

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.

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 the other members. Included in this brochure is the racquetball tournament schedule for the 2008-09 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 of our 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,

Ryan Chernikoff
Racquetball Director
330-0177
rchernikoff@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.

Contact Heather Castle at 562-2460 x117 if interested.

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

TUESDAYS AT EAST & MIDTOWN
WITH BEN AND BRANDON CUARESMA
6:30-7:30PM

Rules, Forehand & Backhand Strokes
September 7, 2010

Forehand & Backhand Strokes #2
October 12, 2010

Serves to Win
November 9, 2010

Offensive Shots and Strategy
December 7, 2010

Defensive Shots and Strategy
January 11, 2011

How to Play Doubles and Win
February 8, 2011

Advanced Shots & Strategy
March 8, 2011

“Never Played”

Free Racquetball Clinic Series

with Tom Hood, Saturdays

East (morning) and Valley (afternoon)

September 18, 2010

October 16, 2010

November 6, 2010

January 8, 2011

February 29, 2011

March 19, 2011

These clinics are free, just show up ready to play!
Some equipment will be provided by The Alaska Club.
You must sign up at the front desk. Clinics limited to 6 players.

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

RACQUETBALL TOURNAMENTS

2010-2011 Schedule

The Hopes & Dreams Tournament

September 9-12, 2010
Midtown
(LeiomyoSarcoma Fundraiser)

Great Alaska Rollout

October 7-10, 2010
Midtown
(Alaska Amateur Racquetball Association Membership Drive)

4 Wall Turkey Brawl

November 11-14, 2010
Midtown

Christmas Classic

December 9-12, 2010
Midtown

Alaska Open

January 13-16, 2011
Midtown

Alaska State Doubles

February 10-13, 2011
Midtown

March Madness

March 10-13, 2011
Midtown

Alaska State Singles

April 6-9, 2011
Midtown

All The Alaska Club tournaments are AARA sanctioned events, and require an annual \$15 membership fee that will allow membership for one calendar year. If you are a current USAR member, you will satisfy the membership requirement.

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

Tournament information online!

www.alaskaracquetball.com

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

RACQUETBALL SHUTTLES

WITH TIM KEAVENY

Singles: Saturday, September 4, 2010

Doubles - Saturday, February 5, 2011

Singles: Saturday, April 2, 2011

ONGOING RACQUETBALL PROGRAMS

Racquetball Leagues

Wednesdays at East (2-8 week sessions)
Fall Session: October 27-December 22, 2010
Winter Session: February 4-[unknown], 2011
Brandon Cuaresma, League Coordinator

Racquetball 101 Program

with Jesse Keaveny
Thursdays at Midtown (3-7 week sessions)
Session 1: September 2-October 28, 2010
Session 2: November 4, 2010-January 6, 2011
Session 3: January 20-March 17, 2011

Racquetball 201 Program

with Tim Keaveny
Tuesdays at Midtown (3-7 week sessions)
Session 1: September 7-October 19, 2010
Session 2: October 26-December 7, 2010
Session 3: January 4-February 25, 2011
Session 4: February 22-April 5, 2011

Juniors Youth Program

with _____
Saturdays at Midtown

Session 1: October 2-December 4, 2010
Session 2: January 8-March 5, 2011
Session 3: March 19-April 30, 2011

Women's Clinics

with Ben Cuaresma
Mondays at East, 6:30-8:30pm
Cost: \$40/session
Session1: October 4, 11, 18, 25, 2010
Session2: January 3, 10, 17, 24, 2011
Session3: April 4, 11, 18, 25, 2011

Racquetball

2010-2011



Midtown

630 E. Tudor Road
562-2460

East

5201 E. Tudor Road
337-9550

Valley

1720 East Parks Highway
376-3300



THE ALASKA CLUB

For more information, call 562-2460 ext. 117.