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## SPECIAL ATTENTION PLEASE

Please note that over the next several months we will be migrating the email database to the MARA website. Since each member will have a unique User name and Password, this is something you *must do proactively* through the website.

If you want to continue receiving information from Memphis Area Racquetball Association, you will need to become a subscriber. See more about this below in the December meeting summary.

Thank you for your cooperation and interest.

## NEXT GENERAL MEETING

**Tuesday**  
**January 8, 2008**  
**6:30 p.m.**



## December Meeting Summary

The December meeting was held on December 4, 2007. Vice-President, Leo Cage chaired the meeting in Tom's absence.

Upcoming tournaments were discussed, particularly the impending December 7-8, **December Splat**. Entries were open through Thursday. The **New Year's Open** Tournament Entry Form is ready and has now been posted on the MARA Website for download. Tournament dates are January 25-27, 2008. Richard Aitken & Sandy Gross are the tournament directors. They ask that we begin obtaining advertising sponsors in the way of either monetary or food for the tournament. Suggested Advertising Sponsorship is \$200. The **Power Slam Charity Tournament** date was announced as April 18-20, 2008. There are several levels of sponsorship and [information packets](#) are available on the MARA website. There are also plans to have a Silent Auction. So please work on obtaining items, large or small, that can generate additional amounts for the event. Contact Sadie Hall ([sadie.s.hall@medtronic.com](mailto:sadie.s.hall@medtronic.com)) or Sandy Gross ([ds144@bellsouth.net](mailto:ds144@bellsouth.net)) for more information.

Regarding the website, Brad Anderson gave an update about content and plans for future use and growth. He hopes to develop a "Forum" page to generate more people using the site for discussion with each other. Anyone who has content or ideas for the website should feel free to contact any of the officers or committee chairpersons.

Paula Coley and Brad have determined how to use **Online Registered Subscribers** from the MARA website for dissemination of information, rather than the need for an outside member database to be maintained. We are asking all members who want to continue receiving Newsletters and E-mails from MARA to go to the [Membership Page](#) on the website, select a user name and password, enter your name and email address and click on register. It is that simple. Once registered, you are encouraged to complete the profile, however, that is not necessary. The information you enter is available only to administrators and is not displayed on the website.

**Logo Design** entries were available for viewing at the meeting. Although it is desirable to move on this quickly, it was the consensus of all present that more time should be taken to consider the merits of each design. In the meantime, the officers will meet and determine how to proceed in the choice of logo.

The date for the next general meeting was determined to be January 8, 2008, since the first Tuesday of the month is New Year's Day.

**FREE Racquetball Clinic & Ektelon Demo Night**

When: Thursday, December 13, 2007  
6:30—8:00 pm  
Where: WellWorX Sporting Club  
6161 Shelby Oaks Dr

*Team Ektelon Instructors*

**Richard Aitken** : WellWorX Club Pro, AmPro Certified Professional Instructor and three time US Open medalist.

**Rick Mordachini** : 2005 US Open Men's 45 Champion and former University of Memphis Racquetball Team Member.

*This clinic is for everyone*

Receive instruction from Richard and Rick, Play with the Pros, Ektelon racquets demonstrated, question/answer session.

**UPCOMING TOURNAMENTS**

YMCA Spirit Campaign  
Downtown YMCA  
Louisville, KY  
January 11-13, 2008  
Download entry form at [www.kyracquetball.com](http://www.kyracquetball.com).

New Year's Open  
WellWorX Sporting Club  
Memphis, TN  
January 25-27, 2008  
Contact Richard Aitken [jraitken@hotmail.com](mailto:jraitken@hotmail.com)  
(USAR Sanctioned)

Vanderbilt Commodore Classic  
Vanderbilt Student Recreation Center  
Nashville, TN  
January 25-27, 2008  
Contact Terry Davis [Ultimateracquetball@comcast.net](mailto:Ultimateracquetball@comcast.net)  
(USAR Sanctioned)

Tennessee State Singles/Doubles  
Downtown YMCA  
Nashville, TN  
February 22-24, 2008  
Contact Terry Davis [Ultimateracquetball@comcast.net](mailto:Ultimateracquetball@comcast.net)  
(USAR Sanctioned)

Rockin-Rollout  
Maryland Farms YMCA  
Nashville, TN  
March 28-30, 2008  
Contact Andrew Rawlins [andrew@myracquetpro.com](mailto:andrew@myracquetpro.com)  
Or 615/995-8817  
(USAR Sanctioned)

Power Slam Racquetball Charity Open  
WellWorX Sporting Club  
Memphis, TN  
April 18-20, 2008  
Contact Sadie Hall [sadie.s.hall@medtronic.com](mailto:sadie.s.hall@medtronic.com)  
Or 901/399-2921  
(USAR Sanctioned)

**IMPROVE YOUR GAME**

**Richard Aitken**, WellWorX Club Pro and AmPro Certified Racquetball Instructor organizes clinics several times a year to bring players together to work on their skills. He is also available for individual instruction. Contact him at [jraitken@hotmail.com](mailto:jraitken@hotmail.com).

**Travis Woodbury**, having just completed his degree from University of Memphis, is offering racquetball instruction as well as personalized sports specific training. For more information contact Travis at [kingofrball@aol.com](mailto:kingofrball@aol.com).

**2007 DECEMBER SPLAT!!**

The First Annual December Splat tournament was held this past weekend (Dec 7-8) at Ridgeway Baptist Church. There was good participation and really good competition. Pictures (courtesy of Johnathan Urshel) are posted in the [Gallery](#) on the MARA website.

Congratulations to the winners!

<u>Division</u>	<u>First Place</u>	<u>Second Place</u>
Men's Open	David Walker	Barry Cruthirds
Men's A	Eric Lampley	Leo Cage
Men's B	Shvet Rawla	Tony Ferrera
Men's C	Dave Ptacek	Steve Thomas
Women's	Kim Moore	Paula Coley

**CONGRATULATIONS****US Open Racquetball Championship**

The official results are in. Please congratulate these local winners!

Men's B	Eric Lampley	2nd place
Men's B	Barry Cruthirds	3rd place
Men's Doubles 19+	A Gross/K Francis	1st place
Mixed Doubles 30+	A Gross/T Beatty	1st place
Women's 45/55B	Laura Woodbury	2nd place
Women's D	Marilyn Lemmon	1st place
Women's D	Paula Coley	2nd place
Mixed Dbl C/D	B Herron/M Lemmon	3rd place
Mixed Dbl C/D	B Lampley/PColey	4th place
Men's D	Derrick Hannah	Quarters
Women's Dbl C/D	M Lemmon/D Smith	Quarters
Men's 30+	Andy Gross	Quarters



## HIGH DEFINITION RACQUETBALL (PART II) BY SADIE HALL



### Have you ever wondered ....

**Hinder.** An unintentional interference with an opponent during play. The rally is replayed. The server receives two serves.

**Killshot.** A ball hit low enough on the front wall to be virtually impossible to return.



**Long Serve.** A fault serve that hits the back wall before hitting the floor.

**Out Serves.** Serves that hit the side wall, floor or ceiling first, hit in a crotch of the front wall, or that hit the server before bouncing are examples of out serves. An out serve results in a loss of service.

**Plum.** An easy setup.

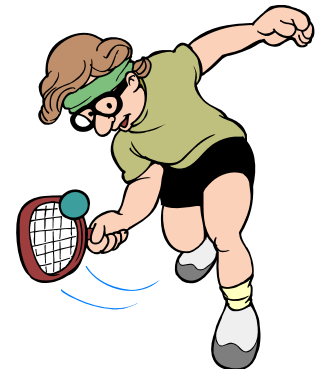


**Rollout.** A ball that strikes the front wall so low that it simply “rolls out” on the floor.

**Setup.** A ball that can be easily hit for a kill shot to end the rally.

**Screen Ball.** Any time a player obstructs his opponent’s view of the ball and affects his ability to return the ball. The rally is replayed. The server receives two serves.

**Short Serve.** A fault serve that bounces in front of or on the short line.



## INQUIRING MINDS WANT TO KNOW...

### DID YOU KNOW...

- ◆ **Marcos DiPinto**, aside from being a Neuropsychology Fellow at UT, is something of an artist. Check out his photography and other artwork at his [website, www.mdip.smugmug.com](http://www.mdip.smugmug.com).
- ◆ **The Shelby Farms Park Conservancy** is a public and private partnership established by Shelby County government. The Conservancy is a 501(c)(3) non-profit organization charged with stewarding a master planning process for Shelby Farms and for day-to-day operations of Shelby Farms Park. **What has this got to do with Racquetball?!** This is your chance to have a say in the future of Shelby Farms. I wonder if they could build some public Racquetball Courts or maybe even Outdoor Racquetball courts? They have soccer fields, bike trails, walking paths, fishing and everything else under the sun; why not Racquetball? Go to their [website \(www.shelbyfarmspark.org\)](http://www.shelbyfarmspark.org), and take the Park Survey.
- ◆ **Bob Sullivan** continues his cancer treatment in Houston. He and Susan hope to be back in Memphis before the New Year, maybe by Christmas!

**Club Spotlight** section coming soon. Here is a semi-complete list of Facilities with racquetball courts around the area. In future updates, we hope to shine the spotlight on each facility. Would you be willing to be the main contact for this purpose with one of the places listed below? To post Newsletters, distribute information, be the Memphis Area Racquetball Association liaison with that facility? Step Right Up!!

<b>Facility Name</b>	<b>Number of Courts</b>	<b>Contact Information</b>
<b>Bartlett Recreation Center</b> 7700 Flaherty Place Bartlett, TN 38133	2	Tawny Walker <a href="mailto:twalker@cityofbartlett.org">twalker@cityofbartlett.org</a> 901-385-6470
<b>Bartlett United Methodist Church</b> 5676 Stage Road Bartlett, TN 38134	1	Craig Melton <a href="mailto:craigm@bartumc.org">craigm@bartumc.org</a> 901-386-2724
<b>Bert Ferguson Community Center</b> 8508 Trinity Road Cordova, TN 38018	2	Willie Biles, Director <a href="mailto:willie.biles@memphistn.gov">willie.biles@memphistn.gov</a> 901-309-1761
<b>WellWorX Sporting Clubs</b> 6161 Shelby Oaks Drive Memphis, TN 38134	6	Richard Aitken, Club Pro <a href="mailto:raitken@hotmail.com">raitken@hotmail.com</a> 901-335-5903
<b>Ridgeway Baptist Church</b> 2500 Ridgeway Rd Memphis, TN 38119	2	Randy Chapman <a href="mailto:randy@ridgewaybaptist.org">randy@ridgewaybaptist.org</a> 901-761-1113
<b>University of Memphis</b> 620 Echles Street Memphis, TN 38152	8	Johnny Barnes, Membership Director 901-678-2801
<b>DeSoto Athletic Center</b>  <b>DAC Southaven</b> 3146 Goodman Road E. Southaven, MS 38672	3	David Creech <a href="mailto:dcreech@daclife.com">dcreech@daclife.com</a>  662-349-0403
<b>DAC Collierville</b> 440 Powell Road Collierville, TN 38017	2	901-861-2110
<b>Downtown YMCA</b> 245 Madison Avenue Memphis, TN 38103	3	Marzee Short, Fitness Coordinator 901-527-9622 Tim Parks, Racquetball Coordinator <a href="mailto:timparks4@netzero.net">timparks4@netzero.net</a> 901-274-8539
<b>Schilling Farms YMCA</b> 1185 Schilling Blvd. E. Collierville, TN 38017	2	Tish Lewis <a href="mailto:tlewis@ymcamemphis.org">tlewis@ymcamemphis.org</a> 901-850-9622
<b>The Racquet Club</b> 5111 Sanderlin Avenue Memphis, TN 38117	5	Reservations 901-765-4400
<b>Germantown Center</b> 1801 Exeter Germantown, TN 38138	3	Derek Chaput, Centre Director <a href="mailto:dchaput@germantown-tn.gov">dchaput@germantown-tn.gov</a> 901-757-7370
<b>Germantown Baptist Church</b> Recreation Outreach Center 9450 Poplar Avenue Germantown, TN 38139	3	901-756-9450
<b>Memphis Jewish Community Center</b> 6560 Poplar Avenue Memphis, TN 38138	2	Geoff Stahl, Sports Director <a href="mailto:gstahl@jccmemphis.org">gstahl@jccmemphis.org</a> 901-761-0810
<b>Olive Branch Family YMCA</b> 8555 Goodman Rd Olive Branch, MS 38654	2	Jim Robinson or Mary Ellen Grannan 662-890-9622



## 2007 US OPEN RACQUETBALL 12TH ANNUAL RECOUNTED



### Experience ReCounted

At our November meeting, before the US Open, someone suggested getting some personal anecdotes, journals or comments from some of our members about their experience during the tournament. What a great idea, or so I thought. Getting anything from some of you guys is like getting blood from a turnip! But when your comments finally came trickling in...well, you just must read them all. they are absolutely priceless!

The rest of this Newsletter is devoted to those comments and will probably have addendums either in the next Newsletter or through additions on the website.

Oh, and a very special thanks to several of you who told me, that I could include the following quote about your tournament experience: "I SUCKED!"



### 2007 Choice Hotels US Open—A People Experience

By Susan R Brown, RN BSN

When I think about my experiences at the US Open, I think of people, not racquetball. Isn't that what racquetball is? People putting their heart and soul into an expression of love for a sport. It's a sport that brings people from all over the world to play here at the US Open. Lucky me, working at the tournament desk allowed me the privilege of talking with some of the nicest folks. Can I remember all their names? Nope. What I do remember is their smiles, their frustrations and their joys that the competition brings out in all of us. No matter what level of player, they give their all.

When I think of players fighting to give their all, I can't help but think of my buddy, Bob Sullivan who is fighting a different battle. What you and I take for granted, takes Bob willful thought and planning. We hop out of bed, drink our coffee and off to work we go. There are days that Bob has to make himself lift his head off the pillow. Living in hospital for 3 months at a time and praying that your "counts" improve is a battle that racquetball can help you endure. Competition teaches us planning, preparation, drive and determination. Bob uses these tools everyday on a different court. Let us all pray that Bob's years as a semi pro give him the grit to win this one.

Give it your all Bob Sullivan!!!



## IMITATION OF LIFE

### BY PAULA COLEY

My First U.S. Open! For three weeks leading up to *The Tournament*, I had my preparation strategy planned. This would be my first time to enter and I wanted to do my very best. I planned to play and practice three to four times a week. On off days, I would do other physical activities, including walking, lifting weights, stretching or just resting. I was determined to be prepared mentally and physically.

But it seemed from the get-go that my plans were not to be. In those three weeks, circumstances, events and my own stupidity got in the way. Car trouble, unexpected work deadlines, anger, arguments, hurts, physical ailments, financial decisions; I was barely able to think straight by the time November 14 rolled around. Instead of being READY to play racquetball, I was a near basket case! (Some say I still am).

You fill in that list with your own obstructions. We all lead "real" lives filled with daily ups and downs. None of us is immune to the pressures of family, friends, work and personal expectations. The tournament, for me, brought into clear focus the important things in life. It was a welcome relief, a little bubble or blip in my otherwise hectic life.

As the week progressed, there were many things that I have had time to reflect on about the tournament, some good things and some not-so-good things. But the good out-weighed the not-so-good.

Not-So-Good? I saw a grown man make a junior player cry with his verbal attacks. Referees were accused of being partial. Tempers flared among friends. Patience grew thin. There was no food to eat, wrong club, no refs...

The Good? Much easier to remember! Firstly, I saw GREAT RACQUETBALL. I saw new friendships formed, language barriers broken, encouragement, support, advice, kindness and selflessness. Probably most important to me were that two people made a special effort just to come and watch me play; my good friend, George Bass, and my husband, Jim. Their presence meant more to me than words can express. In addition, I can't step onto any racquetball court without thinking of what my coach, Richard Aitken would be advising me. And then there was Rocky Carson. I know I was not the only one moved to tears when Rocky paused after his win to thank God and then proceeded to express his thanks to his many fans. What a class act!

There is a 1959 movie called "Imitation of Life". In it, a young woman renounces her heritage to reach her goals and what she believes is important in life, all the while missing out on her real life and those who loved her. As the holidays approach, I am reminded that life is not an imitation. You only get one. I am thankful to have been able to play in this tournament. But life goes on, "Real" life with all of its ups and downs.

Don't settle for an imitation of life. Plan and prepare now to live your life with purpose. Give as you have been blessed. And be thankful for RACQUETBALL! Because, as Susan Brown has so beautifully reminded us, racquetball is about people.

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## Racquetball—A Mind Game

By Derrick Hannah

This was my first time to enter the US Open. I had been working with Travis Woodbury for weeks on being physically ready. And while I felt great physically, I found that, in myself as well as others, I was not prepared mentally to play **my game**. Instead, I played whatever game my opponent chose to play. At the same time, I realized that while I was playing, I was overthinking what I was doing. Does that make any sense? Needing to be more mentally prepared, but to think about it less?

So my goal for next year, is to play more tournaments, to become a smarter tournament player and to be able to play within my abilities .

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## Thanks(giving) to the US Open Racquetball Championships *Family & Racquetball becoming a tradition*

By Brad Anderson

The US Open Racquetball Championship is my favorite time of year. Besides being in racquetball heaven, it is a special time of togetherness for my family as well. This is the third year in a row (I think that qualifies as a tradition) that my family has made the pilgrimage to Memphis based on the date of the US Open. My mother and father make the trip from Florida, while the rest of my family comes in from Alabama and Louisiana, where I grew up.

My Dad is the one who introduced me to racquetball. So, while Dad and I, avid racquetball fans, live and breath racquetball all week long, my mother spends her time as a “racquetball widow” spoiling my two year old son, Nicholas! I don’t really think that either of them notice that we are not around.

Then on Sunday, the entire family congregates for Thanksgiving Dinner. Without the US Open, we would not have started this new tradition that we now look forward to each year.

Racquetball and Family—the best of both worlds!




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## Level out the playing field

By Johnathan Urschel

I have played in the US Open about three times. Each time, I selected the skill level that I felt I would play in any other tournament: first time—A & B, second—B & 25+, and third—B & B Doubles. Mostly, I played one game and was finished, resigned to sit in the stands for the rest of the tournament.

My biggest complaint about the Open is one of the reasons I stopped playing in the tournament, that too many players are signing up to play below their true skill level; the cost of the tournament just wasn’t worth getting trounced like that. The second reason is that I gained weight, thereby affecting my ability to play at the level I felt I should be playing.

Recently, I decided it was time to get back on the horse and have joined WellWorX, where I hope to find good competition and will improve my skill and physical fitness. And I hope that when I sign up to play in the US Open next year, I don’t run into the next 12-yr old phenom playing down because of his age.

All complaining aside, the U.S. Open is still the best tournament I have ever attended.

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## Life at Tournament Desk

By Bubble Butt (The names have been changed to protect the innocent)

7:30 AM, and the day starts something like this...

Bubble Butt: "Good Morning MaryKay How are you?"

MaryKay: "Oh my God, I'm so glad you're here, TommyBoy is not here and I don't know a thing about the computer."

Now, my headache begins, I have to boot up a computer I've never used. Open a program I've never used. Log into the program with passwords I don't know. All the while checking people in, moving the card according to first come, first serve, getting dirty looks from the alpha dog pro player who wants to play on court one. Sorry Dog, first come, first serve, and the ladies were here first. Get back in line and put your alpha tail down. All this and it's not even 8:00 AM.

The desk is a three-ring circus. All the game cards must be printed out, cut and placed in time order. You have to check-in players and line the cards up according to check-in time. And now the chaos begins. IM message on screen: So-n-So is at the wrong club, they will be late, on the next shuttle. I'll write that down in a minute. Page players, screw up names. Get dirty looks from alpha dog again, court 2 is open and he thinks he's next. Nope, his opponent is going to be late. Oh! I forgot to write that down, let me get his name from the IM section. What? The message is long gone, no way to retrieve it. Uh Oh! Alpha dog is gonna be really mad at me. Keep smiling at alpha dog and maybe he'll go to court 6.

Korean girls check-in. They don't speak English and one is deaf. (NATO help). I can't even yell like I normally do when someone doesn't speak English. (And *why* do we do that? Yelling doesn't translate English into another language at a certain decibel level. Spanish into English at 20 Decibels, Russian at 30 Decibels, French at 44 decibels). So, I just hold up two fingers until they nod like they finally get it. Anyway, court 2. Back off, alpha dog.

It is now 8:10 AM. I've managed to screw up 11 names, lose one IM message and piss off the University of Memphis computer person. I should get some kind of goof ball award. And to think--- I only have 4 days and 6 hours left to show off my ineptness.

Hold up, Alpha Dog is smiling back at me, Martha must have sprinkled some of her special southern charm dust on him.

Martha, thanks for helping me out. I couldn't have done it without you.