



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

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.

FEATURED

Next Up: 13th Annual Ghost of Georgetown/Kansas City Pro/Am Racquetball Championship



The 13th Annual Ghost of Georgetown/Kansas City Pro/Am Racquetball Championships, Presented by Novasors (powered by Centrinex) and The Kansas Racquetball Association (KRA) is Thursday ~~13~~ Sunday, September 13~~th~~ 16, 2012, at The Athletic Club, 10440 Marty Street, in Overland Park, KS.

This tournament will again host the very best racquetball players in the world. The tournament will draw more than 200 amateur and college entrants along with over 30 professional players. The amateur players will compete in divisions of all levels, ranging from beginner to open level for both singles and doubles. Whatever level of play, you will have a great time competing 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 Jose Rojas, 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.

Founded in 1990, the IRT (International Racquetball Tour) 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 a sellout crowd.

On Saturday, September 15 we will host a Junior Clinic 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 the Pros. Both of these activities are FREE to everyone interested in attending. We will have a raffle drawing at the party, giving away a new IPAD, along with several racquets, gear and wine. Tickets can be purchased for \$5 each at the tournament or contact info@ksracquetball.com to purchase. You do not have to be present to win the IPAD but you must be present to win all other prizes.

For more information, stop by the Club at 10440 Marty Street, Overland Park, KS, call (913) 383~~9060~~ or you can [enter online at the tournament website](#).

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Image courtesy of Apple Inc.

Winner Winner Chicken Dinner – Wait. No it's an IPAD!

The KRA needs your help and it's a great chance for you to win. As you know the KRA is a 100% volunteer organization and we are driven to promoting racquetball. Putting on tournaments that make people go "that was a fun tournament. I'm coming back next year" takes a lot of work and a fair amount of money.

Tournament funds come from player fees and sponsorship dollars. This year we have determined that we need an additional funding source and are trying to raise money through the sale of RAFFLE TICKETS.

Our goal is to hold two raffles a year – one around the Ghost of Georgetown Tournament and the other around the Winter Classic. For just \$5 a ticket you have a chance to win a brand new, still in the box IPAD as well as some great racquetball gear and a few awesome wines.

And we need your help!!! Email Scott Wolford yoscooterw@yahoo.com, Gina Danner ginad@mailprint.com or Mke Wedel mwedel@mokancomm.net to purchase tickets OR to acquire books of tickets to sell. The more money we raise the better tournament experience we can provide for all tournaments and for all players.

Pssstttt.... Have you heard the rumors?

The KRA is bringing the LPRT to the Winter Classic!

At least that's the plan. Mike Wedel and Gina Danner have been in conversation with the newly formed Ladies Professional Racquetball Tour in hopes of bringing them to Overland Park, KS for the Winter Classic February 22-24, 2013.

This new player run league is replacing the WPRO Tour. While we have not yet signed the contracts, we are waiting to see that all is well and the tour is able to get things moving, they have committed to giving us that date AND we have sponsors ready to commit the needed funds as well.

So... hold that date on your calendar and come watch some of the best women in the world play right here in our area for a tier one tournament stop!



Cross-train for Racquetball with Racquetball

by Bo Keeley

We invented all kinds of games to cross train for pure racquetball. Some were as banal as two-on one, like cut-throat except two players vs. a stronger one for an entire match. There were ceiling games where after the serve only that shot was allowed, and the same for kill shot games. One of the best control tools is marking a 'squash tin' with masking tape 3' high across the front wall and all shots must hit above it without using the ceiling. Another is one wall four-wall racquetball in which if the ball touches the side walls it's an out. There were three doubles teams on the court simultaneously that got dangerous with the arrival of the superball. A great conditioner is touching the short line after each shot and trying with a partner just to keep the ball in play. How about 'Chinese racquetball' in which the ball strikes the floor twice before the return. Serve and Kill games improve the drive serve and kill return- the Big Game- in which only the serve and return is allowed, and if the receiver doesn't put the first shot away it's a point. One of the best conditioners is Moving racquetball in which the players must keep in motion even if it's just a shuffle at all times in the service box, waiting to receive, and between points. You may play singles or doubles with two or more balls at once making it possible to score more than one point per rally. If ambidextrous you may play yourself, and once at an Open tournament I made lefty to the semi's and righty to the finals hoping to meet myself in the finals, but lost lefty before it happened.



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



Not to sound ridiculous but the early pros also played boxcar racquetball in which a ball and racquets were taken into the moving boxcar of a freight- half the size of a regular court- and hit until the ball flew out the door. We played scuba racquetball in which the ball was injected with a correct amount of water as ballast, and knocked it about underwater with scuba gear in a swimming pool. There were all sorts of handicaps in the early days that still may be used today to even out games. I played with swim flippers, or more difficult with three gallons of water sloshing in a jug in a backpack. Backward running during rallies by one opponent evens out games with kids. Ankle weights limits the faster competitor, or shortening the court with a taped rectangle for just one hitter. One player can hit with a wood paddle or squash racquet as a handicap against the big head racquet. Kids can use a sawed-off tennis racquet. We played soccer racquetball in which a soccer ball was used striking with the feet and hands using racquetball rules, which may have been the predecessor of indoor 4-wall volleyball. Alaska doubles is each team has one player mounted on his partner's shoulders, so the teams run around like totem poles with both the tops and bottoms swinging but only the lower half running. You can also put on cardboard blinders like a horse to limit peripheral vision to increase focus, or invent other ways to play and handicap the regular old game.

5 SIMPLE WAYS TO STAY INVOLVED & IMPROVE YOUR GAME

by Lucy DeSarto - Racquetball & Wellness Coach



Fall brings the beginning of a new racquetball season. Perhaps this is your first season or maybe you have played for decades; in either case, there are some fundamentals that can enhance your game. As a coach for over thirty years, I've kept my passion and love for the sport alive and injury-free by following these simple fundamental steps.

1. Have FUN! If you are having fun doing something, you'll continue to do it.
2. Make it a priority. Excuses Be Gone by Dr. Wayne Dyer is a great book that can be used in all aspects of life. I recommend you check it out!
3. Play time. Get connected. Join a league and meet new people so you have more opportunities to play. To prevent injuries, remember to stretch before and after.
4. Practice time. Drilling is vital to improving your game; however, you want to learn the proper mechanics. The best ways to improve is to get some instruction from a coach. Proper prior practice prevents poor performance.
5. Watch and Learn. Take the time to watch better players. Note their court positioning, shot selection and mechanics. Visualize yourself playing at the next level.

If you are an experienced player, remember the days when you started and others help you. Give back to the sport by encouraging the next generation or those who haven't played in years. As racquetball ambassadors, we want to keep this sport alive and thriving. Whether the skill level is Open or Novice, the passion in the rallies and the desire to win is always there. Whether you are a weekend warrior or a regular tournament player, the sport of racquetball provides a great workout mentally and physically.

Need a little inspiration? Two days a week I have a client who has been training with me since 2005 for an hour each session. What makes that inspirational? He's 81 years old this month! When I asked him what advice he would give to others; "Don't stop. Always keep busy doing something because if you stop it's a lot harder to get started again. My best advice is to find something that's fun to do."

Racquetball is a year round sport and it is fun for all ages. Excuses Be Gone...it's time to hit the courts. [Four minutes of YouTube of some past IRT amazing rallies.](#) Is that fun or what?

TCOY = Take Care of You



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If you don't take care of your body, where will you live?

*TCOY Wellness Weekly Coaching "Head, Heart & Body". Let's do wellness together...for the Health of it!

Racquetball Speeds and Differences

provided courtesy of Racquetball Warehouse

Do you put any thought in to the ball you play with? Was it the cheapest? The only one the club sold? OR do you pick a ball because the "big boys" use it? There are black, blue, purple, green, and even pink balls. We found this racquetball overview article at www.racquetballwarehouse.com. They graciously allowed us to redistribute this information.

Black Racquetballs – Rallying

The black racquetball is typically a slower but a consistent ball. It tends to stay up resulting in longer rallies, forcing the player to play smart rather than relying on sheer power and kill shots. This ball is

great for rallies and visibility against indoor walls and floors.

Blue Racquetballs – Recreational

Blue racquetballs are commonly associated with recreational use. This ball will combine medium speed with decent consistency in bounce and is perfect for the beginner or amateur player. The Penn Ultra Blue is the most widely used ball in the United States.

Green Racquetballs – A Faster Option

Green racquetballs offer a faster option over the blue. Balls in this category will play faster and livelier off of every wall, leading to shorter rallies and catering to more of a power game. Green racquetballs will offer similar speed but greater durability than professional and outdoor balls.

Purple Racquetballs – Professional Tour

The Pro Penn HD Racquetball offers the fastest and most lively indoor play. This is the official ball of the IRT (International Racquetball Tour) and is used at all professional tournaments. Designed for advanced players, this ball keeps you on your toes but also has lower durability than most other racquetballs.

Red Racquetballs – Outdoor Racquetball

As the fastest racquetballs on the market, red racquetballs were introduced for outdoor play, providing greater visibility in tough lighting and different court constructions. While many players have started using these indoors, visibility can be difficult as red, white and brown all blur together at high speeds. If you like to hit the balls as hard and fast as possible, these may be for you. The orange ProKennex ball is lumped into this category as it is also for outdoor play.

Pink Racquetballs – Hope and Visibility

The Wilson Hope Racquetballs were introduced as part of the Hope line. All products in this line help support breast cancer research with a donation from every purchase. These pink racquetballs are on the same level as an outdoor ball with high speed and lively play. While some resist the pink color, the visibility with these racquetballs is excellent.

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