



August 2015 Newsletter

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.***

**Quick Links to the articles in this issue:**

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

*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.*

## The Ghost of Georgetown Tournament Kicks Off the Season Next Month

Presented by Novasors (powered  
by Centrinex),  
And The Kansas Racquetball  
Association (KRA)

Hosted by - THE ATHLETIC CLUB - Overland Park, KS

September 17th - 20th, 2015

- FREE Viewing of ALL matches. Get there early as there is LIMITED Seating and Viewing
- The PROs will have a FREE Jr. Clinic Saturday at 10:30am
- Divisions for ALL skill levels and age groups
- IRT - Tier 1 tournament, The best players in the WORLD
- Broadcast online by the IRT Network
- Player Appreciation Party Saturday night in The Court Side Café and Bar / Poolside - FREE

[Click Here to Enter](#)

16th Annual  
**Ghost of  
Georgetown**  
2015 Kansas City IRT Pro/Am  
Racquetball Tournament





## KRA Donations

Support the KRA with your tax deductible donation!

My daddy always said, "If you don't A-S-K you don't G-E-T". So, the KRA Board is asking for your help. Earlier this year we applied for and were approved as a federally recognized 501c3 Nonprofit Organization. This means that your donations to the Kansas Racquetball Association are tax deductible. Your donation will go to support the growth of racquetball in the state of Kansas.

Putting on a tournament like The Ghost of Georgetown as an IRT Tier 1 stop or The Winter Classic as a Tier 1 LPRT tournament stop takes a LOT of money. The sponsorship funds we receive go to bringing in the pros. Additional funds are needed for bleachers, hospitality and overall tournament management.

We have been fortunate to have some folks step up in the past. Their generosity is appreciated. Due to overall rising costs, we need help from the entire membership. Whatever donation you can make is very much appreciated.

As a 501c3 you can write off your personal donation to the KRA. Simply click here and you will be taken to a secure PayPal link where you can make your donation using your PayPal account, Visa, MasterCard, Discover or American Express card.



# The Training Plan

By Coach Jim Winterton

The racquetball season is almost here and by the time you read this, the season is upon us! Here is how I want my athletes to prepare for the upcoming season.

Post-season 4-6 weeks

1 - Down time. Everyone needs time to decompress. After a long season, from September to June for some players, you need down time. Down time does not mean lying on the couch and eating Cheetos, but staying active and putting the racquet down. This is the time to heal up the little nagging injuries and work on strength training and flexibility.

Pre-season 4-6 weeks

2 - Begin training for the season. The emphasis here is on skill. What skill work

do you need? This is the time to work on your forehand, backhand, and serves. This is also the time to ramp up footwork drills and conditioning. Play would be a couple of times per week in the pre-season and skill sessions, 3 to 5 if you are a tournament player.

In-season

3 - You are in it-to win it! Begin playing more competitive matches during the week and drop the skill sessions to two per week. Work on skills during play and do not focus on winning matches. It is very important to work to get better at racquetball, not winning matches.

Mid-season

I put mid-season as the break between Thanksgiving and New Year's Day. The tournaments are fewer and there is a lull. I break this into the post season time of 7-10 days, skill time of 7-14 days, and pre season time of 7-10 days. This gives you a chance to re-group, work on things and then get back after it.

In-season 2

This is the long grind from January to May or June. Continue to cycle your training with mini-breaks of 2-5 days, pre season work of 2-5 days and in season work. This way you can keep away from over-use injuries and mental stagnation.

Things to remember

Break your training weeks up like so below.

Sk=skill, St= strength work, Sp=footwork drills, and C=cardio or two to three training sessions per week at 80% of maximum heart rate.

Here is a sample of in-season training. Make sure you have clearance from your Doctor for any strenuous training and adjust this training schedule to your work, school or family schedules and your racquetball goals.

Odd weeks 1,3,5

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

St Sk St Sk St play off

Sp play C Sp C

Even weeks 2,4

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

St Play Play St Sk Play

Sp C Sp sk C

If you do not have a map, you cannot travel to a destination. This is your training map and your road to racquetball excellence! Enjoy the ride!

Coach Winterton is the coach of many top players as well as players across the nation and world. He certifies instructors through USA Racquetball Instructors Program and he coached 14 national champions in 2015. That's right-14! Find out more about Coach Winterton and how he could coach you at [www.WintertonRacquetball.Com](http://www.WintertonRacquetball.Com) Be sure to say hi to him at the IRT pro stop in September!

## Junior Update

Juniors Update:



In Wichita, we had a couple of Junior meet and play nights at the Downtown YMCA. We played some games, learned and performed some drills and had a lot of fun. There were 4 new players for a total of 10 players participating. There is great interest by the kids and families and there is some fertile ground to build a Juniors Program on. The next step is to form a Juniors Racquetball League. This is a work in progress with local clubs.

If you are interested in having your juniors in our program, having them learn the game, improve their game, participating in a league, or anything else racquetball related, please contact Ken Cook at [cookken68@yahoo.com](mailto:cookken68@yahoo.com) or at 316-305-7573.

Lucy DeSarto has returned to the Kansas City area. Lucy coaches racquetball, including Juniors in that area. If you would like to contact her about developing your child's racquetball game, please do so at 913-709-6059.

If you do not live in these areas but are interested, we can still work with you through email and video instruction. Please contact either coach! We will help!

More work is being done to form the Kansas Junior Racquetball Team. If you are interested in having your child be part of this team, please contact Ken at [cookken68@yahoo.com](mailto:cookken68@yahoo.com) or at 316-305-7573.

Thanks and see you on the court!  
Ken

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