

The Colorado Racquetball Association Quarterly ENews

NEW YEAR SCHEDULE SHAKE-UP

Toss out any old calendars ... all NEW events & dates in 2017!



Double Duty ... Apex Recreation Supervisor Brent Anderson has stepped up to help keep things Spring-ing forward at the Apex Racquetball and Fitness Center. First, Brent will TD the Apex Open, February 24-26 ... and then host the re-scheduled CRA State Singles on its NEW weekend, April 7-9.

Next, the <u>Pueblo Athletic Club</u> traded its long-standing May weekend for an earlier International Racquetball Tour <u>Tier 3 Pro Stop</u>, on March 3-5. Organizers promise the same great hospitality and fun you're accustomed to - plus over \$5000 in pro prize money and \$1000 in Women's and Mixed Open draws.

So what changed, exactly? Due to the added tour stop, there will be NO regional championship, and NO Cinco de Mayo this year. CRA modified its regular schedule to keep competitions from stacking up, and we hope that the changes will make it easier for players to attend most (or all!) of these upcoming sanctioned events:

February 24-26: Apex Open
March 3-5: PAC Shootout / IRT Tier 3 Pro Stop
April 7-9: CRA State Singles
June 9-11: CRA Team SCRAmble
July 21-23: Rocky Mountain State Games

That's roughly one "main event" to plan for each month, with a little breathing room in May, and plenty of time to squeeze in some holidays and family time. So just be sure to re-visit your spring tournament plans with this new info and we'll see you on the court soon!

And since CRA had to re-issue

WINTER 2017

ON YOUR PHONE



IN THIS ISSUE PREVIEW

- New Dates & Venues
- Tourneys & Clubs
- State Doubles
- Member News
- Junior Report
- <u>Upcoming Events</u>
- <u>Instruction</u>
- Know your Rules
- From the President
- From the Editor
- National News

• RESULTS

- Racquet for the Cure
- Blizzard Bash
- Colorado Madness
- State Doubles

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calendars more often than is normal this past Fall, you may still come across older versions that may deliver conflicting info. To help keep track, a reference date now appears

in the lower right text block, and the MOST recent version is always resident on ColoradoRacquetball.com. If the date of the copy you're looking at is **older** than the date shown online, your download is outdated. Always go with the PDF that delivers under the competition tab and expect to see new editions twice a year, in advance of the Spring and Fall season breaks.



The <u>Colorado Racquetball Association</u> strives to get a sanctioned event <u>on the calendar</u> every month in the season, so look for the latest edition to make sure you don't miss a thing.

Locate the CRA <u>Tournament Player's Guide</u> online, for all the insights you need to manage your State Championship experience. You'll find hints on what to expect from the time you enter to when you claim your hardware, and everything in between. Follow the link above, or navigate to it from <u>ColoradoRacquetball.com</u> > Competition > <u>Guidelines</u>.

Tourney News | Events & Programs

Rocky Mountain Collegiate Conference ... Along with developing collegiate-only tournaments in 2017, CRA board member *Shannin Rudman* reported that he's been in contact with Montana State University and is helping an awesome group of 15 players who are hungry and passionate about their team. They're putting together bylaws and paperwork to finalize their official recognition by MSU, and they are excited about becoming part of the Rocky Mountain Collegiate Conference.

Racquet for the Cure ...Thanks to the generosity of new sponsors and returning donors, early indications are that 2017 was a very successful fundraising year for the long-running benefit tournament. *Miles Venzara*



SAVE THE DATE! March 3-5
The Pueblo Athletic Club will host
a <u>Tier 3 International Racquetball</u>
<u>Tour pro stop</u> - instead of its
annual Cinco de Mayo tournament
- this year.

Denver Athletic Club 2017 PROGRAM LINEUP

Members <u>login for pricing</u> Non members contact <u>Debbie</u> <u>Beldring</u> at 720-931-6732

Junior Racquetball

offered support through his company, Big Creek Roofing & Restoration, and Wendy Skaalerud, owner of Orange Theory Fitness, also joined the Gold level donor list. Lucy Jirik has sustained her annual gift for over a decade, and Geoff Peters once again donated the Sweepstakes Grand Prize - a stay in his Beaver Run ski condo. In all, dozens of patrons (from veteran Victor Manilla to rookie Phillip Aronoff) helped local organizers Marcia Richards, Alyssa Street and Lori Inskeep do another great job. Linda Mojer was very sad to have missed it, but thrilled by reports of this year's success!

Staying true to form, the event focused on newer players and drew its largest division to Women's C. The

Begin Thursday, February 2 Instruction, play and league competition. Various age groups, all levels welcome.

RMCRC Shootout

Date: February 4 | **Cost:** \$10 All skill levels invited to play in the Rocky Mountain Collegiate Racquetball Conference Shootout. Register by contacting Debbie Beldring at 720-931-6732.

group was initially fielded into pool play, with a final win by Darlene Houk over Sandy D'Angelo. In Women's D, Mikayla Postma defeated Khyathi Velpuri, and dozens of up-and-coming women players had a great time competing across 20 brackets. Benefit doubles play brought in a dozen teams for Friday night Mixed fun, and another 17 teams competed all day on Saturday in the Men's Invitational playoffs. Check out the full results for all the big name finishers, and several photo albums can be viewed on RFTC Facebook.

ON THE ROAD ... Congratulations to *Shirley Parsons* who earned double-gold at the <u>Women's Senior Master Racquetball Association National Championship</u> in Chicago. Shirley won the 65+ singles division and partnered with Nancy Kronenfeld to take the 65+ doubles title in mid-January. April Settell's name didn't appear in the draw, but she was definitely on hand as the official photographer for touring Team Colorado!

All rosters/results are taken from public record of the event. If you were overlooked, please make sure that your entry information is correct online, then please let us know how you did!



One of the more captivating draws at State Doubles was the combined 75+ and 80+ "Young Guns" division. L-R: Kyle Smith & Dan Davis bested James Funk & Chuck Thorman with each team representing their respective age group with entertaining rallies. Photo: Joe Williams.

The 2016 Colorado State Doubles Championship, held at the Denver Athletic Club, proved to be big success with 130 participants competing in 19 divisions of play. Joe Williams and the CRA ventured back to an "old-school" format that included long days, plenty of matches, camaraderie, and a few libations. Hats off to all the volunteers and staff at DAC that made the championship such a huge success! We could not make these events work without your efforts.

The larger divisions were structured in a double elimination format, which offered some exciting second chances. In the Men's Centurion Open division, Lee Beckwith and Brian Hunter fought back to take the title from Larry Haemmerle and Ryan Rodgers. Moving on to Men's Open, Ryan rebounded with partner Woody Clouse to defeat the father/son team of David and Nick Riffel.

Micky Richer and Michael Nigro took the long way through the loser's bracket to circle back and take the Mixed Open title from Debbie Beldring and Lee Beckwith. Chantel Anderson and Janelle Williams dispatched all opponents in their round robin draw to earn the Women's Open title.

Only a few maxed out their court time with a third division: Lee Beckwith, Matt & Michelle Dockter, Rick Johnson, Alan Lawson, Barb Mehegan, Michael Nigro, Bruce Penman, Peter Perez, Sherwin Phillip, Micky Richer, and Steve Strahler. Board members also performed well (between stints at the desk!), with outstanding play by Dan Davis, Matt Dockter, Marcia Richards, Shannin Rudman, CJ Sanders, David Stone, Alyssa Street, and Joe Williams. View full results online >>



BOARD SIDENOTE

If participation at State Doubles was any sign, 2017 promises to be a great year! Tournament volunteers continue to be the backbone of our success, but their efforts too often go unrecognized. And let's not forget those who work diligently at the club level, running school programs, leagues and shuttles. On the player side, please take a moment to thank them for donating their time so we can all keep enjoying the sport.

On the organizing side, I want to express my gratitude to the great team of dedicated professionals who serve by sitting on the CRA Board of Directors. And ... we're always looking for new recruits, so if you'd like to fill an empty seat, contact any of us to have all your questions answered. -
Dave Stone

On his Facebook page, Nick Riffel added: After a very long weekend ... I just wanted to say

thank you to all the folks who volunteered and put in time to make the event possible: Debbie Beldring, Joseph Williams, David Stone, Craig Clayton, Ralph Graham, Marcia Richards, and the many others who worked hard to make this event a success. Being that it was double elimination, the time and work you all put in was amazing, but it really paid off as this was an awesome event. Everyone who I have talked to really enjoyed participating and couldn't say enough good things about the tournament ... [and] it was a really cool experience for me as I was able to play with my Dad.

Although the Championship saw fewer junior players than usual, there were many collegiate players in attendance. On behalf of the CRA, we thank everyone for taking part and welcome any feedback on how we

can make your tournament experience more enjoyable.



The CRA is looking forward to introducing a re-vamped team tournament to cap the season, at **Highlands Ranch**, **June 9-11**. so be sure to ask any Board member to explain how the 2017 SCRAmble will work. Now even easier to take part, there's no need for captains to drum up a full team ... you just enter on your own and we'll do all the organizing (just like Racquet for the Cure). Olympic draws offer plenty of court time, and your ranking position assures balanced brackets and divisions. Questions? Contact CJ Sanders to learn more.

MEMBER PROFILES | Interesting News & Notes

Poster Girl ... You've seen the back of her head in all the recent Racquet for the Cure promotional materials, so here's another angle of Sara Sikorski. As always, the Sikorski's make RFTC a family affair, and everyone - plus some - got in on the action. This year, Sara took to the courts along with her sisterin-law Erin, brother Robert, dad Mark, and sister Michelle Dockter. Add in brother-in-law Matt Dockter and the extended family made up 7% of the total entry list! She wasn't on the entrant roster this year, but Mom Robin is a long-time supporter of RFTC - and we thank them all for being so dedicated!



Will play RB for \$\$... To kick off the New Year, CU undergrads Adam Manilla and Nick Riffel [pictured L-R below] put their combined skills on the line for a Doubles Fundraiser at the Denver Athletic Club. In a round robin of 15-minute faceoffs against all challengers, teams scored as many points as they could, then tallied up the difference. A score of 15-3 = 12 points difference (x2 players) = \$24 donation to the students if they won - or paid back to the challengers if they lost. In follow-up throughout the month of January, the enterprising pair also offered a series of clinics to help build up their travel and training fund.

Adam Manilla is currently a senior at CU Boulder, majoring in Mechanical Engineering, and is also looking to boost his income by offering private or semi-private lessons. Although his career is just beginning, the following short-list of his accomplishments is pretty impressive! See a 2014 Junior Olympics interview and some of his 2015 Intercollegiate National match play.



Sponsored by Head Sports and Rollout Racquetball, Adam has been a ... USA collegiate champion, 2015 ... Coach of the CU Buffs team for 4 years (placing Overall #7 and Men #3, 2015) ... USA Junior National Team coach, 2015-present ... Racquetball instructor for 5+ years; AmPro certified ... IRT

ranked professional (highest world ranking #14). And that's just for starters ...! Contact Adam at 303-210-6991 to learn how you can benefit from his expertise, youth and enthusiasm.

Bob McAdam was inducted into the National Masters Hall of Fame in 2012, and has plenty of court time under his belt. His son Tom McAdam was honored by the National Senior Games Association last year, and you can catch grandson Matt competing at National Intercollegiates or playing at DAC. Racquetball certainly runs in this family, but it doesn't stop there. In November, 9News reported how, at 96 and legally blind, Bob set a world record by completing the Highlands Ranch Turkey Trot 5k in 48:19. Incredible!



JUNIOR NEWS | Up and Coming ... and Taller than Mom

As much as her busy schedule allows, Mikayla Postma has been a regular on the CRA tournament circuit recently - and was thrilled to pose with Mom after taking a second place finish at the High School tournament at Highlands Ranch in December. Just a month later, Mikayla won her singles



division at Racquet for the Cure.

Her mom, Dr. Paula Postma, is an Optometrist who routinely supports RFTC by donating eye exams for giveaway, as well as putting both herself and Mikayla into the team rounds. They play out of the Thornton Recreation Center, and Paula recently won the Mixed B/C Doubles at the Blizzard Bash.

Together, it's clear that this mother-daughter partnership is win-win, and that this statuesque young athlete has all the support (and height!) she needs to keep improving in any sport. Keep up the good work! Photo: Paula Postma / FB



SPONSORS & SUPPORTERS

ENTRY PLANNER

- Apex Open February 24-26
- PAC / IRT Stop March 3-5
- CRA State Singles April 7-9
- Team SCRAmble June 9-11
- State Games July 21-23

<u>CRA Sanctioned Tournaments</u> <u>CRA Tournament Player's Guide</u>



CERTIFIED INSTRUCTION | by Marcia Richards Everything I learned, I learned through Racquetball



When you first started playing, do you remember trying to break into that "in group" of players that you thought were so good, way back then? For me that was a very L_O_N_G time ago, but I can recall feeling like there was a tight, sometimes anti-social circle of friends that made it really hard to get on the court with them.

If you think you'd like to share your expertise by working with novice or junior players, there are plenty of opportunities.

Just contact the CRA and we'll connect you with an event or program director.

So how do you view yourself today, after playing for awhile? For me, as I've learned more about the sport, I can go just about anywhere and meet a player or two and fit right in. By travelling to numerous out of state events, I've gained a better understanding of my game and how the larger racquetball family really does extend a warm embrace to its own. In fact, I think that most of my interpersonal skills have been enhanced through racquetball, like ...

Socialization: Sharing is a skill introduced to children very early on, but being socialized and "playing well with others" requires a lot more! Sports give us a way to practice a range of critical social skills like effective communication and conflict resolution. Remember having to referee your first match? Talk about critical communication and conflict resolution! Playing

racquetball puts you in very close quarters with other people (unlike tennis where the net divides you), and you end up making new friends.

Involvement: Getting involved and volunteering has become a lifelong passion for me. Finding time to give back to a sport that has given me so much has been easy, but I've also been inspired by those who make it a family affair. Watching the Manillas share so much with each other - from stories about events, matches, performance highs and lows, to just being supportive of their respective journeys though the game - has been a joy to me as a bystander. I've been moved to see Lori Inskeep and her son Dylan on the courts together, then Paula Postma and her daughter, and Barb Mehegan and her son at RFTC. It's so much different than watching parents shuttling the kids to little league or volleyball matches and getting bleacher butt on the sidelines. Here, the parents play too! This sport has given me a sense of connectedness and community that took a while to truly grasp.

Mental fitness: This area is, by far, the most important when you are trying to take your game to another level or work through adversity. The mental toughness I learned through racquetball has sustained me through many surgeries that could have sidelined me altogether (rotator cuff repair and knee replacement were the most demanding). But knowing that - IF I rehabbed - I would be back playing kept me focused and tough through the physical therapy.

In a healthy state, sports are a natural outlet for stress. On many days I've shown up after work - after trying to talk myself out of playing - then, once I'm into a rally, I'll feel myself smile because I realized that being on the court was a good choice. Can't find the time? Yes, that's not always easy, but in order for you to be a good person at work, or a better person when you get home, you have to create the time to take care of you. Do what you love so you can love what you do.

How you play Racquetball reflects how you manage your everyday life. Enjoy the opportunity to do both well!



KNOW YOUR RULES! Out of Bounds

by Ray Cornell

Do you know how to rule when a struck ball goes out of the court? Does it constitute a replay, or loss of rally to the hitter? In his "What's the Call" column published in the Fall 2016 issue of *Racquetball* [pg.28], National Rules Commissioner Otto Dietrich addressed similar questions - and I'd like to illustrate a bit more using some local examples.

In general, the ball can go "out of court" in two ways: 1) after first bouncing on the floor, or 2) without touching the floor ("on the fly"). In either case, the back wall usually has some type of opening above it - for gallery seating or viewing, air circulation, or both. In some courts, there is an opening on the side walls, but never on the front wall (that I've

- If the ball has first bounced (typically after hitting a ceiling shot), the applicable rule is 3.14 (a)(1), titled "Court Hinder", which reads, in part: "This also includes any ball that leaves the court after legally touching the front wall and then bouncing on the floor." In that case, the rally is replayed from first serve.
- If the ball goes out of the court on the fly, rule 3.13 (c)(3), titled "Failure to Return" states that "The ball is hit such that it goes, without first touching the floor, into the gallery or wall opening or else hits a surface above the normal playing area of the court that has been declared as out-of-play [See Rule 2.1(a)]". In that case, the hitter loses the rally.

Let's take a closer look at Rule 2.1(a). It specifies the court dimensions and includes the statement that "All surfaces shall be in play, with the exception of any gallery opening, surfaces designated as out-of-play for a valid reason (such as being of a very different material or not in alignment with the back wall), and designated court hinders."

Now let's consider courts with "different material or not in alignment with the back wall" along the Front Range. Several come to mind, like those at: Highlands Ranch, Goodson, Littleton YMCA, Downtown Colorado Springs YMCA, and Pueblo Athletic Club. The Denver Athletic Club and Apex have clear gallery openings above the back wall, but with a wood trim that qualifies as "different material."

- Highlands Ranch and Pueblo have netting above the back wall. If the ball touches the netting (different material), it's out.
- The Littleton YMCA has a small window at the top of the back wall which is a designated court hinder. Hitting that is out because all of the rest of the back wall is in play.
- At Goodson, the back wall extends only to the point at which a cinder block wall continues upward to the ceiling. The cinder block wall is out, being a different material and not in alignment with the back playing surface.
- At the Colorado Springs YMCA, the downstairs courts have a wide metal beam across the top of the back wall. It's a different material and is not in alignment with the glass back wall, so it's out.

In all cases, determine whether the ball went "out" after bouncing on the floor, or if it went "out" on the fly. Then replay the rally or award the rally winner, accordingly.

[Note: these are USAR rules; the IRF and IRT have different rules for the ball going out of bounds, so be sure to brush up on any differences before competing on those circuits.]

FROM THE PRESIDENT | by <u>Dave Stone</u> Succession Planning is the Key to Growth



As we wrap up some year-end business and thank outgoing (and renewing) board members, I'd like to take a moment to discuss succession planning - an issue that has been at the forefront of corporate thinking in past years due to the aging population.

We take for granted all the institutional knowledge and experience held by older workers until, without proper planning, it's lost upon retirement. This concept is no different in relation to racquetball, or any other sport.

Are we devoting enough time and effort in preparing the next generation of players? Can they articulate the case for preserving current courts and expanding into new

facilities? I would hope that we could all answer with an undeniable YES; however, are we putting forth our best effort to make this a reality?

I'm not sure if there is a definitive answer to that last question, but I would like to raise the issue for consideration and pose a few compelling questions as we move forward into this new year:

- 1. As one of our aging players steps off the court, are we finding two new juniors to step on the court?
- 2. As one facility turns our courts into a Pilates studio or a rock climbing wall, is there a new facility opening up with new courts?
- 3. Are we planning adequately for the next generation to take over the sport?

I hope these questions have you scratching your head and wondering whether more can be done to promote racquetball. Although state associations and USAR have missions to grow the sport, the actual work is always done at the grassroots level. So despite the best of intentions and marketing strategies, racquetball needs the help of everyday players like you.

So, how do we get this going? Glad you asked! Like eating an elephant or picking up seashells on the beach, it all starts with taking that one first step.

How about inviting a co-worker to de-stress with a game at lunch or after work? Or, mentor a neighbor with children, offering them a free club visit, introduction to the rules and an occasional match to see how they're coming along. There are countless ways to get new blood in the sport, but it all starts by individuals making a conscientious effort. If we each introduced just one new player to racquetball, imagine how the sport would rebound in just a few short years!

One thing is for sure - we need to get more young players onto the courts. I was encouraged by the turnout at the recent high school tournament held at Highlands Ranch, where Bill Fearing hosted almost 40 juniors on a cold, snowy day. Moreover, two of Colorado's own, Adam Manilla and Nick Riffel, demonstrated their athleticism and shared insights with the students. Both Adam and Nick have been on the receiving end of training and guidance from many other players over the years, and they often take the time to pay it forward.

Imagine if Colorado developed 100 junior players per year, who each continued with the sport through college, where they in turn introduced 100 more new players ... and so on, and so on ...! That would be a great step towards real-time succession planning in racquetball.

Make no mistake - grassroots activity is the lifeblood of racquetball. Anything you can do to get more people playing strengthens the sport across the full spectrum of players, facilities, and vendors.

If you want to get more involved with growing the sport, there are many opportunities available. Local clubs and recreation centers need advocates and coordinators to run leagues, ladders and junior programs. Existing programs need coaches and mentors. If you have questions, we have answers. Contact anyone on the CRA board for help in finding the best way to apply your talents.

I challenge all players to
examine their
contributions and find
even more ways to
promote the sport. Let's
make 2017 the year that
Colorado Racquetball
sees double-digit growth
and facilities are forced to
build new courts to keep
up with high demand!

FROM THE EDITOR | by Linda Mojer

I circle back to this theme regularly, but I just don't think that the importance

of good management - in all things (!) - can be overstated. Lucky for Colorado players, there's a first-rate working group in place that has your back, on the tournament front.

Case in point: the CRA Board had to be nimble and flexible in making room for an unexpected shake-up to the sanctioned calendar, and it did so by taking a hard look at timing and examining player needs. Instead of expecting players to choose between rapid-fire events, they moved quickly to create space in the schedule and secure a new date and venue for State Singles [April 7-9 at Apex].

So, in the background, there was a lot of discussion taking place to get the <u>Spring Calendar</u> issued in time for you to be able to plan ahead properly. That same attention to detail will go into preparing the Fall schedule - and you'll have your <u>Board of Directors</u> to thank for keeping an eye on your best interests.

And they do for the same simple reason that you do - an undeniable love of the game.

NATIONAL NEWS



She's everywhere ... the <u>latest issue of RACQUETBALL</u> Magazine included an inset cover photo of our own Erika Manilla celebrating her World Junior title win in San Luis Potosi, Mexico.

Scholarship Deadline = March 1 ... Graduating high school seniors and college undergraduates are invited to apply for competitive USA Racquetball scholarships. Since the program's inception in 1990, a total of 106 individuals have been awarded more than \$54,250 (including 2016 recipient, the one-and-only Erika Manilla). Apply today >>

Help spread the word ... USA Racquetball recently launched an <u>Ambassador Program</u> to develop relationships with players in health

clubs, fitness centers, schools and universities. A good candidate would be someone who is at the club 3-4 times a week, loves talking about the game and is willing to help connect the national office with the playing public. Interested? Watch a short video and complete an online contact form to get into the pipeline.



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