



Beyond the Short Line



Summer 2009

The online newsletter for the California State Racquetball Association(CSRA) members....
Get tips...latest news....fun pics....upcoming events....player advice...etc...

www.CaliforniaRacquetball.org

Welcome to the California State Racquetball Association (CSRA) newsletter, an electronic publication produced quarterly (March, June, September, and December).

Our goal is to include articles with useful and timely information for the California Racquetball community. We want to provide you with valuable information so please let us know what you would like to read about and see in your Newsletter. For instance, do you have a club you think is terrific and would like to have highlighted? Do you have helpful hints you would like to let other players know about? Do you have a question for the Pro or coach? Send your questions and suggestions to Brian Dixon at Bri@Jupe.com....Enjoy!



President's letter.....

Here it is the summer of Racquetball in 2009 and we have held several one day shoot outs to raise money for our juniors to help them in travel to Nationals and to begin a fund that can help all of our juniors in so

many different financial ways in the future, helping our youth to get what Racquetball has to offer them.

Thanks to our ball contract with Ektelon, we are going to host two clinics for juniors this coming Fall/Winter that will be put on by several Ektelon sponsored pros that will train these players to play at their best level possible.

We are the number one state for Racquetball in this country and we want that to be reflected in our juniors.

We are lucky to have great juniors coaches like Gil Cepeda, Brian Dixon, Elaine Dexter and one of the Top Gun Team coaches for this decade Jody Nance. So play in a one day Racquetball tournament and have fun fun fun and some more fun while building a supply of money for junior

players.

I want all junior coaches reaching out to Brian Dixon and letting him know what they need for their program. We are in the process of growing High School player development, program development, and a schedule of Junior only one day events.

It is exciting to see enthusiastic people get involved in Juniors and bring this sport to people who might not get a chance to play it.

It all started when I was young and probably did for you. Our sport saw a growth of 18% last year due to USAR members efforts and financial support. It sounds great but compared to our past it pales.

We need to step it up where we are able to grow the support as a

training program sport for those seeking cross training into other sports like baseball, football and basketball. The major three sports leaders can get significant training from just putting a Racquetball racquet in there hands.

If you want to ROCK Racquetball in this State do not do it by being a back seat driver. Grab the wheel and get involved. If you do not like the



Way things are headed then get in the game
Get the fever!!!!!!
Racquetball!!!!!!!!!!!!

Larry Steiner
CSRA President



So Cal Report.....By Peggine Tellez SoCal VP

(written 7/09)

Summer time is surfin' time!!! Huntington Beach played host to the WOR Championships under picturesque skies. Some 200+ players came out to test their skills and endurance. More information is available at the WOR website (www.worldoutdoorracquetball.com/main.html). When they weren't banging the ball, they were riding the waves!

August plays host to the annual Women's "Some Like it Hot" event which is a benefit for cancer research. Canoga Park's tandem of Debbie Tisinger-Moore and Randy Lam will gather some of California's best lady players for a fun and furious weekend of competition. Entry forms/R2 entry is available on the CSRA website.

The Meridian club in Fullerton is hosting one of the ONE DAY SHOOT-OUTS which are growing in popularity. Steve Cohen will be coordinating this event which is sure to draw the r-ball hungry So Cal'ers out in droves. 25 courts and nearly no waiting, if you have been to this club, you need to get yourself over there for this Shoot-out. Entry on R2 is available on the CSRA website.



NorCal report.....By Margaret Pederson NorCal VP

(written 8/09)

The One Days have taken hold in NorCal. Recently there have been one day sanctioned events at the Big C in Concord, Twin Arbors in Lodi, Anastasias in Los Gatos, and Club Sport in Fremont. There are upcoming one day events at Mariner Square in Alameda, In Shape in Antioch., and Supreme Courts In Sunnyvale. The one-days have become popular as they are a great way to get the competitive play in with less cost and time commitment.

The Junior State Championships were held at ClubSport Pleasanton. This was run by Elaine Dexter and crew with players coming from throughout the state. Players got a lot of play in at this great facility.

Some full events coming up include: The Summer Sizzler at Twin Arbors in Lodi (currently being held), The In Shape Open to be held in Stockton, and the State Doubles to be held in Fresno (Not really NorCal, but we do not have a CenCal report).

An exciting time with a lot of events going on. Go to the website—www.CaliforniaRacquetball.org for dates, more info and to sign up.

Masters report..... Mike Lippitt

(written 6/09)



I have some very exciting news to report. Last December the National Masters Racquetball Association (NMRA) held its first ever Fall Doubles Only tourney in Denver. We had approximately 100 people, all of whom had a superb time. As you may know, the NMRA format is round robin or pool play with great competition in a the spirit of friendship. The 2009 Fall Doubles Only NMRA tournament will be held at Club Sport Pleasanton in Pleasanton CA from

November 12-14 (Thursday through Saturday mid-afternoon). Women and men players will be able to play one age event (beginning with 40-44, 45-49 etc through 85 and above) and one mixed event. Folks who don't have a mixed partner will be helped find one.

Having the NMRA come to Northern California is a great chance for us to enjoy great hospitality and competition while having fun playing racquetball. Please put those dates of November 12-14 in your calendar. For more information go to www.nmra.info/

Every odd year the National Senior Games has its nationwide competition in multiple sports and venues. The 2009 NSG's will be held in the Bay Area and in particular, racquetball will be played at Stanford and Supreme Courts in Sunnyvale from August 10-12. The RB State Director, Len Sonnenberg, is seeking volunteers to help with running the Racquetball venue at both locations. If you think you'd like to help, or, if you want more information, email Len at lens@sonnenbergcpas.com.



JUNIOR NATIONALS 2009—By Elaine Dexter of ClubSport, Pleasanton

Well, where to start? It's hard to describe a tournament of this scope adequately for those who have not attended a junior national event. This year, California sent 16 players to East Lansing, Michigan to compete against the best junior players in the country. As proud as we are of our junior players, it is unfortunate that in our populous, **sport-crazy** state we produce so few national level junior racquetball players. Kudos to our coaches for their dedication and our players for their talent. Next year the junior program will be losing one of the greatest junior players California ever produced: Jose Rojas. His winning record and amazing play will forever remain a brilliant distinction in the California junior annals. Jose has inspired his brother, Marko Rojas, and fellow Stockton junior, Jose Diaz, to aspire to his throne and we're confident that they will. We also have the best 16 year old girls in the country right here in our state: Aubrey O'Brien and Devon Pimentelli, capturing both 1st and 2nd place in their singles GOLD division.

The junior nationals, though, represent so much more than high level racquetball and medals for California and our players. These kids go from high pressure indoor racquetball, resulting in triumphant wins or disappointing losses, directly to socializing with their opponents from all over the country. I watched kids leave indoor racquetball and head straight to outdoor racquetball, to basketball, to swimming. What better club to be able to appreciate sports and activities than the MAC, this year's host racquetball facility. The kids lined up outside waiting to challenge on the outdoor courts, some went directly to play basketball, or jumped in a sand volleyball game or played dodge ball and keep away in one of the many pools available. It was great to see kids active all day without television or video games. As much as I enjoy playing racquetball and working out, I felt privileged to watch our players compete **and** have the time of their lives in this 5 day, once a year tournament.

With the California State Racquetball Association now spending time, energy and money on our junior program, hopefully coaches can look to encouraging more of our young players to attend this event next year. Fundraising is available; support from our organization is there, so we, as coaches, need to do all we can to bring more kids to the sport.

As soon as we hear where this event will be held next June, we can grow our programs and to support the kids who have dedicated so much effort toward attaining excellence in the sport.art preparing our juniors and their parents early enough so that plans can be made and money can be raised. Let's continue to

Congratulations to all our California Participants:

[Samuel Barrera](#), Huntington Beach, Boy's 14 singles and doubles

[Jose Diaz](#), Stockton, Boy's 16 singles and doubles

[Tyler Lanman](#), Danville, Boy's 18 singles and doubles

[Sawyer Lloyd](#), Petaluma, Boy's 14 singles, doubles and mixed doubles

[Aubrey O'brien](#), Auburn, [Girl's](#) 16 singles and mixed doubles, girl's 18 doubles

[Devon Pimentelli](#), San Bruno, Girl's 16 singles and doubles

[Jacob Pritchard](#), Placerville, [Boys 18](#) singles and doubles

[Antonio Rojas](#), Stockton, [Boy's](#) singles 6 multibounce, and 8 multibounce

[Jose Rojas](#), Stockton, Boy's 18 singles and doubles

[Marco Rojas](#), Stockton, Boy's 16 singles and doubles

[Mauro Daniel Rojas](#), Stockton, Boy's 10 singles and 12 singles

[Bobby Sehgosha](#), Pleasanton, Boy's 14 singles, doubles and mixed doubles

[Jose Serrano](#), Stockton, Boy's 18 singles and doubles

[Luke Sewall](#), Petaluma, Boy's 14 singles and doubles

[Sabrina Viscuso](#), Auburn, Girl's 14 singles, doubles and mixed doubles

[Kevin Winn](#), Meadow Vista, [Boy's 16 Singles](#)





One-Day Shootouts...

By Bill George

(written 6/09)

CSRA Shootouts

With the great success of the recent Lodi, Concord Big C and Fremont One-1-Day Shootouts the CSRA has been able to assist our California juniors in attending, and dominating, the Junior Olympic Championships in East Lansing Michigan. These shootouts have been nothing but a win-win for all concerned as it ;

- offers a fun filled one-day event for the participants
- builds the future of racquetball with ALL proceeds benefiting the junior programs
- offers a means for club players to experience tournament play

As we go forward with these One-1-Day events the CSRA will be able to fund the important junior programs necessary to bring in our future generation of racquetball enthusiasts! A big THANK YOU to all CSRA members and NEW MEMBERS for making these One-1-Day Shootouts such a success.

With the future envisioned and, even though the previous events were a HUGE success, the CSRA has learned a few logistical tid-bits from comments and suggestions of the participants. We have already implemented a few and plan to implement others as we go along. These tournament improvements have, and will continue to, improve the overall player experience in the coming events which are;

*August 1, Meridian

Fullerton

*August 29, Mariner Square

Alameda

*November 21 Supreme Court

Sunnyvale

We currently also have interested clubs for future events in Modesto, East bay, LA and San Diego.

If you know a club that may be interested in hosting one of these One-1-Day Shootout please contact anyone on the CSRA board.

The new CSRA, moving racquetball forward.

Calendar Upgrades:

Check out the calendar on the website..We have made some improvements...

- All sanctioned tournaments are posted in Sanctioned tournament section
- "Tentative" tournaments are now posted for scheduling etc...Limited info...
- Regional and National events now being posted..
- Local Play events (non sanctioned etc..)
- Juniors, Collegiates, Masters have their own sections
- More to come.....

Coaches Corner

By Dave Ellis



How to Improve, Part I

All of us racquetball players would like to improve our ability to play our favorite sport. Simply put, it is fun to get better. It is most rewarding to be able to play competitively with and perhaps even defeat someone who previously dominated our abilities. Many of us have reached a plateau in our progress and now need some ideas to help us keep moving up the ladder of success. Hopefully this article will stimulate your thinking, no matter at what level you are currently playing.

Before continuing, one of your most important assets for improvement can be a practice partner. Form a racquetball friendship with someone at approximately your ability level. Share ideas and be genuinely as concerned about your partner's improvement as you are about your own. Agree to be teammates first and rivals only when it happens that you have to play each other in a tournament. When you play friendly matches, take a few moments to discuss what happened and what made the difference as to who won or lost. Yes, I know. This will take a lot of trust. Hopefully, this teamwork will be very beneficial to both parties, especially in the long run.

The first necessity is to get perspective. What is happening now with your game? Get analysis and feedback. This is step number 1: Learn what weaknesses you have and what parts of your game most need improvement. Video yourself and then watch the recording carefully a number of times by yourself or with another knowledgeable racquetball player. Talk with a coach or other players and ask them to help you identify areas that need improvement. Be prepared to accept the fact that you have weaknesses. Accepting the existence of a weakness can sometimes be difficult. Let your ego suffer temporarily, and admit to yourself that you have some work to do. Of course a racquetball camp or work with a professional teacher can very rapidly raise the level of this identification of areas that need improvement. Private lessons and racquetball camps may not be as expensive as

you think.

Step 2: After you identify a weakness, the next question is what to do about it? For example, let's say that often when you attempt a cross court or a wide angle passing shot, with either forehand or backhand, you miss the correct angle and the ball ends up in center court where your opponent has established good defensive position. The result is a set up for the opponent and the loss of the rally. What might you do about this continuous failure to hit correct angles? Now is where you must really begin to think creatively. For example, you might do any or all of the following.

1. Practice sessions in the court are important. Use your bag or some other object as a target. Put it next to one of the side walls and go to different places on the court. With both

forehand and backhand, attempt to direct passing shots at the target. Your goal is to make your front wall targets instinctive. You can drop and hit. You can give yourself a set up directly off the front wall or off the back wall, as well. You can also give yourself setups with short or long ceiling balls, around the wall balls, and with balls that hit the back wall on the fly. Remember that good passing shots must be hit at the correct angle and not come off the back wall before bouncing twice. Think about the angle of your racquet at the point of contact with the ball. If your swing is flat, then cross court requires you to hit the ball "early," or in front of you.

2. Invest in racquetball teaching books. There are many excellent manuals in existence. Books by Jim Winterton, Jim Hiser, Woody Clouse, and Steve Strandemo are a few of my personal favorites. Don't just use books. Do internet searches and look for teaching DVD's. Having a number of

Club of the Month.....

Mariner Square Athletic Club

2227 Mariner Square Loop

Alameda, California 94501



They offer quarterly organized leagues, singles & doubles!! It is a terrific way to meet players, socialize with others, and get a competitive game. The Racquetball Director organizes all games. There is a special awards dinner after each league.

Throughout the year we also schedule: one-day doubles, mini tournaments, periodic clinics provided by the top racquetball manufacturers and players in the bay area as well as special racquetball events.

They have a challenge ladder and partner board located in the main hallway near the Racquetball courts. If you're new to the sport or taking it up again, but don't have anyone to play, we also have a Partner Board where players can list their information including phone number, skill level, and times available to play. This gives you the ability to call others on the list and schedule a fun, informal game at your convenience. Another way to meet new players and find a competitive game is through their Challenge Ladder on which players are ranked according to skill level and then challenge other players a rung or two above them. The more games you win, the farther up the ladder you move.

Janice Murphy - Racquetball Director

Janice has been playing racquetball for 20 years. Currently, she is ranked 3rd in the State in the Women's A division and 1st in A's mixed doubles. In addition to playing a lot of racquetball, Janice loves spending time with her husband and two daughters, ages 8 and 10. She is very involved in activities at their school, where last year she created a "Healthy Lifestyles, Healthy Children" program and this year is the president of the PTA.

You can contact Janice at: Janice.murphy at marinersq.com or call her at the Club.

Rosie Chiu Racquetball Instructor

Rosie has been involved in teaching racquetball since college. During her sophomore year, at UC Berkeley, she was asked to teach racquetball class and from there began her teaching career. She taught at UCSF after graduating from UC Berkeley.

Eketelon sponsored Rosie for 10 years during her competitive tournament years and she has been MSAC's racquetball Instructor since 1993.

resources will allow you to compare the expert opinions offered by some of the best in the business. You will find instruction on almost all facets of the game, including the cross court and wide angle passing shots.

3 Work with your practice partner. The two partners can be side by side hitting balls to each other while each concentrates on the cross court angle that he or she wants to hit. This is a really great exercise, especially if each partner hits the ball and then assumes a good defensive posture. This simple drill will suddenly involve key footwork as the partners work to return the ball with a closed stance. Also, one partner in center court can hit a set up to the other partner. The second partner then attempts a cross court or wide angle passing shot. Every once in a while a down the line shot might be hit to “keep your partner honest.”

4 When playing a weaker player in practice, handicap yourself. Tell yourself that you are not going to win the rally unless it is with a well hit crosscourt or wide angle passing shot. What if you lose the practice match? No big deal. It was just for practice.

Getting rid of a weakness often involves changing personal playing habits that have been in existence for a long time. This is extremely difficult and can often be very frustrating. It requires a lot of patience and practice to get to the point where the new, improved habits will replace the old ones. Don't press. Practice the new skills many times. Then when you have a match, just play and have fun. Gradually, the new improved habits will replace the old and weaker ones. Be persistent. It really is fun to improve.

Check out the next edition of the Coach's Corner for How To Improve, Part II

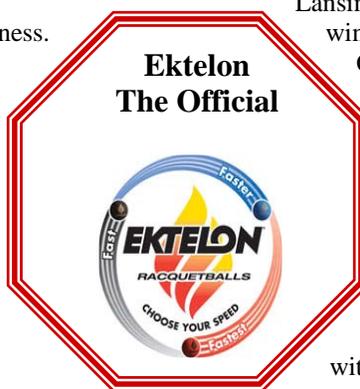


Junior Racquetball... By Brian Dixon

Been some exciting times for Junior Racquetball in California, and we are looking at taking this further...

The state championships this year were held at ClubSport, Pleasanton run by Elaine Dexter and her crew. It was a fun event, with 9 players making the trip from SoCal. For the convenience of those traveling etc. it became a long one day event. Many parents appreciated this, as to not having to schedule for the whole weekend. Players got a lot of playing in and in the afternoon even got to have an ice cream break. Larry Steiner sponsored the lunch and Gil Cepeda was the “ice cream” man. Thanks to Elaine et al for a great event!

The Junior Nationals were held at the end of June in East



Lansing, Michigan. California was coming off winning the National title two years in a row. With Oregon sending 25 players and us sending 16, the odds did not look good. Despite that, it came down to the wire with Oregon barely winning by 26 points (one player difference basically)...A few notables: Jose Rojas won the 18 and under title once again; The 16 and under Boys final was all California (specifically all Stockton) with Jose Diaz versus Marko Rojas. Marko pulled this one out; The 16 and under girls was all California with Aubrey O'Brien defeating Devon Pimentelli.

In support of the California Juniors going to the Nationals, the CSRA Board made a few decisions. The net proceeds from the Big C one day event went to support the Juniors from Stockton. This had previously been a fund raising event for the Stockton players, and we decided to keep it that way this year. For other players, the Board voted to give \$100 to offset entry fees. We also voted to honor up to 5 special needs requests in the amount of \$400 each to offset travel and other expenses. We honored three families with this special needs funding. The funds were greatly appreciated and allowed the players to make the trip.



A Junior Committee has been formed to promote the growth of Junior Racquetball in California. Currently the is made up of CSRA Board members Larry Steiner and myself, and Advisory members Jeffrey Weiss, Tyler Lanman and Aaron Embry. We are looking to add members from outside the board to this.

A few things we are working on:

1. **High School**— We are working on more programs for the High School age players. As we discuss this with Athletic Directors at schools certain issues continue to come up. One approach we are looking at is more from a Grass Roots attack. We want to look at establishing High School aged classes/challenge courts/drop ins at different clubs. As participation grows, it may open the door to Athletic Director at schools being more open to a club sport or maybe something a little more official. We are taking “baby steps” with this, but that is how Oregon started and they now have 600 players show up at the state high school championships. Two things we are looking for: Clubs willing to set the time away for this and also volunteers who can help with coaching/supervising. Please let me know if you are available or have a club willing to participate. Best is my e-mail (Bri@Jupe.com).
2. **Junior Only One-Days**—The open One-Day events have become very popular, and we wish to establish

Photo of the Month



Phil “3-Bill” Combest has a battle with his nephew Spencer’s progeny, “Flat Spencer,” following Spencer’s recently reading children’s novel Flat Stanley.

some regular one-days for Juniors only. There are some existing which we would like to convert to a sanctioned event, and we would like to look at establishing some new ones. These one-days can lead up to the state championship as there will be ranking points attained at the events etc..If you are interested in hosting a Junior one-day, please let me know (Bri@Jupe.com)

3. **Programs**—We are looking to develop a plan for clubs/program directors to set up and run a junior program. A “How to...” guide will be developed based on feedback from others who have established successful Junior programs. Establishing junior programs has many benefits: For the players, it introduces them to a game that may have seemed intimidating from the outside, but is a lot easier when learning with a group of others their same age; Junior Racquetball is a great cross trainer for baseball, football, basketball, soccer etc.; Families see the value of the game giving membership an added value; Clubs can have courts busy, during non-prime hours.....If you have some input into what you would like to see in a guide that will be developed, please let me know (Bri@Jupe.com)

The CSRA board with guidance of President Larry Steiner has been aggressive in assisting with Junior Racquetball. The One-Day events are helping to raise funds for juniors. We wish to focus on the three areas above and will be

utilizing funds in promotion, equipment, and individual assistance. For High School , we can utilize funds to promote the program to the local schools and assist with basic equipment needs..For One-Days, we may look at the best ways to make these fun events and also look at subsidizing new membership costs. ..For Program development, we will be developing detailed printed guidelines for program directors and clubs as well as possibly establishing an online informational section. Funds will also be utilized for scholarships etc...

If you have any thoughts regarding any of this, please let me know. The more support we have for the juniors, the faster we can move along with this.



Collegiate News...



COLLEGIATES 2009-2010

THE UPCOMING SEASON WILL START IN SEPTEMBER. IT PROMISES TO BE AN EXCITING AND CHALLENGING ONE WITH THE ADDITION OF SOME NEW SCHOOLS AND PLAYERS. THERE WILL BE 2 TO 3 TOURNAMENTS THIS SEASON TO CULMINATE WITH REGIONALS IN MARCH 2010.

PLEASE CHECK THE W C R C WEBSITE FOR TEAM AND INDIVIDUAL PREREQUISITES. WE LOOK FORWARD TO THE UPCOMING SEASON AND HOPE YOU CAN BE A PART OF IT TOO!

DEL VILLANUEVA
CSRA COLLEGIATE LIAISON/BOARD

<http://www.wcrracquetball.org/>



Upcoming Sanctioned events. Check website for more info:

August 29, 2009: **2009 CA Mariner Square Fundraiser**
Mariner Square Athletic Club Alameda, CA
TDs: Steve Cook and Larry Steiner (larry@llbabbq.com)
510-390-0943

September 05–06, 2009: **In Shape Shootout: Antioch**
Set up as two separate, one-day events
In Shape Sport 4099 Lone Tree Way Antioch, CA 94509
TD: John Ellis (ellistyle@comcast.net)
209-969-4497

September 11–13, 2009: **In Shape Open**
In Shape Sports Club, Stockton
ISSC @ West Lane: 1074 E. Bianchi Rd. Stockton, C 95210
ISSC @ Quail Lakes 2303 W March Ln. Stockton, CA 95207
Director: John Ellis (ellistyle@comcast.net)
209-969-4497

*****September 25–27, 2009: CSRA State Doubles Championships**
Fresno, CA

November 06–08, 2009: **Pomona Valley Open Pro-Am**
The Claremont Club Claremont, CA
Director: Christie Riley (christie@rileyelectricinc.com)
909-625-6791

November 12–14, 2009: **2009 NMRA Doubles**
2009 National Masters Racquetball Association Doubles
ClubSport Pleasanton 7090 Johnson Dr., Pleasanton, CA
TD: Thomas Curran (nmra_treasurer@yahoo.com)
513-490-7472

November 21, 2009: **Supreme One Day, Sunnyvale**
Supreme Courts, Sunnyvale
One-day shootout format

January 15–17, 2010: **21st Annual Women's Senior/Master's Racquetball**
Association National Racquetball Championships
Lakeforest Sport & Health
700 Russell Ave.
Gaithersburg, MD
Tourney Director: Karen Denu

CSRA Board of Directors

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NorCal VP
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Have a Funny Racquetball picture? Send it in...



Any good advice for fellow Players? Send it in...

Send to Brian Dixon... Bri@Jupe.com

Share the newsletter...

forward it...send friends to website...

print it and post at your club

The CSRA Website

www.CaliforniaRacquetball.org

Do you see the address above? Write this down. Memorize it. Add it to your favorites. Forward to your friends. Visit it on a regular basis for up to date news and information on what is happening with California Racquetball...

- **Check out upcoming events**
- **Access online information and entries**
- **Check out pics of your friends from different tournaments**
- **Check out up to date rankings**
- **Improve your game with tips from the experts**
- **Access the CSRA newsletter**
- **Get California club information**
- **Check out Junior news and events**
- **Read tournament results**
- **Join USAR/CSRA**
- **What is the mission of CSRA?**
- **Check what is up with California Collegiates**
- **What are the Benefits of membership?**
- **What are the Benefits of sanctioning?**

Benefits of joining the USAR/CSRA include:

- subscription to RACQUETBALL magazine (with news, tutorials, and the official rules of play)
- eligible to participate in CSRA and USAR tournaments
- official ranking in the state and national rankings
- Secondary accident insurance coverage during sanctioned events

Other membership benefits and programs:

- American professional Racquetball Organization (AMPRO)
- National instructor and referee certification programs
- Coaching development
- High school and collegiate programs
- Junior athlete development
- Scholarship programs
- U.S. National Team and Junior Team USA
- Discount of 15% at Choice hotels
- Discount on Enterprise car rentals
- Discount on United Airlines flights

Join today at USAR.org or at www.CaliforniaRacquetball.org