



OFF THE WALL

OPENING SHOTS

By Enrico Dubach



Whew! This summer flew by! I've been playing quite a bit of racquetball this summer, mostly doubles. But that's great, because the beginning of the racquetball season usually starts with only one or two tournaments before the State Doubles Championships. Many players felt that there wasn't enough time to play doubles in regular tournaments prior to the State Championships. So we changed things this year. The State Doubles Championships will be held November 6 through 10, 2001 at the Marv Jenson Fitness Center. That means we have up to five sanctioned tournaments to play before the State Doubles Championships. Heather Woichik has promised a great time at Marv Jenson and the URA will be helping with the award ceremonies. So find a partner and practice up.

This year's tournament schedule has turned out great. You'll find the schedule in a pull-out section that should look great on your fridge. With over 15 tournaments this year, there should be plenty of fun for everyone. There will be at least two round-robin format tournaments. This format is a lot of fun and take less time out of our busy schedules. If you didn't try one last year, check it out. This year will also feature a new tournament in September at the Jordan Valley Fitness Center. They've got a great facility and I'd like to welcome them to the Utah Racquetball tournament schedule. We tried to space out the tournaments as much as possible and work around the Olympics. I would like to thank all of the tournament directors for their help in putting this together. They have been very helpful and the schedule would not be possible without their generosity

and cooperation.

At the time of this writing, the location for the State Singles Championships had not been determined. Hopefully, it will be in the Tournament Schedule. If not, we will announce it with the next newsletter.

Kristen Walsh continues to make news nationally and locally. I'll leave the national stuff to the national magazine. She has moved back to Salt Lake and will be working as the program director at the Sports Mall in Murray. She plans to go to school while continuing to play in national and professional racquetball tournaments.

Debbie Cheney has resigned from the URA Board. She is starting a new job and has taken on other responsibilities. I would like to thank her for her help and wish her good luck in the future. Hopefully, she won't be too busy to play racquetball.



We all regret the passing of Georgia Wilde. Our condolences go out to her husband, Luzell. They were married over fifty years and made a great couple. After Luzell's retirement, they'd travel together to tournaments across the nation. Luzell would play racquetball and Georgia would swim and socialize. Luzell was national champion while in his sixties and seventies. Now in his eighties, "Lue" still hits the ball pretty good over at the Bountiful Bubble. She was a sweet lady and we'll all miss her greatly.

Ruth McGovern at the Redwood Center is organizing the Travelling League again this year. Team entries need to be in soon, so contact her immediately if you're interested.

The High School League will be starting in October. All high school age students of all playing levels are encouraged to join. They will play in several play-offs during the winter with the high school championships in January. Contact Marianne Walsh for the more information about this fun league

I would like to take this time to really thank Randy and Pam Martin. Randy recently joined the URA Board and has agreed to be the editor of this newsletter. He did the last issue as well as this one. I know it's a difficult, time-consuming job and we really appreciate it. Pam has been joining him at all of the Board Meetings and really helped out at the State Singles in March. Thanks again!

If you get a chance, I'd recommend you watch the State Juniors Championships. This tournament will be held August 23 - 25, 2001 at the Redwood Center. The best up and coming players of Utah will be competing in age divisions from six and under to eighteen and under. Check it out and I'll see you on the courts.

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Mark Your Calendar

October 17-20
Huntsman World Senior Games
St. George
(800) 562-1268

PLAYER PROFILE: BRAD BONA



By Marcus Dunyon
VP URA

This is the first player profile of the 2001-2002 season. The player being profiled is a man who has been around racquetball since about 1980, during that time he has seen the game we love change. We talked about that and quite a few other things. The player's name is Brad Bona and this is our conversation.

Q. Brad where were you born?

A. I was born in Whittier, California and spent most of my early years in and around Orange County.

Q. How old are you?

A. I am 39, and about to turn 40 on August 14th, so I have about a month.

Q. How did you start playing racquetball?

A. I was about seventeen, playing a lot of soccer, I had a dream of playing professional soccer but the sport started to die out and people stopped playing. Since it was a team game, it was hard to get enough people together to play. That is when I took up playing racquetball.

Q. What's your favorite food, TV show, Movie, and of course drink?

A. My favorite food is Japanese, my favorite TV show is the

Sopranos, and I watch another HBO show called Six Feet Under, strange show but I like it. My favorite movie (Brad had to think about this one) is "Up in Smoke". My favorite drink used to be Coors Light, but now its probably pure water.

Q. Were do you currently work?

A. I work at the University of Utah in the Campus Design and Construction as a project manager.

Q. I know that you play at the Sports Mall and have had the # 1 ranking in the open division in the state of Utah for most if not all of the last two years. Eketelon has sponsored you for many years. What else do you like to do when you're not on the court?

A. I enjoy computer design, in fact I have invented and designed a home fitness apparatus that I am perfecting.

Q. When you played in California, name some of the players you played against?

A. Brett Barrett, Dave Johnson, Mike Martinez. (Although these names are not familiar to many in Utah, they are names of people who nationally were part of the early boom in racquetball)

Q. What would you consider the strengths of your game?

A. I would say my foot speed and experience are my two strongest areas, I like to win!

Q. How has the game changed since you started playing?

A. The game has changed many ways, the rules are more complicated, and the speed of the balls has really changed.

Q. Do you train for racquetball or train to

get in shape?

A. I train to play racquetball, in that my workouts are actually geared to racquetball.

Q. Who do you consider the top players you will have to battle for the state championship?

A. Sean Lucky is one of them, Jerry Montanez and Matt Christensen. Then there is always Adam Anderson and current champion Brian Pointelin.

Q. If you could change anything about the game, what would it be?

A. I would do a couple things, first I would make the ball larger so the ball would not fit in the eye socket. In addition, I would put an abrasive strip on the floor just before the front wall. When a ball skipped into the front wall the strip would create more spin and the ball would pop up in a more obvious manner. (Not a bad idea.)

Q. Is there anything you would like to say as a parting shot?

A. Yeah! Two parting shots actually,
1. " That was not an avoidable hinder "
2. " If you hit me once on purpose, I will hit you twice on accident!"

One last thing " I LIKE TO WIN "

Brad is recognized as one of the best players in Utah, if you get a chance to watch him play you will see a man who plays with a lot of intensity, throwing his body all over the court and giving his all to win. Brad is one of a hand full of current players who have helped raise the level of racquetball in the state of Utah.

WHO AM I.....



This is the beginning of a new feature in the newsletter, look for others as new publications come out.

WHO AM I.....

I have been playing racquetball for fourteen years,

I was born in the early eighties,

In a hospital called St Marks. Is there more than one?

I played my first tournament when I was five years old.

I lost every game in my first tournament. I just moved to Salt Lake from Ohio a few months ago.

I have two brothers and one sister.

All our names start with the same letter and it sounds the same.

I guess you could say we are the first

family of racquetball. HA HA....

I have played all over the place the last few years.

I even beat Marcus Dunyon one time, I think.

I recently got a new job; I am excited about that.

Guess who I am.

Answer on page 7

WOMEN'S LEAGUES

Ladies... Tired of your husband leaving you every night with a racquet attached at his wrist? Why not join in on the fun and fitness of the sport yourself? There are women's leagues that offer you the opportunity to play and learn the sport of racquetball with other women.

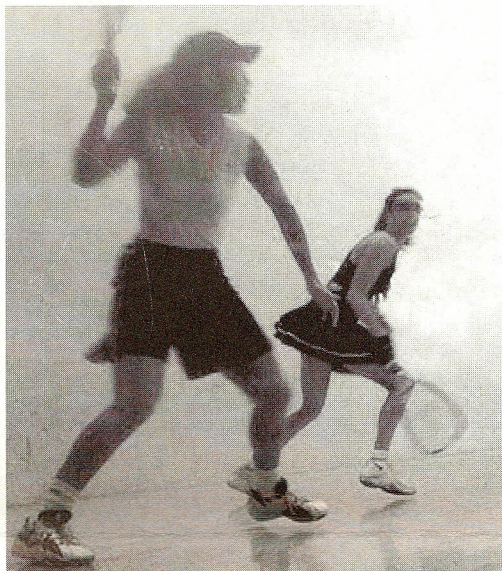
Racquetball is a great way to burn calories, increase your cardiovascular endurance, release stress & frustration, and catch-up on the latest gossip. A lady that weighs approximately 135 lbs and leisurely plays racquetball for an hour can burn up to 450 calories in that hour. If that lady was to play competitively for only 30 minutes she could still burn up to 300 or more calories. There are things little better than getting on the court after a frustrating day of work and balancing family and kids. Taking out all of your stress on a little rubber ball can be much more therapeutic than many realize. Aside from leagues, tournaments also offer you the opportunity to challenge yourself against other ladies in the sport.

Don't let the men have all the fun and the courts too. Sign-up for a ladies league at

a club near you.

Redwood Recreation Center
3100 S. Redwood Rd, WVC
974-6923 (Ruth McGovern)

Marv Jenson Fitness and Recreation Center, 10300 S. Redwood Rd, S. Jordan
253-4404 (Heather Woichik)
Sports Mall, 5445 S 900 W, Murray
10300 S. Redwood Rd, S. Jordan
261-3426 (Kristen Walsh)



JUNIOR NATIONALS

2001 Jr. Nationals recently held in Denver Colorado.

Kristen Walsh took 1st girls 18 & under-singles gold div.

Kim Walsh took 2nd in girls 14 & under -singles red div. and 3rd in girls doubles gold div.

Korey Walsh took 2nd in 12 & under boys doubles red div. along with Drew Brannigan.

Drew Brannigan took 2nd in 12 & under boys doubles red div. with Korey and 4th in 12 & under white div.

John Sanderson took 2nd in boys 10 & under singles gold div. , and 4th in boys 12 & under doubles gold div.

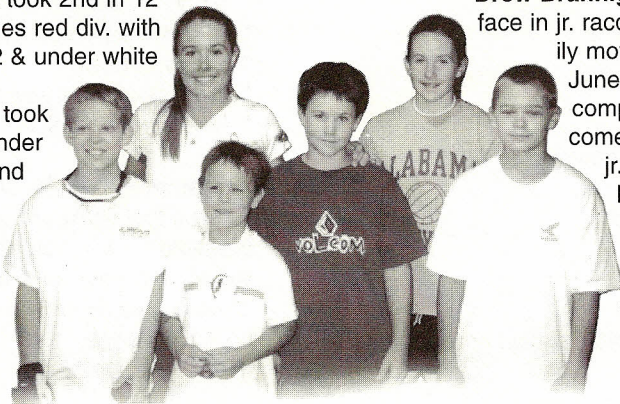
Kyle Walsh 4th in 8 & under multi-bounce white div.

The tournament

is run in an Olympic Format. Depending on when you win or lose a player ends up in one of 4 brackets. Gold is the top bracket followed by blue, red and white. This gives a player at least 3 matches.

Kristen Walsh qualified for the Jr. National Olympic team for the 5th and final year of her junior career . She will represent the U.S. team at the Jr. Worlds in Dec.

Drew Brannigan is a new face in jr. racquetball. His family moved to Utah in June. He is a tough competitor and a welcome addition to the jr. racquetball league. (Although he is out with a broken ankle at this time.)



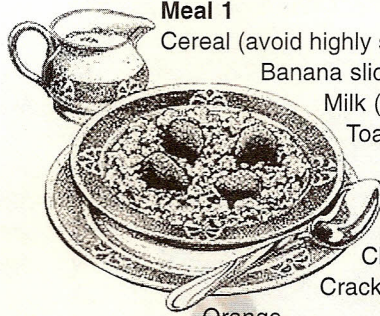
SPORTS MEDICINE CHEST

By Dennis Fisher

The Pregame Meal Planner

Suggested Meal Plans

Here are some nutritious pregame meal plans that fit the pregame guidelines. At least three of the five major groups are represented in each meal. These meals are only suggestions. You can probably think up many more that you would like to eat.



Meal 1

Cereal (avoid highly sweetened cereals)
Banana slices

Milk (low-fat or skim)

Toast/jam

Pineapple juice*

Water

Meal 2

Chicken noodle soup

Crackers

Orange

Low-fat yogurt

Water

Meal 3

Poached Egg

Toast/jam

Milk (low-fat or skim)

Orange juice*

Water

Meal 4

Pancakes (limit butter and syrup)

Applesauce

Milk (low-fat or skim)

Grape juice*

Water

Meal 5

Turkey sandwich/bread and lettuce

Apple

Milk (low-fat or skim)

Tomato juice*

Water

Meal 6

Cottage cheese/peach

Breadsticks

Milk (low-fat or skim)

Apple juice

Water

Meal 7

Spaghetti/tomato sauce

Bread

Milk (low-fat or skim)

Orange juice*

Water

*Juice of your choice, except prune juice

Eating at All Day Events

All-day events like racquetball tournaments where an athlete is expected to perform more than once, minutes to hours apart, present special problems. Make the most of a bad situation and remember that the basic pregame meal guidelines still apply.

You may have to eat several "mini" pregame meals over the day. Each meal should be small (under 300 calories) and low in sugar and fat. Even though schedules can be hectic, try to avoid eating within one hour of event time.

Sometimes, it's impossible to purchase suitable foods at the event. Many times, foods and drinks that are available at the refreshment stand (such as hot dogs, candy bars, and caffeinated drinks) are items that you shouldn't eat before performing. In these situations, you must plan ahead. For example, you can bring appropriate foods to the meet. Foods that spoil should be kept in coolers with ice to keep them cold.

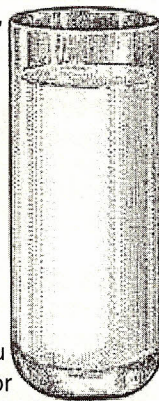
Above all, drink plenty of fluids. Dehydration can be a very real danger at all-day events.

No Time?

Plan ahead to have your favorite, quick, pregame foods on hand during the season. If possible, eat at least three hours before you compete.

If you only have time for a quick trip to the store, consider these possibilities:

- * Oranges, bananas, pears, peaches, plums
- * Juices
- * Mozzarella string cheese
- * Yogurt (low-fat)
- * Single-portion cans of fruit
- * Breadsticks/snacksticks
- * Bread with jelly
- * Cottage cheese (low-fat)
- * Milk (low-fat or skim)



Remember: Eat foods you like and that agree with you for pregame meals. You are an individual with your own tolerances for foods. Choosing foods you like may give you a psychological edge.

KNOW THE RULES



By Gene Rolfe Treasurer

It's time to start getting those competitive juices flowing. Another racquetball season is already on the horizon. I hope that you're as excited as I am. In this issue of Know the Rules I would like to address some equipment and safety issues. I know that this may not be the most exciting topic, but I feel that there are some important issues to be addressed at the beginning of a new season.

Let's talk about racquets first. The solid parts of the racquet are not to exceed 22" in length and they need to have a cord firmly attached to the wrist. They should have a bumper guard and be made from materials judged to be safe. Using an illegal racquet will result in the loss of the game in progress or the forfeiture of the previous game and a legal racquet needs to be obtained for play to continue.

Next let's talk about eyewear. Lensed eyewear must be worn and must meet or exceed impact standards. This eyewear should also be designed for racquetball and an approved list is available through the USRA. This presents a problem for those of us who wear prescription eyewear. We need to plan ahead and obtain the proper eyewear. My personal solution was to buy goggles. I realize that they don't make the best fashion statement but I feel much safer. Many of you have heard the horror stories about the potential damage to the eye that racquetball can cause. I have split open both of my eyebrows, on different occasions, while wearing eye protection. I feel that the damage would have been much worse

without the protection. A person who fails to wear proper protection will be assessed a time-out and a technical foul while they obtain proper eyewear. A second infraction in the same match will result in immediate forfeiture of the match. While warming up on the court proper eye protection and wrist cords must be worn. Failure to have the wrist cord attached properly or to wear the proper eyewear will result in a technical warning. If a player continues to not comply the referee should issue a technical foul. (Just a reminder. A technical warning has no penalty attached, but a technical foul results in the deduction of one point. A player could start a game at -1 or even -2. At that point the referee would be empowered to forfeit the match in favor of the other player.)

Dead-ball hinders would take a whole article or maybe even two. However, I would like to talk about safety holdups. If a player is about to execute a return and believes that striking the player with the ball or racquet is likely, he may immediately stop play and request a dead-ball hinder. The referee should grant the dead-ball hinder if the holdup was reasonable and the player would have been able to return the shot. I believe in safety first and tend to give the player who holds up the benefit of the doubt. If the referee believes that the player didn't have a play he does not have to grant the hinder.

I expect this to be a fun and busy racquetball season. Like many of you I'm excited for it to begin. As players, let's continue to show good sportsmanship and also to play safe. As always, if you have questions, comments, or suggestions please feel free to contact me. rgrolfe@hotmail.com

Off The Wall

MAY, 2001

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Deadlines for submission of all display advertising, stories and letters are listed below. All advertising must be prepaid. Call for rates and ad specifications.

December 2001 issue...November 12, 2001

URA board meetings are held the second Monday of each month at 7 p.m. at the Redwood Recreation Center and are open to anyone interested in attending.

Check out what's new with racquetball on the web at www.utahracquetball.com

