



The Colorado Racquetball Association ENews

WINTER 2018

HERE IT COMES ... RFTC #19, February 2-3

Annual Favorite kicks off CRA's New Year Lineup



Time to dust off those "play more" resolutions and get ready for the 19th Annual [Racquet for the Cure!](#)

The 2018 RFTC benefit organizers are committed to the founding goals of developing more great women players in Colorado, while offering a fun doubles Shootout for men and a high-energy Mixed Doubles fundraiser for everyone. It's only a couple of weeks away now, and you can expect some new twists to this one-of-a-kind tournament, with a focus on fun!

From the start, this event was designed to make it easy and fun for Colorado women to experience competitive play. **If you're a regular**, be sure to invite a friend or beginner from your club to come enjoy a low-stress tournament environment, plus solidly connect with the women's racquetball community! **If you're a Novice/D first-time player**, you'll get an extra warm welcome, meet lots of new people, and greatly expand your playing field.

Want to help or donate? Organizers are welcoming gift cards and products for a special gift exchange, and big-ticket items for sweepstakes giveaway - just contact [Alyssa Street](#) at 720-220-7846 or [Marcia Richards](#) at 720-560-1484 to learn more about how to take part.

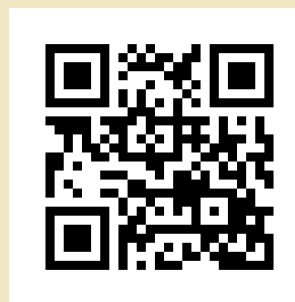
As always, the festivities are capped with a celebration that includes awards, giveaways, a sweepstakes fundraiser with great prizes - along with food, drink and plenty of socializing with your favorite people. All the Saturday night fun and frolic is included with your entry fee, and guests are welcome to buy in at the door.

And remember that this is a compressed, two-day tourney, so entries are limited to make sure we can

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finish up in time to enjoy Saturday night together, and Superbowl Sunday at home with our loved ones! So [download a flyer](#) and [enter TODAY >>](#)



The Fall Calendar is still the latest working edition, but you still want to be vigilant about 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.

TOURNEY TICKER ... Save the dates! RFTC |

February 2-3 ... APEX Open | February 16-18 ... PAC Open | March 2-4 ... CRA State Singles | March 23-25 ... Rocky Mountain Regional | April 13-15 ... [Enter online or check recent results for >>](#) ... Fearless Shootout ... Killer Open ... State Doubles ... Colorado Madness ... and more!

Tourney News | State Doubles

Woody Clouse and Ryan Rodgers logged a three-peat by defending their CRA Men's Open Doubles title at the state championships, by defeating Lee Beckwith and Brian Hunter in straight games. First-time gold medalists Patricia Greene and Michiele Stapleton took a Women's Open win and in Mixed Open, board members Marcia Richards and Matt Dockter locked down a [record book](#) listing in their first-time bid as a team.

Marking its 44th year, the [2017 State Doubles Championship](#) drew just over 100 players to Life Time Fitness in Centennial, where 27 fields were bracketed for competition and played out to the bitter end.

A handful of players managed to choose wisely and earn double-gold finishes with able partners. Westminster's Vikram Pathrojuthri brought home two gold medals in Men's and Mixed B's with Wil Swindler and Paula Postma, as did Paul Klatt with Larry Haemmerle in M65+ and with Jorge Valencia



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

in Centurion B/C. Others to double up on wins were Marcia Richards with Matt Dockter in Mixed Open and Dave Stone in Centurion Open. Dave also went on to earn his second with Shannin Rudman in M45+ (then endure knee surgery over the holidays!).

Coming off a remarkable run at the U.S. OPEN, where they battled for a silver medal finish, Alexander Bradt and Rick Busekrus advanced easily into their Colorado final, then took a close tiebreaker victory over Sherwyn Phillip/Jawara Riley, 11-7, for the Men's A title. *Captured post-match by Rachel Riley, the spent group is pictured L-R: Riley, Phillip, Bradt and Busekrus. Photo: Raeolite Photography.*



CLUB NOTES ... [Tim Thomsen](#) runs the [Westminster](#) racquetball program, and shared a novel interclub challenge idea that debuted with playoffs between his club and APEX in October. Several of these events are planned throughout the year and Tim will be contacting partner clubs to develop a home & away schedule. [Game-Set-Match](#) (GSM) is their product partner to provide discounted racquets, bags, shoes and accessories to players on site. As Interclub Challenges move forward GSM will be expanding their racquetball offerings in all four retail storefronts in the metro/south area (Denver, Littleton, Centennial). Sounds like a fun win-win!

Highlands Ranch racquetball pro [Bill Fearing](#) shared New Year wishes, with this complete top-ten list for upgrading your game in 2018:

1. Blend all of the best styles you see into your own game.
2. Hone in on your accuracy, and then start hitting with velocity.
3. Develop the big game serve and shoot.
4. Always take the most offensive shot in any circumstance.
5. Practice, practice, practice.
6. Have a basic winning game plan that doesn't break down unless you're getting throttled.
7. Be ready to adjust to Plan B or Plan C, to give yourself a better chance of winning.
8. Always listen to others on how to improve your game (they might see something you don't).
9. Study your opponent's game, and find 3 different ways to win the next time you face off.
10. **Most** of all, please have *FUN* and enjoy yourself on the court! Losing control of your emotions while others watch on is just ... *not cool*.

And ... the number of [sanctioned leagues](#) continues to increase, with three active ladders showing up at DAC, the USAF Academy and Montrose Recreation District.

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!



Changing of the Guard // Bruce Burkland

Interview by Marcia Richards

Just as the year came to a close, so did a legacy of program dedication by Bruce Burkland, who re-traced his steps with Marcia Richards. *“Goodson ended up being the fifth and final stop in my career path. Along the way, in chronological order, were: Racquet World (now CAC Monaco), IAC Aurora, Cherry Creek Sporting Club (now Cherry Athletic Club), Lynmar Health and Racquet Club (in the Springs, now closed) and finally Goodson Recreation Center. When I started at Goodson in 1990, I thought it would just be a temporary thing until I found another job at a private club. And 27 years later, I retired from Goodson.”*

How did you get started playing and when? I first learned how to play in college at ASU in Tempe, Arizona. The year was 1972 and the outdoor courts that I played on were 300 feet from my dormitory room. Throughout college I competed in gymnastics, but racquetball was my favorite “outside” activity.

Were you a tournament player? Once I graduated from college, I really began to sink my teeth into racquetball during what was truly the “hey-day” of the sport. I actively competed for a little over a 10 year period from 1980 to 1990 and had achieved a high A skill level. But just about the time I was really starting to understand the game, I began to have difficulty tracking the ball. I had my eyesight checked and I was diagnosed with retinitis pigmentosa, so



the peripheral vision and night blindness slowly got worse as a result.

Who is the greatest player you ever got to know or work with? Some of the “greats” that I learned a lot from when they came to Goodson for clinics (that they taught, not me!) were: Rhonda Rajsich, Woody Clouse and Derek Robinson. I have to say my proudest coaching accomplishment was with my step brother Shad Thayer. I started him out as a scrappy little 10 year-old and turned him into a junior champion and two-time runner up the Open Division of the State Championships.

What is your hope for the future of the game and Goodson? Many people over the years have said the future of racquetball is getting juniors involved. In addition to that I think it’s important to maintain a strong adult player base with drop-in programs and leagues. David Risley is taking over as coordinator and he’s been a participant in my program for years, so he “knows the drill.” I’ll stay on as a volunteer to help wherever I can.



[All photos courtesy B.Burkland]

What are some of your outside interests? In my retirement, I plan to get out there and play while I still have reasonably good eyesight, and take in some biking, kayaking, camping, and of course my favorite sport, windsurfing!

We also found plenty of nice Facebook posts from friends and well-wishers, and these seemed fitting to the occasion ... *For the last 18 years this man has been a friend, supporter and coach for my ever evolving racquetball game. Bruce has helped me improve as a player and as a person, and even helped me win a National Championship a couple years ago with some excellent coaching and advice. He is retiring to go off and enjoy life for a while and he will be greatly missed. My Monday and Wednesday nights will not be the same without him. My life has been blessed and made better by our paths having crossed.* - Andy Atencio

You pulled me aside back in 1981, to invite me to play in your racquetball league. You've been a good friend ever since [and] you're the best thing to happen to racquetball, in Denver, ever! Imagine all the welts you've caused and overseen, to your players (victims), getting hit by racquetballs? Best wishes in retirement! - Charles Trautman

Questions about Goodson programs, now that Bruce is free-ranging? Contact David Risley at his work email - Drisley@ssprd.org - work phone at 303-483-7070, or [on Facebook](#).



In September, Bruce Burkland awarded Jorge Valencia (left) first place in Goodson's Elite High Intermediate level summer league, over runner-up Richard Speck.

ROAD TRIP | Team Colorado Represents

A roster of 21 Colorado hopefuls made the cross-country trek to Minneapolis for the [22nd UnitedHealthcare U.S. Open](#) in October, but only Felipe Camacho and Erika Manilla advanced to a semifinal medal round in their respective Open singles, which qualified each of them for a bronze medal.

But in doubles, the Colorado Springs team of Alexander Bradt and Rick Busekrus went a step further by holding their own in their round robin point spread, right down to the wire. In the final tally, they had tied in both matches and games won - and even racked up the highest points scored overall - but lost the deciding head-to-head match in an 11-7 tiebreak on Sunday. The pair is [pictured above](#), in the State Doubles coverage.

The full Colorado party bus included: *Aaron Booker, Alexander Bradt, Rick Busekrus, Felipe Camacho, Troy Cook, Jorge Cuellar, Evan Durgin, Erik Garcia, Chandler Harvey, Jim Hiser, Adam Manilla, Erika Manilla, Carla Munoz, Nicholas Riffel, Steve Roberts, Ryan & Tish Rodgers, CJ Sanders, Mark Sandoval, Andy Schmidt and Robert Testa.*

At the [19th Women's Senior Master Championship](#) in Tucson, *Mary Keenan and Marcia Richards* topped the larger of the two pool play brackets in Women's 55+ to reach the playoff round, then advanced twice more to win the title. *Peggin Tellez* was on a similar track with Florida partner Susan Adams in the same division, but was stopped short in the semifinal. *Shirley Parsons* advanced a bit further to bring home a pair of W65+ silver medals for singles

and doubles. Congrats ladies!

BOARD REPORT | CRA Update

Annual Awards ... 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 Thursday, February 15

[submit to [Dave Stone](#) or [Marcia Richards](#)]

Player Recognitions at State Singles: March 24

Board Elections ... With no formal applications received to run for an open seat in 2018, public [board member elections](#) were not needed (again*), so vacancies will be filled by appointment. Terms were set to expire at the end of 2017 for long-serving Dan Davis and Marcia Richards (each on the board since 1999) and Dave Stone (since 2011). Three added spots are open and 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, when all 3 current directors agreed to stay on and no other names were put into the running, no member election was needed or held. Any mid-term vacancies can be filled by appointment, or held open until the next election round.*

Hey, where did she go ... ? [Chantel Anderson](#) was just getting busy with being on the CRA Board, when her work called her away abruptly. She rented her home in Colorado Springs, packed up the family and headed out to set up residence in Alabama, crossing the state line in mid-October. She's already started playing tournaments in the southeast, and has adjusted to sea level, but promises to return to Colorado after the gig is up. By mid-December, she posted: *Had some great victories this weekend at the Mountain Madness racquetball tournament in Gatlinburg. A lot of great players and a really welcoming racquetball community. This weekend reminded me of the abundant amount of respect and camaraderie that exists in this sport. Here's to encouraging our next generation of racquetball players to carry on that culture that makes this sport so great.*

[CJ Sanders](#) ditched us too, but headed out the other way (to California; see send off photo below). Good luck to them both, and hurry back!

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.

MEMBER PROFILE | Mary Jane Boese

Mary Jane Boese has quickly become a familiar face at CRA tournaments - either behind the tournament desk, where she's known as "Mrs. Bossy," or on the court working her way up the rankings. For her day job, she's a registered nurse working in Hospice and Neuroscience at UHealth, and also owns and operates an online business called The Essential Mountain Athlete. She and husband Bill married in 2013 at their mountain homestead near Canon City, where they now head up a blended family of five grown daughters, four dogs, one cat, and a full

video stable of true Western wildlife.



Although MJ caught racquetball fever early enough, picking up her first racquet at 13, she separated her shoulder at 18, then again at 21 and quit playing altogether at 23. She married and started a family, then hit around sporadically over the next 28 years, until she gave the sport another shot at the 2016 Racquet for the Cure. From there, it's been straight-A's for Mary Jane and she's now among the top-20 women in the state. Her frequent opponent and good friend Alyssa Schneider Street caught up with her to ask:



Where do you play, and what's your favorite equipment? At the Downtown YMCA in Colorado Springs, with an E-Force 150 and a Fireball RED.

What was your best finish this past year, and upcoming plans? Sherwyn Phillip and I won Gold in Mixed As at the Rocky Mountain State Games, and I also helped coordinate an outdoor "Under the Lights" event last Fall. Now I'll be at the Blizzard Bash and Racquet for the Cure to start 2018, and I'll pitch in wherever I can.

Why are you so passionate about the game? I absolutely LOVE the camaraderie of racquetball players and enthusiasts, and the fitness is great too!

What would you advise other women looking to improve their game? Drill and unless you are in a tournament, always practice with players at a higher level. When I was 16 years old, I spent an entire summer playing only my brother, Marc Sanford, who was a pro player. He only let up on his serve, and otherwise he just played hard. That summer, I went from B to Open.

Why are you such a devoted supporter of Racquet for the Cure? It's very special tournament to me for several reasons. First, their mission. As a hospice RN I have a deep compassion for the journey that my patient has endured prior to my care. I would like to see far fewer of my patients come to me because of cancer. Secondly, it promotes ladies racquetball! It's unique that *anyone* can compete, from the first time novice to an experienced player. Thirdly, it was my "return to racquetball." I literally walked into the tournament "cold", hadn't stepped foot in the court in years, had a blast and I'm still here playing! Yay! I was so excited I even became a sponsor this year through my small business, the Essential Mountain Athlete.

[Top photo by John Foust; court shot by Chantel Anderson, RFTC.]



Players got together at DAC for a memorable send-off for CJ Sanders, who recently moved to California. Back row L-R: Alyssa Street, Hrishikesh Sane, Rich Owens, Victor Garcia, Paula Postma, CJ Sanders, Kathleen Haynes, Sara Sikorski. Front: Dominic Garcia, Michael McConnell, Michael Harter, Deb Beldring & Mary Jane Boese. Photo: John Foust

JUNIOR NEWS | USA Racquetball Scholarships [DUE January 31](#)

Are you a graduating senior? Currently enrolled in college or vocational school? USA Racquetball has awarded more than \$55,000 to over 100 individuals since 1990, and is accepting applications for its 2018 review - **with a due date of January 31.**

The application process has changed, so be sure read to through the materials carefully, and send any questions to [Renee Gundolff](#). Previous applicants who may or may not have been awarded a scholarship are welcome to re-apply. Complete applications are due by January 31, in one submission, and email receipts will be issued. The review period will be February 1-13, with a decision on February 14, and all applicants notified no later than February 23. Winners will be recognized at the National High School and National Intercollegiate Championships.



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ENTRY PLANNER

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



CERTIFIED INSTRUCTION | by [Marcia Richards](#)
Chapter One or Chapter Twenty?



The definition of gratitude is the quality or feeling of being grateful or thankful. Sometimes with our busy schedules and the hustle and bustle of our lives, we can find ourselves spending so much time reflecting on past lessons and future opportunities - and not taking a moment to appreciate the present.

But maybe that's the beauty of the holidays. Once we're off work and have all the shopping done, we have time to slow down, unwind, and really enjoy our family and friends.

Now look at your everyday work environment and see how many of your colleagues are as active as you are. Maybe you play racquetball x-number of times a week, and if you're like me, you'd love to play more! So I'm grateful for my Sunday drop-in league, because I know I can count on a group of players who accept me unconditionally and play hard, either against me or with me as a partner. Times may have changed our demographics, but what hasn't changed are those special opponents and partners that we count as friends.

This next year commit to something bigger than yourself. Give back to the game that has given you so much. Teach a friend, a new member, a kid ... just reach out to create one moment in time where you can make a difference in someone's gym experience.

While it's easy to get caught up with goals when you're running towards them, we shouldn't forget to be grateful for the seasons and phases in life we are currently battling through. *Never compare your Chapter 1 to someone else's Chapter 20.* The moment you get caught in this rabbit hole you'll begin to lose sight of being thankful for the lifestyle changes you've committed for yourself. We are all unique, special, strong, and beautiful in our own individual ways.

Living in gratitude invites you to live a much more positive and intentional life. You can't be the best version of yourself without counting your blessings and making the most of every day. In and around racquetball, you can be your best self on the court by applying these personal basics:

- 1. Keep a journal** and take five minutes each day to jot down three things in your life for which you're grateful.
- 2. Send a message of gratitude** to the people who tug on your heart strings.
- 3. Incorporate self-care**, like: get a massage once a month, spend a weekend morning or evening soaking in an aromatherapy bath or visit a hot springs or spa to replenish your hair, skin and muscle tone. Being healthy is also about self care.
- 4. Surround yourself** with people who lift you higher and distance yourself with those who don't. Both positive and negative energy is infectious, so be mindful of what you absorb.
- 5. Start a regular yoga practice**, even if it's only five minutes a day.
- 6. Volunteer** in your local community.
- 7. Pay it forward.** Start a random act of kindness, buy coffee for a stranger or cook a healthy dish for a coworker.
- 8. Throw kindness around like confetti ...** for a Happy New Year! ... every day!



KNOW YOUR RULES ! Court Markings

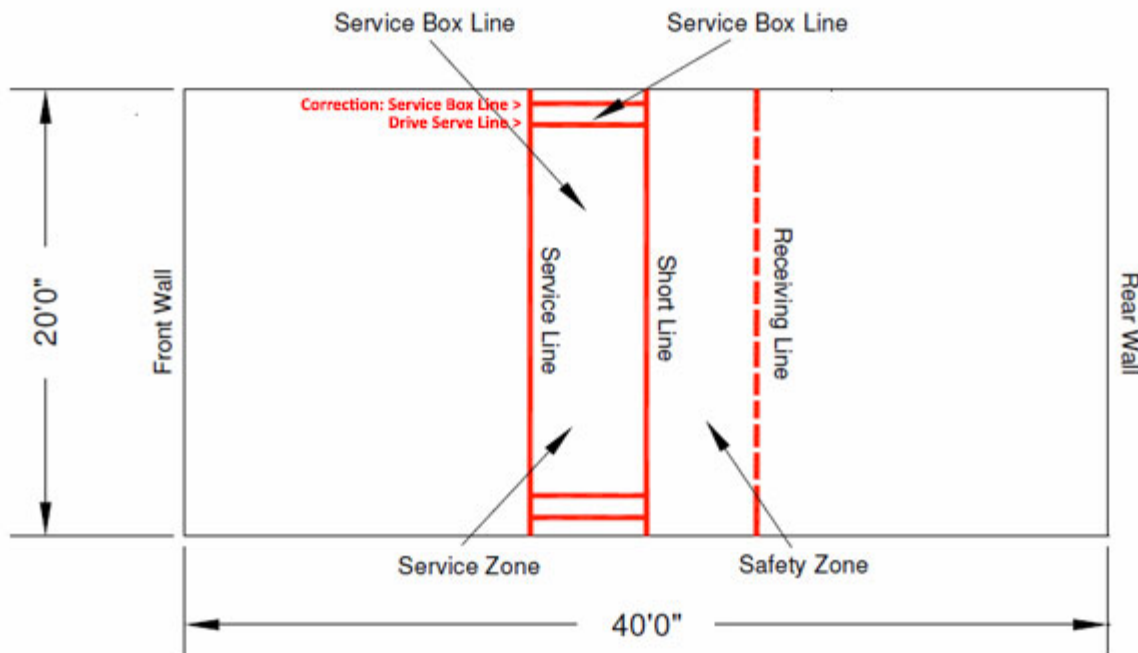
by [Ray Cornell](#)

Have you thought about all of the court markings for racquetball - their appearance, locations, and purpose? Official court markings (lines) are required on every court, and we've touched on each of them in previous articles; but let's clarify and then address them all at once for perspective.



The diagram below is taken from the official "[Racquetball Court Specifications](#)," revised April 11, 2007. All required court markings are shown below in red, with other allowed colors being white or black, and must be 1-1/2 inches wide.

Occasionally, you might find courts with a horizontal line high up on the rear wall to denote an out of bounds area, but that is not a required marking. All rule references come from the [USAR Official Rules of Racquetball](#) which also includes this court diagram for reference.



But first, let's clarify. There are two errors at the top of the above diagram, both labeled "Service Box Line": (1) The leftmost label points to the interior of the Service Zone, but should point to the line parallel to, and nearest, the side wall; and (2) the rightmost label should be renamed "Drive Serve Line."

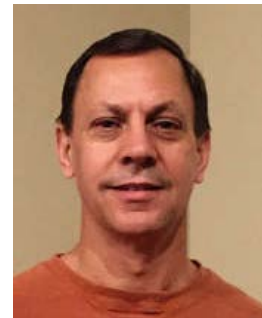
Service Box Line The Service Box lines define an area at each end of the Service Zone and are used only in doubles play. The edge of the line nearest to the center of the court shall be 18 inches from each side wall and within the Service Zone - rule 2.1(b)4. The non-serving doubles partner must stand in a service box, subject to certain criteria - rule 4.2(b).

Drive Serve Line The Drive Serve lines define two Drive Serve Zones. The lines are parallel with the side wall and are within the service zone. For each line, the edge of the line nearest to the center of the court shall be 3 feet from the nearest side wall - rule 2.1(b)5. The Drive Serve Zone is enforced only during a drive serve and depends on where the server begins and ends the serve motion and where the served ball travels. Violating the Drive Serve Zone results in a fault serve - rules 3.6 and 3.9(h).

[[Read the full column online](#), for a comprehensive recap of the remaining markings that define the Short Line, the Service Line and the Receiving Line.]

In conclusion, all of the markings on a racquetball court pertain to various aspects of the serve, and only to the serve, highlighting the importance of the serve in the game. Being able to identify, name, and know the purpose of each line ensures a consistent understanding among players, and a safe and fair game.

International Rules Update ... Colorado's own **Dean Schear** assumed the role of Anti-Doping Administrator for the International Racquetball Federation on January 1, and will also serve as Chair of the IRF Medical Committee.



“We’re delighted that Dean has agreed to [accept this role](#), and we look forward to working with him as we become ever more effective in our anti-doping education and testing,” commented IRF General Secretary Luke St. Onge. “He has the experience necessary to continue the progress that has been made in our anti-doping initiatives.”

Schear is a familiar figure among IRF staff and athletes, as well as throughout the Southwest as a highly regarded competitor. For the past two years, he has served as an official at IRF events, and he remains closely tied with the medical profession in New Mexico and Colorado.

FROM THE PRESIDENT | by [Dave Stone](#) *Appreciating our Community*



Having enjoyed my Thanksgiving and Christmas holiday season, I'm looking forward to another new year! I trust everyone had plenty of quality time to shower their loved ones with hugs and gifts. We're all more likely to gain a deeper appreciation for family and friends as we age, and I want to go a step further this year and express my heartfelt appreciation for the racquetball community too.

Whether you play locally-on-occasion with a small group of friends, or compete in tournaments regularly, we all experience the special bond created within our tight-knit groups. Our unique “camaraderie of the courts” respects diversity in all forms - reminding us that, in these adversarial times, we can all find things in common to unite us and still honor our differences.

In my ten years here in the great state of Colorado, I've had the pleasure of developing relationships with many special people who embrace and exemplify a dedication to the sport and its players. To name a few ... Marcia Richards, Bruce Burkland, Larry Hammerle, Debbie Beldring, Bill Fearing, Victor Manilla, Tony Rosales ... the list could go on and on. I could brag for hours about all the great (but often unrecognized) work done by our CRA volunteers. Today I want to publicly acknowledge those efforts, and all those who make racquetball the best sport

on the planet!

In my travels across the country, I often make time to play at local facilities where I've found an even larger fraternity that embraces its brothers and sisters with open arms. That being said, Colorado boasts a multitude of players that exhibit admirable qualities and go over and beyond to impact the lives of others. Going forward, the CRA would like to properly honor those who make a difference.

Who do you think has been instrumental in building our racquetball community? Who exemplifies the attributes we admire? What exactly are those attributes? You tell us - whether it's sportsmanship, best athlete, or a category you create, we want to hear what you feel is important to honor, and who you think best represents the category. Please forward your ideas to me, Dave@coloradoracquetball.com, or Marcia Richards, at Marcia@coloradoracquetball.com no later than February 15.

Finally, on behalf the Colorado Racquetball Association, we thank you for your dedication to the cause, and remind you that some of our own are going through tough times and could use our collective support. Others simply have not experienced the benefits of our community, so reach out and show them why racquetball is the best sport for your heart - cardiovascular *and* personal. Best wishes in 2018!

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

In case you missed it ... and have been thinking that it had been awhile since you saw a Rollout ... you're right. Heading into the Fall our production schedule went from a quarterly issue, to 3x per year with a combined Summer/Fall edition. Going forward, you can expect fresh new volumes at-or-around the end of April, August and December. All submission will be due one month before those targets, but you're welcome (and encouraged!) to send along your suggestions and articles at any time!



In print media, that type of lag- and lead time makes it difficult to report "up to the minute" anything but we're still committed to recognizing our player's accomplishments and documenting CRA history at set points in time. I'm always reviewing the online archives to answer Board questions, verify results, conduct research or just satisfy my own curiosity. History bored me in school when I should have been paying attention ... but I'm making up for it now ... !

The upshot is that, for "breaking" news, you'll be relying more and more on social media feeds, individual subject matter experts and websites - while our modified print-dated newsletter will continue to provide as much advance information as possible, along with specialty reporting and follow up. In between, we'll issue tournament-specific emails and use social media to keep you up to speed.

So ... want to help on Facebook? Here are some tips ... EITHER 1. Go ahead and be free and open with your racquetball photos and stories by making them public all the time. OR 2. You can enter a visitor post directly on the [CRA Facebook page](#) at any time. You write it, you attach your photos, you publish it right there and it will get released to the page after being read by an admin. OR 3. You can create your own post on your page and message it over, same deal. OR 4. You can use [this method](#) to make any of your posts "public" - individually - so they can be collected when someone like me stumbles on them. Whatever you choose, just be sure to manage your privacy settings to your own level of comfort, and be aware that what appears on the CRA FB page only gets there when it's made "shareable" by the owner. If your post doesn't

have a share arrow on it, we can't brag about you by re-posting your accomplishments, plain and simple!

Last option is just to [email me whenever](#) you feel like it, with whatever ideas, suggestions and photos that move you. (wait ... what ...?). And Happy New Year!

NATIONAL NEWS



WOR Bond ... In October, the World Outdoor Racquetball circuit officially became a part of USA Racquetball. WOR will continue to operate in the same way as in the past, with the same great people and the same popular events, while [the agreement](#) formally sustains and strengthens the sport as the indoor and outdoor games move forward together.

WOR Executive Director Hank Marcus commented, "This move positions WOR and Outdoor for future growth and stability. I've spent many years working with [USAR Board President] Dan Whitley on high school events, and I'm excited and confident in what he and USAR bring to Outdoor. We are all interested in the same goals: growing the outdoor game, providing continuing service to our members, and introducing outdoor racquetball to new players."



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