



**OCTOBER  
2002**

– OFFICIAL NEWSLETTER OF THE ALBERTA RACQUETBALL ASSOCIATION –

## 'TEAM ARA' BOASTS A VETERAN LINEUP

### Some familiar faces take on new challenges ...



**Randy Pentland**  
ARA President

**W**ith experience and expertise, the Alberta Racquetball Association continues its dedication to the development of racquetball in Alberta.

Effective October 1, 2002, Randy Pentland will become the new ARA President. Randy has been associated with the ARA in the capacity of Jr. Coordinator for the past two years, as well as being an active member of the Calgary Racquetball Group (formerly the Calgary Racquetball Association) for 14 years. He presently serves as the Alberta representative on the Board of Directors for Racquetball Canada and is the present Chairman of the Racquetball Canada Officiating Committee.



**Valari Hendrickson**  
Past President  
Alberta Program Coordinator

Randy, having been an active volunteer in Alberta for a number of years, takes over the Presidential reigns from Valari Hendrickson, who will continue to serve on the board as Past President, as well as serve in her newly appointed position as Alberta Program Coordinator. Her proven track record at both the provincial and national levels speaks for itself and makes her well suited for this position.

The ARA is also pleased to announce the appointment of two Jr. Technical Coordinators - Mike McPhee - South Zone (Red Deer & south) and John Halko - North Zone

(continued on next page)



**Mike McPhee**  
Jr. Technical Coordinator  
South Zone



**John Halko**  
Jr. Technical Coordinator  
North Zone

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(north of Red Deer) - who will both bring countless experience to the development of junior racquetball players throughout the province. Mike and John have both been actively involved with the junior program and junior events over the years, both in Calgary and Edmonton.

The Alberta Racquetball Association is making a positive difference in the future of racquetball in Alberta - coaching, officiating, tournaments, clinics/lessons, volunteering ... all for you, the ARA member:

***Please show your support!***

## PRESIDENT'S REPORT

I have been given the opportunity to serve as the ARA president for the next two years, and I find the prospect to be both an exciting and challenging one.

There are several areas that I plan to address in this time, and the ARA in conjunction with Tom Holmwood has developed a survey which will assist in identifying specific opportunities and ways that the ARA can help our members to continue to enjoy and further our sport.

The ARA is responsible to assist the membership in the areas of Athlete Development such as Provincial Championships, Sport Outreach Clinics, Women in Racquetball, Junior Team Development, Ranking, Travel and other Tournament related activities. The ARA also conducts programs in the Leadership Development fields such as officiating, coaching, and providing clinics.

All members are welcome to contact the association with any requests or to use the ARA to assist them with developing the sport of Racquetball in our province.

I will endeavour to communicate the activities of the ARA through the use of the Splat magazine, and by trying to facilitate all requests as best I can.

I would like to thank The ARA board for giving me this opportunity, and for their tireless efforts. I would also thank Valari Hendrickson for her support and her ongoing contributions to the ARA.

Our volunteer base continues to grow and together we can make our game even better.

Respectfully Submitted

*Randy Pentland*



**Just itchin' for a meeting, the ARA will gather just about anywhere**



**Splat!** is the official newsmagazine of the Alberta Racquetball Association. It is published two times yearly and is distributed on a complimentary basis to all ARA Members and affiliated racquetball facilities. **Splat!** welcomes all submissions for publication, including photographs.

**Splat!** reserves the right to edit material for content and length. Materials accompanied by a self-addressed stamped envelope will be returned. Submit materials on disk or hard copy to:

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**Splat!** also welcomes those who wish to place advertisements. Rates are as follows: Business Card size - \$20/issue; Tournament Entry Forms \$50/issue; Full Page \$50/issue. Those wishing to place ads in both issues receive an additional 15% discount on contracts paid in advance.

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EDMONTON	Vacant		
LETHBRIDGE	Vacant		

## ALBERTA RACQUETBALL ASSOCIATION MEMBERSHIP APPLICATION

Yes, I want to be a member of the Alberta Racquetball Association

### ANNUAL MEMBERSHIP FEES:

[ ] \$10 - Individual      [ ] \$5 - Junior (18 & Under)      [ ] \$20 - Family (3 or more individuals).

Note: It is very important that you include given names and the birth dates for all family members.

Name \_\_\_\_\_ Res. # \_\_\_\_\_

Address \_\_\_\_\_ Bus. # \_\_\_\_\_

City/Prov \_\_\_\_\_ P/Code \_\_\_\_\_

Birth Date \_\_\_\_\_ Application Date \_\_\_\_\_

E-mail address \_\_\_\_\_  Renewal       New Member       Male

**Make cheques payable to and mail to:** The Alberta Racquetball Association,  
126 - 52304 Range Road 233, Sherwood Park, Alberta T8B 1C9

## ***TOURNAMENT SCHEDULE AND EVENTS 2002/2003***

Junior Training Camp (for all juniors)	Calgary, Alberta	September 21, 2002
Kevin Parkhouse Memorial	Calgary, Alberta	September 27-28, 2002
* Jersey City Junior	Calgary, Alberta	October 4-6, 2002
CBET Clinic (Coaching Clinic)	Calgary, Alberta	October 25-27, 2002
1st Annual Racquet "Ball" (Dinner and Dance)	Calgary, Alberta	October 19, 2002
* Northern Alberta Open	Edmonton, Alberta	November 1-3, 2002
Bare Bones Tournament	Edmonton, Alberta	November 22-23, 2002
* Pioneer Open	Cutbank Montana	December 6-8, 2002
* Calgary Open	Calgary, Alberta	January 10-12, 2003
Double Trouble Calcutta	Calgary, Alberta	January 17-18, 2003
Doubles Selection Event	Saskatoon, Saskatchewan	January 24-26, 2003
* Next Act Doubles	Edmonton, Alberta	Jan. 31 - Feb. 2, 2003
* Jr. Wallbanger	Lethbridge, Alberta	February 15, 2003
February Classic Shootout	Calgary, Alberta	February 21-23, 2003
Singles Selection Event	Niagra Falls, Ontario	March 7-9, 2003
* Jr./Sr. Provincial Championships	Edmonton, Alberta	March 7-9, 2003
* Shamrock Shootout	Cutbank, Montana	March 14-16, 2003
* Lethbridge Tournament	Lethbridge, Alberta	TBA
* Junior Nationals	Saskatoon, Saskatchewan	April 29 - May 3, 2003
Senior Nationals	Vancouver, B.C.	May 19-24, 2003
Stampeder (tentative)	Calgary, Alberta	July, 2003
* Klondike	Edmonton, Alberta	July, 2003



\*Junior events offered

## **ALBERTA RANKINGS**

RACQUETBALL CANADA  
SEPTEMBER 4, 2002

### **WOMEN**

1. Powell, Lori-Jane	1309	6. Schier, Patty	731
2. Neubauer, Julie	1116	7. Pankratz, Laura	521
3. McKnight, Shanda	936	8. Bohn, Stephanie	505
4. Mayer, Shannon	822	9. Blair, Leah	346
5. Carter-Squire, Y.	809	10. Doricki, Lisa	326

### **MEN**

1. Waselenchuk, K.	2158	6. Albert, Paul	1613
2. Istace, Brian	2032	7. Pentland, R.	1561
3. Shepley, Bill	1775	8. Halko, John	1494
4. McPhee, Mike	1654	9. Tarrabain, D.	1454
5. Hendrickson, C.	1622	10. Buller, Jeff	1423

## OH, THAT NATIONALS FEELING – The Week I Nearly Died!

By Shannon Mayer

When I was approached to write an article about my first nationals experience I thought "hmmm, what could I possibly say?" After I thought about it for awhile, there is a lot I can say.

Over the past few years I've heard many racquetball players say, "nationals is so much fun!", "nationals is an awesome experience", "once you go once you're hooked". So I figured that if all those testimonials are coming from sane, hard-working individuals that I enjoy to be around and I consider my friends it must be true .....right?

Back in January I committed going to nationals in Montreal. I hadn't visited Montreal in a few years and I figured this would test my competitive nature (do I have such a thing?). I hadn't played many tournaments in the last couple of years so I expected this was going to be interesting.....come on, how different could nationals be compared to any regular tournament???

So this begins the week I nearly died! Just getting to Montreal was a test as getting up at 3:30 am to get to the airport wasn't pretty. Finally we all arrived and took some time to test out the courts and attend the registration.

It all started with the *WORST* pillows a hotel could possibly offer, then playing early on Monday was hardly enough to bare. Then it got worse, early mornings, late nights, too tired to sleep, winning some games, losing others, some tough matches, one emotional incident. For a mid-30's cookie like me who follows a simple routine this was pretty hard on moi! And to top it all off Montreal does not have Starbucks.... my god, how can one function on little sleep without a tall mocha frappacino????!!!!!!

Finally I was finished playing for the week, got some sleep, and enjoyed cheering on all our friends, and also enjoyed the odd "beverage" in hand! Had a ball at the banquet and left Montreal with some great memories, an awesome playing experience, and the chance to meet other Canadians who share the same passion for the game. Once back in Calgary, healed from fatigue, a small injury, people asked me if I would go to another nationals.....and my answer was pretty quick to respond.... YOU BET!!!!!!

(turn the page for more photos)

*Editor's Note: Not only did Shannon survive her first nationals, she came back Canadian Ladies B Champion! Pretty good for a caffeine deprived girlie, huh? Congratulations Shannon!*

After all the blood, sweat and tears,  
we're all smiles in the end



Ladies Doubles - Did you sleep last night? No, did you?



Alberta buddies



Mixed "Partners in Crime"  
Joe C.S. and Linda Howell

# SR. NATIONALS

For complete Nationals results visit the Alberta Racquetball website at [www.racquetballalberta.com](http://www.racquetballalberta.com)

... more spiffy Albertans



No Starbucks, no help from my partner - what's a girl to do?



Fun, fun, fun



National Champs, Jen Saunders and Mike Green



The McKnights hook up again



Team Alberta



I heard it through the grapevine ... or is it the wine talking?

## JUNIOR NATIONALS – What an experience! It was everything I thought it would be ... and more!

By Marc Caouette

When I was asked to coach our **Junior Provincial Team** I was both surprised and honored. From talking with former coach **John Halko**, coupled with my experience last year assisting **Alan Nagel** I thought I had a pretty good idea of what to expect. **NOT!!!** The largest number of athletes (128) in a Junior Nationals in the last decade, some playing three events crammed into three short but busy days and nights. Matches started at 7:00 am and ended a midnight. Our team handled it better than I did (it was more tiring than playing). There were so many great performances and personal bests, that our province placed fourth in the overall standings ahead of most provinces including the host province of Ontario.

Right from the onset it was obvious that the team **Alan Nagel** had coached last year had worked hard on their

games over the previous twelve months, as player after player advanced through, winning matches. It was a pleasure to see some of our athletes winning matches against opponents that they had lost to in the previous year. **"Yep, sweet payback!"**

No one knows what awaits us next year (I'm an expert in that area) but I do know that with more hard work, these athletes can continue to improve and take pride in representing our province. I was proud to be known as **Coach of Team Alberta.**

Looking forward to another great racquetball season,

sincerely,

*Marc Caouette*



### Attention All Electronically Enabled!

SPLAT is now available on the ARA Website  
Just go to

[www.racquetballalberta.com](http://www.racquetballalberta.com)

and look for the SPLAT logo

## 2002 JUNIOR NATIONALS IN BURLINGTON, ONTARIO

By Mike Vera

*As a team, Alberta had a great tournament this year and everyone on the team scored personal bests and we even BEAT Ontario in the team standing to come in 4th overall. This is a big accomplishment from a small group of gutsy young players who love the sport and are great ambassadors for Alberta.*

The tournament started off pretty good. I was seeded 2nd in the 16 and Under draw and 13th in the 18's. I beat the #4 seed in the round of 16's in my 18 and under draw, Richard Serra of Ontario. I was pretty happy about that. It was a tough game. I won in tiebreaker 11-6. Then I played a guy who I played last year. Ryan Montellione, also from Ontario. Last year we played for about 2 and 1/2 hours, and I beat him in a 5 game tiebreaker 11-8. This year I beat him in two easy games 15-9, 15-6. After this win I thought for sure I would have a chance at Eric Desrocher again, because he was playing on the same side of the draw as me and we were set to meet in the semi finals. While this was all going on in my 18 and under draw, I was also playing my first rounds in my 16 and under draw. I had pretty easy matches until my Semi final, and there I played a guy named Wade Shadlock from Manitoba. I had some trouble in the first game; I was trying to get my intensity up and what not, along with trying to save a little something for my 18's semi match against Lee Connell, **but I still won the first game and after a bit of a pep talk from Coach Marc Caouette, I demolished him in the second.** I won 15-10, 15-0. It was hard to believe it, but with that win I had done what I came to do. I was in the 16 and Under Final. I had no time to savor that moment though, as less than an hour later I had to play again in my 18's semis.

This was my biggest match of the day, my opponent, Lee Connell from Saskatoon. I used to play and train with Lee back in Saskatchewan and although he had made some great improvements to his game, I had never lost to him before. Lee was coming off of a HUGE upset over Eric Desrocher, beating him in a tiebreaker, to oust Desrocher from the 18 and Under Draw. UNBELIEVABLE. The whole building was still in shock over this upset and now I had to play the "giant killer". The building was packed for this match and included some of the National Team members like Green, Ceresia, and Osbourne. Lee was in the "Zone". He had just come off one of the biggest wins of his life, and was playing extremely well.... His coach, Loren Prentice had him calmed down from his big win and he was ready to go. I knew I had to try and get him off his game.... but I couldn't, he was just too hot and too intense. I tried changing things up a bit in the second game but nothing

that I threw at him would work. He beat me 15-12, 15-9. The day was over.

So after all these games in one day, I was in a final in my 16 and under draw, and a 3/4 playoff in my 18 and under draw. I had to play a long-time playing partner and rival...Jamie Landeryou. This was the match I had trained for all year long. Before even leaving Calgary, I had a set game plan that would work going into the final against Jamie, but I tore my quad pretty badly at the start of the match and I couldn't drive serve, or run very well.....but no excuses... he played better and I lost....15-6, 15-10. Then I played my 3/4 playoff in the 18's against Mike McLean from Winnipeg. Mike is a four-time member of the Canadian Junior Team and a big power hitter. Usually this is just what I like to play against, but after struggling through the 16's final with the torn quad and with only 20 minutes between my 16's final game and my 3/4 match, I was in big trouble. I couldn't hit the ball on my forehand or move very well. I didn't want to forfeit and lose the team points for Alberta, so I did my best to stay in the game, but against this level of play, I had to be able to play my best.... I lost 15-2, 15-10.

The tournament was over, no gold medals, but a silver, and I had done what I came there to do; I made the Canadian Junior National Team. This means I get to go to Junior Worlds, probably in Florida, this coming December. Making the team and representing Canada at Junior World's has been a goal of mine ever since I started playing racquetball, seven years ago.

I have a lot of people to thank for helping me make this dream come true. First off thanks to my parents, for taking me to the courts night after night and making sure I had what I needed to do my best and of course for all the cheering and support when I play. Special Thanks to my coach Roger Harripersad, for believing in me and making me work hard and train hard all year long. **Thanks also to all the other Seniors in Calgary for playing me and helping me become a better player. Also thank you to the Alberta Racquetball Association for your financial support and your support to all of the juniors. Thanks to Provincial Team Coach, Marc Caouette for all his support during the tournament, and to my teammates.**

## FUNDRAISING FOR ALBERTA JUNIORS

By Stuart Blair

Last year at this time we formed the Alberta Junior Racquetball Parents Association (AJRPA), with a goal to raise money to build a successful long-term junior program in Alberta.

Our fund raising efforts have included selling hoodies, balls, golf towels, water bottles, 50/50 tickets at tournaments and our most successful fund-raiser, "A Night at the Races" in conjunction with a Silent Auction. Since last fall, we have raised approximately \$4400.00. Although many of the group's activities took place in Calgary, the good folks in Edmonton sold balls and assisted with tournament 50/50 draws.

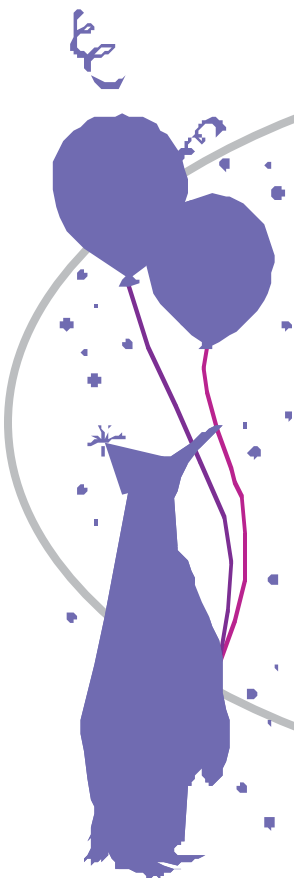
As part of our agreement with the ARA, we will contribute \$2500 to the ARA coffers (prior to the end of February 2003) in return for their generous support of juniors. In addition, we paid out \$2200 to qualified juniors to help with their travel to Nationals.

Our group also decided to place all of the funds raised into a central account rather than establishing individual accounts to recognize the efforts of individual juniors/parents. This is because most of our fund raising activities have been group activities.

What does the future hold? In Calgary, we will focus on two major activities over the next year. Our fall fund-raiser is the "1st Annual Racquet Ball"-- an evening of Dinner and Dancing on October 19...**see details below**, while our spring activity will again be "A Night at the Races" with a Silent Auction. We will let you know that date early in 2003. We will be contacting many racquetball players (not just juniors, as the Calgary Racquetball Group has agreed to work with us on fund raising and tournament planning) to ask for their assistance in buying or selling tickets, attending these events and donations of silent auction items.

As we hope the fund raising efforts will become broader based, we will continue to exchange information with our Edmonton and Lethbridge contacts.

At this time we would like to extend a huge **THANK-YOU** to all the great people in racquetball who continue to support the juniors. Without these super people, the programs, tournaments and functions for the juniors wouldn't happen.



### 1st Annual Racquet "Ball"

Saturday,  
October 19th, 2002

**Thornccliffe Community Associaton**

Cocktail Hour / Cash Bar 6 p.m.-1 a.m.  
Roast Beef Buffet Dinner 7 p.m.  
Dancing to follow - Music supplied by a DJ  
Tickets for the evening \$20 per person  
(restricted to Ages 18 and older)

For tickets and information  
call Lorna or Stuart **278-3571**

*Hope to see  
everyone there!*

Call A Cab  
Service Available

## IT WAS A DARK AND STORMY "NIGHT AT THE RACES" AT STAMPEDE PARK...

Okay, it wasn't dark (we have switched to MDT) and a couple of fluffy flakes of springtime snow can hardly be called stormy. But it was definitely a "Night at the Races".

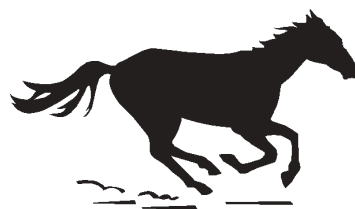
The Alberta Junior Racquetball Fundraising Committee organized a night of pari-mutual wagering and a silent auction to further burgeon their already monstrous bank account. By all estimates the Juniors are going to the Junior Nationals (Burlington, Ontario) on a chartered executive jet. Their parents, siblings and chaperones will be treated like Federal politicians with no expenses spared. Limos to and from the airports. Five Star hotel accommodations (in Burlington??). Personal massage therapists for all competitors. And private dining quarters with the Canadian Olympic Culinary Team preparing all their meals.

The bidding at the auction table was absolutely ruthless. Witness the broken hearts of those that failed to secure that special golf bag or that precious silver pendant. The exuberance of the winning bidders and the taunting of the defeated made this look like a mixed doubles final at the Senior Nationals.

The entertainment highlight was definitely the birthday serenading of young Michael Vogan. My goodness that young man has rosey coloured cheeks. And a crowd of racquetballers can harmonize as beautifully as the best barbershop quartet you have ever heard.

The bottom line is that it sure looked to me that everyone had a fun evening (Have you ever seen Randy P. swallow a double burger. That's worth the price of admission right there – and the funds raised will go a long way to helping Junior racquetball in Alberta. Congratulations to all the organizers and participants. And see ya next year.

*Darryl Graff*



*Thank you*

## *Casino Volunteers!*

The Alberta Racquetball Association would like to thank the 44 volunteers who worked the Stampede Park Casino on July 30 & 31, 2002. Volunteers from as far away as Lethbridge (thank you Shanda) stayed up 'til all hours of the night to help raise money for our association.

Free food and comradery – what more could you ask for? The next ARA Casino is tentatively scheduled for January, 2004. We hope to see everyone out!

## CRG READY FOR A BRAND NEW SEASON

the president

*Billy Shepley*

Hello everyone. I hope you all had a great summer, and stayed active.

It's that time of year again, and I for one am looking forward to my first full season as the president of the CRG. So put away those golf sticks (that means you too, Cliff) and wipe the dust off those racquets and get yourself ready for another year. I'm planning on running three tourneys this year, two for sure, and the third depending on the first two (entrants, interest and commitment to the sport we all love).

Check the tournament schedule for details on the web site or in this mag. And don't forget our future, support the juniors – ie. at THE RACQUET "BALL" October 19th – see you there.



## JERSEY CITY JUNIOR OPEN

**OCTOBER 4 - 6, 2002  
CALGARY, AB**

**Thornccliffe Greenview  
Community Association**



Alberta  
Racquetball  
Association

## RECIPE FOR SUCCESS?

*Editor's Note: As editor, I am always urging (some would call it harassing) members to submit material for the newsletter that they feel would be of interest to fellow members. I may have perhaps, at one point in time, even "jokingly" mentioned birth announcements and/or recipes ...*

*I received the following in response to such a request from Darryl Graff, of Calgary, who, if I was to pick anyone who would take me literally, it would be him. It was too funny to pass up, so I thought I'd share it with you.*

*Bon Appetit!*

## Baked Sandhill Crane

First procure a good sized crane, usually obtained in October during hunting season when your drunk buddies can't tell the difference between a goose and a crane. Pluck the crane. Find a one-inch thick spruce plank about 24 inches square. Preheat the oven to a temperature of 450 degrees F. Mount the crane on the spruce plank and place in the oven to bake for three hours. When finished, throw away the crane and eat the spruce plank.

Best served with ketchup.



## HEADWAY SYSTEMS

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## SURVIVOR LETHBRIDGE 2002

### How to Run a 2 Day Tourney AND Survival Events ...and 'Survive' Yourself!

By Shanda McKnight

**W**ow, April sure seems like a long time ago, especially since I've only picked up a racquet once to play since Nationals. Survivor was the name of the game in April for Lethbridge, and 'survival' it was.

Here's how to run a two day (well, one and a half day) tourney AND survival events and 'survive' yourself:

- Take two volunteers (thank you Ken for being the other one) and 50 participants from as far south as Montana and as far North as Edmonton.
- Divide up everyone into 4 teams: The royal Ace Kings, the orange LobStars, the teal Road Kill, and the purple Splat Zees and give each of them a bandana.
- Organize your schedule so all play stops for some competitions, and a court is available for others. (Not an easy task when some players arrive late Friday night and others sleep in on Saturday morning and racquetball, as it does, runs late.)
- Pump up your 20 juniors so that their enthusiasm is passed on to other players that you pull off courts to come do an individual challenge, or to those whom you ask to stay way late to complete the team challenge after midnight, so that they may get up early and either play or take part in the next challenge.
- Keep smiling!
- Track down all members of the losing team after each competition so they may vote off the unlucky team member and then break the bad (or sometimes good) news to them.



**Ya think this is what she meant by a banquet?**

- Find time to play your games in between helping track down players for the regular tourney, organizing the next competitions and running the current competition.
- Have a good laugh watching 'pros' like Cliffy, Ullly, Lance and McPhee try to compete in No Strings Attached and miss every shot, while 'girlies' like Patty and Yvette and juniors like Joel get the only shots of all competitors. J You Gotta Lob It when the top lob server is a junior, Ben, who has only played a couple times all year beats all other competitors. One also is Fit to be Tied watching kids and grown adults hop around a racquetball court with their shoes tied together, just to progress to that top Survivor position and it turning out that the greatest hopper, is a flyer himself, Kent Clarke. The Ultimate Challenge was the food challenge, watching a non-veggie Karaki gag down a label-less can of cold veggies, or Bert licking the table after a can of cold beefaroni (or something of that kind). Amazing what drives people to 'offer' to eat a can of cold something or other just for the fun of competition.
- Finally after all the Luigi's food has been enjoyed and the racquetball has been completed late Saturday night so some can return to their homes, and the facility is cleaned up (thank you to all my guests who helped me clean), return home and veg. Remember to keep an eye out for pit bulls on the loose and guests who disappear in thin air as their hosts slumber peacefully after an exhausting, but exhilarating, fun weekend.

Who would that final 'survivor' have been if time was of essence? Would it have been Patty, Chad, Bruce or



**Listen Babe, you and me - an alliance - you know what I mean?**

# LETHBRIDGE NEWS

Jimmy of the Ace Kings, or Bert, Mike Mc., Ken or Yvette of the Lob Stars, or possibly Glen, Aaron or Mike H. of the Road Kill, or Liam, Kent, or Alan of the Splat Zees. Join us next April for more fun and laughter (minus the survivor, but including the racquetball).

A Big Thank you to Patty who designed our logo and did entry forms, to Gerry who helped me with the draw, to Ken who was my right hand throughout all of this, and to our sponsors, King Electric, Pepsi, and to 1st Choice Savings and Credit Union who provided prizes and candy jars for all participants.



Cliffy gets a handle on things ... or does he?



See me, I'm reffing ... you know what that means? I'm a Survivor!



Lick the platter clean - what, no platter? Then I'll just lick the table!



Anyone seen my bandana? 100% cotton...tail!



The crowd cheers for immunity

## Tournament Results

### Open

1st Mike McPhee (Calg)  
 2nd Jason Ully (Leth)  
 Cons Lance Reithermeier (Havre)

### A

1st Eric Brown (Edm)  
 2nd Aaron Turner (Gr. Falls)  
 Cons Shanda McKnight (Leth.)

### B

1st Barr Ould (Edm)  
 2nd Bert Johnson (Calg)  
 Cons Jon Semeniuk (Edm)

### Adult Doubles

1st Koch/Ully (Leth)  
 2nd McPhee/Ould (Calg/Edm)  
 Cons O'Shea/Deschenes (Calg)

### Jr. A

1st Mike Entz (Calg)  
 2nd Chris Haverstock (Calg)  
 Cons Stephanie Bohn (Calg)

### Jr. B

1st Rishi Karia (Calg)  
 2nd Lilli Young (Leth)  
 Cons Kendall Nagel (Calg)



## Lethbridge Survivor Tournament – A participant's perspective.

By Jon Semeniuk

### *Viva Montana*

This is going to start out weird, but bear with me. On February 13, 1977, 3 friends and I were returning from California where we attended the Winternationals, one of the biggest drag races of the year (*Car drag races!*). Yeah, I was young then, and hadn't even heard of Racquetball let alone played this fabulous sport (*I had heard of beer though!*).

On our way back, we were passing through the state of Montana, and we were low on gas. We couldn't seem to find any big towns. I think we took a wrong turn somewhere. Anyway, we came upon this little town. I don't remember its name, and it really doesn't matter. What mattered was that it was just after midnight, and we were low on gas. All that we could find open in the town was a little country bar, sort of like the ones you see on T.V.

My buddies sent me into the bar (naturally), to see if any one there knew of a place we could get some gas. I approached a table and began speaking to some gruff looking farmers. "*E...excuse me sir, d... do you know where we can get some gas?*" I asked. The tables' occupants heard me, but did not acknowledge me. Instead they began talking amongst themselves about how "*They shouldn't have built that darn bypass around Great Falls! See? These kids got lost!*" After a few moments, and without saying a word, one of them got up and motioned for me to follow him outside. Ulp! I thought I was done for! I followed him out but instead of kicking the crap out of me like I thought he was going to do, he walked over to his truck, pulled out a 5 gallon can of gas and came over to our car. Without saying much he drained the container into our tank. "This'll git you to the next town" he said. We thanked the kind stranger, who went out of his way to help out 4 "Hippies" from Canada (*we all had long hair*). As he leaned on his truck box afterward, we asked how much he wanted for the gas. "*Nuthin*" was his reply. When we insisted, he said "*Gimmi what you think it's worth*". To us, it was worth a lot. Gas at that time was only 38 cents per US gallon. We found a \$5 bill and gave it to him, thanked him once again, and then we were off.

### *Montana folks are nice*

I'll never forget that experience, and the generosity of the common folk of a small Montana town. I was reminded of it once again in April while at the Survivor Tournament. There were some Montana participants there, and I had the opportunity to play against them, ref them and talk to them. These were the same type of people I had met so many years ago. They were easy going, fun, and friendly. They seemed to be playing the game for all the right reasons. While playing, they called their own skips, never took dangerous shots, and never argued with the ref. It was a pleasure to be associated with such people, and that's why I'll probably go back to Lethbridge, and even Montana, to attend some tournaments.

### *The Tournament*

Speaking of tournament, let's talk about the Lethbridge "Survivor". I wanted to go to this event, so I e-mailed Shanda McKnight that my son Joel and I were coming. We both needed doubles partner. Shanda fixed Joel up with a great kid, Jason Headley, I think. She said she had a mystery partner for me. Wooooo, sounded mysterious alright! When I got there, I located my doubles partner, Cliff Hendrickson! Now here is a guy who is an absolute pleasure to play with. I'm not up to his level yet (*I'm SURE I'll be there next week though!*) but it didn't matter to Cliff. His philosophy is you win as a team, and lose as a team. Not once did he say "*you did this wrong*" or "*why the heck did you do that?*" I can't figure out WHY he didn't say those things to me, cause I was thinkin' em! We just played the game. And... surprise, surprise... we won a match. Thanks, Cliff, for treating me like a human being.

Anyway, Shanda also fixed Joel and I up with places to stay. Joel stayed with Jason, and I stayed at Gerry and Sherri Jensen's house. Edmontonians will remember Gerry as the former President of the Edmonton Racquetball Association, a tireless volunteer, and just a great guy. Gerri, Sherri and I spent about an hour talking about the good old days, and about all the doubles matches he played with Colum Barry in Edmonton.

As for the tournament itself, Shanda organized some after-game activities based on the popular TV show Survivor. I can tell Shanda now that I actually hated the TV show, and I never watched it even once. But, Shanda's survivor activities were great. That is until the evil Brian Haverstock conspired to have me voted off the Island! It was a great time.

(continued on next page)



## Racquetball Play

Hey! There were also some great matches to watch. The Open Singles Final featured 2 great players, Jason Ully and Mike McPhee. Jason is great, and, in my opinion, is one of the most under rated players in the country. I'm not up to his level yet (*I'm SURE I'll be there next week though!*). I'm sure if Jason wanted to take his game to a higher level, he would do so with ease. Mike McPhee, as always, was great, and won the match in a tie breaker.

## Summary

Overall, Joel and I had a great time. It was good to not have to worry about the minute by minute running of a tournament. Just go out and have fun. I am going to make a special effort to bring more Edmontonians out

next year. Thanks Shanda. And remember, the difference between tournaments any where else and tournaments in Lethbridge is like day and McKnight!

## Special Mention

One other guy worked his butt off doing all kinds of things. It was Ken Hogan, and he was phenomenal. I hope Shanda gave him an extra thank you for all the work he did.

## Did you know?

Lethbridge hosted one of the biggest Canadian National Racquetball Championships ever held? It was held in a facility with 18 courts! Dwayne McKnight, I think, was the tournament coordinator (Shanda's Dad). Now I see where she gets her organizational skills from!

## Take the Survivor Challenge: How well do you know your favorite racquetball players?

1. Who was born in a toilet?

- a. Mike McPhee
- b. Bruce Karaki
- c. Eric Brown

2. Whose favorite memory in racquetball is playing over their head, drinking before every match?

- a. Bruce Karaki
- b. Geoff Koch
- c. Yvette Carter Squire

3. Which player is not from Montana?

- a. Lance Reithmeier
- b. Aaron Turner
- c. James Brayley
- d. Mike Hotchkiss
- e. Emi Sasaki

4. Which player's favorite thing to do when not playing racquetball is read?

- a. Patty Schier
- b. Randy Pentland
- c. Brian Haverstock

(Answers available on page 17)

5. What did Jon Semeniuk say when asked what his most memorable racquetball experience was?

- a. Having my son beat me.
- b. Having my wife beat me (no, not over the head with a frying pan)
- c. Breaking my racquet on my partner and then him hitting me in the head with his... at Nationals.

6. Which of the following could not mention what their favorite thing to do when they were not playing racquetball?

- a. Ken Sinden
- b. Jon Semeniuk
- c. Eric Brown
- d. Alan Nagel
- e. Patty Schier

True or False:

7. Barry Ould really was old when he started playing racquetball.

8. Chad Eckley's favorite thing to do when not playing racquetball is soak in a bath full of bubbles.

9. Kent Clarke thinks red jujubes are really salty.

10. Yvette would rather party hardy than sleep when not playing racquetball.

**One final thought:** If there aren't enough courts, how do you sustain a junior program, but if there aren't enough juniors, how do you justify a facility keeping courts open? It's like the chicken and the egg theory: What came first? We once had 18 courts in one facility in Lethbridge, and now we could be down to a possible 3.....If you have any comments on this, please write in. Whose hands is the future of racquetball in? *Shanda*



## EDMONTONIANS SHOULD READ THIS

By Jon Semeniuk  
President, Edmonton Racquetball Association

The Edmonton Racquetball Association (ERA) is a non profit organization operating under the Alberta Societies Act. The Act lays out the guidelines that dictate how the business of societies is to be run. The guidelines include requirements to:

- 1.) Periodically review the executive leadership (Have an election).
- 2.) Inform society members of the organization's financial position (How much money we got)
- 3.) Hold regular executive meetings, including an annual general meeting (A party?).

Guess what? All 3 of the items above must occur this year for the ERA. We must have an Annual General Meeting, where a new board will be elected and the financial position reviewed. It basically means that the Executive have served their time, and are free to go, if they want to.

### **Who we are...**

Currently, the executive board positions of the ERA are filled as follows:

President	Jon Semeniuk
Vice-President	Glenn Boyd
Secretary	Brenda Boyd
Treasurer	Cliff Sustrik

Other volunteer positions exist, such as that of Junior Coordinator (currently shared by John Halko and Marc Caouette), Tournament Coordinator(s), Souvenir Coordinator and Social Convener, and Junior coach. We haven't had a Social Convener for a while, but we've had the following people step up to the plate big time as Tournament coordinators; Barry Ould, Jerry Vasilash, Cam Bourque, and Glen Boyd. Our volunteer base has been very good, and that's why we have been able to accomplish a lot in the last 2 years. I'd like to personally thank all volunteers including Glen Krause, Ernie Perkins, Myron Myroon, Brad Kelly, Norm and Terry Godbout, Jerry Slamko, Dan Westgeest and also the Unknown Volunteer for doing their part, and basically going unrecognized.

### **The last AGM...**

The last ERA Annual General Meeting was held in November of last year, and I'm ashamed to say it was a joke and a disaster, for a number of reasons (like there were only 5 people there). Thanks go to those that did

come. The timing of the meeting wasn't the best either (during a tournament). I've always hated that. We tried to schedule matches so that out of towners were playing during our meeting. Whoops! That didn't work, and a lot of meeting goers were on the courts during meeting time.

### **Change of time and Venue...**

I am proposing something different this year, for our Annual General Meeting. The meeting will be held midweek during one of the league nights. Time, date and venue are still outstanding, and will be set in the very near future. I would like as many Edmontonians who play racquetball, or are involved with our sport in any way to be there. The information on the time and venue will be available in many ways. It will be sent (hopefully) to all Edmonton Racquetball players either via e-mail, or by regular mail. It will also appear on the ERA WEBSITE. We intend to post notices in most clubs. Even if you don't see a notice, you should consider it your duty to find out where and when the meeting is.

### **Blood Donors Needed...**

When I became President in November of 2000, I set the priorities of our association as follows:

- 1.) Make Tournaments easier to run, and more fun to attend.
- 2.) Establish a solid Junior program
- 3.) Expand leagues of all kinds, including Women's and Junior Leagues.

### **Tournaments...**

We have been working hard on tournament organization, and have accomplished a lot. Our objective is to stage tournaments that continue to be of good value, are fun and competitive. To make the process easier for our volunteers, we have done the following:

- Assembled an ERA Tournament Kit with all the things one might need to run an event. This includes stuff like a toaster, coffee maker, styro cups, and all kinds of stationary supplies like pencils, and even draw sheets and score cards.
- Created a 6 step planning process to be used as a reference when planning a tournament.
- Established informal PR policies with regard to tournament hospitality. We do not charge an extra



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*Is being a tournament coordinator a lot of work? Definitely, but only for a short period of time. And the end result is very rewarding.*

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"Hospitality Fee" for immediate family members of event participants. Unless circumstances (such as budget) don't allow for it.

- We subsidize all junior participants.
- We have a dedicated phone number to take the inconvenience away from using home phones. This also creates a more professional image for the ERA.
- We have established options for entering (like email and fax) and options for payment (credit card).

Is being a tournament coordinator a lot of work? Definitely, but only for a short period of time. And the end result is very rewarding. We still have some work to do, but we are well on our way.

### ***Volunteering Is a Lot of Hard Work...***

Well, not really. In November of 2000, we used the "Krause Initiative" to recruit volunteers. Basically, the "Krause Initiative" says that you have to do only one thing for the year. For instance, if you were a tournament coordinator for the Northern Alberta Open, your job (for the year) would be over when the event is over, and you can now sit back and enjoy our sport, if you choose. Of course some jobs last longer than others, but the concept is great. The initiative is designed to prevent burnout, and the only reason it will not work is if there is a lack of volunteers... like there was last year... because there were only 5 people at the AGM!

So, I'm asking that you, as a member of our association (everyone in the Edmonton and area district who plays is automatically a member), to come to the meeting and volunteer to do 1 job (just one). Only one. Don't let the rest of us continue to do all the work for you. Show some respect for us, and pride in yourself, and help out.

### ***Juniors...***

We have been running a Junior Program for the last 2 years, and have a solid footing for this year. However, there is still lots to be done. Marc Caouette and John Halko are the drivers here. It is my intention to give them all the support I can. Every major sport in the world has a successful Junior program. If we want OUR sport to survive and prosper, we must have one as well. John and Marc are considering options for the Junior program this year. Plans will be announced shortly.

### ***Leagues, Leagues, Leagues...***

Tournaments are not for everyone. Some people just want to play recreationally, and that's okay. It will help our sport a lot if we stimulate the formation of Racquetball leagues of any type including Competitive, Recreational, Ladies and Junior Leagues. Currently, we are considering incentives to stimulate participation in all of the above.

### ***The Election...***

I am the ERA President until our AGM. I've been on this boat in one capacity or another, for the last 6 years or so, and I want to get off. However, I am willing to carry on in the Presidents role and complete my work on the priorities I've mentioned above, but only if I have a clear mandate to do so. For me, a clear mandate means, basically, having someone to work with. Our executive have neither the time nor the will to do all the work alone. (If someone out there wants to be President, I will give up the position.) In any event, I will tell you now that if I remain as President, this will be my last term. My work should be complete by then, and I want to go on to other challenges.

All other executive positions are up for review and election as well. It has been an absolute pleasure for me to work with volunteers such as Glen Boyd, Brenda Boyd and Cliff Sustrik. If I am President again, I hope that they will remain with me for another term. But, if they decide not to, I intend to respect their decisions, thank them properly and go on with business.

So, in conclusion, I'll say to you, thank you for allowing me to be a part of a great organization. I've for the most part enjoyed it. See you at the AGM

Contact the ERA by phone at (780) 717-9495 or email to [edmracquetball@hotmail.com](mailto:edmracquetball@hotmail.com). Visit our WEBSITE at [www.telusplanet.net/public/bbc/rball.html/](http://www.telusplanet.net/public/bbc/rball.html/). Look for our events calendar in clubs.

*Jon Semeniuk*

### **Survivor Challenge answers**

- (from page 15)
- |      |      |      |      |       |
|------|------|------|------|-------|
| 1. a | 2. b | 3. c | 4. b | 5. c  |
| 6. d | 7. T | 8. F | 9. T | 10. F |



## EDMONTON KLONDIKE TOURNEY JUST KEEPS GOING AND GOING

The 32nd annual Klondike Canadian Open went off without a hitch on July 26 – 28th, 2002. Three years ago, sceptics were saying that the oldest Racquetball event in North America would soon fade into the sunset. "It's Done." "It's just a summer tournament" "You'll be lucky to get 50 people" they said.

So, in July 2000, not wanting to lose such a historic event, the Edmonton Racquetball Association took action, and organized a great celebration for the 30th anniversary of the "Klondiker". The event was a great success, and has proven that if you treat people right, they will come back.

This year, the "Klondiker" was no exception in that regard, as 73 participants participated in 15 events. There were representatives from the 4 Prairie Provinces. There was a Junior Singles division, AND a Junior Doubles Division. There was even a ladies event.

Although the numbers were slightly down from last year (89 participants in 2001), there was a diverse mix of athletes, and lots that had not come to an Edmonton tournament before. This year, we were without some of our diehard supporters from Calgary. Not to worry, though... they sent up plenty of reinforcements! And I was really impressed with their quality of play. Two guys in particular; Greg Doricki, and Jason Van Mulligen stood out. I watched them play at the provincials too. Greg is a converted Squash player, and very talented, having played this great sport for just over a year now. Jason, who really only started playing full time in January, won the consolation event for B Singles! With his reach, I'm sure he can touch both side walls! Also, I can't forget that classy Frenchman, Jimmy Deschesne. He is a

great player, and he is quick. (I understand that Jimmy is also a Junior coach at the Thorncliffe Club in Calgary.) Add to the list guys like Jim Ingram, Hubie, Joe C-S, Alan MacKay (my doubles partner) Liam Oshea, new Calgarian Gord Kurenoff (a good buddy of mine), Mike Blackier (I'm gonna get you back for Lethbridge Mike!) a load of Calgary Juniors, a guy named McPhee, and you've got a lot of Calgarians taking home Edmonton Hardware! Hey!

In from Vancouver again was Brent Burdeny, and he brought Lori Kirk and Rob de Roos with him. Thanks for coming!

Let's talk about the matches... there were some great ones. Young Saskatchewanian Tim Landeryou and Calgarian Mike McPhee had a great Open Singles Final. Newcomer Doug Jones from Sherwood Park played great with Dave VanMeetelen. Krause and Bear were great, and are thinking of going to the Kelowna Masters.

As President of the ERA, I was proud to hear the positive, unsolicited comments coming from the out of towners. Comments like "We love this club" "We'll be back next year, with friends!" "We had a really great time". Joe C-S said he liked all the food!

Glenn and Brenda Boyd deserve a lot of the credit, though. They did a great job of coordinating, and in such a short time. Brenda, in my view, is one of those wonder women who "just gets it done".

Did you miss the Klondiker this year? Then come out next year. In the meantime, check out the results posted below.



32ND ANNUAL  
KLONDIKE CANADIAN  
OPEN RESULTS

	1st	2nd	3rd/Cons
Mens Open Singles	Mike McPhee - Calg	Tim Landeryou - Sask	Scott Johanson - Calg
Mens A Singles	Rob de Roos - BC	Chris Exner - Sask	Evan Pritchard - Man
Mens B Singles	Jesse Greenwood - Sask	Greg Doricki - Calg	Jason Van Milligan - Calg
Mens C/D Singles	Justin Bourque - St. Albert	Chris Haverstock - Calg	Mike Entz - Calg
Mens 35+ Singles	Al Loughlin - Edm	Brian Kowalski - Edm	Marc Caouette - Edm
Mens 50+ A Singles	Bill Condratow - St Albert	Hubie Desousa - Calg	Bob Bear - Edm
Mens 50+ B Singles	Joe Carter-Squire -Calg	Bob Roberts - St Albert	Jim Ingram -Calg
Ladies B/C Singles	Yvette Carter-Squire - Calg	Lori Kirk - BC	Lynn Scott - Sherwood Park
Jr. Single Bounce	Kevin Caouette - Edm	Jamie Siamko - Edm	Joel Semeniuk - Edm

	1st	2nd	3rd/Cons
Mens Open Doubles	Mike McPhee - Calg/ Jason Pate - Calg	Tim Landeryou - Sask/ Scott Johanson - Sask	Cam Bourque - St Albert/ Marc Caouette - Edm
Mens A Doubles	Al Loughlin - Edm/ Brian Kowalski - Edm	Bill Condratow - St Albert/ Evan Pritchard - Man	Jimmy Deschene - Calg/ Liam Oshea - Calg
Mens B/C Doubles	Jason Van Mulligen - Calg/ Joe Carter-Squire -Calg	Mike Blakier - Calg/ Greg Doricki - Calg	Cliff Sustrik - Edm/ Gord Kurenoff - Calg
Mens 50+ Doubles	Glen Krause - Edm/ Bob Bear - Edm	Noel Rielly - Edm/ Colum Barry - Carvel	Jim Ingram - Calg/ Hubie Desouza - Calg
Novice Doubles	Joel Semeniuk - Edm/ Kent Blair - Calg	Kevin Caouette - Edm/ Jamie Siamko - Edm	Stephanie Bohn - Calg/ Leah Blair - Calg
Mixed Doubles	Lori Kirk - BC/	Lynn Scott - Sherwood Park/	Ernie Perkins - Edm/



## EDMONTON JUNIOR PROGRAM

By John Halko

**H**ello to everyone. Our crew in Edmonton is getting ready to start this season's junior racquetball program. But I would first like to let everyone know what happened last year. We had one group of 11 juniors at the Mayfield and 10 at Body Quest. Ages ranged from 8 to 16. I kind of jumped into the program in November but things went very smooth due to the hard work already put in by Marc Caouette and Jon Semeniuk. The program ran from the beginning of September to the end of April. The program ran Sunday afternoons from 1-3 at both clubs and we got together for a little competition one weekend and the wrap up tournament at the end of April. We had great participation from all the juniors and we saw improvements from everyone. We even have some of them playing in tournaments and I am sure we will have a few more this year. I would like to thank the Mayfield and Body Quest for donating the court time to such a great cause. I would also like to thank Marc, Jon, Norm, and Cam for their support. Karol Ann Caouette also helped in recruiting and organizing. Thanks to all the other people who gave there time to support us.

### Mayfield

Aaron Kelly  
Josh Kelly  
Liam Semeniuk  
Joel Semeniuk  
Aaron Semeniuk  
Peter Fernandez  
Mike Fernandez  
Graham Starko  
Michael Samiciya



Justin Bourque  
Steve Wilson

### Body Quest

Gordon Beiler  
David Bennett  
Brandon Cathcart  
Kevin Caouette  
Jeremy Godbout  
Nicolas Godbout  
Kevin Madarash  
Aleisha Nunez  
Ryan Nunez  
James Slamko

### Coaches

Marc Caouette  
John Halko  
Jon Semeniuk

### Assistant Coaches

Cam Bourque  
Norm Godbout

We have a lot of the same players coming back this year along with a few more recruits. This year we will be making some small changes to the program to improve it but it will basically be the same as last year with one program at the Mayfield and the other at Body Quest. Our plan is to change it to Wednesday night from 6-8 and incorporate a league into the program. We are also looking for some coaching support. The details of this year's program will be available shortly. Please talk to any of the coaches if you have any questions or ideas. In the near future we will be having a half day mini camp similar to the one in Calgary, details coming soon.



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## RACQUETBALL SKILLS YOUR MOTHER NEVER TOLD YOU ABOUT

By Jon Semeniuk

**W**hat kind of a Racquetball Player are you? What skills do you have? A great forehand? An awesome backhand? Perhaps you are incredibly fast on the court. Ask yourself this; **"Do I have all the skills I need to make my game a success?"**

Like most Racquetball players, competitive or recreational, I'm betting that there is something you do when you first get onto the court. Perhaps you have a stretching session before doing anything. Maybe you begin a preset series of drills that you use to sharpen your down the lines and ceiling balls. Then again, maybe you just go onto the court and concentrate, or think about the mental aspect of the game, before any physical activity. The point is that on court, almost everyone does something before playing to keep their racquetball playing skills at a certain level. You take care of number one. It's one of the essential self-centered things you must do in this game. You want your skills to get better, or at least remain the same, as time goes on.

But what about off the court? There is a skill that no Racquetball book, no Racquetball video, no Racquetball clinic will teach you. But, this skill is absolutely essential to your game. And the good part is that everyone has the ability to learn it, very easily. I have, and in fact, I've been told it's one of my best racquetball attributes. It's called the "V Skill". It has nothing to do with physical prowess on the court, or mental preparation for a game. In fact, in contrast to the game, where you compete with your opponent to gain victory, this skill focuses on

cooperating with your opponent to gain victory. Off Court. The "V", as you've probably already guessed, stands for volunteering.

It is unlike the essential self-centered warm up preparation you do, but it is a skill that when practiced, increases the likelihood that there will still be courts to play in. Volunteering comes in many forms. It comes in the form of offering to teach or coach. It comes in the form of volunteering to be an executive, or event organizer. It comes in the form of volunteering expertise. For those who have limited time, it comes in the form of gifts in kind or monetary donations. But all forms of volunteering start in the same way: by simply raising your hand when someone asks "Who wants to help?"

Is there a downside to the "V Skill?" Definitely. When you are on court, do you drive serve 100% of the time? Do you hit ceiling balls 100% of the time? The answer is no. So, you should **not** devote 100% of your off-court time to volunteering either. It happens, though, because there are not enough of us with the "V Skill", so we are basically compelled to do more than we should. If 100% of our players learned the V Skill, we would all be better off.

So put up your hand. Better yet, call or contact your local association. Or, do something on your own, like organize a league. If you don't feel comfortable doing some of the mainstream jobs like organizing, then find something you can do. Yes, I'm at the end of my banter about volunteering. I know you've heard it all before, but before you go, let me ask you again; **"What kind of a Racquetball Player are you?"**



Alberta  
Racquetball  
Association

So, think ya can  
design our new  
logo ?

The ARA has not yet reached a decision on a new design for it's logo. As the logo is important to the image of the association, further discussions and reviews of artwork received are required. *We'll keep you posted!*

*H*averstock  
*D*esigns  
Creative

Karen Haverstock  
Woodbine,  
Calgary, Alberta  
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(403) 281-5486

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## Established League Schedule for the Edmonton Racquetball Association

### BODY QUEST THURSDAY NIGHT LEAGUE!

The oldest league in the Edmonton, The Body Quest League, will be held this year on THURSDAYS (note change from Tuesdays). The league is typically held in 2 halves. The first half commences on September 12th and wraps up on December 5th. A 1st half windup tournament and get together will be held on the 1st Saturday after the wrap up (date will be confirmed later).

The league will run in the same fashion as it has for a number of years. It is a competitive league, so stats will be kept but don't let that scare you! Lots of athletes show up to play recreationally, and join in the social aspect as well.

The league is open to all levels of players from beginner to professional, male and female. Basically, if you can make contact with a ball, you are welcome to attend. For more information, contact Myron Myroon (991-7832) [mmyroon@shelemey.com](mailto:mmyroon@shelemey.com)) or call the Edmonton Racquetball Association at 717-9495 or by e-mail at [edmracquetball@hotmail.com](mailto:edmracquetball@hotmail.com).

### MAYFIELD TUESDAY NIGHT LEAGUE!

The Mayfield league is being revamped this year. It will be held at the Mayfield Club Inn and Suites Athletic Club on TUESDAYS, starting on September 10th. The league will have 2 separate and distinct levels, an A side and a B side. The A league will run from 5:00 pm to 7:30 pm, with the B league commencing after the A league has concluded. The league is competitive, and stats will be kept. The league is open to all levels of players from beginner to professional, male and female.

The coordinator for the Mayfield League is is Cam Bourgue. For more information, contact Cam at 498-2215, or call the Edmonton Racquetball Association at 717-9495 or by e-mail at [edmracquetball@hotmail.com](mailto:edmracquetball@hotmail.com).

## COACH'S

By Mike McPhee

## ORNER

Lesson 2 is about the small things. Sometimes it's the little things that don't seem to be important enough to pay attention to, but in most cases is the difference in you playing better. Small things, like having your racquet ready, being one step away from the back wall when receiving the serve, hitting cross-court shots when in front of the dotted line. Here's a good one, getting out of the service box after a good lob serve. Glen Yaretz, Kent Clark, Julie Neubauer and Yvette & Joe Carter-Squire can all attest to that advice. A small thing but effective in the game at all times.

Having your racquet in the ready position is a problem you don't notice yourself and it not being ready is that extra swing you don't need. Your racquet should be above your wrist at all times cocked and ready. Having it down around your ankles means you'll have to lift it up to swing. An example would be a batter in baseball. You figure that one out!!!

When receiving the serve, I see a lot of people about six feet from the back wall when receiving the serve. Well - the ball will get to you quicker, you will have to cover four directions (left, right, forward and backward) where as being back closer to the back wall will eliminate one direction you'll have to cover (remember you can run forward faster than backward) and the ball will take that fraction of time longer to get to you and maybe you could use that time to get to the ball!

The choices of shots in the front court are amazing sometimes. The best solution is power and direction. Hitting a crosscourt shot when you're in the front court will get you the point more often than not. It eliminates the ten different choices you could of hit and gives you the most effective one that, even if you're opponent knows it's coming, will win the point. Hit it across your body, one foot high and it should hit the sidewall past the dotted line. Your opponent loses it when it crosses your body. You wouldn't have to ever again dink it, pinch it or even hit it down the line, which is the easiest one to get for your opponent.

Remember don't sweat the small stuff.... but don't forget that free advice is..... free! **K.I.S.S. (keep it simple stupid)**



## Senior Team:

Jen Saunders, Josee Grand'Maitre, Karina Odegard, Amanda MacDonald, Chantal Turgeon, Lori-Jane Powell, Kane Waselenchuk, Brian Istace, Mike Green, Mike Ceresia, Tom O'Brien, Corey Osborne

## NATIONAL RACQUETBALL WEEK

For the 2002-2003 season, National Racquetball Week will be held March 8-16, 2003. Most provinces will hold their Junior Provincials (or a major junior event) during this week. As well, the National Team Singles Selection Event will be held during this time (location TBA). Check with your provincial association for ideas about how to celebrate National Racquetball Week in your community.

## WORLD CHAMPIONSHIPS IN BOLIVIA

Canada brought home the Silver Cup in the Overall Team standings, and the Silver Cup for the Women's Team, and the Gold Cup for the Men's Team. Congratulations to Mike Ceresia, Josee Grand'Maitre, Mike Green, Brian Istace, Amanda MacDonald, Karina Odegard, Jennifer Saunders, and Kane Waselenchuk, as well as the support team of Usher Barnoff, Ron Brown, Bob Fong, Michel Gagnon and Cal Smith.

Details and photos are available at the Racquetball Canada web site [www.racquetball.ca](http://www.racquetball.ca), with more to come in the next issue of Canadian Racquetball, due out by the end of September.

## NATIONAL TEAM MEMBERS

Ron Brown, Director of Coaching for Racquetball Canada, and Michel Gagnon, coach of the Canadian Espoir Team, are pleased to announce the 2002-2003 Senior and Espoir Teams:

### Espoir Team:

Véronique Guillemette, Julie Neubauer, Genevieve Brodeur, Vincent Gagnon, François Guillemette, Bill Shepley, Kris Odegard, Ryan Powell, Kam Barteski, François Viens

## RULE CHANGES ARE OFFICIAL

### Effective September 1, 2002

#### Revised Rule 3.7 d Decisions:

In any match using lines judges, all calls may be appealed except technicals and game/match forfeitures.

*Comment: This expands the list of appealable calls.*

#### Revised Rule 4.1 f Dropping the Ball:

The ball may not be bounced anywhere but on the floor within the service zone.

*Comment: With this revision, players may now bounce the ball after the score has been called.*

#### Revised Rule 4.9 b One Touch:

In attempting returns, the ball may be touched only once by one player on the returning side. The ball may not be carried. (A carried ball is one which rests on the racquet long enough that the effect is more of a sling or throw than a hit.) In doubles, both partners may swing at, but only one may hit, the ball. Each violation of either (a) or (b) results in the offending player losing the rally.

*Comment: A carried ball was not previously defined.*





## **Alberta Racquetball Association**

**C.B.E.T.**

(Coaching Clinic)

**October 25—27, 2002**

This clinic is for anyone interested in teaching others the sport of racquetball

Come prepared for meetings and court time.

**Cost is \$30.00**

Location is Thorncliffe Greenview

Time: Friday 6:30 to 9:30

Saturday 9 a.m. to 5 p.m.

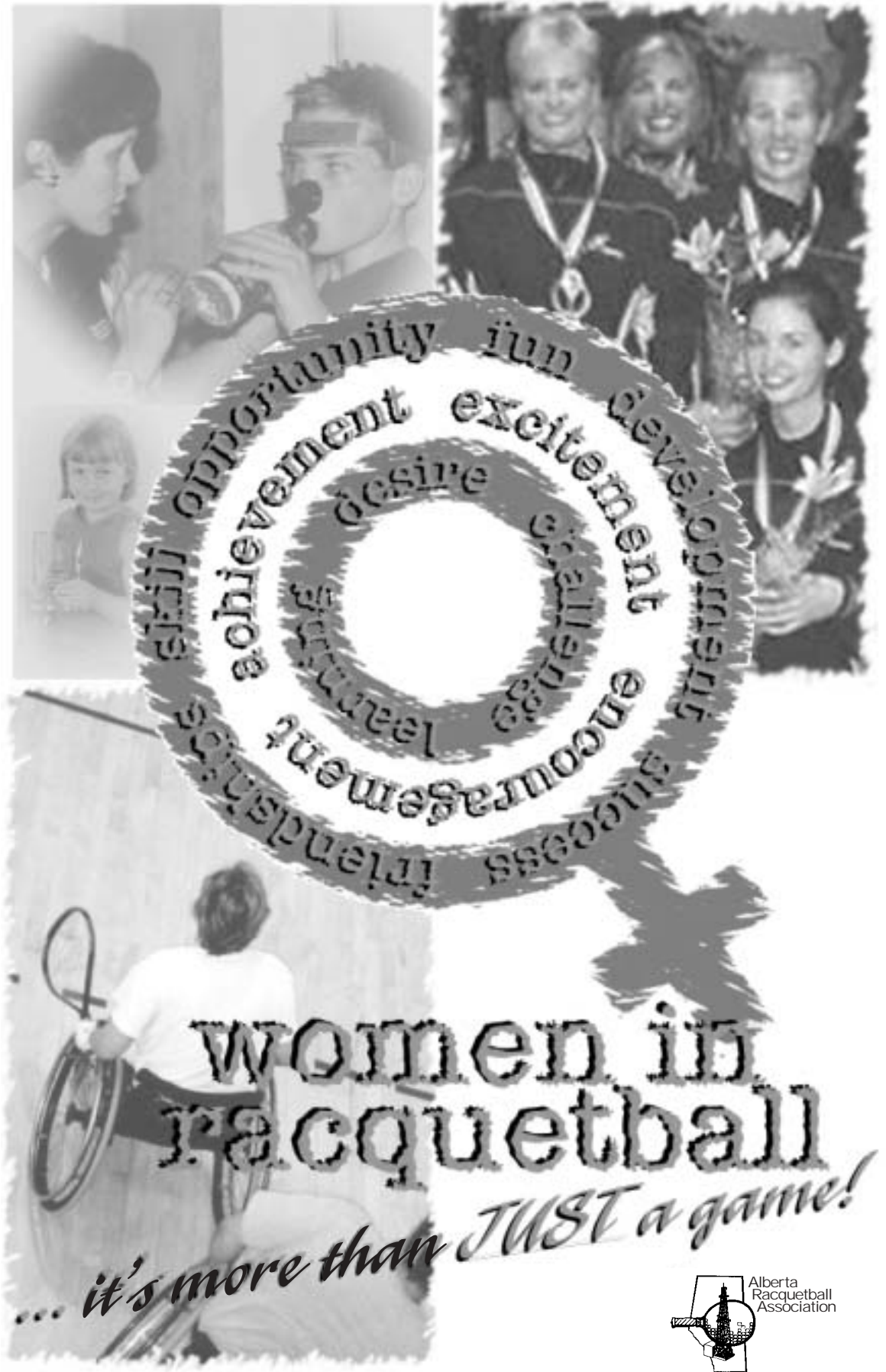
Sunday 11:00 a.m. to 2 p.m.

**To sign up please call Valari Hendrickson at 279-6034**

**Or**

**Email: [valari@telusplanet.net](mailto:valari@telusplanet.net)**

*Nice Girls Hit Hard...*



# women in racquetball

*... it's more than JUST a game!*

