

July 2011 – News from BC Racquetball

Hello Everyone!

It's a great summer to be a racquetball player, because the weather outside is definitely not conducive to outdoor activities...unless, of course, it's Wednesday Night Outdoor Racquetball in Coquitlam. As you probably know, outdoor racquetball is very popular in other countries, and this summer the BCRA is piloting a new FREE outdoor racquetball program. Check our website for details. [www.racquetballbc.ca](http://www.racquetballbc.ca)

Two of our juniors are heading to the Dominican Republic next week, attending the Junior World Championships. Sivan Dinur will compete in the girls 16&Under division of the World Cup, and her brother Nadav in the boys 12&Under division in the Esprit Cup. Both juniors earned the right to represent Canada by their excellent finishes at the 2011 Junior Nationals. They've worked hard over the last year, training as well as fundraising (need your car washed, anyone?) Good luck to both of these Vancouverites. Follow their progress – games start July 24.

Nutrition Tip: Studies continue to confirm that children and teenagers do not need sports drinks – the best hydration after training or playing is water. Sports drinks contain calories that contribute to obesity, according to the study. And when it comes to energy drinks containing caffeine or other stimulants – “These beverages can damage children and adolescents' neurologic and cardiovascular systems and shouldn't be consumed”. So water and chocolate milk are the way to go (although a recent study of triathletes recommended that b\*\*r is the best recovery drink!)

The Board's goal this year is to increase membership numbers. There are several ways that we will do this. (1) We will reach out to all the people who already play racquetball and encourage them to sign up as members. To do this, we are proposing a new low cost membership plan (see below). (2) We want to encourage new players to join the sport. Tournaments are too intimidating for new players, so we will continue to promote programming such as our new Duffers League program at universities and colleges. (3) We will continue to support our junior programs, with the goal to expand beyond the current hotspots of Lower Mainland, Kelowna, and Campbell River. (4) We will expand our Road Show program, bringing racquetball instruction and exposure to other parts of the province.

The Board's mandate is to promote and support racquetball in the province. We cannot do this ourselves – we need your help at your local facility. All you have to do is help us connect with your local club and local racquetball organizers – call us to get started!

To support our plan to increase membership, we need to revisit our membership fee structure. The BCRA will hold a special general meeting on Saturday October 8th at 5 pm at REVS. The agenda item will be a new membership fee structure. Please plan to attend.

Upcoming events: Vernon Splat Fest in September, BC Open at REVS October 6-9, BC-Washington Junior Challenge (Racquets Without Borders) October 15 at REVS ... other events: send your dates to Kelly at [kel1coffee@hotmail.com](mailto:kel1coffee@hotmail.com)

South of the border, the annual “Queens of the Courts” will be held July 29-30 in Olympia. (Women Only)

In June, Amy Wilson hosted a one-day junior event at REVS. She included fitness, stretching, positioning, strategy – and the juniors got a lot out of it. Thanks, Amy, and thanks to 2010 Legacies Now and BC Gaming for supporting this event.

At the Annual General Meeting this year, we welcomed a new Board member – Keith Callander. Keith is a long-time racquetball player, now living in Kamloops. He has taken on the task of Club Liaison, and is working on updating our outdated club database.

We also had two Board members leave the board. Thanks to Sandra Neilsen who brought her artistic abilities and good work ethic to the board. And thanks also to Sebastien Boissonneault who put his heart into the junior program.

And finally, to racquetball’s sweetheart Debra Werner – our thoughts are with you as you face your new battle with cancer. Debra will let us know when she’s up to receiving visitors but, in the meantime, we can all send positive thoughts her way.

Cheryl McKeeman, President

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