

LINCOLN RACQUETBALL



AGENDA



Introductions

- Coaches, Managers, Captains

Learn about Lincoln Racquetball

- Structure of the Racquetball Season/Team
- Expectations for players
- Practice & Match schedule

Registration Process

- OHSRL
- SchoolPay
- MAC
- GearUp
- Remind

Questions?



INTRODUCTIONS



Seth Bouska (HC)

Mike Bibeau



Sanjay Bedi



COACHES

Cathy Morley

Robin Briglia

Kimberlee Bouska

Danielle Simonelli

CAPTAINS

- Captains will be returning Seniors
- Captains will be selected by Nov 1st
- Captains will be responsible for coordinating their teams practice rotation and league match logistics
- Contact Kim if you are interested

ABOUT RACQUETBALL



- Racquetball is a fast paced and exciting sport.
- It is great cross training for those who want to develop better agility, coordination, endurance, and speed.
- It takes just 15 minutes to learn the basics.
- Oregon is one of the few areas around the country with organized High School Racquetball.
- Last year there were over 150 kids competing across 13 schools for the Oregon High School Racquetball League (OHSRL)
- The OHSRL season runs from mid October thru the first week of February.
- We compete against other high schools in four Saturday league matches, the Oregon State RB Championships, and the HS Racquetball Nationals.

LINCOLN RACQUETBALL



<https://www.lincolnathletics.com/page/show/2096575>

- The Lincoln racquetball team has consistently been one of the top teams in the USA, since 2007.
- Last year Lincoln Finished 4th overall at State.
- Boys and Girls Team practices are on Monday and Wednesday nights from 7:00 to 8:30 PM at the Multnomah Athletic Club.
- We welcome all skill levels. Last year many folks on the team had never played before the first practice!
- This year we will have a Lincoln Racquetball Club & a Lincoln Racquetball Team.



RACQUETBALL CLUB



- Players will not have to decide between the Racquetball Club & Racquetball Team until after the first 2 weeks of practice.
- The Lincoln Racquetball Club is a good option for players who are interested in learning a bit more about the sport but aren't able to dedicate the time for practices and competitions.
- The club team will be able to use MAC facilities during normal practice time but will not compete in league matches or the state/national tournament.
- We will have some basic instruction and match / court coordination but most of the coaching time will be focused on the Racquetball Team.

RACQUETBALL TEAM



PRACTICE THE RIGHT WAY

- Bring a positive attitude and willingness to learn to at least 70% of team practices.
- Spend up to 30 minutes each practice on coach-led instruction
- Practice 1 hour per week outside of the team practice times (30 mins before / after practice)
- Make an effort to play different players each practice

COMPETE FOR LINCOLN:

- Participate in at least 3 of the 4 League Matches
- Play in the Oregon HS State Championships
- Compete in Nationals (if the event is in Oregon)
- Play Doubles when called upon

BE A GREAT TEAMMATE:

- Arrive to practice and competitions on time
- Complete all of my registration paperwork & pay team dues by Nov 1
- Support my teammates by cheering them on at league matches when I am not playing
- Make an attempt to identify and recruit other players to the Racquetball team.



SCHEDULE



	Event	Day	Date	Time	Where
October	Practice	Monday	10/14/24	7:00 - 8:30 pm	MAC
	Practice	Wednesday	10/16/24	7:00 - 8:30 pm	MAC
	Practice	Monday	10/21/24	7:00 - 8:30 pm	MAC
	Practice	Wednesday	10/23/24	7:00 - 8:30 pm	MAC
	Practice	Monday	10/28/24	7:00 - 8:30 pm	MAC
	Practice	Wednesday	10/30/24	7:00 - 8:30 pm	MAC
November	REGISTRATION DEADLINE	Friday	11/1/24	-	-
	Practice	Monday	11/4/24	7:00 - 8:30 pm	MAC
	Practice	Wednesday	11/6/24	7:00 - 8:30 pm	MAC
	Practice	Monday	11/11/24	7:00 - 8:30 pm	MAC
	Practice	Wednesday	11/13/24	7:00 - 8:30 pm	MAC
	League Match # 1	Saturday	11/16/24	10:00 am - 4:00 pm	Multiple
	Practice	Monday	11/18/24	7:00 - 8:30 pm	MAC
	Practice	Wednesday	11/20/24	7:00 - 8:30 pm	MAC
	No Practice (Club Event)	Monday	11/25/24		
No Practice (Thanksgiving)	Wednesday	11/27/24			
December	Practice	Monday	12/2/24	7:00 - 8:30 pm	MAC
	Practice	Wednesday	12/4/24	7:00 - 8:30 pm	MAC
	Tournament of Champions (Optional)	Thursday - Sunday	12/5 - 12/8/24	7:00 - 8:30 pm	MAC
	Practice	Monday	12/9/24	7:00 - 8:30 pm	MAC
	Practice	Wednesday	12/11/24	7:00 - 8:30 pm	MAC
	League Match # 2	Saturday	12/14/24	10:00 am - 4:00 pm	Multiple
	Practice	Monday	12/16/24	7:00 - 8:30 pm	MAC
	Practice	Wednesday	12/18/24	7:00 - 8:30 pm	MAC
	League Match # 3	Saturday	12/21/24	10:00 am - 4:00 pm	Multiple
	No Practice (Holidays)	Monday	12/23/24	-	-
No Practice (Holidays)	Wednesday	12/25/24	-	-	
No Practice (Holidays)	Monday	12/30/24	-	-	
No Practice (Holidays)	Wednesday	1/1/25	-	-	
January	Practice	Monday	1/6/25	7:00 - 8:30 pm	MAC
	Practice	Wednesday	1/8/25	7:00 - 8:30 pm	MAC
	Winter Blast Tournament (Optional)	Friday - Sunday	1/10 - 1/12/25	TBD	Sunset AC
	Practice	Monday	1/13/25	7:00 - 8:30 pm	MAC
	Practice	Wednesday	1/15/25	7:00 - 8:30 pm	MAC
	League Match # 4	Saturday	1/18/25	11:00 am - 4:00 pm	TBD
	Practice	Monday	1/20/25	7:00 - 8:30 pm	MAC
	Practice	Wednesday	1/22/25	7:00 - 8:30 pm	MAC
	Practice	Monday	1/27/25	7:00 - 8:30 pm	MAC
	Practice	Wednesday	1/29/25	7:00 - 8:30 pm	MAC
February	HS State Championships	Thursday - Sunday	1/30 - 2/2/25	TBD	Cascade AC
	Practice	Monday	2/3/25	7:00 - 8:30 pm	MAC
	Practice	Wednesday	2/5/25	7:00 - 8:30 pm	MAC
	Practice	Monday	2/10/25	7:00 - 8:30 pm	MAC
	Practice	Wednesday	2/12/25	7:00 - 8:30 pm	MAC
	Practice	Monday	2/17/25	7:00 - 8:30 pm	MAC
	Practice	Wednesday	2/19/25	7:00 - 8:30 pm	MAC
	Practice	Monday	2/24/25	7:00 - 8:30 pm	MAC
HS National Championships	Wednesday - Sunday	2/26 - 3/2/25	TBD	MAC	

REGISTRATION



OHSRL

SchoolPay

Remind

MAC

GearUp

FamilyID

OHSRL

- The Oregon High School Racquetball League registration is the primary registration for Lincoln HS Racquetball Team.
- Registration is open and must be completed by **Nov 1st** to compete this year.
- <https://www.highschoolracquetball.org/registration>
- You do not pay any fee as part of this registration so ignore that part.

REGISTRATION RANKINGS PLAYERS COACHES TEAMS
2025 NATIONAL TOURNAMENT
USA RACQUETBALL ORA SCHEDULE ABOUT US SEARCH
HOST CLUBS & SPONSORS

PLAYER REGISTRATION - 2025 SEASON

PLEASE COMPLETE REGISTRATION BY NOV 1, 2024

6% Completed Fields Completed 2 / 30

2024-2025 OHSRL Registration

Participant Information

General information for the Student / Participant

Participant Name *

Participant First Name Participant Last Name

Participant Email *

example@example.com

Participant Phone Number *

SCHOOL PAY

- It is \$170 to be on the Lincoln Racquetball Team this year, covering the following expenses:
 - OHSRL Fee - \$50
 - USA Racquetball - \$30
 - State Tournament - \$50
 - Lincoln RB Admin - \$40
- For those on the Racquetball Club, it is only the \$40
- <https://pps.schoolpay.com/link/2024Racquetball>
- If cost is an issue, please see me.



The screenshot shows the SchoolPay Payment Center interface. At the top, there is a navigation bar with a menu icon, the SchoolPay logo, and a shopping cart icon with a 'HELP' button. Below the navigation bar, the cart contains one item: '2023 Racquetball Team Fees' with an item amount of \$150.00. The item is represented by a circular image of a red stick figure holding a racquetball racket, with the word 'RACQUETBALL' written below it. Below the image, the text reads 'Team fees for 2023-2024 racquetball season'. Underneath, it says 'Payment to: Friends of Lincoln' and 'Item Amount: \$150.00 + Additional Fees:'. There is a section titled 'Additional Information Requested' with a label 'Player's Name:' and an empty text input field. At the bottom, there are two buttons: 'ITEMS' with a left arrow and 'CHECK OUT' with a right arrow.

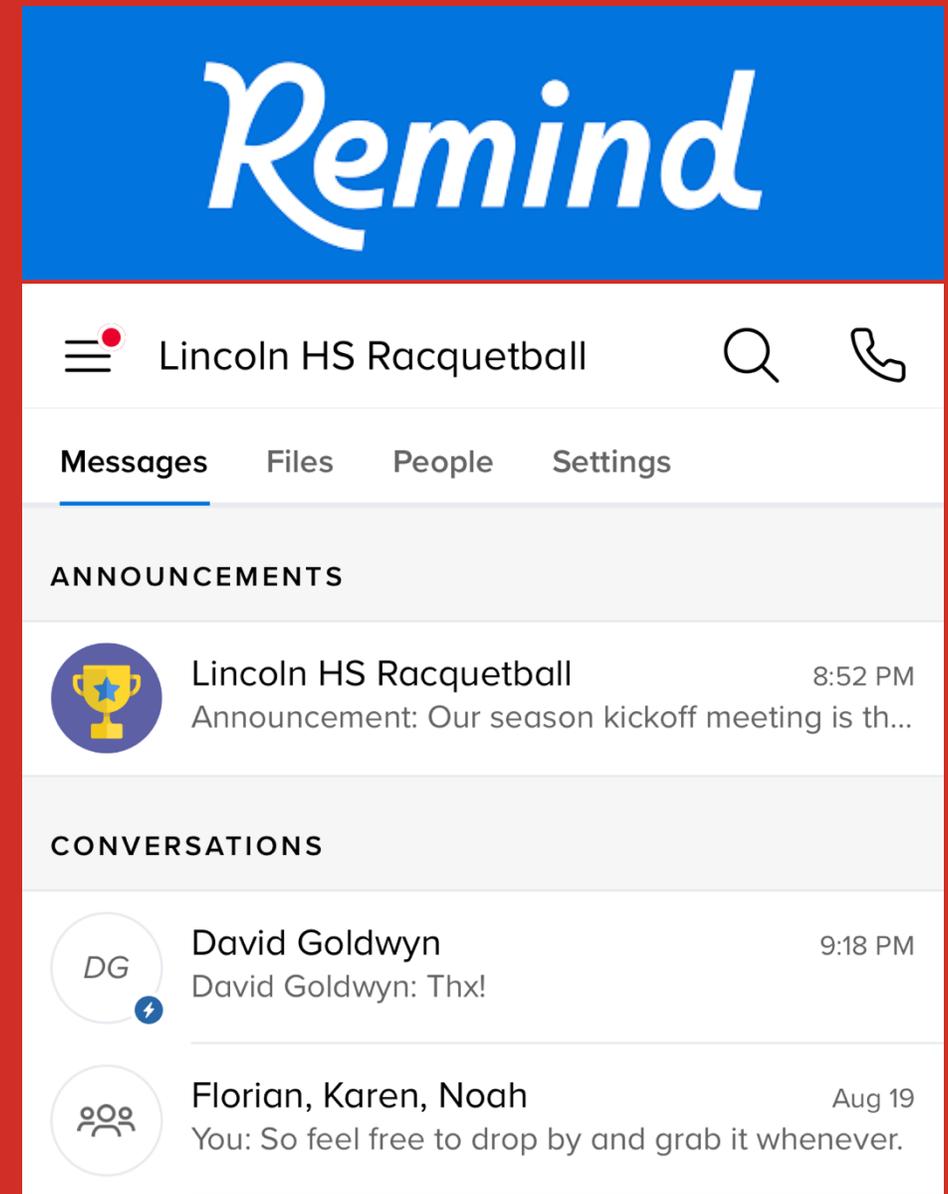
GEAR UP

- We are using GearUp to provide Team Jerseys again this year
- All Team members should get a primary jersey for League Matches and the State/National tournament.
- Friends and family can also order Lincoln RB gear to support the team!
- Final Link to be provided



REMININD

- We will be using Remind for all team communications.
 - Registration Info
 - Practice and Schedule changes
 - League match logistics & coordination
 - Team reminders
- It is the same Remind list as last year and it is for players, parents, and coaches
- You should configure remind to send you texts or emails if you are better at checking those.
- Join at the following link:
 - <https://www.remind.com/join/lincolnrb>





QUESTIONS?