



OFF THE WALL

Opening Shots



By Enrico Dubach, URA President

Tournament season is here and my body already hurts. But it's a "good hurt" and I love it when the competition is fast and furious. Even though I missed the Sports Mall tournament in September, I've played quite a few tournaments this year.

Hollis Robison did a great job running State Doubles at Marv Jenson. He had never run a tournament before, but with a lot of help, he was able to pull it off.

Ray Hoey ran the first round robin format tournament with the Fall Blast at Sports Forum. Ruth McGovern followed suit with her Swing into Fall tournament at the Redwood Center two weeks later. Both tournaments turned out well with the new format. In fact, Ruth's tournament filled up a week before the entry deadline! The players I talked to seemed to like the new format, but I think most players still prefer the standard match play. I like both types and perhaps a mix of both during the season will work out. Let us know what you think.

Sandi Gunn did a great job, as usual, with the Bountiful Bash. She had lots of help from Barb Christensen and Kelly Goodfellow. This annual favorite was as exciting as ever. The biggest division was the Father/Son doubles. My son Jon and I had a great time playing together and I know he learned a lot about doubles.

On a more somber note, Mike Deamer suffered a heart attack on the court Saturday morning. A quick response by Sandi and her crew got the paramedics there quickly, so it looks like Mike will be all right. We all hope he will make a full recovery and get back on the court.

At the October board meeting, we discussed moving the State Doubles Championships back a month or two. It has traditionally been held in September of each year. Let us know what you think for next year.

The November tenth issue of the Salt Lake Tribune featured a Rolly and Wells article about Bountiful racquetball player Terry Orchard. According to the article, Terry has coached little league football for 30 years. His team has had 28 winning seasons, four undefeated seasons and

one year in which his team wasn't even scored on. Terry and his wife, Robin were honored that night at Bountiful High School. Congratulations Terry!

We continue to have changes on the URA Board. Steve Coray made a career change and moved to New York this October, but has graciously offered to continue doing the newsletter for now. He asks that you stay in touch with him via e-mail (scoray@corayphoto.com). We do need local help gathering information for the newsletter, so let us know if you can help. Best of luck to you, Steve.

I would like to welcome Debbie Cheney and Dennis Fisher to the URA Board. Debbie plays at the Sports Mall and will help with meeting minutes and secretarial duties. Her enthusiasm is great and we look forward to seeing more of her. Dennis is the racquetball coach at BYU and is a familiar face at tournaments. He will oversee the collegiate programs and help represent the players in Utah County. We appreciate Debbie and Dennis stepping forward to help Utah Racquetball!

Five clubs throughout the Salt Lake valley and Bountiful are participating in the Traveling League. This year features a format with spots for all B/C level players. We also need more women to play! Contact your club manager or Ruth McGovern at the Redwood Center if you'd like to get involved.

The High School league is also going full blast. Contact Marianne Walsh for more information.

In order for all these tournaments and programs to flourish, we need more members! While most members are tournament players, the vast majority of recreational racquetball players in Utah are not. These club players would gain a lot from membership in the USRA/URA and we would gain a lot if we could add even a small percentage of them to our association.

Please mention this to your friends at your local club. There is a membership application and benefits in this newsletter. With a little help from you, we can make the URA stronger than ever. See you on the courts!

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Mark Your Calendar

- Jan 9-13
Alta Canyon Avalanche
Alta Canyon
(801) 942-2582

- Jan 24-27
Provo Racquet Fest
Provo Recreation Center
(801)371-6874

- Feb 1-3
Gold's Gym Invitational
(Round Robin Format)
Gold's Gym (Ogden)
(801)399-5861

- Feb 8-10
Utah High Sch. Championships
Sports Mall
(801)487-2338

- Feb 13-17
St. Valentine's Day Massacre
Redwood Multipurpose Center
(801)974-6923

- Feb 27-Mar 3
Spring Smash
Marv Jenson
(801)253-4404

- Mar 13-17
Luck of the Heights
Cottonwood Heights
(801) 943-3190

- Apr 4-7
State Singles Championships
Sports Mall
(801) 261-3426

HAPPY NEW YEAR!

Off The Wall

Dec, 2000

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There is currently one open spot on the URA Board. Please contact a board member if you would like to get involved at this level!

Submit all 'Letters to the Editor' or any other inquiries to:

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Contributions may be emailed to the Editor at scoray@corayphoto.com.

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

March 2001 issue February 12, 2001

The Sports Medicine Chest

By Dennis Fisher, URA Board Member

Preventing Soft-Tissue Injuries

It's not a stretch to say that soft tissue injuries, the most common in sports, have zero redeeming qualities for the racquetball player. In fact, ligament tears, muscle rips and joint tweaks often cost us money, further degrading their net worth to a level somewhere below IRS audits and food poisoning. So, preventing them becomes important if we want to avoid the long healing process, costs of rehab and pain. Just how important is it?

Coaches and trainers agree that sports-related soft tissue injuries can best be prevented with a two-pronged approach incorporating proper stretching and nutrition. Correct technique and dietary supplements also help insure we'll have safe practices and enjoyable matches.

"You'll be better off for it", says Coach Peter Sabosky, physical education instructor at El Segundo High School. Sabosky begins each class with the basics of a good warm-up: Jumping jacks, push-ups, running, etc. The important thing is to "get the blood flowing", says Sabosky.

Don't go into a stretch cold. Avoid over-doing it during the initial limbering poses. "Some kids snap, rip and hold it" Coach Sabosky says. "Don't bounce. When you reach to the point where you feel the pull do not push further."

Getting limber is like taking out an insurance policy against soft tissue strains. As an extra bonus being more flexible will lengthen a runner's stride, a golfer's twist, and a surfer's ride.

Another way to prevent injury to soft tissue is to recognize the warning signs. Injuries often wait to strike until the racquetball player has grown tired and his/her technique starts to get sloppy. Deteriorating performance is the sign to get out of the court. And always stop playing if you are experiencing sharp pain.

Nutrition plays a big part in keeping us off the injured reserve list. "Have an orange after your workout," advises L.A. dietician Amanda Laudenbach. Fruit helps replace vitamins and minerals lost during exercise.

"When your muscles are about to burst, feed them with protein," Laudenbach continues. Proteins are needed to build muscle and for tissue repair. Laudenbach also stresses the importance of drinking water before, during, and after working out. By the time you feel thirsty you are already dehydrated.

Eating a well-balanced diet including nutritional supplements will give you a more durable and resilient soft tissue system. Doctors James Balch and Phyllis Balch, certified nutritional consultants, make the following recommendations in their book, *Prescriptions for Natural Healing*:

Calcium and magnesium are very important for the skeletal support system. Have 1500 to 2000 mg of calcium daily. Get 750 to 1000 mg of magnesium just as often.

Silica at 500 mg daily repairs sore tissue and helps in calcium absorption. Vitamin D, 1000 IU daily, is important for calcium metabolism.

Multivitamin and mineral complexes used as directed promote overall nutritional balance.

From The Editor



By Steve Coray, URA Board Member

Greetings from Western New York! Rico beat me in a match and I was so humiliated that I had to skip town. Actually, I have moved here for a job opportunity and things are going great.

I'm working for an independent money manager who invests funds primarily for pension fund managers. I'm doing everything from setting up our network, to building our website (www.cornellcapitalmanagement.com), to managing a small staff, to improving our marketing efforts.

Now to the point of this article: I miss Utah racquetball! I am playing once or twice a week and enjoy the gang, but it's just not the same.

There are very few tournaments in Western New York, so there is much more emphasis on league

play. The A league I'm playing in is competitive, but all of the players are older (I know, like me).

It turns out that this is generally the case in most categories. There are currently very few juniors programs in the area, which is choking off their ability to grow or even sustain existing numbers.

Combine that with a loss of roughly 100 courts since the area's racquetball heyday and you've got some serious problems.

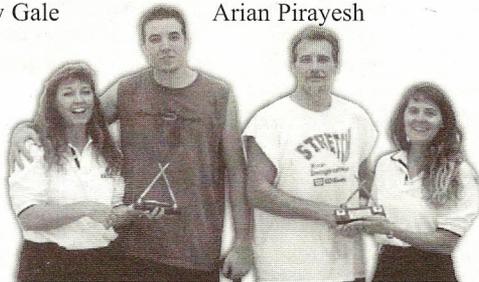
So my long distance advice is to play in as many tournaments as you can. It's to support the juniors and high school programs however you can. It's easy and painless! They always appreciate donations of old trophies, new or used equipment, funds to help them operate, or a little of your time (the most valuable).

Racquetball could be better in Utah, much better. But it also could be much worse. It's up to you.

Tournament Results: Bountiful Bash

	First Place	Second Place	Third Place
Men's Open	Steve Black	Brad Bona	Not a Member
Men's A	Not a Member	Not a Member	Greg Baker
Men's B	Not a Member	Mike Van Valkenburg	Terrance Holbrook
Men's C	Rick Taylor	Scott Anderson	Dan Robison
Men's D	Dallas George	Darryl Hoopes	Nathan McCoy
Men's 35+	Chris Gale		
Men's 40+	Enrico Dubach	Not a Member	
Men's 45+	Gary Fritzsche	Marcus Dunyon	Jack Healy
Men's 50+	Jack Healy	Mike Deamer	
Men's 55+	Dennis O'Brian	Chris Segura	Richard Lawrence
Men's 60+	Jim Wilking	Chris Segura	Hal LaBelle
Boys 18-	Dallas George	Not a Member	Steve McGovern
Boys 14-	Andrew Gale	Arian Pirayesh	Not a Member

Barb Christensen and Sandi Gunn present tournament awards to Colby Baker and his father, Greg



Tournament Results: Redwood Recreation Ctr. Swing Into Fall

	First Place	Second Place	Third Place
<u>Singles:</u>			
Men's Open	Travis Passey	Glen Aitken	Not a Member
Men's A	Ray Griffith	Not a Member	Ron Scoville
Men's B	Not a Member	Not a Member	Barney Christiansen
Men's C/D	Rick Taylor	Steven Hayward	Not a Member
Men's 35-45	Dennis Fisher	Marcus Dunyon	Ray Griffiths
Men's 50-60	Doug Douville	Not a Member	Jim Wilking
Women's Advanced	Marianne Walsh	Not a Member	Val Woodbury
Women's Intermed.	DeAnn Litchfield	Not a Member	Ning Spears
Women's Beginning		Susan Black	Sarah Miller
Dorothy Hornberger			
<u>Doubles:</u>			
Men's Open/A	Dennis Fisher/ Travis Passey	Tom Shearman/ Paul Ethington	Gene Rolfe/ Marcus Dunyon
Men's B	Mike Van Valkenburg/ Darryl Hoopes	Marc Russell/ Brad Arave	Greg Wayman/ Kent Whitehead

Tournament Results: Sports Forum Fall Blast

	First Place	Second Place	Third Place
<u>Singles:</u>			
Men's Open	Not a Member	Adam Anderson	Spencer Crozier
Men's A	Not a Member	Not a Member	Tyler Nelson
Men's B	Not a Member	Craig Masters	Mike Andrew
Men's C	Steven Haywood	Not a Member	Rick Taylor
Men's D	Gene Scoggins	Not a Member	
Men's 45+	Barney Christiansen		
Men's 50+	Jack Healy	Steve Misener	Doug Douville
Men's 55+	Mike Doilney		
Men's 60+	Jim Wilking	Hal Labelle	Chris Segura
Women's A	Not a Member	Val Shewfelt	
Women's 40+	Val Shewfelt		
<u>Doubles:</u>			
Men's Open	Spencer Crozier/ Robert Johnston	Eric Carver/ Not a Member	Not a Member/ Not a Member

Player Profile: Rico Dubach



By Marcus Duryan, URA VP.

This article puts the spotlight on a man who has been not only a player in the sport of racquetball but, more importantly, a leader who has helped make the game we love a better sport. This article is on URA president Rico Dubach and is long past due.

Q Rico tell me a little about yourself.

A I'm 41 years young and have two sons from a previous marriage, Jon who is 12 and Nick who is 18. I started playing racquetball when I was 22 and tournaments when I turned 27 and have really grown to love the sport.

Q In the last tournament you played in the father and son division with your son Jon. Tell me about that.

A I don't get to play with Jon much, so I really look forward to playing with him in doubles and I just completely enjoy doing something with him.

Q How did you get started playing racquetball?

A I had a friend I hang out with who plays racquetball. In fact, we have been playing since 1982 every Tuesday. We've kept track of the number of Tuesdays we have played and it is now 997. It has been nice to have someone to play with on a regular basis. In 1987, we started playing tournaments and fortunately I was able to put in the time to continue playing but my partner couldn't, so we play on our nights and in some leagues but he remains very competitive.

Q You started playing tournaments in 1987. How did you get started?

A Like everyone, I started in the D division and slowly (very slowly) went up from there. Then three or four years ago I was bumped up into the Open division. I play some Open, but mostly I play age division. I'm 41 now and there is just a great group of guys who play in that division. I enjoy playing as much now as any time and that is what I like about this sport.

Q I understand you've had the opportunity to do some traveling abroad. How did that go?

A I was actually born in Switzerland and my parents emigrated when I was still a baby. I have a ton of relatives over there. I got to go back to visit when I was eight and again when I was 15, but then I did not go back for 25 years. My grandmother still lives there and is about 88. She has

a home that overlooks the

Rhine River. I'm going to try and go back more often because of the great opportunity. My sister is currently living in England, so I took some time a couple of months ago to visit her and see what it is all about. I thoroughly enjoyed that, seeing how other people live, how different it is and then compare to where you live. Some things are better and others are not, but usually it is just different and it opens your eyes to many things.

Q I have known your wife Hope for a long time. Tell me how you met and how you got together.

A Well, Hope is a racquetball player and

started playing when she was in college. We started playing some mixed doubles together back in 1994 and did pretty well. From there, we started going out and things have been great ever since. We got married in 1998 and live in Bountiful and things have been just super. Hope's back has been bothering her so she has been unable to play racquetball. She really loves golf, and we do a lot of mountain biking together and it's just great.

Q You mentioned you don't like to exercise, so how do you stay in shape and what else do you enjoy doing?

A I like skiing and racquetball in the winter and golfing and biking in the summer. Hope and I both like to play games and constantly play cards and trivia, and we are very competitive. It's important who gets to the top of the hill first when we bike and who gets to the green first when golfing. It's been great meeting someone later in life that you can enjoy these things with.

Q How did you get involved with the URA?

A I became single after 12 years of marriage and had a lot of free time back in 1992-93, so I decided to give some of my time back to racquetball. Roger Flick was the President then and he invited me to attend and help out the board. Randy Krantz and I put together the first membership directory of players.

A few months later I was asked to be on the board and have been on the board ever since. I was elected President three years ago and have really enjoyed watching things move forward. I enjoy being involved with the juniors and working with the kids.

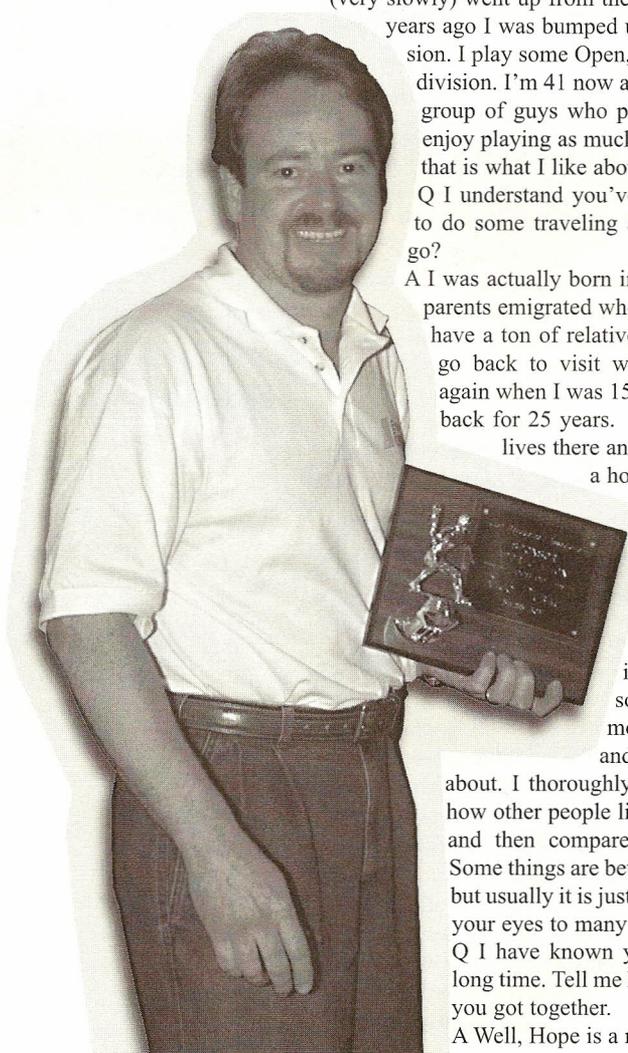
Q What are some of the things that concern you about this sport we all love?

A When I started, the C and D divisions were the largest draws. Now we have fewer players in those divisions and it concerns me that not enough new people are coming into the sport. There are so many other things people can do in life and they seem to keep us so busy that it's hard for players to commit to the time needed to play tournaments. But there are still a large number of wonderful players who are involved with the sport. And I am interested in keeping it going for as long as I can.

Q How has racquetball been an influence in your life?

A I was never a sports person in high school and racquetball has given me the confidence to play other sports and do well at them. It has helped me to learn to perform under pressure. That has been good both in sports and in everyday life.

Our board is lucky because we have a number of people, like Rico, who are willing to work for free, to devote more time than most would ever realize and to ask for nothing in return. In my opinion, Rico is truly one of the real leaders in Utah. I know personally of his deep commitment to racquetball and to each member in the URA. He is the reason I serve on this board.



Tournament Results: State Doubles

	First Place	Second Place
Men's Open	Brian Pointelin/Not a Member	Lynn Corbridge/Rick Corbridge
Men's A	Dennis Fisher/Lynn Corbridge	Tyler Nelson/Ray Griffiths
Men's B	Scott Laycock/Lloyd Laycock	Steven Hayward/Michael Andrew
Men's 25-30+	Matt Christensen/Steven Misener	Not a Member/Not a Member
Men's 35+	Bill Grieder/Mike Pitcher	Rico Dubach/Glen Aitken
Men's 40-60+	Rico Dubach/Glen Aitken	Dave Van Massenhove/Not a Member
Mixed Open	Marianne Walsh/Brian Pointelin	Not a Member/Not a Member
Mixed A/B	Jodie Ellsworth/Ron Scoville	Ning Spears/Jared Daniels
Women's Open	Marianne Walsh/Ruth McGovern	Sylvia Sawyer/Not a Member
Women's A/B/C	Ning Spears/Jodie Ellsworth	Not a Member/Not a Member

Tournament Results: Huntsman World Senior Gamws

	Category	Award	Name/City
Singles	Women's 60-64	Gold	Sylvia Sawyer, Orem
	Men's 50-54	Bronze	Steve Misener, Logan
	Men's 60-64	Bronze	Gene Pletcher, St. George
	Men's 70-74	Bronze	Don Henderson, St. George
	Men's 80-84	Gold	Walter Gardner, Washington
Doubles	Women's 55-59	Gold	Sylvia Sawyer, Orem/Tawn Wolfe, Huntington Beach, CA
	Men's 50-54	Bronze	Mike Deamer, Centerville/Michael Wolfe, Huntington Beach, CA
	Men's 55-59	Gold	Bob McNabb, Layton/Al DeCoste, Albuquerque, NM
	Men's 55-59	Silver	Tom Nystrom, Ogden/Chris Segura, Salt Lake City
	Men's 60-64	Gold	Gene Pletcher, St. George/Ron Adams, Camarillo, CA
	Men's 70-74	Gold	Russ Carruth, S. Ogden/Norm Skanchy, Liberty
	Men's 70-74	Silver	Don Henderson, St. George/Verlyn Dunn, Pocatello, ID
	Men's 75-79	Silver	J. W. Child, Salt Lake City/Dick Kenealy, San Juan Capistrano, CA
	Men's 80-84	Gold	Walt Gardner, Washington/Glenn Otterson, La Mesa, CA

Other competitors from Utah included: Jack Healy, Salt Lake City; Chuck Barrett, Santa Clara; Pat Conway, Sandy; Dan Rideout, Sandy; Val Robison, Orem; Brad Smith, Salt Lake City; Bob Bush, Ogden; Jerry Coleman, Ogden; Kent Hugh, Cedar City; Brent North, Salt Lake City; Dennis O'Rourke, St. George; Don Petersen, Sandy; Larry Wilkins, Murray; Fred Thurgood, Salt Lake City; Gary Giles, Cedar City; John Clift, Salt Lake City; Eddy Barber, Salt Lake City

Tournament Results: Masters Tournament

	First Place	Second Place	Third Place
Men's 35-40 O/A/B	Not a Member	Rico Dubach	Ray Griffiths
Men's 35 B/C	Not a Member	Not a Member	Steven Hayward
Men's 40-45 C/D	Not a Member	Michael Andrew	Not a Member
Men's 45 O/A/B	Dennis Fisher	Glen Aitken	Marcus Dunyon
Men's 50	Lynn Corbridge	Doug Douville	Jack Healy
Men's 55	Dennis O'Brien	Chris Segura	John Clift
Men's 60	Jim Wilking	Not a Member	Chris Segura
Men's 25-30+ O/A	Glen Aitken	Ray Griffiths	Marcus Dunyon
Men's 25-30 B/C	Not a Member	Not a Member	Not a Member
Men's 25-30 D	Not a Member	Steve Brumbaugh	Brad Nelson
Women's Singles	Monica Campbell	Kris Wheeler	Val Shewfelt
Doubles	Corbridge/Fisher	Dubach/Aitken	Griffiths/Not a Member
Doubles	Rolfe/Dunyon	Griffiths/Not a Member	Not a Member/Baker