JANUARY 2003

OPENING SHOTS



By Enrico Dubach, URA President

I can't believe Christmas is here. Between traveling league and tournaments, I've been playing a lot of racquetball this fall.

Starting with the Fall Opener at the Sports Mall in September through the Bountiful Bash in November, I played in six tournaments! And I have to say that I had a great time at all of them. I probably lost as many matches as I won, but I've learned not to measure the experience by the result of the match. It's far more rewarding (and a lot less frustrating) to just enjoy the fun of the game while getting a great workout. Even with the cost of tournaments

rising, they are still a great value when you consider the playing time, hospitality, souvenirs and prizes. The tournament directors do a great job, many times with limited resources. 1 would like to thank them all for the effort and time they spend helping racquet-



ball stay healthy Barbra Christensen & Sandi Gunn @ Bountiful Bash and vibrant in Utah. Sports M

As of this writing, I just finished playing in the Charity Tournament at Marv Jenson. The format was pretty basic -- show up with \$25 or a comparable toy, play a lot of fun racquetball and get a couple of balls if you win. All proceeds went to the Christmas Box House in Salt Lake. It was a lot of fun and we raised almost \$900 in cash and toys. The URA supplied the balls and most of the hospitality. Heather Verret and Marv Jenson donated the facility, some hospitality and did all the planning and promotion. I would like to thank all the players who supported this tournament. Everybody had a good time and got a good workout while supporting a good cause. Talk about a win-win situation.

The State Doubles Championships in

November was a great success. Thanks to Heather Verret and the staff at Marv Jenson for hosting this event once again. The awards ceremony and raffle were a lot of fun. There were tons of prizes and almost everyone won something. I would also like to thank Pam and Randy Martin for all their help with the tournament.

At our September Board Meeting, we decided to authorize the purchase of a laptop computer. This computer will be used to keep membership information as well as collect and disburse tournament results. Hard copy newsletters are slow and expensive to mail out. We will continue to mail a periodic newsletter, but timely information such as tournament results and entry forms will be e-mailed or posted on the

Web site. This will be a gradual process over the next few years, but the first step was getting a laptop that we can take directly to tournaments to gather results. We believe it will save money in the long run as well as provide a better service to the tournament directors and players. I would like to thank Board member Steven Clark for all the time and research he has spent on this. He is the Webmaster for the URA and also donates the diskspace for our website. Check it out at www.utahrac-

quetball.com. We are building on the site so we can take advantage of all the communication tools the Internet offers. Let us know if you have any suggestions or ideas on improvements for the site.

untiful Bash It looks like the 2003 State Singles Championships will be held at the Sports Mall again this year. Ray Griffiths will be the tournament director this year and is committed to making this the best tournament of the year. The URA Board is eager to help, so mark your calendars, because you don't want to miss this one.

Marianne Walsh has worked hard getting the high school league started this year. I know she can use all the help she can get. There are a lot of kids who would like to play. All they need is a coach or parent to bring them out. Reasonably priced court time has been hard to get for the league as well. Please contact her if you can help in any way.

Ruth McGovern has done an excellent job getting the Traveling League off to a great start. The second half of the season starts now in this always-competitive league. Between hosting several tournaments a year, organizing the Traveling League and the summer juniors program, Ruth contributes an incredible amount to Utah Racquetball. Please join me in thanking her the next time you see her.

There are lot of tournaments scheduled the first part of the year, so work off those holiday pounds and get in shape for State Singles. See you on the courts.

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Mark Your Calendar

Orem Open: Jan 29-feb 1 Valentines Day Massacre: Feb 11-15 Choice Hotels US Open Championships Friday Feb 14 Noon MST Spring Smash: Feb 25-March 1 Luck of the Heights: March 11-15 State Singles Champ: March 25-29 Spring Blast: April 17-20

MY NEW FAVORITE SHOT

By DonSanderson

I've been meaning to write this piece for over a year. Honest, But the truth is also that had I spent fewer afternoons on the court and more at the computer a LOT of benefits might have ensued. (Right after this I swear I'm gonna finish up that '99 TurboTax interview menu and finally get those IRS weenies off my back.) But one of the fundamental laws of MY universe remains that a day not spent playing racquetball is a day you never get back. So after this period of dithering, the shot that was once my infatuation 'de jour' has been displaced into the growing category of comfortable old favorites, replaced by a sequence of whirlwind romances with various sweet young things of somebody else's that I coveted and seized as my own. In the spirit of foreshadowing, I do promise that by the end of this discussion I will get to an actual 'new favorite shot' of mine, but that's not really most of the story. Mostly this is about the process, about acquiring a well-rounded, fairly complete tool kit of choices to bring to bear on your opponent's game in order to neutralize his strengths and frustrate him with yours. I'm not talking strategy here, no broad game plans about how to prevail; e.g. "He's fat, so I'm gonna run'em all over the court until his lungs explode and his otherwise superior shot making skills betray him in favor of getting his heart back in his chest." Such overarching game plans probably have their place in a winning game plan, maybe, but the way I see it, where the rubber meets the road in racquetball is the shot selection and an effective execution of hat choice. Period. You can talk about the forest all you want, but without the individual trees there isn't one. Straining the metaphor further, one school of household budgeting says that if you watch your pennies, the dollars take care of themselves. Similarly, I assert that if you've got the right shot, pie in the sky strategy be damned.

So let's get to that new favorite shot. Those of you who have played against me and know my game may be (too) familiar with my longtime fling with the squash boast. Usually, but not necessarily shot from deep court, this sidewallsidewall-kiss the front wall demon can devastate certain opponents, especially those who blithely face forward earlier than the shooter commits to a shot choice. Tastier as a spice than as a main dish, this gem punishes those who linger in the back court to cover a seemingly inevitable pass attempt when you're against the sidewall with no angle for a pinch and the ball

hasn't dropped into the kill zone before reaching the back wall. Done even reasonably well, this shot can leave some opponents flatfooted and even confused about what just happened. And here's the a hidden beauty to this shot-even if a savvy opponent is both on to your silly tricks and nimble enough to cover the shot, once you establish your willingness and ability to execute a choice that may die in the front corner, your passing shots suddenly "improve." I had one tough match recently in which I was 'oh-for-five' on the boast attempts, exactly NONE ending in either a point or a side out in my favor. Why stick with such a low percentage loser in a match where every point is crucial? Because for every 'ineffective' boast attempt came for me about a 4:1 ratio of clean passes. Coincidence? Though it can take a withering, crazed dash to retrieve a decent boast, I believe that the predictable toll that takes on an opponent's subsequent friskiness can be given only minority credit for that half step 'slower' that he becomes while chasing down your passes as a result of generous second game or tie-breaker boast usage. More likely, once he's come to rightly respect your potential for ANY tight front court shot from deep; be it pinch, splat or said boast, he fails to position himself more forward at his eventual peril. The farther and more frequently he is positioned forward, the more primary and punishing your pass attempts should be with the angles opening up in your favor as a result. He's no slower and you're no better, but if you can credibly 'demand' respect for your shots that die front court, your passing shots can be like 'going to the well' for a bucket of points whenever you need. In short, while it's detractors disparage the boast as junk' and dismiss it as a wacky low percentage trick shot. I choose to see the beauty of the boast as one of those specialty tools in the kit that can act as a real force multiplier to complement the more conventional weapons in one's arsenal. It takes practice, but the rewards justify your efforts to try to perfect this shot.

Of course, as I implied, that has become one of my old favorite shots (I'm developing a collection of those), but still not quite the title of this article. They were all new to me ,once, and I may have overused them all in the early courtship phase to the degree where even my most unobservant opponents could confidently pre-position themselves where they knew my new passion would dictate they be for the kill. But the more of these shots that migrate from 'new' to 'comfortably old,' --available to be used

at a moment's notice but happily enough held in reserve in deference to a better choice -- the more synergy permeates one's game. When your opponent sends you a good lob serve or ceiling shot to the backhand corner and he has ruefully witnessed a spectrum of good responses- be it the 'gold standard' down the line rip, the cross-court pass, wide angle pass, tight pinch, surgically offensive ceiling return and yes, perhaps even a boast or two . . . what does he know about where to expect this return? Not much! He either tries to read your footwork for clues, guesses or waits a crucial half step to see for sure. But he's less likely to be camped out waiting to tee off on your return. Contrast that with your plight if vou've vet to demonstrate confidence with anything other than a sprayed array of sidewall-frontwall fare. Your most sloth-like, arthritic and dull-witted of adversaries will soon have the match of his life at your expense twiddling his thumbs with time to spare in that small zone center-court forward where the smart money screams your shot will end up. The more reliable choices you have at your fingertips as a result of past flirtations with new favorite shots, the more muttering you'll hear as your opponent walks back to return serve. (That's a good thing).

Which bring me to what has become my renewed passion of late for a shot that's been there the whole time; the reverse pinch. This tight front wall-side wall semi-staple is a great candidate when your opponent lags back to cover the pass. For many players I suspect that this shot is just what results when a pinch attempt is off by a degree or two. But I suggest that this should be your objective more of the time and the 'pinch classic' should be the acceptable happy accident when it happens. How come? For one thing, the reverse pinch is what I call 'Ref Proof.' If you roll out a pinch or even come close, often

Continued on page 7

Penn

STATE JUNIORS CHAMPIONSHIPS REDWOOD CENTER

Boys 18-Boys 16- GOLD Boys 16- BLUE Boys 14- GOLD Boys 14- BLUE Boys 12-Boys 10-12 Boys 6-8 multi

Richard Terry Richard Terry Cody Sylvester Andrew Gale Devan VanValkenburg Korey Walsh Jason Christensen Jesse VanValkenberg

First

Second Steven McGovern Anthony Martin Arian Pirayesh Anthony Martin Anthony Norcross Devan VanValkenburg Tyler Watson Tyler Watson

Third Arian Pirayesh Andrew Gale Alan Romney Korey Walsh Mike Christiansen Rick Derrick Kyle Walsh Kyle Walsh

Fourth Greg Larsen Kim Walsh Brad Gibson Cody Sylvester

Jason Christensen Matt Siegel Gregory Shipman

Team Results

1st Marv Jenson--Randy Martin coach **3rd** SportsMall--Marianne Walsh coach

We want to give a special thanks to Wilson for donating prizes--especially racquets for our door prizes. Big winners receiving Wilson 155 Roller Racquets:

Anthony Norcross Jesse Van Valkenburg

Jason Christensen

2nd Redwood--Karen Knudsen coach

Fourth

Dave Timmons

FALL OPENER SPORTS MALL SEPT 12-15

First Second Third Men's Open Adam Anderson **Brian Pointelin** Rhonda Rajsich * Men's A Ken Huey Mike Van Valkenburg Men's B Men's C Jason Shaw Harry Rosada **DJ** Christensen Men's D Brad Gibson **Brian Pointelin** Men's 30+ Men's 35+ Phil Burbank Men's 40+ Jim Derrickson Men's 45+ Randy Krantz Marcus Dunyon Men's 50+ Larry Linn Randy Spencer* Men's Open Dbl Pointelin/Rajsich* Timmons/ Mens A Dbl Connor/ Lopez/Dunyon Women's A Jennifer Lynch (out of state)

JORDAN VALLEY WIPEOUT SEPT 24-28

	First	Second	Third	Fourth
Men's Open:	Steve Black	Adam Anderson	Ray Griffiths	Jerry Montanez
Men's A:	Perry Allen	Bill Yetman	Gene Rolfe	La Chau
Men's B:	Richard Bunker	Ryan Spainhower	Not a member	Mills Batman
Men's C:	Anthony Martin	David Cise	Not a member	Steve Brumbaugh
Men's D:	Cody Sylvester	Anthony Montanez		
Men's 35+:	Not a member	Jay Sturm		
Men's 40-45:	Ray Griffiths	Rico Dubach		
Men's 45-50:	Marcus Dunyon	Not a member		
Men's 50-60:	Not a member	Not a member	Dan Rideout	Larry Rogers
Men's 60+:	Chris Segura			
Women's D:	Pam Martin			
Women's B:	Janis Gibson	Barbara Christensen	Marci Mangelson	Melanie Hansen
Women's A:	Janette Olsen	Kim Walsh	Barbara Christensen	Deanne Hinton



FALL BLAST SPORTS FORUM OCT 8-12

	First
Men's Open:	Brad Bona
Men's A:	Julian Gomez
Men's B:	K.C. Tubbs
Men's C:	Dan Robison
Men's D:	James Longmore
Men's 35+:	Jonathan Meatoga
Men's 40+:	Rico Dubach
Men's 50+:	Not a member
Men's 55+:	Not a member
Men's 60+:	Chris Segura
Women's B:	Barb Christensen
Women's D:	Cindy Brueger
Women's 45+:	Val Shewfelt
Open Doubles	R. Hoey/L. Norseth
B Doubles	M. Batman/J. Strum

Part and

First

Second

Gerry Beltran **Tony Garcia** Lee Norseth John Benich Not a member J. Strum **Tony Garcia** Scott Brewster Hal Labelle Ann Henry

Pam Martin

M. Christensen/J. Lynch R. Johnston/B. Johnston Third Don Sanderson Brad Brumbaugh J. Strum **Bob Johnston Bob Gargeeg**

Fourth **Ray Griffiths** Lee Norseth Mills Batman James Longmore

Melanie Hansen

Not a member

C. Johnson/B. Brumbaugh G. Beltran/T. Garcia B. Christensen/not a member

HUNTSMAN WORLD SENIOR GAMES OCT 16-19

Women 50+ Women 55+ Women 60+ Women 65+ Women 70+ Women 75+ Men 50+ Men 55+ Men 60+ Men 65+ Men 70+ Men 75+ Men 80+ Men 85+ Men 50+ Doubles Men 55+ Doubles Men 60+ Doubles Men 65+ Doubles Men 70+ Doubles Men 75+ Doubles Men 80+ Doubles Men 85+ Doubles Women 50+ Doubles Women 60+ Doubles Women 70+ Doubles

Cathy Powell Lani Neer Donna Backus Carol Brown **Reta Harring** Mary Wysocki-Schwartz Steve Misener **Bill Welaj** Lynn Corbridge Jerry Northwood Sean Reid Army Matern Stuart Strand Luzelle Wilde Dennis O'Brien/Roger Bird Mike Schaeler/Dan Takahashi Robert McNabb/Al DeCoste Ron Dorst/Jerry Northwood Jerry Webb/Don Stinson Bill Gencarella/Stuart Strand

Glenn Otterson/Keither Wardell

Walter Gardner/Luzelle Wilde

Marquita Molina/Nancy Martin

Reta Harring/Mary Wysocki-Schwartz

Cathy Powell/Lani Neer

Second Jane Bentley Patricia Davidson Marguita Molina Jeanne Lehen

Dave Briski

Mike Schaefer

Leland Rients

Bob McNabb

Roy Wheller

Bill Gencarella

Walter Gardner

Keith Wardell

Third **Diane Wittwer**

Gloria Piscoran

Carl Cody Dennis O'Brien Tom Nystrom Ron Dorst Jerry Webb Don Stinson **Gless** Otterson

Carl Cody/Brandt Bower Larry Hambleton/Jay Heilman Tom Nystrom/Chris Segura Bob Warren/John McCann John Cruickshank/Roy Wheeler

Jane Bentley/Diane Wittwer Joy DeSantis/Sylvia Sawyer

Steve Misener/Lynn Corbridge

Paul Wehmeyer/Steven Lavorgna

Doug Maxson/Bill Stephens

Don Henderson/Verlyn Dunn

Jack McAfee/Wayne Verbeck

Dan Arens/Army Matern

Carol Taylor/Gloria Piscoran

SWING INTO FALL REDWOOD CENTER OCT 22-26

Men's Open: Men's A: Men's B: Men's C: Men's D: Boys 18-: Boys 16-: Boys 14-: Women's A: Women's B: Women's D: Women's 45+: Girls 16-:

Gerry Beltran Eric Fry K.C. Tubbs Mike Sumner Cody Sylvester Richard Terry Anthony Martin Cody Sylvester Kim Walsh Pat Woodall Valla LaBoa Val Shewfelt Kim Walsh

First

First

Second

Randy Martin Jon Meatoga Rob Merrills Keither Despain David Bowy

Anthony Montanez DeAnn Hinton Melanie Hansen Katherine Affelteranger

Katherine Affelteranger

Third Tomas Montanez Richard Terry J. Strum Steve Brumbaugh Pat Woodall

Barbara Christensen

Bev Klungervik

Fourth

Mat Christensen Julian Gomez Parley Norseth Jeremy King Bev Klungervik

Den

Allyson Williams

STATE DOUBLES CHAMPIONSHIPS MARV JENSEN NOV 5-9 **Jenn**

Men's Open: Men's A: Men's B: Men's C: Women's Open: Women's A: Women's B: Women's C: Men's 24-40: Men's 40+: Mixed Open: Mixed A/B:

Anderson/Passey Snyder/Snyder Ashdown/Decker Snellman/Wood Walsh/Walsh Shewfelt/Olsen Mangelson/Sanchez Gibson/Martin Corbridge/Timmons Bona/O'Brian Dunyan/Walsh Hinton/Allen

Second

Timmons/Bona Connor/Barber Millburn/Thompson Brumbaugh/Sumner Linn/Walsh Sawyer/Desantis Hinton/Laboa

Dunyan/Martin Griffith/Ethington Connor/Linn VanVaulkenburg/DeSantis

Third

Corbridge/Corbridge Rubin/Merrills King/Richards Montanez/Montanez

Christensen/Williams

Rubin/Merrills Lopez/Krantz Harris/Fisher Christensen/Hoopes

Cons

Dunyon/Christensen Monk/Ballard VanValkenburgs Martin/Sylvester

Snyder'Snyder Aitken/Dubach Brumbaugh/Mandy M Sawyer/Flick



OFF THE WALL

BOUNTIFUL BASH NOV 12-16

Women's A: Women's B: Women's 50+: Men's Open: Men's A: Men's B: Men's B: Men's C: Men's D: Men's 19+: Men's 35+: Men's 40+: Men's 45+: Men's 50+: Men's 60+: Boys 14-: First

Barb Christensen Sarah Campbell Sandi Gunn John Miller Eric Fry Andrew Gale Mike Andrew Devan Van Valkenberg Cody Christensen Paul Buchi Ray Griffiths Steve Coray Larry Allred Chris Segura Andrew Gale

Second

Kim Walsh Melanie Hansen

Paul Buchi Jonathan Meatoga Mike Hadley Mike Sumner Kevin Day Tim Gottfredson Chris Gale John Miller Marcus Dunyon Scott Brewster

Third

Alyson Williams Susan Miller

Ray Griffiths Gene Rolfe Cody Christensen Paul Bennett Kyle Peterson

Enrico Dubach

Jack Healy

MULLETT HOOVER OPEN OREM FITNESS CENTER NOV 19-23

First

Men's Open: Adam Anderson Men's A: Alan Jorgensen Men's B: Matt Orton Men's C: **Dave Barton** Men's 40+: **Ray Griffiths** Men's 45+: Ron Davis **Dennis Fisher** Men's 50+: Men's 55+: Ben Evans Men's A/B Doubles: Mike King/Nat McArthur Women's Open: Masa Fonoimoana Taynya Woodbury Women's A: Women's B: Melanie Hansen Women's C: Jordanna Bailey Women's D: Jordanna Bailey Women's 45+: Val Shewfelt Women's 60+: Sylvia Sawyer Women's Doubles: Kensie Brown/Amanda Shipley Sylvia Sawyer/Roger Flick Mixed Doubles:

Second

Travis Passey Bill Yetman Richard Bunker Darryl Hoopes

Phil Brown

Matt Orton/John Johnson Laura Hassler Darla Wenger Kensie Brown Amy DeRoest Marisaul Sueldo

Lori Pack/Amy DeRoest

Janette Olsen/Val Shewfelt

Bill Yetman/Shawn Pike Lani Neer Eileen Sanchez Audry Thompson Amanda Shipley

Third

Matt Christensen

Shawn Pike John Johnson

Tim Whipple

Alan Jorgensen/Jordanna Bailey

ROCKY MTN MASTERS REDWOOD CENTER DEC 5-7/12-14

Men's 25+ Open/A: Men's 30+ Open/A: Men's 30+ B/C: Men's 35+ Open/A: Men's 35+ B/C: Men's 40+: Men's 40+: Men's 45+: Men's 50-60: Women: Men's 25-30 Open/A Dbl: Men's 25-30 B/C Dbl Men's 35-45 Dbl: First Don Sanderson Don Sanderson Steven Hayward Don Sanderson Steven Hayward Don Sanderson Glen Aitken Alan Jorgensen Julie Taylor Ray Griffiths/Randy Martin Steven Hayward/Michael Andrew Alan Jorgensen/Merlin Jolley

Second

Julian Gomez Glen Aitken Rob Merrills Chris Gale Mike Moore Jack Suenram Doug Douville Perry Allen Barbara Christensen Marcus Dunyon/Glen Aitken Julie Taylor/Val Shewfelt Jack Suenram/Greg Bowden

Third Brad Brumbaugh Ray Griffiths Clark Davis Randy Martin David Barton Ray Griffiths Ken Fenster Doug Douville Pat Woodall J Sturm/Mike Van Valkenburg Barbara Christensen/Milanie Hansen Marcus Dunyon/Glen Aitken

OFF THE WALL

AMPRO COURSE

Gary Mazaroff, Director AmPRO/IPRO Certification Programs

On December 2nd and 3rd, 2002, the Utah Valley State College recreation complex in Orem, Utah hosted an AmPRO Instructor Certification Course. Ten students attended, seven for the first time. Three, Janette Olsen, Val Shewfelt, and Joel Tuaileva, returned for some new insights and strong interaction with friends and colleagues.

Each student went through a battery of hitting and set-up skills; demonstrated various shots and serves, and had multiple opportunities to present various practice drills. These drills cut across many skill and age categories. One of the most enjoyable learning experiences was having them improvise on the spot to accommodate a single student, a



group on the court simultaneously.

This group, which also included first timers Steven Clark, Julian Gomez, Ray Griffiths, Alan Jorgensen, Randy Martin, Shawn Pike, and Mike Van Valkenburg, was one the more homogeneous groups I have encountered. This reality is exciting, considering the hundreds of courses I have conducted during the past twelve years. Each of the students was adamant about their desire to learn, promote the sport, and grow within the niche that they have identified within racquetball. These niches include junior development, intercollegiate growth, intramural and club sport awareness, women, and more!

The intent is to return next year at the same time.



Mike VanValkenburg, Alan Jorgensen, Julian Gomez Val Shewfelt, Shawn Pike, Randy Martin, Joel Tuaileva, Steven Clark, Ray Griffiths, Janette Olsen, Gary Mazaroff

MY NEW FAVORITE SHOT CONTINUED:

somebody thinks a shot THAT unreturnable just MUST have skipped! Maybe the sound of the ball catching a thin piece of the sidewall fools some knaves into thinking that the noise came from the floor first. Or maybe the motives for so many bad calls on tight pinches are less honorable. Perhaps it's out of some warped subconscious belief imported from Cheaterville that if the pinch wasn't conceivably returnable then perhaps it would only be 'right and just' that the shot be called a skip, just to be fair to oneself. I don't know why, but it happens too often and I'm not a big fan of the "it all evens out in the end" theory of accommodating lousy refs and their OFF THE WALL accomplices, i.e. your suddenly unobservant "I didn't see it" opponent. (If you "didn't see it, then why are you taking the disputed call!) But I digress

Try instead for the REVERSE pinch and have it just as likely (as a pinch 'classic') crack out from the side wall and NOBODY, not even the most highly motivated of shameless cheaters can call it a skip. Plus, inch for inch off the floor at the front wall I think the reverse pinch is usually a less retrievable shot.

Being harder to chase down and ref-proof ta'boot, the reverse pinch has enjoyed a resurgence as one of my newest favorite shots.

Yes ... she's a sweetheart ... but not THE

Off The Wall January, 2003

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

May 2003 issue April 20, 2003

URA board meetings are held the second Monday of most months at 7 p.m. at the Redwood Recreation Center and are open to anyone interested in attending. Call if you would like something placed on the agenda

Check out what's new with racquetball on the web at www.utahracquetball.com



newest . . .

Oh Look! I've beaten around the bush so much building up to my new favorite shot that I've run out of space. It's miserly Randy's fault! I suppose I'll just call this the first part of a multi-part article and do the subject proper justice in the continuation next issue.