

NEWS

WASHINGTON RACQUETBALL ASSOCIATION

Spring 2010

UPCOMING EVENTS

EVERETT SHOOTOUT

July 10, 2010

Everett YMCA

Directors: Brian Gillespie & Ryan Mathews

7TH ANNUAL YEAR END BBQ

July 24, 2010

11:00am to 3:00pm

West Fenwick Park, Kent

Director: WRA Board

JUNIOR EVENTS:

October 2, 2010

Racquets Without Borders

Revs

Burnaby, B.C.

Contact: Wanda Collins

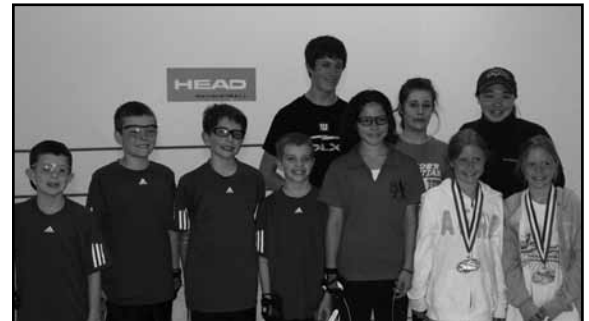


WWW.WASHINGTONRACQUETBALL.ORG

WJRA is Now a 501(c)(3) Non-Profit!

By Wanda Collins

After six or seven months in the works, the Junior Committee of the WRA has successfully received word that we are now officially a non-profit entity, both with the state and with the IRS. This is great news, as it is now possible for donors to the Junior Organization to write off qualifying donations on tax returns, including any given during 2009. We will remain closely affiliated with the WRA in most respects – board meetings, newsletters, publications and working to grow the game. We will, however have a distinct board to oversee the workings of the Junior Racquetball Association, its donations and accounting.



We hope this will encourage a growth in the number junior players and support of their goals and needs in Washington. We will be looking to increase our ability to help finance not only entry fees, expenses for juniors to attend tournaments and obtain needed equipment, but also to develop junior programs of instruction throughout the state. This will include an effort to begin, in earnest, a high school program of leagues. More Junior News Inside...

National Certification Class For Racquetball Instructors in Seattle

Seattle was the site for one of the first of the new USAR certification classes on June 18 & 19, 2010. The USAR has put together a great course to certify racquetball instructors across the country. This will not only provide you with information and testing on the designated weekend, but will give you a chance to access information throughout the year to help keep you current and to give you fresh ideas to provide the best instruction available. It will also provide the necessary insurance coverage for instructors. This is the only course recognized by the USAR! For additional information, check out the WRA website www.washingtonracquetball.org or contact Fran Davis at fran@frandavisracquetball.com.



from the President

BY NEAL HEGGEN



The Washington Racquetball Association needs volunteers. We need reporters for the newsletter and website who would like to submit articles and pictures about what's happening in Washington racquetball. We need volunteers to help the Tournament Committee provide the best possible help to directors before and during their events. We need someone who would like to step in as VP, with the intention of becoming the next President of the WRA. We need volunteers to help us secure sponsors for the state association and for the newly formed nonprofit Washington Junior Racquetball Association. We need instructors for kids in various clubs in the state. We want to keep growing!! Please check out the names of board members on this page and contact any of us with your ideas!

As this is being written, the board is working up a calendar of events for 2010-2011. We are excited for the coming season and hope to see you at an upcoming event.

WRA Board

718 Griffin Avenue, #118 . Enumclaw, WA 98022

Executive Board:

President, Neal Heggenneal@washingtonracquetball.org
 Vice Pres., Mike Penders.....mike@washingtonracquetball.org
 Treasurer, Beth Neffbeth@washingtonracquetball.org
 Secretary, Wanda Collins.....wanda@washingtonracquetball.org

Committees:

Ratings & Rankings, Arun Rohilaarun@washingtonracquetball.org
 Tournaments, Elliot Crosby, Bill Dodge.....elliott@washingtonracquetball.org
 Membership, Pat Lewpat@washingtonracquetball.org
 Women, Angela Benjamin.....angela@washingtonracquetball.org
 Juniors, Wanda Collinswanda@washingtonracquetball.org
 Seniors, Sam Smith.....seniors@washingtonracquetball.org
 Communication, Keith Turley, Wanda Collins....keith@washingtonracquetball.org
 PR/Fund-raising, John Avendano.....john@washingtonracquetball.org

Deadlines for Issues

The WRA welcomes letters, articles, and photos for submission in future newsletters and on our web site.

email: wanda@washingtonracquetball.org

Deadlines for issues are as follows...

Fall 2010 - August 15, 2010

Winter 2010 - November 15, 2010

ANNUAL SUMMER WRA RETREAT BOARD MEETING SET

The annual summer one day retreat and board meeting is scheduled for Sunday, June 27th. If you have anything you would like the board to consider, contact President Neal Heggen now!

The WRA News is published quarterly. We welcome articles, photos, and letters for publication. Advertising rates available upon request. Address all inquiries to 718 Griffin Avenue, #118, Enumclaw, WA 98022.



MEMBERSHIP APPLICATION/RENEWAL SUPPORT THE U.S. NATIONAL TEAM



Date: _____

Last Name		First Name		MI
Address				
City			Zip	
Birthdate	Home Phone		Business Phone	
MONTH/DAY/YEAR				
E-Mail				
Club Affiliation			Level of Play	
Sponsoring Member				

- 1 Year Single \$50
- Juniors (18 & under) \$25
- Renewal of Membership
- Transfer from Out of State
- Donation \$ _____

WRA

718 Griffin Avenue, #118
 Enumclaw, WA 98022
 www.washingtonracquetball.org

Washington Sends Nine Players to Junior Regionals

The Sunset Athletic Club in Portland, Oregon was the site of junior regionals May 14-16, 2010. The WJRA paid for entry fees for all of the players, and the tournament directors really went out of their way to make our group feel at home. Everyone got a lot of playing time, and medals came back!! Congratulations to all of you that participated. Attending tournaments like this is a great experience. It gives our players a chance to learn the feel of bigger competitions to improve their future play.

RESULTS:

- Andrew Burns (Bellingham):..... 3rd place in Boys Multi Bounce
Tyler Burns (Bellingham):..... 1st place in Boys 12 and under, 2nd place in Boys Intermediate Doubles, and 3rd place in Mixed Intermediate Doubles
Madeline Butler (Bellingham):..... 1st place in Girls 14, 2nd place in Mixed Intermediate Doubles
Hannah Carver (Spokane): 2nd place in Girls Multi Bounce
Megan Carver (Spokane):..... 3rd place in Girls Multi Bounce
Nick Gallaher (Bellingham):..... Consolation 1st in Boys 14, 2nd place in Mixed Intermediate Doubles
Hollie Scott (Bellingham):..... 2nd place in Girls 14 (1st in matches against 12's), 3rd place in Mixed Intermediate Doubles
Addison Shrock (Bellingham):..... 2nd place in Boys Multi Bounce (losing only to 10 year old Noah Berti)
Brannon Shrock (Bellingham):..... 3rd place in Boys 12 (Brannon's 10!), 2nd place in Boys Intermediate Doubles



Need a Lesson?

If you have juniors that need an instructor at your club or close by, try these player/instructors. They will be able to help you! Look for this listing on our website as well. If you are a junior instructor with a lesson program, but not listed here, contact Wanda Collins. We'll get you up on the website right away!

Bellingham/Mt. Vernon area
Wanda Collins
Bellingham Athletic Club
(360) 676-1800 or racquetball@bellinghamathleticclub.com

Everett/Seattle area
Robert Allen
Everett YMCA
(425)508-2581
robert@creativeambiance.com

Puyallup Area
Mike Penders
253-973-3552
mpenders@comcast.net

Spokane area
Rich Carver
509-475-0144

2010 State Singles Crowns Junior Champs

March 26-28, 2010

Pro Club, Bellevue, Washington

Boys 8 – multi bounce
1st Jeremy Holz – Bellingham
2nd Andrew Burns – Bellingham
3rd Zachary Allen – Everett

Girls 8 – multi bounce
1st Megan Carver – Spokane
2nd Hannah Carver – Spokane

Boys 8 – 1 bounce
1st Nick Birnel – Bellingham
2nd Zachary Allen – Everett

Boys 10 – Double Bounce
1st Jacob Allen – Everett
2nd Jeremy Holz – Bellingham
3rd Andrew Burns – Bellingham

Girls 10 – Double Bounce
1st Hannah Carver – Spokane
2nd Megan Carver – Spokane

Boys 10 – Single Bounce
1st Jordan Birnel – Bellingham
2nd Brannon Shrock – Bellingham
3rd Ryan Holz – Bellingham
4th Jacob Allen – Everett

Boys & Girls 12 –
1st Ryan Penders – Puyallup
2nd Hollie Scott – Bellingham
3rd Tyler Burns – Bellingham
4th Ryan Holz – Bellingham

Junior Nationals in Beaverton for 2011

OK, Washington Juniors! The National Tournament will be held in Oregon in June of next year, and we want to you to start practicing now! The WJRA would like to send a large contingency to nationals in 2011. We will pay your entry fee for 2 events, and provide you with a state team jacket. We will be announcing upcoming tournaments for juniors in the coming months, as well as leagues that are available to you.

TOURNEY TIPS

Remember to bring a full water bottle and place it behind the court where you are playing. When you need to collect your thoughts or calm down, call a time out. It's pretty nice to take a long drink of water, take a few deep breaths, and go back on the court with a refreshed feeling.

Polly Carson

WRA News: Give us brief history of your background (where you were born, raised, family, occupation(s))?

Polly: I was born in an army camp called Fort Rucker in Ozark Alabama. I Have 1 brother 10 months younger than me. Mom! What were you thinkin'? I was raised in CA and was a Valley Girl... I am divorced, but getting re-married to rballer Wade Reuther in Jan. 2010. I have 2 kids Casey 18 and Carly 16. I am a Telecommunications Engineer and do Consulting for businesses on their phone systems.

WRA News: When and where did you start playing racquetball? Who/what introduced you to the sport? Do you participate in any other sports, or how do you spend your time when not competing?

Polly: My girlfriend Lisa introduced me to Rball. I was a big softball player when I was younger and I fell in love with rball from the beginning. I loved the angles, speed of the ball and running. I hate to exercise and this was perfect... I'm working out and don't even think about it!

In the summer I play softball, like to golf when I can find the time, and water-ski when I can find someone with a boat! In the winter I rball, and snowmobile. When not competing I am busy with work, Wade, kids and taking care of my home.

WRA News: How long did you play before you entered your first tournament? What was that like?

Polly: I played hack ball – hahaha for about 10 years before I ever entered my first tourney. I played mixed doubles. The tournament scene seemed so intense to me after just playing in the clubs. I was amazed at the player's mental and physical abilities. I knew I wanted more...

WRA News: What divisions of play do you enter at tournaments that you attend?

Polly: Usually I enter Women's open singles, Mixed open doubles or Women's open doubles.

WRA News: How would you best describe your style of racquetball? Do you have any goals for your game?

Polly: Style - hahaha, hmmm... I'd say un-orthodox and not very pretty! I'm not very good at the fundamental mechanics... I think my strengths are hustle, and I can shoot on the run, other than that it's just whoever shows up that day! I am kind of old to have real serious goals for my game, but most of all I want to still be playing at 80! I guess that's a pretty good goal. I would like to become a smarter player and more accurate...

WRA News: What are some of your favorite tournaments you have attended in the last year or so?

Polly: I liked State Singles and Doubles, Puget Sound Challenge and loved to watch the pros at the WAC.

WRA News: What makes a "great tournament experience" for players at all levels?

Polly: Honestly, it is the attitude and sportsmanship of the players. Nothing disappoints me more than to watch some great player on the court act disrespectful, cocky and have a lack of sportsmanship. I am fortunate that most of the players in the divisions I play are wonderful on, and off the court.

WRA News: Is there anything you would like to see the WRA Board work at creating or hosting for our state in the coming years? How can the racquetball community be even better?

Polly: Hmmm, I can't think of anything from a WRA standpoint. Cheyenne Hayes is doing an excellent job with the ladies and I think we have a very united group of women from all levels. I do wish we had bigger draws. There are many tournaments where there aren't any women's divisions, but I don't think that is necessarily a WRA issue... A numbers issue...

WRA News: As a player, what do you see as the "state of racquetball" now, and in the future?

Polly: I hear people talk about the "good ole days" when rball was huge in the state. I was not around then, but I see it dwindling in my opinion. There doesn't seem to be enough young people coming in to make up for us old people going out...

WRA News: Besides your standard gear (racquet, shoes, eye guards and gloves), what's the most important thing you carry in your gear bag?

Polly: Gum, my secret weapon, and ADVIL for when I shoot myself in the foot!!!



Polly Carson and Wade Reuther

What's Your Beef?

BY WRA MEMBERS

Here's your chance to send us what's on your mind about racquetball.

Published at the editor's discretion. You must be willing to attach your name to the article. This one is submitted by Elliot Crosby, Tournament Committee Chair

I would like to talk about something that the membership may not understand, and that may help out tournament directors. It is an explanation of how tournaments are held and the responsibilities of the directors of these events. When someone decides to hold a sanctioned tournament, they must apply to the Washington Racquetball Association to be put on the tournament calendar each year. Many of our state events are repeated each season, with some additions and subtractions. The director pays a fee to the WRA to be sanctioned and signs an agreement. After that point, the only involvement of the WRA is to provide a representative to be at the tourney to help the tournament director ensure that all players are USAR/WRA members. Most times, this rep will go above and beyond and help with general check in, and wherever else they may be needed. The only tournaments that are run from beginning to end by the WRA Board members are State Singles and State Doubles. Otherwise, the tournament director pays for everything from his/her own pocket and your entry fees help to cover these expenses. They go through a lot of time, money and stress to bring you an event.

Here's how you can help out a tournament director at the next event you attend:

1. Police after yourselves and other guests. Take all of your garbage – bottles, cups, banana peels, plates, empty glove packages, Kleenex – to the nearest garbage can. Not only do you save the director and crew a lot of work, the owner of the club that has allowed the director use of their courts is much happier to let them hold future events. The club doesn't have to look like a garbage heap.
2. Remember that you are a guest of the facility. Treat it with respect in the locker rooms, on the courts and in the exercise areas. If one of these facilities decides they don't want to host another event, where will that tournament go? Our choices are limited, and we want to show the owners that racquetball courts are used and needed. It is our hope to keep them from turning those courts into other spaces for spin bikes, personal training, etc.
3. Try to keep your bags in the designated bag area (a special room or space is many times created). A lot of clubs have narrow hallways that become almost impassable. Keeping walkways and basketball courts clear helps the club continue to serve their members who are not players during a tournament. The less that members are inconvenienced, the more likely the owner will be to continue to allow us to invade their building for the weekend.
4. Don't forget a simple thanks to the director at the end of the weekend. It's sure to lift their spirits.

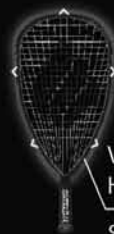
Ektelon Has Discovered A New Source Of Energy



INTRODUCING



FEEL THE ENERGY



VIRTUAL HEADSIZE

Stringbed increased 10%



SWEET SPOT

Up to 51% larger



VIBRATION DAMPENING

Up to 63% less

ektelon.com

Tournament News

BY WRA BOARD

Washington State Sends Eight Players to 2010 National Doubles Championships

By Dan Pischke

Eight players from Washington journeyed to Tempe, Arizona for the 2010 National Doubles Championships. The five days of competition included 340 participants from all over the USA, which was significantly less than in previous years. Seven out of the eight teams made it to the finals of their divisions to compete for a National Title with three teams earning Gold Medal honors. Jeff Stark made his return to the National stage where he tried to regain his spot on the USA National Team. His efforts came up short with a quarter final loss and a hurt shoulder knocking him out of the Seattle Open Tourney. The women of Washington State traded chocolate for Gold on Valentine's Day and came away with National Titles. Overall thirteen medals that were brought back home to Washington. Congratulations to all the participants.

Wanda Collins	Women's Elite	1st Place
	Women's 45	4th Place
Joann Johnson	Women's 60	1st Place
	Women's 55	3rd Place
Vicki Panzeri	Women's 50	1st Place
	Women's 45	Quarters
	Mixed 55	2nd Place
Amy Eaton	Mixed A	Quarters
	Women's 50A	2nd Place
	Women's A	3rd Place
George Brewer	Men's A	3rd Place
	Men's 45A	2nd Place
Myron Johnson	Men's 55B	Quarters
	Men's B	Round of 16
	Mixed A	Round of 16
Dan Pischke	Men's A	3rd Place
	Men's 45A	2nd Place
Jeff Stark	Men's 40	2nd Place
	Team USA	Quarters

Washington State Doubles Championships

January 22-24, 2010

Washington Athletic Club - Seattle

Over 100 players made their way to downtown Seattle to compete this year. This was a much larger group than last year, and made for some great competition. Thanks to the continued support of the WAC for our racquetball programs.

Mens Open - Jeff Stark/Lon Bergstrom
 Mens Elite - Andrew Kominsky/Tracy Drury
 Mens A - Darren Cope/Gary Cline
 Mens B - David Freed/Randy Jaquart

Womens Open/Elite - Vicki Panzeri/Uni Cobb
 Womens A/B - Anita Penders/Sherrisue Kelly

Mixed Open - Vince Kitley/Wanda Collins
 Mixed Elite - James Kimball/Jonelle Dubois
 Mixed A/B - Steve Kowalski/Richelle Kulju
 Mixed C - Josh Moore/Kelekaleo Moore

Washington State Singles Championships

March 26-28, 2010

The Pro Club - Bellevue, WA

There were 128 players this year. Thanks to the Pro Club for hosting the event! (Look on the junior page for their results.)

1st place finishers in skill categories:

Mens Open - Neal Jentsch
 Mens Elite - Tracy Drury
 Mens A - Taylor Disch
 Mens B - John Chow
 Mens C - Esteban Martinez
 Mens D - Esteban Martinez

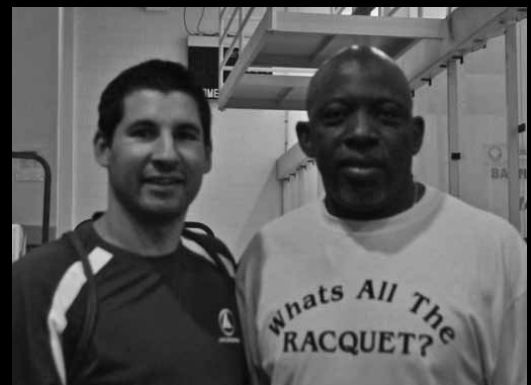
Womens Open - Wanda Collins
 Womens A - Pat Lew
 Womens B - Karen Jaskolka
 Womens C - Karen Jaskolka
 Womens D - Keidi Kunz

National Singles 2010

Houston

(L-R)

Dima Protchenko,
 Paul Julbes, George
 Brewer and Jerry
 Everts



(L-R) Craig Allen and George Brewer

Women's Corner

BY ANGELA BENJAMIN



Women across the state are playing racquetball and encouraging their friends, co-workers and relatives to come and join in the fun!!

In Eastern Washington:

Heather Nelson at the Tri-Cities Court Club in Kennewick works at holding regular play days and keeping new women enthusiastic about the sport.

Kristal Graham at the Yakima Athletic Club works with the new women players in her club. This club has various tournaments throughout the year providing a great opportunity to meet new women players!

Evy Gillin at the Wenatchee Racquet & Athletic Club also has some great women players that attend their annual non-sanctioned Spring Fling Tournament along with several other Eastern Washington Women!!

Evy at the Wenatchee Racquet & Health Club has also expressed interest in hosting a play day for both Eastern and Western Washington women!!

Kristal and I are organizing a play day for both Western Washington and Eastern Washington Women to play, eat great food and get to know each other at the Yakima Athletic Club on April 24th from 12noon-5pm! For the Western Washington Women it's a great opportunity for a ROAD TRIP!!!

In Western Washington:

Wanda Collins is appreciative of the 29 amazing women who played at her non-sanctioned Winter Shootout in Bellingham.

Karen Jaskolka has sponsored two remarkable play days, one at the ProClub in Bellevue and another at Bally's in Kent.

Earlier in the year Angie Doyle sponsored a fabulous play day at Bally's in Kent.

As we all know Cheyenne Hayes has been an amazing ambassador for women's racquetball in Washington, she sends out a monthly email newsletter and tries to keep all of us abreast of racquetball happenings in our state. Her positive energy is motivating!!!

If you are not currently receiving the monthly newsletter and would like to please email her at olympiaizzys@aol.com The newsletter can also be found on the WRA website under the women's section.

Cheyenne Hayes, Dea Marshall, Karen Jaskolka, Lori Turley and myself are working hard to raise funds to bring the WPRO (Women's Pro Tour) to the 2010 Puget Sound Challenge in November.

"Made in Washington," www.madeinwashington.com, a great place to buy gifts for any occasion, will donate 20% of sales from our racquetball community to the WPRO fund (now through June), all you have to do at checkout is type in the code: WPR111

Cheyenne is also sponsoring a Women's Play Day on April 10 from 10a-3p at the Bally's in Olympia, she will run a beginners clinic from 9:15a-9:45a that morning for any women interested!

Nicholle Schmoll Jaquith is the spunky blond at tournaments with a camera taking pictures and encouraging girlfriends and wives of the men's players to pick up a racquet!

Linda Brewer (George Brewer's wife) is also out there taking photos and enjoys watching the sport so even though she doesn't play, she is supporting us with her presence J

Plans are in the works for a Women's Racquetball Summer Social so be on the lookout for more information!

If you know of any women who are interested in playing in a tournament for the first time we have a wonderful sponsor who donated funds to pay tournament fees for first time tournament players! The WRA Board matched those funds, and there is still money available. Contact Angela Benjamin angela31372@aol.com or Cheyenne Hayes olympiaizzys@aol.com for more details on how to take advantage of this generous offer!

A huge "Thank you" to every one of you who is involved in our sport! Keep getting out there, playing in tournaments and enjoying each other.

Winter Blast Tournament

January 8-10, 2010

Pat Lew and Bill Dodge successfully put together another tourney at the Bally's in Lynnwood with about eighty players participating. The support of sponsors Robert Brown at Prot.net and Mark Peterson at Powerhouse Construction was a great help, and Pat wanted to thank Elliot Crosby for his help throughout the weekend. The tournament used a second facility, Harbor Square in Edmonds. This club used to be the scene of many a

tournament, and it is hopeful that the new generation of players there will begin to participate in events again after being part of the Winter Blast. In the Open Division finals, players were looking forward to seeing Jeff Stark pull out some great shot making, as only he can, but were disappointed when his opponent in both singles and doubles - Dan Pischke - had to drop out due to sickness. It's great to see Jeff back on the courts. There was a lack of women players at this event, with only three participating. We hope to see more of them next year at this and other sanctioned events. Other

notables: Ron Pfeiffer is back on the courts. Ron was a regular at many events, before moving out of state. He's returned and it's good to see him! Max Gilpin is back after shoulder surgery, taking 1st in 35+ A/B, and 3rd in Men's A. Jerry Evarts has been working hard at his game and is being seen at many more tournaments. He placed 1st in Men's A, and we'll be seeing more of him in the future. And there's a new father/son duo at the tournaments- Greg and Kele Moore, as well as brother Josh. Thanks to Pat and company for the Winter Blast!

Washington Racquetball Association



718 Griffin Avenue, #118
Enumclaw, WA 98022

From The Rule Book

by WRA BOARD

Seems like few players read the rulebook or many forget what they read.

Send your questions or comments to the editor.

Rules Question

(This question was sent to Otto Dietrich the USA Racquetball national office)

Asked by Arun Rohila:

I was playing doubles at a tournament and I was called for a fault serve because my partner did not have his back against the wall and once because the ball was going behind his back, so he had to lean forward for the ball to go around him, even though he was in the service box.

The rules state "the server's partner shall stand erect with back to the side wall and with both feet on the floor within the service box". So, is it true that the partner has to stay standing straight up without leaning, with the back against the wall until the ball passes the short line?

Against the Wall

Hi Arun,

You only cited the first part of what Rule 4.3(a) says. The rest of it says "... from the time the server begins the service motion until the ball passes the short line." So, technically, your partner did create a foot fault!

However, this error is rarely called -- especially if the serve was about to hit the person. No one would blame him for moving to avoid that. But then, if the ball passes that close to (or even behind) him, then there is also a very good chance that it's going to be called a screen serve any way which is just another kind of fault serve.

Whoever called that was quite technically correct, but is one of very few people who would ever enforce that rule.

At your service,
OTTO E. DIETRICH
National Rules Commissioner
USA Racquetball
"Play by the Rules"
<http://usra.org/Rulebook.aspx>

If you have a change of address, please notify the WRA as soon as possible so that your services continue without interruption. If you are not sure when your membership expires, check the date on your mailing label! Thanks, Member Services