



UtahRacquetball.org 801 891 6952

In this issue

- What's Happening
- URA Board Voting Results
- First Serve
- UtahRacquetball.org
- Fall Membership Drives
- Tournament Results
- 2012-2013 Tournament Schedule

What's Happening

Upcoming Events

- | | |
|----------------------|--|
| Sep 5-8, 2012 | Fall Opener Membership Drive at Marv Jenson |
| Sep 19-22 | Orem Membership Drive at Orem Fitness Center |
| Sep 19-22 | Bountiful Bash Membership Drive at Bountiful Fitness Center |
| Oct 2-6 | Jordan Valley |
| Oct 10-13 | Huntsman World Senior Games at St. George Recreation Center |

URA Board Member Voting

Last May, elections were held for three spots on the Utah Racquetball Board. From the five applicants, TJay Belt, Mike Van Valkenburg and Derek Shirts were elected. Alan Greenall resigned from the Board, and Ben Rand was selected by the Board to fill the vacant seat for one year.

The Board met in June to elect the Board Officers.

- John Haynes, president
- Mike Van Valkenburg, vice-president
- Mallory Perry, secretary
- Loretta Peterson, treasurer

Splat

By Ben Rand

Just like that summer's almost over, and another season of racquetball is upon us. Hopefully your summer has been eventful in a good way, full of new adventures, like Andrew Gale, Devan Van Valkenburg and Scott Burr, all of whom ~~sacrificed their games and~~ got married (congratulations!).

Hopefully your summer adventures weren't quite like mine. In June, I had a freak trampoline accident and tore my ACL, PCL, MCL and meniscus, which will require two surgeries to repair (one down, one to go!). So my season was more or less wiped out before it got started. My point in mentioning this is not to try and win sympathy points (which may be the only points I win this season ☺), but to talk about dealing with adversity.

We all face challenges in life. Some are relatively small, like how to improve a pinch shot or how to beat so-and-so who always seems to have our number on the court. Other challenges, like a major injury, prevent us from doing the things we love most and force us to really think about what we're going to do with the hand we've been dealt. While many factors contribute to successfully overcoming challenges (not least of which includes the support of loving family and friends, amazing doctors, etc)...I think the most important factors lie inside us.

Having a positive attitude is essential. I tend to struggle with having a positive attitude on the racquetball court. I really get on myself about every skipped ball or setup I give an opponent. Last season, I started trying something different. When I went back to receive serve, I told myself over and over, "You can do this." I refused to allow thoughts of what I'd just done wrong come into my mind, or even to worry about what I was going to try next. "You can do this. You can do this." I'm still surprised at how much that helps.

Another contributor to getting through adversity is determination. Sports injuries are not fun to recover from. They require months of painful and often boring rehabilitation and strengthening. The exercises don't always feel like *exercise*, even though they are beneficial to the injured part. But having a determined attitude helps push you through the pain, boredom and frustration. Sometimes it even pushes you places you didn't realize you'd go. My first major injury, over 10 years ago, was an ACL tear which took me away from running for 6 months. But my determination to recover led me to compete in my first triathlon only ten months after that surgery.

Perspective also helps overcome challenges. Besides the ACL tear, I've also suffered a torn Achilles tendon. While my Achilles tendon wound up taking longer to completely heal, it tangentially led me back to racquetball. So with the perspective of my two previous injuries (there is life after surgery!), this latest challenge just feels like another bump in the road.

Fortunately, this summer was also an Olympic summer. I love watching the Olympics. For 17 days you get to watch the world's best athletes compete in the sports they love the most. And while their world-class talents boggle the mind, my focus this year was on the stories of those athletes who had overcome extreme challenges and injuries in their lives, and still managed to position themselves on the world stage.

Oscar Pistorius, the South African runner who runs on prosthetics, may be THE symbol of the London Games. Born without fibulas, his legs were amputated below the knee when he was less than one year old. Never considering himself to be disabled or challenged, he played rugby, and started running, which he turned out to be pretty good at. Oscar then had to fight the international Track and Field authorities to even be allowed to compete in the Olympics, which he did, admirably.

Another incredible story involved Manteo Mitchell, a US sprinter who ran the first leg of the 4x400 meter relay qualifying race. About 200 meters in, he felt a pop. "It felt like somebody literally just snapped my leg in half." No one would have blamed him for laying down on the track to writhe in pain. Instead, he kept running, finishing his leg in 46.1 seconds(!). On a broken fibula. He said afterwards that he kept telling himself, "Faith, focus, finish" over and over again until he handed off the baton. Because of his other-worldly determination, the US qualified for the next round and went on to win the silver medal.

Stories like these have made my summer go by a lot quicker. I can push through the painful rehabilitation exercises more easily, with more determination, knowing that I will recover from this latest challenge. Even if your latest challenge happens to be the opponent in the court who you just can't manage to beat, find the positive attitude that pushes you on, find the determination that gets you to the practice court one more time to perfect that missing shot, and know that in the end, it's just a game.

First Serve

We are starting a new year of racquetball and racquetball tournaments and I would like everyone to think about the following: We all need to get more involved with this sport we like. By doing this we will see a growth that is surely needed and we will meet many new friends. Here are a few things we all can do to help our sport grow:

- Invite at least 1 person to come play in leagues, tournaments, fun outings, or just the evening play.
- We should all work to make the game more enjoyable and welcoming to others at our home clubs and at the tournaments.
- Let's try to be nicer to the refs, do not yell and scream at bad calls or bad shots.
- If you are in the way of your opponent's shot, instead of doing a replay, just give your opponent the ball and say sorry.

It will make the game more enjoyable and you will have more friends. That's all for now. See you all at the membership tournaments.

John Haynes, President, Utah Racquetball Association



UtahRacquetball.org

This year we've added several enhancements to the web site. First, there is a new Sponsors section. Sponsors who contribute to Utah Racquetball can get their company logo and information on our site. If you know of someone who might be interested in this marketing opportunity, please contact Randy Van Wagoner at <mailto:rvanwagoner1@msn.com>.

You can now sign up to receive the newsletter right in your inbox. Look for "Newsletter Signup" on the home page at <http://utahracquetball.org>.

Fall Membership Drives

Fall Membership Drives

The Fall Openers are nearly on us. We thought it would be good to take a minute to talk about the entry fee for the Fall Membership Drive. \$50 of the entry fee goes to pay your USAR membership fee for the year, which actually makes the tournament cost next to nothing.

Of course, you *could* pay your \$50 membership fee directly to USAR at some other time during the year. But when you pay your entry through the Fall Membership Drive, the Utah Racquetball Association gets to keep a small portion of the fee. This money can then be applied to help run tournaments, juniors and travel league programs, and all the other benefits that our association provides. When your membership fee is paid directly to USAR, we don't get to keep any of that money in state to help Utah Racquetball directly.



Tournament Results

**Utah State Juniors
August 9 – August 11, 2012
Redwood Recreation Center**

Division	First Place	Second Place	Third Place	Fourth Place
Boys 10 & Under multi-bounce	Harrison Adamson	Hayden Tubbs	Trenton Howard	Kristopher Manning
Boys 10 & Under	Mike Wyatt	Hayden Tubbs	Harrison Adamson	
Boys 14	Cade Hyde	Jordan Rand	Max Benich	Aurash Takmili
Boys 14 Consolation	Rodnia Emam	Tyler Grubb	Tavish Quigley	Connor Roberts
Boys 16	Taber Quigley	Rachel Van Rhee	Blake Burns	Carter Brown
Boys 16 Consolation	Casey Rand	Eric Christensen	Jordan Etherington	Jordan Rand
Boys 18	Taber Quigley	Rachel Van Rhee	Cameron Etherington	Casey Rand
Girls 10 & Under double-bounce	Jillian Brown	Joell Martin	Kelsey Manning	Melissa Umble
Girls 10 & Under double-bounce Consolation	Rebecca Manning	Kyli Boyce	Emelle Rand	
Girls 18	Kylie Belt	Mary Barton	Mallie Brown	Caprice Quigley
Girls 18 Consolation	Rebecca Van Rhee	Milena Boyce	Alyssa Wyatt	
Junior 12 & Under	Shaheen Takmili	Tavish Quigley	Mike Wyatt	Samuel Flores
Junior 12 & Under Consolation	Alyssa Belt	Peyton Benich	Kelsey Howard	
Junior 8 & Under multi-bounce	Preston Aitken	Andrew Brown	Treyson Belt	Parvaneh Takmili

**Outdoor Tournament
Aug 11, 2012
Centerville**

Men's Open – Nate Nelson (1st) Rico Dubach (2nd)
 Men's A– Nate Nelson def Jack Bybee
 Men's B – Terry Petrie def Kyle Smart
 Men's C – Ryan Nielson def James DeGering
 Men's D – Anthony Piscopo (1st) Eric Christensen (2nd)
 Men's Age 25-55 – Brian Griffiths (1st) Rico Dubach (2nd)

High School Results

Boys Singles #1 – Jesse Van Valkenburg def Parker Dolbin
 Girls Singles #1 – Rachel Van Rhee def Emily Webb
 Boys Singles #2 – Rachel Van Rhee def Jefferson Cline
 Boys Singles #3 – Carter Brown def Brandon Whitehead
 Boy's Doubles #1 – Parker Dolbin & Jacob Chung (1st) Douglas Wirthlin & Stanford Cline (2nd)
 Boy's Doubles #2 – David Vance & Hunter Annen (1st)
 Mixed Doubles #1 – Ryley Guzy & Steve Taylor def Emily Webb & Colton Webb



Refer to UtahRacquetball.org for an updated schedule
 For further inquiries, contact John at president@utahracquetball.org

2012-2013 Schedule

Date	Event	Location	Tournament Director	Contact Info
Sep. 5th - 8th	Fall Opener Membership Drive	Marv Jensen	Mike Van Valkenburg	inkmanvan@comcast.net 801 502-9526
Sep. 19th - 22nd	Orem Membership Drive	Orem Fitness Center	John Haynes	president@utahracquetball.org 801 541-3425
Sep. 19th - 22nd	Bountiful Bash Membership Drive	South Davis	Rico Dubach	rico@swissboy.biz 801 298-3656
Oct. 2nd – 6th	Jordan Valley	Jordan Valley	Randy Van Wagoner	rvanwagoner1@msn.com 801 557-5152
Oct. 10th - 13th	Huntsman's Masters	St. George	Dick Morgan	www.seniorgames.net
Oct. 17th – 20th	U of U Open	U of U	Kayla McCloy	kmccloy@hotmail.com 801 641-6672
Oct. 30th – Nov. 3rd	State Doubles	Sports Mall	John Haynes Randy Van Wagoner	president@utahracquetball.org 801 541-3425 (J) 801 557-5152 (R)
Nov. 14th – 17th	Mullett Hoover	Orem Fitness Center	Kaye Buhler	kbuhler@orem.org 801 229-7118
Nov. 29th – Dec. 1st	Ogden Gold's Gym	Ogden	Ron Scoville	ronscoville@gmail.com 801 528-8915
Dec. 11th – 15th	Rocky Mountain Masters	TBD		
Jan. 2nd – 5th	Alta Canyon	Alta Canyon	Shane McDougal	shanejmac@gmail.com 801-860-3491
Jan. 16th –19th	Orem Open	Orem Fitness Center	Kaye Buhler	kbuhler@orem.org 801 229-7118
Jan. 29th – Feb. 2nd	Sports Mall Open	Sports Mall	Ray Griffiths John Haynes	president@utahracquetball.org 801 541-3425
Feb. 6th – 9th	State High School	Marv Jensen	Mike Van Valkenburg	inkmanvan@comcast.net 801 502-9526
Feb. 12th – 16th	Valentine's Day Massacre	Redwood	Ruth McGovern	rmcgovern@sloc.org 801 974-6923
Feb. 26th – Mar. 2nd	UVU Open	UVU	Preston Stewart	thepassalongs@gmail.com 801-822-1910
Mar. 12th – 16th	Luck of the Heights	Cottonwood Heights	Ruth McGovern	rmcgovern@sloc.org 801 974-6923
Mar. 26th – 30th	State Singles	Marv Jensen	Tara Nichol	tnichol@sloc.org 801-253-4404 ext. 4