

THE RESULTS

Finals

A Division Finals

Baldinger vs. Sjaastad. Baldinger finished first 9 and 11. (Upset)
Greengarten vs. A. Pollak. A. Pollak finished third 10, (8), and 8.

A Division Semi Finals

Sjaastad vs. A. Pollak. Sjaastad advanced (11), 14, 7.
Baldinger vs. Greengarten. Baldinger advanced 5 and 14.

A Division Quarter Finals

Sjaastad advanced with a bye.
A. Pollak vs. Delgado. A. Pollak advanced (12), 5, and 2.
Greengarten vs. Kramer. Greengarten advanced 5 and 7.
Baldinger vs. Weickert. Baldinger advanced 3 and 2.

B Division Finals

Holerca vs. Rtishchev. Holerca finished 1st. 8 and 14.
Goyal vs. Ortiz. Ortiz finished 3rd by default. (Upset)

B Division Semi Finals

Goyal vs. Rtishchev. Rtishchev advanced (11), 7, and 6. (Upset)
Holerca vs. Ortiz. Holerca advances (10), 10, 0. (Injury)

B Division Quarter Finals

Goyal vs. Charette. Goyal advanced 4 and 8.
Jacoby vs. Rtishchev. Rtishchev advanced 9 and 8. (Upset)
Clark vs. Ortiz. Ortiz advanced 8 and 14.
Holerca vs. Ernst. Holerca advanced 3 and 7.

B Division Quarter Finals Qualifier

Charette vs. Jacquet. Charette advanced by default. (Upset)
Clark vs. Lavender. Clark advanced by default.
Ernst vs. Wong. Ernst advanced 7, (8), and 9.

C Division Finals

Bhat vs. Singh. Singh finished 1st. (14), 9, and 2.
Hu vs. Marathe. Marathe finished 3rd. 13 and 5.

C Division Semi-Finals

Singh vs. Hu. Singh advanced 3 and 9.
Bhat vs. Marathe. Bhat advanced 8 and 11.

C Division Quarter Finals

Singh advanced with a bye.
Hu vs. Lal. Hu advanced by default.
Gulyas vs. Marathe. Marathe advanced by default.
Bhat vs. Schuldiner. Bhat advanced 1 and 2.

USRA EKTOLON

USRSA ASHAWAY
Official Racquet Stringing Association RACQUET STRINGERS

Next
**League & Tournament
On Busch Campus**
June 2005?
For details and sign-up
Delgado@eqp.com

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PM. Show up or email
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Get thirty minutes about
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footwork, grip, rules,
serves, or stroke mechan-
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and qualify for just the
tournament. I do my best
to be fair. Men and
Women. All levels wel-
come esp. beginners.

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rutgers.edu. In the body
type "subscribe
ru_racquetball"
Bi-weekly news about
rball at RU and in NJ.

Joe's New Jersey Racquetball 2004-2005 Men's Singles League and Tournament At Cook/Douglas Rec Center

THE RESULTS

A, B, C Divisions (5th Issue)



Official ball
Penn.

Photo: Joseph Delgado vs. Vishal Goyal at Busch on 8/10/04.

Tournament Program

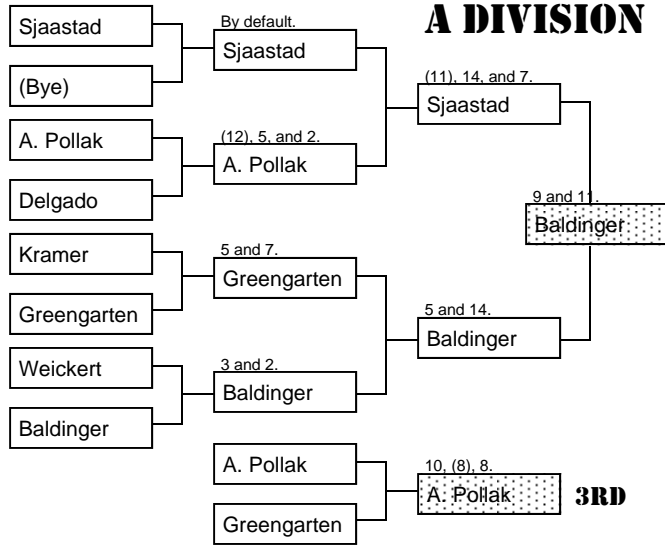
<http://www.eqp.com/pubs/rb>



Tournament Program The Results

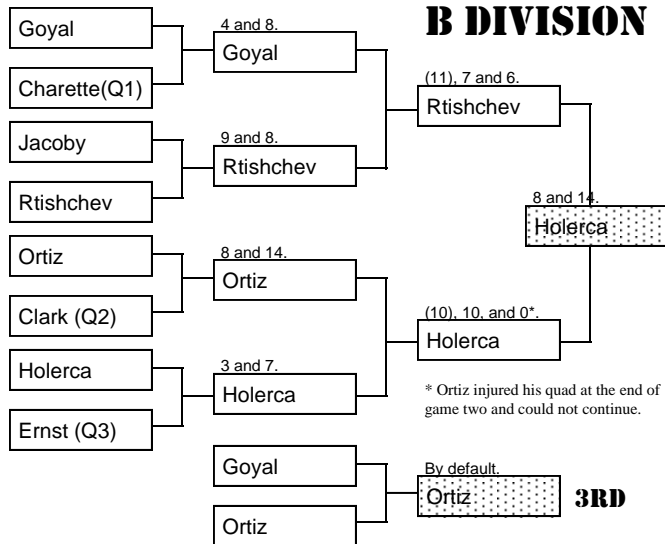
A Division

Abe Pollak
 Alan Kramer
 Dave Pollak (DNF)
 George Weickert
 Joel Greengarten
 Joseph Delgado
 Tom Baldinger
 William Sjaastad



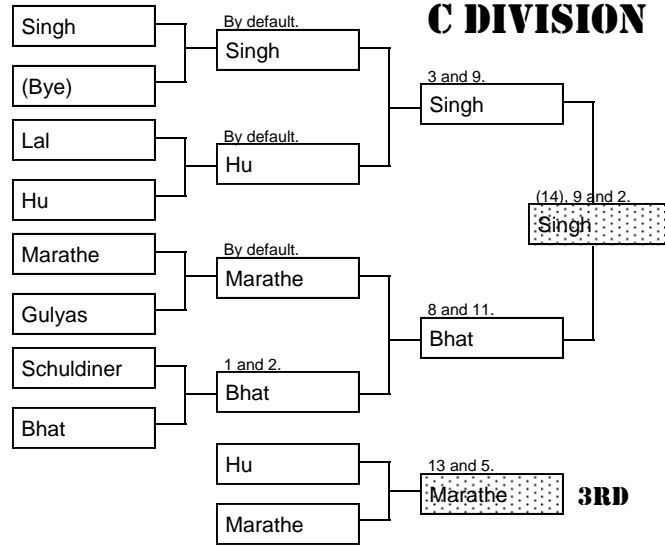
B Division

Alex Rtishchev
 Art Ernst
 Chris Jacquet
 Claudio Ortiz
 Devang Dave (DNF)
 Joe Charette
 Josh Lavender
 Nick Holerca
 Ron Wong
 Ron Jacoby
 Silas Clark
 Vishal Goyal



C Division

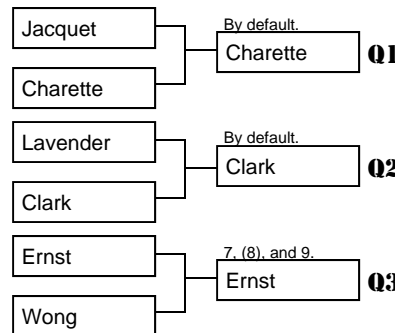
Abhinav Lal
 Ajay Singh
 Anirudda (Ani) Marathe
 Chuck Gulyas
 Marv Schuldiner
 Miten Bhat
 Ron Torres (DNF)
 T-Jay Hu



C DIVISION

QUALIFIER

B DIVISION



Tournament Format

This blue ball Tournament spans three single elimination divisions. Semi-finalists come back on the day of the finals to play for third and fourth place.

First, second, and third place winners get trophies for each division. Best two out of three games. First two to 15 points, third game to 11. Coin toss for serve, winner calls who serves game 1. Game 2 opposite order. Third game order by total points. If equal, another coin toss is used.

Tournament Prep

Playing tournaments is tough work. You need to be mentally, physically, and emotionally prepared to do your best.

Mentally. I think it's important to believe we're all works in progress. Rome wasn't built in a day and neither are the skills for racquetball attained overnight. Accept the process. Think about the next point and what you can do with the skills you have. Play your strengths, don't challenge your opponent's with your weaknesses.

Physically. Get a lot of sleep. Drink lots of water. Drink Gatorade and carb load three days before the event. Listen to your body. Don't play your first game as a warm up. Get to the courts early. Hit around by yourself, warm-up, stretch. If you break down physically you can't finish the match and you can forget the 1st trophy.

Emotionally. Most of the time things don't go right. Most of the time, we don't play right. Maybe on Tuesday you're kill-shot was perfect from thirty eight feet deep in the court. Tournament day you skip it six inches from the wall. I believe success lies in forgetting our mistakes and trying to start fresh each and every point.

If you're too fired up, I guarantee you're not going to play well. Run away your nerves on a bike, mediate, do yoga, but do something to calm down.

During a tournament or match the only things we can control is our body and our head.

Joseph Delgado