

HIGH SCHOOL RACQUETBALL LEAGUE

HOW-TO MANUAL



Prepared by The Missouri High School Racquetball
Association Coaches & Players

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INTRODUCTION

The intention of this manual is to provide all who are interested with a collection of information, testimonials, best practices, and recommendations on some tried and true methods of developing High School Racquetball programs. This content can be used to help persuade and encourage participation and engagement from players, schools, coaches, and parents. Obviously there are details beyond what is contained in this manual. The goal was to keep it simple, relatable, and organized in a manner that could most easily be used by the masses. Best of luck in getting your program kickstarted. Thanks for reading and supporting racquetball kids!

CHECK OUT MISSOURI HIGH SCHOOL RACQUETBALL www.mohsrball.com



QUESTIONS ON ANYTHING WITHIN THIS DOCUMENT? NEED EXTRA INFORMATION OR ASSISTANCE?

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WHAT IS RACQUETBALL?

Brief/basic rules obtained from USARacquetball.com :

- Racquetball is played by two or four players. When played by two, it is called singles and when played by four, doubles.
- Racquetball is a competitive game in which each player/team uses a strung racquet to take turns at serving and returning the ball within a closed court.
- The objective is to win each rally by serving or returning the ball, so the opponent is unable to keep the ball in play. A rally is over when a player (or team in doubles) is unable to hit the ball before it touches the floor twice, is unable to return the ball in such a manner that it touches the front wall before it touches the floor, or when a hinder is called.
- Points are scored only by the serving side when it serves an irretrievable serve (an ace) or else wins a rally. Losing the serve is called a side out in singles. In doubles, when the first server loses the serve, it is called either a hand or half out and when the team's second server loses the serve, it is a side out.
- A match is won by the first side winning two games. The first two games of a match are played to 15 points. If each side wins one game, then a tiebreaker game is played to 11 points.

Additional details:

- Racquetball was created in the 1950s by combining elements from paddleball, tennis, handball, and squash.
- Racquetball's popularity grew rapidly in the 1970s due to its fast pace and high intensity, but more so because it was so easy to learn and play.

- By the early 21st century, there were about 10 million racquetball players in more than 90 countries.
- While not yet an Olympic Sport, racquetball is also featured in both the Pan American and World Games.
- The United States Adult and Junior Teams are formed each year in team qualifier championships sanctioned and run by USA Racquetball, the national governing body for racquetball.

WHAT IS HIGH SCHOOL RACQUETBALL?

- During the boom of racquetball growth in the 1970s, racquetball clubs were being built all over the country. In St. Louis, Missouri (a racquetball city with a rich history... the first Racquetball National Championships were held at the Jewish Community Center in 1969), the Spaulding Racquetball Club chain took over the landscape of the city with clubs all over the region.
- Courts were filled with programming all day and night at the Spaulding Clubs from 5am-Midnight. The only hours that weren't being utilized consistently were the "after school" hours of 3-5pm. In an effort to create programs for that time frame, intramurals were offered for the high schools that were located close to each club.
- This after school racquetball program engaged kids in the sport and allowed them to be a "team" and enjoy a sport with classmates. Organically the next step was to begin competing with kids at different schools and clubs. This became an interclub/interschool sport.
- In the Fall of 1979 this was formalized into the Missouri High School Racquetball League, a league that is still around today.
- Renamed MOHSRA (Missouri High School Racquetball Association) in the early 2000s, the program has gone through several incarnations. At present there are...
 - Varsity and Junior Varsity teams including different levels of JV competition for both experienced and beginner players
 - 10 week league program running November - February
 - 4 annual league tournaments, including a state championship
 - A middle school division that acts as a developmental feeder into the high school divisions
 - There is a spot for every player at every level at every school!
 - Currently there are 600+ players at 20+ schools enrolled
 - Hosted 19 USA Racquetball High School National Championships

WHY HAVE A HIGH SCHOOL RACQUETBALL PROGRAM?



Individual & Team Sport



Crosstraining for other sports



Inclusive: Everyone can play



Additional Winter Sport



Additional Benefits

- Recognized Sport
- Club Team
- Club/Student Organization
- PE requirement fulfillment option

- Social/Friendships
- Common Bond/Community of Racquetball Players
- School Pride
- Competition

TESTIMONIALS

“Why do/did you love high school racquetball?”

Relatable examples from players, coaches, and parents.

LOTS of testimonials are included here. Relatable scenarios are the best way to ignite engagement and connect with new players and families (and even coaches and schools!). Each of these is unique and personal and different testimonials will work better to relate to different individuals and schools in different ways.

Several pages of testimonials are included in an attempt to include content that could best assist you in your community.

- **Player & Coach:** My favorite part of high school racquetball in Missouri is the Community. Deciding to play racquetball as a freshman in high school not only led me to meeting some of my best friends but also introduced me to a sport that I still love playing. Now, almost 20 years later, I’m still playing with friends I met in high school and continuing to meet new racquetball friends in our thriving community. None of that would be possible if it weren’t for Missouri High School Racquetball.
- **Player & Coach:** I loved HS Racquetball for the competition, community, and enjoyment of the sport itself. Racquetball is unique and I fell in love with the game right away. I really enjoyed having an avenue for competition outside of the traditional sports that I did not make the team for. I had such great experiences especially at the state and national tournaments that I will remember them forever. Lastly, it was a great way to make new friends and acquaintances that I still have relationships with today.
- **Player & Coach:** I loved playing high school racquetball because it’s such a great community and the sport itself is accepting of all skill levels! I was able to not only make more connections with kids from my own school but really developed relationships with kids from all the local high schools. Everyone in the program is supportive, kind, and just a joy to be around! As a more competitive person, I personally also loved the quick pace and intensity of racquetball compared to other sports. However, anyone and everyone can

jump on a court, develop their skills, and play as competitively as they'd like all while being cheered on and coached by incredible people!

- **Parent:** High school Racquetball gave my children an opportunity to excel in a sport that taught them a lot about self development, team work, and goal setting. My children are now young adults and still play the sport. My daughter met her husband playing Racquetball. Without high school racquetball, this would not have been possible.
- **Player & Coach:** What I appreciate about high school racquetball the most is that it is open to anyone, and brings together a diverse and eclectic group of people in a tight-knit community. Regardless of a student's athletic abilities, economic resources, or background, there is a place for everyone in racquetball. Students who have never made a cut on another team have played—and thrived—in racquetball. Students who have never felt accepted in other social settings have found a home and acceptance on the racquetball team.
- **Player:** The friendships you make, while still being able to compete against them.
- **Player & Coach:** I loved high school racquetball because it not only was a fun and fast-paced sport but also fostered a strong sense of community within our team and the entire league. The friendships and camaraderie we built were truly special and left a lasting impact.
- **Player:** I love high school racquetball for the relationships whether it's with coaches or other kids both from my school and other schools. I also love high school racquetball for teaching me how to be a stronger person both physically and mentally which sets me up for success in the future.
- **Player & Coach:** Racquetball is a sport for everyone. The best players in the world are fast, smart, strong and have good reflexes but you only need one of those talents to still be a great player. This allows anyone to be successful, no matter what age they first learn to play - which is incredibly rare in today's world of high-school sports.

- Player: Highschool racquetball was the perfect blend of community and competitive nature. One minute you are playing a rival in a match and the next minute you are making friends with him off the court. There is no other sport in high school that offers that combination. It made our sport so much fun and addictive.
- Player: High school racquetball in Missouri has helped me find a community that shares the same passion I have for racquetball with my peers, high schoolers and adults alike. I was able to join my school's team my freshman year and by junior year was able to win a national championship title and that's what makes people so excited about racquetball. Meeting people who have one common interest with me has opened so many doors and opportunities for me and I know my teammates can say that same. Above all else, the competition is fun! Racquetball isn't like other high-stakes high school sports and you really don't know it until you try it.
- Player & Coach: I love high school racquetball because while I didn't know it at the time, the people I met through the sport would turn out to be some of the most important people in my life, far beyond high school. The community that is built amongst the players is unlike any other organization I've participated in and it's the single best memory from my time in high school. I wouldn't have the job, best friend, or boyfriend that I have today without this sport.
- Player & Coach: High school racquetball is such a fun, laid back yet competitive sport that's open to all kids regardless of social status, gender, or even athletic abilities. It's such a good time to grow the love of a great sport that lasts a lifetime. I started playing at 14 and am still playing and coaching to this day because of how much fun I had when playing in high school. It's also one of the first things I remember when I look back on my high school days because of how big an impact the sport had and still has on me.
- Player & Coach: I loved high school racquetball because it helped create forever friendships, gave me a sense of community, a safe place for friendly competition and gave me a sport that can easily be lifelong.

- Player: High school racquetball was the best experience I had in high school. It's not just the sport that I love- requiring fast reflexes, good coordination, and quick thinking- but also the community. It's very tightly knit and I've made some great friends for life through the sport, and not just from my school.
- Parent: -1- Racquetball meets you at your level. Beginner, intermediate, and advanced.... the sport will challenge the athlete. -2- Barriers are blurred. Racquetball exposes athletes to players across many spectrums. High School to middle school, public and private, boys and girls, affluent to not as affluent.... -3- Individual sport and team sport. Singles.... success is determined by you. Doubles teaches how to work together towards a common goal. -4- The perfect winter sport. Fills a time in the school calendar to stay active and physically fit when the weather is not ideal. -5- Introduction to being a role model. The mixing of older and younger players allows the older kids to learn how to lead and show the way for the younger kids. -6- Great sport for females to strengthen muscles that decrease the risk of ACL and MCL injuries. -7- Diminishes the influence of parents and politics. If you win, you move up. If you lose, you don't advance as fast. Very objective. -8- The structure of the field of play keeps the parents at bay. It's players and coaches in the hallway down by courts. Parents don't hang out down there which allows the kids to figure out how to grow. -9- Due to the factors listed above, RACQUETBALL OFFERS THE BEST CULTURE IN YOUTH SPORTS. No other sport comes close. Hats off to the coaches that made my daughter and the kids across the racquetball community have such a wonderful experience.
- Parent: As a parent of three high school racquetball players, from 1998-2012, it gave my kids a chance to compete in a sport for their school. It's hard to make a high school team in many other sports.
- Parent & Coach: I knew that the St. Louis racquetball community was something I wanted to be a part of. Everyone wants to win but it is not the end all thing. Everyone has a mutual respect for the parents, coaches, and especially the student athletes. It is a game that teaches respect for one another and the schools they represent. What other competitive high school

sport has the athletes referee their own matches. It instills respect and responsibility.

- Player: I loved high school racquetball because of the huge role it played in shaping me into the person I am today. It taught me hard work pays off, it's okay to fail, and that a sport can be incredibly fun no matter what level you're at. Being in high school can be tough at times; for me and many others, racquetball served as an outlet where we could have fun, make friends, learn discipline, and get to know ourselves. I have incredibly fond memories of high school racquetball that I will forever cherish!
- Player: I love high school racquetball because it gave me the opportunity to meet new people. Also, racquetball is a great sport to stay physically active and relieve stress. Racquetball allowed me to discover a new passion and inspired me to pursue goals within the sport.
- Player: I love high school racquetball because it has allowed me to create friendships with people I would not have known if it weren't for racquetball. The racquetball community is like another friend group to me, and it consists of people from different schools and grades. The people in the community will push one another to make their own game better. It is great to see all types of levels of players have the same passion for the game, and that's why I love high school so much.
- Player: I love high school racquetball because of the community. Everyone on the team is very supportive and want nothing but the best for each player, no matter how high or low their level of play is. But something that I think is especially unique and amazing about Missouri high school racquetball is the amount of positive interaction players are able to have with other schools. I have a ton of friends from schools other than mine who offer a lot of support and encouragement, which is something that is not typical in many other high school sports. I see Missouri high school racquetball as one big family and that is what I love about it.
- Player & Coach: As a high school racquetball coach and former league player, I love racquetball because of the unique atmosphere of the sport. It's more of an untraditional sport that the majority of players picked up early on

in high school. Because most players start from square one with their racquetball skills/knowledge, the players get to progress in the sport altogether which creates a unique type of camaraderie. There also is a wide range of skill levels in the high school program. Some players take it easy during the season to cross condition for other sports and some train multiple times a week to get to the state/national champ level. However, no matter the skill level all types of players seem to have a unique passion for the sport that is shared among all current and past high school league players.

- Player: I love high school racquetball because it created a community that I will always be thankful to be a part of. Even though I often competed individually on the court there was always a teammate, coach or a friend from another school cheering you on.
- Player: I love highschool racquetball because it has allowed me to become involved in such a wonderful community! No matter what highschool you wear on your jersey, everyone supports each other. I have met some of my best friends through racquetball, without playing for the same team. Everyone is trying to get better and grow in the sport for themselves while helping others reach that same goal. The high school racquetball community has created a second family for me!
- Player & Coach: There are no other sports quite like racquetball! It's a sport for everyone. It doesn't matter whether you are a varsity athlete or have never played a sport in your whole life. All skill levels can come together and find passion and love for the game. As someone who has participated in many sports growing up, the main reason I love high school racquetball so much is because of the community. I have met the most genuine, kind hearted, selfless, dedicated, and supportive people in my life through high school racquetball. It doesn't matter your age, skill level, or the jersey that you wear- there is a genuine camaraderie throughout this community that is completely unparalleled.
- Player & Parent: As someone who participated in the St. Louis high school racquetball program 43 years ago and also enjoyed watching his son participate I'm blown away by the fun and comradery the athletes have.

They are learning a game they can play for a lifetime. It's also impressive that the high school coaches and people who run the league have a passion for the game and for their kids.

- Player & Coach: As a freshman in high school, I joined my high school racquetball team after attending an informal session at school. I thought the sport was unique and maybe a bit quirky, and I decided to join because I wanted something to keep me busy between my other sports. However, very quickly after picking it up, it became my favorite thing to do! The high school league was a community of kids with all different skill levels, and all of the coaches were knowledgeable and encouraging. The community this created was second to none, it was a place of inclusivity and positivity. Fourteen years later, I'm still at it! After playing the sport for a club team in college, I'm back in St. Louis coaching for the same team that made me fall in love with the sport. I am very pleased to say that the community is still one that I am super proud to be a part of.
- Player: High school racquetball has taught me valuable lessons of sportsmanship and perseverance by providing me an outlet for competition. More than that, it has introduced me to an amazing community that inspires me to be better both on and off the court.
- Player & Coach: I love high school racquetball because it provides a community and opportunities unlike any other high school sport. While you compete individually and as a team against other area schools, each player has the opportunity to be exposed to the broader, national high school, college and adult racquetball community. So not only can you make friends on your team and others while learning and playing in the league, tournaments, and Nationals in high school, but those experiences give you exposure and connections to the many ways you can keep playing well beyond your high school years.
- Player: High school racquetball provided a competitive but encouraging environment where I could be myself! The fast pace rallies required me to stay present in the game and provided a mental break from other worries. The friendly atmosphere and supportive teammates and coaches made

practices and matches more enjoyable. The blend of physical activity and social interaction was a great boost for my overall well-being!

- Player: I loved high school racquetball because of the competition and the friendships it built, many of which have lasted over 15 years. It was a great avenue for personal development in athletics and leadership. The experiences in the program helped shape who I am today
- Player: High school racquetball allowed me to discover a sport that I loved, and it welcomed me into a passionate and growing community that shared my appreciation for a largely under-appreciated game. I noticed that despite the competition between teams, our mutual love for racquetball made us one tight-knit community.
- Player: Racquetball is unlike any other sport I played in high school. With it being a club sport with so much down time, I built friendships with a huge variety of people. Kids from other grades at my highschool, people from other schools, and coaches and parents all contributed to this massive racquetball family. This family feeling was amplified at tournaments in other states where there was always a group referred to as “the Missouri kids.” There is no environment that matches the love and pride found in STL racquetball. As I am now graduated, I still feel welcome every time I come back to Vetta for tournaments when I’m home. I’ll never forget or regret anything from my experience playing racquetball!!
- Player: I really enjoyed MO High School racquetball due to the environment and the sense of community it fostered. I doubt I would’ve stuck with the sport if it wasn’t for the countless coaches who made MOHSRA possible. Additionally, the fact that there were so many of my peers playing the sport, many of whom were from my high school, made the sport much more rewarding to play.
- Player: What I loved most about high school racquetball was both the individual and team fulfillment I got from playing. Some of the best memories I have are cheering on my friends winning a big match and looking up in the crowd and seeing my teammates cheering me on. It was the only “team” sport I played where I felt like everyone was really rooting

for the success of others as opposed to vying for a spot on the roster and hoping for a mistake out of others.

- Coach & Parent: As a coach, seeing the joy on players' faces at the end of the season keeps me coming back, and knowing I contributed to their development and joy for the sport is just icing on the cake
- Player: When I think back to the time spent playing high school racquetball, I can't help but smile. It was such a good time in my life. It was hard work but it was always fun. Our racquetball team consisted of girls of all ages, freshman to senior year; but when we were on the court or in the halls, the class ranks didn't matter. We were a team that had fun and took care of each other. Racquetball was the foundation for lifelong friendships.
- Player: I love high school racquetball because there is an aspect of racquetball that will fit every player and push them to improve. For example, my playing style is strategic and relies heavily on tracking the ball and focusing on the angle of my hits. Some of my friends, however, focus are more technical and practice hitting the ball at different speeds and heights to make it difficult to get. High school racquetball is amazing because it allows players to develop a unique style in a supportive community with a common passion for racquetball.
- Player & Coach: As a lost athlete, high school racquetball gave me a community that welcomed me, challenged me, and truly changed my life.
- Player: The reason I love high school racquetball so much is not just the sport itself, but the community of people involved in it. I was able to meet people from other schools, play with caring and passionate coaches, and build connections that have lasted beyond my time on the court.
- Player & Coach: It is a unique environment where a highly competitive fast paced sport meets the most welcoming and supportive group of athletes across all schools I've ever experienced. You can battle for a state title vs someone and the next minute be best friends with them even though you're on rival teams at rival schools. Bc the sport isn't normally traditional huge bulky athletes, the population lends itself to more of a warm habitat for elite athletes and new players alike. People recognize that it isn't necessarily a

front of mind, ESPN nightly news sport, and that almost makes the people who play even tighter knit as they all strive to push their own individual game as well as the sport as a whole forward. Fast, furious, friendly: racquetball

- Player & Coach: I love it for more reasons than most. HS racquetball was the first sport I felt truly competent, so it helped a great deal with my confidence/self esteem (for better or worse). HS racquetball is responsible for so many core friendships in my life that have and will remain ever constant. The community is unlike anything I have ever experienced, in the best way. HS racquetball was an opportunity for me to learn to grow even more as a coach, how to empathize better, how to put myself in others shoes better, and resulted in most of my most rewarding and gratifying experiences in this sport thus far. HS racquetball is how I met my incredible wife. Were it not for coaching for opposing teams halfway across the country, I would not have had the privilege to get to know her. If it were not for HS racquetball, I wouldn't be who I am or where I am today. I absolutely love HS racquetball.
- Player: High school racquetball gave me the opportunity to learn a new game that I can play for a very long time. It also gave me the opportunity to make lifelong friends.
- Parent: Between my 2 boys and all of the sports they have played over the last 12 years, high school racquetball has by far been the most formative, both athletically and social/ emotionally. To be on a court in such close proximity to your opponent, hitting a small ball that at times can be weapon-like takes a lot of courage, thoughtfulness and skill. I don't think there is a better example of "the thrill of victory and the agony of defeat" just in one game of racquetball. The pace is so fast and things can change so quickly that if a player is not careful their lead can change on a dime. Being able to temper ones emotions and skillfully battle through the good and bad times quickly, just in one game, makes racquetball players mentally and physically amazing! The racquetball community in general is also so incredibly welcoming and kind. Truly a safe and encouraging place for all!

- **Player & Coach:** The reason I love high school racquetball can be simplified into one word to span over my 12 years of experience with it; community. I started playing racquetball to feel closer to my family (my uncle and cousins played). I was excited for the opportunity to do something my family was passionate about. What I didn't know when I joined was the community was much bigger than just my family, but that community has turned into my family. My freshman year the seniors on the team took me under their wing from the moment I started, they helped me compete against people much older and with more experience than me. I felt comfortable with them but was also inspired by them. I was always supported in tournaments, games, and practices. They made sure I always had a ride, and was always being challenged. I had a great freshman year and the next year I made Varsity. Two of those seniors are coaches with me in the league now. I played in summer camps and made a community of friends my age from many different schools. I also became friends with college-level racquetball players who started to introduce to me the idea that your racquetball career doesn't have to end once you graduate high school. When I entered college, many of my former opponents became my teammates. The community of former high school racquetball players welcomed me with open arms. They were a familiar face and a safety blanket during a time of change and lots of uncertainty. One of these players, formally someone I would claim I was my least favorite person to play against in high school, is my best friend, and standing with me at the alter on my wedding. I could write paragraphs on the communities this program created for me. How it impacts me in my professional life, and now as a coach, in my adult life. There is nothing I am more passionate about as a young adult than coaching my high school players. I know the importance of this program and feel a personal duty to help continue to grow it. I think everyone should have the opportunity to play a sport as great as this one, and join a community that will follow you through all facets of life.

- Player: I love high school racquetball because not only did it introduce me to a sport I love, but a community as well. On and off the court, I have met some of my best friends and made relationships that will last a lifetime. Because racquetball is a smaller sport, it feels like you have a connection with everyone, and for me, the racquetball community became my second family.
- Player & Coach: The high school racquetball league has been one of my strongest communities for over 13 years of my life - both as a player and a coach. It gave me a chance to be competitive and to train at an individual sport that relied on my own work ethic. But at the same time, it also gave me a team to grow relationships. Some of my best friends in high school I met through racquetball and some of my best friends as an adult I have gotten to know through coaching together. I'm always inspired by how the athletes embrace the beauty of this community. Our league is competitive and intense. Everyone wants to win. But once they're off the courts, players from all different teams are hanging around laughing together and having fun as one big community. It's very common that you will see two competitive rivals give everything they have on the court and then hug once the match is over. That's a special relationship you don't get in all sports. There is nothing quite like high school racquetball and I am immensely grateful for its impact on my life.
- Player: I have loved my high school racquetball experience so far because of the fun and competitive competition I've had, and the nice people I have met while competing. While I've played this sport I have had a lot of fun playing for my team weekly and playing in tournaments on the weekend. And throughout my time playing I have met a lot of good people that I'm still friends with.
- Player: I quit gymnastics after 10 years and started playing high school racquetball and I definitely don't regret it! It was an opportunity for me to meet other kids my age from public and private schools near me, which was really nice given I went to an all girls catholic high school. Everyone in the community is very supportive, social, and welcoming. It's nice also that most high schoolers didn't "grow up playing racquetball", so when you start the sport in high school, everyone's starting at the same level together. It's a

very easy sport to learn and get the hang of and isn't too big of a time commitment either so it fits in perfectly to the balance of high school life. Racquetball is a sport that definitely stays with you beyond high school if you allow it to and can bring great friendships and opportunities!

- Player & Coach: My favorite part of high school racquetball in Missouri is the Community. Deciding to play racquetball as a freshman in high school not only led me to meeting some of my best friends but also introduced me to a sport that I still love playing. Now, almost 20 years later, I'm still playing with friends I met in high school and continuing to meet new racquetball friends in our thriving community. None of that would be possible if it weren't for Missouri High School Racquetball.

HOW TO START A HIGH SCHOOL PROGRAM



CLUB



COACH



SCHOOL



MISSION



EQUIPMENT



PRACTICE



LEAGUE



NATIONALS (BONUS)

FIND A RACQUETBALL CLUB/FACILITY

You need a **host venue** with enough courts for the size of your program.

This is a revenue opportunity for Racquetball Clubs **utilizing off-peak time**. This isn't unprecedented. Other High School Club sports (i.e. Ice Hockey) use off campus facilities during off-peak times. Off-peak times include...

- After school on weeknights until 5pm
- Some Weeknight Evenings 8-10pm
- Weekend Afternoons

Racquetball clubs/facilities can and **should charge for the program**. Giving the program away for free won't retain commitment. Every youth sport has a cost. A potential racquetball player would have to pay a fee if they were to enroll in a different sport. Racquetball Clubs can charge for this in different ways.

- Racquetball is a lifetime sport. **Offer a Junior Racquetball membership**. As a junior member, the player can enjoy the following benefits....
 - Fill up league spots
 - Become accustomed to club norms
 - Have home club pride
 - Training ground for an adult membership experience. This creates the Racquetball Clubs of tomorrow.
 - The Racquetball club/facility can give free trials. These can let the player give the sport a try... and the player's family. 1 Happy Junior Racquetball member could grow into a Family Racquetball membership
 - Brings parents back to the game
 - Introduces siblings into the game

- **Families have budgets for sports programs for their children.** Every budget and interest level is different. With this pipeline of Junior Players, a Racquetball Club is better equipped to grow the following products with a larger audience
 - Junior and Family Memberships
 - Racquetball Clinics, Camps, and Lessons
 - Leagues and Tournaments
 - AND Families Can Play together. Only a few sports can provide that opportunity!
 - Mothers & Sons
 - Dads & Daughters
 - Brothers & Sisters
- If there are players and families that have a **financial need, you can make exceptions** and provide reduced or waived fees for those families rather than making the program free for everyone.

High School Kids who play sports represent an intriguing group

- Cut from sport they have played up to that point
- Kids want to try everything
- INCLUSIVE; Kids are looking for a tribe to belong to. This is a great social group, too.
- Kids are old enough to transport themselves, carpools are formed, can play sport with parents
- High School players are old enough to act responsibly in the club
- It's great cross training during the Winter in between High School Fall and Spring sports.

Advice to clubs

- Don't create this potentially unique program using a cookie cutter process applied to your past programs. **This is a growth oriented, youth-focused, developmental program.**

- Look at this as a unique opportunity and shape accordingly. **Keep it simple.** Any family that is new to racquetball doesn't want to be scared away by complex enrollment and complicated fee structures.
- **Take the longview**
 - Define an interval of time for the program that ensures commitment for the membership or program. Don't require a year commitment. Try 3 month, 4 month, or 6 month.
 - Use incentives and show the "discount" for Juniors and their Families.
 - Don't create barriers to enrollment, remove them!
 - Consider this a new non-traditional membership strategy

FIND A COACH, CHAPERONE, PARENT OR MODERATOR

A team will need someone to **take charge of the program and organize the kids**. Look at coaches for all other youth sports... you don't need to be an extremely talented player, you need to be an organized and engaging coach.

Remember that first and foremost this is **recreational!**

Find an ENTHUSIAST. Don't ask someone to do this as a favor, that's not sustainable. It's fun. **You want someone who enjoys it and is a FUN MAKER!**

Parents are great. Single adults who have time or Empty Nesters. People want to help kids. Any "helpers" are appreciated as they can enable the primary coach by doing support tasks.

The goal is to **support and give opportunity to kids**...not show off expertise, but share it.

Running a practice is simple. More on that to come later in this manual, but if you will be coaching...

- Learn more about the **USA Racquetball Instructor Program**
 - <https://www.usaracquetball.com/instructors/get-certified>
- **SAFESPORT:** The U.S. Center for SafeSport and USA Racquetball are focused on educating coaches, athletes, and parents to ensure sports are safe and fun for everyone. One way we are actively creating a safe environment is through free training. Learn more about Safesport and how to become SafeSport Trained.
 - <https://www.usaracquetball.com/safesport/how-to-complete-safesport>

SCHOOL “ACCESS”: CONNECT WITH YOUR SCHOOL

A great relationship with the school is key. **Who is your best point of contact?**

- Athletic Director. This can be viewed as a sports club. The AD is the best resource for figuring out how to create a school-approved athletic program.
- Student Organizations Director? Not sure the exact title for this role at every high school, but no matter what this will be a school club.
- Principal. They might be able to point you in the right direction.
- Teacher/Faculty Member. Having a racquetball playing faculty member or a school sponsor for the club would be the ideal. They can be the point of contact between the program and the school and help recruit players.
- Involved Parent. A parent is a great/reliable person to help navigate the waters of the school as they have a vested interest in the club. However, they often rotate out as their kids graduate, so it is best to find help beyond just parents.
- Group of interested students. At many schools, all you have to do is have (for example) 5 interested students to form a club.

If this were a traditional high school sport, the State High School Activities Association would provide **Secondary Liability Insurance** to the High School. USA Racquetball can provide the same benefit to sanctioned programs and junior members. By requiring every participant to be a USA Racquetball member, and falling under the National Governing Body for Racquetball, Schools will be more comfortable supporting the program.

Schools will be concerned about the cost of supporting a Racquetball program.

- **Expenses are not unlike other high school extracurricular activities.**
Kids will have Team Dues that can cover the following expenses
 - Practice Fee (Membership to Club)
 - Team Uniform

- League Fee (Cost for Competition/Tournaments, Trophies/Awards, Equipment, and USA Racquetball Membership)
- The racquetball team can have fundraisers
- “Sponsors”/Donors can support the racquetball team.
- Do not prioritize seeking financial support from the school, **seek support to market and recruit.**
 - Do not be a burden to those in your high school, be an asset.

A great relationship with the school will provide a great opportunity to recruit new players.

- Have a student organization recruitment table at the **School Activities Fair**
- PE opportunity. A sports club can sometimes fulfill a PE requirement OR can be promoted in a PE class.
- **PARTICIPANT/PEER RECRUITMENT:** Word of Mouth from happy players is the single best way to recruit.
- After School Meeting on-site at school, since courts are off campus. If possible, have the meeting run by kids. That will go a long way. For a new program, the coach would be unfamiliar at first and peers are more relatable. This would be similar to all other student organizations.
- **Have the “team” become an official school club.** Elect officers/captains. These become sought after positions of pride that have the kids eager to become ambassadors for racquetball. This also helps distribute and delegate different team responsibilities so they don’t all fall on the coach.

Player Enrollment Process: Sample team and player enrollment forms will be found later in this manual.

DEFINE A MISSION AND OBJECTIVE

Your team needs a pitch that makes it easy to quickly promote the program. **Use this to promote at clubs, the school, in the community, and where-ever applicable.**

Once the Racquetball Club, Coach, and School Support are obtained you will know everything you need to consider when promoting and it will be easier to define the mission and objective taking those 3 variables into account.

- **Keep it simple.** “We want to introduce a life sport to kids that they can play with their parents and peers”

- **“We want to be an inclusive and engaging recreational team.”**
 - Elite players can become a by-product of the FUN experience and we can help direct them to take their game to new levels.
 - There is a place for everyone and no ceiling on the possibilities.
 - In the winter, this isn’t at the expense of any other sports opportunity.
 - Participation won’t hinder participation in any other sport Fall or Spring.
 - This will be a positive experience for family and friends... it’s beyond solely the player.

- Build the program with rules for everyone. **Build for the masses.** Do not manage the program for the masses around the exceptions generated by a few. You have to grow the program for the greater good.

EQUIPMENT

This is actually your smallest challenge. Every sport needs equipment.

- At a minimum each kid would need a **racquet and eyeguards**.
- **Gloves** would be recommended.
- **A backpack or bag** that could contain racquet and other equipment and clothing, water bottle, etc would also be helpful
- **Court shoes** would be appreciated from both a club perspective and a benefit for the player, too.
- The team or the kids would also, obviously, need **racquetballs**.

There might be a club pro shop or a local dealer that you can refer the kids to. You could even invite a local vendor or manufacturer representative to a team practice to let kids try products before they buy them.

- There are several online sources to order from, too, if local sources aren't available. Some may want to offer a special order or discount code for your program.
- Some manufacturers might have player packages that would consist of discounts on products.

Clubs and groups around the country have “Donate a racquet” boxes. There are ways to provide kids with equipment if they can't afford it.

Most clubs have “loaner” products of some sort that the kids can borrow.

HOW TO PRACTICE

Keep the first practice or team open house SIMPLE. Think of a PE class.

- Give them a brief summary of the game
- Give them a walking tour and explanation of the court
- **Get them playing within 5 minutes.**
 - Ultimately as long as they are playing at practice, that's a good thing
- Watch them and provide tips for the things they don't know or are forgetting.
- Review at the end and beginning of each practice.
- **Once they enjoy the game, they will want to get better and will be more open to drills and ways to improve.**

Have a **Challenge Ladder** or Round Robin format at practice to have scheduled matches.

Have parents and coaches help. There is a lot to do!

- Have them play with kids
- Have them lead drills
- Have them in the hallways keeping the kids on court
- Have them help teach kids to referee

Allow for water breaks and do not feel obligated to have the kids crowded onto a court for every minute of every practice. For many the **social component is just as important as the technical component.**

- Engage with the kids and use first names or individually acknowledge each player
- Give compliments to every player
- **Foster a social culture and encourage the kids to get to know & support one another and work together**

Add skills and drills challenges.

- Focus on simple drills at first involving forehands, backhands (different grip than forehand), and ceiling balls. Percentage racquetball should be encouraged.
- Prioritize working on serves.
 - Review serving to both sides of the court and different positions to serve from in the service box
 - Work on both drive serves and lob serves
 - Consider adding in Z serves
- Go over court positioning and footwork.
- Practice hitting the ball as it comes off the back wall
- Keep on adding more new skills and mastering previous ones during each practice.
 - Look to the USA Racquetball Instructor Program for help.
<https://www.usaracquetball.com/instructors/get-certified>

DEFINE STRUCTURE OF TEAM/LEAGUE

Create a program that best fits your school. Do whatever is most appropriate and fits the variables in your area. Examples include...

- Organize an intramural program
- Organize a league of high school kids from multiple schools.
- Combine two schools at beginning or end of your program to be in competition with each other and form a natural rivalry...then eventually add more schools

Create a team/program website and promote with pics.

- Use a free online web builder to design your site for free.
- Take pics with your phone, capture smiling faces. Encourage the players to do the same.
 - Include photo usage permission language in your team player waiver
- Ask the school to add a link on their website

Define Calendar: Doing this upfront assures better commitment and legitimizes the program and season. Easier to pivot off a predefined calendar than to create it as you go. Succinct, clear narratives that families and players can remember help keep things simple when defining the calendar of the season.

- Practice dates
 - Example: Every Monday night 8-10pm, September through February, beginning the Monday after Labor Day.
- League or Intramural match dates
 - Example: 10 matches. 1 match a week maximum. All matches are scheduled after school Monday through Friday, 3:30-5:30pm, November through February.

- League tournaments
 - Example: The Winter Rollout will be on Friday & Saturday of the first weekend of December. The Doubles Tournament will be on the Friday & Saturday of the third weekend of January.
- League “State” Championships
 - Example: The MOHSRA State Championships will take place over 10 days across the 3rd and 4th weekends of February.

Utilization of R2 Sports: R2 offers both sanctioned league and tournament formats for USA Racquetball members. Utilization of R2 enables easy scheduling, assurance of all participants being members, and supports each coach having a unique login to allow for participative submission of results and player entry. The multiple tasks shared across a league of coaches eases the burden of a single director and assures both team/player compliance and data integrity.

- Multiple Schedule options for league and tournaments:
<https://www.r2sports.com/bracket-formats.asp>

USA RACQUETBALL HIGH SCHOOL NATIONAL CHAMPIONSHIPS

Description of Tournament

- A fun team multi-day championship event featuring boys and girls singles, doubles, and mixed doubles divisions.
- Created to support high school athletics and encourage high school athletes to play racquetball.
- In keeping with high school traditions all players must play for their designated school and be a full-time registered student at that school.
- All doubles teams and singles players must be composed of players from the same school.
- Event also provides social experience for highschool students around the country to gather and share in their enjoyment of racquetball.
- Represent your school and community while having an experience the kids/team/families will remember forever.

Budget: Book Trip/Travel considering multiple key expenses...

- Hotel (travel on Wednesday, 5 nights (Wed-Sun) travel on Monday)
- Airfare (Roundtrip arrive Wednesday, return on Monday)
- Ground Transportation (rental car or public transportation)
- Food (tournament provides hospitality, but you will want to budget for meals when not at the club)
- Entry fee (up to 3 divisions, see below)

Enter Team in Tournament. You must enter divisions for your school and can only play doubles with classmates. Singles, Doubles, and Mixed Doubles (if a coed school)

- Singles has divisions 1-6. The School's best player must enter Division 1, 2nd best in division 2, and so on. Schools may enter as

many players as they want in division 6, assuming they have players in divisions 1-5.

- Doubles has divisions 1-3. The School's best team must enter Division 1 and the second best team in Division 2. Schools may enter as many teams as they want in Division 3, assuming they have players in divisions 1 & 2.
- All players must complete all necessary liability and consent forms
- All schools must submit a letter confirming all team players are currently enrolled.
- USA Racquetball High School Guidebook and Procedures Manual is included as an addendum to this manual.

TROUBLESHOOTING: HOW TO NAVIGATE CHALLENGES

Things happen! What are some of the challenges that others have faced before?

- **Clubs closing/consolidation of resources.** Yikes. A club closing or reducing courts is the nightmare we would all fear. Racquetball is a tight community. Everyone always wants to help fellow racquetballers. Approach another area club to look at off peak time at their complex to host the high school program. An established program would have great appeal! If courts shrink that is challenging, too. There are different ways to run practices when you have more kids than the courts can support.... That leads us to....
- **Demand for courts exceeds supply.** If you have huge ratios of kids to courts and need to keep the kids engaged without extending practice time and dividing the kids.... Consider off court training “stations” and organized drills on the utilized courts. Footwork drills with ladders, jump ropes, etc. can be conducted off court. Swing repetitions with mirrors and any team meetings can take place off the courts as well. Look beyond the court walls and see what you can utilize. Racquetball courts have more square footage per participant than most sports, there are lots of ways to be creative! (Remember that “downtime” in between drills and games is social time for teammates)
- Always consider modifications and pivots for next year during the season so you can optimize things for your team the next year with this list of focus areas. Too often if we don’t document we repeat things and encounter the same challenges year after year when

working “in” the season. **Make a list of challenges during the season and focus “on” the season improvements in the offseason.**

- How to handle exceptions when asked to accommodate the impossible. Refer to program structure and mission.
 - Remember the program was built with rules for everyone. **Do not manage the program for the masses around the exceptions of a few.** You have to grow the program for the greater good.
 - **You can make exceptions for those who need special consideration.** Making exceptions is completely different from restructuring for everyone to enable exceptions. Not everyone is seeking the exceptions. You can make the exception without changing the entire program.

- **Meeting unique expectations of every participating school.**
 - Different schools have different student club requirements. Work with each club to help accommodate their needs to help them recruit more kids. Do what it takes to allow kids and schools to play racquetball.
 - Examples would include that different schools end their school day at different times and are different distances from the club. Consider this when scheduling programs immediately after school. Some schools may give students early-outs for sporting events.

- Coach/Enthusiast Stuff: **We always need more coaches!** Coaches and courts are most critical to success... a great coach for the kids is a great ambassador for the program!
 - Coach onboarding. As your program grows and you add more schools, you will need to keep adding new coaches, too!
 - Have coaches get together to share best practices and have a forum for coaches to ask questions and share.

- The best players might not be the best coaches. They will need help and might be too prideful to ask. These meetings are great to help with that.
- Those who have coached other sports need to learn the best way to approach racquetball. Bringing coaching tactics from other sports, while tailoring them to racquetball.
- Parents and former team players, who now want to help as coaches, will need to learn what's expected of them at a practice versus just showing up to play. There are lots of simple ways to increase the impact of coaches if you share and collaborate best practices.
- Make sure you clearly define the team mission and objective for your coaches so that they can best support the overall vision of your program
- Remember from our coaching section...
 - Learn more about the **USA Racquetball Instructor Program**
 - <https://www.usaracquetball.com/instructors/get-certified>
 - **SAFESPORT:** The U.S. Center for SafeSport and USA Racquetball are focused on educating coaches, athletes, and parents to ensure sports are safe and fun for everyone. One way we are actively creating a safe environment is through free training. Learn more about Safesport and how to become SafeSport Trained.
 - <https://www.usaracquetball.com/safesport/how-to-complete-safesport>
- Be aware... some of the best coaches might grow from within your program.
 - Players may graduate and come back as coaches. They are great role models for the kids.

- Parents may stick around and stay on as coaches. They can relate well and help new parents learn the program.
- Assistant coaches can step in to become the next head coach.

SAMPLE FORMS & DOCUMENTATION

Team Player Google Form. It's recommended to request the following information...

- Any necessary club or school waiver (if required)
- USA Racquetball Membership and Event Release Waiver
 - I ACKNOWLEDGE THAT BY SIGNING THIS DOCUMENT, I AM ASSUMING ALL RISKS OF INJURY OR DAMAGE. I, FOR MYSELF AND ANY PERSONAL REPRESENTATIVES, HEIRS AND ASSIGNEES, HEREBY AGREE TO INDEMNIFY, RELEASE, WAIVE, FOREVER DISCHARGE, AND NOT TO SUE THE ORGANIZER OF THIS EVENT, USA RACQUETBALL (USAR), USAR'S AFFILIATED STATE ASSOCIATIONS, AND USA RACQUETBALL FOUNDATION (USRF), AND THEIR RESPECTIVE AGENTS, EMPLOYEES, VOLUNTEERS, MEMBERS, CLUBS, SPONSORS, PROMOTERS, CONTRACTORS, REPRESENTATIVES, PARENT COMPANIES, SUBSIDIARIES, DIVISIONS, AFFILIATES, INSURERS, PREDECESSORS, SUCCESSORS AND ASSIGNS (COLLECTIVELY "RELEASEES"), OF AND FROM ANY AND ALL CLAIMS, DEMANDS, ACTIONS, CAUSES OF ACTION, SUITS, COSTS, LOSSES, INJURIES, DAMAGES, EXPENSES AND LIABILITY (COLLECTIVELY, "LOSSES") ARISING OUT OF, RELATED TO, OR IN ANY WAY CONNECTED WITH, DIRECTLY OR INDIRECTLY, MY PARTICIPATION IN OR ATTENDANCE AT THE EVENT (AND MY TRAVEL TO OR FROM THE EVENT), INCLUDING, WITHOUT LIMITATION, ANY LOSSES CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF ANY OF THE RELEASEES. I ACKNOWLEDGE AND AGREE THAT THIS RELEASE IS A CONTRACT WITH LEGAL AND BINDING CONSEQUENCES AND IT APPLIES TO ALL COMPETITIONS AND ACTIVITIES AT THE EVENT AND THE USE OF THE FACILITY. In consideration of the opportunity to attend, observe, and/or participate in the event, I hereby freely agree to and make the following contractual representations and agreements. I acknowledge that racquetball is an inherently dangerous sport involving a risk of serious injury or death and I fully acknowledge the dangers of attending, observing and/or participating in this event, whether as a player, official, coach, volunteer, or otherwise, and I fully assume the risks associated with such attendance, observation and/or participation, by way of example, and not limitation: dangers associated with playing in close proximity to competitors, inadequate safety equipment, and the dangers

associated with court surface inadequacies. I agree it is my sole responsibility to be familiar with the event courts and agenda, the Releases' rules, and any special regulations for the event and agree to comply with all such rules and regulations. I understand and agree that situations may arise during the event which may be beyond the control of the Releases, and I must continually compete and otherwise participate so as to neither endanger myself nor others. I accept responsibility for the condition and adequacy of my equipment, any equipment provided for my use, and my conduct in connection with this event. I will wear an eye guard which satisfies the requirements of the Releases' Participant Rules or Regulations and that can protect against serious eye injury, and assume all responsibility and liability for the selection of such an eye guard. I represent that I am in good physical health and have no prior injuries or known physical disabilities which would endanger myself or others if I participate in this event. I understand that drug testing may be conducted for athletes registered for this event and hereby consent to such testing as further consideration for the opportunity to participate in the event. I HEREBY CONSENT TO RECEIVE MEDICAL TREATMENT WHICH MAY BE DEEMED ADVISABLE IN THE EVENT OF INJURY, ACCIDENT AND/OR ILLNESS DURING THE EVENT. I agree that the above representations are contractually binding, and are not mere recitals, and that should I or anyone acting on my behalf assert a claim contrary to what I have agreed to in this contract, the claiming party shall be liable for the expenses (including attorneys' fees and costs) incurred by the Releases in defending the claims. This contract may not be modified orally, and a waiver or modification of any provision shall not be construed as a waiver or modification of any other provision herein or as a consent to any subsequent waiver or modification. I consent to the release by any third party to Releases and their insurance carriers of my name and medical information that may relate solely to any injury or death I may suffer arising from the event. Every term and provision of this contract is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable. I give the USAR, IRT, IRT Network, and the US Olympic Committee (USOC), the absolute right and permission to use my image or likeness as part of any live or recorded video display or other transmission, reproduction or depiction of video or photographs for any legitimate business purpose. I release USAR, the photographer, their respective officers, employees, agents, and designees from liability for any violation of any personal or proprietary right I may have in connection with such use. I am 18 years of age or older and am of legal age of consent in the jurisdiction of the event with

no legal disabilities that prevent me from being legally bound by this Release (unless my parent or legal guardian has executed this Release). I am capable of reading and understanding the written English language.

- Check box to confirm: I HAVE READ AND UNDERSTAND THE FOREGOING, AND I VOLUNTARILY SIGN THIS RELEASE.
- Participant Name
- Participant Date of Birth
- Participant School/Team
- Participant Year in School
- Consent and Release of Parent or Guardian (from USAR & USOPC)
 - I am the parent or guardian of the above signed participant (Child). My Child is fit for the event, and I consent to my Child's participation. I HAVE READ AND I UNDERSTAND THE ABOVE CONTRACT. In consideration of allowing my Child to participate, I consent to the contract and agree that its terms shall likewise bind me, my Child, and our respective personal representatives, heirs and assignees. I HEREBY RELEASE AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS THE RELEASEES FROM EVERY CLAIM AND ANY LIABILITY that I or my Child may allege against the Releases (including reasonable attorneys' fees and costs) as a direct or indirect result of damage to property or injury or death to me or my Child because of my Child's participation in the event, INCLUDING, WITHOUT LIMITATION, ANY CLAIM OR LIABILITY CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF ANY OF THE RELEASEES. I, ON BEHALF OF MYSELF AND MY CHILD, OUR PERSONAL REPRESENTATIVES, HEIRS AND ASSIGNEES, PROMISE NOT TO SUE ANY OF THE RELEASEES ON MY BEHALF OR ON BEHALF OF MY CHILD REGARDING ANY CLAIM ARISING FROM MY CHILD'S PARTICIPATION IN THE EVENT. I give the USAR, IRT, IRT Network, and the USOPC, the absolute right and permission to use my Child's image or likeness for any legitimate business purpose, and I release USAR, the photographer, their officers, employees, agents, and designees from liability for any violation of any personal or proprietary right I may have in connection with such use.
 - Check box to confirm: I HAVE READ AND UNDERSTAND THE FOREGOING, AND I VOLUNTARILY SIGN THIS RELEASE.
- Parent/Guardian Name
- Street Address
- City
- State

- Zip Code
- Cell Phone Number
- Home Phone Number
- E-Mail Address
- Emergency Contact Name
- Relationship to Participant
- Emergency Contact Cell Phone Number

MOHSRA Team Entry Google Form. In addition to Player forms for team based leagues. Request the following information...

- Name of School
- Name of Head Coach/Primary Contact
- Mailing Address
- Cell Phone Number
- Home Phone Number
- Work Phone Number
- E-Mail Address
- SCHEDULING CONFLICT DATES: Please check your school calendar and list all specific dates you do not want matches scheduled.
- MOHSRA uses a Coaching Ethics code... sample follows...
 - This Ethics Code is intended to provide standards of professional conduct that can be applied by the Missouri High School Racquetball Association (MOHSRA) and its membership that choose to adopt them. This Code is intended to provide both the general principles and the decision rules to cover most situations encountered by coaches. It has as its primary goal the welfare and protection of the individuals and groups with whom coaches work. This Code also provides a common set of values upon which coaches build their professional work. It is the individual responsibility of each coach to aspire to the highest possible standards of conduct. Coaches respect and protect human and civil rights, and do not knowingly participate in or condone unfair discriminatory practices.
GENERAL PRINCIPLES: Coaches strive to maintain high standards of excellence in their work. Coaches seek to promote integrity in the practice of coaching. Coaches are honest, fair and respectful of others. Coaches uphold professional standards of conduct, clarify their professional roles and obligations, accept appropriate responsibility for their behavior, and adapt their methods to the needs of different athletes. Coaches' moral standards and conduct are personal matters to the same degree as is true for any other person, except when coaches' conduct may compromise their responsibilities or reduce the public's trust in USAR, MORA, the MOHSRA, the league's host facilities, the coaching profession, and/or coaches. Coaches respect the fundamental rights, dignity and worth of all participants. Coaches are aware of cultural, individual and role differences, including those due to age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language and socioeconomic status. Coaches try to eliminate the effect on their work of biases based on those factors, and they do not knowingly participate in or condone unfair discriminatory practices. Above all else, coaches adhere to and asset the example of Spirit of the Game. In their actions, coaches consider the welfare and

rights of their athletes and other participants. When conflicts occur among coaches' obligations or concerns, they attempt to resolve these conflicts and to perform their roles in a responsible fashion that avoids or minimizes harm. Coaches are sensitive to differences in power between themselves and others, and they do not exploit nor mislead other people during or after their relationships. Coaches are aware of their ethical responsibilities to the community, the society in which they work and live, and the MOHSRA.

GENERAL ETHICAL STANDARDS: While many aspects of personal behavior and private activities seem far removed from official duties of coaching, all coaches should be sensitive to their position as role models for their athletes. Coaches maintain a reasonable level of awareness of related coaching information and undertake ongoing efforts to maintain competence in the skills they use. Coaches respect the rights of others to hold values, attitudes and opinions that differ from their own. Coaches do not engage in sexual harassment. Sexual harassment is sexual solicitation, physical advances or verbal or nonverbal conduct that is sexual in nature. Coaches will treat sexual harassment complaints and respondents with dignity and respect. Coaches do not participate in denying an athlete the right to participate based on their having made, or their being the subject of, sexual harassment charges. Coaches do not engage in or condone behavior that is harassing or demeaning to persons with whom they interact in their work. Coaches take reasonable steps to avoid harming their athletes or other participants, and to minimize harm where it is foreseeable and unavoidable. Because coaches' judgments and actions may affect the lives of others, they are alert to guard against personal, financial, social, organizational, or political factors that might lead to misuse of their influence. Coaches do not exploit athletes or other participants over whom they have supervisory, evaluative or other authority. Coaches provide proper training and supervision to their assistants or substitutes, as well as take reasonable steps to see that such persons perform services responsibly, competently, and ethically.

TRAINING SUPERVISION & TEAM SELECTION: When engaged in coaching, coaches recognize the power they hold over athletes and therefore make reasonable efforts to avoid engaging in conduct that is personally demeaning to athletes and other participants. Coaches evaluate athletes on the basis of their actual performance on relevant and established program requirements. Coaches' assessments, recommendations, reports, and evaluative statements used to select team members are based on information and techniques sufficient to provide appropriate substantiation for their findings.

PROCESS RELATING TO VIOLATION OF CODE: The coach acknowledged that this Ethics Code is administered under the authority of the MOHSRA, that a violation of the Code subjects the coach to the processes of the MOHSRA. The MOHSRA League Advisory Committee acknowledges that all violations of the Ethics Code will be reviewed for possible disciplinary action, and member organizations will keep a

written report on all reviews and actions. In the event that a coach is found to have violated the Ethics code, such action is separate and apart from any other legal consequences which may occur as a result of the act.

- Check box to confirm: I have read and agree to follow and abide by the MOHSRA Standards for Coaching Ethics listed above. I can ensure that all of our coaches will coach our team within this set of standards.

Sample Recruitment Emails Promoting Team Player Enrollment from Kirkwood Racquetball

- Welcome Email

Subject: Welcome to the 2023-2024 Racquetball Season!

Greetings!

The 2023-2024 season is upon us. We're excited and eager to get back to work in defending our National and State titles. We are hosting two "Open House" practices for new players: this Sunday from 1:30-3pm for **new high school players only**, and Thursday, September 7th from 6:30pm-8pm for **new middle school players only**. Send any recruits our way!

Attached to this email is... (include pertinent attachments)

- Important dates to put on your calendar
- High school preseason practice schedule & practice groups
- Middle school preseason practice schedule

What you should expect from us NEXT WEEK...

- How to "sign up" for this season
- Informational document on season (dues, more dates, etc.)

See below for a few important pre-season announcements...

PRACTICES

Our practice times will be almost identical to last year (see attached documents). High schoolers will practice twice a week through October (either Sundays/Thursdays or Monday/Thursdays depending on your practice group). Starting in November, high schoolers will practice once a week on either Sundays or Mondays. See the attached document for practice groups. **If you have a consistent conflict with your group's practice day, or any questions, please do not hesitate to reach out!**

The first official high school practice is on Thursday, September 7th at 8pm. All high schoolers are welcome!

Middle schoolers will practice on Thursdays and some Saturdays until November, and then only on Thursdays once matches start.

The first official middle school practice is on Thursday, September 14th at 6:30pm.

GREENTREE PARADE

We will once again be marching in this year's Greentree Parade. This is for any and all Kirkwood Racquetball players. Mark your calendars for the morning of September 16th. More details to follow.

OUTDOOR TOURNAMENT FUNDRAISER

Saturday, Sept 9th (which is also World Racquetball Day), we will be hosting an outdoor doubles-only racquetball tournament at Kirkwood Park. This is NOT FOR BEGINNERS and will serve as a fundraiser for our team. Use [this link](#) to sign up with a doubles partner. Email Coach for questions.

WEBSITE

We are hoping to utilize the team website more this season. Stay tuned!

Last but not least, if you are NOT playing this season, please let us know and we'll take you off the email list...

Thanks and stay tuned for further communication on the season!

Sincerely

--

Kirkwood Racquetball

- Open House Email

Subject: "Open House" Racquetball Practice Next Thursday!

Greetings!

If you are receiving this email, that means you have expressed interest in joining our high school racquetball team.

Next Thursday, September 7th, we will be hosting an "open house" practice for interested players. The practice is from 6:30-8pm at Vetta Sports Concord (12320 Old Tesson Rd, St. Louis, MO 63128).

This will be a relaxed and fun atmosphere to learn how to play racquetball and see how you like the sport.

If you have a racquetball racquet, feel free to bring it. Otherwise, we will have equipment for you to use.

Following the practice, we will send out details on the racquetball program (practices, matches, costs, etc.)

Looking forward to seeing you next Thursday!

--

Kirkwood Racquetball

○ Open House Follow up

Subject: Thank You for Attending! (Season Info Attached)

Good afternoon!

Thank you so much for your attendance at our open house practice yesterday. We were blown away by the talent and character shown by our new recruits.

Attached you'll find an informational document about the program, as well as a preseason practice calendar. Please take a look and then fill out this form (include player commitment form link).

A few things to keep in mind...

- All new players will start off the year in the WHITE group. This means they can attend practices on Sundays and Thursdays
- While it is encouraged to attend every practice, it is okay to miss

What do you need to do now?

All you need to do is respond to this google form (include player commitment form link) to let us know if... **YES** you're in, **NO** it doesn't work for you, or if you're still deciding and want to try it out more, that works too. Just let us know!

We're here for you if you have any questions!

Thanks again for your attendance.

--

Kirkwood Racquetball

Sample Promo Flier (2 fliers will be an addendum to this manual)

USA Racquetball High School Guidebook and Procedures Manual (this will also be an addendum to this manual)

KIRKWOOD BOYS RACQUETBALL

- DEFENDING VARSITY STATE CHAMPIONS
- 5X NATIONAL CHAMPION COED PROGRAM
- NO PRIOR EXPERIENCE NEEDED
- NO-CUT SPORT
- OPEN TO GRADES 6 -12



SCAN **HERE** TO
SIGN UP FOR
OUR EMAIL LIST

FOLLOW OUR SOCIALS!



@KHSRACQUETBALL

FOR MORE INFORMATION, EMAIL
KHSRACQUETBALL@GMAIL.COM



PHOTO COURTESY OF
USA RACQUETBALL / DYLAN SHOEMAKER



KIRKWOOD GIRLS RACQUETBALL

- DEFENDING **VARSITY STATE CHAMPIONS**
- **5X NATIONAL CHAMPION COED PROGRAM**
- **NO PRIOR EXPERIENCE NEEDED**
- **NO-CUT SPORT**
- **OPEN TO GRADES 6-12**

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USAR

HIGH SCHOOL

**GUIDEBOOK &
PROCEDURES**



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ELIGIBILITY

3

ELIGIBILITY GUIDELINES

- Student shall be full time as defined by the school.
- Student must be in good academic standing at the school (recommended minimum 2.0 GPA).

ELIGIBILITY FOR **HIGH SCHOOL NATIONALS**

Any student enrolled in an accredited U.S. High School as well as home school students as recognized by their state as qualifying for athletic competition.

COMPETITION ELIGIBILITY

Verification (see verification form pg. 7) stamped with the school's official registrars stamp must be submitted to the tournament director by the designated time listed on the entry form.

IN 2019, A THREE-YEAR COMMITMENT WAS MADE TO ALL ELIGIBILITY RULES

NATIONAL HIGH SCHOOL CHAMPIONSHIPS EVENT WAIVER

As listed above, we hereby, for ourselves, our heirs, executors and administrators waive and release any, and all rights and claims for damages we have against USA Racquetball, Head/Penn MOHSL, OHSRL, Multnomah Athletic Club, Lloyd Athletic Club, event sponsors and their respective agents for any, and all injuries. We also acknowledge the potential risk of eye injury during competition and can provide certification in writing that all team protective eye guards (including prescription frames/lenses) conform with all standards specified in USA Racquetball Rule 2.5(a). By registering to compete in this event, we consent to be subject to drug testing as administered according to USAR/USOC guidelines and release all rights for our team to the use of event photographs in which our images appear.

JUNIOR CODE OF CONDUCT

All participants will be asked to sign an official Code of Conduct for the Championship. The Code of Conduct states: 1. A nightly "in room" curfew of 11 p.m., unless accompanied by chaperone; 2. There will be no possession or use of alcoholic beverages and/or drugs at the tournament sites or host hotel; 3. There will be no physical damage to a room or theft; 4. Unacceptable behavior will not be tolerated, for example— A) Any act considered to be an offense under federal, state or local laws and/or USA Racquetball rules. B) Gross misconduct (i.e. inappropriate horseplay, stealing, etc.) C) Unsportsmanlike conduct.

PENALTIES

Violation of this Code of Conduct may result in: 1. Full or partial restriction of movement at the Championship; 2. Written report to the Executive and Disciplinary Committees for further action; 3. Loss of opportunity to participate in future USA Racquetball programs; 4. Expulsion from the Championship and return home at his/her expense. For further information, contact the Championship director.

COACHES & CHAPERONES CODE OF CONDUCT

All Coaches & chaperones will be asked to sign an official Code of Conduct for the tournament. The Code of Conduct states: 1. There shall be no interference with the referee during or after any match; 2. Coaching of players may only take place prior to matches, during time-outs, between games and after matches; 3. Time outs may only be called by the players on the court; 4. No audible interference by coaches or spectators may occur while the ball is in play.

PENALTIES

Violation of this Code of Conduct may result in 1. Full or partial restriction of movement at the Championship; 2. Removal from the premises while competition is ongoing.

Players Name (printed)

Players Signature

Date

Coaches Name (printed)

Coaches Signature

Date

Parent / Chaperone Name (printed)

Parent / Chaperone Signature

Date

2022 NATIONAL HIGH SCHOOL CHAMPIONSHIPS TEAM REGISTRATION

HIGH SCHOOL _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

COACH _____ CELL PHONE _____

E-MAIL _____

CAPTAIN / ADVISOR _____ CELL PHONE _____

E-MAIL _____

DAY / TIME OF ARRIVAL _____

NATIONAL OPEN TEAM TITLE DIVISIONS

Anyone seeking a position on the U.S. National team must compete in the #1 Singles position and be a U.S. Citizen

GIRL'S SINGLES

#1 _____

#2 _____

#3 _____

#4 _____

#5 _____

#6 _____

GIRL'S DOUBLES

#1 _____ & _____

#2 _____ & _____

#3 _____ & _____

_____ & _____

_____ & _____

BOY'S SINGLES

#1 _____

#2 _____

#3 _____

#4 _____

#5 _____

#6 _____

BOY'S DOUBLES

#1 _____ & _____

#2 _____ & _____

#3 _____ & _____

_____ & _____

_____ & _____

MIXED DOUBLES

#1 _____ & _____

#2 _____ & _____

#3 _____ & _____

_____ & _____

_____ & _____

TEAMS & FORMATS

Players will compete for team and individual National Racquetball Championships in Boys, Girls, and Overall Team Competition.

ENTERING YOUR TEAM

Teams will consist of players in 6 singles divisions, 3 doubles divisions for boys, girls, and 3 mixed divisions. Divisions are numbered 1-6 in singles and 1-3 in doubles.

- The top ranked player on a team must enter Division #1, the second ranked player in Division #2, and so on.
- Division #6 in singles and Division #3 in all double's events are open to any extra players and doubles teams.
- No two players from the same school may play in the same division, except Division #6 in singles, and Divisions #3 in all double's events.
- If there are fewer than 6 players, boys or girls, on a team, divisions must be filled from the top first, that is Division #1 Singles, then Division #2 Singles, and so on.
- A school who only brings ONE PLAYER must play that athlete In Division #1.
- All players will earn points for their school toward the Team Championships. Players may enter 3- events however, they must be separate events, and the 3rd event must be mixed doubles.

SINGLES FORMAT

All singles players are guaranteed 3 matches in singles, including forfeits and byes. Singles divisions will use Olympic Format (Gold, plus Blue, Red, and White).

DOUBLES FORMAT

All doubles players are guaranteed two matches, including forfeits and byes. Doubles divisions will be single elimination and have only one consolation round. In doubles, just as in singles, the intent is for the best doubles team from each school to enter Division #1, the second-best team will enter Division #2, etc.

TOURNAMENT SCORING

If the first round has LESS players than the second round, all first-round matches do not count for points (considered feeder matches). If the first round has MORE players than the second round all first round matches do count for points. If a player receives a bye in the rounds that count for points the matches COUNT as a match played (since they received points for the bye).

ALL-AMERICAN AWARDS

The All-American Teams are named annually based on the following finishes at the USA Racquetball High School National Racquetball Championships.

Top 4 Finishers in #1 Boys Doubles

Top 4 Finishers in #1 Girls Doubles

Top 4 Finishers in #1 Mixed Doubles

Top 8 Finishers in #1 Boys Singles

Top 8 Finishers in #1 Girls Singles

Top 2 Finishers in #2 Boys Singles

Top 2 Finishers in #2 Girls Singles



HOST CLUBS & CITIES

Since High School Nationals historically alternate between the states of Oregon and Missouri (because of the large number of participants from these states), certain clubs are usually the host clubs each year.

MISSOURI

Vetta Racquet Sports - Concord

12320 Old Tesson Rd
St. Louis, MO 63128
(314) 842-3111
10 courts

Vetta Racquet Sports - West

1330 Harvestowne Ind Dr.
St. Peters, MO 63304
(636) 441-0006
6 courts



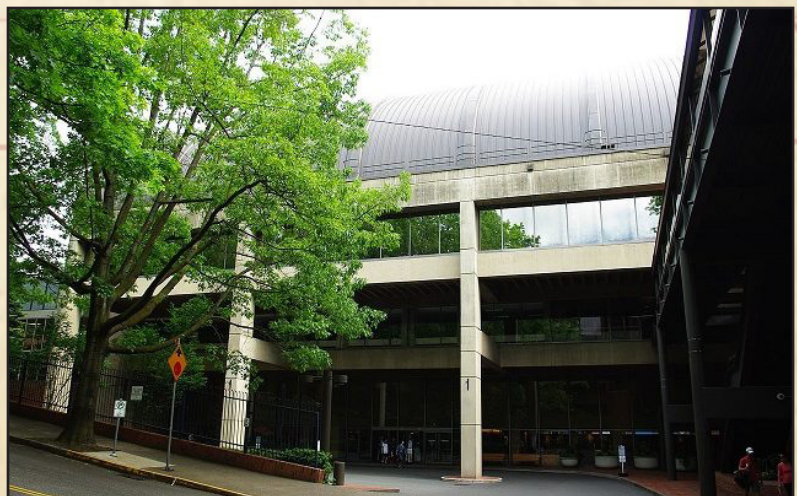
OREGON

Multnomah Athletic Club

1849 SW Salmon
Portland, OR 97205
(503) 223-6251
10 courts

Lloyd Athletic Club

815 NE Halsey St.
Portland, OR 97232
(503) 287-4594
6 courts



2020 USAR National Championships for High School Racquetball Singles Scoring

BOYS #1 SINGLES		GIRLS #1 SINGLES		BOYS #3 SINGLES		GIRLS #3 SINGLES		BOYS #5 SINGLES		GIRLS #5 SINGLES	
Gold - First	575.00	Gold - First	575.00	Gold - First	402.50	Gold - First	402.50	Gold - First	230.00	Gold - First	230.00
Gold - Second	475.00	Gold - Second	475.00	Gold - Second	332.50	Gold - Second	332.50	Gold - Second	190.00	Gold - Second	190.00
Gold - Third	425.00	Gold - Third	425.00	Gold - Third	297.50	Gold - Third	297.50	Gold - Third	170.00	Gold - Third	170.00
Gold - Fourth	375.00	Gold - Fourth	375.00	Gold - Fourth	262.50	Gold - Fourth	262.50	Gold - Fourth	150.00	Gold - Fourth	150.00
Gold - Round of 8	275.00	Gold - Round of 8	275.00	Blue - First	192.50	Blue - First	192.50	Blue - First	110.00	Blue - First	110.00
Blue - First	275.00	Blue - First	275.00	Blue - Second	157.50	Blue - Second	157.50	Blue - Second	90.00	Blue - Second	90.00
Blue - Second	225.00	Blue - Second	225.00	Blue - Third	140.00	Blue - Third	140.00	Blue - Third	80.00	Blue - Third	80.00
Blue - Third	200.00	Blue - Third	200.00	Blue - Fourth	122.50	Blue - Fourth	122.50	Blue - Fourth	70.00	Blue - Fourth	70.00
Blue - Fourth	175.00	Blue - Fourth	175.00	Red - First	87.50	Red - First	87.50	Red - First	50.00	Red - First	50.00
Blue - Round of 8	125.00	Blue - Round of 8	125.00	Red - Second	70.00	Red - Second	70.00	Red - Second	40.00	Red - Second	40.00
Red - First	125.00	Red - First	125.00	Red - Third	61.25	Red - Third	61.25	Red - Third	35.00	Red - Third	35.00
Red - Second	100.00	Red - Second	100.00	Red - Fourth	52.50	Red - Fourth	52.50	Red - Fourth	30.00	Red - Fourth	30.00
Red - Third	87.50	Red - Third	87.50	White - First	35.00	White - First	35.00	White - First	20.00	White - First	20.00
Red - Fourth	75.00	Red - Fourth	75.00	White - Second	28.00	White - Second	28.00	White - Second	16.00	White - Second	16.00
Red - Round of 8	50.00	White - First	50.00	White - Third	24.50	White - Third	24.50	White - Third	14.00	White - Third	14.00
White - First	50.00	White - Second	40.00	White - Fourth	-	White - Fourth	-				
White - Second	40.00	White - Third	35.00	White - Round of 8	-	White - Round of 8	-				
White - Third	35.00	White - Fourth	30.00								
White - Fourth	30.00	White - Round of 8	-								
White - Round of 8	-										
White - Round of 16	-										

BOYS #2 SINGLES		GIRLS #2 SINGLES		BOYS #4 SINGLES		GIRLS #4 SINGLES		BOYS #6 SINGLES		GIRLS #6 SINGLES	
Gold - First	488.75	Gold - First	488.75	Gold - First	316.25	Gold - First	316.25	Gold - First	77.00	Gold - First	77.00
Gold - Second	403.75	Gold - Second	403.75	Gold - Second	261.25	Gold - Second	261.25	Gold - Second	69.00	Gold - Second	69.00
Gold - Third	361.25	Gold - Third	361.25	Gold - Third	233.75	Gold - Third	233.75	Gold - Third	65.00	Gold - Third	65.00
Gold - Fourth	318.75	Gold - Fourth	318.75	Gold - Fourth	206.25	Gold - Fourth	206.25	Gold - Fourth	61.00	Gold - Fourth	61.00
Blue - First	233.75	Blue - First	233.75	Blue - First	151.25	Blue - First	151.25	Gold - Round of 8	53.00	Gold - Round of 8	53.00
Blue - Second	191.25	Blue - Second	191.25	Blue - Second	123.75	Blue - Second	123.75	Gold - Round of 16	45.00	Gold - Round of 16	45.00
Blue - Third	170.00	Blue - Third	170.00	Blue - Third	110.00	Blue - Third	110.00	Gold - Round of 32	37.00	Blue - First	37.00
Blue - Fourth	148.75	Blue - Fourth	148.75	Blue - Fourth	96.25	Blue - Fourth	96.25	Blue - First	37.00	Blue - Second	33.00
Red - First	106.25	Red - First	106.25	Red - First	68.75	Red - First	68.75	Blue - Second	33.00	Blue - Third	31.00
Red - Second	85.00	Red - Second	85.00	Red - Second	55.00	Red - Second	55.00	Blue - Third	31.00	Blue - Fourth	29.00
Red - Third	74.38	Red - Third	74.38	Red - Third	48.13	Red - Third	48.13	Blue - Fourth	29.00	Blue - Round of 8	25.00
Red - Fourth	63.75	Red - Fourth	63.75	Red - Fourth	41.25	Red - Fourth	41.25	Blue - Round of 8	25.00	Blue - Round of 16	21.00
Red - Round of 8	42.50	White - First	42.50	White - First	27.50	White - First	27.50	Blue - Round of 16	21.00	Red - First	17.00
White - First	42.50	White - Second	34.00	White - Second	22.00	White - Second	22.00	Red - First	17.00	Red - Second	15.00
White - Second	34.00	White - Third	29.75	White - Third	19.25	White - Third	19.25	Red - Second	15.00	Red - Third	14.00
White - Third	29.75	White - Fourth	25.50					Red - Third	14.00	Red - Fourth	13.00
White - Fourth	-	White - Round of 8	-					Red - Fourth	13.00	Red - Round of 8	11.00
White - Round of 8	-							Red - Round of 8	11.00	Red - Round of 16	9.00
								Red - Round of 16	9.00	White - First	7.00
								Red - Round of 32	7.00	White - Second	6.00
								White - First	7.00	White - Third	5.50
								White - Second	6.00	White - Fourth	5.00
								White - Third	5.50	White - Round of 8	4.00
								White - Fourth	5.00	White - Round of 16	-
								White - Round of 8	4.00	White - Round of 32	-
								White - Round of 16	-		

Doubles Scoring

BOYS #1 DOUBLES		GIRLS #1 DOUBLES		MIXED DOUBLES #1		BOYS #3 DOUBLES		GIRLS #3 DOUBLES		MIXED DOUBLES #3	
Gold - First	400.00	Gold - First	400.00	Gold - First	400.00	Gold - First	52.00	Gold - First	52.00	Gold - First	52.00
Gold - Second	300.00	Gold - Second	300.00	Gold - Second	300.00	Gold - Second	44.00	Gold - Second	44.00	Gold - Second	44.00
Gold - Third	250.00	Gold - Third	250.00	Gold - Third	250.00	Gold - Third	40.00	Gold - Third	40.00	Gold - Third	40.00
Gold - Fourth	200.00	Gold - Fourth	200.00	Gold - Fourth	200.00	Gold - Fourth	36.00	Gold - Fourth	36.00	Gold - Fourth	36.00
Gold - Round of 8	100.00	Gold - Round of 8	100.00	Gold - Round of 8	100.00	Gold - Round of 8	28.00	Gold - Round of 8	28.00	Gold - Round of 8	28.00
Red - First	100.00	Red - First	100.00	Red - First	100.00	Gold - Round of 16	20.00	Gold - Round of 16	20.00	Gold - Round of 16	20.00
Red - Second	75.00	Red - Second	75.00	Red - Second	75.00	Gold - Round of 32	12.00	Red - First	12.00	Gold - Round of 32	12.00
Red - Third	62.50	Red - Third	62.50	Red - Third	62.50	Red - First	12.00	Red - Second	10.00	Red - First	12.00
Red - Fourth	50.00	Red - Fourth	50.00	Red - Fourth	50.00	Red - Second	10.00	Red - Third	9.00	Red - Second	10.00
Red - Round of 8	25.00	Red - Round of 8	-	Red - Round of 8	-	Red - Third	9.00	Red - Fourth	8.00	Red - Third	9.00
Red - Round of 16	-	Red - Round of 16	-			Red - Fourth	8.00	Red - Round of 8	6.00	Red - Fourth	8.00
						Red - Round of 8	6.00	Red - Round of 16	-	Red - Round of 8	6.00
						Red - Round of 16	4.00	Red - Round of 32	-	Red - Round of 16	4.00
						Red - Round of 32	-			Red - Round of 32	-

BOYS #2 DOUBLES		GIRLS #2 DOUBLES		MIXED DOUBLES #2	
Gold - First	280.00	Gold - First	280.00	Gold - First	280.00
Gold - Second	210.00	Gold - Second	210.00	Gold - Second	210.00
Gold - Third	175.00	Gold - Third	175.00	Gold - Third	175.00
Gold - Fourth	140.00	Gold - Fourth	140.00	Gold - Fourth	140.00
Gold - Round of 8	70.00	Red - First	70.00	Red - First	70.00
Red - First	70.00	Red - Second	52.50	Red - Second	52.50
Red - Second	52.50	Red - Third	43.75	Red - Third	43.75
Red - Third	43.75	Red - Fourth	-	Red - Fourth	35.00
Red - Fourth	-	Red - Round of 8	-	Red - Round of 8	-
Red - Round of 8	-				

COACHING


To be recognized as an official high school coach the individual must be Level One USAR-IP certified. This means that the individual must take and pass the online Level One benchmark tests (10), complete a background check, pass the USOC Safe Sport course and be CPR certified.

WHERE TO FIND...

USAR-IP BENCHMARKS

Go to your USAR individual profile and look under “My Courses and Tests” -go to “H-Introduction to USAR-IP Benchmark Tests” and follow the directions


BACKGROUND CHECK

On your USAR profile page look for  Background Check

CPR CERTIFICATION

Complete any nationally recognized CPR program and send a copy of your certification card to USAR

SAFE SPORT

On your USAR profile page look for  Safe Sport
Access Code: L5Z2-JCXS-T5L3-U4TQ



HIGH SCHOOL NATIONALS AWARDS CEREMONY

An awards ceremony will be held at the conclusion of the last match of the high school national's event. The USAR in conjunction with the chairperson of the high school committee will determine the content of the program and the master of ceremonies.

*AWARDS PRESENTED

All-American awards

Team awards for Boys, Girls and Overall (1st , 2nd, 3rd)

Awards for US National Team members (1st boys and girls GOLD divisions)

USOC Developmental Coach of the year



*Other awards and recognitions may be included as determined by the USAR and high school committee

DRAWS & SEEDING

Since at least 90% of the players normally come from Oregon and St. Louis both groups provide representation to assure they are in agreement on team rules for Nationals. In addition the committee has to have board of director representation to make sure policies that involve the entire membership are considered. Also there are athlete reps on the committee since it is a US Junior Team qualifier event.

Seeding for the states Oregon and Missouri are determined by that state's policy. In Missouri, it's strictly results from the State Championships. In Oregon the State Representative submits the seeds based upon state results and to the event director.

The High School Committee has developed the following system for seeding High School Nationals...

DIVISION 1

- Last year's results for the top 4 places
- Rankings as provided by MO and OR for those players and then USAR rankings for other states This division is different from the others because of so many players from outside OR and MO.

DIVISIONS 2-6

We use last year's results. For the first seed in each division we use the conference winner from the previous year eg-if MO won 1st than they get first seed and we alternate the MO and OR rankings from seed 2 on. If other states are playing they are placed according to their ranking.

(It is important to alternate the players from OR and MO so players from the same state don't meet each other in the first round and if they lose are separated in the red division)

After the seeds are determined by the information submitted by the states it is important that school from the same state are then separated .

DEVELOPMENTAL COACH OF THE YEAR

Each year the USOC gives out a Developmental Coach of the Year award to the high school coach who during the year of the award made a significant impact on the performance of an athlete or team on a level other than the senior national level in a manner consistent with the highest ethical, professional and moral standards.

This award is selected in October each year. Since this is the beginning of the scholastic year for racquetball, the award will be given to the coach who was selected the prior season. At the end of each season, at the national championship, the USAR and high school committee, will select a coach who will receive the USOC award .

The high school committee will review nominations and provide the USAR with at least two nominations which will be reviewed by the USAR. The USAR will select one coach who will be recognized at the national championships.

CRITERIA TO BE CONSIDERED IN THE SELECTION ARE

- Serves as a mentor teaching the sport of racquetball and emphasizes good sportsmanship on and off the court
- Instrumental in facilitating team cohesion.
- Length of tenure as a coach (should be at least three years, performance during the year of the award and consideration of previous years)



THE DIFFERENCE BETWEEN...

HIGH SCHOOL NATIONALS

- Created to support high school athletics and encourage high school athletes to play racquetball.
- In keeping with high school traditions all players must play for their designated school and be a full-time registered student at that school.
- All doubles teams and singles players must be comprised of players from the same school.

AND JUNIOR NATIONALS

- Any player who qualifies may participate
- Doubles teams may be comprised of players from any state. Players play in divisions according to their age.