



# OFF THE WALL

## OPENING SHOTS



*By Enrico Dubach, President*

I hope you enjoyed this racquetball year as much as I did. After playing for almost twenty years, I still love the competition. I even managed to take home a few trophies.

I just got back from doing a stress test at the doctor's office. That's where this cute nurse shaves patches of hair off your chest and glues on a bunch of monitors. Then, while the nurse and doctor watch, you run on a treadmill until you start gasping. Then the aforesaid nurse rips off the monitors and gets whatever hair she missed the first time. The good part was when the doctor said I was in the physical condition of an active 30-year-old. I'm 41 and I just got back from a 10-day cruise. All I did was eat, read, and sleep. That's why I love racquetball. I can play this fun game two or three times a week and can call it exercise! In the winter, it's my only form of exercise. I've heard plenty of stories like this from other racquetball players. But as I get older, I'm really starting to appreciate the benefits of this great game.

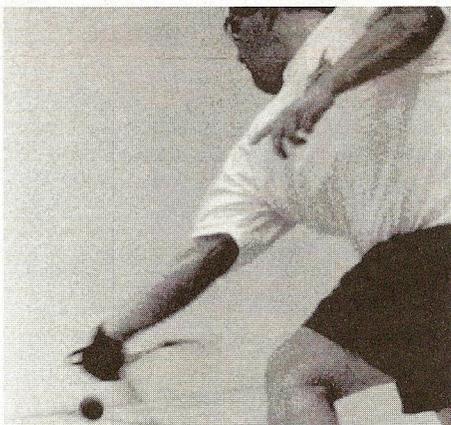
I missed the State Singles Championships this year because of the aforesaid cruise. This is probably the first state tournament I've missed since the late 80's when I started playing tournaments. Everyone I've talked to had a good experience even if they didn't win. Congratulations to Brian Pointelin and Marianne Walsh and all the other winners. The State Banquet was also a great success. The raffle grew considerably from last year with bigger and better prizes. We were able to meet our goal of covering most of the banquet costs. I would like to thank the entire Board - especially Marcus Dunyon - for the great job they did during the tournament. It's a lot of work and I was sorry that I couldn't be there to help out. (We had reserved the cruise over a year ago.) I don't know how Brian Pointelin managed it. It takes a lot of focus to play good racquetball while directing a tournament of this size. He did a great job with both.

In my absence, I asked Rick Strout to present the annual President's Award. Below is a copy of the letter that Rick read after presenting the award.

### To Members of the URA

*Each year, it has become a tradition for the president to acknowledge the efforts of someone who has worked especially hard to improve Utah racquetball. Last year, Steve Coray received the President's Award for his work on the state newsletter.*

*I started working with Marcus Dunyon on the Board of Directors around 1994. Since then my respect for him grows all the time. Whenever he and I discuss a particular issue involving the URA, he always looks at what's best for the membership as a whole. In an age where everyone is so busy with family and work, he is always unselfish and will jump in to help with whatever is needed. As Vice President, he has been involved with all aspects of racquetball leadership, as well as contributing to the newsletter, creating the Utah Racquetball Hall of Fame, and organizing the year-end awards. He's not a bad player either, even though I won the last time we played.*



*We have made a great President/Vice President team together and I look forward to next year. Although I would prefer to present this award myself, I have chosen Rick Strout because Marcus and I both respect him so much for all he has done for Utah Racquetball. I know he will do a great job. I ask all of you to thank Marcus and show how much we appreciate what he has given back to our favorite sport.*

I would also like to congratulate Marianne Walsh on all of her success with the High School program. The Board recognized this with a special award during the banquet. This is a very important part of our commitment to build racquetball in Utah. These high school players will be the future champions in our state. They are also seeing the benefits of this great sport. I hope they will include racquetball into their future lifestyle.

The year-end awards are presented elsewhere in "Off the Wall". I thought the choices this year were excellent. The Board meets during the week of State Singles to vote for the winners of these prestigious awards. Sometimes the choices are obvious and some years there are several players who deserve a particular award. I commend the Board for doing a great job recognizing those players who have excelled this last year.

On April 16th, the Board met for our monthly meeting. Elections for the officers were held. The following officers were elected for the 2001-2002 year:  
 President – Enrico Dubach Vice-President – Marcus Dunyon  
 Secretary – Debbie Cheney Treasurer – Gene Rolfe

Steven Clark will continue to build our web site. This is a lot of work and so far it has not cost the Association a penny. It is still evolving, but you can visit it at [utahracquetball.com](http://utahracquetball.com). Let us know what you think.

Notices will be sent out for the Tournament Directors meeting to be held in June or July. This is when we put together the schedule for next year's tournaments. We also decide on formats and rules for the Travelling League. Contact me if you would like to attend the meeting and haven't received a notice. We try to publish and distribute the Tournament Schedule in August.

Well, in closing, HAVE A GREAT SUMMER!

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## Mark Your Calendar

October 17-20  
**Huntsman World Senior Games**  
 St. George  
 (800) 562-1268

# 2001 UTAH STATE SINGLES



By Marcus Dunyon, URA V.P.

The 2001 Utah Racquetball State Singles Championship was held at the Sports Mall, starting on April 4 and running thru the 7th. We had competitors from Logan to St George and all points in between. It was a time for new beginnings in many ways. We crowned a new state champion for the first time in five years in Men's open by the name of Brian Pointelin and saw the familiar face of Marianne Walsh return to the winners circle in the Women's open. But best of all we had probably one of the largest turnouts in recent history. What was especially gratifying was the number of competitors in the C and B divisions. The future of our sport is in the beginning divisions and so this year is something we can build on for years to come. The thanks go out to the tournament directors, who during the course of

the year put together some great tournaments that raised the level of interest. Thanks also go out to Brian Pointelin, the tournament director for the State tournament and to Brent Cook of the Sports Mall for hosting the Championships. As a whole the tournament ran smoothly and considering the number of competitors, there was little scheduling conflict. Immediately after the championship matches, the URA held its annual membership meeting. During that time we held elections for the open positions on the URA board and conducted membership business. We awarded the medals to the place winners, had a great dinner and one of the largest raffle for the members in years. Some of the prizes given away were 19" TV, shop vac, BYU blanket, radios, gift certificates, CD players and more. We also gave away string, gloves, racquets, and eyewear, sunglasses and much more. It was a great success and

thanks to all that participated. Marianne Walsh, Gene Rolfe and Val Shewfelt were re-elected to the board for another three-year term. Finally I would like tell you a story, as the banquet was coming to an end a new member came up to me and commented on how much he had enjoyed the whole experienced. He commented on the banquets and raffle, but what really struck me was his last comment, he mentioned on how good the sportsmanship had been during the tournament and the over all good feeling among the players. This is a compliment to every member of the URA.

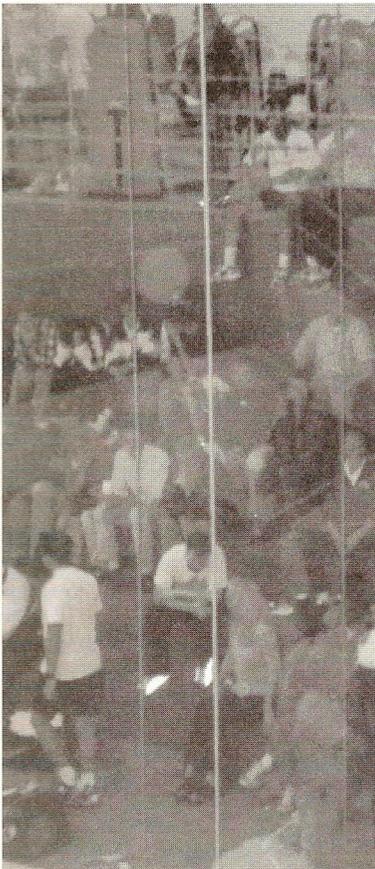
Congratulations on a great year!!!

**Most Improved Male Player** Mike Van Valkenburg  
**Most Improved Junior Player** Quang Nguyen  
**Best Sportsmanship** Travis Passey

**Most Improved Female Player** Laura Hasler  
**Best Referee** Val Woodbury  
**Best Tournament Director** Ruth McGovern

	First	Second	Third		First	Second	Third
<b>Men's O</b>	Brian Pointelin	Matt Christensen	Travis Passey	<b>Women's O</b>	Marianne Walsh	Val Woodbury	Sheila Burner
<b>Men's A</b>	T.J. Robinson	Scott Laycock	Chris Cliff	<b>Women's A</b>	Kara Linn	Sylvia Sawyer	Monica Campbell
<b>Men's B</b>	Quang Nguyen	Mike Van Valkenburg	Carlos Benson	<b>Women's B</b>	Dawn Bollinger	Kiersten Armknecht	
<b>Men's C</b>	Cody Christensen	Richard Bunker	Regan Healy	<b>Women's C</b>	Kim Walsh	Barb Christensen	Linda Knudson
<b>Men's D</b>	David Cise	Darryl Hoopes	Chris Riddell	<b>Women's 40</b>	Marianne Walsh	Dawn Bollinger	Val Shewfelt
<b>Men's N</b>	Anthony Clark	Brad Prestwich		<b>Women's 60</b>	Sylvia Sawyer		
<b>Men's 24</b>	Tyler Nelson	Ben Karchner		<b>Boy's 8-MB</b>	Grant Sanderson	Kyle Walsh	
<b>Men's 25</b>	Brian Pointelin	Steve Black	Chris Cliff	<b>Boy's 10</b>	John Sanderson		
<b>Men's 30</b>	Troy Barker	Stewart Knudson		<b>Boy's 12</b>	Korey Walsh	Drew Brannigan	Cody Sylvester
<b>Men's 35</b>	Dave Timmons	Randy Martin	Chris Gale	<b>Boy's 14</b>	Andrew Gale	John Sanderson	Paul Bennett
<b>Men's 40</b>	Earl Thibault	Jim Derrickson	Marcus Dunyon	<b>Boy's 16</b>	Quang Nguyen	Steve McGovern	Grady Steed
<b>Men's 45</b>	Dennis Fisher	Marcus Dunyon	Tom Shearman	<b>Boy's 18</b>	Dallas George	Chris Gillespie	Nate McCoy
<b>Men's 50</b>	Dennis O'Brien	Rob Jackson	Jack Healy	<b>Girl's 14</b>	Kim Walsh		
<b>Men's 55</b>	Dennis O'Brien	Jim Wilking	Tom Nystrom	<b>Girl's 18</b>	Linda Knudson		
<b>Men's 60</b>	Jim Wilking	Chris Segura					





## TOURNAMENT RESULTS: ST. VALENTINES DAY MASSACRE

Redwood Multipurpose Center Feb 13-17

	First	Second	Third
<b>Mens Open</b>	Not a Member	Brad Bona	Matt Christensen
<b>Mens AA</b>	Ron Scoville	Randy Martin	
<b>Mens A</b>	Tyler Nelson	Ron Scoville	Ray Griffiths
<b>Mens B</b>	Mike Van Valkenburg	Carlos Benson	Greg Wayman
<b>Mens C</b>	Not a Member	Not a Member	Not a Member
<b>Mens D</b>	Not a Member	Andrew Gale	Not a Member
<b>Mens 35-40</b>	Doug Douville	Rico Dubach	Paul Ethington
<b>Mens 45-50</b>	Dennis O'Brien	Doug Douville	
<b>Womens A</b>	Monica Campbell	Not a Member	
<b>Womens 40+</b>	Marianne Walsh	Val Shewfelt	
<b>Juniors 10-12</b>	Derek Neth	Devan Van Valkenburg	
<b>Juniors 14-16</b>	Andrew Gale	Steven McGovern	

## TOURNAMENT RESULTS: SPRING SMASH

Marv Jensen Feb 27-Mar 3

	First	Second	Third
<b>Men's Open</b>	Adam Anderson	Brad Bona	Travis Passey
<b>Men's AA</b>	Eric Carver	Randy Martin	
<b>Men's A</b>	Ron Scoville	Ray Griffiths	John Mattson
<b>Men's B</b>	Alvaro Mejia	Carlos Benson	Craig Masters
<b>Men's C</b>	Mike Andrew	Greg Wayman	Craig Young
<b>Men's D</b>	Larry Kramer	Steve Brumbaugh	
<b>Men's 25-40</b>	Rico Dubach	Marcus Dunyon	Steven Clark
<b>Men's 45</b>	Dennis Fisher	Marcus Dunyon	
<b>Men's 50-55</b>	Doug Douville	Rob Jackson	
<b>Boys 14-16</b>	Steven McGovern	Arian Pirayesh	
<b>Juniors 12</b>	Anthony Montanez	Cody Sylvester	
<b>Women's Open</b>	Marianne Walsh	Valorie Woodbury	
<b>Women's A/B</b>	Holly Crockett	Val Shewfelt	

## TOURNAMENT RESULTS: LUCK OF THE HEIGHTS

Cottonwood Heights Mar 13-17

	First	Second	Third
<b>Men's Open</b>	Brian Pointelin	Matt Christensen	Glen Aitken
<b>Men's A</b>	Chris Clift	Tyler Nelson	Randy Martin
<b>Men's B</b>	Alvaro Mejia	Mike Van Valkenburg	Carlos Benson
<b>Men's C</b>	Brian Barnett	Steven McGovern	Larry Kraner
<b>Men's D</b>	Brad Nelson	Curtis Vlam	Andrew Gale
<b>Men's 35</b>	Chris Gale	Ray Griffiths	Ken Williams
<b>Men's 40</b>	Bryan Bennett	Paul Ethington	Rico Dubach
<b>Men's 45</b>	Marcus Dunyon	Gene Rolfe	
<b>Men's 50</b>	Dennis O'Brien	Randy Spencer	Dan Rideout
<b>Men's 55</b>	Dennis O'Brien	Dan Rideout	
<b>Men's 60</b>	Chris Segura	Jim Wilking	Brent North
<b>Boys 16-</b>	Richard Terry	Steven McGovern	Arian Pirayesh
<b>Boys 14-</b>	Andrew Gale		
<b>Boys 12-</b>	Korey Walsh	Kyle Smart	Devan Van Valkenburg
<b>Women's A</b>	Val Shewfelt		
<b>Women's B</b>	Dawn Bollinger	Kiersten Armknecht	
<b>Women's C</b>	Kim Walsh	Barbara Christensen	
<b>Women's D</b>	Pam Martin	Cassy Van Valkenburg	
<b>Women's 40</b>	Marianne Walsh	Val Shewfelt	
<b>Gril's 14-</b>	Kim Walsh		

## TOURNAMENT RESULTS: TRAVEL LEAGUE

	<b>First</b>	<b>Second</b>	<b>Third</b>
<b>Mens Open</b>	Jerry Montanez (Marv)	Paul Buchi(Marv)	Glen Aitken(RW)
<b>Mens A</b>	Tom Montanez (Marv)	Randy Martin(Marv)	
<b>Mens B</b>	Jim Grundhauser(Marv)	Mike Van Valkenburg(Marv)	
<b>Mens A/O dbls</b>	Paul Buchi, (Marv)	Glen Aitken(RW)	
	Tom Montanez(Marv)	Ken Jensen(RW)	
<b>B/C dbls</b>	Greg Bowden(RW)	Jim Grundhauser(Marv)	
	Jeff Bogaard(RW)	Mike Van Valkenburg(Marv)	
<b>Mix dbls</b>	Jon Griffiths(RW)	Jerry Montanez(Marv)	
	DeAnne Hinton(RW)	Heather Montanez(Marv)	
<b>Womens snpls</b>	Kara Linn(Marv)	Diane Burns(RW)	DeAnne Hilton(RW)

### Final Team Standings

<b>First</b> Marv Jenson	67.77	<b>Second</b> Redwood	47.70
<b>Third</b> Bountiful Rec	34.71	<b>Fourth</b> Sportsmall	28.14

## SPORTS MEDICINE CHEST

*By Dennis Fisher*

### The Pregame Meal Planner

What you eat every day can have a big effect on how you perform. What you eat right before an event can be critical. Wrong choices can be disastrous. Right choices can give you that competitive edge. The Pregame Meal Planner will help you make wise food choices.

While the pregame meal can supply your body with significant amounts of energy, don't expect it to supply all the energy you'll need for the event. You should eat the right kinds of food for several days before the event to charge up your muscles with glycogen. Glycogen is a key energy source your muscles use during most sports activities. Although the pregame meal won't cause large increases in muscle glycogen, it will:

- \*Help avoid hunger during the event
- \*Stabilize blood-sugar levels and add some food energy to complement existing energy stores of muscle glycogen
- \*Hydrate the body (supply water to the body's cells)
- \*Provide a relatively empty stomach at game time
- \*Prevent gastrointestinal upset or other adverse reactions to food

No one pregame meal is right for every athlete or every event, but some food choices are much smarter than others. General guidelines for individual food selection and meal planning are on the following page. Make sure your pregame meal plans follow these guidelines.

### Pregame Guidelines

Make sure your pregame meal plans follow these guidelines

- \*Allow enough time for digestion. Eat the meal at least three hours before an event.
- \*Choose a meal that's high in starch. Starch is easy to digest and helps steady the levels of blood sugar.
- \*Consume only moderate amounts of protein. Protein foods take longer to digest than starch. And high-protein meals may lead to increased urine production, which can add to dehydration.
- \*Limit fats & oils. They take too long to digest.
- \*Restrict sugary foods. Sweets can cause rapid energy swings in blood sugar levels and result in low blood sugar & less energy.
- \*Avoid foods and drinks that contain caffeine. Caffeine stimulates the body to increase urine output, which can contribute to dehydration problems, and a full bladder can be very uncomfortable.
- \*Watch out for foods that produce gas. Certain raw vegetables, fruits, or beans may cause problems for some young athletes. Be aware of the foods that cause you problems, and avoid them just before an event.
- \*Within these guidelines, choose foods you like to eat.
- \*Remember to drink plenty of fluids with your pregame meal.

*Continued in next issue*

## KNOW THE RULES



By Gene Rolfe Tressure

One of the most common questions I get from players who are just starting to play tournaments is about some of the lines on the court. Most new players are familiar with the front and back lines of the service box. It's those other lines that tend to raise questions. The first question is what are those lines that are about three feet from the front and back wall. Most racquetball players don't care about these lines. They are for some other sport. I think it's called Wally ball or something like that. (Apologies to all of you Wally ball fanatics out there.)

The dotted line five feet behind the short line is called the receiving line. I have also heard it called the encroachment line or safety line. The receiving line and the short line make up a five-foot by twenty-foot area called the safety zone. The safety zone is only observed during the serve. When the ball is served the receiver or their equipment is not allowed to cross the plane created by the receiving line until the ball crosses the receiving line or bounces in the safety zone. However, their follow through may enter the safety zone if initial contact was made with the ball outside the safety zone. Any violation of the safety zone results in a point for the server. If the server or their doubles partner enter the safety zone before the serve crosses the short line it will result in the loss of serve. It is not necessary to issue a warning before making this call. I have seen referees who will tell the server or their partner that they are leaving the service box early rather than make the call of a loss of serve.

There are two lines parallel to the wall on each side of the service box. The lines closest to the wall, 18 inches, form the service boxes

and are only used for doubles. The partner of the server is to stand erect with both feet on the ground and their back to the wall from the start of the service motion until the ball crosses the short line. If the partner does not stay in the box, a foot fault can be called and if the partner enters the safety zone a loss of serve should result. If the server or partner intentionally foot fault a bad lob serve an avoidable hinder should be called. One foot in the air by the partner or not standing erect can result in a foot fault.

The two lines furthest from the side walls, three feet, are the drive serve lines. The drive serve lines are only in effect for drive serves. They are not in effect for cross court serves, hard-z, soft-z, lob, or half lob serves. The bounce of the ball and the server's motion can not cross the imaginary plane created by the three-foot drive serve zone if the server drive serves between his body and the wall. The result will be a fault serve. Sometimes the rules can make me laugh and maybe I'm the only one that finds this funny. The following is copied directly from the rules. "In the event that the service motion begins in one 3-foot drive service zone and continues into the other 3-foot drive serve zone, the player may not hit a drive serve at all." I'm having a tough time picturing someone starting inside the service box and being able to cross the entire service box and hit a drive serve. But then again, I'm short.

I know that most of you are familiar with these rules, but I hope that this is a good review for those of you who have played forever. For those of you who are new to the game, welcome. We are always excited to see new players at tournaments. If you have any questions about the rules or have suggestions for future articles, please feel free to contact me. [rgrolfe@hotmail.com](mailto:rgrolfe@hotmail.com)

## Off The Wall

MAY, 2001

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There is currently one open spot on the URA Board. Please contact a board member if you would like to get involved at this level!

Submit all 'Letters to the Editor' or any other inquiries to:

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Deadlines for submission of all display advertising, stories and letters are listed below. All advertising must be prepaid. Call for rates and ad specifications.

March 2001 issue .....February 12, 2001

URA board meetings are held the second Monday of each month at 7 p.m. at the Redwood Recreation Center and are open to anyone interested in attending.

Check out what's new with racquetball on the web at [www.utahracquetball.com](http://www.utahracquetball.com)

## NATIONAL INTERCOLLEGIATE SINGLES CHAMP

National Intercollegiate Singles Champs Crowned Baldwin Wallace Fields

The nation's finest undergraduate racquetball athletes were crowned at the E-Force 29th USRA National Intercollegiate Racquetball Championships at the Las Vegas Sporting House on Saturday. Both of Baldwin Wallace College in Berea, Ohio, Shane Vanderson and Kristen Walsh each earned their first career appointments to the U.S. National Racquetball Team for their wins in the men's and women's #1 singles divisions. No. 2 seeded Kristen Walsh was able to upset top seeded Brooke Crawford (Santa Clara) in the women's final for a spot on the U.S. National Racquetball Team.

For the entire story check out this months issue of RACQUETBALL MAGAZINE