

# LHS Racquetball Team FAQ

## **How long do the Saturday league matches last?**

The league matches begin around 9 or 10 am and start with singles matches within round robins. This takes about 3 to 4 hours. After all of the singles matches are completed, the doubles and mixed doubles round robins take place and take about 1 hour. Not all players on the team will be playing doubles and can go home after the singles matches are finished.

## **Where can I purchase racquetball equipment such a racquet and racquetball safety goggles?**

Player's Racquet Shop – 2830 NE Sandy Blvd - 503-231-1120

Player's Racquet Shop - 3820 SW Hall Blvd – 503-641-9556

Dick's Sporting Goods – 1140 N Hayden Meadows Dr, Portland

Dick's Sporting Goods – 9402 SW Washington Square Rd, Tigard

[www.racquetballwarehouse.com](http://www.racquetballwarehouse.com)

[www.amazon.com](http://www.amazon.com)

## **What kind of racquetball racquet should I get?**

Beginners should get an inexpensive racquet costing \$40 - \$100 with a weight of less than 170gm and a grip size of SS (3-5/8”) or smaller if you have small hands.

## **What shoes should I wear to play racquetball?**

Always play racquetball with a pair on non-marking court shoes designed for court sports such as racquetball, squash, volleyball, or basketball. Do not use your everyday shoes.

## **Can I bring a lunch and snacks to the Saturday league matches?**

Yes, bring a lunch, juice, water, and snacks since you will be playing 5 to 7 matches over 3 to 4 hours.

## **Where can I learn more about how to play racquetball?**

[www.racquetball-lessons.com](http://www.racquetball-lessons.com)

## **Can parents watch the Saturday league matches?**

Yes! All of the clubs have spectator viewing areas for the racquetball courts.

## **Where do the Saturday league matches take place?**

The league matches are scheduled at participating racquet clubs across the Portland metroplex and in Salem. These clubs donate their court-time to help support the Oregon HS racquetball.

## **As a parent of a player, how can I help out during the Saturday league matches?**

Please volunteer as an Assistant Site Director. No experience is required and the official Site Director will provide you with whatever instructions are required.

## **Can I get a LHS athletics letter playing on the Racquetball Team?**

Yes, but you must meet all of the requirements to achieve a letter:

1. 2<sup>nd</sup> year or more playing on the team
2. Attend 75% of required practices
3. Participate in 3 of 4 Saturday league matches
4. Play in the Oregon State HS Racquetball Championships