



Newsletter

December 1992

Vol. 4, No. 3

President's Message

I would like to take a moment and thank all of the very special people who make the URA possible and outline some of their efforts for you.

Steve Coray, our new vice-president, is working closely with Rick Strout to help develop a systematic and organized approach to helping players improve their game through "TEAM UTAH." The program is off and running and its success is already being seen in our sanctioned tournaments.

Evan Case, our new secretary/treasurer, is helping to organize and document everything the URA is trying to accomplish. He is doing a fine job controlling our funds. Along with his wife, Kathy, they are also making certain that our tournament players are getting credit for their points and the appropriate AARA/URA ranking.

Rose Hernandez did an outstanding job in the sanctioning of our tournaments for the 1992-93 season. It is not an easy task making sure all the tournament dates are set and AARA sanctioning is in place. **Thank you, Rose!**

Val Shewfelt continues to do an outstanding job with our newsletter. In the past, it has cost the URA money to publish this quarterly newsletter. We are in the process of soliciting ads to raise money to help cover these expenses. **I encourage everyone to take advantage of this service and advertise your business in the URA newsletter.**

Cindy Jones has done a wonderful job with her group of juniors from the Salt Lake City area. I had the pleasure to watch some of these youngsters in action at the Bountiful tournament and was quite impressed. Congratulations to **Olivia Niitsuma, Gabe Valdez, Lakwana Robinson, Tony Martinez, Ramon Martinez, Ben Tatum**

and **Regina Patterson.** They are talented athletes and we look forward to seeing them at more tournaments in the future.

Congratulations to John Linehan, Sandi Gunn and the entire staff at the Bountiful Recreation Center. They recently held their first ever AARA/URA sanctioned tournament. I had the opportunity to participate and it was a pleasurable experience.

I would like to take a moment now to address an issue that is becoming a real concern. There are some clubs that are holding nonsanctioned tournaments on the same dates as our scheduled AARA/URA sanctioned events. This hurts our state association in numerous ways. This matter will be addressed by the URA board of directors in an effort to stop such practices. However, until we are able to take formal action, please consider the following before supporting a nonsanctioned tournament instead of a sanctioned tournament:

Players **do not** get points toward their state and national ranking and they are **not** insured by the AARA for injuries they may incur at nonsanctioned events.

So please – as tournament directors, make certain that you are not scheduling a tournament that conflicts with a sanctioned tournament. And players – please support sanctioned tournaments for the sake of better competition and a stronger Utah Racquetball Association.

In closing, please allow me to wish each and every one of you a very Merry Christmas and a Happy New Year.

Tim Storey

What's The Call? Tournament Results

by John Yorkey

Bountiful Bash

1. Player A hits a rally-ending kill shot. The referee calls the shot a skipped ball. Player A appeals the call. One line judge signals disagreement with the call and the other signals no opinion.

What's the call?

(A) The call is overruled and the skipped call is reversed.

(B) The point is replayed.

(C) The referee's call stands.

2. After the referee calls the score the server bounces the ball eleven times before he starts his service motion. The receiver complains to the referee stating that the server has violated the 10 bounce rule.

What's the call?

(A) The server can bounce the ball as many times as he/she wants, within the 10 second rule, after the referee has called the score.

(B) The server is allowed to bounce the ball only 10 times before the serve. This is a fault serve.

(C) The server can bounce the ball a combined 15 times for first and second serves.

3. True or False: The player that loses a rally is the only one that can request that the ball be checked to see if it is broken.

Answers:

1. **B.** Rule 3.6.g: If one line judge disagrees with the referee's call the other signals no opinion, the rally is re-played.

2. **A.** Rule 4.5: Although there is no specific rule on how many times you may bounce the ball before you serve, the server has 10 seconds after the score is called to put the ball into play. The server may bounce the ball as many times as he/she wishes.

3. **False.** Rule 4.14.g: The referee or any player may request the ball be examined.

Men:

Open: 1) John Yorkey, 2) Sean Lucky, 3) Rick Strout, 4) Adam Anderson; **A:** 1) Ray Fitzgerald, 2) John Miller, 3) Marianne Walsh, 4) Brian Bennett; **B:** 1) Lee Dang, 2) Bruce Burtenshaw, 3) Russell Searle, 4) Rob Corniea; **C:** 1) John Sinclair, 2) Bob Pendleton, 3) Tracy McCoy, 4) Curtis Goble; **D:** 1) Scott Boyd, 2) Scott Randall, 3) Lagrand DeWaal, 4) Jeremy Johnston; **25+:** 1) Trevor Sudweeks, 2) Scott Ormond; **30+:** 1) John Yorkey, 2) David Hagedorn; **35+:** 1) Rick Strout, 2) Steve Coray, 3) Glen Aitken, 4) Gary Fritzsche; **40+:** 1) Tim Storey, 2) Mike Walsh; **45+:** 1) John Clift, 2) Larry Rogers; **50+:** 1) Hal LaBelle; **18+under:** 1) Benjamin Steiner; **16+under:** 1) Eric Storey; **14+under:** 1) Josh Healy, 2) Thomas Allred, 3) Ramon Martinez, 4) Gabe Valdez; **12+under:** 1) Regan Healy, 2) B.J. Woolston.

Women:

Open: 1) Marianne Walsh, 2) Dorthee Buchanan, 3) Judy Gooch, 4) Sandi Gunn; **A:** 1) Val Shewfelt; **B:** 1) Tammy Boyce, 2) Cindy Jones, 3) Barbara McDaniel; **C:** 1) Sandee Roach, 2) Barbara Christensen; **D:** 1) Jennifer Brown, 2) Christine Fischer, 3) Jamie Linge, 4) Joan Carman; **30+:** 1) Marianne Walsh; **35+:** 1) Val Shewfelt; **40+:** 1) Dorthee Buchanan, 2) Sandi Gunn, 3) Sue Stewart; **16+under:** 1) Jamie Linge, 2) Lakwana Robinson; **14+under:** 1) Melisa Boyd, 2) Olivia Niitsuma, 3) Regina Pattersen; **12+under:** 1) Jennifer Bennett; **10+under:** 1) Kristen Walsh.

Deseret Gym Open

Men:

Open: 1) Adam Anderson, 2) Mike North; **A:** 1) Mike Walsh, 2) Mariann Walsh; **B:** 1) Troy Garner, 2) Bob Taylor; **C:** 1) Ryan Ingleby, 2) Moe Gagnon; **D:** 1) Scott Randall, 2) Jeremy Johnston; **25+:** 1) Rick Strout, 2) John Yorkey; **40+:** 1) John Richards, 2) Mike Walsh.

Women:

A: 1) Val Shewfelt, 2) Jozette Boone; **C:** 1) Kris Justensen, 2) Christine Fischer; **D:** 1) Christine Fischer, 2) Joan Carrien.

Pictures of the Bountiful Tournament taken by John Yorkey, URA photographer.

Tips from Rick

Drilling

by Rick Strout

The old saying that practice makes perfect is somewhat true with racquetball, but a better phrase is "action style practice makes perfect!" Racquetball is a game of movement, and movement should be practiced. Too many drill sessions are spent on simple drop, step, hit. Get moving! Hit the ball on the run. Get used to hitting shots that make you move. For a player to be able to win at this game he needs to be in good enough condition that he doesn't "gas-out" when trying to chase down that last shot.

A few recommendations on your drill time:

Spend a few minutes warming up and hitting select shots into the front wall. After you feel warm and the arm, shoulder, legs and body are ready, it's time to "get it on!" We want to drill by emulating situations that will occur in a game. Therefore, any action-oriented drill you can think of will be beneficial. The key is to keep moving, and have that racquet ready. A great drill to try is to return balls over and over on one side of the court. Rekill shots to yourself. While drilling stay behind the short line, as this is where you should be the majority of the time during the game. Another drill is to hit serves, recover to deep center court and try to rekill the serve in to the front court. It keeps you moving, hitting on the run, and is "action oriented!"

Drilling can be greatly beneficial to your game. Your strokes will improve, your conditioning will improve, and your strategy will improve - if done in an action format.

In Memorium

The URA Board and members wish to express their sympathy to the family of Kevin Smith who passed away during a recent tournament.

An open letter to the players:

Playing by the Rules

I have been playing racquetball since 1985; I have been playing tournaments since 1986. This does not make me an expert on the game or the rules but I have seen enough of the game to understand the differences between the "Rules" as they are written, and the "Rules" as they are applied.

We usually play the game in clubs without benefit of referees and apply the rules loosely at best. It is most often a friendly game and if a rule is bent or misapplied it's all right. A hinder is given any time it's asked for, a serve is short if the receiver calls it, in other words, we play the rules as we want them to be in that particular match. The only problem with that is we get used to playing the game with "club rules." When tournament time comes around, we expect to be treated in that same manner but then we are confronted with a referee. At that time, we are supposed to adhere to the "Rules" as they are written. Another problem arises here, the "Rules" as they really are and the "Rules" as the average referee understands them. In my experience, what you usually get is a loose combination of the two.

Because of inexperience or timidity, the referee makes only the calls he or she is really sure about. Foot faults, double-bounce pickups, avoidable hinders, safety zone violations and many other calls never get made. If player A serves the ball and then he plants himself in center court, taking a setup away from player B, he gets a dead ball hinder instead of an avoidable hinder as it should be called. On the occasion a referee tries to call the game as close to the rules as he can, players often complain that the referee was "picky." Last season, I played in a tournament and after one match, my opponent told both myself and the man who refereed, "I never expected to have the rules enforced that way." We had an experienced referee and he called everything he saw.

I guess my main message to the players is to play the game as close to the rules as you can, every time you play, not just at tournaments. Remember that the referee is doing the best he or she can to help, not hinder, the match. To referees, learn the rules, all the rules, and apply them as best you can in every match.

I believe that if every player would get a rule book and read it carefully, they would discover rules and situations they didn't know about or fully understand. If we will all take the time to do this, it can only benefit all of us and Utah racquetball in general.

Thanks,

Evan Case

URA Board

1992-93

Tim Storey, President
377-8615 Home
375-8569 Work

Steve Coray, Vice-President
328-2071 Home
265-1237 FAX

Evan Case, Secretary-Treasurer
268-8619 Home
269-0600 Work

Rose Hernandez
943-6541 Home
943-3190 Work

Laurie Egbert, Board Member & Utah Women's Council
265-8365 Home

John Linehan
298-7341 Home

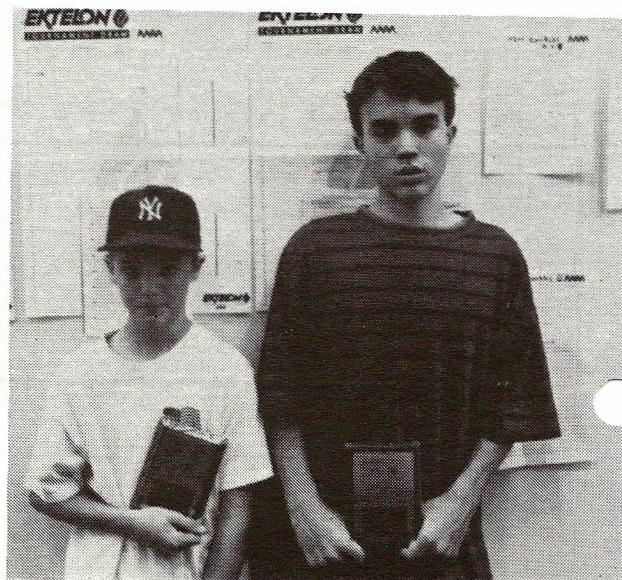
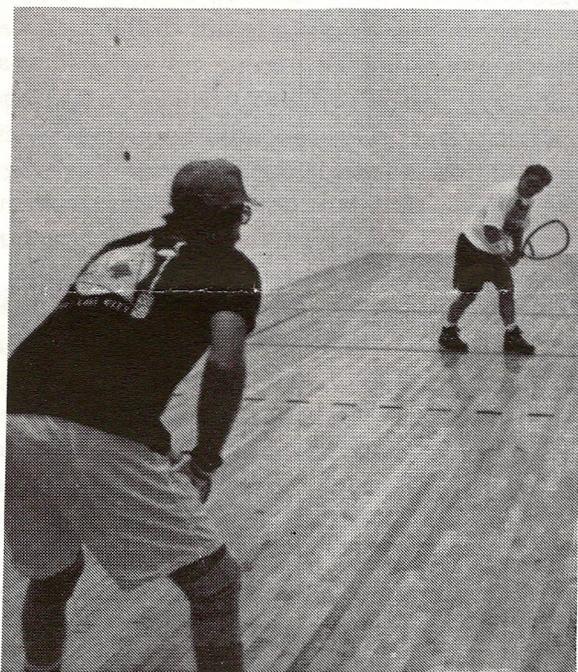
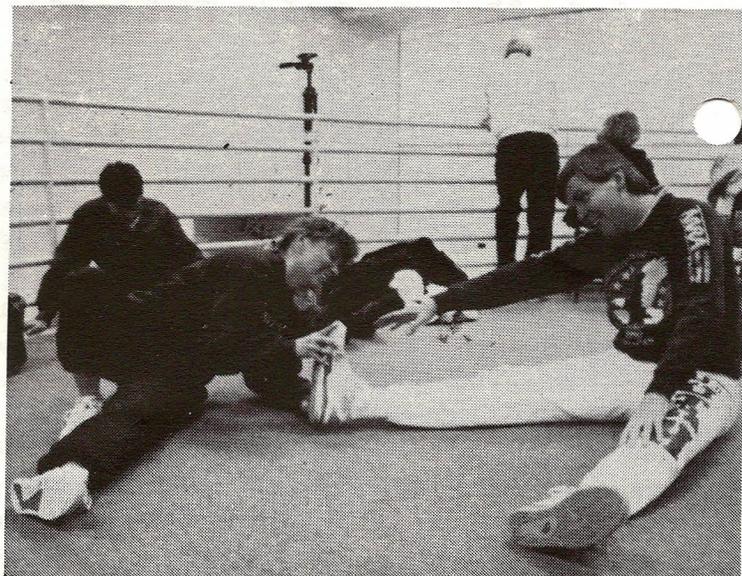
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378-7084 Work

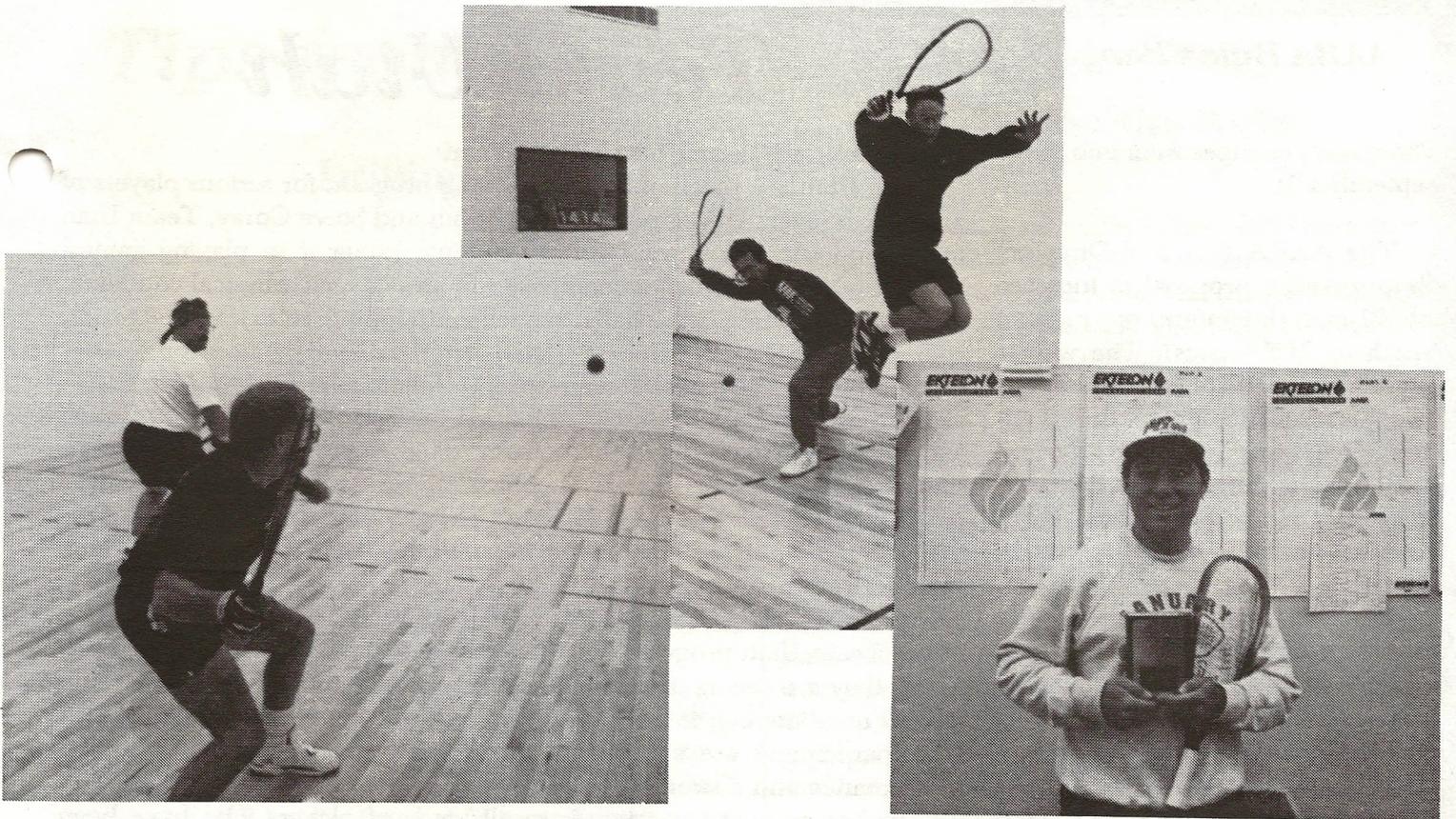
Cindy Jones, Utah Junior Council
582-8247 Home
322-1681 Work

John Yorkey, Referee Certification
377-8650 Home
379-7164 Work

Roger Flick, Utah Senior Council
225-4943 Home
378-6010 Work

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These rules changes went into effect September 1:

1. The AARA Board of Directors disapproved a proposal to increase the 21-inch limitation on racquet length to 21.5 inches. The waiver permitting the use of longer racquets in certain tournaments expired on August 31st and **will not** be extended. **On September 1 the maximum racquet length returned to 21 inches.**

2. The Board agreed to permanently change Rule 5.13(a)2 on regional tournaments. **Players will be allowed to enter more than one regional tournament provided they do not enter a "championship event" (no skill designation) that same year.** Note: This rule was specifically waived for all 1992 AARA regional tournaments, but now the change will become a formal rule.

3. Also approved was a new rule requiring players to wear eyeguards and use wrist thongs during practice prior to the match or between games. The new rule 2.5(c), states that **"Approved eyeguards must be worn and wrist thongs must be used during any on-court warm-up period. The referee should give a technical warning to any person who fails to comply and assess a technical foul if that player continues to not comply after receiving such a warning."**

Overview of Team Utah Program:

Team Utah is a racquetball conditioning program for serious players of any age or level. Developed by Rick Strout and Steve Coray, Team Utah focuses on supervised training and drilling, rather than playing games. Team Utah is a URA sanctioned program and covers: physical conditioning, sports nutrition, game skills, mental conditioning, rules knowledge and sportsmanship.

The program's format allows new players to join at any time and to attend as often as they can. Sessions are held at the Sports Mall in Murray each Monday and Wednesday evening from 7:00-8:30 (no Wednesday sessions during tournaments). Players benefit from constant exposure to a wide range of serious players and a low cost, pay-as-you-play fee structure. Fees for each 90 minute session are only \$5.00 (plus a \$5.00 guest fee for non-members of the Sports Mall).

Tournament racquetball players of all levels who have been participating in the Team Utah program have been startled by the dramatic improvements they are seeing in their game. Players are citing improvements in overall conditioning, in court coverage and in shot-making skills. Team Utah participants are boasting of higher confidence, better tournament performance and a stronger sense of comradery.

These reports are coming from all kinds of players who have been involved in Team Utah over the past few months. Here are some of the players who have been working hardest and experiencing the biggest change in their games: **Ken Borton, Kathy Case, John Clift, Mark Davis, Cindy Jones, Bruce Pietsch, Chris Segurs and Marianne Walsh.** All of these players are excited about their new skills and improved conditioning.

Other regular participants include: **Sherri Barth, Hope Hendricks, Randy Krantz, Robin Lyman, Sharri Nielsen, Mike Retford and Bob Snellman.** Most of these players have earned a free, collared Team Utah shirt for their regular attendance.

There are also lots of players who can't attend as regularly, but who make it when they can and practice on their own. There is truly something for everyone in Team Utah! Watch for Team Utah players in the winner's circle at future tournaments!

For more information, call Rick at 571-7200 or Steve at 328-2071.

Juniors Information

TEAM UTAH will pay first time AARA fees for any junior player wishing to enter a tournament. For more information contact: Rick at 571-7200 or Steve at 328-2071.

Any junior who completes referee certification will receive a \$50 rebate on racquetball merchandise from the URA. For more information see back page of this newsletter.

Player Divisions in Competitive Racquetball

by Roger C. Flick, Utah Senior Council

There are two types of competitive player divisions in racquetball, i.e., "letter" divisions and age divisions.

For the uninitiated (and review for those who have forgotten or haven't been overly interested) the following explanations are offered. These divisions are usually used in competitive tournaments sanctioned by the American Amateur Racquetball tournaments. They can also be used in recreational play to help place players in recreational leagues, tournaments, etc.

An OPEN player is any player with amateur status. It is not confined to an age. The division is open to anyone who is interested in playing in it. However, it usually is played by the more advanced players. It is not a division to play if it's your first tournament play.

The "letter" divisions which reflect levels of play begin with novice through "A" divisions. Novice is usually defined as those players with less than six months of play. A tournament director can usually define what is required for novice play. The lowest level of "letter" classification is the "D" level player. This level usually represents approximately one year's experience of play. When a "D" level player wins the "D" Division in tournament play he/she moves up to the next division, which would be the "C" Division. You could be 10 years old or 80 years old and still play in a "D" Division or any

other division. The Utah Racquetball Association has allowed a person to win twice in one division before moving up to the next division. A "C" level player has usually played from one to three years. A "B" player has usually played consistently from three to five years and an "A" player has played consistently for at least five years. Consistently, usually means three to five times a week. Many first time tournament players don't know which division to enter. This information should provide some sort of a guide for them.

The other way the AARA groups individuals is by age division. There is a Junior Age Division and an Adult Age Division.

For the Junior Age Divisions, player eligibility is determined by the player's age on January 1st of the CURRENT CALENDAR year. The divisions are:

- 18 & Under
- 16 & Under
- 14 & Under
- 12 & Under
- 10 & Under
- 8 & Under
- 8 & Under Multi-Bounce

For the Adult Age Divisions, player eligibility is determined by the player's age on the FIRST DAY of the tournament. The Divisions are:

- 19+ - Junior Veterans
- 25+ - Junior Veterans

- 30+ - Veterans
- 35+ - Seniors
- 40+ - Veteran Seniors
- 45+ - Masters
- 50+ - Veteran Masters
- 55+ - Golden Masters
- 60+ - Senior Golden Masters
- 65+ - Veteran Golden Masters
- 70+ - Advanced Golden Masters
- 75+ - Super Golden Masters
- 80+ - Grand Masters

The terms Veterans, Seniors and Masters are often used interchangeably by the uninitiated. However, it is a matter of combining these titles to come up with the right combination which have been assigned to the age levels. From 55+ on the term Golden is used with each division, with the exception of 80+, then they're all grand!

Each AARA sanctioned tournament should offer all the age divisions for play. In the Adult Age Divisions, older age players can play in younger age divisions, but younger players cannot play in the older age divisions.

"Any current AARA members who has not been classified as a professional may compete in any AARA sanctioned tournament. Any current AARA member who has been classified as a professional may compete in any event at an AARA sanctioned tournament that offers prize money or merchandise." (AARA Rules 5.10 (a)(b))