



Beyond the Short Line



September/October 2008

The online newsletter for the California State Racquetball Association (CSRA) members....
Get tips...latest news....fun pics....upcoming events....player advice...etc...

www.CaliforniaRacquetball.org

Welcome to the California State Racquetball Association (CSRA) newsletter, an electronic publication produced quarterly (March, June, September, and December).

Our goal is to include articles with useful and timely information for the California Racquetball community.

We want to provide you with valuable information so please let us know what you would like to read and see in our Newsletter. For instance, do you have a club you think is terrific and would like to have highlighted? Do you have helpful hints you would like to let other players know about? Do you have a question for the Pro or coach? Send your questions and suggestions to Brian Dixon at Bri@Jupe.com....Enjoy!



A note from the new Prez...

On behalf of the CSRA Board of Directors, I would like to take a moment to thank Peggine Tellez for all her hard work as the President of the CSRA for the last six years. The good news is she will still be active on the CSRA Board as VP for the SoCal region. Once again Peggine, thank you for all your service to us as members of the California State Racquetball community. We will continue to keep building what you have started.

I would also like to thank the CSRA Board for allowing me to be of service to our community as President for our organization. I am very grateful for the opportunity to serve a sport that is very important in my life in so many ways. Service to our community is one of the most important gifts we have to offer one another in humanity.

The CSRA is on the move to grow the sport of Racquetball in this great state. We will move forward with goals of having a US Open level tournament, creating local high school Racquetball programs, continuing to build our collegiate program (<http://www.wcrracquetball.org/>) and organizing the Racquetball community within our state.

We are in the process of creating a plan to develop high school Racquetball in the state of California. It will take a great deal of time and effort from our organization and members to complete this task. We will need to create a pool of great volunteers, organizers and go getters to get this up and running. It is my hope that we can have a program in place within a couple of years and be able to compete in the nation high school championships. How exciting would that be. We would be placing racquets in the hands of all those young people while growing our sport and allowing these high school participants to graduate into the state's collegiate

program which is becoming a significant program with the hard work of Del Villanueva, John Bardos and Matt Hills.

How can we all help our organization to grow and develop.....

I would like to ask any state member that would like to commit to two or three hours a month as a California state Racquetball advisory board member to contact me on my e-mail— Larry@CaliforniaRacquetball.org . We need our community's help to build these programs for our state. So if you feel you would like to give more back to Racquetball we will get you plugged into one of the states Racquetball programs.

So here is what I would like to ask the California Racquetball community, are you interested in helping your sport? Where can you volunteer ? How can you help? I would love to have the chance to answer any and all of your volunteer questions about helping the sport. We need people who care about the sport to reach out and help. Get into game and help.

Website.....

It has been my pleasure to be part of the Media Committee of CSRA for the past year, and will continue to serve on this along with Mike Lippitt, Brian Dixon and Matt Hills. We have reviewed and revamped the state website at www.CaliforniaRacquetball.org. Information concerning tournaments etc. is always being updated on the site. We helped to create a new Missions Statement, found in the Organization section. Also in the Organization section is information about your Board members. There is a new Sponsor section to check out and there is a great photo section...Soon there will be an easy "Donate Button" for those

wanting to help support the growth of Racquetball in California. Check it out

I look forward to being of service to the sport and our members. Thank you all for this great opportunity.

Larry Steiner

Ektelon...New State Ball

CSRA Chooses Ektelon as Official Ball

Bordentown, NJ, October 1, 2008-

Ektelon is proud to announce that the California State Racquetball Association (CSRA) has chosen Ektelon to be the official ball of the CSRA effective immediately and continuing through August 31, 2012. CSRA has chosen the Ektelon Classic (black) as its ball of choice for most tournament play. However, all 3 Ektelon balls will be used throughout the term of this agreement – including Premium Select and Fireball which will be used at selected events.

Over the past three years Ektelon has taken an extremely proactive role in developing the best quality racquetballs in the sport. This development of three different yet consistent types of racquetballs is reflected in Ektelon's partnerships as the "Official Ball" of the Women's Professional Racquetball Organization (Fireball), World Outdoor Racquetball (Fireball), Classic Professional Racquetball Tour (Classic Ball), National Masters Racquetball Association (Classic Ball), Commonwealth of Virginia Racquetball Association (Fireball) North Carolina Racquetball Association (Fireball) and now the CSRA.

"We are proud and excited to become a partner with the CSRA. California is the most active state in the sport, consistently boasting the largest number of indoor and outdoor events in the country," said Scott Winters, General Manager at Ektelon. "We look forward to working closely with the CSRA Board and members in developing new and exciting events for all types of players and working together with them to grow the sport."

In addition to providing top-quality balls to the various CSRA tournaments, as part of the agreement, talented California-based Team Ektelon players such as Rocky Carson, Rhonda Rajsich, John Ellis, Jose Rojas, Greg Solis and Craig Lane, will hold ongoing CSRA junior camps and complimentary clinics throughout the state to help grow the sport among younger players. Players and fans will be able to find these events and clinics by visiting the CSRA website: www.CaliforniaRacquetball.org.

"Ektelon has always been one of the premier names in racquetball and the CSRA Board of Directors is delighted to begin this new alliance" commented CSRA President Larry Steiner. "Aside from their providing elite quality product, we appreciate the partnership with Ektelon because they, like us have a sincere interest in growing racquetball in the state of California."



Military Racquetball by Steven Harper & Peggine Tellez

You may have been hearing a buzz about the resurrection of the All Military Racquetball Championships. Well, it's true!

Not only will there be a tournament dedicated to the men and women in the various

branches of service, both Retired and Active, there will be a first-of-its-kind Racquetball exhibition on a flat deck carrier – the USS BONHOMME RICHARD.

This November, just after Veteran's Day, about 200 players from all over the country – if not farther – will gather at the 32nd Street Naval Base. The American Athletic Club in National City has generously offered to serve as our sister facility. Many Racquetball organizations have stepped up to assist in this momentous occasion. The CSRA is providing the ability for all the donations to the US Military Racquetball Foundation to be tax deductible for those seeking to support the exhibition and tournament in some form.

Ektelon has stepped up in a big way to provide manpower and they are creating a specially imprinted ball for this event. The main Racquetball organizations; USRA, CPRT, NMRA & WOR, as well as the Racquetball manufacturers have all been in contact to launch their support for this worthy experience.

We anticipate 2 days of exhibition with the USS BONHOMME RICHARD playing host to several of the finest Pro players in the game, giving the sailors, wounded soldiers and spectators an opportunity to watch and play and learn about Racquetball. We progress to the main Racquetball tournament to be held from Friday thru Sunday with several major sponsors helping to make this a memorable tournament.

If you would like to receive more information about the exhibition and/or the tournament, please contact us at militaryrbal@pacbell.net. You may view our website and sponsors at www.militaryracquetball.com



Coaches Corner.....

Dave's Pro Tips

When playing singles, staying back is where it is at! We are talking court position, here. After the ball is served to start the rally, keep an eye (or two) on where the ball is, so that you can stay out of your opponent's way. Then, for the most part, strive to be behind the "5 foot line", (that is the broken line), which is the one parallel and five feet behind the "short line", of the service box. This puts you in the back half of the 40 foot long court, during most of the rally.

Staying slightly back:

1. Allows you more reaction time as the ball comes off the front wall.
2. Increases your ability to cut off passing shots angled toward the back corners puts you in position to more easily handle the many set ups that come to you off the backwall.

The "short line" is the actual center of the court (20 feet



CPRT starts in Concord....

The Big C Doubles Championships is the kick off event for the 2008-09 Classic Professional Racquetball Tour schedule and an exciting way to start the new season as some of the greatest players in the history of our sport play a rare pro doubles event. Leading the way will be the top seeded team of Ruben Gonzalez and Woody Clouse; seeded number one based on their year end number 2 & 3 (respectively) finishes last season. Second seed will be the local favorite Gerry Price and last year's number one CPRT pro Cliff Swain. Third seeded will be CPRT regular Steve Watz and Lance O'Connor while Ken Stone and Mark Nomura round out the top four. Five other teams will take their shot at the Big C Doubles title with all matches broadcast live on RacquetballOnLine.tv from the Big C.

Friday night's quarterfinals at the Big C Doubles Championships played true to form as the top four seeds all advanced. The evening opened with what would turn out to be the best match of the night as Steve Watz and Lance O'Connor outlasted Ramiro Hernandez and Ali Hirsra 9-2, 8-9, 9-2, 7-9, 9-4. Second seeds Cliff Swain and Gerry Price moved past Jody Garcia and Steve Cook in straight games followed by Ken Stone and Mark Nomura taking out Danny Newman and Gene Pare 9-5, 9-1, 7-9, 9-0. The evening ended with top seeds Woody Clouse and Ruben Gonzalez advancing over Isabelo Elisan Jr. and Ivan Matsui in three games.

The top seeds breezed into the Saturday night finals at the Big C Doubles Championships in the afternoon semis. Play opened with second seeded Cliff Swain and Gerry Price making quick work of Steve Watz and Lance O'Connor 9-4, 9-3, 9-4. Following that lead the top seeds Woody Clouse and Ruben Gonzalez also took a straight game win over Ken Stone and Mark Nomura 9-6, 9-8, 9-5.

The finals of the Big C Doubles Championships were everything the big crowd could have asked for as the top two seeded teams of CPRT pros battled to a five-game thriller ultimately won by the second seeds and local favorites Cliff Swain and Gerry Price. Swain & Price came out fast with a first game 9-2 win over the top seeds Woody Clouse and Ruben Gonzalez. Clouse & Gonzalez reversed things in the second game with their own quick start and held on for a 9-7 win to even the match. Game three was a duplicate of the first game 9-2 Swain & Price before Clouse & Gonzalez kept things even 9-4 to set-up the tiebreaker. Swain & Price dominated early taking a 7-0 then 8-1 lead before Clouse & Gonzalez closed the gap only to fall short as Swain & Price took the title with the 9-5 tiebreaker win. The long match was greatly appreciated as every player and fan left in the club packed around the championship court. The CPRT appreciated the great hospitality of the Big C Athletic Club as well as the great event run by John Ellis, Steve Cook and their tournament staff. The CPRT also must thank the sponsorship of Mike Lippitt, Harold Jagoda, Pro-Am Sports, Bad Ass BBQ, and others who made this event possible. We look forward to returning in January for the Concord Classic.



Steve Lerner, Commissioner Classic Pro Racquetball Tour

2009 Women's Senior/Masters Racquetball National Championships Return to California

The 20th Annual WSMRA National Tournament will be held Jan 16-18, 2009 at [The Spectrum Club](#) in Canoga Park, CA. This is a round robin singles tournament for women with open divisions for all age groups 35 and up (5 year increments) and B/C divisions available in 10 year age groups (35+, 45+ and 55+). The club features 20 racquetball courts, indoor pool, whirlpools, and many amenities. The host hotel will be the [Radisson](#) (818-709-7054) on Topanga Canyon in Chatsworth, about 3 miles from the club and there will be shuttle service from the hotel to the club every hour during the tournament. "Fun doubles" will be offered on Thursday afternoon, January 15 at the Club.

This event is a fundraiser for **Breast Cancer Research** - contributions are voluntary. This is a good opportunity to check out the courts and play with friends for a good cause. As a bonus there will be lots of door prizes. Tournament check in will be Thursday evening. Play begins at 8 AM on Friday and runs until early afternoon on Sunday. There will be a special anniversary souvenir and other special surprises.



Enter online at www.R2sports.com or download the entry form at <http://my.execpc.com/~tutsch/WSMRA/main.html>

from page 2....from both the frontwall and the backwall). What we refer to as center court positioning is actually the center of the back half of the court! Getting caught too far forward will reduce your reaction time, make you vulnerable to passing shots and prevent you from taking full advantage of your set ups off the backwall. Many more shots come to the back half of the court, versus those that take two bounces before the “short line”.

Make your opponent beat you with the more difficult shots, the kills and pinches up front, rather than the easier to execute pass shots. Play the percentages. Your proper court positioning will increase your shot making ability, and greatly improve your play. There are exceptions when you will take a chance, move forward and try to guess right. But for the most part, staying back – is where it is at, for winning

Racquetball.

Dave George

AmPRO Clinician



Juniors.....

Brian Dixon—CSRA Junior Director

We continue to work towards promoting and growing Junior Racquetball in California. As Larry mentioned, we are looking for people to

Calendar Upgrades:

Check out the calendar on the website..We have made some improvements...

- All sanctioned tournaments are posted in Sanctioned tournament section
- “Tentative” tournaments are now posted for scheduling etc...Limited info...
- Regional and National events now being posted..
- Local Play events (non sanctioned etc..)
- Juniors, Collegiates, Masters have their own sections
- More to come.....

The World Junior Championships are coming up in December. This year they will be played at Arizona State University. To qualify for the national team a player has to place first or second in singles Gold division and first in the doubles Gold division. California is well represented on the National team with 9 of the 31 players. Players include Aubrey O’Brien, Devon Pimentelli, Sabrina Viscuso, Victoria Leon, Jose Rojas, Marco Rojas, Jose Diaz, Sawyer Lloyd, and Bobby Sehgosha. Many of these players qualified for both singles and doubles. Good luck to all!

I have recently been asked to be on the USA Junior

Racquetball Committee. Jody Nance has also been asked to be on this committee. We will be working with USAR to help further promote juniors throughout the country and will also have some involvement in getting information into the magazine. If you have any thoughts you want to pass on in regards to juniors, please feel free to send me a not (Bri@Jupe.com).

In June, as you know, the Junior National championships were held in Concord with over 200 players from across the country attending. One father (Jerry Newport) from New York, wrote a nice story about their visit and I would like to share this here. Thank you to Margaret Pederson for passing this on to me.

A Trip to Jr Nationals...

A journey in racquetball from Syracuse, New York to Concord, California by proud father, Jerry Newport to think I began this journey 29 years ago at the Marine Corps air station in Cherry Point,

North Carolina. All I can say is wow.....this game has come a loooooong way! I am the proud parent of a 14 year old racquetball player, and this is the beginning of my next journey and my sons’ first journey into racquetball. It is my honor to introduce you to my son, Slammin’ Sammy Newport.

After a decade of watching his father slam that ball

STATE DOUBLES CHAMPIONSHIPS

Los Caballeros in Fountain Valley was the site of the 2008 State Doubles Championships. Pool Play and Round Robin formats insured that there was no shortage of matches to play.

You may view the winners and finalist on the CSRA website. Also check out photos from the event at www.CaliforniaRacquetball.org. Thank you’s all around to the CSRA Board of Directors and Don DiPalma and Los Caballeros. And a special thank you to Terri Ann Rogers, she just knows how to make a tournament flow smoothly!!!

Men’s Elite	John Wong/Scott Davis	Keith Fisher/Kevin Watson
Men’s A	Alberto Gutierrez/Michael Myers	Mark Root/Warren Pettit
Men’s B	Joshua Buras/Larry Stephens	Steve Levine/Scott Mortensen
Men’s C	Joe Rosales/Pedro Jimenez	Alex Fischler/John Fischler
Men’s 25/30+ A/B	Mark Root/Warren Pettit	Steve Levine/Scott Mortensen
Men’s 35+A	Bryan Handlen/Ruben Lopez	Brad Levine/Joe Hayward
Men’s 35+/40+	Keith Fisher/Kevin Watson	Gabe Medina/John Wong
Men’s 45+ A/B	Hatch Saakian/Tom Keefe	David Horton/Steve Amezaga
Men’s 55+	Pete Chmielewski/Steve Cohen	Bill George/Mike Lippitt
Men’s 50/60+	Steve Cohen/PeteChmielewski	Dennis Riggs/Mike Alderson
Men’s 65+	Hal Price/Luis Guerrero	Frederick Roe/Howard Nellor
Mixed Elite	Kris Kaskawal/Scott Davis	Debra Nathan/Randy Long
Mixed Age	Solanna Taragan/Grant Beaten	Margie Der/David Aguirre
Mixed A	Vivian Schneider/Ernie Dominguez	Nico Richardson/Juan Diaz
Mixed B/C	Julia Mouser/Vic Martinez	Mickey Bellah/Dionne Reid

help create some High School programs in Northern and Southern parts of the state. Please contact me at Bri@Jupe.com (or 707 766-9105) to discuss more.

We still are offering a \$50 sanctioning fee for those doing a one day junior sanctioned tournament. This is the best way to run most Junior tournaments as it is tough for many families to commit to a weekend.

against the wall (nothing but killshots, of course) and then watching as his older brother, Javaloa, And went head to head on the court, 12 year old Sammy said, "Dad, I want to try this game." From the day that Sammy put that first racquet in his hand, I knew that he had something special. His hand-eye coordination was perfect.

We in Syracuse, New York have the distinct honor of having one of the best racquetball coaches on the planet. One month into Sammy's new sport, coach Jim Winterton happened to see the two of us playing at Gold's Gym in Dewitt, NY. Jim interrupted our play and said, "This boy has something! Can I have him?" Sammy, knowing in what high regard I have always held Coach Winterton, I lit up like a Christmas Tree! A new bond had been forged.

As for the nickname, Slammin' Sammy Newport.....12 months into working with the coach, Jim, in his infinite wisdom, related Sammy's newfound power to that of his father's. Hence, the name, Slammin Sammy Newport was bestowed upon my son. Preparation for the U.S. Junior racquet ball tournament began in late March of 08. From March until May, Sammy participated in four tournaments in upstate New York. One of those competitions was the New York State Junior's Tournament in which Sammy took first place. It was that win that opened the door for Sammy's qualification to the US Olympic Junior National Tournament.

Sammy, his younger sister, Angelica, and I arrived mid afternoon on June 24th in San Francisco, California. Our expectations were not high due to the fact that Sammy had never before participated in any major tournament. Being the marine that I was and always will be, I had plan B already in the making. I had begun to schedule golf games for later in the week. Not one of those games was ever played. Sammy's first opponent was the number 2 player in the country, Jose Diaz. The intimidation factor presented by this first champion accompanied by the fact that my son had never before played in such a major match resulted in the fact that Sammy lost his first game 15-0. The second game began as the first. By the time the score read 7-0, my golf game really looked as if it was going to take place the very next day. Thoughts of reaching for my cell phone and scheduling a tee time were running strong. Sammy then scored his first point. The score was 12-1, and I started to dial a golf buddy. Out of the blue, Sammy sprang to life and ripped off 5 points. The Slammin' Sammy that had left Syracuse, New York was now in Concord, California. The final score on that game was 15-6 and Jose said to me as soon as he came off the court, "Mr. Newport, was Sammy possessed? He was a whole different player. He had me nervous for a moment. I told myself that I had to get this guy off the court and fast!" Needless to say, but I will anyway, that was a very proud moment.

Wednesday came and went.....No golf game. Thursday came and went.... Again, no golf game. By Friday, I was no longer thinking about golf... period. The only thing that was on my mind was my son making it through to that magic day.

Sammy went on to win a bronze medal in singles,14-and-under red division. and a silver in the doubles consolation. Can you imagine a 14 year old kid coming to the US Olympic Junior National for the first time and making it through to Sunday? This was truly one of the proudest moments for me as a parent....

In my life. I can not close my story without giving the highest praise to the entire tournament staff. In my opinion, they treated all 200+ players and their families like we really were family. From their initial greetings to their final farewells, it was apparent that their primary goal was to make guests of all ages feel welcomed and respected. Our questions were answered and our needs were met with the utmost warmth and professionalism. Each staff member seemed genuinely concerned for our sense of well-being. I am truly grateful to them for giving to a professional sports tournament the feeling of a long-awaited family reunion.

Masters News..... By Mike Lippitt

Master's Updates:

As previously reported, the National Masters Racquetball Association (www.nmra.info/) will be returning to the lovely Canoga Park club from March 11-14th. The NMRA

events are all round robin or pool play guaranteeing a ton of very competitive play with very good camaraderie and sportsmanship. Both singles and doubles are offered for any player over 45 years old and groupings are by every five years. In addition, the NMRA will offer its first ever doubles only tournament in Denver from December 4-7. Plans are in the works to include skiing options before or after the tournament.

There will be a few California players including yours truly who will be heading to Las Vegas for the Nevada Senior Games starting October 9th. Players from any state can qualify for the United States Senior Games in any state as long as they finish in the top 3. The reason I mention this is the NSG's is run by two good friends of mine and they (and their wives) do a spectacular job running a quality tournament and they also get a great draw. Then, quite a few of us head to the beautiful St. George Utah (less than two hours north from Vegas) for the Huntsman Senior Games. It is similar to the National Masters in terms of the format and quality of play. It follows the NSG's by a few days and this year starts on the 15th but you have to get there by Tuesday the 14th to register. Here is the website: <http://www.seniorgames.net/> but you can contact me if you have any questions about either



of these fun and relatively close events. I would suggest if you have the time and interest, and like Master's racquetball format, these two events are worth your consideration.

The City of Anaheim will be hosting a senior RB tourney on Saturday November

1. Advance Registration is required. For more information please call (714) 765-4510 or Steve Cohen, Athletic Commissioner at (714)767-4622

A couple new player experiences.....

My first tournament experience. I have been playing racquetball for the past 6 years now, mostly just for fun and with friends. I have always played at my California Family Fitness center with a bunch of other older players I have gotten to know over the past years. I always played when I could, watched the more experienced players play, and tried copying their moves without any coaching ever. I am in college now playing at an A level and I joined our school's collegiate racquetball team for the second time. And this year was the first time I ever played in a major racquetball tournament. It was the 2008 Collegiate Nationals located in Overland Park, KS.

Since I have self-teaching myself racquetball, I was so nervous and anxious to see how I would do against some of the top collegiate players in the nation. So my president signed me up for Mens Division 3 singles, and Mens A division singles. Why I was so nervous was most of my playing over the years have been racquetball doubles, and not singles. So the shots in my singles games were different from what I was used to while playing doubles. It was challenging my first round to be comfortable, and I ended up losing. But I went into the Red bracket of Mens 3 division and ended up taking 3rd. I was so excited. and during those games, I played my Mens A division and took 3rd in that. I received two medals and they were the first I have received for playing racquetball. Just seeing top level racquetball, kids my age, and all of the top companies there made my 1st experience that much more awesome. Since then, I have played more, moved up into the elite racquetball division, and recently signed a collegiate sponsorship with TEAM HEAD racquetball thanks to Fran Davis. So I would say my first tournament did so much for me, and really opened my eyes to the excitement, hard-working, and fun atmosphere of the racquetball world.

Josh Martinez
California State University, Sacramento



My name is Kelvin Marshall. I recently read an article in the August issue of 'Racquetball' about Jim Rockstad, the player from Washington who's had shoulder replacement surgery. But unlike Jim, my surgery was done at an early age. I was 29 yrs old, in 1997. The youngest to have this procedure done. I had no choice though because my shoulder had deteriorated to the point that if I walked too hard, it would jump out of place. Such excruciating pain! Let me explain how my pain started.

In 1975, when I was 7 yrs old, my dad and I were at the park. He was pushing me on the merry-go-round. I fell off, and I guess my shoulder loosened then because the next morning I awakened to this awful pain. I lived in a very small town at the time named Sikeston, Mo. The local hospital did nothing for me, (I was told that it was due to the racial undertones at the time). Two days later, yes *two days*, my shoulder was still out of socket. Needless to say, I developed gangrene in my right shoulder. Late that night, my grandmother returned from vacationing in St. Louis and found me moaning and crying. I can still see my dad sitting nearby in a chair, watching me, but looking helpless. He didn't know what was wrong with me. My grandmother worked in a handicapped hospital, so when she saw that my shoulder had swelled and skin peeling, she knew something was wrong.

They drove me an hour to the large hospital in Cape Girardeau, Mo., where upon arriving, I was immediately taken to the operating room. My blood count was so low that they couldn't put me to sleep. They nearly made the decision to amputate half of my arm. I'm so grateful they didn't. Over the next 22 yrs, my shoulder deteriorated. Severe arthritis, rotator cuff syndrome, the whole ball of wax. I had nearly no cartilage left, and there were bone chips floating around in there. By 1997, I was in bad shape. Thanks to a wonderful Orthopedics Surgeon in Scottsdale, Arizona named David Bailie, I feel much, much better. He saved my sports life.

I had been a weightlifter, religiously playing basketball 3 to 4 times a week; very active. So my world came to an abrupt end with the surgery. I picked up racquetball in February of this year. I love it! I had played some as a youth, but after getting some training, well, you might as well say that I just started playing in February. I've been fortunate to have been trained by some great amateur and pro players. In other words, I've gotten my butt beat pretty good many times, so I had no choice but to learn *something*. Along with a lot of practice and awesome games with friends, I'm now an A/B player. I'm 40 yrs old now, but racquetball seems to be a sport I can play for many more years.

I hope my story interests you as I see sports in a totally different light since my surgery.

Sincerely,
Kelvin Marshall

Club of the Month....Club Sport, San Ramon

350 Bollinger Canyon Lane, San Ramon
(925) 735—8500

With its dramatic architecture, panoramic views, luxurious amenities and world class service, award winning ClubSport of San Ramon offers you the ultimate fitness experience. Enjoy the luxury of a country club atmosphere to help you achieve your fitness goals and improve the quality of your life.



ClubSport offers a variety of programs in Racquetball including juniors and children instruction, adult instruction, doubles tournaments, specified court challenge times, free adult Racquetball clinics and private lessons. Racquetball Singles League Singles Racquetball League runs twice a year. Players challenge each other within their **designated bracket**.

JACK HUGHES EDUCATIONAL SCHOLARSHIP AWARD

Several years ago, the old state organization started awarding the “Jack Hughes Educational Scholarship” to provide financial assistance to a deserving college student, someone who has promoted racquetball to our youth and has been an upstanding example of sportsmanship and competitive spirit. Our first recipient was Jason Santos, who is now a college graduate and still plays competitively. The CSRA was able to carry on this tradition with the induction of Tyler Bachman.

This year the San Diego Junior Racquetball Association went dark as a group. This organization has been dedicated to the development of junior racquetball players in the San Diego area for several years. As a final show of support, they were kind enough to donate their remaining treasury to the CSRA scholarship fund.

In a ceremony held at Los Caballeros, at the 2008 State Doubles Championships, we were proud to give the honor to a young man who has been a pleasure to get to know and has shared his vision for racquetball at the college level. In his sophomore year at Pitzer College in Claremont, he is majoring in Science and Management. He comes by his Racquetball genes from his father Joe Weiss. His good manners come from his mother!



Promoting Racquetball in College

By Jeffrey Weiss

Racquetball is a wonderful sport. However, without engaging more young people in racquetball, the sport could very well languish after the passing of the Baby-Boomer generation. It is crucial that the younger generation—primarily collegiate students—are introduced to the sport. The majority of kids in their childhood, whether voluntarily or forced by parents, turn their attention to playing and watching the larger-market sports such as baseball, basketball, football, and soccer. Playing these sports leaves little or no time to become introduced to racquetball. In college, these larger-market sports are primarily found only as competitive varsity sports; thus, those who are unable or unwilling to commit the required time can pursue other activities. Racquetball is a perfect fit for students looking to stay active in athletics and reduce stress.

Last year, during my freshman year, I wanted to promote racquetball at my college. I conceived the idea and established the Claremont University Consortium (CUC) Racquetball Team within a four-week period. This club is open to the five undergraduate colleges (Pitzer College, Claremont McKenna College, Pomona College, Scripps College, Harvey Mudd College) and two graduate universities (Claremont Graduate University, Keck Graduate Institute of

Applied Life Sciences) located in the CUC. I was successful in obtaining a total of \$1,350 in sponsorships and school funding within three weeks of starting the club. To further help the players on the team play with their own top-of-the-line racquetball equipment, I obtained ProKennex sponsorships for my teammates. Lastly, with help from Jon Varona (CSU Fullerton), I planned, organized, and functioned as the Tournament Director for the United States Racquetball Association (USRA) sanctioned collegiate racquetball tournament—the WCRC One-Day Shootout in Claremont, CA—to introduce my teammates to competitive racquetball. The participating schools included UCLA, California State Fullerton, Long Beach State, and the Claremont University Consortium.

This year, there is still more work to be done to increase involvement in racquetball at my school. Creating a consortium-wide racquetball ladder (i.e. intramurals), and participating in more collegiate tournaments and scrimmages will provide many more opportunities for college students to experience competitive racquetball as well as become more skilled players. Finally, through my position as the National Collegiate Director for ProKennex USA and my working relationship with Michael Martinez, the President for

Continued on page 9....



Collegiate News...

California collegiate racquetball is strong in Northern California and is continuing to expand as more schools from Southern California are forming teams and participating in USAR sanctioned WCRC collegiate tournaments. The 2008-2009 season is just getting underway and we are looking for more collegiate players and schools.

“Any” full time collegiate student can participate in the WCRC tournaments—no need to have a formal team, and some schools have just one or two players. Our tournaments have different skill level divisions, so players of all skill levels are welcome, and win or lose you will play at least three matches.

Read more about the WCRC and get contact information at:

<http://www.WCRRacquetball.org>

Participants in the Western Collegiate Racquetball Conference include:

- Cal Poly San Luis Obispo
- Claremont University Consortium
- CSU East Bay
- CSU Fullerton
- CSU Long Beach
- CSU Sacramento
- Golden West College
- Riverside CC
- San Bernardino
- San Diego Mesa
- San Diego State University
- San Joaquin Delta College
- San Jose State University
- Stanford University
- UC Berkeley
- UC Davis
- UC Irvine
- UC Santa Cruz
- UCLA
- USC

Your school not listed? Introduce yourself and come play!

BOARD NEWS

Election Results – Peggine Tellez, Brian Dixon and DelVillanueva were re-elected to the CSRA Board of Directors.

The voters also approved an increase in the number of board of directors from 9 to 11. In the next few months, the 2 new positions will be filled.

We had the largest voter turn-out in many years, so THANK YOU to all who voted.

Officers for September 2008 – 2010 term were confirmed in special session and we are pleased to introduce a new President – Larry Steiner. , Nor. Cal. Vice President – Margaret Pederson, So. Cal.— Vice President Peggine Tellez, Secretary – Mike Lippitt, Treasurer – Jack Hughes. Brian Dixon will be Treas. in Training.

from page 7.....ProKennex North America, I am planning clinics for my team and for colleges in Southern California with ProKennex professionals, Jason Mannino and Kane Waselenchuk. These programs will not only improve the skill of the collegiate students, but will increase collegiate student interest and participation.

While playing racquetball is important, expanding the sport is even more critical. A sport can only be successful if there is a constant influx of new participants. For these reasons, I have devoted countless hours promoting racquetball.



CSRA Board of Directors

President
SoCal VP
NorCal VP
Treasurer
Secretary
Juniors/Newsletter
Collegiate Liaison
Director at-large
Director at-large

Larry Steiner
Peggine Tellez
Margaret Pederson
Jack Hughes
Mike Lippitt
Brian Dixon
Del Villanueva
George Tellez
Merijean Kelley

Advisory Board:
Michael Martinez
Steve Cook
Matt Hills
Steven Harper
Aaron Embry
John Bardos
Jon Christ
Bill George

Have a Funny Racquetball picture? Send it in....



Any good advice for fellow Players? Send it in...

Send to Brian Dixon... Bri@Jupe.com

Share the newsletter...

forward it...send friends to website...

print it and post at your club

The CSRA Website

www.CaliforniaRacquetball.org

Do you see the address above? Write this down. Memorize it. Add it to your favorites. Forward to your friends. Visit it on a regular basis for up to date news and information on what is happening with California Racquetball...

- **Check out upcoming events**
- **Access online information and entries**
- **Check out pics of your friends from different tournaments**
- **Check out up to date rankings**
- **Improve your game with tips from the experts**
- **Access the CSRA newsletter**
- **Get California club information**
- **Check out Junior news and events**
- **Read tournament results**
- **Join USAR/CSRA**
- **What is the mission of CSRA?**
- **Check what is up with California Collegiates**
- **What are the Benefits of membership?**
- **What are the Benefits of sanctioning?**

Benefits of joining the USAR/CSRA include:

- subscription to RACQUETBALL magazine (with news, tutorials, and the official rules of play)
- eligible to participate in CSRA and USAR tournaments
- official ranking in the state and national rankings
- Secondary accident insurance coverage during sanctioned events

Other membership benefits and programs:

- American professional Racquetball Organization (AMPRO)
- National instructor and referee certification programs
- Coaching development
- High school and collegiate programs
- Junior athlete development
- Scholarship programs
- U.S. National Team and Junior Team USA
- Discount of 15% at Choice hotels
- Discount on Enterprise car rentals
- Discount on United Airlines flights

Join today at USAR.org or at www.CaliforniaRacquetball.org

The Racquetball Model

By Phil “3-Bill” Combest

What makes a champion? Winning games, of course! What wins games? Well, there’s a bunch of things that win games: killer instinct, strength, speed, accuracy, shot selection, conditioning, just to name a few. But you can have all of these things and still not win games if you are missing one critical component: POINTS!

I’ve been playing since 1979 when my mother enrolled my little brother and me into racquetball lessons at our local YMCA. Her goal was to keep us out of trouble. It didn’t work, but within a few years, the Combest Brothers had a reputation beyond their years. As the years have passed and I see younger Racquetballers emerge, I’ve started looking at the game from a more mature, let’s say, “academic” standpoint. I like to help lower level players improve. For years, I’ve been telling people about “The Racquetball Model,” and now I’ll share it with you.



The Model

It’s simple, as shown in Figure 1: strong serve, weak return, KILL...Repeat. The natural result of following this model is points, and the natural consequence of points is a win.

Strong Serve

A strong serve is a serve that puts your opponent on extreme defense. It can be a drive serve, a lob serve, a jam serve, or a Z-serve. It is up to you to make a quick determination of which serve is most effective against your opponent. Some players will crush your best drive serve, so a strong serve could very well be a very high, delicate lob serve to the forehand. Remember: The serve is more than placing the ball into play. It is the first component of a winning trio, so take time in selecting and practicing your best serves.

Weak Return

When your opponent is on extreme defense, it is hard for him or her to take control of the game. If your serve has them scraping the side wall over their head, digging in the corners, or diving just to touch your serve, they will likely offer up the second component of the model – the weak return. A weak return is a setup that prepares you for an offensive shot to end the rally. When you see a weak return, you have an opportunity to end the rally and score a point.

KILL!

This is the fun part. Now that your opponent has offered you a setup (AKA “weak return”), you are ready to end the rally with a winner. Your opponent hangs their head in defeat as you execute the third and critical point of the Racquetball Model. It could be a splat, a pinch, a pass, or yes, even a KILL! This part of the Model does not have to be a KILL shot, per se. Your shot need only be irretrievable by your opponent. If your shot is not retrieved, you score a point, and return to the Model.

Executing the Model

You may be able to jump anywhere into the Model in any given rally, even if the Model was not started with a strong serve. If at any time your opponent offers up a weak shot, it is your opportunity – your obligation – to step into the Model and KILL to win the rally.

Pay attention as you play. You may be following the Racquetball Model without even realizing it. It the natural model followed by all champions.

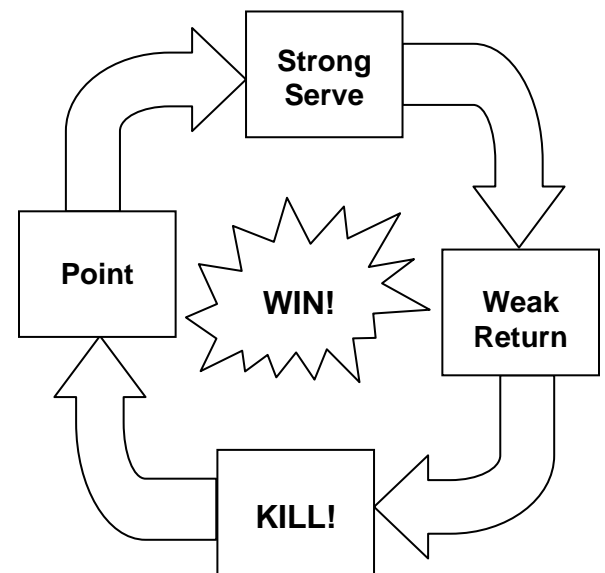


Figure 1 - The Racquetball Model

Phil “3-Bill” Combest is the self-proclaimed Champion of the World in the 275+ pound category. Phil plays in Southern California, primarily LA Fitness in Anaheim Hills.