

A MESSAGE FROM THE DIRECTOR

Dear New Member:

Welcome to The Alaska Club Racquetball Department.

We offer ongoing programs, which include tournaments, free clinics, challenge courts, group and individual lessons and junior teams. Special programs such as leagues, ladders, camps, product demonstration nights, and visiting celebrity clinics are also presented periodically.

All programming information can be found on the racquetball bulletin boards and in the information bins in the court area as well as in your monthly newsletter and online at www.thealaskaclub.com.

As a new member, you may want to meet other players. Challenge courts and tournaments are an ideal way to achieve this goal. You may choose to play or just observe and meet other members. Included in this brochure is the racquetball tournament schedule for the 2009-10 season and the hours for the challenge court at both the East and Midtown locations. Tentative dates and times for other programs are included.

Lessons

All The Alaska Club professional instructors are available for group or individual racquetball lessons. A fee schedule is included in this brochure and can also be found in the racquetball department bulletin boards and information bins.

If you have any questions about the programs, or if I can be of any assistance to you, please feel free to call me. Welcome to The Alaska Club!

Sincerely,

Ed Wicher
Racquetball Director
562-2460 x117
ewicher@thealaskaclub.com

Going out of town?

Try our racquetball courts at The Alaska Club Fairbanks South & North and at JRC / The Alaska Club Valley in Juneau.

RACQUETBALL LESSONS & COACHING THE ALASKA CLUB EAST & MIDTOWN

LESSON PRICES

(A session is one hour long)

All packages must be paid in advance before first lesson.

Starter Package* (4 sessions)

\$120

Single Session**\$40**

Partner Training.....**\$45**
(2 people)

Groups of 3 or more**\$50**
(one session)

Junior Special***\$100**
(4 lessons)

Adult Special 10-Package
Rate..... **\$350**

*This package is a one time offer for new clientele.

For more information call 562-2460 x117.

INSTRUCTORS

WARREN BAILEY—AmPRO Certified Professional Level

BEN CUARESMA—AmPRO Certified Professional Level

TIM KEAVENY—AmPRO Certified Professional Level

BRANDON CUARESMA—AmPRO Certified Advanced Level

JESSE KEAVENY—AmPRO Certified Advanced Level

MIKE DRAKE—Racquetball Stringing

ELAINE HILDAHL—Racquetball Stringing

RACQUETBALL STRINGING

Available at East and Midtown

FREE CLINICS

THE ALASKA CLUB EAST & MIDTOWN

FREE RACQUETBALL CLINICS

6:30–7:30pm

Tuesdays at The Alaska Club East & Midtown

Rules, Forehand & Backhand Strokes	September 8
Forehand & Backhand Strokes #2	October 13
Serves to Win	November 10
Offensive Shots and Strategy	December 8
Defensive Shots and Strategy	January 12
How to Play Doubles and Win	February 9
Advanced Shots & Strategy	March 9

Free Rules & Referee Clinic

BEN CUARESMA - CLINICIAN WITH CERTIFICATION

“Never Played”

Free Racquetball Clinic Series w/ Tom Hood

Saturdays 10:00–11:30am

The Alaska Club East

Saturdays 1:00–2:30pm

The Alaska Club Valley

September 19

October 17

November 7

January 9

February 20

March 20

These clinics are free and are limited to 6 players. Some equipment will be provided by The Alaska Club. Sign up at the front desk. Clinics limited to 6 players.

RACQUETBALL TOURNAMENTS

2009–2010 Schedule

Great Alaska Rollout Sep. 10–13 (Alaska Amateur Racquetball Association Membership Drive)	Midtown
The Hopes & Dreams Tournament Oct. 8–11 (Cure for Leiomyosarcoma Cancer Fundraiser)	Midtown
4 Wall Turkey Brawl Nov. 12–15	Midtown
Christmas Classic Dec. 10–13	Midtown
Alaska Open Shootout Jan. 14–17 (Alaskaracquetball.com)	Midtown
Alaska State Doubles Feb. 11–14	Midtown
March Madness Mar. 11–14	Midtown
Alaska State Singles Apr. 8–11	Midtown

All The Alaska Club tournaments are AARA sanctioned events and require an annual \$15 membership fee from players that are not The Alaska Club members, allowing membership for one calendar year. If you are a current The Alaska Club or USAR member you are eligible to participate in tournaments.

RACQUETBALL SHUTTLES

Singles–September 5, 2009
Doubles–February 6, 2010
Singles–April 3, 2010

For more information on tournaments, pick up a copy of Racquetball Tournaments 101 at East or Midtown.

Tournament information is available at
www.alaskaracquetball.com.

Download entry forms, and sign up for the racquetball e-mail list at www.thealaskaclub.com.

RACQUETBALL CHALLENGE COURT HOURS

Midtown	Mondays 5:30pm–Closing
High School Challenge	Saturdays, Noon–2pm
East	Tuesdays 5:30pm–Closing Saturdays 8am–Noon
Valley	Mondays, 5:30pm–Closing

ONGOING RACQUETBALL PROGRAMS

East Racquetball League

Fall Session:
Wednesdays at East, 6:30–8:30pm
October 28–December 16, 2009
Shane Maruffo, League Coordinator

Winter Session:
January 6–March 3, 2010

Racquetball 101 Program

with Tim Keaveny & Jesse Keaveny
Thursdays at Midtown, 6:30–8pm, Ages 12–adult
Session 1: Sept. 3–Oct. 29
Session 2: Nov. 5–Jan 28
Session 3: Feb. 4–Apr. 1

Juniors Youth Program

with Tim Keaveny
Saturdays at Midtown
Monthly Sessions: Oct, Nov–2009
Feb, Mar, April–2010
Multibouncers, age 6–8, 9–10am
Youth, age 9–12, 10–11:30am

Women's Clinics

with Ben Cuaresma
Mondays at East, 6:30–8:30pm
Cost: \$40/session
Session1: October 5, 12, 19, 26, 2009
Session2: January 4, 11, 18, 25, 2010
Session3: April 5, 12, 19, 26, 2010

Racquetball

2009–2010



Midtown

630 E. Tudor Road
562-2460

East

5201 E. Tudor Road
337-9550

Valley

1720 East Parks Highway
376-3300



THE ALASKA CLUB

www.thealaskaclub.com