



October 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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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.

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, elevating 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 given us.

Don't miss out on some the best meals and hospitality from any tournament. And a chance to see all the top IRT pros compete at the highest level.

If you weren't at the Ghost of Georgetown tournament in September you missed stellar play by Jose Rojas in his upset of Kane Waselenchuk in the semi's and then of Rocky Carson in the finals.

You also missed Gina Danner giving \$100 to charity so Bart Miller could keep his balls. Remember that anything can happen in Kansas.

[Enter early and don't miss out. R2 Tournament link is active here. Sign up by November 5th for an early discount.](#)



Kansas State Doubles

The Kansas State Doubles tournament will be held November 22-23 at the downtown Topeka YMCA. This tournament is open to outside states and will have divisions for all skill levels.

This year the tournament will also be a fundraiser for Valeo Behavioral Health Care. All funds raised after tournament expenses will go to the charity to help mental health patients who are unable to afford medication the opportunity to get the prescribed medicine they need.

[The online tournament site is available here. Signup by November 10th for an early entry discount!](#)

Tourney Travel

You love the game. You play in all the tournaments that are in your hometown. Now it's time to expand your horizons. Get off your tail and get out of town! By not traveling to a tournament here's what you are missing...

- Committed time to focus on racquetball -- When you only play in hometown tournaments your mind is half on the court and half on your "honey do" list. Travel is a great way to focus on your play.
- Time to get to know new people – When you travel you have the opportunity to get out of your comfort zone and connect with people you would otherwise never meet. Yes, some of your friends will be there, but more importantly you get to expand your social circle.
- Play people you've never played before – One reason to play in an out of town tournament is to play people you've never played. You get to test your skills and expand your shot selection.

Not sure how to find those other tournaments?

Admittedly finding a comprehensive list of all the great tournaments is a little challenging. Here are a few tips for finding those tournaments – near and far.

- Identify what state you might want to visit
- Join their state Facebook page
- Ask to find a tournament schedule – more states are planning further in advance
- Connect with one of the tournament director via email or on Facebook

Ask your friends at the club for their favorite to urnaments

Buy some extra shirts, shorts, socks and racquetball gloves. Pack your bags and we will see you on the road.

Trick Shots Volume 2

Ben Croft from [Racquetball Warehouse](#) is back with volume 2 of Trick Shots. Click on the picture below and see some amazing shots!



Trick Shots Volume 2 with Ben Croft



Racquetball Clinics with Lucy

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

- From BEGINNER to INTERMEDIATE
- Same cost for Members or Non-Members
- Great GIFT IDEA...certificates are available.
- Three components to all my lessons include: Instruction (learn something new); Practice (drills utilizing the new information); Play (put the information into action during a game)
- Learn the fundamentals: stroke mechanics, serve & serve returns, court positioning and strategy, shot selections and footwork.
- Coach Lucy is a former Top 16 Women's Professional and Certified Professional Level Instructor. Over 30 years of experience and training with clients from age 4 to 82, from beginner to Open skill level

- Learn the physical and mental components of this sport.
- Whether you are a new player, weekend warrior, tournament player, teen or retiree looking for a fun way to workout, clinics provide a perfect opportunity for players to get started or improve their game.
- Cost is only \$80 for 5 one-hour sessions. Includes coaching and instruction, court time and loaner equipment if needed. Class sizes are between 4-8 players.

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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