

Stampede Wins D1 in OT

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D-II

1. Sharp
2. Minnesota
3. San Antonio
4. TNT
5. Northridge Kings
6. Philly
7. Atlanta
8. Arizona

Spokes Ableman has been shooting his mouth off about the 2008 exciting and controversial USQRA National Championships played in Louisville, KY (see quadrugby.com). In the Division I Title Game, the Texas Stampede beat the Portland Pounders 51-50 in overtime. That action and 13 other games were webcast by xAble. DVDs of your favorite teams are available on xable.com.



Texas' #8 Scott Hogsett and #10 Shininchi Shimakawa pressure Portland's Ian Chan

Sharp Cut Stars Short



Minnesota's Joe Delagrave defended by #8 Sam Gloor and #10 Delmon Dunston
Photos courtesy ©Paralyzed Veterans of America; Sports 'N Spokes

In Division II, Sharp Edge from San Diego won out over the 7th seeded Minnesota Northstars for the championship.

D-II was turned on its ear this year with Minnesota and TNT fighting their way into the semi-finals, shocking some of the favorites in the process.

Go to quadrugby.com and check out the next issue of Sports n Spokes for complete coverage.



Prez Soapbox

Mercy, It's MRSA

MRSA infected the AGM discussion and created fear and panic among our membership in Louisville.

We have done some research on MRSA and other infectious bugs and have developed information (see quadrugby.com) to help us better come to grips with the facts and to offer guidelines to deal with them.

Get Involved

So you couldn't attend the AGM and you don't feel the USQRA is doing much for you and your team? We have two words for you: Get Involved. Our sport needs you. We need you. Committee openings are now available in finance, marketing, development, and fundraising. And every year we elect 3 board members. There is lots of good stuff to work on. Contact Bob Crandall for further information.

Web Site Info

FYI, the new web site is set up in two tiers. The first is the Home Page and certain areas that are meant to appeal to a broad range of visitors, including potential players, volunteers, sponsors, and those just interested in the USQRA.

The second area is Players Corner which is set up to specifically help players with resources, info, etc., all related to teams and play. Now, we have a ton of stuff to migrate over from the old site and that is being done by our volunteer web committee: Jason Regier, Chris Rathje, Bob Crandall, and Bill Bouffard. Sign up, sign in.

Got a Good Story

There have been some great life-changing stories about quad rugby. We've all heard them. We would like to hear your story and to publish it online. We think that these stories need to be told to share with others what the game has done for you. We have much to say. Let's start saying it. Contact me or Bob Crandall.

The Commish

Transfer Process

Perhaps no part of the USQRA Bylaws causes as much controversy as the team transfer process. However, every attempt to seriously change the process has been voted down at the AGM over the past ten years.

While the process is unusual among organized sports, it does allow all teams to position themselves for the best competition in postseason. It is frequently argued that teams are often unfairly surprised by team transfers. The simple answer is to participate in the process. Every team may participate in team transfers, it only takes a check for \$50.

Because teams must decide to transfer in Top 20 order, a team knows whether a higher ranked team has transferred into their Region or Section. For example: If a higher-ranked team from the Mountain Section is transferring into your Section, you will know that if you are on the call. You then may choose to transfer or not.

\$50 is a small price to control whether you are best positioned for postseason. And an evaluation of your potential competition, including the strength and size of other Sections, should be as much a part of postseason preparation as setting up your key defense.

Teams know when they are on the post season bubble. So, be prepared.

Have a great off season.

Links FYI

[Code of Ethics and Complaint Procedure for USQRA](#)

[Deadlines](#)

[AGM Minutes](#)

[Constitution and By-Laws](#)

[Grant Info](#)

Interested in joining the dynamic team updating the web site and brochure? contact: [Jason Regier](#).

All Links and Rugby Store

@

[quadrugby.com](#)

[Murderball DVD here.](#)

CLINICS

[2008-09 Clinic grant application](#)

Information? Contact [Wendy Gumbert](#)

Born in Chicago, Norm currently lives in Austin. He says, "Austin is the best place I've lived so far for live music." He also likes to cook, especially BBQ, and there is lots of good weather for that in Texas.

Reminiscent of the last two players featured in the Spotlight, Bill Bouffard and Michael Lykins, Norm was injured when he was 17 years old. He was in a car accident returning home from a concert. He began playing rugby about a year post-injury, encouraged by the coach of the University of Illinois team.

Norm graduated from the U of Illinois in 1995 with a bachelor's degree in business. He is currently blending his enjoyment of horticulture with his business skills in his position at Home Depot, helping people with their landscaping. He is in the Olympic Job Opportunity Program, which provides him time off to train. Norm trains year-round. Off season he lifts a lot of weights, more than during the season, and pushes his Eagle chair outdoors, mostly paths



around his neighborhood. He likes to build up some base before the regular season. This summer he is lifting less weight than usual because he's preparing for the Paralympics.

Norm met his girlfriend, Katie, through a mutual friend. They have been together two years. Besides cooking, music and gardening, he enjoys film: cult ("Trainspotting" is a favorite) comedies, classics, horror, and, of course, "Murderball!"

Norm fell in love with rugby - he's been playing for 18 years and is still going strong. He enjoys how aggressive and athletic rugby is and

also appreciates the outlet it gives him that he didn't have before. What he likes best about the sport is winning. Best of luck to Norm and all of the other Team USA athletes in Beijing! Win big and bring home the gold!

by Wimsey Cherrington

Classification Update

Trisha Suhr

I wanted to make sure that everyone is aware of the change in the USQRA Classification leadership for the upcoming year. I am currently the chairperson of the USQRA Classification Committee. If you have any questions please feel free to contact me. I also want to encourage you to get to know the classifier who is in charge of your Section: Atlantic - Cyndy Ellis; Heartland

- Michelle Lanouetten; Mountain - Keith Cyrnek; and Pacific - Paul Sawicki. They will have as much information if not more regarding your section and things going on, their contact information will soon be up on the USQRA website.

Have a good summer! trishasuhr@aol.com

USQRA The 08 Banquet

International News Tournaments

SEE

iwrf.com

www.cwsa.ca

wheelblacks.com

Also quadrugby.com
for other results .

June 20-22, 2008
North America Cup
Birmingham, AL

June 25-29, 2008
Canada Cup
Vancouver, Canada

September 5-16, 2008
Paralympic Games
Beijing, China

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The banquet was held on Friday - Italian fare this year. As always in Louisville, the food was great.

Team USA and Team USQRA were named and honored with a sitting ovation. We hope Team USA can repeat their incredible run of 2006. And we wished Team USQRA prosperity in getting up to that next level.

Sponsor plaques were awarded, and Frazier Rehab was thanked along with all the dedicated tournament volunteers.

A huge round of applause was given to all the team volunteers who do everything from change tires to fetch water. We honored them as well as every USQRA volunteer (present or not) because we really couldn't do it without them.

Jason Regier was awarded Athlete of the Year. Regier was surprised and gave a brief thank you.

Robert Murray, who was unable to attend, received the Spirit of Achievement.

Ed Suhr and Wayne Romero, who is shown below, were inducted into the Hall of



Fame. Both gave heartfelt acceptance speeches - thanking teammates, family, friends, and the game itself.

That's 4, Louisville! One for the thumb in 2009. Thank you.

Click for information on how to
obtain the latest coaching aid:
[2006 USQRA Coaches Manual](#)

[Click here](#) to be added to our mailing list.

Explore the USQRA web site quadrugby.com and [MURDERBALL](#)

About Us

The United States Quad Rugby Association exists to provide support, structure, and opportunity for competitive wheelchair rugby to people with disabilities.

Smashing Stereotypes One Hit at a Time is the main message of our players and our sport. Quad rugby is a tough, give-no-quarter game. Our players' lives - their successes and trials on and off the court - are a continuous example of smashing stereotypes. The sport is about ability and competitive fire. It is testament to the spirit of our great athletes, their humanity, and the intensity of our game.

We are here to help people get involved in the fastest growing wheelchair sport in the world.

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