

# LINCOLN RACQUETBALL



## 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 HIGH SCHOOL RACQUETBALL

<https://www.lincolnthletics.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 3<sup>rd</sup> 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 at least half of the team had never played before the first practice!
- You can earn a letter playing Racquetball at Lincoln High School.



# LINCOLN RACQUETBALL



## EXPECTATIONS

- We are planning to cap the team at 40 members again this year due to court and coaching constraints.
- It is difficult to play if you are participating in other Winter sports, although snowboarding was manageable as it didn't start until January.
- Registering for the team means you should be able to attend most of the Monday / Wednesday practices and play in the most of the league matches.
- The state tournament (Feb 1<sup>st</sup> – 4<sup>th</sup>) is like our final exam and we look for all our players to participate.

## REGISTRATION

- FAMILY ID
  - This is the primary registration for Lincoln HS Racquetball.
  - Registration is now OPEN and required for all club sports this year
    - <https://www.familyid.com/lincoln-high-school>
  - Physicals for all athletes are also required.
    - You can upload their physicals, turn them into room 261, or email to [rshriver@pps.net](mailto:rshriver@pps.net)
  - Choose "WINTER" and "Racquetball" when registering.
- SCHOOL PAY
  - It is \$150 to be on the Lincoln Racquetball team this year, covering the following expenses:
    - OHSRL Fee - \$40
    - USA Racquetball - \$30
    - State Tournament - \$45
    - Lincoln RB Admin - \$35
  - <https://pps.schoolpay.com/link/2023Racquetball>
- OHSRL Waivers
  - COMING SOON
  - There will be a form (hopefully online) with several waivers to sign for the OHSRL
- Multnomah Athletic Club (MAC) Waivers
  - There is a physical form that needs to be signed.
- Team Gear
  - Jerseys and other team gear will be purchased separately this year.
  - We are working to get that online store set up.

## CONTACT

### Seth Bouska

HEAD COACH LHS RACQUETBALL TEAM

Email: [sethbouska@gmail.com](mailto:sethbouska@gmail.com)

Phone: 503-332-5109

