



September 2011

Welcome, Racquetball Players!

This is the first issue of our new Kansas Racquetball Association Newsletter. 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.

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

Quick Links to the articles in this issue:

[IRT in KC](#)

[Grip and Rip w/ Kane](#)

[Get Back in the Game](#)

FEATURED

12th Annual Ghost of Georgetown/Kansas City Pro/Am Racquetball Championship Kicks Off the Fall Season

by Mike Wedel

The 12th Annual Ghost of Georgetown/Kansas City Pro-Am Racquetball Championships, Presented by Novasors (powered by

[Get Back in the Game](#)
[Why Enter Early?](#)
[Lucy's TCOY Tip](#)
[Upcoming Tournaments](#)
[Juniors](#)

As we start 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.

KSRacquetball.com

Please visit the KRA website for the latest tournament and event schedule.

Facebook

Did you know there is a Facebook group for the KRA?



Centrinex) and The Kansas Racquetball Association (KRA) is Thursday-Sunday, September 15-18, 2011, at The Athletic Club, 10440 Marty Street, in Overland Park.

This tournament will again be offering the very best racquetball players in the world. The tournament will draw more than 200 amateur and college entrants. The amateur players will compete in division of all levels, ranging from beginner to open level for both singles and doubles. Whatever level of play, you will have a great time playing 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 Ben Croft, currently ranked numbers one through three, respectively. 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.

The IRT (International Racquetball Tour) is a showcase of events that displays the best players in the world. Founded in 1990, the IRT 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 the seating to sell out.

We have a Junior Clinic on Saturday morning 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 Pro players. Both of these activities are FREE to everyone interested in attending. We always have great door prizes to give away at the Saturday night

Do you have a comment or suggestion for content for the newsletter? Or have an interest in volunteering for the KRA? Please send any feedback to info@ksracquetball.com

party.

We will have a Sponsor Dinner for anyone wanting to attend on Thursday night at 7:30 at Bacchanalia Private Dining. This is a very nice private dining facility that will provide a great atmosphere to show our gratitude to the sponsors of the tournament. The top 8 IRT players will be attending the dinner and socializing with sponsors and attendees throughout the evening. The price for this excellent dinner and evening is only \$55.00 per ticket. You must order early as tickets are limited to 50. To order tickets please email me at the address listed below. We had a great turn out last year and I expect this year to be full.

The tournament silent and live auctions will support programs offered by Community LINC, a 501c3, located at 40th & Troost in KCMO. Community LINC is a local charity and it helps out so many in need. I hope you consider this opportunity to support Community LINC by supporting the tournament and the tournament auctions. Remember, 100% of your donation stays right here in our community.

For more information, stop by the Club at 10440 Marty Street, call (913) 383-9060 or you can enter online [at the tournament website](#). You are also able to download an entry form off of the [Athletic Club website](#).

Mike Wedel, Tournament Director
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Grip and Rip with Kane

Come get beat just like all the pros have over the past two seasons by the #1 Player in the world. Plus, get a tip or two on how to improve

your game from Kane. Cost is \$25/person and includes special event shirt. Thursday 9/15 from 5:00 until 6:45. Challenge openings are limited. Bleacher seats available for spectators. Call 68 Inside Sports to register 913-888-9247 or see [flyer here](#).

40 Plus... Get Back in the Game...I did!

by Gina Danner

For the last 9 months I have been working my way back into the game after a 24 year absence. Frankly I can't remember the real reason for leaving because racquetball was such a HUGE part of my life.

I started playing ball when I was 12 on outdoor courts because that was the only place I had access. Girls weren't allowed in the Downtown YMCA, the only place to play. I played constantly from 12 until age 22. Made it to Junior Nationals every year I was within age. I played at least 2 tournaments a month and everyday during summer I spent all my time drilling on the court. I was fortunate that my parents were supportive. I was obsessed. Then life happened and getting to a court wasn't easy and the game drifted away.

Then about 9 months ago I found my way back on to the court. A friend knew I played and told Lucy DelSarto. Well if you know Lucy you know I was fated to be pulled back in. I was 46 years old and relatively fit, completed a triathlon last year and could be on the elliptical for hours. I was fit according to the general population and we all know that is NOT fit for racquetball. After playing twice a week for three weeks on courts that were actually only 16' high, (you know I thought they looked small the first time I walked on those courts) I entered my first tournament. It was a great wakeup call and that was all I needed to be back for competitive play.

I joined a real club - Athletic Club of Overland Park - and joined a

couple leagues. I also made sure that all the tournaments were on my calendar. I had a life you know and if it isn't on the calendar well in advance, it doesn't happen.

The biggest lesson I've learned about myself in this journey is that at the heart of who I am is a competitor. I spent the 24 years away without any real focused opponent. That caused me to go down some not so healthy relationship paths. Now that I can focus that competitive energy on the court I am a happier person overall. I stand taller. My core is stronger than it has ever been. I think more deeply. I am more open to people. It is as if I have found my true self.

If you've been away from the game for a while, just get back on the court. Ask for help. Talk to other players, take a lesson, and get on a league. The camaraderie you remember is still here. Racquetball players are about the game we love and the more people who play the better for us all.

See you on the court!

Why is no one entering the division I want to play in?

by Scott Wolford

Have you ever thought about playing in a tournament, but waited to see who enters first? I've had numerous players tell me at a tournament that they would have played so and so division, but no one ever signed up for it. It's not unusual to hear several players saying the same thing. If you want to play a certain division the best thing to do is register early and make your desires known. This encourages others to sign up and gives you the best chance for a playable bracket. If there are not enough entries to make the division work, the director will contact you or possibly combine divisions to make something work. All tournament directors will

work with you to make sure you are not charged if you do not play.

There is also a spot on the online entry at R2 where you can write comments. This is a good place for you to indicate what you would want to do if the division you entered doesn't happen. For instance, you could type, "If 40+B doesn't happen, move me to B". This is also the place to share how you have done in past tournaments, if you have not played many tournaments, or even if this is your first one. This comments section is where you let the director know what s/he doesn't know to help place you in the proper division. Directors know the players and as they get to know you they will work to provide a competitive bracket for all players. No one wants a blow out.

So at the next tournament, go ahead and sign up for the division you want to play early! This will give each division the best chance of having a full draw. See you at the next tournament!

Lucy's TCOY Wellness Tip of the Month: Breathing

by Lucy DeSarto

There are many overlapping tips and strategies I share with my clients for competing on the racquetball court and for everyday life. In this e-newsletter, I will address the simple task of breathing. Enjoy this [Hilarious YouTube Link](#) on breathing.

The quickest way to restore balance and deflate emotional stress is to take five.... five deep breaths that is. Take in a deep breath through your nose with a count of five; then exhale slowly through your nose with a count of five. Repeat five times.

When playing racquetball, your adrenaline is pumping and most likely you are unaware of your rapid and short breaths. When taking short breaths you restrict the oxygen to your brain and organs; consequently this impacts your thoughts and body's reactions. Step

one: BE AWARE of your breathing! Step two: take action to correct it.

In between rally's you are given 10 seconds. Use them! If you've just hit a bad shot or got a bad call, don't fret over it, breathe... and let go of the emotions. Take a deep breath - 5 seconds in and 5 seconds out. You'll be amazed at the difference.

For a "breathing handout exercise" and more wellness insight, email me at <mailto:lucy@tcoywellness.com?subject=KRA>. TCOY Wellness BLOG, [facebook](#) and [twitter](#).

TCOY=Take Care of You. It's more than a business name; it's a philosophy and way of life!



Lucy DelSarto, WEC
Wellness Coach since 1999
Former "Top 16" WPRA
Racquetball Coaching Pro since 1981

Fall Tournament Schedule Set

We have a full tournament schedule set for the fall. There is at

least one tournament each month. Things kick off with the Ghost of Georgetown in Overland Park on September 15th. In October there will be a tournament in Wichita at Health Strategies on the weekend of the 21-23rd. November brings the annual state doubles tournament being held at the Topeka YMCA November 11-13th. On the second weekend in December you'll have two tournament options, one in western Kansas in Garden City and one in the KC area at the Athletic Club of Overland Park. In Garden City we have an IRT Tier 2 tournament, and the 21st Annual Turkey Shootout December 9-11th. This will draw pros Ben Croft, Shane Vanderson and others. It's a small town tournament with a big draw. And on December 10th at the Athletic Club of Overland Park we have the 7th Annual KRA Shootout. We hope to see you at many of these tournaments.

Juniors

We are looking to get more juniors playing. Do you have kids interested in playing? Are you interested in helping coach? Are you interested in putting together or strengthening a juniors program? Contact us at info@ksracquetball.com. Our goal is to get juniors on the court and to build the next group of top tier athletes.