



The Colorado Racquetball Association ENews

SUMMER / FALL
2017

PLENTY OF NEW-NEWS FOR THE NEW SEASON

Programs, Programs and more Programs!

Newly Sanctioned ... Mark your September calendar (yes, that's next month already!) for the [4th Annual Fearless Shootout](#), which kicks off the new season on Saturday the 9th, from 7:30am to 6:00pm. This year, Bill Fearing has sanctioned the event for the first time, tapped Joe Williams as his tournament director and capped registrations at the first 100 entries. Shake the summer cobwebs off your racquet and head over to Highlands Ranch for this annual season opener.



Newly Appointed ... [Chantel Anderson](#) joined the CRA board over the summer and hit the ground running with a slew of great ideas and lots of enthusiasm to back them up. She has an M.S. in Business Analytics and a B.S. in Finance, both from the University of Colorado. She currently works as an analyst at Schriever AFB, and is also working on a start-up company, [RYKO Pet Gear](#).

She began playing racquetball in college and joined the University of Colorado (Boulder) racquetball team in 2005. When she transferred to Colorado Springs to finish her degree, she teamed with Michelle Dockter to co-found the UCCS club, which went on to take second place in Division II schools at National Collegiates. Chantel has continued competitive play in southern Colorado and is a familiar face at local, state and national tournaments.

"I'm excited to get directly involved with the sport, and help with its promotion to female players. Overall, I'm really honored to be part of a team that is working to evolve racquetball, and maintain its appeal to a wide range of athletes."

Newly Rolled-out ... CRA Season Pass & Package Deals coming soon! Getting ready for the upcoming tournament season? Special CRA Season Pass package deals will soon be available to our athletes who compete in multiple tournaments throughout the year. If you're a

ON YOUR PHONE



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die-hard competitor, a season pass will save you money on your tournament entry fees, plus you'll have access to membership benefits, such as free extra divisions, giveaways, goodies, and more. More details will be released at State Doubles, where you'll learn more about how to earn discounted rates on tournament entries for the upcoming season. Train hard, play hard, and save some money all season long!



Newly Re-instituted ... The CRA Board has re-committed itself to recognizing players with *Annual Awards*. Traditionally, CRA has named Male and Female Athletes of the Year, Most Improved, and Outstanding Juniors, along with best Club and Tournament Director.

This year's schedule will be:

Nominations DUE by Friday, September 15

[submit to [Shannin Rudman](#)]

Online Voting Period: September 15 - October 15

Player Recognitions at State Doubles: November 3



The Fall Calendar is live, so it's time to start switching out old versions wherever you come across them! How to tell? Check the lower right reference date against the [current version](#) on [ColoradoRacquetball.com](#). If the date of the copy you're looking at is **earlier** than the online copy, toss it out! Always go with the [PDF under the competition tab](#) and look for new editions twice a year.

The [Colorado Racquetball Association](#) strives to schedule a sanctioned event in every month of the season, so look for the latest calendar to make sure you don't miss a thing.

Prep for the new season by locating the CRA [Tournament Player's Guide](#) 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 from [ColoradoRacquetball.com](#) > Competition > [Guidelines](#).

Tourney News | Events & Programs

Spiffy ... Highlands Ranch recently announced that Courts 1 and 2 were re-done, giving HRCA seven panelled courts for tournament play. Courts 8, 9 and 10 are being scheduled for the same work to be completed by next year, and LED lighting will be installed on Courts 1&2 later this fall.

DAC League Update ... At the date of publication, [Robert Testa](#) was at the top of the Denver Athletic Club's Singles Intermediate [Challenge Ladder](#). The roster includes 14 of the metro area's best players, who



On Twitter? Share your @handle by following [@ColoradoRB](#) and we'll cross-post more items, more often, as interest and audience grows!

are locked in a sanctioned league playoff battle that is set to run through the end of the year. They're mixing it up!

NMRA Touring Team ... A small group of Colorado gentlemen travelled to Wisconsin for the [National Masters International Championship](#) in July, and brought home plenty of hardware. Francis Florey of Longmont won the Men's 80+ division, and twice-over champ Mike Martin of Golden won the 85+ singles, then paired with James Funk of Conifer to win the 80+ Doubles. Golden's Gordon Levy and Martin Wouk each placed third, twice, in 70+ and 65+ singles respectively, and together in 65+ doubles.

Team Spirit ... A group of 21 undergrads from Colorado were distributed across multiple team rosters for the [Intercollegiate Nationals](#) last Spring, with the CSU/Pueblo Men's Team capturing second place in the Division 1 team finish. That combined/overall team included: Samantha Baker, Aaron Booker, Eric Garcia, Charles Hebbert, Lukas Le, Carla Munoz, Andrea Petrovic, Thomas Sammons, Brad Schopieray, and Brady Yelverton.

The UC Boulder team was comprised of: Stanley Cheung, Adam Manilla, Matt McAdam, Rachel Pabelico, Nicholas Riffel, Pooja Sheevam, Nick Vanderkolk, and Chris Whipple. A two-man roster represented UCCS, Alexander Bradt and Jacob Kingsford, and single teams were fielded by Dylan Inskip (University of Northern Colorado/Greeley), Shawn Lopez (Colorado School of Mines), Thomas Riganti (USAFA). Hometown star Erika Manilla (playing for Northern Arizona University) locked up the Women's Doubles title with Erin Boadway, while her brother Adam advanced to the semi's in #1 singles, placing third.

All rosters/results are taken from public record of the event. If you were overlooked, double-check to make sure that your entry information is correct online, then please [let us know](#) how you did!

RACQUETBALL CAMPS & LESSONS
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*Additional information on website

2007 SCHEDULE

MINNEAPOLIS, MN - AUG 4-6	DETROIT, MI - SEPT 10-17
CHICAGO, IL - AUG 11-13	HOUSTON, TX - SEPT 23-24
DALLAS, TX - AUG 18-20	MINNEAPOLIS, MN - SEPT 29-OCT 1
DETROIT, MI - SEPT 8-10	CHICAGO, IL - OCT 13-15

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To register or for more information please contact Cliff Swain at swain@lifetimfitness.com

September 8-10 | [Register today!](#)

[Life Time Fitness Centennial](#) is looking for someone to run their racquetball program. It's a part-time position in charge of coordinating leagues, tournaments, shootouts, and promotions. Interested? [Contact John Wilinski](#) direct at 952-994-6560.

RFTC Traveling Ladies Days are Back ! by Chantel Anderson

To help promote the CRA's [Racquet for the Cure](#) benefit event year-round, a re-vamped ladies-only "touring racquetball group" began meeting along the front range for a morning session of friendly competition each month. It's usually free (sometimes with a nominal guest fee), and open to all levels of players, including anyone who wants to learn firsthand what this sport is all about!

The first stop of the summer series debuted on the



outdoor courts at Memorial Park in Colorado Springs on June 25. There was a respectable turnout for a Sunday, including one new player and a veteran returning from hiatus. We got some specialty instruction and tips from experienced outdoor player Matt Dockter, then enjoyed some fast-paced doubles (*pictured below*). Afterward, several of the ladies got together for lunch and refreshments at a local restaurant. From start to finish, we shared lots of laughs, snacks, kills shots, some skips, "invisible back wall" shots, and some minor sunburn.

On Saturday, July 29, the group gathered at the YMCA in Littleton for another full morning of hitting some balls and meeting new players. There was a great mix, from some of the state's top players, all the way to several "newbies" who had picked up a racquet for the first time (*pictured above*). A third event on August 19 was scheduled for the Life Time Fitness facility in Centennial.

"This is an excellent opportunity to get out on the court with the ladies you want to compete with." said Chantel Anderson, one of the program organizers. *"It's also a great learning environment for new women who are just getting involved in the sport. Everyone laughs a lot and, oh yeah, we get to play racquetball!"*

The Fall series will begin in October and run through the holiday season, leading up to [Racquet for the Cure](#) on February 2-3. You'll want to [subscribe to the list](#) or [send an email](#) to receive reminder invitations, then follow the [RFTC Facebook page](#) for updates when events are scheduled. Questions? Contact [Chantel Anderson](#), [Alyssa Street](#) or [Marcia Richards](#).



Our first group, outdoors in Colorado Springs, included, l-r: Valerie Browne, Gina Puzo, Michelle Dockter, Barb Sims, Marcia Richards, Mary Jane Boese, Chantel Anderson.

NATIONAL SINGLES | Team Colorado Road Trip

A dozen players made up Team Colorado on the trip to Tempe for 50th USA Racquetball [National Singles](#) and faced stiff competition right off the bat. The Men's B division was the largest bracket of the entire tournament, starting with a round of 32 that included Rick Busekrus (Colorado Springs), Jawara Riley (Fountain) and Scott Walker (Centennial). Of the three, Rick was the unluckiest in facing the eventual division winner, Timmy Hansen (son of USAR Hall of Famer), in the first round. Riley survived an 11-7 tiebreaker to advance, only to be stopped in the next round by the #2 seed.

Round-robins were kinder to Francis Florey of Longmont (80+), Denver's **Chandler Harvey (24-C/D, pictured)** and the Springs Sherwyn Phillip (50+B), who each brought home a gold medal. Assorted other finishes were recorded for the group, which also included Chantel Anderson, Mary Jane Boese, Larry Haemmerle, Michael Kranitz, Ryan Rodgers and Kyle Smith. Take a closer look at [the results](#) and congratulate your nearest road-warrior for a job well done!



BOARD REPORT | CRA Update

We're preparing for [Board member elections](#), as the annual rotation schedule frees up four seats at the end of the year. Terms are set to end for long-serving Dan Davis and Marcia Richards (each on the board since 1999) and Dave Stone (since 2011). A fourth open spot will be on the ballot, if a vote is warranted by interest.* Nominations are welcome year-round, so [send in your suggestions](#) for any good board member prospects - or step up yourself. CRA needs you!

Formal runoff elections are held only when there are **more candidates than available board seats to be filled. So, if all 3 current directors seek re-election and 2 nominees are put forward, the membership will be presented with a ballot of 5 candidates and asked to vote for 4 of them. If only 1 nominee is identified (plus 3 incumbents), all 4 will be appointed to the slated 2018-2020 terms. Any mid-term vacancies can be filled by appointment, or held open until the next election round.*

MEMBER PROFILES | Interesting News & Notes

Coach Meyer Staffs Up ... According to a recent [USA Racquetball press release](#), Jen Meyer has been re-appointed to the US Junior Team coaching staff as the Esprit Team Head Coach. Following her recent support to the 2016 Junior Team at Worlds, the national office noted that "Jen brings 13 years of experience guiding the 12 and under team members in international competition. She holds a Bachelors degree in Sociology and Elementary Education plus a Masters degree in Elementary Education which gives our youngest team members the guidance and structure needed to compete on the World stage." She's pictured receiving the 2011 Joe Sobek Contributor Award at National Singles that year, so she's been a valuable part of racquetball for a very long time. Congratulations!



Tony Rosales ... made his return to tournament play at the Rocky

Mountain State Games in the Springs, thanks to plenty of support by local players and friends. Back at home just a few weeks later, he played in the WRT Life Time Open, where he continued to work on getting his timing and drive back. *"I'll admit I am frustrated. I've [worked really hard](#) to even walk again much less play racquetball and it's a difficult pill to swallow not being at the level I was."* Although he realizes it's slow going, we admire him for getting back into the swing of things!



Dean Schear gives an interview for KOAA in Colorado Springs during the Rocky Mountain State Games. [View the full video](#) for Matt Dockter's inside scoop on "sneaky old guys".

JUNIOR NEWS | Junior Nationals Team Roster

After returning from Junior Nationals in California, Lily Caldwell and Matt Miller were [featured in their hometown paper](#) and caught the attention of the local NBC affiliate, then shared the station's Athlete of the Week honor on July 24. KKCO11 News ran a short feature, including some [on-court video and interviews](#) of the traveling teens.

In singles, Lily had earned a silver medal in the G14- Blue division, and Matt won the White division of B18-. The segment also noted that Matt will be heading off to Texas Tech University in the fall, and that Lily hopes to promote the the sport she loves as she starts her freshman year of high school.

"It is a really cool sport with lots of teamwork" she said, "and I would love to see it in high schools in Grand Junction." We agree!



SPONSORS & SUPPORTERS

ENTRY PLANNER

- [Fearless Shootout](#) - September
- Killer Open - October
- CRA State Doubles - November
- Colorado Madness - December

[CRA Sanctioned Tournaments](#)
[CRA Tournament Player's Guide](#)



CERTIFIED INSTRUCTION | by [Marcia Richards](#) *PE or After School - Racquetball Works!*



Looking for an activity for youngsters that develops eye-hand coordination, agility, quickness, is a high calorie burner, and always lots of fun? Racquetball is your answer! Kids can quickly learn the rules and develop skills that will get them playing games in as little as two days. As a parent or teacher, you don't need to be an expert (or even know how to play yourself), because the Colorado Racquetball Association will help you get started.

We'll act as a liaison between you and the nearest court club, where a class or clinic can be designed to fit your needs. Most racquetball facilities encourage the development of junior programs and are looking for groups to utilize the courts in non-peak hours during the day, early morning, or early afternoon. We can help by contacting local health clubs or recreation centers for you, finding an instructor to get you started, and supplying equipment. Please [contact Dan Davis](#) to get into the pipeline!

Right away, you can find materials on [ColoradoRacquetball.com](#) that you can [download](#) to get a jump start. The program is designed to walk your players through a progression of skills and knowledge needed to move them through to the next level. We plan to provide incentives for juniors as they advance, starting with Level #1= "I am a Racquetball Player" certificate; Level

JUNIORS 101

Download a [12-page reference](#) outline containing tips, tests, drills, diagrams and a pull-out poster to help promote your local program

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.

#2 = Backpack; Level #3 = T-Shirt; Level #4 = Team Colorado/USAR membership.

At corresponding levels, skills improvement can be measured using our provided hitting tests. The lineup below is an example of a single set of tests that can be used to show progress. There are 4-5 hitting tests at each level, so your players might advance in this track:

Level #1 = Drop and hit from the service box, so the ball hits the front wall (3 out of 5x)

Level #2 = Drop and hit a forehand from the safety line, so it travels to the back corner (3 out of 5x)

Level #3 = Drop and hit a backhand

Level #4 = Hit 3 out of 5 forehand ceiling balls

These examples show the knowledge each player will need to gain in order to advance.

Depending on their age, juniors could show, tell, or answer a written test that might cover:

Level #1 = Name 3 things that you can do to keep players safe

Level #2 = Which line is the short line, safety line

Level #3 = Multiple Choice written test and diagram

Level #4 = Multiple Choice written test and diagram

The last challenge can be a series of timed footwork drills that starts out easy and gets harder as the player moves through each level. The teacher/coach will time and track improvement so each youngster can work on getting faster and more efficient with their court movements.

When working with juniors, I recommend getting parents involved as much as possible so when they take the court with their child it's with a good understanding of safety. So the first session could involve 30 minutes with the parents and child on the court together. They can help you run the drills! They can have fun along with the kids. *Case in point (pictured): "Grandma" Shirley Parsons loves to put her little charges, Judah & Elena, through their paces!*



The CRA is so committed to helping you create a successful junior program at your facility that, along with the [JUNIORS 101 start-up kit](#), we'll also provide racquets and eyewear.

Still need more? We invite you to reach out to any of these successful junior coordinators for their guidance and expertise:

[Dan Davis](#) (Denver)

[Carol Pellowski](#) (Western Slope / Grand Junction)

[Kim Pedrie](#) (Colorado Springs)

[Bill Fearing](#) (Highlands Ranch Recreation Center)

[Earl Mosley](#) (Littleton Family YMCA)

Whether you need a weeklong camp session or a 90-minute clinic, CRA has a variety of strong programs and expertise to draw upon - and we're happy to share our resources. All you need is a commitment to work with kids to learn a sport that they can enjoy for a lifetime. Start today!



KNOW YOUR RULES ! Legal Equipment !

by [Ray Cornell](#)

We often focus on the rules of play, so let's take a look at rules governing approved equipment. Heading into a new season is a great time to review what's required or allowed, specifications, and how equipment is validated within the rules of play. Three items of personal equipment have quantifiable specifications - the ball, the racquet, and safety eyewear. There are also rules for non-eyewear apparel that we'll review within the [USAR Rulebook](#) sections cited below.



BALL specifications are listed in [section 2.2](#), none of which can be validated by the everyday player or at a typical tournament because they require the use of several technical measuring devices. So, for casual play, use a ball commercially produced by manufacturers like Penn, Ektelon, Gearbox or Wilson. For sanctioned tournaments, you'll normally be supplied with approved balls for match play.

The rules for legal **RACQUETS** are in [section 2.4](#). The racquet frame can be made of "any material judged safe," but must not be longer than 22 inches, including the handle; so [don't use anything with an extended frame](#) or that is termed any type of "longbody." Using a frame that exceeds 22 inches will result in forfeiture of the game in which the illegal racquet was used. Using a grip extender that exceeds the 22-inch limit during a game will result in a technical foul and a charged timeout to correct it. A second violation will result in loss of the game in progress. The frame must include a safety cord "securely attached to the player's wrist," not longer than 18 inches end-to-end, and cannot stretch to more than 24 inches. There are several types of string that are allowed on the racquet, but they must not mark or deface the ball.

In [section 2.5](#), safety **EYEWEAR** must meet or exceed the [ASTM F803 standard](#), and is required to be worn during play and match warmup - **no exceptions**, *including for those who normally wear corrective lenses*. [Editor's Note: Seriously. Impact-resistant lenses fitted into fashion wire frames do NOT conform to this standard, under any circumstances, and cannot be worn for sanctioned tournament match play. Ever.] Penalties for failing to use proper eyewear include possible forfeiture of the match. Rule 2.5 lists specific markings or other identification that denote approved eyewear. In addition, a 2013 [list of approved eyewear is available for download](#).

There is a fair amount of flexibility in clothing that can be worn, but it cannot be too wet, too loose, distracting, or with designs, writing, or insignia that's in poor taste. Shoes must be worn, and cannot damage or mark court floors. Audio devices are allowed only when needed to amplify a player's hearing.

In addition, during on-court warmup, protective eyewear must be worn, and the safety cord must be securely attached at both ends. Failure to do so will result in a technical



warning, and a technical foul if not corrected after the warning.

In rule 2.4(d), if a non-compliant wrist cord is discovered during play, a timeout will be charged in order to correct the problem; or a technical foul will be assessed if no timeouts remain for the offending player.

Print out your own copy of the US Racquetball Official Rules - just [download a PDF](#).

During play, [rule 3.15\(i\)](#) generally states that “If a player loses any apparel, equipment, or other article, play shall be immediately stopped and that player shall be called for a penalty hinder.” This applies to eyewear, hats, jewelry, hair accessories, or other items not specific to racquetball; however, there are some exceptions in certain situations.

Also during play, rule 3.17(a)(9) states that “Failure to wear lensed eyewear designed for racquet sports [rule 2.5(a)] is an automatic technical foul on the first infraction, plus a mandatory timeout to acquire the proper eyewear. A second infraction by that player during the match will result in automatic forfeiture of the match.”

The most stringent equipment rules pertain to having a legal racquet and approved safety eyewear. Failure in either of those areas can result in losing the game or match; whereas, other equipment infractions result in technical warnings or fouls, and/or loss of a timeout, or a penalty hinder.

If you make sure to keep your equipment within legal specifications, under your control, and properly used at all times on the court, everyone can stay safe and enjoy the game!

FROM THE PRESIDENT | by [Dave Stone](#) *Communicating Effectively*



The CRA Board has made it our goal to improve how we keep players informed on all aspects of the sport, and we recently conducted a survey to get your feedback. For those who responded, we thank you for sharing your thoughts. For those who did not, we hope that you'll take time to bring your constructive ideas - [to any board member](#) - about how we can best disseminate racquetball information.

The survey asked how players want to receive information ([see graph](#)), and it seems that most would prefer a balanced approach using multiple tools. Linda Mojer works diligently to prepare quarterly Rollout newsletters and to keep the website updated. Our "younger" board members CJ Sanders and Matt Dockter routinely use our social media tools to get breaking news into the mix. For tournaments, we access the USA Racquetball database and issue R2 email blasts to promote sanctioned events. The Rollout is emailed using that same database, so it's important that you [keep your member record up to date](#) - especially since email seems to be the method of choice for contact among our members. In the “other” category, we're curious to hear any ideas you have about different ways of keeping you informed, so please take a minute to [email your suggestions](#).

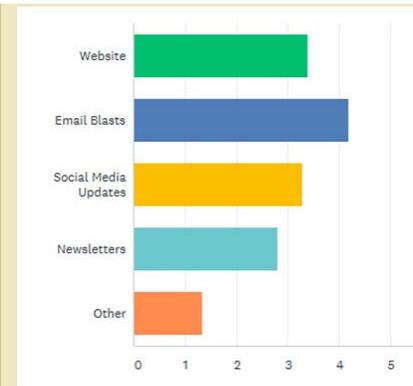
We strive to bring you a variety of relevant information and work hard to deliver the news you want. Among the survey respondents, most were looking for meet-and-play information and rules/refereeing. Over the years, I wrote a series of articles that remain archived on the website and are

as relevant today as when they were written, so please [locate them occasionally](#) and print out a couple to post at your club. Ray Cornell took over writing the [Know Your Rules](#) column with the Spring 2016 edition and continues to do an excellent job. You can always [submit your rules questions](#) for reply, and if you feel your club would benefit from a rules clinic, just [let us know](#) and we'll do our best to schedule one.

For meet-and-play info, Colorado's greater metro area is unique in having many players spread out among multiple venues that are a relatively short distance apart. **So the question becomes: how can we help players know when and where the action is?** Beyond state and local event promotions, this is a definite area of potential improvement. The CRA has been working hard to identify all the state's active clubs, along with the individuals who coordinate activities at them. Next we'll try to get a CRA representative out to each club to assist in promoting racquetball.

If you'd like to join in this endeavor, great! We need more voices and innovative ideas for supporting local play. Several club coordinators do a great job getting the word out about their leagues, shuttles and drop-in activities, but many players still rely on personal word-of-mouth to schedule their court time. If you have ideas on how we can improve this type of outreach, please get with anyone on the [board of the CRA](#). And if you're not already active on the [CRA Facebook page](#), please check in regularly and start posting!

The CRA will do our best to be responsive to the Colorado racquetball community. We need your help to ensure that the sport is growing and thriving. To the extent you're able to volunteer to the cause, we welcome your time and talent! We look forward to a great 2017-18 tournament season and hope to see everyone out on the courts!



The Board of Directors conducted a random drawing of respondent names at its August meeting and **Tim Caves** was our lucky winner. Thanks to everyone for taking part!

FROM THE EDITOR | by [Linda Mojer](#)

I often work both sides of "the survey" model (designing and answering my fair share), so I value feedback. I also know that the best results are gained when lots of input is generated, but that it's also like pulling teeth to motivate people to respond.

So we went all out putting links to the CRA survey in the last Rollout, on the website, and in multiple social media posts on Facebook and Twitter. We used best practice in keeping it short and simple. We offered incentives and opened a moderate survey window to create urgency. The USAR database for Colorado contains roughly 1200 email addresses and we received completed surveys back from less than 5% of that number.

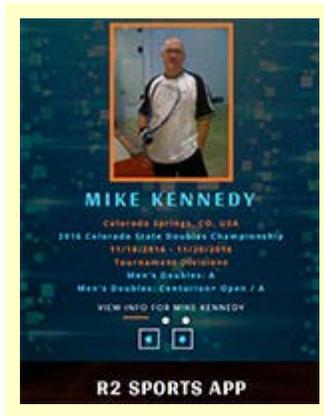
Now, the R2Sports platform is not Constant Contact, so CRA can't track bounces to know how many addresses are active, but 54 responses is still pretty low (about half a tournament's-worth) - and that's a statement in itself. It seems that we're still preaching to the faithful (80% were



members) and the engaged (the majority were at higher skill levels, most played tournaments) and there's a good chance that another dozen of them were CRA board members (under duress to take part!).

The upshot? We got some needed validation on what we're doing and how we're doing it ... plus it prompted some great brainstorming ... so ... *thanks for playing!*

NATIONAL NEWS



There's an APP for that ... R2 Sports manages the USA Racquetball player database, and many players have subscribed to [the tournament app](#) that allows them to select favorite players, events, and divisions, then have live info delivered to their mobile device. Players and fans can get notifications when a game is starting, plus receive live scores and final game results. You can share, like, and post comments, enter tournaments, interact with other players and chat with fans. Even watch live streaming from right within the app when it's made available by the director. If you can't be there in person, this is the next best thing. Available for both [Android](#) and [iPhones](#), this mobile application will put all the latest racquetball action - literally - in the palm of your hand.



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