

# Killshot

## nfc racquetball news

Find all the latest information in  
the world of Racquetball in  
nfc's killshot racquetball news

Naples Fitness Club  
1048 Costello Dr.,  
262-1112 (fax) 262-1301  
[www.naplesfitnesscenter.com](http://www.naplesfitnesscenter.com)

### RACQUETBALL ROLLOUTS

- \*Book courts 1-3 days in advance
- \*Courts are reserved on the hour and half hour
- \*In house restringing & regripping
- \*Our Pro Shop stocks gloves, glasses, headbands, wristbands, shoes & all the gear you need to be on top of your game.
- \*Courts open during normal business hours
- \*Challenge Courts for Ladies are on Mon & Thurs from 5:30pm to 7:30pm
- \*Challenge Courts for Mens are on Tues & Fri from 4:30pm to 6:30pm
- \*Prime time for the courts are Mon-Thurs from 4-7pm
- \*Sunday morning challenge from 9:30am-11:30am
- \* Mixed Challenge on M,W&F 6:30am to 9:30am

### NEED A RACQUET?

Racquets are available for Demo use with a small \$ Deposit. Racquet rental is \$3.00 and no charge for Juniors under age 18. We stock HEAD & EFORCE products but will gladly special order other brands. See Geoff for details on special order purchases in



### *Dave Reynolds, Racquetball Coordinator -*

Dave has 25 years experience in the game of racquetball and is very knowledgeable in the sport. He has been a member here at NFC for 13 years. Interested in improving your game? Meet with Dave. He can provide you the techniques & skills you need to play your best! Dave will also introduce you to the game if you are interested in learning the sport. Call him for an orientation and get started today! Need some new faces to play with? He also will pair you up with new players that play within your skill level. See the Front Desk for more information.

## ATTENTION ALL

### HANDBALL PLAYERS . . . .

Naples Fitness invites you to play on Tuesdays and Fridays from 12pm to 3pm during our Handball Challenge Days. Players of all skill levels play and we are always looking for new players.

### RACQUETBALL CALORIE CHART

**Q:** Do you ever wonder how your Racquetball workout compares with other forms of exercise?

**A:** A 140-pound person burns an average of 326 calories during a 30minute match. Compare that to 223 calories burned on a running machines during a moderate run or 221 calories during a moderate workout on a stationary cycle. You can make the most of your fitness regimen with racquetball. Ask your Club Pro how you can become involved in racquetball - It's a lot more fun than a treadmill!

USA Racquetball has compiled a handy chart with calorie burning statistics for many forms of exercise.

Goto [www.usracquetball.com](http://www.usracquetball.com) and click on the RACQUETBALL CALORIE CHART for the complete listing.

### USA Racquetball National Rules

Commissioner, Otto Dietrich answers the following question.

"Should Club players call avoidable (penalty) hinders?"

Otto's Ruling: Yes. Club players should always call a penalty hinder if it occurs. More-over, they should have a short discussion about why it was a penalty immediately after it happens. Of course, the players could decide to replay the rally, but that should only occur one time. Every incident afterward should be called a "penalty hinder" resulting in a loss of a point or the rally.

### *Play it safe . . wear eyeguards!*

All racquetball players SHOULD WEAR eyeguards at all times. Eyeguards help protect players eyes from balls that can travel at speeds in excess of over 100MPH. Since most injuries occur on errant shots, players should not count on their own ability to move out of the way to avoid being hit. You should even wear eye protection even when warming up!

*NFC has eyeguards available for purchase in our pro-shop.*

For more information  
please visit...

[www.usra.org](http://www.usra.org) - Racquetball  
[www.ushandball.org](http://www.ushandball.org) - Handball