

OFF THE WALL

A publication of the Utah Racquetball Association

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President's Message

by Roger Flick

At our last annual URA meeting, Jeff Carpenter, graciously accepted to be our president. He has since moved to St. George and has a new job which has him working extended hours each day of the week. This has not allowed him to communicate and transact the normal business activities of the URA. Therefore, he has appointed me to be president of the URA for the remainder of the year. Knowing Jeff, I know he would be more than willing and able to function in this position if he were here. A new vice president will be appointed at our next URA Board meeting to fill my position.

Beginning with the next newsletter we will publish the decisions and activities of the URA Board members so you will be kept up-to-date on what is happening with the URA. If you as a player, tournament director, etc. have comments or questions about racquetball in the state of Utah, please let me know or funnel your interests to one of the URA Board members.

I am very interested in seeing that the URA continues to focus on providing more support to the women's and junior's programs in the state. We have some excellent women and junior players within the state who need support as well as them providing direction and encouragement to upcoming players in the state. I would also like to see the URA focus on improving our membership.

Beginning January 1994, there will be some changes in the ranking program for the state. These changes will be sent to the tournament directors to post at the tourna-

ments. The ranking program will also be published in the February newsletter.

Many thanks to Val Shewfelt who has been our newsletter editor for the past three years. She has done a remarkable job. Thanks Val, for a job well done. Our new editor will be Kim Hancock, an expert printer who works for BYU Printing Services.

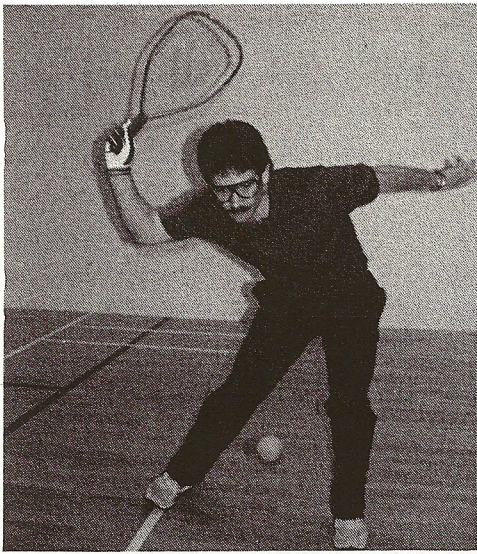
Let me remind you that your membership in AARA automatically makes you a member of the Utah Racquetball Association. Your membership supports the following AARA programs: Junior and High School Regional and National Championships, Intercollegiate Regional and National Championships, National, Regional and State Ranking Programs, Professional Association of Racquetball Instructors, National Referee Certification Program, the official AARA publication RACQUETBALL MAGAZINE, National Disabled Program, National Outreach Program, U.S. Racquetball Team, National Elite Camps and the AARA Scholarship Programs.

Let's continue to have a good year in racquetball, let's play ball!

-Roger C. Flick, President

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Better Eating to Improve Your Game

You are what you eat! Believe it! Don't expect the maximum performance out of your body during important matches if all you've put in for fuel is junk. Your body is much like a car, if you put the right gas in it, take care of maintenance on a regular basis, it keeps running right along for you. If you don't, it breaks down. The same is true with your body.

by Rick Strout

Tips From Rick

Keep the proper fuel and maintenance on it, and it will be able to take on the pressures you put it through. What then do we need to eat to keep proper nutrition and maximize our body strength for our competitive matches?

Let's start with complex carbohydrates – the main source of fuel for the body. You will burn carbohydrates as well as fat when doing an aerobic exercise. You'll burn glucose sugars when doing anaerobic exercise. It's important to eat plenty of complex carbs to **replenish used vitamins and minerals** during exercise. They also will give you the lasting energy needed to "keep you up" during your matches. Your body will call on the reserves it has (complex carbohydrates and fats) for the energy it needs. Some examples of the "perfect energy food" are brown rice, vegetables, fruits, whole wheat and oats, legumes, lentils, potatoes, beans, pasta and bagels. Eat about 65-70% of your diet in complex carbohydrates. We also need to talk about proteins – the muscle builders of the body. Keeping about 30-

35% in your daily diet will help keep you strong and healthy. Some examples are vegetables and lighter proteins (chicken, turkey and fish). All are better than red meats which are too high in fats.

In addition, you should be drinking plenty of water which is not only a flushing system for the body, but a helper in fat reduction. Keep the body cleansed, drink water! Do not substitute pop and other drinks in your water levels.

Also, drop your fat calories. One of the drawbacks of our "processed food" is fat. Stay away from as many fats as possible. They are empty nutrient calories, add to unwanted body weight and are stored in the body and bloodstream adding to health problems. We hate fat!

Work a little at a time with your diet. Do what you can to improve it and watch the results. You'll play better, **have more energy** and live a fuller life.

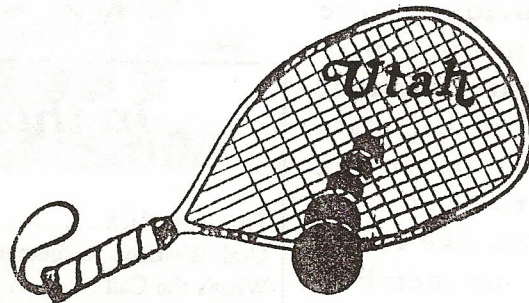
Remember, you are what you eat! Be lean, be fit and be more competitive.

Utah Women's Racquetball

by Laurie Egbert

Good luck to all the ladies that have been entering the tournaments so far. It's good to see that we are out there competing and having fun at the same time. Our numbers are low and I would like to see an increase in women participating in these tournaments and also in some of the leagues throughout the community. Please let any other women you may be in contact with know that they can come and join us for tournaments, leagues and any other events that may be coming up in the future. Please feel free to call me if

you have any questions. Don't forget to call the nearest facility in your area. They always have leagues running throughout the year. I have been talking with Rose Hernandez about the Traveling League and she and Norma Carlisle will be working on getting it started again this summer. We will also have a tournament at the last facility of the season like we did last year. If you would like to help out with Utah Women's Racquetball, I do need some volunteers. Please give me a call at 265-8365. We need to increase our numbers and we also need any new ideas you might have.



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What's the Call?

by John Yorkey

1. Player A is serving and the ball rebounds off the front wall and touches his shirt and falls just past the short line. The referee calls fault serve. Player A says that since the ball landed good it should be a no serve. What's the call?

- a) A fault serve should be called since the ball had touched the server.
- b) This is a screen serve.
- c) This is an out serve.
- d) Player A is correct. If the ball lands good, this is no serve.

2. The referee calls Player A's serve a screen serve. Player A appeals the call. One linesman signals no opinion and the other signals disagreement with the referee. What's the call?

- a) Only Player B (the receiver) can appeal this call.
- b) Fault serve. You can not appeal a screen serve.
- c) Play hinder and the server gets two serves.
- d) Play hinder and the server gets the same serve over.

3. In the tiebreaker, the referee

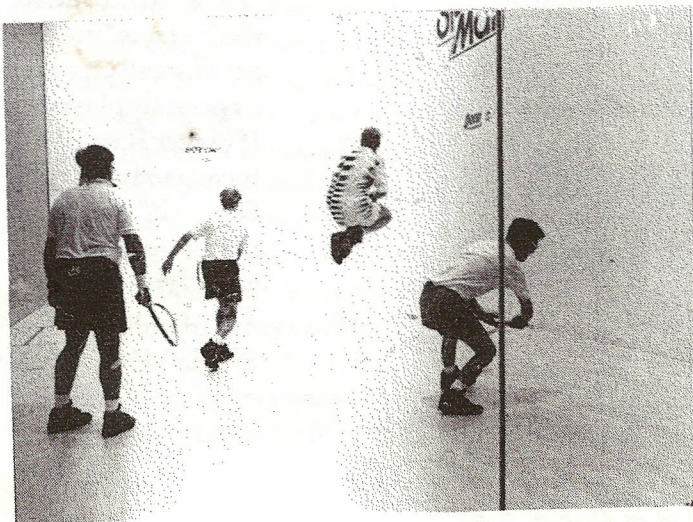
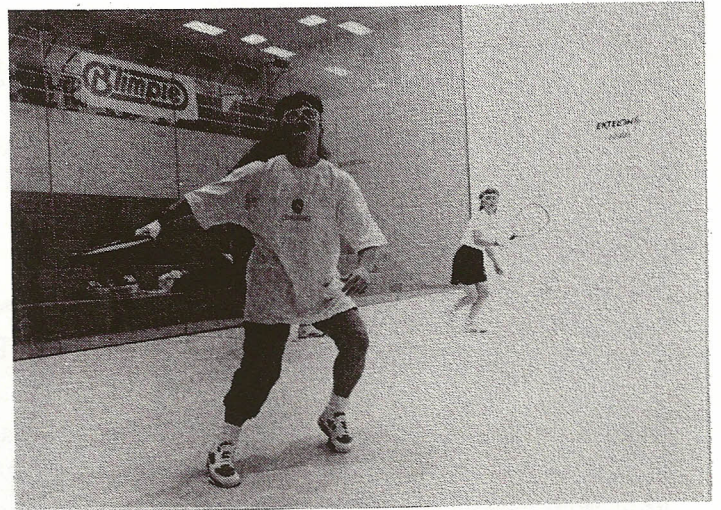
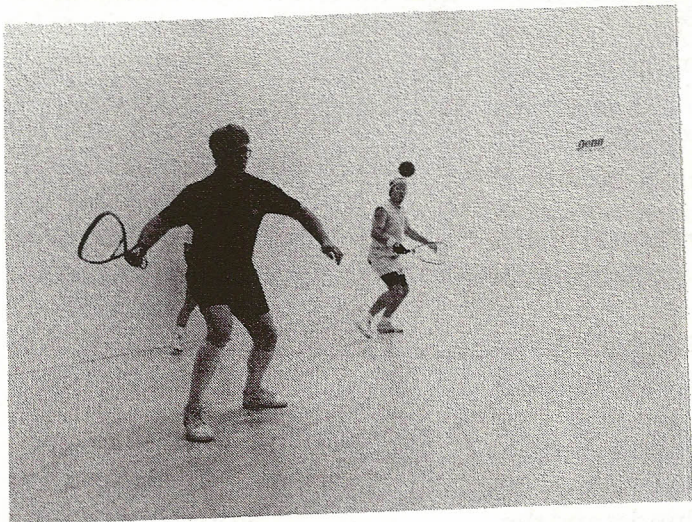
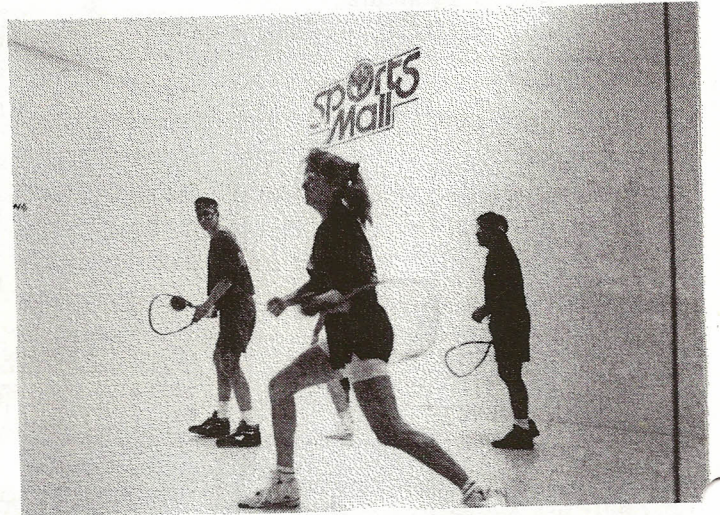
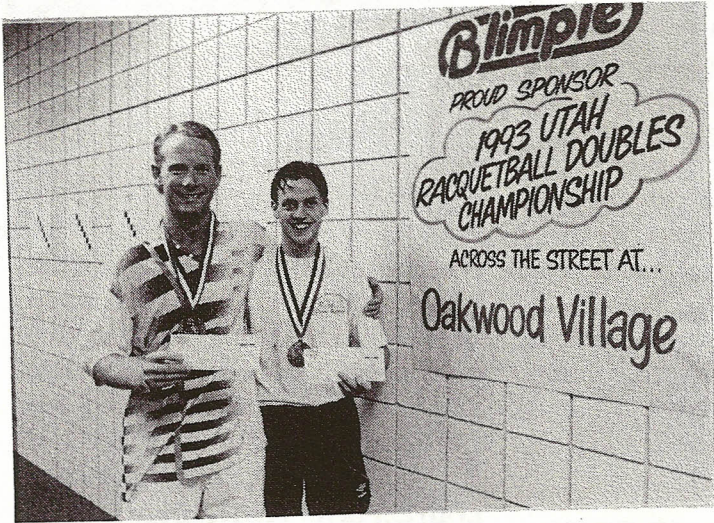
Answers

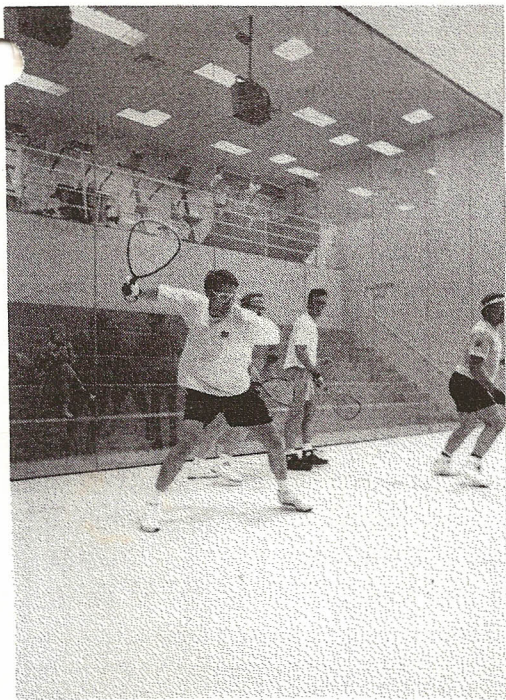
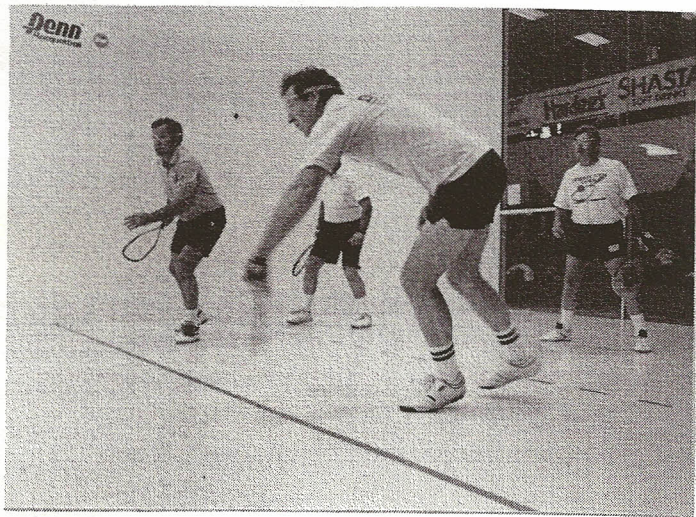
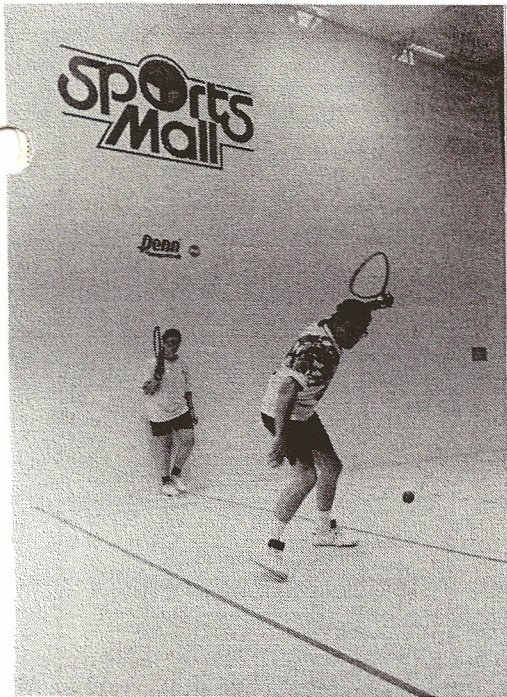
- 1. c) **R u l e 4.11.d** Any served ball that on the rebound from the front wall touches the server or server's racquet is an **OUT SERVE**.
- 2. b) **Rule 4.10.i** The screen serve is the only fault serve which may not be appealed.
- 3. d) **Rule 3.7.d** A player or team may make three appeals per game.

calls second serve and Player B, who is standing in the middle of the service zone, drive serves the ball to the left side of the court. Player A feels that the serve was short and raises his hand while trying to hit a cross-court passing shot. Player B is able to dive and hit the ball off the back wall to the front wall. Player A short hops the ball and hits a pinch shot in the front right corner. Player B dives again and gets the shot, returning the ball to the rear of the court. Player A raises his hand to signal that Player B's get was two bounces but still retrieves the shot and hits a ceiling ball. Player B takes the next shot off the back wall and drives it down the left side of the court. Player A hits his next shot into the front right corner as his glasses fall off. Player B tries to hit the next shot but feels that he is being hindered by Player A and holds up his left hand but still takes the shot which the referee calls a skipped ball. How many appeals are you allowed in the third game tiebreaker?

- a) Since Player A's glasses fell off, the rally should be replayed.
- b) By using the techniques in Tim Storey's new video "How to Intimidate the Referee" you can get any call changed or point replayed.
- c) If Player B would have used the "Rick Strout Z" serve the rally would have ended yesterday.
- d) Three chargeable appeals in a tiebreaker.

State Doubles Championships
SportsMall -- Murray
Oct. 5-9, 1993





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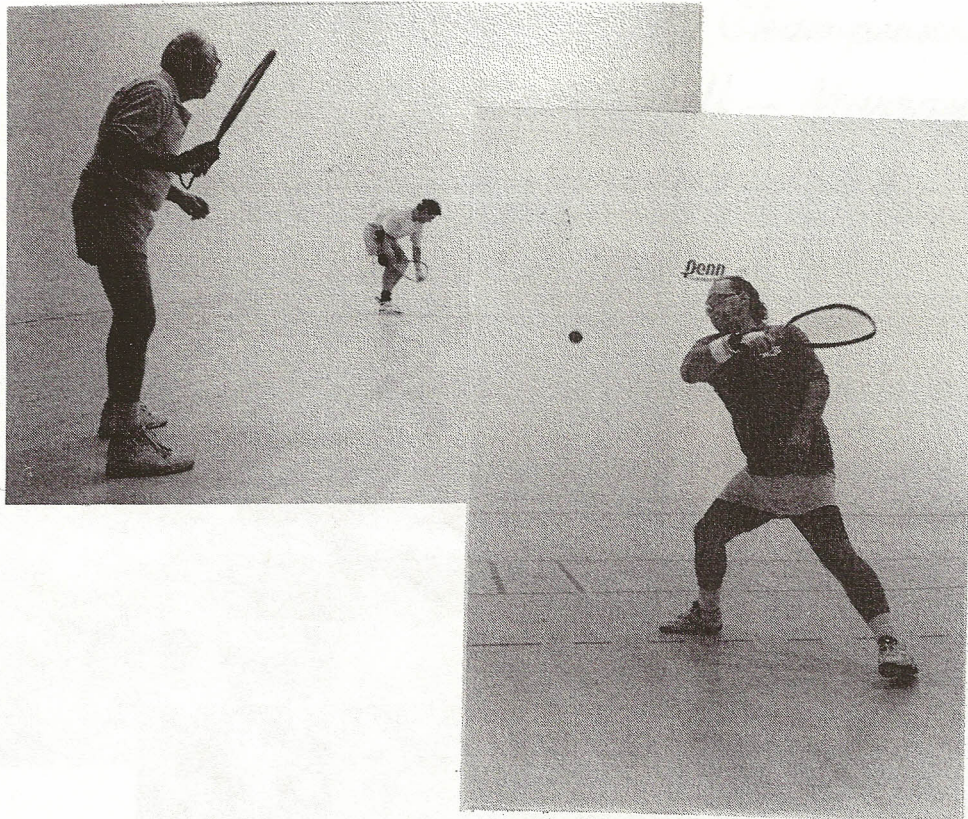
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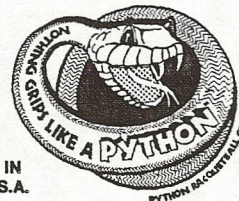
*Congratulations to Robin Lyman
and Sean Lucky for taking
Mixed A Doubles Consolation at
the Nationals in Phoenix!*

*Photos by John Yorkey,
URA Photographer*



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