



## 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.*

### FEATURED

## Next Up: Saturday June 23rd -- 7th Annual Fireworks Shootout in Overland Park, KS



Next up is the Fireworks Shootout at The Athletic Club of Overland Park, a one day tournament on June 23rd. [Sign up here!](#)



## Sunflower State Games in Topeka

July 20-21 - Sunflower State Games [Click here to enter](#)

Each summer the Sunflower State Games take place. This is the 23rd annual sports festival and this year a record 48 different sports are offered. The racquetball tournament will take place July 20-21. This tournament is

open to all Kansas residents and KC area residents also.



Find us on Facebook

## I Used to Play Racquetball...

by Shawn Herrick

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](mailto:info@ksracquetball.com)

Being asked to write an article for this edition of the newsletter I was crafting my prose while I worked in the yard; fighting Musk Thistle in the pasture to be more precise. There's a workout for you!

All of us have had a friend say "I used to play racquetball" Then comes the dreaded question "Do you want to play sometime". The racquetball snob in me is in the background thinking "charity racquetball to grow the sport right!" Many times I have hosted a guest at the YMCA and batted the ball around to find that "playing racquetball awhile ago" has broad interpretation.



Then an epiphany hit me, after a particularly large thistle dumped me in the dirt. I am being a thistle myself by blocking with a bad attitude.

As a racquetball enthusiast that really wants the sport to thrive and grow, just like clean brome grass in my pasture, the more people who play, the better the chance of everyone finding an opponent to play.

Encourage folks to come to the sport as great exercise, not too expensive, good social time (but only requires one other player to get a game), and fun. Those of us who play need to recruit all the time. We can be the "miracle grow" to help our own sport stay alive and well and prevent further loss of court space to stationary bikes and treadmills.

Don McCormick posted on the Kansas Racquetball Facebook page just the other day. He said he met a guy that used to play saying it was lots of fun. His question is how do we convince them to come back.

The answer is we work it all the time like disciples. Don't be the musk thistle in the pasture. Invite folks to return to the sport. Invite folks who want to get in shape "but just hate to jog" or get bored working out. Invite folks who are looking for a hobby, or those who didn't know they needed a hobby.

It's impossible not to love the sport and the people who play. Personally I get a lot of self worth from being 45 and still able to move. I plan to be one of the few blue-headed old ladies when I'm 65 still chasing the ball. Hope to see you there too; waiting in line of course, for the greener grass on the racquetball courts!



## Inside the brain of one female racquetball player..

by Gina Danner

Disclaimer – The thoughts in this article are those of ONE woman racquetball player in ONE region. I make no claims to speaking for all women players.

I love watching people. And over the last year and a half since I've returned to the game I've enjoyed getting to know and observing the region's women players – and the men that play this game as well.

### Why are women so darn competitive?

Here's the scoop – it takes a certain competitive nature to even play any sport much less enter a competitive tournament – male or female – those are some pretty competitive people. Add to that the fact that it is not unusual to be the only woman entered in a racquetball tournament. In the last year and a half there have been two tournaments where I was the only girl playing.

Think about it; a woman playing racquetball in a tournament must be pretty darn competitive. And that means those of us that play are probably the most competitive of all the competitive individuals you may ever meet. I can attest to that knowing the gals that play in this region; they are tough, focused competitors. Also, I have taken a bunch of those personality tests and every one of them reports that I am in the 99th percentile of competitive people.

We want to win. Or at least play at a highly competitive level. That means guys that if you are our partner in a doubles match we want to pull out all the stops AND we expect you to allow us to play. Now with that said, we also know there are times when we will walk on the court against you and you will absolutely clean our clocks. Hands down – big fat zeros. I'm here to tell you that is a good thing and you need to take me to the mat and not let up just because I'm a girl.

If you can ace me 15 - 0, please do it. Don't let up on me because I'm a girl; that only irritates me. And, I'm here to tell you that if you are my partner in a doubles match please let me and expect me to cover my portion of the court. Please don't take every single shot. I walked on to the court. It is my responsibility to be a good partner. And, chances are I will play some of the best racquetball of my life because I don't want to let my partner down.

With that said, if I have a weakness you need to exploit it, because as a competitor if I can find one in you, I'm going to do everything I can to exploit that weakness. AND, if we are playing doubles and the weakness on the other team happens to be a female player we need to exploit that weakness. And sometimes that is a problem for guys to do.

Male or female, when you walk on to the court you owe it to your partner and your opponent(s) to bring your absolute best. That brings out the best in him or her. We do a disservice to the game and our opponents if we don't.

### So why do I play racquetball?

Again, see my disclaimer at the start of this article – I'm not speaking for every woman player. I play the game because it gives me the ability to scratch that all out competitive itch. You see for me, with my hyper competitive nature I am always competing. To me, it is a basic human need. For the 23 odd years I was away from the game I wasn't adequately getting that need met. I ended up competing in ways that weren't healthy – think drinking games as in billiards at a bar while throwing back shots of vodka. As well as competing with my business partner at work. I sure shouldn't be competing against him we are supposed to be on the same team!

So for me, racquetball allows me to compete and get that adrenaline rush that nothing else provides. When I walk off the court I'm exhausted, refreshed and focused. Win or lose I have had my fix and I can feel good for another day.

### So what's a guy to do?

Play. Play hard. Focus. Be competitive. Encourage us. Challenge us. Support us. Let us play. Encourage your daughters to play. Talk to us. Invite us for a post game beer or breakfast. Ask us questions. Give us pointers. Take pointers from us. Be nice. Ask us to play. Then, beat us if you can. Don't let up on us.

Honor the sport, yourself and us.

## Racquetball Museum

Who would have thought... A Racquetball Museum actually exists!

I keep a "Google Alert" for Racquetball running and every day I get one or two web mentions of racquetball. Most of the time they are on local news postings of a local individual competing in a regional tournament, and occasionally there are updates on the pros. One recent morning there was a posting on [The United States Racquetball Museum](#) which is sponsored by the United States Racquetball Foundation.

The USRM is the mission of Randy Stafford and Shannon Wright with the goal of ensuring the future of racquetball by looking back to the past. There are photos and articles that walk you through the history of our sport. This is a new endeavor so be sure to visit often and we will keep an eye out for any interesting information that we see posted.

Also, be sure to visit their [Facebook page here](#)

## Drink Up

by Lucy DeSarto

Drink up!

Did you know if you're feeling thirsty, you are probably already dehydrated?

One of the first questions I ask people as a Wellness Coach is "How much water do you drink each day?" Too often it's very little and many believe the intake of any beverage qualifies as hydration for the body. Wrong.

The body needs H<sub>2</sub>O to function properly and perform well, especially during your workouts and in the hot summer months. Proper hydration with water provides the body with numerous benefits including:

- \*Energy
- \*Mental clarity
- \*Muscle recovery
- \*Weight loss (reduces appetite)
- \*Proper digestion (reduces constipation issues)
- \*Healthy Skin (dry skin results in more wrinkles)

Water is the basis of all life and vital for your body.

- > your muscles that provide movement are 75% water
- > your blood that transports nutrients is 82% water;
- > your lungs that provide your oxygen are 90% water;
- > your brain tissue is 85% water;
- > your bones are 25% water.

The author of the book, [Your Body's Many Cries for Water](#) by F. Batmanghelidj, MD, is insightful and provides pages of information and studies on the significant role water plays in our health. The subtitle is quite intriguing: "You are not sick, you are thirsty!" Don't treat your thirst with medications. Medical professionals of today rarely address vital importance of water, even though dehydration can be the root of many health issues.

Sadly, the beverage industry advertises heavily to sell products for profit without any concern for your health. Do you really think a 5-hour energy drink is good for you? The "quick energy fix" has consequences...period.

Two HUGE problems with our health today stem from what we are drinking in place of water. The sugar addiction and empty calories have created a perfect storm for disease and obesity. Check out the photo to the right from [www.sugarstacks.com](http://www.sugarstacks.com).



A simple rule of thumb... drink one half ounce of water per one pound of body weight each day. If you weigh 200 pounds then drink 100 ounces of water.

There is a lot more information on water and I'm happy to share what I've learned. Studies are showing that varying levels of pH and alkaline support health in a variety of ways. Many people swear by special water filtration systems (me included).

For me, it is about putting the odds in my favor of living to my potential. So drink up and continue to achieve your goals.

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!



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