



November 2011

Welcome, Racquetball Players!

Our goal is to keep members and all interested in Kansas racquetball informed on what's happening in and around the state, and ways to participate.

For a PDF version of this newsletter click here:
[KRA Newsletter](#)

Quick Links to the articles in this issue:

[Garden City Turkey Shootout](#)
[KRA Shootout](#)

FEATURED

The Next Kansas Tournament Stop is the 21st Annual Turkey Shootout in Garden City, KS December 1-4

by Stacy Crase

Five years ago I took over the Health & Fitness job at the Garden City Family YMCA. My duties include coordinating racquetball

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As we continue distribution of this newsletter, please spread the word and forward to anyone that might be interested in seeing it. It is with your help that we will be able to grow racquetball across Kansas.

KSRacquetball.com

Please visit the KRA website for the latest tournament and event schedule.



leagues and promoting and running two tournaments a year. This was new for me. I had never played the sport and didn't know much about it. In the Fall of 2006 I was in charge of my first tournament and that is when I met Mitch Williams and Ben Croft. From that day on I became very interested in the sport and even tried playing.

That first tournament consisted of about 20 players. Five years later my tournaments increased to 40-60 participants. With the help of Mitch & Ben, other top players such as Shane Vanderson, Jason Thoerner, Alvaro Beltran, Jack Huczek, Charlie Pratt, Tony Carson, Anthony Herrera, Felipe Camacho and Alex Landa our tournaments have continued to grow. These great players regularly make the Turkey Shootout in Garden City one of their tournament stops.

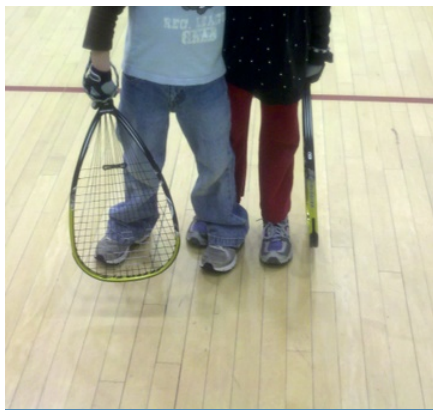
We provide breakfast, lunch and dinner on Saturday. The Saturday night party has become a big hit with everyone. We cook ribeyes, baked potatoes and famous beans for all of our players. On Sunday a farewell/thank you lunch is prepared consisting of chicken breast, rib tips, brisket, potatoes and beans.

I've been told the hospitality we provide is some of the best around. We like to make our players feel at home and provide great home cooked meals for them. From the time the tournament starts until Sunday afternoon there is good food, great racquetball, new people to meet, and so much more.

[Signup for this year's tournament here.](#) Deadline is 11/29/2011.

7th Annual KRA Shootout in Overland Park

The weekend following the Garden City tournament brings the 7th Annual KRA Shootout at The Athletic Club of Overland Park. This is always a well attended tournament and is a great event to close out the end of 2011. [Be sure to signup here, it's only a few weeks](#)



Facebook

Did you know there is a Facebook group for the KRA? Be sure and post your pics there.



[away!](#)

KRA Charitable Giving

by Scott Wolford

The KRA strives to support racquetball in Kansas and give back to the community when possible. As we prepare for Thanksgiving I can look at many things to be thankful for right now. I am most thankful for my family and great friends. I'm also thankful that I have racquetball as an activity that I can enjoy. It's a great way to stay in shape and is much more fun than a typical workout. I've also been able to meet many new people as I play in tournaments who have become very good friends.

I also realize that many people are not as fortunate and need help in their everyday lives. Through racquetball and many of the tournaments held throughout Kansas our racquetball community has the opportunity to give to many local causes.

Through the Ghost of Georgetown tournament we donated to Community LINC in Kansas City. This is an important organization that provides the homeless with a place to live. [Click on this link to](#)



Do you have a comment or suggestion for content for the newsletter? Or have an interest in volunteering for the KRA? Please send any feedback to info@ksracquetball.com



[view a letter of thanks from Community LINC](#). Your participation helped make this donation possible.

After the recent Wichita tournament a donation was also made to the Wichita YMCA's Strong Kids Campaign. The donation to Strong Kids will help change lives through Y memberships, partnerships with community agencies and youth programs like child care, after school activities, summer camps, youth sports, swim lessons and water safety classes.

The most recent doubles tournament at the Topeka YMCA helped raise money for the YMCA Caring For People campaign. This program also helps allow families to participate in YMCA activities.

I'm very thankful to be able to report that your participation in the KRA and tournaments throughout Kansas have allowed the racquetball community to give back to the local communities.

Racquetball in the News Recently

by Scott Wolford

A couple of online publications have posted articles about racquetball in the last month. The first appeared on Kansan.com and looked at the revived KU Racquetball team. [The article can be viewed here](#). It's good to see racquetball coming to life again at the collegiate level. If any students at other schools are interested in getting started please contact info@ksracquetball.com and we can assist you.

Here's a report on the team and their latest results from coach Stephanie Munger-Bessent: The KU Team has grown to 25 members of all different abilities. Allison Moses and Mahmood Hameed took up racquetball a few months ago and played in their first tournaments this year. In the recent Greensfelder Tournament in St. Louis, Justin Heaton took 1st in Men's D and won Men's C



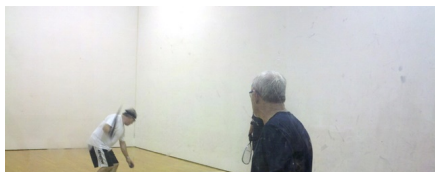
Consolation. Erin Hoffman took 2nd in Men's D. Drew Kuchinski won Men's D consolation and took consolation in Mixed Doubles with Team President, Hannah Hindman. Connor Rosebraugh made it to the Quarters of Men's C. Jarod Hart, team Vice President made it to the Quarter's of Men's B and also played in his first Men's A tournament.

The KU Team will compete in their next tournament after the beginning of the year in St. Louis. They have an impressive commitment level as they practice 2 nights a week as well as a group of them meet on Wednesday mornings at 5:30 for additional practice. It's exciting to see their passion and dedication. Look for them to be fierce competitors at State!

Another recent article in SheKC.com featured Lucy DelSarto and [can be viewed here](#). Lucy is passionate about the sport and it's a great article about the benefits of it.

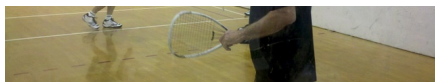
IRT Network

Watch Grand Slam and Tier One events streamed LIVE on [IRT Network](#).



Looking for a gift that will be a real hit? How about racquetball lessons with Lucy? All ages and skill levels, over 30 years coaching experience, this is a gift to give yourself or others. Private and group lessons available, contact Lucy directly at lucy@tcoywellness.com or 913-709-6059.

Racquetball in our Neighboring States



Racquetball in our neighboring states

by Gina Danner

Great Racquetball in Kansas, Oklahoma, Missouri, Nebraska and Iowa is just a FACEBOOK LIKE away...

Did you know that our neighboring state associations also post their tournament information on Facebook? Take a minute and look them up. You will see great commentary, tournament results and most importantly tournament information for our neighboring states.

Let's face it we are all involved in a great sport and putting an out of state tournament on your schedule might be just what the doctor ordered. Face it... we are racquetball players, we would probably rather be playing racquetball than just about anything else!

Be sure to go out and LIKE these great racquetball pages then visit and comment often!

[Nebraska State Racquetball Association](#)

[Iowa Racquetball](#)

[Oklahoma Racquetball](#)

[Missouri Racquetball](#)

And of course our very own [Kansas Racquetball](#)

Upcoming tournaments

Next up is the 21st Annual Turkey Shootout in Garden City held December 1-4. The following Saturday, December 10th, at the Athletic Club of Overland Park we have the 7th Annual KRA Shootout. That closes out the year and then we have two more back to back weekends of tournaments in January. First up is at the Salina YMCA on the weekend of January 20-22 followed by the 4th Annual Wichita YMCA Open and IRT Tier 5 Pro/Am on the weekend of January 27-29. We hope to see you at many of these

tournaments. The full schedule and links are available at ksracquetball.com.

Juniors

We are looking to get more juniors playing. Do you have kids interested in playing? In Wichita there will be a new juniors program starting in January. Anyone with juniors interested in participating please contact us at info@ksracquetball.com. Our goal is to get juniors on the court and to build the next group of top tier athletes.