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## NEXT GENERAL MEETING

**Tuesday**  
**June 3, 2008**  
**6:30 p.m.**



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## **GENERAL NEWS**

Since the last newsletter, much has happened...there have been three or four MARA meetings, a successful POWERSLAM Tournament in April, new contacts and new opportunities and possibilities.

## **POWERSLAM**

The primary business of the organization since January, has been the planning and execution of the POWERSLAM Charity Tournament on April 18-19. At our most recent meeting on May 8, 2008. David Gross, gave a recap of the tournament results and announced that our expected contribution to the Church Health Center is approximately **\$6,500!!!**

David & Sandy Gross and Scott & Sadie Hall deserve highest praise for their hard work in promoting, organizing and bringing everyone together. The tournament went very smoothly; the banquet, silent auction and awards were first class. Please remember to thank them and to thank our corporate sponsors for underwriting many of the expenses of the tournament so that more of our proceeds could benefit those in need.

**WellWorX Sporting Clubs, The Halthorn Group & New York Life, Dennis Larose Uniforms, First Alliance Bank, The Bradley Law Firm & Medtronic** comprised our major corporate sponsors. Lenny's Sub Shop, Blue Bell Ice Cream, O'Charley's, Head...the list needs to go on, but I can't remember them all. (A complete list is on the Tournament T-Shirts. Extra shirts are available for purchase. Contact [Bob Lampley](#)). Then there were those who donated items for the silent auction, who manned the desk, took on the task of providing refreshments, T-shirts, pastries, fruit, trophies, and those who helped with set-up and stayed to clean up afterwards.

AND last but not least, Thank you, **PLAYERS** for participating in the tournament and for your passion for **RACQUETBALL!**

## **NEW OPPORTUNITIES**

Information on three or four new tournaments and/or ShootOuts were presented at the May meeting:

- ♦ **DAC Super Splat.** DeSoto Athletic Center in Southaven, MS will be hosting a tournament May 29—June 1, 2008. Men's & Women's Singles & Doubles events at all skill levels are offered. Special tournament guest will be **WPRO #3 ranked, Angela Grisar**. To obtain an entry form, contact Gene Perepichay at [gperepichay@yahoo.com](mailto:gperepichay@yahoo.com). If possible we will try to make one available on the MARA website at [www.memphisracquetball.org](http://www.memphisracquetball.org).
- ♦ **MARA Summer Classic.** MARA member and outstanding Junior player, Eric Lampley, will be competing in this year's National Juniors competition in California. His dad, Bob Lampley, asked for our partnership in putting on a tournament to help defray the expenses of Eric's trip and tournament expenses. The tournament will be held at WellWorX Sporting Clubs on June 13-14, 2008 (that is the Friday and Saturday of Father's Day weekend). Entry forms will be available soon on the MARA website and for distribution to area clubs. For those who want to help with the tournament and get more information, there will be a meeting **Tuesday night, May 20 at 6:30 pm at WellWorX**. Meet at Court 1 and we will see what space is available for our discussion.
- ♦ Other possibilities of competition for the summer include plans for a one day ShootOut followed by a cookout and social gathering at the WellWorX pool and a Ladies' Day (or Night). Several of the guys have volunteered to watch!

**UPCOMING TOURNAMENTS****DAC Super Splat 2008**

DeSoto Athletic Club  
 Southaven, MS  
 May 29—June 1, 2008  
 Special Guest WPRO #3 Ranked Angela Grisar  
 Contact Gene Perepichay ([gperepichay@yahoo.com](mailto:gperepichay@yahoo.com))

**MARA Summer Classic**

WellWorX Sporting Clubs  
 Memphis, TN  
 June 13-14, 2008  
 Contact Bob Lampley ([bob.lampley@hotmail.com](mailto:bob.lampley@hotmail.com))  
 Or (901)634-1656

**June Classic Fireball Shootout**

Elmwood Fitness Center  
 Harahan, LA  
 June 14, 2008  
 Contact Al Schof ([alschof@elmwoodracquetball.com](mailto:alschof@elmwoodracquetball.com))  
 Or (225) 622-1040

**CONGRATULATIONS—POWERSLAM WINNERS!****Men's A**

1st Tom Heroux  
 2nd David Walker  
 Cons James Eastman

**Men's C**

1st Hale Barclay  
 2nd Pat Mullins  
 Cons Jere Jackson

**Men's 50+**

1st Joe Reno  
 2nd Bill Schamroth  
 Cons Lee Forbes

**Men's Doubles**

1st Tom Heroux | Eric Lampley  
 2nd David Walker | Bill Gurner  
 Cons David Roth | Everett Pidgeon

**Men's B**

1st Bruce Davie  
 2nd Robert Conkin  
 Cons Madeline Edwards

**Men's D**

1st Juan Carprio  
 2nd George Bass  
 Cons Shawn Little

**Women's A/B**

1st Ivonne Larose  
 2nd Deborah Smith  
 Cons Paula Coley

**Mixed Doubles**

1st Sandy Gross | Kevin Olds  
 2nd Kay McCarthy | Don Denelsbeck  
 Cons Deana Moreland | Bill Harris

**RACQUETBALL MEET AND PLAY**

Ever wondered how to find places and people to play in your area? Or when you are traveling?

Here are a couple of resources:

**From Yahoo Sports** <http://sports.groups.yahoo.com/group/racquetballpartners/>

**Meet and Play—blogs and forums** <http://www.meetandplay.com/>

**THOUGHT FOR THE DAY**

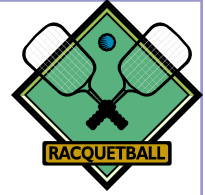
**To reach our goal, we must sail sometimes with the wind  
 and sometimes against it. But we must sail and not drift,  
 not lie at anchor.**

Oliver Wendell Holmes, Sr, physician



## ALL STRUNG OUT? ASK THE RACQUET DOCTOR

Tips and info from our very own Racquet Doctor, Jere Jackson



### Racquetball Racquet Restringing Tips

#### How do I know when I need to restring my racquet?

There is a typical rule...the number of times you play a week is the optimal number of times to restring your racquet in a year. So, players who play 3 times a week should look to restring every 4 months or so. Other signs are that your strings are deeply notched at the cross sections or that you hear a loud crunchy sound when you try to move them.

#### What's the deal with tension?

What I'm going to tell you may sound backwards...but it's the truth...the tighter your strings (higher tension) the better control you'll have. The looser your strings (to a point) the more power you'll get.

For all you doubting Thomases out there, think of it this way...The tighter your strings, the less flex there is and the less time the ball sits on your string bed. Less flex means that you get less energy springing back off the strings; less time means that the ball will be directed at the angle the ball contacts the string bed and that the arc of your swing as it changes the angle will have less impact on the direction of the ball. (whew, that was a mouthful...reread).

The opposite is true for power. Think of a trampoline...a very tight trampoline doesn't allow you to bounce that high...but loosen it up to the right point and you're bouncing higher than a house. The same holds true for a string bed. The loss of control is due to the fact that the ball sits on your strings longer. As you swing through your arc, you don't know exactly when the ball will release from your string bed....thus you have less control.

#### What are factory string specs for a racquetball racquet?

Most racquets today have a range of 28-34 lbs for tension. Very few have a specific tension. The problem is that when you get a new racquet you have no idea what the tension actually is. Most racquets are strung with a simple synthetic monocore string. The strings are 16 or 17 gauge.

#### Is there a warranty on strings?

None of the manufacturers offer a warranty on strings...if they break during your first week...they basically say tough. I would call them and ask from a free set of strings though...most understand and at least send you that.

When you get your racquet restrung you should get a limited 2 week warranty on the work which should include a free restring should your strings break during this time. After 2 weeks, take good care of those babies!

#### What is string gauge and should I care?

String gauge refers to the thickness of the string. As mentioned before, typical people use 16, 17 or even 18 gauge. As the number increases the thickness decreases. Thicker, 16 gauge string, offers better durability...it's a little stiffer and thus offers less playability. 17 gauge is the most common racquetball thickness. It allows you decent durability coupled with very good playability. For example, I can string 17 gauge string at a slightly higher tension so that you have very good control upfront...in addition, even at the higher tension the strings flex and respond very well when you need more power on a full shot from the back court.

An 18 gauge string enhances playability as referenced by the 17 gauge string but the durability factor makes playing with this string much more costly for most.

#### Is there a big difference between strings?

In general, I put strings into two groups (outside of gauge). Monocore and Multicore. Monocore strings are usually much cheaper. They have a simple outer casing that you sometimes see wear off. They can pop any time their main center core breaks. They offer good pop and in general don't stretch that much. They can dry out. Most of the factory strings are this kind of string.

Multicore strings (Technifibre) have a center made up of hundreds and sometimes thousands of smaller individual strings. They tend to be softer. They tend to stretch more. They usually don't just break...they tend to fray. They offer much more springiness. However, strings that live fast and flex better do die a quicker death.

#### I'm a notorious String breaker...what can I do?

If you find yourself breaking your strings much more frequently than you should...you my friend are a string breaker...but there's nothing wrong with that.