



OFF THE WALL

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Note: When this issue went to press, results were not available for the Cottonwood Heights and Mav Jensen tournaments. Look for those results in our next issue.

Tournament Results: State Championships

By Enrico Dubach and Steve Coray

Do four State Championship titles in a row constitute a dynasty? The debate can begin, as Adam Anderson claimed his fourth consecutive Men's Open title during the 1999 Utah State Singles Championships, at the Sports Mall. His latest victory came in a two-game finals match against Steve Black.

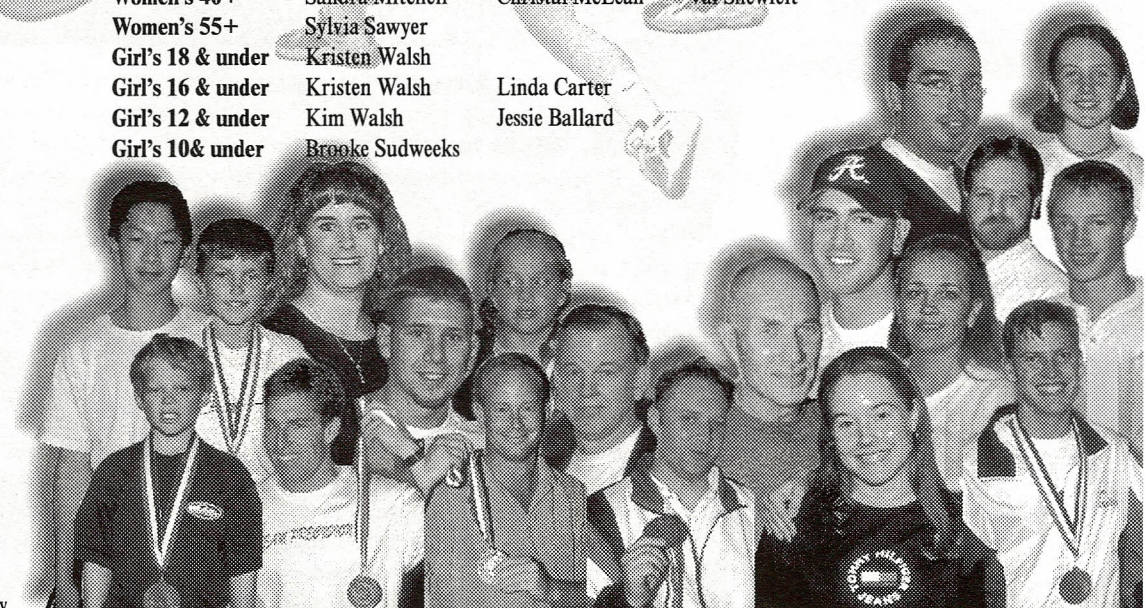
Over 150 players from throughout Utah competed for the coveted title of 'State Champion' in 27 events. In what was the largest tournament of the year, almost all divisions saw big draws, with matches from 5:00 to 10:00 every night and all day Saturday.

Saturday featured one exciting finals match after another in each division. National junior star Kristen Walsh topped off what has been an outstanding year of competitive progress by beating Christine McAlpine.

Tournament director Tony Glavas did a good job keeping the courts filled and mostly on time. New this year, a referee fee was included with each player's entry fee, which helped to keep refs available and willing to call matches. Medals were presented during the General Membership Meeting on Saturday.

Special thanks to Randy Krantz and Steve Coray of Equity 1st Funding for their sponsorship of the event.

	First Place	Second Place	Third Place	Fourth Place
Men's Open	Adam Anderson	Steve Black	Matt Christensen	Sean Lucky
Men's A	Nate Porter	Tommy Montanez	John Kitchens	Eddy Connor
Men's B	Mark Sandoval	Sean McArdle	Bob Pendleton	Dave Koch
Men's C	Terry Orchard, Jr.	Chris Clift	Kevin Nelson	Greg Wayman
Men's D	Dan Robison	Dan Thurgood	Quang Nguyen	Bob Dawson
Men's 25+	Steve Black	Todd North	Gary Chun	Dave Koch
Men's 30+	Sean Lucky	Craig Wandling	Paul Keene	Chris Clift
Men's 35+	Don Sanderson	Brad Bona	Glen Aitken	Enrico Dubach
Men's 40+	Tom Shearman	Glen Aitken	Steve Coray	Randy Krantz
Men's 45+	Dennis Fisher	Alan Jorgensen	Robert Lopez	Mike Retford
Men's 50+	Alan Jorgensen	Doug Douville	Tom Nystrom	Craig Masters
Men's 55+	Jim Wilking	Dan Rideout	Tom Nystrom	Hal Labelle
Boy's 18 & under	Brandon Sudweeks	Pete Jass	Justin Christiansen	
Boy's 16 & under	Brandon Sudweeks			
Boy's 14 & under	Quang Nguyen	Dave Mitchell	Chris Cecka	
Boy's 12 & under	John Sanderson	Tyson Cecka	Jon Dubach	
Boy's 10 & under	Andrew Gale	Korey Walsh		
Women's Open	Kristen Walsh	Christine McAlpine	Susan Williams	Sandee Hinman
Women's A	Sheli Bodily	Christal McLean	Vickie Bennion	Ali Blackman
Women's B	Ali Blackman	Kathy Donan	Karyn Christianson	Heather Montanez
Women's C	Shannon Berige	Linda Carter	Susie Grover	
Women's 40+	Sandra Mitchell	Christal McLean	Val Shewfelt	
Women's 55+	Sylvia Sawyer			
Girl's 18 & under	Kristen Walsh			
Girl's 16 & under	Kristen Walsh	Linda Carter		
Girl's 12 & under	Kim Walsh	Jessie Ballard		
Girl's 10 & under	Brooke Sudweeks			



Photo/Illustration by Steve Coray

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Editor

Steve Coray 801-278-8131

Advertising

Enrico Dubach 801-298-5066

Steve Coray 801-278-8131

Jason Lowe 801-929-1552

URA Board Members

Enrico Dubach, Pres 801-298-5066

Marcus Dunyon, VP 801-964-2138

Marianne Walsh, Sec. 801-487-2338

Val Shewfelt, Treas 801-375-8348

Rose Hernandez 801-943-6541

Greg Baker 801-532-5657

Christine McAlpine 801-377-4095

Jason Lowe 801-929-1552

Contributed stories and letters may be edited for grammar and/or offensive content. Please submit 'Letters to the Editor' or any other inquiries to:

Utah Racquetball Association
P.O. Box 711684
Salt Lake City, UT 84171-1684

Contributions may be e-mailed to the Editor at: scoray@xmission.com.

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Opening Shots



By Enrico Dubach, URA President

I can't believe another year of racquetball has gone by. I'm beginning to believe the saying that time goes faster as you get older. What nobody told me is that the ball goes faster too!

I have had a great time playing racquetball this year. Judging from the players I've talked to, a lot of you had a great time as well. It's amazing how a simple game with a ball in an empty room can continue to be so much fun after 15 years. Great fellow players and playing in well-run tournaments helps too.

I would like to thank all of the tournament directors for making the 1998-1999 racquetball season one of the best in recent years. We had 17 sanctioned tournaments in Utah this year. Most divisions in most tournaments had good turnouts, but I'm still concerned with the small draws in the Men's C and D divisions as well as all of the Women's divisions.

I remember, during the 80's, the C division having the biggest draw. When I was a beginner, Bob Paul, a business acquaintance and A level player, spent a lot of time helping me learn the game. He then encouraged me to play in a sanctioned tournament. I didn't realize until much later how much this means.

How many A or Open players take the time to play with a beginner? This is what we need. I highly encourage those of you who are top players at your club to take the time to give a few pointers and encourage lower level players to enter URA sanctioned tournaments.

In order to get the attention we deserve and need, every URA player needs to be an active ambassador of our sport. We need to get more new players into the game or we will have even fewer courts to play on!

The General Membership Meeting was held on March 27, 1999, following the State Singles Championships. Over 100 members attended this annual event. The meeting ran long, but we were able to recognize many people who have contributed to Utah Racquetball over the past years. The raffle and auction we held raised over \$700 for the racquetball association.

Two new Board Members were elected and one was re-elected. You can read about the results of the elections and year-end awards in this issue of the newsletter.

Speaking of the newsletter, Steve Coray has stepped forward to be its new Editor. My wife, Hope Hendricks Dubach, has been the editor for the past three years. She has done a great job and we all appreciate the work she has done. I took the liberty of presenting the annual President's Award to her on behalf of the Utah Racquetball Association.

The Newsletter Editor is a volunteer position and takes a lot of time and hard work. I'm looking forward to working with Steve in the coming year. He has some great ideas about how to make this publication even more informative and entertaining. I know he'd love to get some letters to the editor. So write to him, even if it's only to complain about his reffing.

During the April Board Meeting, we elected the officers for the next year. Rose Hernandez, Marcus Dunyon and I were re-elected as Treasurer, Vice-President, and President, respectively. Marianne Walsh was elected Secretary. The new Board has some great ideas for the 1999-2000 year and I'm looking forward to working together to have a great year.

But for a couple of months, I'm going to golf and mountain bike. Maybe I'll think of that "secret weapon" to use on the courts. Until then, have a great summer!

From The Editor



Newsletter Makeover

By Steve Coray

As the new 'Off The Wall' editor, I have some exciting things planned for our association's publication. Our state's newsletter has already been applauded by the USRA as being one of the best organized and most informational in the nation. Now my plan is to dress up its appearance a bit.

My overall goal is to produce a publication that is not only more interesting to members, but is also a more attractive vehicle for sponsor advertising.

With the redesign and help from Jason Lowe to sell advertising, I hope that the newsletter will soon be making a profit for us. Jason will also assist with the production and distribution of the newsletter -- thanks, Jason!

The first thing you probably noticed when you opened this issue was the redesigned banner and added use of

photography. I'm excited to put my photojournalism, writing and design skills to good use for a sport that has given me so much over the years.

I plan also to present regular features on refereeing, fitness, skills study and player profiles. I'd especially like you to get to know some of our more interesting members. Well, I hope you like the face-lift. Please bear with me while I continue tweaking the new format and experimenting with new ideas.

We would appreciate your feedback. If you have an idea that would make 'Off The Wall' better, please let me know. After all, it's your newsletter.

Finally, please consider advertising your company's product or service in our newsletter. If you are interested, contact Jason, Enrico or myself for rate, size and production information. We appreciate your support of Utah racquetball.

High School Program: Year End Wrap

By Marianne Walsh and Steve Coray

Utah's recently-formed high school program is quickly growing and maturing. The State High School Championships were held this February at the Sports Mall. We would especially like to thank event sponsors Sudweeks Development and Salt Lake County Recreation.

Seven schools (Alta, Murray, West, Cyprus, Viewmont, Woods Cross and Bingham) and about 30 students competed in the second annual tournament. Results are listed below.

Following that event, several Utah players had the opportunity to travel to Portland this March to compete in the High School National Championships.

Kristen Walsh beat defending champion Brooke Crawford 15-3, 15-3 to win the girl's event. The match pitted the USRA's top-ranked Girl's 16 And Under player in Kristen against the top Girl's 18 And Under player in Brooke. Congratulations Kristen!

Linda Carter won her first match, then dropped to the blue division, where she lasted several more rounds. Cris Cecka also posted a first round win. Kristen Walsh and

Pete Jass made it to the quarterfinals in Mixed Doubles before being eliminated.

David Mitchell, Eric Bergin, and Nathan McCoy also competed well in the tournament. Parents making the trip included Dan George, Tracy McCoy and "the Former Player Now Known As Kristen Walsh's Mom".

To help raise money to take teams to next year's Nationals in St. Louis, we are holding a yard sale. It will run in conjunction with a tournament in September. Please save and donate all of your unwanted items to the high school program. We especially need items such as toys, tools, houseware, sporting goods and clothes. Call Marianne at 487-2338 to have your stuff picked up.

Sign-ups for next year's high school league will begin in October. This is a great sport to get young people involved in. We need everybody's help in getting high school kids excited about playing so we can have a bigger and better program.

The High School Program is always looking for volunteers who are willing to help out. We are in need of coaches, tournament helpers, publicity, fundraising, etc. Contact Marianne if you can help out.

	First Place	Second Place	Third Place	Fourth Place
Gold Division	Kristen Walsh	Sam Boggs	Tyler Fellows	Quang Nyguen
Blue Division	Pete Jass	Curtis Beard	Craig Peterson	Charles Schumaker
Red Division	Cris Cecka	Dallas George	Linda Carter	Mike King
White Division	Jake McKay	Nick Newberry	Sara Moulton	Corey Keller
Team Results	Skyline	Waterford		

UTAH'S STATE HIGH SCHOOL CHAMPIONS



Luzell Wilde Receives Lifetime Achievement Award

By Enrico Dubach

Luzell Wilde has accomplished more in racquetball than most players ever will. He has earned first place in over 45 national championships and has been inducted into the USRA Hall of Fame. And all of that in a sport he didn't even begin playing until he was almost 50!

Now this friendly racquetball ambassador can add a couple of long overdue state awards to his crowded mantle. Luzell was recognized by the URA Board with a Lifetime Achievement Award at this year's annual membership meeting. He also became the first (and most deserving) inductee to the newly-formed Utah Racquetball Association Hall of Fame.

Luzell started playing racquetball in 1968, essentially when the sport was invented. Now 81 years young, his latest win was the 80+ division at the U.S. National Singles Championships in 1998. He epitomizes what lifetime achievement in racquetball means.

Visitors to Luzell's Centerville home will find a literal racquetball museum with an incredible array of awards, plaques, trophies, books, old equipment and memorabilia. His story is a wonderful example of a local player working hard to become a national champion.

Born in Carey, Idaho, on October 25, 1917, Luzell didn't participate in sports much. There were too many other priorities during his younger years. After moving to Salt Lake City, Luzell starting working for New York Life Insurance Company in 1942. A few months later he served the military in Europe for all of World War II.

After returning to Utah in 1946, Luzell met Georgia



Photo by Enrico Dubach

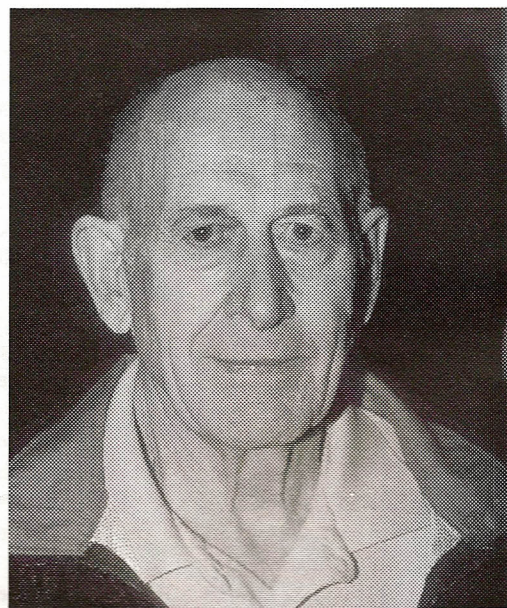


Photo by Steve Coray

and they married later that year. They have four children and "about a dozen" grand children and still live in the home they purchased in 1948. Luzell continued to work for New York Life until his retirement in 1981.

In 1965, Luzell joined the newly-constructed Deseret Gym in Salt Lake City. First he tried handball. But after seeing someone play with a "paddle," he decided that sport wouldn't hurt the hands so much.

In 1971, the Deseret Gym hosted the National Championships. Getting trounced 21-0 in the 45+ age bracket (the oldest age bracket at that time) didn't stop Luzell from practicing and competing. His next national event was in 1977, but he didn't win one until 1981.

Sponsored by Ektelon since 1978, Luzell won the 1983 U.S. National Singles Championships in the 65+ division. Since then, his list of wins in both singles and doubles is amazing.

Traveling to events all over the U.S., Luzell would criss-cross the country with his sweet wife, Georgia. They drove and camped in a small motorhome that Luzell built. Luzell estimates that Georgia attended over 90 percent of his tournaments over the years. The only thing that kept her away was when a grandchild was born.

Between 1993 and 1997, Luzell had several operations. In October of 1997, he had the biggest, a quintuple heart bypass with a valve repair. In spite of this, seven months later Luzell won the 1998 U.S. National Singles Championships in the 80+ division! All this at an age when most of us would be happy to still be moving.

Luzell has always been active in local racquetball as well. He has coached juniors for many years and has served on various racquetball boards. Not traveling to national events these days due to his wife's health, Luzell still plays at the Bountiful Recreation Center and often stops in at local tournaments to visit with old friends.

In a society that idolizes our sports champions, Louzell Wilde is a true racquetball hero.

Tournament Results: Last Blast

By Enrico Dubach

Ray Hoey of the Sports Forum wanted to do a tournament after the State Championships. The Last Blast was an appropriate name for this tournament held in April.

A relaxed, fun atmosphere was the reward for the 60-plus players who came out to Woods Cross. Even though some of the players were gearing up for the Regionals in Denver and Las Vegas, most were just out for a good time. Everyone knew that summer was around the corner and racquetball would soon move to the back burner.

Most of the singles matches were played Wednesday through Friday and the doubles on Friday and Saturday.

With most doubles divisions either round robin or double elimination, a lot of matches were played on Saturday!

Larry Moon represented the older generation well with a win over Jerry Montanez in the Men's Open division. In Men's Open Doubles, Jerry and his brother Tommy got revenge by beating Larry and his partner, Bob McNabb. Women's Open didn't have enough entrants to carry, but Kim Blake took first place in Women's A over Mandy Thomas.

The hospitality was good and plentiful each day and Ray would like to thank Ann Henry for all of her help. Instead of the usual trophies, awards were gift certificates for Pederson's Ski and Sports.

	First Place	Second Place	Third Place	Fourth Place
Men's Open	Larry Moon	Jerry Montanez	Tommy Montanez	Chris Gale
Men's A	Chris Gale	Rusty Storms	Barrie Brewer	Dale Harris
Men's B	Bob Pendleton	Tracy McCoy	Travis Hess	Jeff Aiono
Men's C	Travis Hess	Steven Haywood	Dan Robison	Ben Vigil
Men's D	Dallas George	Gene Scoggins	Nate McCoy	Jon Hopkins
Women's A	Kim Blake	Mandy Thomas	Ann Henry	Heather Montanez
Men's 35+	Craig Wandling	Enrico Dubach	Jeff Aiono	
Men's 40+	Steve Coray			
Men's 50+	Jack Healy	Mike Deamer		
Women's 40+	Val Shewfelt			
Boy's 16 & under	Dallas George	Nate McCoy		
Boy's 12 & under	Andrew Gale	Jon Dubach		
Men's Open Doubles	J. Montanez/T. Montanez	L. Moon/R. McNabb		
Men's A Doubles	Smith/Van	B. Brewer/H. Roseman		
Men's B Doubles	K. Hjelm/S. Hjelm	L. Hinman/D. Robison		
Men's D Doubles	D. George/N. McCoy	G. Scoggins/J. Hopkins		
Mixed Open Doubles	R. Hoey/C. McAlpine	E. Dubach/V. Shewfelt	S. Hinman/J. Schultz	

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Player Profile: Adam Anderson



By Marcus Dunyon

I conducted this interview with Adam Anderson after the semifinal match of the Utah State Singles Tournament and just hours before he won his fourth straight championship.

Q Adam, most racquetball players in Utah have seen you play, and yet they really don't know very much about you as a person. What I would like to do is ask a series of questions and have you tell us a little about yourself. How old are you and where do you currently live?

A I'm 25 years old and I live in Orem with my wife Stacy and my son Colin, who is 16 months old.

Q Do you plan to stay here in Utah and in Orem?

A Yes, I think we probably will stay in the Orem area. It's safe and most of our family lives here, although my wife's family lives in California. So it's nice because we get to visit them on holidays and they get a chance to come out to Utah every once in a while.

Q Do you want any more children?

A My wife would like two more and I want one. So, if we have a boy, then we will probably have one more. But if we have a girl, then we're done.

and was playing the Pro Tour. I was qualifying for matches at each stop and gave some of the touring pros, ranked in the top eight, some decent games. But now that I am married and have a child and the only one working, I need to keep my job.

So my goal is to rule the state. To dominate, not just win by a couple of points, but to make sure everybody knows I am the best player in the state. I'm looking to win the singles championship for the next ten years. And I think I can!

Q Who is your toughest competition in Utah right now?

A Right now it's hard to say. Steve Black seems to get up for me more than anyone else. He seems to bring a different level of intensity to my match then he does to other opponents. His intensity or focus sometimes causes him to have close matches and even lose occasionally. But he is tough! I try and keep my opponents to single digits in each match most of the time.

Q In the semi-finals, Sean Lucky did a little better than that. Were you surprised?

A If Sean would get in shape and stay in shape, he is probably the smartest player out there, with all the shots and the ability to stay in a match mentally. I was up 11-3 and I thought I had him, but he came roaring back to make a match. I took for granted that he would quit. He made it interesting for a while.

Q Do you see any young player coming up who might give you a game in the future?

A I've always thought that Adam Tueller might be one of the young guys coming up, but he will be going on a mission, so that might take (away) some of his game for a while. However, he will come back bigger and stronger, which might actually help. He is about 6'2" and has a lot of reach. In addition, I see Cameron Burnside moving up. He's 16 and has a lot of heart and I've taught him a lot of lessons. He's just lacking the mental part of the game. But that will come, just like it did with me.

Q What about Nate Porter? Nate won the A Singles division and has done well in some open matches.

A Nate Porter is a good one. He just needs to be more dedicated. I always thought he would be the up-and-coming player who, in three years or so, would be giving me a run for the money. But he seems to fade in and out. I'm not sure how serious he is, but his potential is all up.

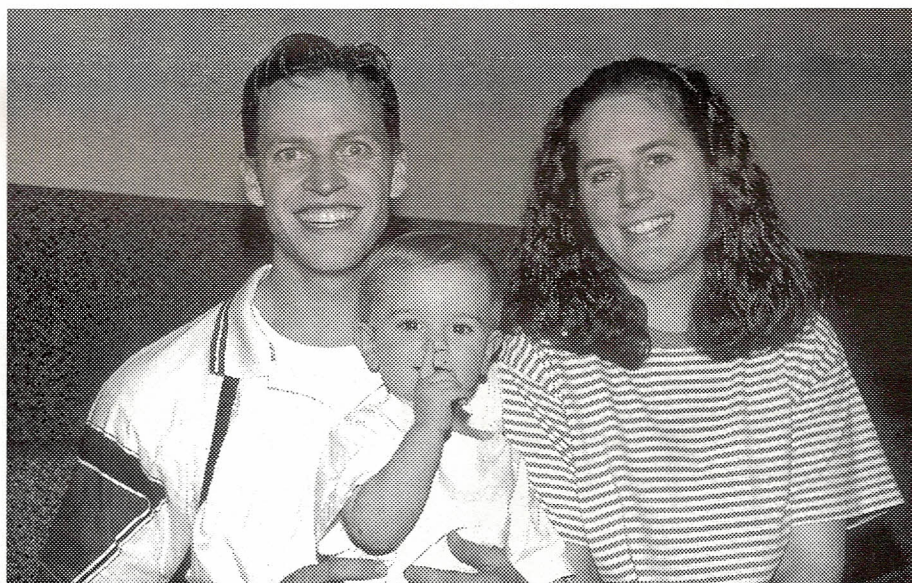
Q You have definite opinions on all these players. Why?

A I'm judgmental in the racquetball department because I want to be the best. So I work harder than everybody. And I'm the only one working on my game.

Q So do you train and what do you do?

A Absolutely! During tournament season, I try to hit four times a week and refuse to play anybody. I hit the ball for 25 to 30 minutes by myself after work. The best thing to do is to play someone who beats you, but in my position, it's not possible. So when I do play, I play a lot of two on one.

Q A lot of people will not practice. Why do you think this is the case?



Adam, Colin and Stacy Anderson
Photo by Steve Coray

Q Where do you work?

A At Quality Linen as a service representative. The job entails servicing accounts and selling additional services that are offered by the company.

Q Does this type of job give you the flexibility needed to train and work on your game?

A Yes it does and any job I get in the future will have to give the same flexibility to have weekends off and time to train.

Q You just finished the semi-final match and right now it appears that no one is going to beat you this year. With that in mind, what are your racquetball goals?

A With a family, my goals have dropped down a bit. Three years ago, I had a sponsor named Bob's Trucking

Adam Anderson continued from page 6

A Because it isn't as much fun as playing. But in order to really improve your game, you have to practice.

Q One of the things I've found hardest about playing in the Open division is that you have to get used to not winning every time you play. Did you have the same experience?

A Yes! I won five tournaments before I was moved up. I was playing both A and Open, so when I lost in the Open, I still had the A to go at and win. So it can be frustrating to play your first year in the Open. But people should stick with it. Eventually you will hate to lose so much, and you will gain the experience and start winning.

Q What mind-set do you have to have to play in the Open division?

A You have to hate to lose, and you can't make any excuses when you do. I used to do a lot of that when I was

younger. It wasn't beneficial and didn't help my game.

Q You mentioned you want to dominate the state for the next ten years. How long have you been ranked number one?

A I've been ranked number one for the last five years and have won the last three championships. In the first couple of years, I played a lot of tournaments and so I was ranked number one, but couldn't put it all together for the state tournament.

Q So you're throwing out the challenge to everyone that you are going to be the dominant player for the next decade.

A Exactly!

Q Do you think that is being cocky?

A No, not at all. I think a lot of people want to see me lose, and that's my motivation. People always cheer for the underdog. I even cheer for the underdog.

Q So do you take it personal?

A Yes I do, at least a little bit. That's why I work out so hard and play so hard.

Q Many people say that getting married was one of the best things that could have happened. You matured and your game improved. How do you feel about that?

A Absolutely and I'm married to a great person.

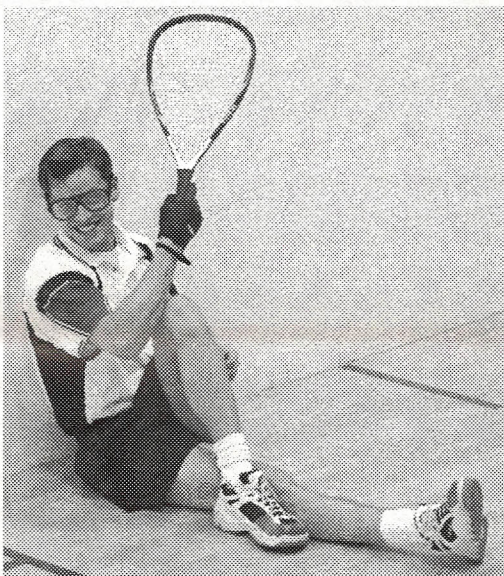


Photo by Steve Coray

Comments: Adam went on to win his fourth straight Open State Singles Championship after this interview. It has been my pleasure to watch Adam play for the last six years and during that time, he has become a better player, but more importantly, Adam married, became a father, and a better person.

It has been wonderful to watch him grow and mature. Take a minute to introduce yourself to Adam, and meet your current State Champ and someone on his way to possibly becoming the most dominant player ever in the state of Utah.

Precision Sports Challenge: Year End Results

By Enrico Dubach

For the second straight year, Tony Glavas of Precision Sports has sponsored the Precision Sports Challenge. The season-long event awarded points to top finishers in each division during five select 1998-99 tournaments. During the General Membership Meeting on March 27th, racquets, bags and other prizes were awarded to players who had accumulated the most points. Many thanks to Tony and Precision Sports for helping to make Utah racquetball the best! Below are the top winners in each division, along with their total points.

	First Place	Second Place	Third Place
Men's Open	Adam Anderson (435)	Steve Black (275)	Mike Johnston (100)
Men's A	Nate Porter (235)	Paul Buchi (200)	Tommy Montanez (185)
Men's B	Jon Xanthos (310)	Bob Pendleton (160)	Jason Lowe (120)
Men's C	Terry Orchard, Jr. (345)	Mark Sandoval (200)	Don Robinson (110)
Men's D	Dan Robinson (295)	Quang Nguyen (115)	Tie: Kent Card (100) Tie: Kent Chambers (100)
Women's Open	Christine McAlpine (485)	Kristen Walsh (185)	Sandee Hinman (150)
Women's A	Vicki Bennion (240)	Val Shewfelt (130)	Sheli Bodily (125)
Women's B	Karyn Christiansen (285)	Heather Montanez (140)	Ali Blackman (125)
Women's C	Heather Montanez (200)	Jennifer Lynch (100)	Kim Mice (60)
Women's D	Linda Carter (140)	Janice Moore (60)	

Tips From Rick



By Rick Strout

Well, it's summertime. No more tournaments for a while -- the season is over. Maybe you had a successful year on the courts, maybe not. Hopefully you had fun participating in racquetball. Now you're spending time on other things. You're getting outside, playing golf, hiking, enjoying summer.

I generally take a summer sun break, myself. The break is always shorter than I plan on, however. I'm always anxious for the next season to start, anxious to improve my game, anxious to get myself ready to win.

So, how do we get ready? How do we develop consistent habits, better game skills, better mechanics, better attitudes and better fitness?

I have a formula that has helped me throughout my playing career that may help you also. I call it "Summer Strategies". It deals far more with strategy and philosophy than mechanics and is a part of your game you can develop even if you're not getting much court time.

First, you need to work on your general mental approach to your game. I emphasize playing percentage racquetball. For example, you need to think about where missed shots are likely to end up and what you should do with that knowledge. This has applications for both offense and defense.

On offense, this means taking the shot option that gives you the best chance to score every time you hit the ball. Frankly, most players pass up the best shot in favor of the macho shot, the one that looks great and builds their ego. You should go over and over and over this mental plan during the summer until it is absolutely ingrained in you, until it becomes an automatic reflex.

On defense, it means you need to cover your opponent's high percentage shots and to be aware of where his misses would go. Trust me, the other guy will not turn every shot into a rollout winner. Once you accept that, you will be able to concentrate on where best to position yourself to hit the re-kill.

This means always thinking ahead to your next option and then covering it. Maybe your opponent will hit a winner by you, but not every time. Make him/her hit a real winner, not just a shot that stays up that you were out of position to return. Be ready for his/her miss-hits, there

will be more than you think.

Related to this is position. Where you are in the court will determine which option you give your opponent in his upcoming shot. If you are playing too far forward, he'll drive it by you, and he won't have to roll it to score!

If you are too far back, you'll do the running, chasing everything he hits. Believe me because I've been there, it's exhausting! Better to stay in what we refer to as 'player court' (slightly behind the 5-foot line) and let your opponent to do a little of the chasing.

Percentage positioning depends on wherever your opponent is at any given moment. If he/she is in a strong defensive position, your chance of scoring may drop until you move him/her out of that position. This is choosing smart racquetball over macho racquetball. By moving him/her out of 'player court' you'll be surprised how your scoring improves. And you may never have to hit one rollout! Train your mind this summer to improve your positioning this fall.

Another thing you should think about this summer is your concentration. Many players make the mistake of concentrating too much on their opponent or even worse the front wall! Concentrate on the ball. Having perfect strokes is not mandatory but watching the ball is.

When you really concentrate hard on the ball, you don't have time to worry about who you are playing, how well he/she is playing or what the score may be. Your shots start going in for more winners. You begin covering the court better for their misses. Boom, you're scoring more! And all from focusing more on that little ball.

Summer is a time for playing just for fun. No pressure of tournaments, just the gang getting together for some games and laughs. Still, something inside you wants to be the best you can be. So think about your mental game, think about percentage racquetball, think about your concentration and your court positioning. You'll have a better game plan, more confidence in your skills and, most of all, a direction to your summer play. Who knows, maybe there's even a trophy with your name on it come fall....

Rick Strout is an owner/manager of the Metro Sports Club, has earned nine state titles, including two open singles, and at one time or another has trained most of Utah's best racquetball players. Currently on a forced break while he recovers from a knee injury, Rick still takes on serious intermediate and advanced players as students.

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Traveling League: Year End Tournament and Final Standings

By Steve Coray

The Traveling League wrapped up the year of competition with its annual tournament in April, naming an overall champion club. The tournament results accounted for one-third of each team's total points, with the other two-thirds coming from head-to-head matchups during the season. Congratulations to the Sports Mall team for their first place finish.

Unfortunately, several of the finals matches (and perhaps the final team standings) were determined by forfeit. Redwood had three players miss their finals match, which may have allowed the Sports Mall team to post a come-from-behind victory.

	First Place	Second Place
Men's Open	Tony Glavas (SM)	Jerry Montanez (MJ)
Men's A	Don Ercanbrack (RW)	Ken Jensen (RW)
Men's B	Randy Martin (MJ)	Sean McArdle (RW)
Women's Open	Val Shewfelt (AC)	Diane Burns (RW)
Men's Open Doubles	T. Glavas/R. Krantz (SM)	P. Burbank/M. Dunyon
Men's B Doubles	T.J. Robinson/P. Conway (SM)	S. McArdle/B. Snellman (RW)
Mixed Doubles	G. Aitken/R. McGovern (RW)	J. Montanez/H. Montanez (MJ)

1998-99 Team Results

Place	Team	Points
First	Sports Mall	54.33
Second	Redwood Multipurpose Center	51.34
Third	Marv Jensen	41.34
Fourth	Bountiful Recreation Center	33.35
Fifth	Alta Canyon	25.01
Sixth	Sports Forum	22.68

Tournament Results: St. Valentines Day Massacre

	First Place	Second Place	Third Place	Consolation
Men's Open	Steve Black	John Kitchens	Glen Aitken	
Men's A	John Kitchens	Chris Gale	Eric Carver	Doug Douville
Men's B	Mark Sandoval	Julian Negugogor	Clarence Verhoef	Kevin Hjelm
Men's C	Clarence Verhoef	Steven Hayward	Scott Pinhey	
Men's D	Cris Cecka	Richard Terry	Dan Thurgood	
Women's A-B	Dawn Bollinger	Val Shewfelt	Ann Henry	
Men's 30+	Marcus Dunyon	Eric Carver	Kevin Hjelm	
Men's 35+/40+	Enrico Dubach	Marcus Dunyon	Paul Ethington	
Men's 50+/55+	Doug Douville	Steve Parker	Chris Segura	
Women's 25+/30+/35+/40+	Dawn Bollinger	Val Shewfelt	Kiersten Armknecht	
Boy's 10-12	Tyson Cecka	Andrew Gale	Christopher Carter	
Boy's/Girl's 14-16	Richard Terry	Cris Cecka	Linda Carter	

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General Membership Meeting

By Enrico Dubach

Over 100 members attended the 1999 Annual General Membership Meeting, held Saturday, March 27, following the State Singles Championships at the Sports Mall. In addition to presenting the awards for the tournament, Tony Glavas also presented the year-end awards for the Precision Sports Series.



Photo by Steve Coray

Elections were held for the three open URA board positions. There are a total of nine board members, each one serving a three-year term. Mike Retford, Hope Hendricks Dubach, and Greg Baker's positions were up for election. Greg was re-elected, while Christine McAlpine and Jason Lowe were elected as new members to the board.

For important contributions to Utah racquetball, several Sponsorship Appreciation Awards were presented to Randy Krantz of Equity First Financial, Tony Glavas of Precision Sports, Rico Dubach of Swiss Boy, and Trevor Sudweeks of Sudweeks Development. These businesses have been very generous to the URA. Please support them in return whenever possible.

I presented the annual President's Award to Hope Hendricks Dubach. She has done an outstanding job

organizing, writing, producing and distributing this newsletter during the last three years.

Marcus Dunyon presented the annual year-end awards. The URA Board chooses the recipients not only for their on-court play, but also for their contributions to racquetball in general. The winners for the 1998-1999 racquetball season are:

- Outstanding Male Player Jim Wilking
- Outstanding Female player Kristen Walsh
- Most Improved Male Player . . . Paul Buchi
- Most Improved Female Player . . Heather Montanez
- Most Improved Junior Player . . John Sanderson
- Best Referee Rico Dubach
- Best Sportsmanship Jerry Montanez
- Best Tournament Director Ray Hoey

Marcus also presented our first Lifetime Achievement Award to Luzell Wilde. Luzell's accomplishments in racquetball were too numerous to mention. See the interview with Luzell on page 4.

The meeting went long but as you can see, we had a lot of business to attend to and a lot of people to recognize. An association like the Utah Racquetball Association is dependent on the efforts of many people. I would like to thank everyone for their contributions and help with the raffle and auction.

Val Shewfelt and Rose Hernandez did an outstanding job gathering some very nice auction items and raffle prizes. Proceeds from the auction were used to help offset the cost of the banquet, which was catered by Meier's Country Fried Chicken.

Better Racquetball Through Better Fitness



By Doug Scott

An important part of better racquetball performance is better fitness. My column is intended to help you optimize your sport through the understanding of the fitness issues in racquetball. Knowing how to reach your peak performance for your game will give you the edge in competition.

BACK TO THE BACK

As a fitness consultant, I encounter people who have back problems. If you are constantly in pain, you should get it checked by a physician. You can help prevent back problems with a little preventative care. Here are a few lower back stretching tips that I highly recommend you do before you play.

Make sure you are warm before you stretch. A five to ten minute warm-up on the court is ample time to get your blood flowing and to loosen up your joints.

STEP 1: LATERAL TRUNK FLEXION

While Standing, reach down with your right hand alongside your body. Reach up and over with your left hand, holding the stretch to the limit of your range of motion for 10-15 seconds. Repeat with the left side.

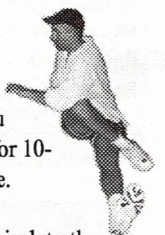


STEP 2: TRUNK FLEXION

Sit at the edge of a bench. Bend down as far as you can with out touching the floor. Hold for 10-15 seconds.

STEP 3: SPINAL TWIST

Cross your right leg over your left. Apply pressure to your right knee with your left elbow. Rotate your head so you are looking directly behind you. Hold for 10-15 seconds. Repeat on the opposite side.



STEP 4: STRADDLE STRETCH

Keep your knees bent to isolate the lower back, which will help prevent groin injury. Try to grab the insoles of your feet until you feel a light, comfortable stretch. Hold for 10-15 seconds.



Doug Scott, MBA, CSCS, is a fitness consultant and serves on the Governor's Council on Health and Physical Fitness. He is a fitness program coordinator at the Marv Jensen Fitness Center. Questions may be referred to him at (801)253-4404.

Regionals: Las Vegas, Denver, Monterey and Anchorage

By Marcus Dunyon and Steve Coray

Once again the Sporting House in Las Vegas hosted the Pro Nationals and a USRA regional tournament, April 21 - 25. It's a huge event, with over 700 participants, including a large contingent of Utahns.

Utahns making the trek were Randy Krantz, Robert Lopez, Ralph Bundt, Eddie Conners, Ray Hoey, Eddie Barber, Steve Coray, Gary Chung, Marcus Dunyon, TJ Robinson, Chris Gale, Andrew Gale, Jim Wilking, Sean Lucky, Clay Perlman, Dan Robinson, Christine McAlpine, Val Shewfelt and Kristen Walsh. Most said they had a great time and plan to return next year.

Scheduling was a real adventure, with matches starting at 6 a.m. and wrapping up at 3 a.m.! Jim Wilking won his division again this year and the 'Eddie/Eddie' doubles team made it to the semifinal round.

One of the great things about playing in this tournament is that you also get the opportunity to watch the best racquetball players in the world compete in the professional categories. In the finals, it was the number 1 and number 2 ranked players in the world fighting for the

championship. In an awesome display of quickness and power, Sudsy Montchik defeated Cliff Swain. In the women's final, which was the best match of the tournament, Jackie Parisio defeated Robin Levine in five games after losing the first two games.

A much smaller group went to the Regionals in Denver. The Walsh clan fared well, with Kristen winning two gold medals and one silver, while Korey earned first place in the blue division of Boy's 10 and Under. Kim Walsh walked away with three gold medals in the Girls 12 and Under divisions! John Kitchens, Nathan McCoy and Tracy McCoy also attended the tournament.

Junior phenom John Sanderson placed second in the 8 and Under, and fourth in the 10 and Under categories in the Monterey Regional. He then placed first in the 8 and Under, fourth in the 10 and Under, and fifth in the 12 and Under in the Anchorage Regionals! Way to go, John!

The Sanderson family also recently vacationed in Ireland, where John got to play in the Irish Open! Watch for a report of their incredible experiences in the next issue of 'Off The Wall'

Results: Collegiate Nationals

By Matt Christensen

Competition was intense among the 27 teams who participated in the 27th Intercollegiate National Racquetball Championships in College Station, Texas. Texas A&M University hosted the event at their beautiful new Recreation Center from April 7-10. The top 6 male and top 6 female players from each school were invited to participate, for a total of about 200 athletes.

Utah was represented by teams from Utah State University and Brigham Young University, who placed 7th and 3rd, respectively, in overall competition.

The women's team from BYU placed in the number one spot in the nation. Represented by only eight players, Utah State University outplayed other schools carrying a full squad of 12. At the tournament, Utah continued to build its reputation as one of the hotbed states in the 1990's for collegiate racquetball.

Christy VanHees, from Simon Fraser College, was able to defend her spot this year as the number one collegiate female player. Luis "Nacho" Bustillos, from the

University of Southern Colorado, came out on top for the number one men's position, after losing in a close finals match in 1998.

The week ended with an awards banquet, where athletes placing in the top 4 spots in their division received medals. Beginning in 2000, the Intercollegiate National Championships will add mixed doubles as a new event.

Utah collegiate racquetball looks to make an even stronger impression on next year's national tournament, tentatively scheduled at Arizona State University. Utah State boasts six returning starters on their 1999-2000 team; the top three positions from both the men's and women's 1998-1999 teams.

BYU will undoubtedly assemble another powerhouse squad, rooted in the commitment of their coaches, Dennis Fisher and Sylvia Sawyer. While Weber State University could not attend this year's national tournament, expectations for next year's group are also high, having placed in the top 10 at the previous two national tournaments prior to this year.

News and Notes

❑ We are interested in your feedback! Please send us your gripes, compliments, ideas or suggestions about tournaments, this newsletter, or anything else. Your URA Board is committed to making our association the absolute best it can be. To do that, we need your input.

❑ Classified advertising is **free** in 'Off The Wall'. If you are looking to buy or sell equipment, this is the place.

❑ 'Off The Wall' is looking for someone to write a column on rules. An accurate understanding of tournament

racquetball's rules is vital to success on the court, but it also helps make us more effective referees. No writing experience is necessary, just the willingness to become 'the expert' on USRA rules. Please contact Steve Coray if you have questions or are interested.

❑ We are also interested in your story and photo contributions. If you attend an interesting event, take a few pictures, write down a few thoughts and forward them to a URA board member. We'll get 'em in!