

2019 – 2020 Lincoln High School Racquetball Team – Girls & Boys

What is Racquetball?

Racquetball is a fast paced indoor court sport which requires little equipment – just court shoes, glove, goggles, ball, and a racquetball racquet. The game is very easy to learn, and anyone can be taught to play the game in 15 minutes.

Benefits of Playing Racquetball

- Racquetball provides an intense, fast paced workout which improves balance, speed, agility, coordination and flexibility.
- As a weight-bearing exercise, racquetball strengthens bones and muscles.
- Racquetball is a fantastic winter cross-training sport for baseball, softball, golf, lacrosse, tennis, and track.
- As a lifetime sport, racquetball can be enjoyed and played for many years past high school.

A Winter Club Sport at Lincoln High School

The racquetball season begins in October and ends in January. Evening practices are held three times a week, Sunday, Monday, and Tuesday at the Multnomah Athletic Club.

Competitions

The LHS Racquetball Team competes in four Saturday league match events which are held at athletic clubs in Portland, Gresham, Sandy, Milwaukee and Salem. The season ends with participation in the Oregon State Racquetball Championships held in January.

How much does it cost?

The total cost for tournament entry fees, league membership, coaching fees and a team jersey is \$230.

When can I join the racquetball team?

All new players should attend the season kickoff player/parent meeting on Thursday, October 10th, 2019 at the Lincoln HS cafeteria from 4:30 – 5:30 pm.

When does the racquetball season start?

For new players, the first day of practice will be on Sunday, October 13, 2019 from 5:00 to 6:30 pm at the Multnomah Athletic Club (courts are on sublevel, LHS ID required). You do not need any previous racquetball experience to join the team.

For more information about the LHS Racquetball Team, go to our website at <http://www.lincolnthletics.com/page/show/2096575-racquetball> or contact head coach David Szafranski at david.szafranski@gmail.com