



August 2013 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.

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[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.

FEATURED

Next Up: 14th Annual Ghost of Georgetown KC IRT Pro-Am Tier 1

The 14th Annual Ghost of Georgetown/Kansas City Pro-Am Racquetball Championships, Presented by Novasors (powered by Centrinex) and The Kansas Racquetball Association (KRA) is Thursday-Sunday, September 12-15, 2013, at



The Athletic Club, 10440 Marty Street, in Overland Park, KS.

This tournament will again host the very best racquetball players in the world. The tournament is expected to draw more than 200 amateur and college entrants along with over 30 professional players. The amateur players will compete in divisions of all levels, ranging from beginner to open level for both singles and doubles. Whatever level of play, you will have a great time competing in this year's tournament.

The tournament showcases more than 30 of the top men's professional racquetball players in the world, including Kane Waselenchuk, Rocky Carson, and Jose Rojas. The tournament hosts many international players, including Mexico's best, Alvaro Beltran. Spectators will be amazed by balls in excess of 200 MPH, incredible athleticism, and an "extreme sport" mentality these pro players display. This tournament draws the best of the best in men's racquetball.

Founded in 1990, the IRT (International Racquetball Tour) season runs from September through May and includes more than 30 sanctioned events throughout the world with more than 300 professional players participating in the tour. Tickets to watch the pros are only \$35.00 in advance. Buy your ticket early so you are sure to have a seat. We expect a sellout crowd.

On Saturday, September 14 we will host a Junior Clinic at 10:30 on the main court, presented by several of the top pro players. On Saturday night we will have the "Player Party" in our Café/Bar for all the players to hang out for a meet and greet with the Pros. Both of these activities are FREE to everyone interested in attending.

For more information, stop by the Club at 10440 Marty Street, Overland Park, KS, call (913) 383-9060 or you can [enter online at the tournament website.](#)

Mike Wedel, Tournament Director
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IRT Tier 1 Coming to Garden City in November

For the first time Garden City Family YMCA in Garden City, Kansas will be hosting a Tier 1 Pro-Stop, coming up from a Tier 3. We are very excited to be hosting such a great event and to have such amazing talent come to our facility and our community. The tournament will be November 14-17, 2013, we thank the IRT and our sponsors for all the help they have done for us.

Look for details and tournament information soon at ksracquetball.com



Know the Rules

by Gina Danner

The USAR (the governing body of racquetball in the United States) announces four key rule changes effective September 1, 2013.

1) Open divisions will once again play the 2-serve game. That means that all USAR sanctioned divisions will use 2 serves, except for the special USA Team Qualifying divisions played at USAR National Singles and National Doubles.

There will continue to be 1-serve play at all IRF adult world events, and with most outdoor WOR divisions. The LPRT ladies pro divisions will be converting to the 2-serve game starting with the 2013-2014 season.

2) Carries are now permitted, as long they are unintentional, and that they occur during a single natural swinging motion.

3) Electronic audio devices cannot be used during play unless they are to amplify the player's hearing ability.

4) Players must wear shoes. Players cannot play barefooted and cannot play while only wearing socks.

Of course, the above are only generic descriptions of the four approved changes. For the exact rule verbiage, please consult the USA online rulebook. <http://www.teamusa.org/USA-Racquetball/How-To-Play/Rules>

The Business of Racquetball - What's Involved in Running a Tournament

If you read this newsletter chances are you love racquetball and are most likely a tournament player. It's important to understand the business of running a tournament. Here are a few things you may not even realize as to the costs of putting on a great event.

- Everyone wants a tournament shirt!
- Food and Drinks - did you know it can cost as much as \$15 to feed a tournament player for one day of the tournament?
- Club fees - many of the tournament clubs charge per player fees or an overall fee to hold the tournament
- Awards - everyone who places in a tournament wants to take home some hardware. Hey, it's bragging rights.
- Volunteers and Sponsors - thanking the volunteers, sponsors and tournament workers is important. No tournament director can do it alone
- Being the tournament director is a thankless job - The Tournament Directors give up their weekend (and a couple long evenings building tournament brackets and a great deal of planning time). They deserve something for their time.
- Bleachers - did you know that the bleachers we bring in for the the IRT or LPRT can cost as much as a few thousand dollars?
- Pro Fees - bringing in the IRT or LPRT can run in the range of \$12,000 - \$20,000.
- Charity - A number of the tournaments raise money for local charities and to give back to the community.

The reality is no one is getting rich from running a local or state tournament. The tournament fees are augmented by sponsors who typically sponsor the tournament because of a love for the sport and a personal desire to support the growth of the game.

If you are able to send business in the direction of a sponsor please do. If you can't be sure to personally acknowledge the sponsors at the tournament. A genuine thank you goes a long ways. And, if you are able, every little bit to sponsor a tournament goes a long way.





Racquetball Enriches Well-Being

By Coach Lucy DeSarto, WEC, TCOY (Take Care of You) Wellness -

Having a stressful day? Feel like you could scream or hit something? I've got a great suggestion. Head to a racquetball court for a workout and those frustrations will fade away!

Racquetball Enriches Well-Being -- A Great Outlet for Stress and to Burn Calories

Time flies and you are living in the moment when playing racquetball. All the stress of your day is left behind. Racquetball becomes a "Calgon Take Me Away" retreat; however, instead of relaxing in bubbles, you are burning calories and releasing tension and stress. The most common contributor to disease risk factors is stress, and since stress is inevitable in life, it's crucial that we learn how to manage it. Without an outlet for stress, the body will suffer physically, mentally and emotionally.

Racquetball Teaches Life Skills

For more than three decades, I have enjoyed playing and coaching racquetball. My passion and enthusiasm is due, in part, to the many physical and psychological benefits the sport provides. Racquetball teaches many life skills, which include: discipline, determination, respect, courtesy, strategic thinking, persistence and more.

How often do we make a decision and have to wait for the results? The reaction to a shot in a racquetball game is immediate, followed by another quick decision, then another shot and another decision. I'm talking immediate gratification! Do you love multi-tasking or feel like you have ADD or ADHD? A game of racquetball is the perfect challenge because you make hundreds of split-second decisions during an hour match. There is never a dull moment.

The sport requires basic equipment such as a racquet, a ball, and eye protection. A player can practice alone and play singles, doubles or cut-throat (3 people). I recommend taking a few lessons or participating in a racquetball clinic to learn the fundamental strokes and avoid injuries. The added bonus of lessons is being introduced to players at the same skill level.

A Lifetime Sport

Another great point – racquetball is a lifetime sport. Personally, I've coached students from as young as four and as old as eighty-one. If you think you are too old, heed the advice my eighty-one

year old client who meets with me weekly: "Find something you can enjoy and keep active. I enjoy racquetball." – Larry

For All Ages and Skill Levels

Players can choose to play recreationally or competitively. Whether a beginner or an advanced player, fun and good times draw people to the sport. All ages and skill levels can enjoy this sport; even the first workout can be fun. Racquetball is the ultimate energy booster that is good for your head, heart and body! Join the fun and take advantage of personal training with my racquetball lessons (individual or clinics).

Currently, I am instructing a number of Women Only Clinics and I asked them to share their thoughts. Some of the ladies played many years ago and have decided to return to the courts; others are taking it up for the first time.

"It's so much fun, you forget you're getting a workout! A great way to burn lots of calories!"
Stacey

I'm over 50 and haven't played in 30+ years, but I'm loving playing again. It feels so good to sweat and have fun at the same time. Makes me feel like a kid again!!
Tracy

One of things I love about racquetball is the energy booster it truly is! Who needs 5 Hour Energy when you can get the same with a game of racquetball. Between you cheering us on and the enthusiasm of fellow learners, racquetball truly lifts both my energy and spirits and I feel I can easily conquer the rest of my week!
Preethi

"I had not played racquetball in years and Coach Lucy is so enthusiastic about wellness, I had to give it a try. It is an amazing opportunity to exercise without even knowing it."
Lili

I signed up for a racquetball clinic because it's a break from my usual exercise routine. Instead of running on the treadmill or taking a step class, racquetball, to me, is more effective. I would encourage others to try something a little different in their exercise routine."
Baronika

"The racquetball clinic is a great way to learn the basics and it also gives you the chance to play with a group who are at your same skill level. Not only can you learn and grow as a player, but it is fun to

watch everyone else improve as well. Lucy is a great coach. She strikes the right balance between technical mentoring, enthusiasm and encouragement.”

Keri

“Racquetball is a fun way to get a good cardio workout no matter what fitness level you are at.”

52 year old Laura

Clinics Now Forming!

For clinic information in the Kansas City area or to schedule individual lessons, please call Coach Lucy at 913-709-6059 or send an email to lucy@tcoywellness.com

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