



Facts

Why racquetball in your sportscenter?

- Racquetball is a good addition to the fitness offer.
- It is a good workout in competition format.
- The sport gives you a good condition and makes you more fit and energetic: Fitness in a game!
- The court can be combined with a squash court by employing a sliding back wall.
- It is an expansion of the sports activities offered at your center.
- Other sports can also be played on the court: wallyball (a type of volleyball) and handball.
- It is a sport that can be played by young and old.
- It is a relatively inexpensive sport. You need little equipment to start playing the game.
- The way to the top is fast. This is attractive to players with a lot of competitive ambitions.
- The energy consumption of a racquetball player is often higher than with other fitness activities (the energy consumption is expressed in METS; for competitive racquetball this figure is 10.0, for recreational and general racquetball it is 7.0). Other fitness activities: general aerobics 6.0, aerobic ballet or modern, twist 6.0, high-impact aerobics 7.0, low-impact aerobics 5.0.

Other facts

- Racquetball is played in some 90 countries.
- In North America about 13 million people play racquetball.
- Racquetball is officially recognized by the International Olympic Committee.
- The Dutch Racquetball Association (NRA) is a member of the NOC*NSF (Nederlands Olympisch Comité*Nederlandse Sport Federatie) (Dutch Olympic Committee*Dutch Sports Federation).
- The YRA is an active association that is willing to assist entrepreneurs in developing the sport.
- More information about racquetball is available on our website www.your-site.nl

racquetball

WHAT IS RACQUETBALL?



Racquetball is a fast ball sport. Two players or two team of two players each alternately hit the ball against the front wall of the court before the ball has bounced on the floor twice. Racquetball can be played by young and old alike, by beginners and advanced players. You build a good physical condition while playing the game and that is because racquetball is "FITNESS IN A GAME."

Racquetball is a dynamic sport that requires speed, a good physical condition and ability to react, strength and technique. It is a total workout in an appealing game.

WHO IS THE TARGET GROUP?

Racquetball's target group is very wide because racquetball is accessible to every group. Young and old, beginner and advanced, everyone can play at his or her level. The good bouncing qualities of the ball make the game easy to learn. The higher the player's level, the harder the ball is hit and the rallies become spectacular. Racquetball is even suitable for people with physical limitations. That is because wheelchair racquetball is also played.

WHERE IS RACQUETBALL PLAYED?

Racquetball is played indoors in the Netherlands. There are currently two centers with racquetball courts: The Hague and Franeker. There are also courts on three military bases but these are not accessible to the public.

In North and South America racquetball is a fairly popular sport and is also played outdoors.

THE COURT

Racquetball is played on a closed court measuring 6 meters 10 cm by 12 meters 20 cm. The walls and ceiling of the court are also included in the game.

The court can be built in combination with a squash court. A squash court is shorter than a racquetball court. By employing a sliding back wall the court can be used for both squash and racquetball.

let's play racquetball... fitness in a game!