



Beyond the Short Line



March 2008

The online newsletter for the California State Racquetball Association 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!

President's Corner

The newly renovated Anastasia's Club was chosen as the site for the 2008 CSRA State Singles Championships. It is always re-invigorating to visit a new host club. The Board of CSRA Directors were thrilled in showcasing Anastasia Racquetball Club with an exciting tournament that featured Pool play or Round Robin for all divisions assuring at least 2 matches per division.

CSRA Advisory

board: We have added a new member to the CSRA Advisory board – Steven Harper of North Carolina is now serving at his Navy post in Imperial Beach – San Diego. Steven has a chosen target of expanding racquetball in the armed forces and has been working with the National liaison to bring Military Divisions to the upcoming National Singles in Houston this year. A sincere welcome goes out to Steven from the CSRA Board of Directors.

Junior State Championships: Quintin Pittmann of the Laguna Creek Athletic and Racquet Club will be joining our Junior Coordinator Brian Dixon, John Ellis and Steve Cook in hosting our 2008 Junior State Championships. This is the first time for Laguna Creek in the hosting club role and



we are excited to see another new club offering up its facility for these great tournaments.

If you have a club interested in acting as a host site for the State Singles or Doubles in the future, we would love to hear from you.

Website/Announcements:

You have been receiving electronic racquetball announcements in addition to the paper entry forms. We have had positive feedback that it helps to remind players to check out the www.CaliforniaRacquetball.org website more often to see what's new. And there has been a great deal on new information: Matthew Hills works tirelessly to bring our vision to life, with his savvy design and content placement. We encourage you to

continue providing your comments for improvements. More exciting features for our website are on the horizon – Donation Link, Member-to-Member service advertising, discussions of a CA Hall of Fame. What do you want to see?

Scholarship: We are pleased to be reviving the **Jack Hughes Educational Scholarship**. Watch the website for all the information. You could be the next Scholarship recipient!!!

Peggin Tellez—CSRA Board President

CPRT Classic coming to Concord....

The Concord Classic, April 10th-13th, will feature six of the greatest racquetball players of all time, competing for \$3,500 in total purse as the Classic Pro Racquetball Tour (CPRT) makes a stop at The Big C Athletic Club. We are excited to announce that along with the players mentioned in this article's title, top age division players, Jimmy Lowe (HI) and Tom Travers (OH) have committed to playing the Concord Classic as well. In addition, all players over the age of 40 on May 1st, 2008 will be eligible to sign up for the CPRT Division!! Festivities begin on Thursday, April 10th with the Concord Classic Pro/Sponsor appreciation night featuring a media mixer, catered dinner and round robin play amongst the main sponsors and CPRT players. Sponsorship opportunities are still available. If you have interest in sponsoring or want more information, please contact Mike Lippitt at mlippitt@att.net or on his cell phone at (510) 504-2494.

Tournament play also gets underway for the larger amateur divisions on Thursday night. **Special attention will be made for out of the area players in regards to Thursday play. The Concord Classic is a Pool Play event, which guarantees more match play for all players. We are expecting 200+ amateur entrants so be ready for lots of play. All Play Off brackets will begin on Sunday morning. Sign ups are now available through the R2 system at

<http://www.r2sports.com/tourney/home.asp?TID=3256> or you can call Tournament Director, John Ellis at (209) 969-4497. Bad Ass BBQ will take charge of the hospitality as the "Official Caterer of the Concord Classic".

Besides the great venue, great play and wonderful hospitality, 25% of the proceeds for this event will go towards the USA Racquetball Team's funding the Pan American Championships this year in Costa Rica. It does not get better than this in terms of having fun and supporting racquetball in the Bay Area. Please plan your tournament or at the very least come watch some of the best racquetball around at the beautiful Big C Athletic Club, which boasts 11 great courts. If for some reason you can not attend the event then tune into the premier matches as they will be streamed live on www.racquetballonline.tv for your viewing enjoyment.

-Mike Lippitt

Highlighted Club...

ClubSport of Pleasanton - has one of the largest and most productive racquetball programs in California. With well over 200 active players, we run 3 early morning singles leagues, a noon time round robin league, evening singles, doubles and women only leagues. Our challenge ladder, which is hosted on line at our website:

www.csracquetball.com has 100 players on it and challenges are issued and played daily. We have 8 indoor (2 with glass back viewing) courts and 3 lighted outdoor courts.

We have a high school racquetball program that meets on Sunday evenings and a bustling junior program that boasts several junior national and state medalists. This year, when the junior nationals are hosted in Concord, CA, ClubSport of Pleasanton expects to have a large contingency of junior players in the draw AND winning medals :)

We have 3 AMPRO certified instructors (pictured below) at the professional level: Elaine Dexter, Ken Stone and Mark (Ninja) Nomura. Elaine is the racquetball director at ClubSport in Pleasanton and Mark Nomura is her assistant.



ClubSport runs yearly junior tournaments, a Summer outdoor tournament on our 3 beautiful outdoor racquetball courts, and an indoor event. If you have not played outdoor racquetball yet, it's something all racquetball enthusiasts should try.

"Stuck in Lodi" Open Racquetball Tournament

The Annual "Stuck in Lodi" Open was held the weekend of February 22-24 at Twin Arbors Athletic Club in Lodi. Even with National Doubles the weekend before we still ended up with 134 players and had to turn away another 20 or so. As you all know we have some of the best hospitality around as DeVinci's, The Diaz Family and of course Bad Ass BBQ provided meals throughout the weekend. Despite the rain the tournament ran on time all weekend long thanks to Dave Ortega, Kyle Kazmierczak, Clinton Nixon and the Stuck in Lodi tournament crew. For Results from this tournament go to the R2 website

www.r2sports.com/tourney/viewResults.asp?TID=3653

I would also like to thank our other sponsors, Hughes Fencing, Castelanelli Farms and Garlic Brothers for their support as well.

Steve Cook
Tournament Director

Masters News...

Mike Lippitt



State and National Senior Games:

The 2009 National Senior Games are coming to the Bay Area from August 1-15, 2009! What does that mean for racquetball players? Well, racquetball is one of the many sports that will be coming to CA for the first and probably last time in many years in 2009. The only way to qualify is to play in Pasadena on either or both

singles and doubles on June 8th and or 9th respectively in 2008. Here is some of the information below but you can download the registration form by going to this address <http://www.pasadenaseniocenter.org/SeniorOlympics/SOHomepage.htm> and download "General Information and Entry Application".

Location: Arroyo Seco Racquet Club, South Pasadena

Dates: Saturday, June 7 - Singles

Sunday, June 8 - Doubles **Fee:** \$15.00 for first event \$25.00 for both events/per person

Time: 9:00 am

USAR Rules and code of conduct will govern play. Round Robin Tournament. Matches will be the best of 3 games, played to 15. Third game tiebreakers will be played to 11. Lensed eye wear designed for racquet sports is mandatory. Balls will be provided. All matches are self-refereed. Athletes may compete with only one partner per event. Division for doubles teams will be determined by the age of the **youngest player as of December 31, 2008.**

National Qualifying: All 1st, 2nd and 3rd place medalists in each event and age division plus the out-of-state qualifiers. Athletes may compete in both events at the National Games and **must qualify in each.**

Commissioner: Leonard Sonnenberg - 858-457-5252; E-Mail:

lens@sonnenbergcpas.com

National Masters Racquetball Association

The annual NMRA National Championship tournament was held in Orem Utah from March 5th through the 8th. Although the draw was down a little from previous years, the two playing venues were top notch and for those of you who have not visited the Provo-Orem area, it is spectacularly beautiful. I know I have touted these tournaments before, but the value you get is amazing: great hospitality, round robin or pool play until you are ready to drop, great sportsmanship and competition. The 2009 NMRA National Championships next March will either be back in CA (Canoga Park) or Portland from what I've heard, so look for the upcoming dates at <http://www.nmra.info/>.

Juniors Info

If I were to have some goals for our Junior players in 2008 I think the priority is to establish High School teams...Secondly I would like to see more clubs have one day sanctioned Junior tournaments. Thirdly I would like to see more clubs add Junior programs and to be able to provide to those clubs information and backing to start these up.



High School – I think High School program development is a significant part of Junior programs. If local high schools have a Racquetball "club" it for one can influence the younger players. They see the older kids playing on the high school team and can have a goal to reach. This is somewhat like the Pop Warner system for football. On the other end,

having a strong high school program, can be a great feeder for the collegiate programs. California has had minimal representation in the High School nationals, and I would like to see us increase this presence in the next couple years. I have been in contact with those that run the high school program in Oregon. They have an amazing program, and we are hoping to replicate some of what they do.

One day sanctioned tournaments – I have found that it is difficult for juniors and families to commit to a tournament for a full weekend. The most successful format seems to be the one day event. The CSRA Board has decided to waive the



CSRA sanction fee for one day junior tournaments. This means the total sanctioning cost is \$50 for the one day event. This is the fee to USAR. Sanctioning has many benefits which you can see on the CSRA website. A few that especially affect the Juniors: Ranking points (kids love to see their name in lights); increased Junior membership in state; additional tourney promotion via CSRA e-mail and webpage; tourney software etc...A bargain for \$50...If you have a one day Junior event you are thinking about, please let me know..

Junior Programs – The more programs there are, the more juniors that will be introduced to this sport, the more families that will join and/or stay at the clubs, the more future dues paying members there will be yada, yada...At our club in Petaluma, we basically have two session Fall (September thru December) and Winter (February thru June). During Summer



Connor Borra, he is 4 years old, and he has been picking up a racquet since he was two, he is Diana O'Brien's grandson, racquetball director at The Claremont Club. He attended a clinic that Rocky Carson put on for young kids and juniors to

promote his website. Connor was the only 4 year old.

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.....

Junior State Championships 2008

New Dates.

Scheduled for May 16th-18th at Laguna Creek Racquet Club in Elk Grove. . Tournament directors will be John Ellis and Steve Cook along with the Laguna Creek crew. Mark your calendars. Online entry is now available at www.CaliforniaRacquetball.org

we have challenge courts etc...Classes are every Saturday with Beginners from 11-12:00 and Intermediate/Advanced from 12-2:00. Total class attendance averages between 30-40 players ages 6 – 18...I have found two keys to success are Fun and Consistency...We incorporate Frisbees, Badminton, handicap play, ball shooter etc...to mix things up. The kids know when class is and if I can not make it, Orlando Mayo is there or we find a good replacement..I would like to design a plan for putting together and running a junior program. Anyone with input, I would greatly appreciate hearing it...Please let me know your thoughts...

Brian Dixon—CSRA Junior Director—Bri@Jupe.Com

More from the Pres.....

ADVISORY BOARD OPPORTUNITIES

If you find yourself wondering how you can get more deeply involved in racquetball, here is a great way to help shape the direction of our sport and give something back.

We are always on the look out for people to become part of the CSRA Advisory Board. Just as the Board of Directors for CSRA are all volunteers, so is the Advisory Board. This is group of members willing to lend a hand on projects they enjoy as well as assist in our vital functions as the State arm of the United States Racquetball Association.

Very often this is the pool of volunteers that the Nomination Committee uses for annual ballot consideration.

If you are interested – here is what you do. Submit

your letter of intention. A letter about yourself, your racquetball history, areas in our sport you feel you can contribute and your ability to commit your time.

Simply send that to the CSRA Board of Directors (see link) and at the next meeting, your resume will be evaluated and a decision will be made.

The second method to gain a place on the ballot for election to the Board of Directors is to use the petition approach. (See Below)

PETITIONS WILL BE ACCEPTED FOR THE BOARD OF DIRECTORS

The CSRA Board of Directors will name three Directors at the Annual Meeting to be held September 2008. Members in good standing not nominated by the Nomination Committee, but wishing to be considered for the Official Ballot must gather a petition containing 100 valid signatures including the member's legibly printed name. The signatures must be of CSRA members in good standing indicating their support for said petitioner. Petitions must be submitted to the Nomination Committee, by mail, postmarked no later than May 31, 2008. Mail petitions to the CSRA Headquarters: PO Box 2984, Costa Mesa, CA 92628-2984. Lack of legible information will be cause for invalidation of that supporter.

The Official Ballot will be mailed to all current members in the State Doubles entry and/or on the E-news 3rd quarter issue of the CSRA newsletter. Ballots must be returned to the CSRA Headquarters by September 1, 2008. The election committee will certify the election results. Election results based on popular vote shall be announced at the annual meeting, September 2008.

Once the Official Ballot has been established, the candidates may submit a statement of candidacy to be printed in the 3rd quarter CSRA E-newsletter or with the State Doubles entry form. If you have any questions, please call (714) 319-9669

ONLINE MEMBERSHIP SYSTEM

You have to check this out!!!!

Go to the USAR web site: USRA.org, then go to the **Member Login**. Provide your membership number to get your password. From here you will be able to change your address, correct personal information and view your competitive history.

If it is time to renew your membership, go to the **Activate your Membership** tab, provide your membership number or search by your name. If you have been a member sometime after 1996, you are already in the database. Update your personal information and renew your membership.

This new system is really the cornerstone for the new rating system and the tournament draw program that is being used for all sanctioned events.

No more wondering if your membership has expired and whether you'll need to bring the extra money to renew. **With the new tournament program, most entries will be taken on-line with membership verification or application**



built in to the entry form. Rankings/Ratings will be stored in your membership file, which will save you from having to search for your name in the National ratings data file. This new three-pronged system will finally bring this great sport into the 22nd century and allow it to take its place as one of the best and well-managed competitive sports.

The USAR deserves our support and applause for this huge undertaking.

We are sure you have more ideas, let's hear them.

Contact me directly: peggine@pacbell.net.

Big C of Concord.....

The Big C offers 11 international size racquetball and the clubs lobby is an ongoing challenge court. Year round, scheduled for lunch and evening times. One day drop in and month. Free complimentary lessons and instructional clinics advanced player. Top ranked professionals such as Cliff Swain have given special clinics and players club members. The Big C Racquetball player roster includes national champions and ranked tournament players. No matter what level you are at a play partner can be found for you with the help of Dave Ruybalid Big C's athletic director, and AMPRO certified and Wilson sponsored club professional. Some of the clubs highlights include the annual "Turkey Shoot" singles tournament in the fall, the "Spring Doubles" tournament, and the "Summer Singles" tournament. Racquetball and basketball requires a tremendous range of motion, a certain amount of stretching with result and flexibility. Many participants utilize a pre and post game-stretching program. Since racquetball and basketball involves usage of all major muscle groups (leg, trunk, arm, back, and stomach) it is an excellent vehicle for developing and maintaining muscle tone. Racquetball and basketball burn calories, which make it an ideal sport for weight maintenance. In recent years, some publications and fitness consultants have down played these qualities and segregated racquetball and basketball from what has become traditional fitness regime within clubs. In most cases, it is the result of an industry isolation policy generated by fitness gurus interested solely in aerobics and weight training techniques. At the same time, few club managers and programmers are interested or trained in Racquetball and Basketball and instead depend on staff that echo the aerobic/weight training emphasis.



handball courts and 3 squash courts. The window court in multi-division and women only skill leagues are weeklong singles and doubles tournaments are set once a and exhibitions are available to help the beginner thru

In reality, all sports with in the club system...regardless of their fitness benefits have been damaged by this monolithic attitude.

For the players who take their game on the road, The Big C has a Travel Team that competes against other clubs teams, and player's host to other teams as such as the U.C. Berkeley Racquetball Club team. Flyers outside the club tournaments are posted by the racquetball bulletin board. Racquetball is high quality fitness with a twist. It provides a mix of social elements, is a fun, and enjoys many measurable health benefits. Racquetball offers an excellent way to improve hand-eye coordination. It provides a cardio-vascular maintenance program for the hectic schedule of today's fitness conscious individual. This is an important additional benefit of any exercise program not available in the non-sport club activities.



California State Singles Championships

The California Singles championships were held March 28th-30th at Anastasia's Club in Los Gatos. Players from throughout the state came to play all weekend. With all events either Pool Play or Round Robin all players got a lot of games in. Always an abundance of food and the host club was terrific...

Finishers Results (First/Second):

Women's Open/Elite – Aubrey O'Brien/Margaret Demorest
 Womens' Skill – Patti Van Der Burg/Monica Yamaoka
 Women's Age – Patti Van Der Burg/Monica Yamaoka
 Men's Open – Gil Cepeda/Armando Villa
 Men's Elite – Ben Goldenberg/Mitch Derr
 Men's A – Joel Franklin/Kevin Barlia
 Men's B – Jim Russo/Hank Estrada

Men's C – Noel Ranario/John Fischler
 Men's D – Kyle Vickroy/Paul Choi
 Men's 24A – Cody Alsup/Tyler Lanman
 Men's 24 B/C – Kevin Winn/Joe Lucchesi
 Men's 25 – Brian Feng/Michael Leyva
 Men's 25A—Kevin Kringle/Richard Aal
 Men's 25 B/C – Thomas Kozumi/Rhon Williford
 Men's 35 – Armando Villa/Steve Watz
 Men's 35 A – Alfonso Perez/Mario Estevez
 Men's 35 B – Dan Matthews/Mairo Moreira
 Men's 35 C – Philip Haseltine/John Fischler
 Men's 45 – Gil Cepeda/Steve Watz
 Men's 45 A – Rick Betts/Kevin Barlia
 Men's 45 B – Erick Razz/Greg Young
 Men's 45 C - Noel Ranario/James Dedauw
 Men's 55 – Bert Castelanelli/Jack Mahrt
 Men's 55A – Hank Estrada/Ron Souza
 Men's 55B – Greg Young/Dennis Mattish
 Men's 55C – George Calizar/Gary Albright
 Men's 65 – Gary McAuley/Ron Dorst

Full results can be found at

<http://www.r2sports.com/tourney/viewResults.asp?TID=3684>

Congratulations to all participants!!!



Fran Davis Clinics coming up in California....

San Diego May30-June1
San Francisco August 1-3

Get more info at
www.FranDavisRacquetball.com



Collegiate news....

[California collegiate racquetball](#) is continuing to grow with new schools competing well in Northern California, and our second WCRC tournament in Southern California. San Joaquin Delta College brought the incredibly strong players Ismael Aldana, David Horn, and Sue Sublaban. Cal Poly San Luis Obispo, Las Positas College and CSU East Bay joined in the fun this year as well.

The WCRC is continuing to grow in Southern California. Jon Varona (CSU Fullerton) together with Jeffrey Weiss - who started a new club this year at Pitzer College - ran our [second WCRC Southern California tournament!](#) Over the past year in the WCRC, we have had participants from the following schools.

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

The excitement and dedication in our collegiate racquetball players is evident in their travel half way across the state to compete. Players from both ends of the state have traveled the other direction to meet new people and to enjoy the game! Read about all of our WCRC collegiate tournaments at: <http://www.WCRCRacquetball.org>.

Scholarship via USAR...

USA Racquetball has posted scholarship information for 2008-2009 collegiate players. Graduating high school seniors as well as current undergrads are eligible to apply by the June 15th deadline. The application requires information about grades, awards / certifications / accomplishments in racquetball, academic references, and optionally financial need. This looks like an EXCELLENT opportunity for any racquetball player attending college next year!! From www.usaracquetball.com

Graduating high school seniors and college undergraduates can apply for competitive USAR scholarships each year (by the deadline of June 15). Funding for the program is underwritten by USAR members, the National Masters Racquetball Association and the Women's Senior Masters Racquetball Association through tax deductible donations to the scholarship fund. Since the program's inception a total of 71 awards – totaling \$37,250.00 — have been awarded to aspiring collegiate athletes. Applicants must be current USAR members at the time of applying for consideration of an award. All applications received by the deadline are reviewed by the scholarship committee, which is comprised of current members of the USAR Board of Directors. Annual awards are disbursed in the Fall of the application year. You may download the application online or contact the

Coaches Corner...

DRIVE SERVE VISUALIZATION

A visualization technique rarely used (and taught) in racquetball is that which pertains to the drive serve. By "seeing in your mind" the path the ball takes prior to serving makes your service motion comply with an optimal delivery needed for an optimal ball path.

My pre-drive serve visualization (about 3 seconds): "I see the ball as a blur going past the short line, taking it's first bounce about 2 feet from it and staying very low before it takes its second bounce prior to hitting the corner....."

This exercise will help one focus, reduces passivity, and ultimately refines one's precision of movement (stroke mechanics).

As you continue to visualize and "feel" the result you want with your drive serves, you will duplicate effective serves more consistently as your muscles memorize, as you condition them to "see" and "feel" with you!

Del Villanueva—

- *AMPRO coach/advanced instructor
- * Head Coach-intercollegiate racquetball team of the University of California at Berkeley



CSRA Board of Directors

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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