



# OFF THE WALL

## Opening Shots



*By Enrico Dubach, URA President*

Happy New Millenium! I know I wrote that last year, but since 2001 is supposed to be the start of the new millenium, I thought I could get away with it again.

WHAT HAPPENED TO THE TOURNAMENTS? I haven't played in a tournament this year. I was out of town during the Alta Canyon Avalanche and with the cancellation of the Provo and Ogden tournaments, my first tournament will be the Valentine's Massacre. I haven't been able to find out what happened in Provo, but the Ogden tournament was cancelled because of lack of entrants. We need everyone's support if we want to have tournaments outside of metro Salt Lake. As I write this, there are still four good tournaments scheduled this year. So let's all get out there and get in shape for the State Singles on April 4-7 at the Sports Mall!

On January 11-14, I attended the USRA Leadership Conference in Colorado Springs. Marcus Dunyon and Val Shewfelt joined me for an informative weekend hobnobbing with top racquetball players and leaders from across the nation. Racquetball seems to be holding its own over the last few years following a decade of decline.

Our national leaders' enthusiasm is contagious. They drew all the attendees into discussions about ways we can improve the sport of racquetball. We need to show club owners that racquetball can be a profitable part of their facility. A strong state and national association is very important. We have struggled to increase membership in Utah. Most URA members play tournaments and yet there are thousands of players who don't play tournaments, but could still benefit from membership. The instructional tips in the national magazine alone are worth the \$20 annual membership.

Have you noticed how many players are listed as "not a member" in tournament results? Tournament directors need to be more diligent in making sure all tournament players are current URA/USRA members. The tournament schedule would not exist without the URA and it's not fair that some players do not contribute. Please help us make sure all tournament players are members.

There was quite a bit of controversy over the Mikey's Angels photo shoot in the January issue of Racquetball magazine. Maybe we could do the same thing and call it Rico's Angels. Let me know what you think.

We need help with this newsletter! Now that Steve Coray has moved back to New York, we need someone who can help gather information for OFF THE WALL. Please let me know if you could contribute some time to this important source of information. If you like to go to tournaments and can type on a computer, we need you!

We will have our annual General Membership Meeting on April 7, following the final matches at the State Singles Championships. We will be giving year-end awards and hold-

ing elections for three new board members. The year-end awards will be given to players and tournament directors for their accomplishments in the following areas:

- Most Improved Male Player
- Most Improved Female Player
- Most Improved Junior Player
- Best Referee
- Best Sportsmanship
- Best Tournament Director

The URA Board will make the final decision for these awards, but we would like your input. If you have any suggestions, please talk to one of the Board Members.

We will be having a raffle during the week of the Championships. If you can donate any items, we would really appreciate it. Please contact Dennis Fisher or me if you have any questions or can help out.

During the General Membership Meeting we will have elections for three board members. If you can spare some extra time, you can give a lot back to racquetball. Please call any other Board Member or me if you would like to be put on the ballot or if you just want to help out. Remember, the elections will be held after the State Singles Championships on April 7. If you're thinking about running, give these things some thought:

Do you love the sport of racquetball? Do most forms of exercise bore you? Does it bother you when you see clubs close down or when they remove racquetball courts for something else? Would you like to be able to help shape racquetball for our kids? If so, why not run for a position on the Board of Directors for the Utah Racquetball Association!

The URA Board is responsible for the promotion of racquetball in Utah. We have accomplished a lot the last few years. We have more clubs asking to hold sanctioned tournaments than we can accommodate. The Travelling League involves over 120 of the top players in the area. The Juniors Summer League attracted more than 100 kids last summer. The High School League continues to grow each year. This newsletter becomes more comprehensive and informative with each issue. The Membership Directory is great for all our members.

We need your help! These programs need dedicated people to organize and run them. A few hours a month from a few people really goes a long way. It doesn't take a lot of time, you meet lots of people and you learn a lot about racquetball. Board meetings are held once a month. We have nine Board Members with three being elected each year for a three-year term. We are all volunteers who are trying to give a little back to the sport that has been so good to us. We try to improve tournaments and programs for all players. If you have writing skills, we could use some help with this newsletter! At the end of the year, we all get together to hold the State Singles Championships.

Talk to us!

See you on the courts!

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## Mark Your Calendar

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

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

April 7  
URA Annual Awards Banquet &  
General Membership Meeting  
Sports Mall  
(801) 261-3426

October 17-20  
Huntsman World Senior Games  
St. George  
(800) 562-1268

## Off The Wall

March, 2001

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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 e-mailed 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

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 interested in attending.

**NOTICE:**

## Know The Rules



By Gene Rolfe, URA Board Member

You're watching two open players go at it on the court and the action is fast and furious. The confusing thing is that they seem to be using different rules. They are only serving once and then a screen serve is called and the server gets a second serve.

Yes, the one-serve rule has been made an official part of the rule book for open players. Yes, I know that open players have been playing this way for a few years, but now it's official.

In the Nov.-Dec. issue of the Racquetball magazine is a one page addendum to the rulebook. While there are various strong addendums, including some on eyewear, let's concentrate for now on those regarding the serve.

Most of you are already familiar with the use of one serve in open play. This is now adopted as an official rule for open play in sanctioned tournaments. In open events, not age bracket events, the server has one opportunity to put the ball in play. In singles play there is one exception: If a screen serve is called by the referee, the server will have one more opportunity to hit a legal serve. In open doubles if the server hits his partner while still standing in the box, the server will have the opportunity to hit one more legal serve.

This is a great time to review a few other important rules regarding the serve. The server must wait until the score is called or a fault serve will be assessed. Once the score is called, the server then has ten seconds to serve the ball.

The referee should call the score when the players are close to their serving and receiving positions and should not call time out if the receiver is not ready. It is the responsibility of the server to check if the receiver is ready.

Once the server has checked, if the receiver attempts to signal not ready, it will not be acknowledged and the serve will be considered a legal serve.

The server must start his motion while in the service zone. The server's feet can be on the back line but should not go over the back edge of the line. The server may step beyond the front line, provided some part of both feet are on or inside the line.

There are a few other service rules worth mentioning. Bouncing the ball outside the service box, allowing the ball to bounce more than once, or making an attempt to strike the ball, but missing it, are all out serves and would result in the loss of serve.

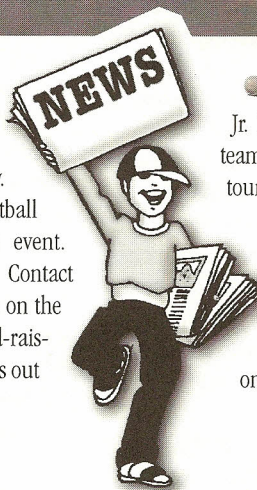
If a court hinder is called on the serve or the ball is broken on the serve, any previous faults are not cancelled. If it was second serve it would still be second serve. Once the ball is returned, the ball is in play. Then if a court hinder occurs or the ball is broken, the server will serve again and have both serves.

I hope this clears up any confusion you (or your ill-informed opponents) may have had. If you have any questions or suggestions about rules that you would like discussed, please look for me at the tournaments. If I don't know the answer, I'll be happy to research it and report back. And, as always, play fair and have fun.

## News and Notes

The Utah Racquetball Association's General Membership Meeting & Banquet will be held Saturday, April 7, 2001 at 3:00 PM, at the Sports Mall, 5445 South 900 East, in Murray.

All current members of the Utah Racquetball Association receive free admission to this event. Elections for three Board Members will be held. Contact a current Board Member if you would like to be on the ballot. Year-end awards will be presented. A fund-raiser raffle will be held with *great* prizes. Don't miss out on the racquetball social event of the year!



Kristen Walsh is a captain of the USA Jr. Team. She recently helped lead the USA team to a first place finish at the Jr. Worlds tournament, bringing home two gold medals.

The tournament was held in Fountain Valley, California, in December, the week before Christmas. Kristen won the Girls 18 & Under and also Girls Doubles. She is currently the number one female junior player in the country.



# STATE SINGLES CHAMPIONSHIPS

## April 4 - 7

**Sports Mall 801-261-3426**

## Player Profile: Matt Christensen



Marcus Dunyon, URA V.P.

I try to do an article each newsletter on someone who has made some contribution to racquetball that in many cases goes unnoticed. I am quite sure that most tournament players have either met Matt or have seen him play.

He has been a part of the Utah racquetball scene for years and has truly one of the better games around. And I can honestly say that not many players put as many miles on their vehicle as Matt, going from tournament to tournament.

**Q** Matt tell me about yourself.

**A** My parents were educators that worked for the government and worked in American Samoa, then they moved to Alaska and I lived in an Eskimo village until I was about five years old. Then we moved to Wyoming, which is where I call home. I lived there through my high school years.

**Q** Where were you born?

**A** In American Samoa when my parents were working for the government.

**Q** Tell me about your childhood.

**A** I really don't remember much about American Samoa, but I do remember sledding, playing on ice and out in the Eskimo village with the children. And I remember it was cold. Then we moved to Wyoming and there I played a lot of sports, but baseball was my passion. I played little league and was the pitcher and the home run hitter. I really wanted to play professional baseball when I was growing up. In 1983 I went away to college at BYU Hawaii where I took up the game of racquetball.

**Q** Where do you currently live?

**A** I am living in Logan working as a graduate assistant for Brent Miller doing research on Family and Human development in the adoptive children area. We try to determine if adopted children have a harder time growing up. The grant was just renewed, so we will be working on it for a few years.

**Q** How old are you?

**A** 35 years old.

**Q** At this point in your life do you see your game still improving?

**A** I think that in some ways my game has improved and evolved. My energy and stamina is not as good as it was when I was younger, but I feel my technique is better and my mental game has improved. And really my perspective on racquetball has changed over the last few years. I feel I can still improve and want to stay competitive as I improve.

**Q** What do you see as the strengths of your game?

**A** I feel my power is certainly one of my strengths but it can be to my detriment as well, particularly when I over hit or take shots that maybe I shouldn't. I also feel my serve is one of my strengths, especially when it is working right. I also have worked on my footwork a lot over the last year.

**Q** What has been your biggest match so far?

**A** Any time I play Adam Anderson, because he has been the man in Utah for so many years, also when I won the blue division in 1999 in the Intercollegiate Championship. I also won the Idaho State Singles Championship last year and

consider it one of my better tournaments.

**Q** How did you get involved with racquetball at Utah State University?

**A** I came to Utah State in 1995 and in the fall of 1996. Five or six players, myself included, went to an intercollegiate tournament at SLCC and, while there, Sylvia Sawyer mentioned to me that I should become the coach of the team.

Things went on from there; during my coaching years we went to the collegiate all four years. Last year I gave the team over to Ricardo Soto and Lawrence Trujillo.

**Q** What changes have you seen in racquetball since you started playing?

**A** One change is in the racquets. They are really quite different than when I started playing. Also, I started playing in the 80's when racquetball was near its peak and over the years I've seen the number of players decline. But the players that are playing right now are a core group that is really committed

to the game. And they seem to be better athletes than when I started. In fact, in the five years I have been in Utah, the players have raised their level of play.

**Q** If you could change anything about the game, what would it be?

**A** I would like to see the game become more TV friendly; maybe with digital television the picture will be sharp enough to have a better picture. That would bring more people into the sport and more money. That would help the sport grow.

**Q** How did you feel last year winning the Sportsmanship of the Year Award?

**A** Last year I was surprised and honored to be chosen for the Sportsmanship Award. Sometimes I wonder if I was a deserving candidate. But it made me think more about it this year as I have played, and I have tried to remember the award as I have played.

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Matt has always been a gentleman on the court. I've played him a number of times and he seems to stay focused, but at the same time be fair with his opponent. As I talked to Matt, I was struck by the time he took to answer the questions with thought and truth. Then I realized it was a reflection of his personality; accessible and warm, speaking when he had something to say.

Take a moment at a tournament and introduce yourself to Matt. He is really an easy going guy, and could likely give you some tips on your game.

## The Sports Medicine Chest

By Dennis Fisher, URA Board Member

It is easy to see how people can become confused when trying to eat for racquetball fitness goals. It becomes more confusing when we are bombarded with "nutritional aids" purported to provide us with the utmost energy along with other performance-enhancing properties. Here is a look at some of the most popular topics.

### WATER

We all know how important water is for our health. It becomes even more of a necessity when engaging in physical activity especially now in the warm weather months. Without adequate hydration:

- Water will be taken from blood volume during the first few hours of water deprivation
- It will take longer for nutrients to be delivered to and from muscles thereby affecting their performance.
- If fluids are not replaced, the body's cells will lose water, which will lead to dehydration and overheating.
- Water losses of 9-12% total body weight can be fatal.
- With strenuous exercise, the body can lose two quarts per hour.

### THIRST

Maintains water balance.

- Presence of indicates mild dehydration.
- Can be blunted by exercise & overridden by the mind.
- Need to drink enough daily to (also) replace losses from urine, sweat, feces and respiration

So how much do you need? Generally, 1oz fluid per kg body weight (i.e. for a 150# male:  $150/2.2 = \text{wt in kg} = 68/8 = 8.5$  cups daily).

Weigh yourself before and after exercise, for each pound of weight lost replace with 16oz. fluid, or drink enough until your urine is clear.

### ENERGY BARS

Many people rely on energy bars and sport drinks to help get them through a racquetball workout or tournament. Manufacturers claim their products' (Power Bar, Gator Bar, and Exceed sports bar, to name a few) added vitamins and amino acids are important energy enhancers. What has been enhanced by the addition of these items has been the price.

It is known that digestibility of these bars varies from person to person and that you need to experiment with them during training to see which works best for you during tournaments. Here are some pros and cons.

**Pros:** Energy bars are convenient/easily stashed, they are portable, they don't crush or spoil, and they provide compact energy without adding bulk

**Cons:** Energy bars are also expensive compared to a carbohydrate-rich energy source, they are not a substitute for a complete meal, and they are low in protein, fiber and calcium

Remember, you'll need to drink 8 - 16 oz of water along with the sports bar or it may feel like a brick in your stomach. Vitamin supplements, vitamin-enriched cereals or a well balanced diet eaten regularly will meet your vitamin requirements without spending a fortune on these bars. And remember: Elite athletes are paid well to endorse these bars. In many cases, enhanced performance results because the athlete is used to existing on zero calories.

Some energy bar substitutes: Bagels, Bananas, Fruit Yogurt, Bowl of Cereal, Dried Fruit, and Fig Bars. These foods contain vitamins, minerals and fiber, are less expensive and can be just as convenient.

Sport drinks are safe for use. They contain the electrolytes important for replenishment especially when dehydrated, and, because they are flavored, can cause us to drink enough to maintain adequate hydration.

Hopefully these ideas will help you prepare for your workouts and tournaments, help you achieve your racquetball fitness goals, and prevent you from falling prey to the gimmicks and "quick promises" that abound in the sports arena. Your racquetball fitness goals can be achieved with a combination of a consistent dietary intake of a variety of foods, adequate hydration, staying in tune with your body's need for sleep, and avoiding over training.

Adapted from: Sports Nutrition: Fuel for Active People, by Kathy De Luise, RD

## Tournament Results: Rocky Mountain Masters

Singles:	First Place	Second Place	Third Place
Men's 35-40 Open/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 Open/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+ Open/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

## Results: Alta Canyon Avalanche

Division	First Place	Second Place	Third Place
Men's Open	Brian Pointelin	Travis Passey	Chris Gale
Men's A	Scott Laycock	Chris Clift	Merrill Dibble
Men's B	Mike Van Volkenburg	Craig Masters	Matt Orton
Men's C	Michael Andrew	Not a Member	Arian Pirayesh
Men's D	Larry Kramer	Not a Member	Andrew Gale
Men's 35+	Chris Gale	Wade Burkett	Dan Moss
Men's 45+	Dennis Fisher	Not a Member	Doug Douville
Men's 50+	Not a Member	Doug Douville	Craig Masters
Men's 55+	Dan Rideout	Lloyd Laycock	John Clift
Men's 60+	Jim Wilking	Chris Segura	
Boys' 16-	Arian Pirayesh	Not a Member	Dan Christiansen
Boys' 14-	Andrew Gale		
Boys' 12-	Devan Van Volkenburg	Mike Christiansen	
Women's Open	Marianne Walsh	Valorie Woodbury	Monica Campbell
Women's A	Monica Campbell		
Women's B	Kami Nicoles	Jamie Nebeker	Kathryn Toone
Women's C	Kiersten Armnecht	Laura Bryan	Tara Mleynek

## Results: High School Championships



By Marianne Walsh, URA Board Member

The State High School Racquetball Tournament wrapped up the season February 8-10 at Sports Mall. There were 58 entries from 10 schools competing: Skyline, Murray, Viewmont, Waterford, Kearns, West, Taylorsville, Brighton, Orem, Cyprus. The championships followed three very successful mini-tournaments held in December and January and with 50 - 60 players in attendance at each event. Many thanks to all the volunteers who made it work, especially to Tracy McCoy for hanging in there through it all. The results of the Championship tournament are listed below.

Players from each team accumulated points based on how they fared in each event. Then, the total points of the top four competitors from each team were compared to determine the school's total points and the overall team places. Waterford's huge team (23 players) helped give them depth, but it was their best players that

brought home their first championship trophy. Ben Peterson led the way by placing second in the championship Gold division. The other top points for Waterford were contributed by Stephen Richer, Arian Pyresh, Mark Watkins, Stephen Sandberg, and David Duke (the last four tied with the same number of points).

The Skyline team came in a very close second, led by David DeMill, who placed fourth in the Gold division. Jake McKay, Brady Smith and Craig Peterson all received points for Skyline by playing well in the Gold division. Viewmont came in third with only 3 players competing for the team. Cody Christensen placed third in the Gold division while Nate McCoy and Jared Ostergaard played well in the gold division to receive points for their team. Quang Nguyen was unable to play and was missed by his team as Murray came in a disappointing fourth place.

Eight Utah high school competitors will now travel to the National Tournament in St. Louis, March 1 - 4.

Division	First Place	Second Place	Third Place	Fourth Place
GOLD (1st place)	Richie Terry - Viewmont	Ben Peterson - Waterford	Cody Christensen - Viewmont	Dave DeMill - Skyline
BLUE (2nd place)	Chris Gillespie - Kearns	Mike Sundwall - Murray	Matt Hanks - Murray	Brett McDonough - Skyline
RED (3rd place)	Kim Walsh - Skyline	Anthony Clark - Murray	Alex Runolfson - Waterford	Corbin Anderson - Brighton
WHITE (4th place)	Scott Teran - Waterford	Nadia Alai - Waterford	Susan Young - Waterford	Emily Knaphus - West

**There is only one place you can watch the battles that determine who gets to be called "State Champion". There is only one place to attend the annual URA banquet. There is only one place where over \$1,000 worth of great merchandise will be raffled off to lucky winners. It's in Salt Lake City at the Utah State Racquetball Championships, April 4-7. Be there!**