



OFF THE WALL

Opening Shots: It's Racquetball Time!

By Enrico Dubach, URA President

The weather is great at the time of this writing. We're experiencing the warmest, driest fall I can remember. It'll probably be snowing and cold when you read this. Oh well, that's what makes racquetball even more fun in the winter.

Right now, I'm splitting my spare time between racquetball and golf. I usually play racquetball through the summer, but this year I took a couple of months off. The break has given me a new, fresh outlook that has made playing even more fun. Unfortunately it didn't help the quality of my play. But it's coming around.

Because I was out of town, I missed the September tournaments. But I did participate in the Fall Blast at the Sports Forum and I really got a workout at the Bountiful Bash. My son, Jon and I played the Father/Son doubles at the Bash. This unique division was fun for the four teams that played. Thanks to Ray Hoey and Sandi Gunn, both tournaments were well run with good hospitality and lots of great matches.

When I talk to players and tournament directors, one of the main complaints is scheduling conflicts, or more specifically, schedule changes. Some players want to change match times, which has a ripple effect on other players. Tournament directors try to be flexible, but many times this ends up inconveniencing many other players.

Please Take Note: The official position of the Utah Racquetball Association board is to encourage tournament directors to not change match times after the schedule is posted.

Getting forfeited out of a tournament may be extremely frustrating, but so is having to stay at the event all evening for several days in a row while you wait for your matches. Please, be considerate of tournament directors and the other players and make the tournament your priority if you sign up to play in one. The fewer

changes a tournament director has to make, the fewer chances there are for other problems to occur.

Another glaring fact is that the Men's C and D divisions are so small. When I started playing tournaments in 1987, those divisions were much larger. We need to encourage more beginner and recreational players to participate in tournaments. Many times, all it takes is a more experienced player taking a few minutes on the court with a beginner. So I challenge all of you - regardless of your level - to encourage a new player to enter a tournament. Today's C and D players will be the A and Open players of tomorrow. We need to keep the pipeline filled to keep racquetball alive and well in Utah.

We are now entering the fifth year of the Travelling League. I play in this and it is great fun. Although the league is a little more relaxed than a tournament, it is every bit as competitive. There are six teams representing six clubs from along the Wasatch Front. Each team plays another team every couple of weeks when there isn't a tournament. The league is a great way to play at other clubs and meet new players.

Ruth McGovern from the Redwood Recreation Center has done a great job organizing the Travelling League since it started back in 1995. Over the years, we have changed the format so that more players of different levels could play. We would like to see more clubs participate. Most clubs would be involved if they had someone to manage a team. If you'd like to join the league or get more information, check with your club racquetball manager or **Ruth McGovern** at the Redwood Center.

On October 31, Jason Lowe resigned from the URA Board. Steve Coray, who has been publishing this newsletter and attending Board meetings anyway, has agreed to fill the position.

Finally, I would like to wish all of you a safe and happy holiday season. Eat to your heart's content, because you can always work it off in January on the court!

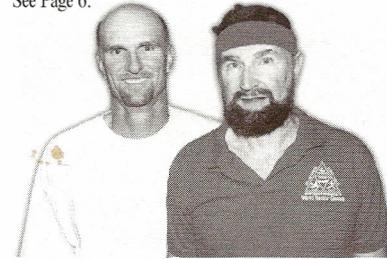
Tournament Results: State Doubles Championships

	First Place	Second Place	Third Place
Men's Open	A. Anderson/J. Yorkey	B. Bona/T. North	S. Black/C. Boise
Men's A	M. Dunyon/R. Krantz	C. Gale/P. Ethington	E. Carver/R. Carver
Men's B	J. Davis/P. Henderson	K. Hjelm/S. Hjelm	G. Wayman/S. Wayman
Men's C	G. Wayman/S. Wayman	G. Pettit/D. Thompson	J. Kehr/C. Etherington
Men's 30 & Over	L. Corbridge/D. Timmons	L. Moon/B. McNabb	E. Conner/E. Barber
Men's 40 & Over	L. Moon/B. McNabb	E. Conner/E. Barber	M. Dunyon/S. Coray
Men's 50 & Over	D. VanMassenhove/D. Semerad	P. Conway/J. Clift	D. Rideout/D. Thurgood
Women's Open	D. Wenger/C. Richards	C. McAlpine/S. Hinman	M. Gallagher/V. Woodbury
Women's A	M. Gallagher/V. Woodbury	J. Olsen/K. Carter	V. Shewfelt/K. Blake
Mixed Open	S. Lucky/V. Bennion	J. Yorkey/C. McAlpine	S. Coray/S. Williams
Mixed A	R. Soto/M. Lynch	K. Blake/G. Rolfe	G. Hales/K. Christensen

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Still Winning After All These Years. This issue, we profile the doubles team of Larry Moon and Bob McNabb. See Page 6.



TEACHING CLINIC COMING

The Am Pro Teaching Clinic is coming to Salt Lake! We'll announce a specific date later, but count on attending sometime during January, February or March.

We need qualified instructors for the Juniors Program to expose more kids to racquetball and help them develop better game skills. To do this, we need players and coaches with enthusiasm and who enjoy the game to become qualified instructors.

The clinic will run two consecutive evenings from 4-10 p.m. It's not a big time commitment and will be extremely worthwhile to everyone who attends.

We need 10 people of any skill level, adults or juniors, who are interested in this great opportunity. Please call Marianne Walsh at 487-2338 for more information.

Off The Wall

December, 1999

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Contributions may be e-mailed to the Editor at: scoray@xmission.com.

Please save files without formatting (no tabs, centering, bolding, etc.) in "text only" format. Call Steve Coray if you need help doing that.

Deadlines for submission of all display advertising, stories and letters are listed below. All advertising must be prepaid. Call for rates and ad specifications.

Mar. 2000 issue Feb. 14, 2000
June 2000 issue May 15, 2000
Sept 2000 issue August 14, 2000

URA board meetings are held the second Monday of each month at 7 p.m. at the Redwood Recreation Center and are open to anyone with interest in attending. Please contact Enrico Dubach in advance if you have a presentation you would like added to the agenda. No meeting will be held in December due to the busy holiday season.

From The Editor

By Steve Coray, URA Board Member



At the State Doubles Tournament, my partner and I made a comment to a team who had lost a close match in the Men's Open category about ten minutes earlier. We complimented them on their play as we passed them in the lobby.

There was no reply, but after we had passed by, one of them remarked: "That's the worst thing about losing". My partner and I interpreted this to mean that he hates to endure comments by well-meaning spectators after tough losses. Losing big matches is just too frustrating.

Well, to each his own, but I have a different attitude. With age, I am appreciating the sweat, the competition and especially the comradery of racquetball far more than the titles. I think it is sad when players are so wrapped up in winning that, if they lose a match, they also lose all of the other benefits of the tournament experience.

I like hanging out with my friends and getting to know other players. I like watching matches and cheering good play. I like it when my friends play well.

I understand that 40+ matches are not the marquee events, so I appreciate it whenever friends or other players watch my matches. I appreciate rowdy spectators. I also appreciate their comments after the matches, whether I've won or lost. I did my fair share of losing during that tournament, so I got to hear plenty of those "nice match" comments.

I hope I acknowledged them, but for the record, I appreciated each of them - thanks!

On a separate topic, we are introducing two new features in this issue. First is a new series on nutrition by Mark Wasescha, owner of Performance Naturals, which is located in the lobby of the Sports Mall. He has a lot of valuable knowledge about an important component of performance that most of us ignore.

Second, you will see three ads from national advertisers Wilson Sporting Goods (racquets and other gear), Ashaway (string) and Network Marketing (eyeguards, grips, strings, etc.). This is a first for Off The Wall and we hope to see more of its kind in future issues.

We greatly appreciate the local and national support and ask you to please support our advertisers in return.

Finally, we have two important questions we need your help in answering: 1. Who should the URA Board consider inducting into the Utah Racquetball Hall of Fame, and 2. Why? Please state your case as thoroughly as you can. It could be because of their on-court performance, involvement in player development, direction of outstanding tournaments over the years, contributions to the board, etc. No specific criteria has been established yet, so any of your reasons have merit.

It doesn't get much easier than that. Just forward your thoughts to us via regular mail or e-mail (note the addresses at left). And in case I didn't mention it, thanks!

Every column-inch of this issue is jam-packed with great racquetball reading. I hope you enjoy it and that you and yours have a Merry Christmas and a healthy, prosperous 2000.

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Tips From Rick: Drill For Success



By Rick Strout

Does this scenario sound familiar? Season after season, you see other players moving up through the ranks, playing better and better. Yet you seem to be stuck at the same level. You want to get better, to win more, but your game seems stagnant.

So what do you do? Well, if you're like most tournament and recreational players, you probably opt to play more games, more opponents. You get on the court more regularly. You may even resort to buying the hot new racquet. The problem is that these approaches are much too slow. If you want to give your game a quick boost, the best approach is to **drill**.

Drilling will improve your mechanics, your footwork and your shot-making. Action **drilling** will also help your fitness level, speed and reaction time. And you will begin playing with more confidence and a better attitude.

The key to drilling is action. Forget the old drop-and-hit routine! That's not a game skill. You need to get better at hitting **on the move**.

Go ahead and hit a few drop-and-hits, just to start the warmup, then start attempting re-kills of your shots.

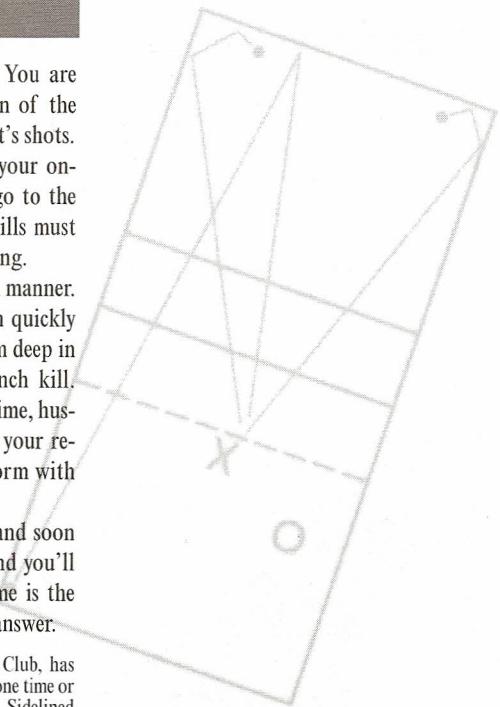
These don't have to be hard, just consistent. You are warming up your body, getting into the action of the game and learning how to re-kill your opponent's shots.

Then begin hitting faster shots, setting up your on-the-move re-kill. Keep your feet active. Then go to the backhand side and do the same thing. Your drills must always be based on action, re-kills and positioning.

You can even practice your serves in an action manner. Concentrate, set up, and hit a good serve. Then quickly get out of the box and go cover your serve. From deep in the court, try hitting a sidewall-frontwall pinch kill. Even if you have to let the ball bounce an extra time, hustle to the ball, get your feet under you and hit your re-kill. Trust me, this drill is much harder to perform with consistency than it sounds.

Build a routine of frequent action drilling and soon you'll be playing stronger, faster, and better. And you'll be winning more. If how to improve your game is the question then, absolutely, action drilling is the answer.

Rick Strout is an owner/manager of the Metro Sports Club, has earned nine state titles, including two open singles, and at one time or another has trained most of Utah's best racquetball players. Sidelined by a knee injury, Rick still takes on serious intermediate and advanced players as students.



News and Notes

Thanks to Pat Conway, Ali Blaakman and John Kitchens for some great responses to last issue's Reader's Poll. But we need more, so I'll hold off printing them until the next issue and ask again:

Question #1

Of all active Utah tournament players, which male and female players would you most like to play doubles with and why? Base your choice on any factor that matters to you. Just remember to list why you picked them.

Question #2

In order, what three things do you like most about your involvement in Utah's racquetball tournaments? Please be specific and elaborate if you would like.

Question #3

In order, what three suggestions do you have for tournament directors that would help make their events better? Please be specific and don't worry, I'll keep your replies anonymous if you would prefer it.

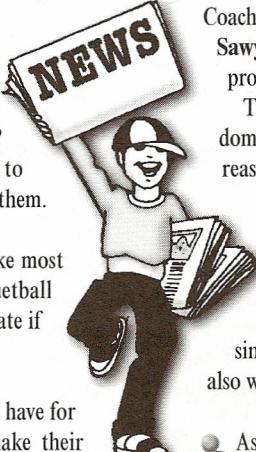
Bonus Question

Who got you involved in tournament racquetball?

Our addresses are listed on page 2 - join in!

The Bountiful Bash accounted for six new or renewal memberships, while the Huntsman World Senior Games supplied 18! Thanks to tournament directors Sandi Gunn and Gene Pletcher for their efforts!

If you want to be included on the Member's E-Mail Directory, send an e-mail to Steve (scoray@xmission.com).



Congratulations to Dennis Fisher, head coach of the BYU racquetball team, who was recently named as the United States Olympic Committee Development Coach of the Year. Originally serving as Sylvia Sawyer's assistant, Fisher has been with the BYU program since 1997.

The USOC noted the BYU women's team's dominance over the past five years as part of the reason for the award. At the 1999 National Championships, BYU captured its fifth consecutive women's team title, in addition to its second-place finish in the overall team competition.

Since 1995, the BYU women have won 23 singles, 11 doubles and five team titles. BYU has also won three overall team titles in recent years.

As of Nov. 2, after four weeks of play, the standings in the Traveling League are very close:
1. Marv Jenson (22), 2. Redwood (21), 3. Bountiful Rec. (19), 4. Sports Mall (18), 5. Alta Canyon (16) and 6. Sports Forum (12).

Gene Pletcher, of St. George, tied for fifth place out of the 36 entrants in the Men's 55-59 division in the 1999 National Senior Games (the Senior Olympics), held this October in Orlando, Florida. Gene was the only Utah racquetball player in the games.

The Huntsman World Senior Games in October of 2000 will be the state qualifying event for the 2001 Olympics to be held in Baton Rouge, Louisiana. Seniors, plan your calendar now to attend!

The following Utah players are ranked in the top ten nationally (as reported in the Nov/Dec issue of Racquetball magazine). Congratulations!

PLAYER	DIVISION	RANK
Kristen Walsh	Girl's 16-	1
John Sanderson	Boy's 8-	3
Kristen Walsh	Girl's 18-	3
Val Shewfelt	Women's 40+	3
Jim Wilking	Men's 60+	5
Kimberly Walsh	Girl's 12-	7
Dan Robison	Men's C	8
Sylvia Sawyer	Women's 55+	8
Walter Gardner	Men's 80+	9

Letters To The Editor

Colorado big guns Brian Pointelin and Mike Johnston had some very complimentary things to say in this note dated September 22:

Another September, another great trip to Salt Lake for the Precision Sports Open at the Sports Mall. We wanted to take a moment to say thanks to some people who make these trips to Salt Lake all too enjoyable.

One of the reasons that Mike and I like coming over to Salt Lake is because of the people we have met like Sean Lucky, Marcus Dunyon, Steve Coray, the Walsh family, Tony Glavas, John Yorkey, Cary Chun, Todd North, Nate Porter, Adam Tueller, Cameron Burnside, and many others who have been kind to us. Oops, can't forget Rhino, the pumped up version of Mike Johnston. Their hospitality and support, whether it is in Utah, Las Vegas, or even in Colorado, has been very generous and we appreciate it very much.

In the four years I have been coming to Salt Lake for the Precision Open, it keeps getting better and better (also tougher to win too). The first year I came out I had a great time, met a lot of great people, and played well. The second year was the same great people, but I didn't play as well. The last two years, I could tell my game had gotten better, but the fun hasn't stopped yet. Too much trouble to get into with Lucky around.

The good times keep rolling like a splat off the side wall, or was that my head again? Anyway, we wanted to say thank you to all those who have been very kind and generous with their offers of places to stay, rides to the airport, taking us out and showing us a good time. The memories that we have already shared with some of you are great - thank you to those of you who have been a part of them. The "Two Minute Man", singing "You've Lost That Lovin Feeling", and the "snowstorm" that trapped us two years ago. We would also like to thank Tony Roma's restaurant for having great food and a chance for Mike and Lucky to embarrass people. That place has now become a sacred place for us to eat every year we come to town.

We would also like to return the favor to those of you who come to Colorado for tournaments or those who are just visiting. Please contact us and let us know if you are looking for a game or want tournament information. We would be more than happy to help out. I personally would like to invite you out to the Denver Athletic Club for the Pro tournament that runs at my club from January 13-16.

Thanks again to Tony Glavas for doing a great job run-

ning the tournament. Some people don't realize how hard it is to run a tournament by yourself. Keep that in mind before you yell at the director next time. keep increasing the women and junior players. We'll see you again next year. Contact info for Brian and Mike are listed below.

Brian	Work:	303-534-7331 ext. 1029
	Home:	303-360-6021
	E-mail:	BPointelin@aol.com
Mike	Work:	303-885-7970
	Home:	303-360-6021
	E-mail:	mjohnston@nortec.net

Gregory Taylor, president of the Oregon Jr. Racquetball Association called to request our permission to reprint Kristen's article on avoidable hinders in our last issue, then sent this e-mail:

Thanks again for the permission you gave for letting the Oregon Jrs. have the opportunity to learn some tips from the article Kristen Walsh wrote on avoidable hinders. I'm just floored at how a Junior 16 years of age can grasp one of the most controversially and vaguely written rules racquetball has and write an article that an old guy like me can understand. Hopefully I'll use it more effectively in the games I referee in the future.

I've been getting your newsletters now for one year, since I met your president, Enrico Dubach at the 1999 Leadership Conference in Colorado Springs, CO. I look forward to each edition for the photos and articles written about people who play the sport. It's the personal, down to earth way the articles are written that make your paper a notch above the rest. Adam Anderson's Player Profile adds that touch of a hometown feeling that I really enjoy.

You folks in Utah are doing a great job and should be proud of the accomplishments you have made in regard to "Off The Wall". Hats off to you all.

Logan's Ali Blaakman sent a note showing her interest in staying in touch:

I was very happy to read last month's issue. The articles were highly informative and dealt with aspects of my game that I need to improve upon. I also like the personal interviews. Not living in SLC, I feel at times "out of the circle" but truly enjoy the company of those I've gotten to know.

Something worth mention is that, at the National College Tournament, two Utah teams placed in the top ten (BYU #3, USU #7). Way to go Utah!

Colorado's Mike Johnston took home another Men's Open title from the Precision Open tourney.



Photo by Steve Coray

Photo by John Yorkey

Colorado's Brian Pointelin took home a third place and an eyebrow full of stitches (needed to close the wound he received when he crashed into the wall at the same tournament).

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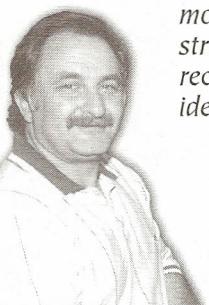
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OFF THE WALL

Letters To The Editor (continued)

I am not sure who is making the e-mail directory but it is a great idea!! My name is Alicia (Ali) Blaakman and my e-mail is: slpby@cc.usu.edu

I am playing Womans Open's and A's this season and would love to get on the court as often as possible. You will be seeing me lots down in SLC tournaments!! If anyone is up in Logan, have them call me: 435-787-1887 (hm) 797-7127 (wk).

Tracy McCoy sent in these two suggestions for improving tournaments. He is interested in getting the reaction of other players (like you!). The Reader's Poll (see page 3) includes this topic - take it today!

1. Shirts: Allow purchase of shirt as an option. Announce color, style (collared, buttons, T shirt, tank top, pre-shrunk cotton, polyester, etc.), insignia or logo, etc. Include picture in tournament advertiser.

Personally, I am not always interested in the purchase of a shirt. Most of the time I would prefer to purchase a shirt when I am in need of one. I also feel this choice would allow the tournament directors the chance to purchase only what is needed and help their budget stay in the black.

2. Tournament Awards: My preference here is a gift certificate for placing in a division (a certificate to Garts, Pedersons, etc.). A trophy looks nice but it has never helped me purchase needed equipment for league play or tournament play. I believe gift certificates/equipment gifts will help keep the game alive by providing a useful prize (money works too of course) for time and effort expended.

Well, what do you think? Do you agree or disagree with Tracy's ideas? Tournament directors need to know what you want from them. Get more bang for your buck by having your suggestions printed in "Off The Wall".

Don Sanderson had this excellent feedback regarding avoidable hindering:

Brava for Kristen Walsh's article discussing the avoidable hinder! I enthusiastically agree it's a call made too infrequently, and then even less frequently without indignant protests from the player against whom the call is made.

When, as is often enough the case, that player is ME, I try to keep one thing in mind: Would I prefer a match where my opponent can hold up and trust that the ref will make the call, OR, more commonly, one where it's obvious that he/she WON'T make the call and the offensive player feels compelled to wail away full blast trying to thread the needle past me to retain the upper hand in the point and likely as not leave me with a month-long reminder of my momentary inability to give him a clear shot to the front wall?

Bottom line: The avoidable hinder call is a safety issue in addition to the obvious fairness issue of the offensive player NOT being disadvantaged by his opponent's failure to move.

As a player, even if you happen not to feel especially motivated by sportsmanship to gracefully accept, offer, or even INSIST on the avoidable call against yourself, you should consider choosing one of the above based on enlightened self-interest alone.

As the ref: MAKE THE CALL! As Kristen accurately

observed, virtually every match has "avoidables" that go uncalled- more so certainly in the junior and entry level skill levels where the hapless hinderER is more likely actually FACING the overzealous and under-skilled hinderEE like the condemned prisoner staring down the barrel of the executioner's weapon.

How many times have we all as spectators winced in horror as some junior player narrowly missed getting drilled HARD by a close range full-on face shot? Refs, talk about avoidables in the pre-match brief, make it known you WANT the hinderee to hold up for safety and he'll not be penalized for it, set the tone and MAKE THE CALL!

One final point. Kristen suggests eliminating the term "offensive opportunity" as a guide for determining whether the hinder was avoidable and cites that those words fail to appear (verbatim) in the rules. True enough, yet rule 3.15(b) referred to in the article explicitly DOES include "unintentionally moving in a direction which prevents the opponent from making an open, offensive shot."

A rose by any other name . . . we can quibble about terms but I assert that determining that the hinderee was denied an "offensive opportunity" by the hinderer absolutely satisfies the spirit and darn near the letter of the rule too.

Bryan Bennett's equally excellent cover article on the subject (December 1996) quotes Jim Hiser, then associate executive director/programming of the (US)RA and one who literally wrote the book on racquetball coaching as attempting to clarify the point with the following interpretation: "An avoidable hinder occurs with the hinder of an offensive shot that would have resulted in a point." Again, while not found word for word in the rules, I am sure that any referee using Mr. Hiser's guidance or the "offensive opportunity" test in deciding to call an avoidable hinder stands on solid ground.

Thanks for the great issue and the useful, informative articles.

Finally, this very nice tribute came in from the entire BYU Racquetball Team:

Two living legends are closing another chapter in their racquetball journey. Over 15 years ago, the pair set out to change the face of collegiate racquetball. In the process they have been a part of collegiate racquetball at the national, regional and individual coaching levels.

Their gentle ways of coaching have inspired many to achieve high skill execution and sportsmanship. In the process, many lives have been touched by their love and friendship.

During their time as coaches, they were part of three BYU combined team and five BYU women's team national titles. They both have a love and tenacity for racquetball that is felt by all who have had the privilege of associating with them.

We just want to say thanks, Sylvia Sawyer and Roger Flick for all YOU have done!

With much love and appreciation, the BYU racquetball players of the past, the present and all those who have played with you.

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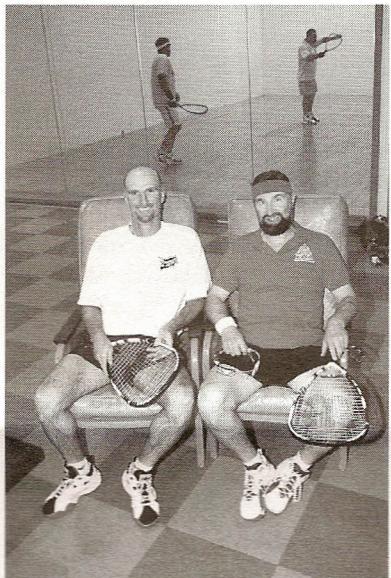
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Player Profile: Moon and McNabb

By Marcus Dunyon, URA V.P.

This issue, we feature not one, but two players - two guys who make up what has to be Utah's most successful doubles team ever.

They have won more tournaments and played for so many years together that they can't even keep track of it all. Bob lists it at "over ten years", while Larry thinks it's closer to 20. I recently had the pleasure of interviewing these two extraordinary players.



Photos by Steve Cory

The fitness Center at Ogden's Defense Depot is home for long-time doubles partners Larry Moon, left, and Bob McNabb.

Bob McNabb and his wife, Jean, live in Layton and have two sons, both pilots. Bob, still playing solid Open Doubles at 62, is retired from the Air Force and currently runs the fitness center at the Defense Depot in Ogden.

Q Bob, how long have you been playing racquetball?

A Well let me think... I started playing back in the early 1960's at Pease Air Force Base in New England. Back then it was called paddleball and to think of it I have no idea how I hit the ball back then.

Q I imagine you played singles at first but today most people think of you as a doubles expert. Which do you prefer?

A I really prefer doubles. You have to make your shot much more precise and it requires more patience and thinking than singles.

Q When did you and Larry start playing together?

A We've been playing together for over ten years and have won somewhere between 30 and 50 tournaments over that time. I have also played with Dave Hoch and won some tournaments with him.

Q What have been some of your biggest wins?

A Larry and I have won a couple Open State Championships and many Rocky Mountain Masters age group divisions, like the 30, 35, and 40-year age divisions. Probably the Inter Service Air Force Doubles Championship was my biggest win.

Q What kind of strategy do you and Larry use?

A I just keep things in play and let Larry chase everything down. I keep it alive until Larry kills the ball.

Q What other sports do you play?

A I like tennis and a little golf.

Q Talking with the players in the Huntsman Senior games, you have become somewhat of a living legend. What do you think of that?

A Well, I have been able to beat some of the players who play in wheelchairs, but I have been beaten a few times by someone with two healthy legs. However, I have won the doubles with either Al DeCost or Lynn Corbridge for the last ten years.

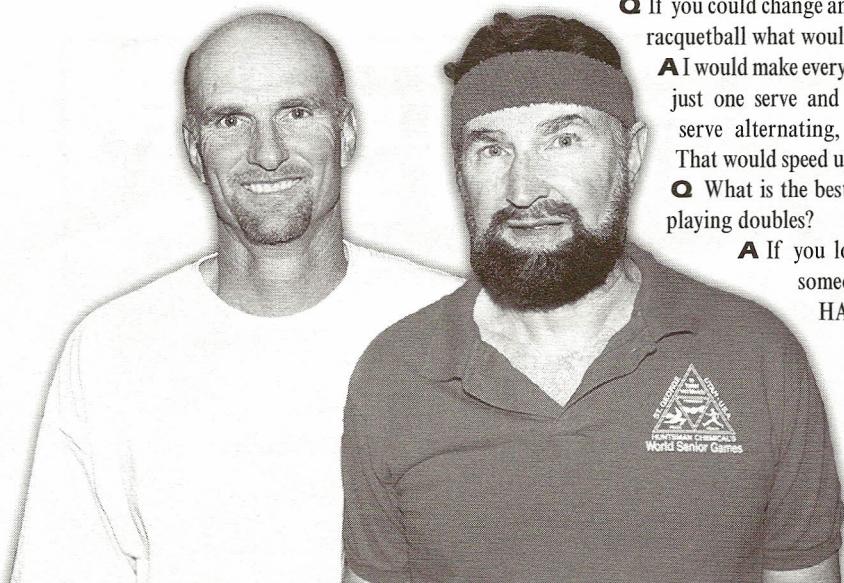
Q If you could change anything about racquetball what would it be?

A I would make every division have just one serve and make people serve alternating, like squash. That would speed up the game.

Q What is the best thing about playing doubles?

A If you lose, you have someone to blame.

HA HA



Larry Moon and his wife, Lynn also live in Layton and have eight children. Larry, 45, works as an engineer for Iomega.

Q Larry, I have talked with your wife and she tells me you are somewhat of a fitness fanatic.

A I work out, train both by lifting weights, and do a cardio workout. I also enjoy camping, fishing, boating, tennis and doing things with my family.

Q Bob tells me he thinks you guys have won between 30 and 50 titles over the years. Does that sound right?

A I moved to Utah in 1980 and began playing doubles with Mac at that time. There was a time in the mid to late 80's where we never lost a match in three years. And in fact, when the string of wins ended, it was in Idaho against Michelle Gould and her doubles partner. So the number Mac gave you was probably pretty close.

Q During that span of wins, what made the difference between your team and the competition?

A We knew each other so well that we knew who was going to get to the ball and who needed to cover.

Q Your doubles style has been entertaining to watch over the years, how would you describe it?

A I try and hit power pass shots and Mac hits the corner and kill shots. Most teams think they can pick on Mac, so all he does is punish them. We work together so well.

Q What did Mac teach you about the game?

A I really didn't play much doubles until I started playing with him, so he taught me a lot about playing with four people on the court, the idea of playing side by side. Then over the years we have modified it somewhat so I can cover the court a little more and he puts the ball away up front.

Q What do you like most about playing with Bob?

A Bob is a ferocious competitor and hates to lose as much as I do, but more than that is my friendship. I can't imagine playing doubles without him. No matter what happens on the court, we know that we both gave it everything we had, win or lose. After the match, everything is fine.

Q You play singles from time to time. How do you like it?

A I really enjoy the competition and speed of singles. I tend to train even harder when I'm playing in a singles tournament.

Q How do you feel about the state of racquetball?

A When I started playing, there were more people playing. However, I feel the level of play has gone up. The game is more of a power game and players are hitting more kill shots than in the past.

Q If you could change something about the game what would it be?

A I would make it one serve only, that would speed up the game and would make people play instead of trying to hit the perfect serve on the first try.

Note: I have had the opportunity to play these two men several times in tournaments and am proud to say that I won... once. That's one game, not one match. One game! Take a moment to talk with these two impressive men. They are great guys and maybe you will learn a few doubles secrets from them.

Tips on Improving Tournaments

Tip #1: Do your part to keep matches running smoothly:

When you report to the tournament desk (10 or 15 minutes before your scheduled starting time), be dressed, stretched and warmed up. Jump on an exercise bike for a few minutes beforehand to get your blood pumping.

Also, once you are sent to a court, don't waste time in extra conversation and extensive warm-up drills - get playing!

The same goes for breaks. Rule 3.16 states that time outs are **30 seconds**, the break between games one and two is **two minutes**, and the break between games two and three is **five minutes**. Don't waste time!

And above all, **do not ask for schedule changes after the tournament has begun!** Your request may seem a simple change, but most changes cause a ripple effect that throw scheduling out the window and leave matches being played into the wee hours.

Tip #2: Salt Lakers, please try to play in as many out-of-town tournaments as possible. We know it is difficult, but we **need** those folks from outside the Salt Lake valley. Most tournament directors will work with your schedule conflicts if you inform them when you sign up.

Tip #3: We need everybody's help in recruiting new players. We must pump new blood into our sport and there's nobody out there better than you to get it done. Please do what you can to welcome new players to racquetball and help end the frustration of small draws!

Tip #4: For you A/Open players, watch for those tournaments that offer the AA category. You just sign up for the Open group, then move into the AA group if you lose in the first round. That ensures you of at least three matches and some quality competition!

Bargain hunters rummage through merchandise at the High School League's annual garage sale.

Photo by Steve Coray



Racquetball Fitness: Four Keys To Effective Exercise

By Doug Scott



The keys to selecting the right kinds of exercises for developing and maintaining each of the basic components of fitness are found in the following four principles:

SPECIFICITY

Pick the right kind of activities to affect each component. Strength training results in specific strength changes. Also, you should train for the specific activity you are interested in.

For example, optimal racquetball performance is best achieved when the muscles involved in racquetball are trained for the movements required. It does not necessarily follow that a good runner is a good racquetball player.

PROGRESSION

Increase the intensity, frequency and/or duration of activity over periods of time in order to improve. If you are training for progression, you should realize the importance of "periodization", which is scheduling your training throughout the year using percentage changes in workout loads and altering intensity levels. If you are

interested in learning about the importance of periodization, you should consult a certified personal trainer. Periodization decreases the "plateau effect" and is an important tool for sport optimization.

REGULARITY

At least three balanced workouts a week are necessary to maintain a desirable level of fitness.

OVERLOAD

Exercise hard enough at levels vigorous and long enough to overload your body above its resting level to bring about improvement.

Some activities can be used to fulfill more than one of your basic exercise requirements. For example, in addition to increasing cardio endurance, running builds muscular endurance in the legs. Swimming develops the arm, shoulder and chest muscles. If you select the proper activities, it is possible to save time by fitting parts of your muscular endurance workout into your cardio workout.

Doug Scott, MBA, CSCS, is a fitness consultant and serves on the Governor's Council on Health and Physical Fitness. He is a fitness program co-ordinator at the Marv Jensen Fitness Center. Questions may be referred to him at (801)253-4404.

World Seniors: An Eye-Opener

By Val Shewfelt, URA Treasurer

"I wish I were older." Those are words I never thought I would say again once I turned 16, but there they were coming out of my mouth. I had made the trip down to Albuquerque to the World Senior Racquetball Championships with dreams of beating up on those "old women." At the very least, I hoped to be respectable and not embarrass myself. I figured I was right in the middle of my age group so I should be able to win at least half my games.

I had been warned that I would be playing a lot of matches and they weren't kidding. I ended up playing ten matches in five days. What I wasn't prepared for was that six of my ten matches were against pro or top-ten amateur players. The week started out with a match against Laura Fenton in the glass court. I can say that I was ahead in the third game. Okay, so it was 1-0 and the matches all went three games to 11, but I was still ahead!

By the end of the week I was wishing I were 75. I think I could compete in that division! Of course, by then I was also walking like I was 75, so maybe I wouldn't have had a chance after all.

All in all, it was a very humbling experience, but the people and the hospitality were great. I even got to play two matches against women who spoke no English — one from Japan and one from Mexico.

If you ever have the opportunity to attend this tourney, go, but be prepared. These "old" people can really play ball. Be prepared also to play a lot of racquetball. From Tuesday through Friday everyone played in round robin divisions. On Saturday, the top finishers in each round robin then played off in a single elimination tournament.

There were a few of us representing Utah, but unfortunately no medals came back home this year. We'll get them next time... After all, we'll be older and maybe wiser.

High School League

By Marianne Walsh, URA Secretary

Thanks to many donations and the efforts of Rose Hernandez, Catherine Sanderson and Vickie Rodman, the High School League's annual fall garage sale netted over \$400 to help send the teams to this season's National Championships in St. Louis, MO. Please keep this fundraiser in mind next year when you do your spring cleaning.

This year's program is just getting off the ground. The first tournament will be held Dec. 11, at Cottonwood Heights Recreation Center from 9 a.m. to noon.

There are players of all ability levels involved in the High

School League, all the way from basic beginners to a national champion. Anyone in grades 9-12 is welcome to play and we are always looking for more people to compete and learn. If you are interested or know of someone who might be, call Cottonwood Heights at 943-9673 to get signed up.

WANTED: Parents, players, and volunteers to support the High School League. Volunteers can help with just about anything; from coaching, to assisting at tournaments, to getting food for tournaments, to making phone calls, to promoting the league, to running fundraisers. Please call Marianne at 487-2338 if you can help out.

Huntsman World Senior Games

By Jack Healy

I have always wanted to play in the Huntsman World Senior Games. This year, having turned 50, I got my chance to attend and the games turned out to be so much more than I had expected.

As I drove into town, an enormous traffic jam on St. George Boulevard told me there were far more people here for the games than I had ever imagined. Arriving just in time, I got to participate with about 30 racquetball players in the Opening Ceremonies parade of athletes (along with thousands of competitors from other sports). The ceremonies also included some interesting speakers, celebrities, colorful banners, dancers and other performers, a laser show and even fireworks inside the convention center.

The people of St. George really roll out the red carpet for the athletes with their hospitality, discount coupons and other specials that are good all over town. The games also offer many kinds of health screenings and tests to help you evaluate your overall health. They even have activities around town (hikes, tours, clinics, history walks, performing arts, shopping etc.) to entertain the athletes' spouses.

During the tournament, I met some very nice people from all over the world and had a great time competing and visiting with them. There was great comraderie among the players. As competitive as the players were, I never heard anyone getting upset or throwing RACQUETBALL tantrums over any calls.

Tournament director Gene Pletcher does a great job

running lots of matches in just four days and keeping everything on time and running smoothly. The format is a round robin, where you play everyone in your division three games to 11. You accumulate three points for each game you win, seven points if you win the match, and the total game points you scored during the course of the tournament.

In small divisions, the player having accumulated the most points is crowned the winner. In larger divisions, the top scorers are placed into a regular playoff draw to determine the champ.

All in all, it was a wonderful experience, on and off the courts, and all I had to do to earn it was to hit the half-century mark. Getting "old" isn't so bad.

Utahns In The H.W.S.G. Winners Circle

Doubles (non-Utahns are listed as "partner")

Women 50-54	Gold	Sandy Bradshaw/Cheryl Anson
	Silver	Sylvia Sawyer/partner
Men 50-54	Silver	Pat Conway/Eddie Barber
	Bronze	Lloyd Laycock/ David Rasmussen
Men 55-59	Gold	Bob McNabb/partner
	Bronze	Tom Nystrom/partner
Men 60-64	Gold	Gene Pletcher/partner
	Silver	Gary Giles/Kent Hugh
Men 65-69	Bronze	Doyle Thompson/partner
Men 70-74	Gold	Don Henderson/partner
	Bronze	Dick Egan/partner
Men 75-79	Gold	J.W. Child/partner

Singles

Women 50-54	Gold	Sandy Bradshaw
	Silver	Shirley Brua
Men 50-54	Bronze	Linda Laycock
	Bronze	Sylvia Sawyer
Men 55-59	Bronze	Jack Healy
	Bronze	Chris Segura
Men 60-64	Silver	Bob McNabb
	Bronze	Gene Pletcher
Men 65-69	75-79	J.W. Child
Men 70-74	80-84	Walter Gardner

Tournament Results: State Juniors Championships

Ruth McGovern and the Redwood Recreation Center hosted this three-day tournament in August. The last day of competition also included an awards ceremony, a barbecue and a pool party that was a big hit with the kids. Individual and team awards were presented. Next time you see one of these juniors, compliment them on their efforts!

	First Place	Second Place	Third Place	Team Results
Boys 18 & Under	Kristen Walsh	Cameron Burnside	Rob McGovern	1. Cottonwood
Boys 16 & Under - Gold Div.	Cameron Burnside	David Mitchell	Richard Terry	2. Redwood
Boys 16 & Under - Blue Div.	Dallas George	Brad Burns	Steven McGovern	3. Bountiful Rec.
Boys 14 & Under - Gold Div.	Quang Nguyen	Cris Cecka	Richard Terry	4. Sports Mall
Boys 14 & Under - Blue Div.	David Mitchell	Dan Christiansen	Steven McGovern	
Boys 12 & Under	John Sanderson	Andrew Gale	Tyson Cecka	
Two-Bounce - Multi-Bounce	Christopher Knudsen	Brooke Sudweeks	Stephen Olsen	
Girls (combined)	Kristen Walsh	Linda Knudsen	Kimberly Walsh	

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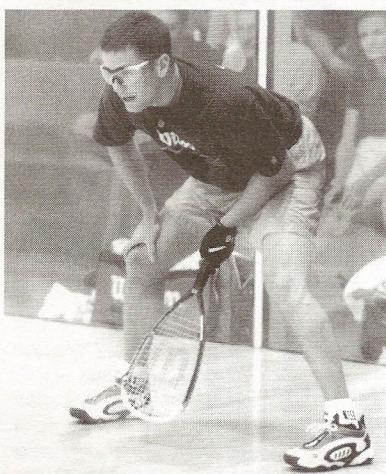
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Photo by John Yorkey



By John Kitchens, URA Board Member

If you weren't at the Sports Mall on 18 Sep at around 6:00 p.m., I'm sorry, but you missed a once in a lifetime opportunity. This was THE showcase Utah sports event for 1999, Cliff Swain versus Derek Robinson in a winner-take-all \$5000 match.

Tony Glavas staged the exhibition event through his annual Precision Sports Open tournament, held 16-19 Sep.

Cliff (#2) and Derek (#6) are two of the most awesome racquetball players on the planet. Not only did they put on a racquetball spectacle of dazzling shots and unbelievable gets, but they were extremely personable and talked and joked with everyone in the crowd.

The first order of business was getting a referee--can you imagine being asked?! Luckily, Mike Johnston from Colorado took on the job and the match began.

It was a riled up, vocal crowd that watched this match, with boos, hissing and loud cheering the norm and the players catering to the crowd.

Cliff took the first game, then lost the second. The third game was all Cliff, followed by a Derek win in the fourth. Finally, with \$5000 on the line, Cliff finished off the match. It was fun, competitive, and highly comical at many moments.

Tony must have given out \$1000 in awesome post-match prizes: several of the new Wilson hyper-carbon racquets, bags, shirts, "Mind of a Champion" videos (narrated by Cliff, Lynn Adams, and Derek), racquetballs, gloves, etc. To cap off the event, Cliff and Derek graciously hung around signing autographs and talking to the crowd.

In all, what a night! A big thanks to Tony Glavas, the Sports Mall and Wilson Sports for making this HUGE event happen.

Sports Nutrition

By Mark Wasescha

How would you like to increase your endurance, energy, power and strength? Eliminate soreness and fatigue? Speed up your metabolism and lower your body fat? What single thing can help you make all those improvements? It's simple - Protein, also known as amino acids.

The Power of Protein

- Protein provides the structure for all living things and allows us to sustain life.
- Protein substances make up your hair, nails, ligaments, muscles, tendons, glands, organs and most body fluids. Only water constitutes more of your total body weight.
- Proteins are essential for bone growth and the production of enzymes, genes and hormones.
- Vitamins and minerals absorb, digest and assimilate much better in the presence of proteins.
- Protein even helps brain power. The central nervous system needs proteins for the brain to send and receive messages.
- A meal high in protein can temporarily increase mental alertness and alleviate depression.

Timing is Everything

Your body's demand for protein is extremely high anytime you go for long periods without it or after strenuous physical activity. The first thing in the morning and after

your racquetball match, your body, your muscles, your brain, need protein ASAP! It needs to be assimilated into your muscle fibers and cells within 90 minutes.

If you don't provide your body with protein that fast, it goes into a state of "catabolism", using up muscle mass for protein needs. When you lose muscle, you lose cells that store energy and burn fat. You lose strength and endurance.

Whey To Go (or Soy Delicious)

High quality whey or soy protein supplements are the best choice to get protein quickly assimilated into your body within that critical 90 minute window.

Compare that method to a normal diet of meats, cheese, eggs and such that can take from three to five hours to digest and assimilate - two to three times longer than your body can wait for the delivery of the precious nutrients that the amino acids of protein provide!

Of course results will vary from one person to the next, but you will generally feel a noticeable difference within one week. So give protein supplements a try. You have everything to gain and nothing but a few pounds of unwanted fat to lose.

Mark Wasescha, CFT, is an International Sports Sciences Association Certified Fitness Trainer and Nutritional Consultant. He is the owner of Performance Naturals Knowledge and Nutrition Center, located at the Sports Mall. Questions may be referenced to him at 801-313-0158.

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Know The Rules: Encroachment

By Kristen Walsh

My topic this issue is the ENCROACHMENT line. What's that you say? Okay, okay, I'm sure you know what it is, but are you sure you know exactly what it's used for?

The encroachment line is the dotted line that is located in back of the short serve line. This line creates a "safety zone" in which the receiver isn't allowed to enter until the ball bounces. This also protects the server from beingattooed in the rear end.

Encroachment is a judgement call and it is sometimes difficult to see, depending on the angle that the ref is positioned. Many times the call isn't made at all, making both players frustrated.

I've heard many different versions of this rule from lots of different players. Some people think you can step over the line as long as your racquet doesn't cross it before the ball bounces. Some people think that you can't cross the line at all, even if the ball has bounced. Others have said

they think it's okay to cross the line if you're going to cut the ball off before it bounces.

All of these misconceptions are making it very difficult on players and refs alike because no one knows what the right call is supposed to be.

When receiving a serve, the receiver can't enter into the safety zone until the ball bounces or crosses the encroachment line. If the receiver wants to cut the serve off before it bounces, he/she can not strike the ball until it breaks the plane of the encroachment line. However, the follow through can carry the receiver or the racquet past the line after the ball is hit.

When the serve is being hit, the receiver isn't allowed to have any part of his/her body protruding past the plane of the line, including the racquet. It also applies to both doubles players when receiving.

Even though this rule is misconstrued very frequently, it is important for you to know the right rule so that you will be able to make the correct call, no matter what division is being played.

**WHEN
Was The Last Time
You Opened The
RACQUETBALL
RULE
BOOK???????**



Photo by John Vorley

Tournament Results: Precision Open

	First Place	Second Place	Third Place
Men's Open	Mike Johnston (CO)	Eric Brannigan (CO)	Brian Pointelin (CO)
Men's A	Chris Gale	Doug Douville	T.J. Robinson
Men's B	Gary McDonald	Clarence Verhoef	Gary Monk
Men's C	Jim Isaacson	Steve Howard	Kevin Neison
Men's D	Jon Sanderson	Quang Nguyen	Chris Jenk
Men's 30+/40+	Don Sanderson	Steve Coray	Craig Wandling

Tournament Results: Fall Blast

	First Place	Second Place	Third Place
Men's Open	Jerry Montanez	Todd North	Brad Bona
Men's A	Doug Douville	Eric Carver	Chris Gale
Men's B	Kevin Nelson	Dale Harris	Rod Johnston
Men's C	John Bevich	Darrin Vandenbos	Dan Robison
Men's D	Eddie Hill	Brian Thomas	Gene Scoggin
Men's 35+/40+	Steve Coray	Enrico Dubach	Chris Clift
Men's 50+	Doug Douville	Hal LaBelle	
Women's Open	Christine McAlpine	Ali Blaakman	Sandee Hinman
Women's A	Jennifer Lynch	Ann Henry	

	First Place	Second Place
Men's Open Doubles	R.Hoey/M.Christensen	J.Montanez/T.Montanez
Men's A Doubles	M.Van/S.Smith	E.Carver/R.Carver
Mixed Open Doubles	R.Hoey/C.McAlpine	G.Aitken/S.Hinman

Many thanks to sponsors: Service Plumbing, Pendleton Construction, Pederson's Ski & Sports, Ambassador Pizza, Bruegger's Bagels,

Tournament Results: Bountiful Bash

	First Place	Second Place	Third Place		First Place	Second Place	Third Place
Men's Open	John Kitchens	Spencer Crozier	Matt Christensen	Women's Open	Kimberly Blake	Sandee Hinman	Jennifer Lynch
Men's A	Mike Retford	Randy Krantz	Greg Baker	Women's A	Mandy Thomas	Jennifer Lynch	
Men's B	Rob Johnston	Clarence Verhoef	Bob Pendleton	Women's B	Mandy Thomas	Lynn Wheeler	Kim Kendall
Men's C	Darrin Vandenbos	Scott Randall	Rick Taylor	Women's 40+	Val Shewfelt		
Men's D	Cody Christensen	Nathan McCoy	Kent Chambers	Women's 45+	Sandi Gunn		
Men's 25+	John Kitchens			Boys' 18-	Rob McGovern		
Men's 40+	Enrico Dubach	Bryan Bennett	Mike Draper	Boys' 14-	Jonathon Dubach		
Men's 45+	Marcus Dunyon	Gary Fritzsche	Mike Retford	Boys' 12-	Jonathon Dubach		
Men's 50+	Jack Healy	Chris Segura	Dan Rideout				
Men's 55+	Chris Segura	Hal Labelle					
Men's 60+	Hal Labelle						