

# THE RESULTS

Final Round

## A Division Finals

Douglas vs. Gono. Douglas finished 1st. 9 and 7. (Upset)  
Delgado vs. Weickert. Weickert finished 3rd. 12, (7), and 7.

## A Division Semi Finals

Weickert vs. Douglas. Douglas advanced 13, (11), and 3. (Upset)  
Gono vs. Delgado. Gono advanced 9 and 8.

## A Division Quarter Finals

Weickert advanced with a bye.  
Gono advanced with a bye.  
Douglas vs. Goldstein. Douglas advanced 4, (6), and 2.  
Baldinger vs. Delgado. Delgado advanced by default. (Upset)

## B Division Finals

Ortiz vs. Rtishchev. Rtishchev finished 1st. (14), 14, and 9. (Upset)  
Clark vs. Lopez. Clark finished 3rd. (12), 10, and 10. (Upset)

## B Division Semi Finals

Ortiz vs. Clark. Ortiz advanced 12, (9) and 5.  
Lopez vs. Rtishchev. Rtishchev advanced (14), 10, and 2. (Upset)

## B Division Quarter Finals

Ortiz advanced with a bye.  
Lopez advanced with a bye.  
Bockarie vs. Clark. Clark advanced (14), 13, and 4.  
Charette vs. Rtischev. Rtischev advanced 6 and 7.

## C Division Finals

Anciano vs. Goklani. Goklani finished 1st. 11 and 4.  
Holerca vs. Pochesci. Holerca finished 3rd. 1 and 1.

## C Division Semi Finals

Holerca vs. Goklani. Goklani advanced 11 and 11. (Upset)  
Anciano vs. Pochesci. Anciano advanced 12 and 7.

## C Division Quarter Finals

Holerca advanced with a bye.  
Anciano advanced with a bye.  
Goklani vs. Schuldiner. Goklani advanced 2 and 1. (Upset)  
Lee vs. Pochesci. Pochesci advanced 13 and 11. (Upset)

## D Division Finals (2 out of 3 games.)

Gulyas vs. Singh. Gulyas finished 1st. (14), 15, and 5.  
Castro finished third by default.

## D Division Round Robin (Points. Two games to 15.)

Castro vs. Singh. Singh 30 pts. Castro 3.  
Castro vs. Gulyas. Gulyas 30 pts. Castro defaulted.

USRA EKTELON.

USRSA ASHAWAY  
RACQUET STRINGERS

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For details and sign-up  
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come esp. beginners.

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Bi-weekly news about  
rball at RU and in NJ.



# Joe's New Jersey Racquetball 2004-2005 Men's Singles League and Tournament At Sonny Werblin Rec Center

## THE RESULTS

A, B, C, and D Divisions

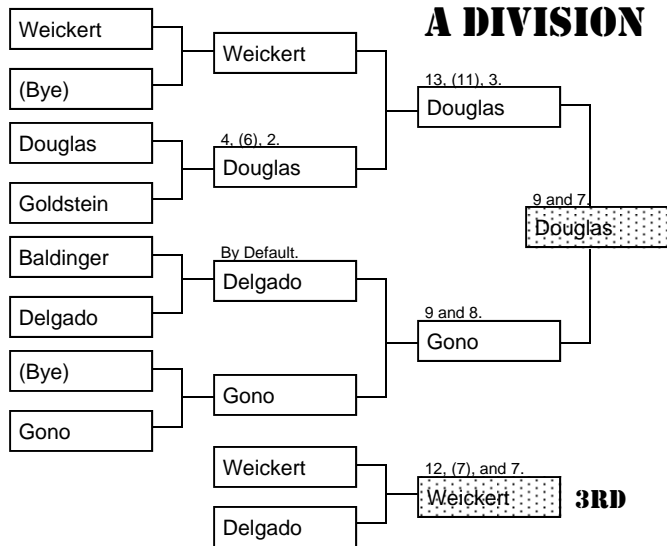


Tournament Program  
<http://www.eqp.com/pubs/rb>

# Tournament Program Finals

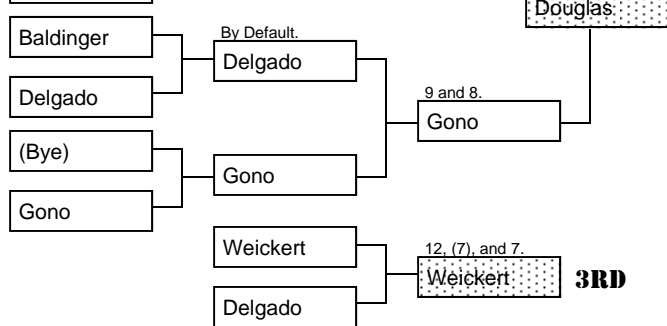
## A Division

Tom Baldinger (Qtr-Default)  
 Joseph Delgado (4th)  
 Pat Douglas (1st)  
 Jerald Goldstein (Qtr)  
 Sinski Gono (2nd)  
 George Weickert (3rd)



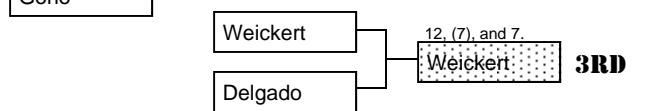
## B Division

Joe Bockarie (Qtr)  
 Joe Charette (Qtr)  
 Silas Clark (3rd)  
 Erik Lopez (4th)  
 Claudio Ortiz (2nd)  
 Alex Rtishchev (1st)



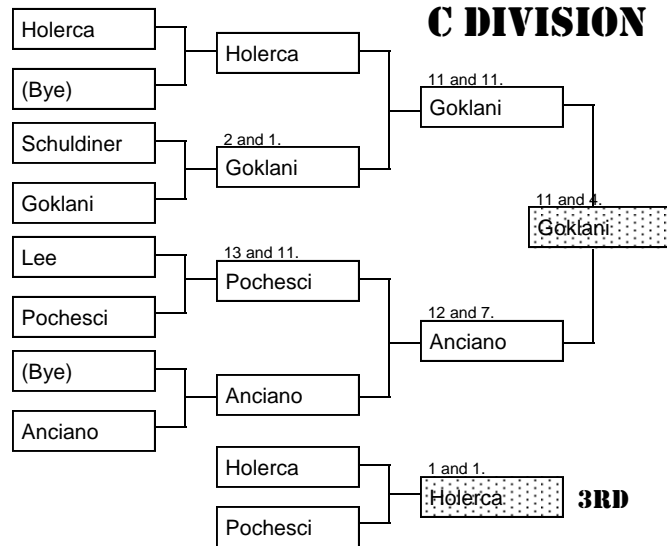
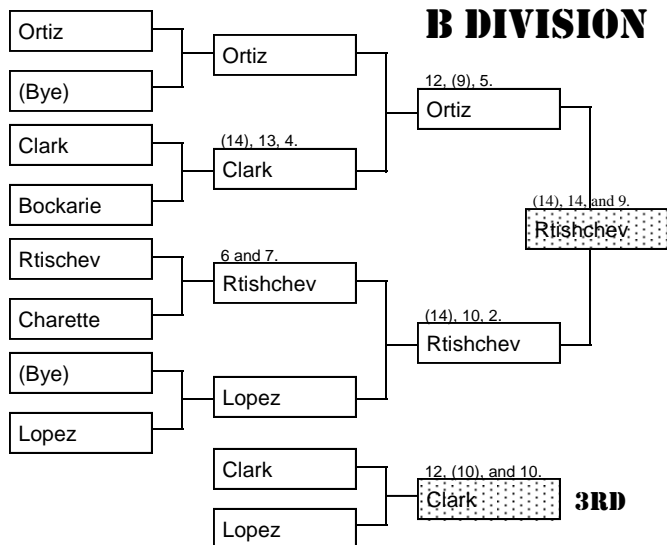
## C Division

John Anciano (2nd)  
 Vishal Goklani (1st)  
 Nick Holerca (3rd)  
 One Lee (Qtr)  
 Tony Pochesci (4th)  
 Marv Schuldiner (Qtr)



## D Division (RR)

Dennis Castro (3rd)  
 Chuck Gulyas (1st)  
 Ajay Singh (2nd)



## C DIVISION

## ROUND ROBIN

## D DIVISION

### Tournament Format

This blue ball Tournament spans three single elimination divisions and one round robin (2 games to 15).

Semi-finalists come back on the day of the finals to play for third and fourth place.

First and second place winners get trophies for each division. Third place gets a bronze medal.

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