Team coach Dave Ellis. For Ellis, the match was win-win, knowing that both of his students would be joining the National Team. For Rojas and Horn it was win-lose, and Rojas was able to defend his 2012 title with a 15-5, 15-6 victory.

On the women's side, a semifinal upset of Cheryl Gudinas by Janel Tisinger pitted Tisinger against top-seeded Rhonda Rajsich in the final. Rajsich, the two-time defending champion, was gunning for a three-peat while Tisinger was looking to capture both 2013 National Team Qualifying titles after taking the gold at National Doubles with partner Aimee Ruiz. After a hard-fought match, Rajsich came out on top 15-12, 15-7, for her third straight title.

In the pro divisions, two of the more impressive streaks in sports continued, where it was no surprise to see Kane Waselenchuk and Rocky Carson in the Men's IRT final. Finishing a challenging year plagued by injury, Kane dominated by only giving up on six points in the straight-game win. In doing so, Kane extended his unbeaten



Runner-Up David Horn and Champion Marco Rojas

Leo Vasquez @USA Racquetball



Runner Up Janel Tisinger and Champion Rhonda Rajsich

Leo Vasquez @USA Racquetball

streak, dating back to early 2009, and captured his 70th pro title, tying Cliff Swain for the most all-time wins.

For Paola Longoria, the story was not much different. The top-seeded Mexican, who hasn't lost a singles match

since 2011, found herself in the LPRT final against countrywoman Samantha Salas. Longoria easily confirmed her dominant position as the world's best female player, also taking a straight game victory over Salas, 11-8, 11-1, 11-5.

With the conclusion of the Ektelon National Singles, the roster of the 2013 US National Team has been completed. See page 17 for the full list, along with congratulations to all of these outstanding athletes!

## RECOGNIZING Excellence

**D**uring Ektelon National Singles week, the racquetball world convened to recognize excellence in the sport on Friday evening. USA Racquetball hosted its Annual Awards Presentation and Hall of Fame Induction ceremony - to preserve the history of the sport and celebrate its past. The event was honored with the presence of many Hall of Famers, including legends Dr. Bud Muehleisen and Charlie Brumfield. The honorees for the evening included:

### HALL OF FAME INDUCTEES

William "Mitt" Layton  
Randy Stafford  
Debra Tisinger-Moore

### ANNUAL AWARD WINNERS

**Joe Sobek Outstanding Contribution Award**  
Joyce Parsons  
**Presidential Award**  
Ben Simons  
**John Halverson Fair Play Award**  
Nancy Davis



Mitt Layton, Debra Tisinger-Moore & Randy Stafford

Roby Parovitch

**Peggy Steding Female Age Group Award**  
Debra Tisinger-Moore  
**Bud Muehleisen Male Age Group Award**  
Jimmy Lowe

**Female Athlete of the Year Award**  
Rhonda Rajsich  
**Male Athlete of the Year Award**  
Marco Rojas



FULLERTON, CA • MAY 15-19



# RESULTS

## MEN'S US TEAM QUALIFYING

- 1st Marco Rojas
- 2nd David Horn

## WOMEN'S US TEAM QUALIFYING

- Rhonda Rajsich
- Janel Tisinger

## IRT PRO MEN'S

- 1st Kane Waselenchuk
- 2nd Rocky Carson

## LPRT PRO WOMEN'S

- Paola Longoria
- Samantha Salas

### OPEN AGE DIVISIONS

	MEN'S	WOMEN'S
24 & Under	Jaime Martell	Aubrey Kirch
25+	Brent Walters	Elise Wilson
30+	Jason Sylvester	
35+	Mike Orr	T.J. Baumbaugh
40+	Aaron Metcalf	Christie Noller
45+	Jimmy Lowe	Mae Chin-Varon
50+	Jimmy Lowe	Chris Evon
55+	Len Knudsen	
60+	Mark Baron	
65+	Gregory Hasty	Mildred Gwinn
70+	Gordon Kelly	Mildred Gwinn
75+	Michael Kurty	
80+	Vance Lerner	
95+	Ben Marshall	

### HEROES DIVISIONS

<b>Men's Heroes Open/A</b>	Troy Vanbemmelen
<b>Men's Heroes B/C</b>	David Ryon
<b>Men's Heroes 30+ Open</b>	Mike Ramirez
<b>Men's Heroes 40+ Open</b>	Rabbit Rogers
<b>Men's Heroes Doubles A/B</b>	Dean Lavilla / Rabbit Rogers

### JUNIORS

	BOYS	GIRLS
10 and Under	Cody Elkins	Blair Odon
14 and Under	Fausto Santana	Ana Cristina Flores Olson
18 and Under	Nicolai Miramontes	Lexi York

### SKILL DIVISIONS

	MEN'S	WOMEN'S
Elite	Connor Laffey	Lexi York
A	Alon Doitch	Rebecca Wilkinson
B	Haz Novoa	Cindy Herceg
C	Julio Palencia	Emily Stanton
D	Joe Massa	Amanda Blender

### DOUBLES

<b>Men's Doubles Elite</b>	Enrique Ainslie / Justin Ivers
<b>Men's Doubles Pro / Open</b>	Juan Herrera / Juan Torres
<b>Women's Doubles Pro / Open</b>	Aimee Ruiz / Janel Tisinger
<b>Men's Doubles A</b>	Enrique Riox Loaiza / Mike Plattner
<b>Men's Doubles B</b>	Will Costanza / Chris Poucher
<b>Men's Doubles C</b>	Darren Breese / Ron Garcia
<b>Men's Doubles 45+</b>	Cliff Swain / Mike Ladge
<b>Men's Doubles 55+</b>	Robert Siebert / Glenn Bell
<b>Men's Doubles 65+</b>	Leonard Sonnenberg / Michael Kurty
<b>Men's Doubles Centurion Open</b>	Ruben Gonzalez / Scott Winters
<b>Men's Doubles Centurion A</b>	Raymond Maestas / Ronald Maestas
<b>Men's Doubles Centurion B</b>	Will Costanza / Chris Poucher
<b>Mixed Doubles Open</b>	Aimee Ruiz / Jansen Allen
<b>Mixed Doubles A</b>	Jean Hellstrom / Steven Harper
<b>Mixed Doubles B</b>	Danie Mullin / Jane Scheffer
<b>Mixed Doubles 50+</b>	Vicky Birkmann / Howard Walker

### SKILL AGE DIVISIONS

	MEN'S	WOMEN'S
24 & Under A	Aaron Booker	
24 & Under B	David Ryon	
25+ A	Trevor Jones	Heather Olson
25+ B	Hubaldo Hernandez	
25+ C	Skylar Stewart	
30+ A	Andrew Aronstein	
30+ B	Jason Chacon	
35+ A	Luis Pesqueira	Rebecca Wilkinson
35+ B	Haz Novoa	Dragana Bulatovic
35+ C	Bian Laney	Amanda Blender
40+ A	Scott Grunin	Tracy Shearer
40+ B	Tim Hoover	Cindy Herceg
45+ A	Greg Beistle	
45+ B	Steve DiSalvo	
45+ C	Jamie Sims	Chris Cerny
50+ A	Charles Cole	Peggin Tellez
50+ B	Sterling Altobell	
50+ C	Roy Grimet	
55+ A	Rick Betts	Vicky Birkmann

	MEN'S	WOMEN'S
55+ B	Ramon Quezada	
55+ C	Robert Chavez	
60+ A	David Williams	
60+ B	Moshe Mann	Margie Der
60+ C	Alan Douglas	
65+ A	Jon Wuerffel	
65+ B	Fred Baida	
65+ C	Jack Morgenroth	
70+ A	William Baker	Marquita Molina
70+ B	Richard Gower	

Kelani Bailey, Women's Champion  
Taylor Knoth, Men's Champion



■ By Steve Czarnecki  
Photos by Jim Hiser

**Wilson 41ST NATIONAL INTERCOLLEGIATE**

# Championships

**T**his year's Wilson National Intercollegiate Championships saw more than 200 student-athletes from more than 30 schools converge at the beautiful racquetball courts of the Arizona State University Student Recreation Center in Tempe, Arizona. Whether a pre-spring break, spring break, or post-spring break getaway, it was a great time to be in the Grand Canyon State.

Of course, the winner of the Men's and Women's #1 Gold Divisions at Intercollegiate earn coveted spots on the US National Team. This year, neither returning champion was eligible to defend their title, creating a great opportunity for the field.

In the Men's Division, both the number one and two seeds found their way to the finals. Top seeded Taylor Knoth, of Oregon State University, brought the experience of losing in the finals of the 2012 Championships against Jansen Allen. Second seeded Nick Montalbano, of Colorado State University – Pueblo, was making his first run at the title after playing as the school's

number two player the year prior behind Allen. Unfortunately, what was destined to be a fantastic match between two great players was cut short when Montalbano forfeited the match mid-stream, due an injury incurred during the #1 Doubles final. While a bit anticlimactic, Knoth's victory was well earned.

The top seeds also arrived in the finals on the Women's side. Number one seed Danielle Key, who lost in the finals in 2012 to Sharon Jackson, was a hometown crowd favorite, both representing Arizona State University and hailing from the greater Phoenix area. Her opponent, the second seeded Kelani Bailey, of Shenandoah University, was playing in her first Intercollegiate Championships building on a distinguished junior career. The two finalists did not let the large crowd down, with Bailey overcoming sizable deficits in both games to take the title with scores of 15-11 and 15-13.

Congratulations to Taylor and Kelani on their appointments to the US National Racquetball Team!



All American Award Recipients



Division II Overall Team Winner Baldwin-Wallace

Overall Men's and Women's Champions - Oregon State





l to r: Marco Rojas & Jose Rojas



# GENERATION ROJAS

■ By Alfredo Ramirez, Restrung Magazine

**W**ithin California's area code 209, the city of Stockton often makes its way onto the "top 10" lists of the nation's most dangerous cities. It's the largest city to ever file for bankruptcy. Drastic budget cuts have crippled law enforcement, leading to increased gang activity and rising crime rates. The good news? This Central Valley city holds great promise for the future of racquetball – in the form of brothers Jose and Marco Rojas – who now represent "The 209" as official members of the 2013 US National Racquetball Team.

Jose, 24, and Marco, 19, aren't the first set of siblings to make the US team at the same time, but they are the first brothers to do so. By qualifying to represent the US at the highest level, together, they also share a profound impact on pro tour rankings.

Jose is currently ranked No.4 on the International Racquetball Tour. As the second highest ranked US player (behind Rocky Carson), he automatically earned a spot on the US National Team. Separately, Marco was appointed to the team after winning the qualifying division at the 2013 USAR Ektelon National Singles Championships for the second consecutive year. He also finished his rookie IRT pro season ranked No.13. That the brothers are now suiting up for Team USA – after each enjoying success on the pro circuit – is a testament to the deep support and dedication they've had through the years.

A local restaurant manager, Miguel Rojas moved to Stockton from Guajuato, Mexico in 1978 with his wife Adelina. Later, their three sons – Michael, Jose and Marco – tagged along with Dad as he pursued his interests in athletics and fitness. As the boys grew, Miguel Sr. found his way to In Shape Sports: West Lane Health and Fitness Club, and took up handball and racquetball. The boys eventually connected with Jody Nance, an experienced open player who was helping the club build racquetball programs by working with junior players. Many of those youngsters were the children of friends Miguel had made at West Lane.

With plenty of family support, Jose and Marco built a solid foundation in the sport, beginning with Jody. She worked closely with the pair throughout their junior careers, then segued their training to current US National Team Coach Dave Ellis. Well acquainted with junior development, Ellis had successfully coached his own son, former top touring pro John Ellis, through a long and stellar career. Between Nance and Ellis, the Rojas brothers have become an integral part of a well-developed group that now trains at West Lane.

Calling itself "The 209", this impressive training group boasts a number of talented young players from California and South America. Training alongside Jose and Marco are notables like Jose Diaz, holder of numerous junior titles and ranked on the IRT at No.14, and David Horn, ranked

No.20, who also made the US Team by reaching the finals at National Singles (losing to Marco). Oh, and don't forget about younger cousins Daniel and Antonio Rojas, ages 14 and 10, who are developing as strong players in their own right.

During the season, the Rojas brothers are committed to comprehensive, semi-weekly team practices and also push through intensive workouts led by Stockton physical fitness specialist Jesse Serna. John Ellis joins them in practices and serves as an advisor, which provides a consistent base for the brothers who then benefit from the group dynamic, an accomplished coach, a former top touring pro and a touch of sibling rivalry.

Jose, who is still trying to reach his own full potential, is a role model for Marco. John Ellis observed, "In a sense, Jose is learning on the job, not having had the opportunity to participate in organized sports in high school." John acknowledges their unique situation, and that they're both patient, with a selfless work ethic. Even with very distinct personalities and approaches, they appreciate the supportive rivalry brewing between them. With Jose finding his way toward the top of the pro rankings so early in his career, he's expected to remain there long enough to see Marco join him in that elite mix.

Jose sees great potential in his little brother. They often play each other and have already met in competition.

*"IN A SENSE, JOSE IS LEARNING ON THE JOB, NOT HAVING HAD THE OPPORTUNITY TO PARTICIPATE IN ORGANIZED SPORTS IN HIGH SCHOOL."*

Marco Rojas



by Ken Sato Studio, CA

Jose Rojas



by Ken Sato Studio, CA

Jose, who is always gracious and conducts himself with quiet dignity, is undoubtedly looking forward to the day he meets his younger, some would say edgier, brother in an IRT final. Jose knows Marco looks up to him but wants to make his own mark on the sport. Marco enjoys Jose feeling the pressure of having his younger brother advance toward him in the rankings. For the moment, Jose contends that he owns his younger brother, even if-and-when he loses to him.

That's not the only way Jose is leading the way ... he recently graduated from University of the Pacific, a very good private university in Stockton, while competing on the IRT full-time. Marco attends community college, just as Jose did, and hopes for a similar opportunity at the University of the Pacific, which has shown interest in recruiting more capable local student-athletes.

Individually, the Rojas brothers are set to make their presence felt at the highest level of a sport that has added a unique and valuable component to their lives. Together, making Team USA provides them with an opportunity to pursue a common goal. Regionally, their heritage fuels the popularity of racquetball in Central and South America. Nationally, they are very proud and excited to represent the United States, as they build a legacy of dedication and success that USA Racquetball can look upon with great pride.

Not to mention that, along the way, the Rojas brothers represent – with conviction – that truly exceptional results can come out of their hometown of Stockton.

## Not the Only SIBLINGS on the Block

**F**or the first time in US National Team history, two sets of siblings are on the team at the same time. In addition to the Rojas brothers, Michelle and Danielle Key, of Gilbert, Arizona, (right) have also made the squad. Michelle and Danielle captured the silver medal in the US Team Qualifying division at this year's National Doubles Championships. Previous sibling teammates include Tim and Cindy Doyle (1989) and Jackie and Joy Paraiso (1992).





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## CONTINUING THE *Making of a Champion*

■ by Fran Davis (*The Coach*) • Diana McNab (*Sports Psychologist*) • Dan Obremski (*Fitness Expert*)

**L**et's continue "Making You a Champion" using the core principles of "Building Your Racquetball Dream House" as you create your championship game one assessment at a time. This will allow you to complete the "Racquetball Success Triangle" we have previously covered in Racquetball magazine. Remember, more information on each of the topics that follow are discussed in greater detail in my book, *Championship Racquetball*.

In the last issue, I discussed shot selection, a key element in developing a game plan and creating your championship game. Now that we are in the summer months, this is the perfect time to take a look at the goals you set for yourself, re-evaluate your game, and make some adjustments and changes as necessary.

### **Immediate goals (0 to 90 days):**

These are things that need to happen right now. It takes 21 days to change a habit or belief. It takes 60 days to get your body in shape, so whatever your main issue is right now, start to take action.

### **Short-range goals (3 to 6 months):**

These are things that are going to require practice and constant vigilance, i.e. creating consistency, in order to imprint a new behavior.

### **Short-term goals (6 months to 1 year):**

Where do you want to be one year from now? Set goals at the beginning of every season, and monitor/track your improvement.

### **Long-range goals (1 to 3 years):**

Where do you want to be in one to three years?

### **Long-term goals (3 to 5 years):**

What championships do you want to win: a national championship ... a regional, state, or club championship?

### **Ultimate long-term goals (5+ years):**

Racquetball is a lifelong sport. If you stay in shape and remain healthy, you'll be able to play in all your age groups in the coming years.

Now let's address the four skill areas needed to help make you a more strategic player -- a must in developing your championship game.

### **1 - RACQUETBALL SKILLS**

Based on your re-evaluation of your game, ask yourself, "What adjustments do I need to make ... on my strokes, serves, serve relocation, serve return, court position, shot selection, shots of the game, or any technical or strategic part of my game?"

Once determined, you need to get on the court and drill to develop your consistency as well as to figure out what adjustments you need to make, if any, on tactics of the game.

Top pros Rocky Carson and Paola Longoria - as well as the rest of my championship team - do this at mid-season and again at the end of the season. This pays big dividends to keep them playing at the top of their games.

### **2-MENTAL SKILLS**

Based on your re-evaluation of your game, ask yourself, "What adjustments do I need to make on my mental skills ... such as visualization, playing in the now, creating routines/rituals, developing pre-game psych plans and being positive?"

These are the things that you must hone in on and work on the most. This is what separates the good from the great, the mediocre player from the champion. You can never work on mental skills too much.

Jason Mannino, Paola and Rocky visualize on a regular basis, sometimes for hours at a time. They play in the moment, have routines, and complete pre-game psych plans -- all of which is evident in their games.

### 3-FITNESS SKILLS

Based on your re-evaluation of your game, ask yourself, "What adjustments do I need to make on my fitness skills ... such as power, strength, agility, balance, speed and flexibility?"

This skill is often overlooked and must be addressed. Many amateur players lose the tiebreaker because they are not in the best possible shape. It shows when they get to the tiebreaker or when they make it to Saturday night or Sunday.

Paola and Rocky have fitness trainers who work out with them on a regular basis.

### 4-NUTRITION SKILLS

Based on your re-evaluation of your game, ask yourself, "What adjustments do I need to make on my nutritional skills ... like drinking more water, making better choices on energy foods, and making sure I eat breakfast and good balanced meals throughout the day?"

You want to ensure your eating habits are second to none

and that you drink lots of water. Your body and mind need this in order to perform well, think clearly, and make intelligent decisions on the court so you can perform at your best. Often, amateur players do not pay attention to the details of eating well and drinking regularly and may tank during a match or tournament.

Jason, Paola and Rocky all know how to enjoy themselves during the holidays and off-season, but they never stray too far since they know how hard it is to get back on track. Making better choices is a way of life for them!

**Hope to see you** at one of my camps for live personal instruction, or buy my app if you can't make a camp at this time. Other available resources are my video, *Building Your Racquetball Dream House* and my book, *Championship Racquetball*. For details, visit [www.FranDavisRacquetball.com](http://www.FranDavisRacquetball.com).

# Championship Racquetball

*Using the Core Principles of "Building Your Racquetball Dream House"*

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Taylor Knoth  
Jr. World Champion

Sharon Jackson  
Jr. Nat I Champion

Jason Mannino  
#1 Pro Player 2003

Rocky Carson  
#1 Pro Player 2008

Paola Longoria  
2X #1 Pro Player

Sudsy Monchik  
#1 Pro Player

#### Fran's Credentials

- 25+ Years Camp Experience
- Woman of the Year 2009
- 2004 Hall of Fame
- U. S. National Team Coach 1989-1996, 2002
- Pan American/World Championship Coach
- USOC National Coach of the Year 1997
- Coaches Rocky Carson, Paola Longoria, Taylor Knoth, Sharon Jackson
- Coached Legends Jason Mannino and Sudsy Monchik
- USAR-IP Master Professional

#### Jason's Credentials

- #1 IRT Professional Player 2003
- 2X U.S. Open Champion
- IRT Most Improved Player 1998
- IRT Rookie of the Year 1996
- International Racquetball Tour President

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October 18-20	Nashua, NH
November 1-3	Chicago, IL
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Feb. 28-March 2	Findlay, OH

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## DID YOU *Know That?*

by Otto Dietrich, USA Racquetball National Rules Commissioner

photo by Geoff Thomsen



**A**t the High School Nationals, I administered rules tests to many of the players who hadn't taken it online beforehand. It was certainly a very enlightening experience for everyone (I hope) and I look forward to doing that again at other events.

There are plenty of “rules things” that the average player – as well as quite a few advanced players and pros as well – may not know unless they have encountered them and taken time to look up the specifics that apply. Here are just a few examples:

1. In USA Racquetball championships, match times, days, dates, and scores that appear online at events using the R2Sports software are official and override anything to the contrary that may appear in print elsewhere, unless specifically stated otherwise in writing. USA Racquetball established this policy in recent months.
2. The forfeit time for matches is ten (10) minutes after the scheduled start time of the match. See Policy B.5(d)2 in the Rulebook. The tournament director has the latitude to excuse a player's lateness. The lack of an open court to which the match can be assigned is certainly one of the best reasons that come to mind.
3. Most lines on the court are considered two-dimensional, i.e. exist only on the floor. However, both drive serve lines, as well as the “dashed” receiving line, are quite different. They also create invisible planes that extend from the floor to the ceiling. See Rules 3.6(b) and 3.11(a)1 regarding when these two “invisible planes” can be penetrated without penalty.  
The rules about the various two-dimensional lines are far too numerous to describe here, but do understand that the rules about them do allow players to reach over them as long as the player doesn't touch the floor beyond them.

There is, however, one exception to that -- the service line may be crossed by the server, but only at the end of the serve. See Rule 3.9(a)2 for the specifics on that exception.

4. The referee should clearly call out the score or “second serve” as the players prepare to return to their respective positions on the court (rather than waiting for them to be ready or to put their racquets down.) The ref's calling of the score or “second serve” marks the time when the ten-second readiness period begins for both players. See Rule 3.5(a).
5. The “service motion” begins at a very specific point in time: with any continuous movement by the server that results in the serve being made. See Rule 3.3. Why is this issue so very important in our sport? Because it marks several critical moments:

**When the service motion begins is:**

- (1) when the server must be totally IN the service zone;
- (2) when the server cannot be breaking the plane of the drive serve line if he hits a drive serve between himself and the nearest side wall;
- (3) when the server's doubles partner must be completely in the doubles box;
- (4) when the receiver must NOT be breaking the plane of the receiving line; and
- (5) when the receiver can no longer call a timeout to stop the serve from happening.

There are penalties associated with not adhering to each of these five requirements. See Rules 3.2; Rule 3.6(b); Rule 4.2(b); Rule 3.11(a)1; and Rule 3.16(a).

6. The call of hinder of any kind (including a safety holdup which is, in effect, called by the player who holds up) immediately stops and voids everything that happens thereafter – including being hit by the ball. See Rule 3.14(b).

7. Calling out one of these terms -- "point" or "side out" -- at the conclusion of every single rally (except those that are replayed, of course) is a key step in reffing correctly. It tells the players how you (the ref) recorded and scored the previous rally, if at all. The players generally expect referees to do this as it helps to ensure that there is player agreement on the last rally's outcome before the next rally starts. While not a formal rule, it's a good referee technique.

There are many other fine points to the rules, but if you add the above to your refereeing tool kit, you'll be well on your way to becoming a better referee!

## DO YOU HAVE A RULES/REFEREEING QUESTION?

Be sure to email it to me at [ODietrich@usra.org](mailto:ODietrich@usra.org) and you might find it featured in an upcoming issue of *Racquetball Magazine*. I personally answer every question I get, no matter how simple or complex it may be!

### Always "Play by the Rules"

and, if you don't have a copy of them, I encourage you to go online to review them at: [USARacquetball.com](http://USARacquetball.com).

## RULES CHANGES

At its May 2013 meeting, USA Racquetball's Board of Directors approved four rule changes that will go into effect on September 1, 2013.

1. USA Racquetball events throughout the nation, including Open divisions, will play the two-serve game except for the U.S. National Team Qualifying divisions at National Singles and National Doubles.
2. Electronic audio devices cannot be used during play unless they are to amplify the player's hearing ability.
3. Players must wear shoes and cannot play barefoot or only in socks.
4. Unintentional carries are permitted and are no longer called.

The revised rulebook will be available online on or about September 1, 2013. Be sure to review the above rules in their entirety in the revised edition.

## TOP-RATED INDOOR SHOES

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ASICS GEL-Rocket\* 6



"Improved traction & flexibility. Excellent value."  
-Alex from VA



### HOTTEST STYLE

ASICS GEL-Flashpoint™



"I receive so many compliments on these shoes."  
-Beth from PA



### MOST COMFORTABLE

Prince NFS Indoor V



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-Ben from NH

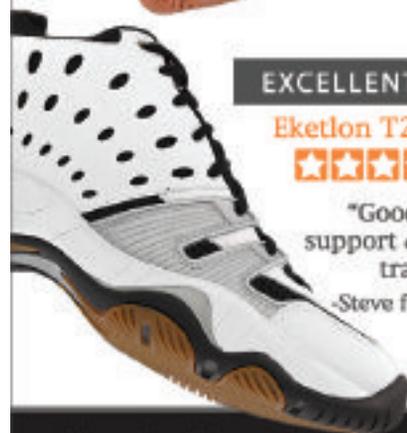


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# PREVIEW

All photography courtesy US OPEN & *Restrung Magazine*



## 2013 UNITEDHEALTHCARE US OPEN PREVIEW

■ By Doug Ganim

**T**he 2013 UnitedHealthcare US OPEN comes of age this year, at 18 (!), and - with UnitedHealthcare returning as Title Sponsor - this celebration is going to be bigger and better than ever! Here's just a preview of what to expect at this year's tourney ...

Amateur competition will take place at the Life Time Fitness Target Center, Life Time Fitness St. Louis Park and Life Time Minneapolis Athletic Club, featuring international challengers from across the globe. No consolation rounds can be offered due to the court time needed to play out huge draws for singles and doubles in every age and skill level. Newly added to the lineup are five Centurion Doubles brackets (you and your partner's ages must add up to at least 100!) - and the top four finishers in every full division will receive oversized commemorative US OPEN medals that weigh a full pound!

There's no better place in the world to watch the Pro Tours than at the UnitedHealthcare US OPEN, where every top player on the IRT, LPRT and CPRT will be in the mix - right from the round of 32. For spectators, all feature matches take place on the made-for-TV portable stadium court, which presents a beautiful, optically correct 360° view. This engineering marvel has four walls made of crystal clear Lucite acrylic, for a seamless visual experience that makes you feel like you're right in the court with the players. All pro courts are also professionally wired for sound - making rallies sound like missile fire and clearly picking up every grunt, groan and muttered remark throughout the tournament.

The stadium seats about 1,100 fans and ticket sales are always brisk, so your best bet (and value) is to purchase a Preferred Ticket Package in advance for all sessions. For full VIP treatment, consider reserving a courtside GOLD BOX, which

# Penn

## The BEST just got BETTER!



2012

For more than 40 years PENN has been on the cutting edge of ball technology for the sport of racquetball. We have never lost sight of the fact that a better ball means more enjoyment of the game for our customers. Today we are pleased to announce another revolutionary breakthrough with the re-launch of all our racquetball ball products. PENN engineers have discovered new and improved rubber compounds and state of the art manufacturing processes that deliver unparalleled performance for every level of play. Lighter, crisper, ultra consistent, and with unprecedented durability, PENN's new line of racquetballs will have you hitting thunderous splats and blistering passing shots with ease. **PENN—The BEST just got BETTER!**

## 40 Years of Innovation



1970's

Revolutionary Penn Ultra Blue launched. Becomes industry standard & world's #1 selling ball.

1980's

Penn Ultra Blue becomes Official Ball of AARA (now USA Racquetball)

1990's

Penn becomes Official Ball of IRT. New premium Pro Penn ball introduced.

2000

Penn again revolutionizes the sport with the introduction of the Pro Penn HD.



UnitedHealthcare



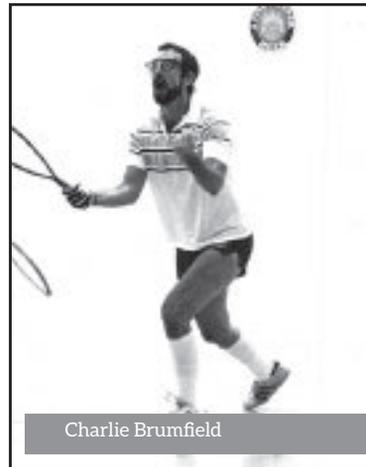
# TREAT YOURSELF

“If you’ve never attended the US OPEN you need to treat yourself in 2013” says UnitedHealthcare US OPEN Director Doug Ganim, “There’s nothing like it in the sport of racquetball and it represents a true celebration of the sport. Playing in the event, watching the pros on the portable stadium court, and enjoying all the evening social functions will make it a week you’ll never forget!”

includes four seats with all-access credentials that allow you to rub elbows with pros and industry leaders, plus enjoy unlimited hospitality all week long (see sidebar for details).

The UnitedHealthcare US OPEN is well known for its evening parties, parties and more parties! We start with the “free admission” Pro-Am Doubles for Charity on Wednesday, followed by the fun “Players Gathering” at the dueling piano bar THE SHOUT HOUSE on Thursday, the Luck O’ the Irish Party at O’Donovans Pub on Friday and the largest bash of the year— PARTY WITH THE PROS - at the hot downtown club THE POURHOUSE on Saturday night to close out the week. Other activities include a special invitation International Reception, a weeklong Industry Trade Show of all the latest and greatest gear from top manufacturers, plus returning special events like the IRT Champions Clinic and the IRT/LPRT Play the Pro for St. Jude Challenge.

In tribute to **Charlie Brumfield**, this year’s tournament is being dedicated to one of the greatest champions in the history of the sport! Dozens of legendary players from the 70’s will help us honor Charlie with a stadium court recognition ceremony, video commemorating his incredible career, a full feature article in the US OPEN Souvenir Program, Hall of Fame reunion gathering and a special Legends exhibition doubles match featuring four of the greatest of all time. Charlie Brumfield himself will be on hand throughout the weekend and has agreed to serve as a color commentator on our TENNIS CHANNEL broadcast of the IRT pro matches. You won’t want to miss this once-in-a-lifetime opportunity to meet Charlie and many of the other Legends that have played this great sport!



Charlie Brumfield

PHOTO BY JOHN FOUST

Can’t compete this year? If there’s no way you can enter outright, become part of the action as an enthusiastic spectator, and join the crowd on the sidelines. You can catch the pro quarters Friday, then go to the Luck O’ the Irish Party at O’Donovans; see Saturday’s pro semi’s, then attend the Grand Gala Party with the Pros, plus take in the pro finals on Sunday. Those three days alone will make for an incredible weekend – don’t miss it!

Can’t attend this year? If you absolutely can’t make it, your last resort is to follow the action from home. To help make this easier we transform [www.UnitedHealthcareUSOPEN.com](http://www.UnitedHealthcareUSOPEN.com) into a virtual window on the tournament action. You’ll find live amateur match results posting, up-to-the-minute pro match results, digital photography, interactive content, social media feeds and updates, web-radio interviews with top pros, as well as play-by-play voice streaming of the quarters, semi’s, and finals, plus pay-per-view streaming video of select pro matches.

As always, the UnitedHealthcare US OPEN focuses on the professional athletes and the incredible entertainment they provide in their quest for the coveted US OPEN crown. Anyone on tour will tell you that this is the one title everyone wants to win - so every match yields 120% effort from each contender. Check out the IRT, CPRT, and LPRT preview articles that follow, for even more insights and info, then make plans today for your October excursion to Minneapolis!



## MEN'S PRO INTERNATIONAL RACQUETBALL TOUR PREVIEW

■ By Doug Ganim

Always the highlight of the UnitedHealthcare US OPEN, the IRT draw promises plenty of action for racquetball fans worldwide. More than ever, young stars and wily tour veterans will be gunning for the coveted US OPEN title.

Every time defending champion **Kane Waselenchuk** sets foot on the portable court, his game rises to ridiculous levels. Enroute to Minneapolis, he wins all of his tour stop matches, often making the other top players look downright silly. Of course, an upset is always possible - just highly unlikely with Kane. To see the game played at a level never before seen, pull up a seat for any of Kane's matches and enjoy an incredible show!

**Rocky Carson** will have to get through both Alvaro Beltran and Kane to win the title, which is a tall order. He usually plays well at this event, however he has taken some major league beatings from Kane over the past few years and the scar tissue is building up. He has a strong chance to reach the finals but it would take a Herculean effort for him to upset Kane for the win. However, he has pushed Kane to the limit at least twice in the last 12 months, so if anyone can pull off the unthinkable it will be THE ROCK!

After coming back from knee surgery and storming his way back up the rankings, **Alvaro Beltran** is one of the few players to have defeated Kane in the last decade (more than once!). It's fair to wonder if - at his age - two knee surgeries aren't enough to put his best racquetball behind him, but he has played some great matches with Rocky, including two recent victories.

**Ben Croft** is a consistent top performer on the IRT, who regularly reaches the semifinals and never stops fighting. He won an IRT stop (without Kane in the draw, who he's never beaten), and he's never afraid to go for the win. He always plays hard and has the attitude and swagger of a champion. He can't be intimidated, not even by Kane, so don't be surprised if he pulls an upset or two and ends up in the finals.

After improving significantly on tour, **Jose Rojas** has the big time game to beat anyone - but I'm not sure he believes he can beat Kane. He is not afraid of anyone on tour and likes to bring the heat, with a "go for broke" game style that is thrilling to watch. Unquestionably the best young player in the world, Jose a likely heir to the IRT throne down the road - but is he ready for a career breakthrough? We'll see!

**Chris Crowther** (aka "the crippler") has stormed up the IRT rankings and is now a legit force to win stops on any given day. The hardest hitter on tour, his incredible power always gives him an edge and - nearly impossible to pass at 6'5" - he proves that athletes of any stature can play at the elite level. Always intense and imposing on the court, look for Crowther to come out swinging against any opponent.

Everyone talking about Rojas as the best young pro player has really ticked **Tony Carson** off, so he's gone on tour full time and has been logging upsets like crazy, including Jose! Never short on confidence, he's quick to say that his goal is "to be the #1 ranked player in the world!" Watch him play, and you'll see a game that backs it up. If I had to pick only one long-shot



## MEN'S PRO INTERNATIONAL RACQUETBALL TOUR PREVIEW

player to win, Tony would be my guy!

**Shane Vanderson** has reached the US OPEN semifinal five times, but never beaten Kane and has never won a pro stop. But when

he's rolling the ball from the back of the court, he becomes impossible to score against and nobody on tour can beat him. All you can do is "weather the storm" and wait for him to cool

### Honorable Mentions:

- Perhaps the hardest working player on tour, **Andy Hawthorne** is one of the only players willing to dive after every loose ball, so his pure tenacity earns him dark horse status.
- A crowd favorite, **Javier Moreno** sure is fun to watch, since he puts as much fearless effort into entertaining the fans as he does into winning the match! Don't miss THE MORENO SHOW!
- **Polo Gutierrez** doesn't tour full time but he's still the guy NOBODY wants to play in an early round. His happy-go-lucky personality shields a fearless player that is not afraid to kick butt.
- With all the shots and talent to burn, Mexico's young gun **Alejandro Landa** is the real deal! And with some getting a little "long in the tooth" on tour, don't be surprised to see these upstarts pulling upsets.
- **Marco Rojas, Alex Ackermann, Jansen Allen, Anthony Herrera, Jose Diaz** and **Daniel De La Rosa** have stormed up the rankings and now represent the new crop of top talent on tour. Last year De La Rosa broke through to the quarterfinal and I suspect two more from this group will do the same this year. Other sleepers in the draw are **Brad Schopieray, Taylor Knoth**, and **Nick Montalbano**, who are each capable of beating players ranked above them. Once Taylor and Nick join the tour full time, both have the ability to become ranked in the top five; Schopieray has already broken into the top 18.

off, which he usually does. He'd have to stay hot for multiple matches and time is starting to run out on this veteran. Never say never!

In closing, the men of the IRT are ready to let it fly at the 2013 UnitedHealthcare US OPEN – so book a window seat early for the greatest show in sports and ENJOY!

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## LADIES PROFESSIONAL RACQUETBALL TOUR PREVIEW

■ By Leo R. Vasquez

**M**ost years at the US OPEN, there is never a clear favorite among the women on tour. However, that's just not the case as world No.1 **Paola Longoria** prepares to bring her undefeated record from the last two seasons to Minneapolis, to bolster her attempt to win a fourth US OPEN crown.

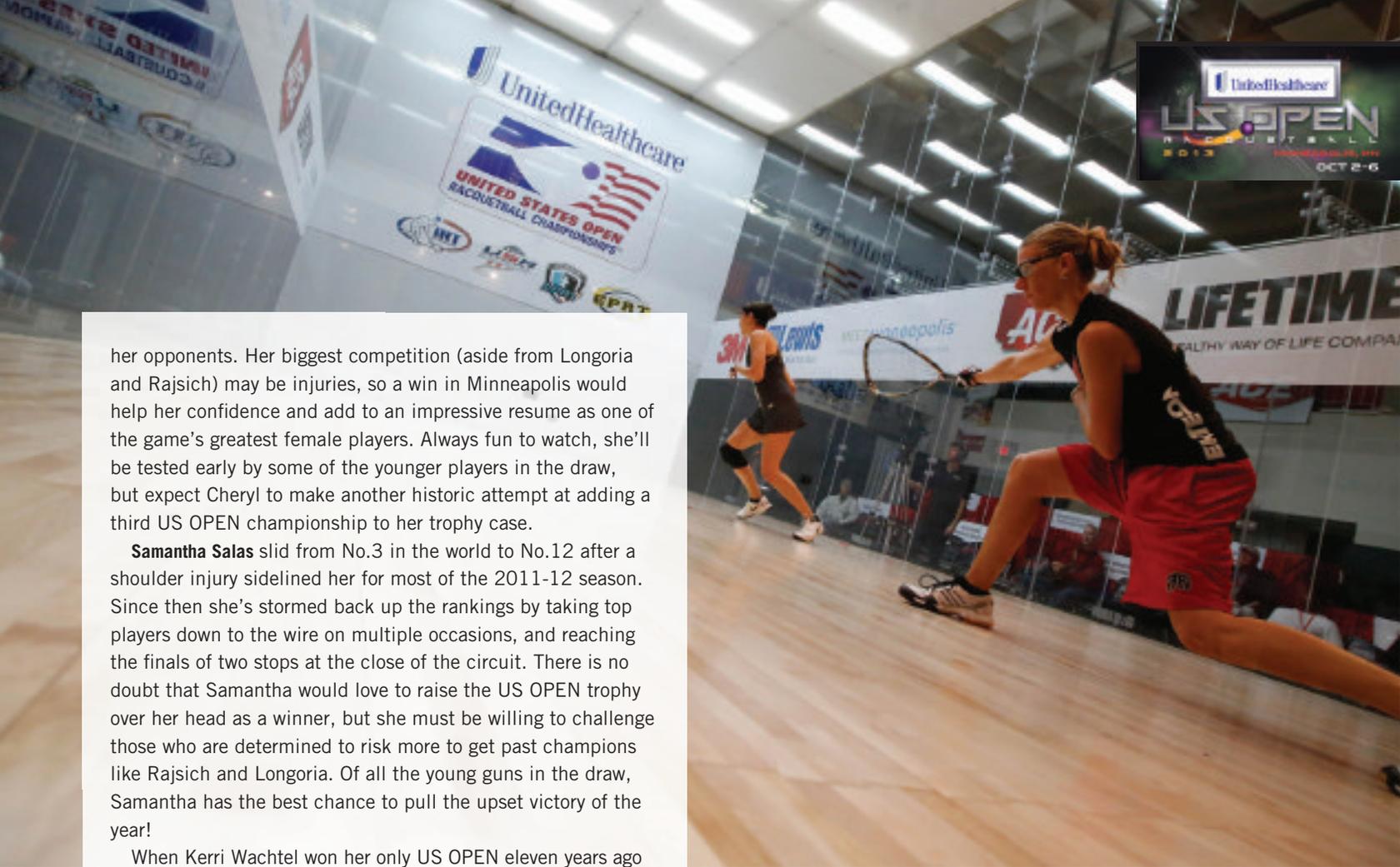
She'll be in good company among former US OPEN women's singles champions **Rhonda Rajsich, Cheryl Gudinas** and **Kerri Wachtel**, who will each be heavily favored to make the semifinal. Only Rajsich has repeated to claim four US OPEN singles championships – just not recently. A Longoria vs. Rajsich final is something we've come to expect in Grand Slams like the US OPEN, but another strong lineup of hopefuls are in this year's mix. So with the battle lines drawn and top contenders established, it's time to ask: Who do you like to win the UnitedHealthcare US OPEN Open?

Defending three-time champion **Paola Longoria** is currently the No. 1 player in the world after another sensational LPRT season, finishing undefeated on tour and capturing the number one year end ranking for the fourth time. In point of fact, she has not lost a match since May 2011. No stranger to the US OPEN, Paola also made two finals in 2009 and 2010 (losing to Rajsich in each), and holds the 2012, 2011 and 2008 titles outright. Her grit, intensity and aggressive

playing style is difficult for most players to overcome – so unless someone seriously elevates their game in the off-season, you can expect Paola to take another step towards racquetball immortality and hoist another US OPEN championship trophy over her tiny frame in October. La Princesa no le será negado otro triunfo.

**Rhonda Rajsich** will also claim the spotlight for her four-time US OPEN record (2003, 2007, 2009, 2010), as well as her ability to amaze fans with spectacular dives and shots that are jaw dropping. Her loss to Longoria last year may be all the fuel she needs to win her fifth US OPEN Championship, reclaim her throne and add a little distance in the margin between their records. The road to number one usually goes through these Grand Slam events and Rajsich knows exactly how that works; she'll need to figure out how to close out Longoria early. Chances are good that she'll be in the finals on Sunday with a shot to win another US OPEN championship by solving that puzzle.

With two US OPEN championships (2002, 2004) to her credit, **Cheryl Gudinas** continues to be a fan favorite at the US OPEN, especially the last few years. Despite being one of the tour veterans, she doesn't seem to be showing any signs of slowing down and continues to bring intensity unmatched by



her opponents. Her biggest competition (aside from Longoria and Rajsich) may be injuries, so a win in Minneapolis would help her confidence and add to an impressive resume as one of the game's greatest female players. Always fun to watch, she'll be tested early by some of the younger players in the draw, but expect Cheryl to make another historic attempt at adding a third US OPEN championship to her trophy case.

**Samantha Salas** slid from No.3 in the world to No.12 after a shoulder injury sidelined her for most of the 2011-12 season. Since then she's stormed back up the rankings by taking top players down to the wire on multiple occasions, and reaching the finals of two stops at the close of the circuit. There is no doubt that Samantha would love to raise the US OPEN trophy over her head as a winner, but she must be willing to challenge those who are determined to risk more to get past champions like Rajsich and Longoria. Of all the young guns in the draw, Samantha has the best chance to pull the upset victory of the year!

When Kerri Wachtel won her only US OPEN eleven years ago (2001), she was a shining star in women's pro racquetball and had her best year on tour, finishing the 2007-08 season ranked No.3. She continues to make the semifinals at the US OPEN with her tenacity and incredible court coverage but needs to try and use all that energy as best she can to heighten her focus. With her previous title in the books, she knows what it takes to win but needs to dig down and try to re-create the magic.

**Adrienne Fisher Haynes** is a tour veteran who recently married and has seen a resurgence in her game. After being ranked for years in the 5-8 range on the women's pro tour, she's stormed her way into the top four and is now a legitimate threat to win the US OPEN. She is one of the few players in the draw with the power to wreak havoc with the top two and if she is "on" nobody rolls the ball better.

The women's pro tour has seen a crop of new young players looking to make a name for themselves and **D'amonique Davis** has been working hard to become one of them. Her best finish came two years ago at the 2011 US OPEN with a win over Cheryl Gudinas to advance to the quarterfinals. She finished that season ranked No. 11 in the world and heads to Minneapolis hoping to better her performance. She is vulnerable early on, but she can prevail if she keeps her composure and steadies her nerves.

The energetic **Kristen Bellows** carries plenty of experience and will contest in any tournament she enters, but she effectively has to beat the world's best players to get there. A weapon that's been particularly dependable during her career has been her aggressive serve and service return game. For many, Bellows would be a surprise face in the final and she must put in a phenomenal performance to overcome dangerous opponents in the latter rounds.

#### Honorable Mention

- **Jen Saunders** is Canada's best female player and a tough opponent for anyone on her side of the draw. She possesses relentless pressure and focus when she plays big matches, which doesn't necessarily mean she wins, but she's in contention against anyone.
- A new resident of the Lone Star State, **Krystal Csuk** has been playing exceptionally well on tour and is currently ranked #11. She's reached a quarterfinal at the US OPEN and has enough in her arsenal to make her first semifinal this year.
- **Susana Acosta** is another top player from Mexico, who continues to improve her fast-paced game style to get within striking distance of closing out any match. Susy needs to believe that she can put it all together to reach new heights and her recent rise in the rankings is proof she can get the job done.
- Although she lives in Cali, Columbia **Cristina Amaya** manages to play the tour and has worked her way into a top 10 ranking. She and has been making some major improvements to her game and depending on her draw, there is a chance you could see her in the quarterfinals or further!
- The biggest surprise last season was the emergence of **Grace Hughes** who, with only a single year of experience at the pro level, managed to make TWO semifinals and has proven to be a handful of trouble for all the top ranked players. Keep your eye on Grace in the early rounds and into the quarters.



# YOU=VIP

A very limited number of four-person courtside luxury GOLD BOXES remain available for \$2,800 (with four GOLD All-Access credentials), and single VIP seats can still be purchased for \$800 (while supplies last). With either selection, you'll view all the pro matches from your private and comfortable courtside GOLD BOX, plus enjoy unlimited access to the exclusive Pro/GOLD Lounge for complimentary catering (continental breakfast, lunch and dinner), all day service of snacks, fruit, desserts and beverages (beer, soda, juices, water, wine and champagne). The Pro/GOLD lounge is expressly limited to event sponsors, top ranked pros, dignitaries and GOLD BOX holders - so if you're interested in VIP treatment, act now by calling (614) 890-6073 to check for availability or reserve online today, at [www.UnitedHealthcareUSOPENtickets.com](http://www.UnitedHealthcareUSOPENtickets.com).

## CLASSIC PROFESSIONAL RACQUETBALL TOUR PREVIEW

■ By Doug Ganim

Returning for the seventh consecutive year, the CPRT will be in full force in Minneapolis, plus will incorporate the entire Men's 40+ division as a ranking and qualifying event. Players currently ranked in the top 8 on the CPRT will start in the round of 16 while all other entrants will work through a qualifying draw to reach the elite round of 16. Once the division plays out, the final will be featured Sunday morning on the stunning portable stadium court.

I predict that the 2013 US OPEN will feature the strongest Men's 40+ draw in the history of the sport, with at least ten legitimate contenders for the title. Here's my take on just some of the living legends you can expect to see at the US OPEN.

Reigning and 4x CPRT champion **Woody Clouse** may never have made it to the top on the pro tour, but he's the most dangerous 40+ player in the world today. He is in incredible shape and has the most modern game-style of any CPRT player.

**Jimmy Lowe** is the fittest player on the CPRT, with an unorthodox game style and endless energy that gives his opponents fits. He has beaten all the top players on the CPRT and won the US OPEN in 2008 & 2010. Don't be surprised to see Jimmy in the finals again in 2013. Fitness matters!

The "greatest player of all time," **Cliff Swain** is now full time on the CPRT and will certainly enter the IRT division as well. Despite having back issues in recent years, no one in the history of the sport rises to the occasion better than Swain, so if he shows up healthy, expect to see him gunning for a title, or two!

**Keith Minor** has always been a top age division player who stepped up his game in recent years and is now capable of beating everyone in the draw. Hampered by injuries, he is now fully healthy and moving better than ever on the court. Don't be surprised to see Keith in the finals again this year.

Canadian hotshot **Cory Osbourne** came out of nowhere in 2011 to make the finals, with a great game and NO fear. He not only pulled multiple upsets that year, but beat those

players soundly. A repeat performance in 2013 may be in the cards.

**Ruben Gonzalez** is a living legend at 60 years old, and is still a physical "freak of nature" whose never say die attitude often wears opponents out. Nobody has ever re-killed the ball better than Ruben in rallies and this former #1 ranked player in the world still has as good a chance as any to win the title.

It's still unclear if **Tim Doyle** will complete in the CPRT draw at the US OPEN, but he's recently become eligible! If he commits, he could possibly be the best player in the draw. Still in great shape and capable of serving everyone right off the court, his forehand is a weapon nobody will want to mess with.

Yes, THAT **Jeff Conine** ... the one who played major league baseball for over 20 years, the guy who won the World Series with the Marlins, the one who was an All-Star MVP. In only his third racquetball competition since retiring from MLB, Conine will terrorize the CPRT division in Minneapolis. Who knows if his racquetball skills are back? Who knows if he can still hit rocket drive serves that curve as they scream towards his opponents? Who knows? But I do know one thing, Conine is a WINNER.

**Other hopefuls:** At press time, other possible tour regulars include former top ranked pro's **Mike Ray, Bret Harnett** and **Jerry Price**. If one or both of these guys show up, the pool of possible winners expands.

**The perennials:** Perhaps the most active and sharpest players of all are the amateurs that compete in the Men's 40+ division at all the national tourneys each year. Guys like **John Amatulli, Richard Eisman, Tom Travers, Brad McCuniff, Tim Hansen**, and others are all capable of beating anyone in the draw and winning the title.

To re-cap, the 2013 UnitedHealthcare US OPEN will feature the strongest draw of Men's 40+ players ever assembled in the sport of racquetball. For true fans of the game, this division will offer yet another great spectacle - don't miss it!



# MAKE THE MOST of the Open!

## TIP 1:

**ENTER EARLY!** The event is expected to completely sell out this year and caps at 760 total. Don't get shut out - enter online at [www.UnitedHealthcareUSOPEN.com](http://www.UnitedHealthcareUSOPEN.com) today!

## TIP 2:

**ORDER TICKETS NOW!** The Stadium Court seats over 1,100 and still - always - sells out from the quarterfinals on. At \$135, the Preferred Ticket Package gives you unlimited viewing for ALL pro matches with a guaranteed backwall seat - but ticket packages are sold ONLY in advance. Get yours now!

## TIP 3:

**ENTER MULTIPLE EVENTS.** The court time demands of this huge draw force a single elimination format, so we strongly recommend that you enter two divisions so that you are guaranteed at least two matches during your trip (a third division is allowed in some instances).

## TIP 4:

**BOOK EARLY AT THE HOST HOTELS.** For the best negotiated pricing, check the website for the official host hotels. The nearby Marriott City Center and Normandy Inn Best Western will fill up VERY fast, so call to book your room immediately. Other shuttled options are available, but don't delay.

## TIP 5:

**BRING NICE CLOTHES AND YOUR DANCING SHOES!** You'll really want to "dress to impress" at the evening social activities - especially the Grand Gala Party with the Pros - where racquetball or casual attire is not allowed. Be prepared with cocktail attire and you won't miss a beat!

## TIP 6:

**BOOK THE LAST FLIGHT OUT ON SUNDAY** to make sure you fully experience the last match of the event - the Men's Pro final - with its packed house, booming music, laser light show introductions and film crews. For completely stress-free viewing, consider a Monday return flight ... it will be worth it!

## TIP 7:

**FLYING IN—NO RENTAL CAR NEEDED!** From MSP airport, the city's clean light rail delivers you downtown and right to The Target Center in only 22 minutes for \$1.75. Downtown hotels and clubs are within walking distance and a free shuttle runs every 20 minutes to outlying venues during event hours.

## TIP 8:

**SECURE VIP TREATMENT NOW!** Consider a GOLD BOX seat for the ultimate US OPEN experience and you'll get the best view courtside, then rub elbows with all those same top-name players in the PRO/Gold Lounge. Throw in "all you can eat" food and drink for the week and it becomes a no-brainer!

Locate expanded detail on these special offers and tips online at [www.UnitedHealthcareUSOPEN.com](http://www.UnitedHealthcareUSOPEN.com) and you'll have the inside track on having a terrific time. See you in Minneapolis!

## Pro-Am Doubles For Charity

**T**reat yourself to a rare racquetball experience, and support world-renowned children's charities at the same time! On Wednesday, October 2, 32 lucky amateurs will be invited to team up with top IRT & LPRT stars for a special Pro-Am Doubles event, with 100% of the proceeds donated to St. Jude Children's Research Hospital and JDRF. Your \$325 donation gets you into the round of 32 draw, an autographed racquet from your pro partner, a souvenir team photo and complimentary food and drink all evening long.

This event has sold out each of the last 17 years, but at press time a handful of spots remain open. Call (800) 234-5396 ext. 0 to register, or visit [www.UnitedHealthcareUSOPEN.com](http://www.UnitedHealthcareUSOPEN.com) to download a registration form if you're interested in a unique charity fundraiser that puts you right on the court with your favorite pros!

# THE “UNOFFICIAL SELF-APPOINTED REPRESENTATIVE OF THE 90-YEAR-OLDS” Weighs In

AN INTERVIEW WITH COLONEL  
BEN F. MARSHALL, US ARMY RETIRED

By Cheryl Kirk

The most powerful handshake I’ve ever experienced belongs to Colonel Ben Marshall, 96, the USA Racquetball Men’s 95+ National Champion. (He gives a pretty great hug, too.) I had the honor of sitting down with Ben just prior to his first match in Fullerton, and he was quick to say, “This isn’t about me.” Ben wanted to bring a message to his fellow players about longevity, discipline and the value of racquetball. First, some background on this remarkable individual.

Colonel Ben hails from Mobile, Alabama, and currently resides in San Antonio, Texas. He is a 1941 graduate of the University of Alabama (and still keeps up with his beloved Crimson Tide football team!). Ben graduated from the Army Air Corps’ flying school in 1942 and served in World War II as a fighter pilot and special projects officer. He served in Korea and Vietnam as well, then retired in 1972 after 33 years of service.

The first player in the history of the National Masters Racquetball Association to enter Men’s 90+, he was inducted into the NMRA Hall of Fame in 2011 in the category of Outstanding Service and Leadership. “Ben continues to show his competitiveness and love for racquetball by attending national tournaments around the country. He especially inspires me by his courage to compete against men ten or more years younger,” remarked NMRA Treasurer Steve Cohen, “He continues to strive to improve his game. I treasure his friendship and wisdom and enjoy his company at tournaments. Players and guests are amazed by his humbleness, especially when they ask for his autograph and are treated to a short story.”



photo courtesy Cheryl Kirk

**Q: When did you start playing racquetball?**

**A:** I played handball in the Army, and when I retired, I started playing racquetball. I didn’t even own a racquet, so I borrowed one from the Athletic Department at Fort Sam Houston.

**Q: What keeps you playing the sport?**

**A:** To be frank, I’m still alive because I play. If I hadn’t stayed active, I think I would have been past the time I’m supposed to be here. I had no idea that I would be playing racquetball at 96 years old!

**Q: What do you do to stay in shape?**

**A:** I’m convinced that if I stopped playing racquetball tomorrow and just did the treadmill, I wouldn’t last a year. I push the envelope. It’s what you do that keeps you alive. Nothing spectacular, you do it as habit. The whole thing is based on exercise and discipline. If I don’t do it as soon as I get up, I’ll never get back to it. I do 100 crunches when I get out of bed. I have 5-lb weights and do seven different exercises. If I don’t play for a couple of days, I’ll do 20 minutes on the stationary bicycle. You have to do it on a habitual basis or you’re wasting your time. If you do what I’m doing, it will help you in your health.

**Q: Are there other secrets to contribute to your longevity?**

**A:** I always try to have a positive attitude. One of my regular partners has said, ‘Ben, you’re going to be the oldest man in the world someday!’ I don’t believe in genes. I have always been athletically inclined, but I’ve never been a jock.

About five years ago, my doctor said,

“Ben, you’ve got a problem with your blood pressure, and I think you need a pacemaker.” I said, “Now look, I have paid my entry fee and expenses to a racquetball tournament in California. I’m not going to another doctor until I get back from the tournament!” That was about five years ago...

I still drive my eight-cylinder Cadillac. I’ve driven to NMRA events in Minneapolis, Milwaukee, and Canton since I’ve turned 90, and I’ve never missed an exit... On the long trips, I stop every two hours, and I drive no more than eight hours a day.

**Q: What is your next goal in racquetball?**

**A:** To play Men’s 100+. I didn’t think I’d be playing at 96. Sometimes I think I’m a damn fool, what are you doing going out there, you never win anymore. I replied to myself, I enjoy doing it. I have good friends, and it’s always nice to see them.

**Q: What advice do you have for your fellow racquetball players?**

**A:** Just continue to play. I play with a group where one guy only has one leg. Most are in their 50’s and 60’s. The other day I beat a guy 75 years old in singles.

I want to get a message to people younger than me that they won’t last as long as I have if they don’t put effort into staying in shape and playing racquetball. Not batting the ball back and forth, really playing.

Tom Curran, former NMRA President, sums it all up...“I have had the honor of knowing quite a few good humans in my life, and Ben is at the very top of that list. I’ve known him for the past eight years since he began playing NMRA events. His moral character, ethical conduct, and sportsmanship on and off the court are an inspiration. It is not Ben’s age that separates him from the crowd. He does not get better with age; he has always been the best that he could be.”



# THE FASTEST WEEK IN *Racquetball*

■ By George Goudie – Muskegon, Michigan

**A**s I write this, my wife Chris and I have only been back home a couple of days from California, and as I look back over the last week, it was a blur! Our trip to the Nationals was made possible by the John LoMonaco Grant, and our experience at the Nationals was most unexpected. From the time we arrived at the club and were greeted by Cheryl Kirk (former USA Racquetball President) until we watched the last point of the men's final on Sunday afternoon, our stay can only be described as outstanding!

Cheryl introduced us to current USAR President Larry Haemmerle, who, along with Cheryl, introduced us to other board members and staff who were all very gracious in offering assistance during our stay. Thanks so much to Steve Czarnecki, Joe Williams, and others who went out of their way to make us feel welcome.

It was heartwarming to meet so many friends of John LoMonaco, some of whom I had the pleasure to meet in competition. It became very clear to me that John was a fierce competitor and a dear friend to many. He is truly missed. I am certain his spirit will be kept alive for years to come, and I am honored to have been able to play a part in honoring John's memory.

Although I had read that I would receive VIP passes, I had no idea what a perk it was. With access to VIP hospitality and seating at the pro matches, Chris and I felt like royalty. The food in the VIP tent was great. We also met up

with Don Schopieray and his wife Barb from Michigan. We have known them for many years, and Don now serves on the USA Racquetball Board. We also had the opportunity to meet up with some friends of ours, Mike and Nancy Stephens, from Rockford, Michigan. On Sunday they drove us to Newport Beach for sightseeing and dinner.

Well, watching the pros, meeting great people, and having great hospitality would have been a great week in itself, but I also had great racquetball competition in Fullerton. Having entered 60+B and 65+B, my matches started on Thursday. I felt I was more than a little wound up as I started my first match in 60B versus Bucky from Wyoming. Bucky won the tiebreaker 11-9. I then played my 65B match with Fred from Oregon. It was *deja vu*, as I lost another tiebreaker 11-3 in the first of a round robin format.

I then took my turn at refereeing two matches, a Men's 50+ match and a Women's Elite match. Although I may have been a little rusty (since we did away with referees in Michigan over ten years ago), all went smoothly. Things improved for me on Friday as I played Richard from Missouri and won in two games. Saturday morning I played against Hank from California who also let me win in two games. Then one of the players dropped out, giving me a forfeit win. My final opponent, Leonard from California, who I was scheduled to play on Sunday, then asked if we could play our match on Saturday, which I

agreed to do so that we could watch all of the pro finals on Sunday. I won that match in two games, which gave me the 2nd place medal in 65+B.

Watching the pros was a treat. We have watched them play before, but you have to be impressed each time. They are certainly among the premiere athletes in the world, both the males and the females. We had hoped Brad Schopieray from Michigan could have made it even further in the draw, but he did well to get in the third round. Paola was amazing as her small frame produced another big win. And, of course, Kane was unbeatable! Again! Few sports at the pro level have ever had a single player dominate the way Kane has in racquetball. I wish sports fans everywhere could see this man's accomplishments on the court. I have to believe it would build our fan base and our player base.

As Chris and I left for the airport on Monday morning, we talked about how it seemed like we had just arrived. We have been to dozens and dozens of tournaments over the years, but none have gone by so fast. Had we really been there a week? Yes, it was indeed the fastest week in racquetball.

In my original application for the LoMonaco Grant, I said that life is about creating memories. Thanks to all for helping to create a perfect racquetball memory. CHEERS!!!



# CALENDAR OF EVENTS

EVENT TITLE	EVENT DATES	FACILITY CITY	FACILITY STATE	FACILITY NAME
Elite Racquetball Camp	August 8-12	Denver	CO	Denver Athletic Club
Florida State Doubles	August 9-11	Sarasota	FL	Sarasota YMCA
ProKennex East Coast One Wall Doubles Challenge	August 10	Hartford	CT	Colts Park
Maverick August Triple Crown Racquetball Shootout	August 10-11	Arlington	TX	Maverick Athletic Club
IRT Lodi Summer Sizzler	August 16-18	Lodi	CA	Twin Arbors Athletic Club
Some Like it Hot	August 16-18	Reseda	CA	360 Club
WA Chehalis Outdoor Tourney	August 17	Chehalis	WA	WF West Chehalis High School
Summer Sizzler Racquetball Shootout - IRT Tier 5	August 17	Overland Park	KS	The Athletic Club
WOR Belle Isle Championships	August 17-18	Detroit	MI	Belle Isle Park
ND Mouse River Indoor/Outdoor Racquetball Classic	August 23-24	Minot	ND	Minot YMCA
Stratosphere 3WallBall WOR Shootout #3	August 23-25	Las Vegas	NV	Stratosphere Hotel & Casino
IRT Summer Open	August 23-25	Overland Park	GA	Recreation ATL
Izzi Racquetball Summer Shootout	August 24	Gillette	WY	Campbell County Rec Center
Sarasota 1 Day Shootout	August 24	Sarasota	FL	Sarasota YMCA
29th IRF World Seniors Racquetball Championships	August 27-31	Albuquerque	NM	Midtown Sports And Wellness
Ektelon LPRT Stockton Pro-Am	Aug. 29 - Sept. 1	Stockton	CA	In-Shape Sport: West Lane
Lake Mayer Fitness Challenge	August 31	Savannah	GA	Lake Mayer Community Park
PK Tour Satellite Series Bobcat Open T-4	September 13-15	San Marcos	TX	Texas State Student Rec Center
VA American Family Fall Open	September 13-15	Richmond	VA	American Family Fitness-Midlothian
3 Wallball World Championships Racquetball	September 19-22	Las Vegas	NV	Stratosphere Hotel & Casino
The Fall Brawl presented by E-Force	September 19-22	Lombard	IL	Glass Court Swim & Fitness
Maverick Triple Crown Racquetball Championships	September 20-22	Arlington	TX	Maverick Athletic Club
Port St. Lucie Open	September 27-29	Port St. Lucie	FL	Port St. Lucie Civic Center
Bakersfield Doubles Shootout	September 28-29	Bakersfield	CA	In Shape Sport: Stockdale
UnitedHealthcare US OPEN Championships	October 2-6	Minneapolis	MN	Life Time Fitness - Target Center
Eastern Collegiate Racquetball Conference Meet #1	October 4-6	Millersville	MD	sportFit
Huntsman World Senior Games	October 9-12	St George	UT	Sports Village
4th Annual Harry Tractman Invitational	October 11-13	Chalfont	PA	Philadelphia Sports Club at Highpoint
WOR Georgia Outdoor One Wall	October 12	Savannah	GA	Lake Mayer Community Park
Ghostly Doubles	October 12-13	San Antonio	TX	Gold's Gym HCV
Fran Davis Racquetball Camp	October 18-20	Nashua	NH	Nashua Athletic Club
Texas State Doubles Racquetball Championships	October 18-20	Arlington	TX	Maverick Athletic Club
Cross Court Open	October 18-20	Woodland	CA	Cross Court Athletic Club
Men of October	October 24-26	Sun City West	AZ	Sun City West Raquetball
Izzi Racquetball Open - IRT Tier 3	October 25-27	Gillette	WY	Campbell County Rec Center



## UPCOMING NATIONAL CHAMPIONSHIPS

**UNITEDHEALTHCARE US OPEN**  
**OCTOBER 2-6, 2013**  
**LIFE TIME FITNESS -**  
**TARGET CENTER**  
**MINNEAPOLIS, MN**

**NATIONAL DOUBLES CHAMPIONSHIPS**  
**FEBRUARY 12-16, 2014**  
**ARIZONA STATE UNIVERSITY**  
**TEMPE, AZ**

**NATIONAL HIGH SCHOOL CHAMPIONSHIPS**  
**FEBRUARY 26-MARCH 2, 2014**  
**MULTNOMAH ATHLETIC CLUB**  
**PORTLAND, OR**

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**NATIONAL INTERCOLLEGIATE  
CHAMPIONSHIPS  
MARCH 11-15, 2014  
NORTH CAROLINA STATE UNIVERSITY  
RALIGH, NC**

## RACQUETBALL HALL OF FAME Nominations

**N**ominations for the USA Racquetball Hall of Fame are due September 15, 2013. The Racquetball Hall of Fame is maintained to recognize and honor those athletes and contributors who have demonstrated outstanding achievement in competition, or in the development, leadership and advancement of the sport. The award is based upon years of consistent excellence in one or more of the following areas:

**COMPETITOR:** In either an amateur or professional field, the person must have influenced other competitors with his or her performance through any or all of the following: high performance standards, sportsmanship and fair play, competitive techniques, persistent and inspirational leadership.

**CONTRIBUTOR:** The person must have made a significant and noteworthy contribution which has left a lasting, positive effect on the advancement of the sport. The person's efforts should have been devoted to the sport and organization of racquetball.

The person presenting a nomination must obtain and submit a resume and complete a cover letter. This one-page cover letter should accurately summarize the resume.

If your cover letter and resume is in digital form, you may deliver it by email, if not you can mail your package to both people listed:

USAR Hall of Fame  
Steve Czarnecki  
1685 West Uintah  
Colorado Springs, CO 80904  
[sczarnecki@usra.org](mailto:sczarnecki@usra.org)

AND

USAR Hall of Fame  
Jim Easterling  
321 Village Drive  
Lansing, MI 48911  
[djeasterling@earthlink.net](mailto:djeasterling@earthlink.net)

Please include your name, address, email, phone numbers, etc. in case we need to contact you.

For additional information, please go to the USAR web site and go to Hall of Fame and then click on nominations.



# International Updates

**SPORTACCORD ...** In late May, IRF President Osvaldo Maggi and Secretary General Luke St. Onge served as delegates to the SportAccord Convention in St. Petersburg, Russia, where Dr. Keith Calkins was re-elected to the Association of IOC Recognised International Sports Federations (ARISF) Board. ARISF is made up of 32 International Sports Federations that are recognized by the IOC for possible inclusion in future Olympic Programs, so this was very positive for the IRF and the sport. The ARISF Board is made up of only six individuals, including Raffaele Chiulli, President of International Union of Powerboating, as its newly elected President.

In a meeting with the Pan American Games 2015 (Toronto) Organizing Committee, plans were reviewed for the racquetball venue, which will be located in the main convention center with four portable courts (a main court with either 3- or 4-wall glass, plus two sidewall-backwall glass courts and one backwall glass court). The International Press office will be adjacent for tremendous visibility.

The Russian Racquetball Federation was established at SportAccord, to introduce the Australian game on squash courts and then convert to racquetball, utilizing the new convertible court that Sports Unlimited has developed.

**OTHER IRF NEWS ...** To enhance the quality and promotion of the Federation and its events, the IRF must be visible and proactive. Cheryl Kirk has been appointed IRF Press Officer, to take on the responsibility for all pre- and on-site press operations, as well as protocol during major events.

Events coming up this summer are the World Games in Cali, Colombia [www.worldgames2013.com], and the IRF World Senior Championships in Albuquerque, NM, August 27-31. Anyone over age 35 is welcome to register at internationalracquetball.com – and we're hoping for a great turnout!

The site of the 2014 IRF World Championships is Burlington, Canada, which will be a great pre-event to the 2015 Pan American Games in Toronto.



## National Team ROSTER

WOMEN

Name	Age	Hometown	Years on Team	Qualifying Finish
Kelani Bailey	19	Norfolk, VA	1	#1 Gold - 2013 National Intercollegiate Championships
Adrienne Fisher Haynes	28	Memphis, TN	7	#3 American - Season-Ending LPRT Rankings
Cheryl Gudinas	46	Naperville, IL	21*	#2 American - Season-Ending LPRT Rankings
Danielle Key	22	Gilbert, AZ	1	US Team Qualifying Division Silver - 2013 National Doubles Championships
Michelle Key	24	Gilbert, AZ	2	US Team Qualifying Division Silver - 2013 National Doubles Championships
Rhonda Rajsich	34	Fountain Hills, AZ	11	#1 American - Season-Ending LPRT Rankings US Team Qualifying Division Gold - 2013 Ektelon National Singles Championships
Aimee Ruiz	38	Stirling, NJ	8	US Team Qualifying Division Gold - 2013 National Doubles Championships
Janel Tisinger	30	Simi Valley, CA	5	US Team Qualifying Division Gold - 2013 National Doubles Championships US Team Qualifying Division Silver - 2013 Ektelon National Singles Championships

MEN

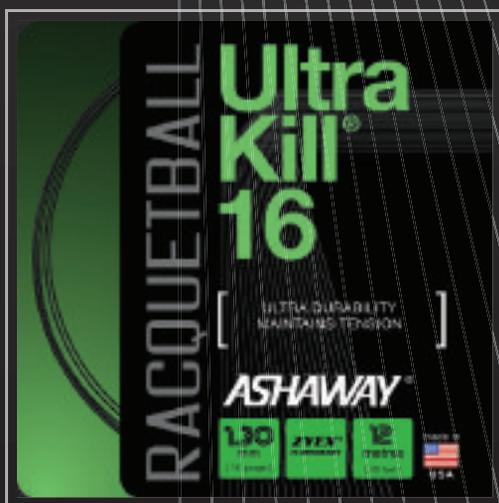
Jansen Allen	23	Rice, TX	2	US Team Qualifying Division Gold - 2013 National Doubles Championships
Rocky Carson	34	Ladera Ranch, CA	14	#1 American - Season-Ending IRT Rankings
David Horn	23	Stockton, CA	1	US Team Qualifying Division Silver - 2013 Ektelon National Singles Championships
Taylor Knoth	22	Milwaukie, OR	2	#1 Gold - 2013 National Intercollegiate Championships
Jose Rojas	23	Stockton, CA	5	#2 American - Season-Ending IRT Rankings
Marco Rojas	19	Stockton, CA	2	US Team Qualifying Division Gold - 2013 Ektelon National Singles Championships

\*Record number of teams made, surpassing Jackie Paraiso's previous record of 20.

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