



nmra news

NEW MEXICO RACQUETBALL ASSOCIATION

MARCH/APRIL 1992

President's Message: On World Affairs and Racquetball

As an elementary school geography buff, I had a fascination with facts for which most persons would show little emotion. During a unit on South America, I became tantalized by the Guyanas of the North and Lake Titicaca in Bolivia, thinking that maybe I would someday experience them firsthand. The Guyanas lost my interest, except during the Jonestown massacres; however, the anticipation of Titicaca, the highest lake in the world, kept my interest.

In March, I visited this marvel of nature, which rests tranquilly at 14,000 feet above the sea, amongst llamas, sheep, and indigenous natives who have maintained a lifestyle for centuries. This visit was part of a Bolivian racquetball training mission and was co-sponsored by the IRF/AARA and FEBORA (Bolivian Racquetball Federation).

During breaks from the hectic schedule (4 cities in 9 days), I found just enough time to turn on the cable TV to CNN international. Not one to dismiss the opportunity to be updated on world events, I kept abreast of the U.S. political primaries, bombings, and cholera in Buenos Aires, and another impossible Iraq incursion. Yet, I could not stop internalizing that my mission into Bolivia, from the lowlands of the jungle at 2,000 feet above sea level into the **altiplano** of the Andes at greater than 14,000 feet above the sea, had the potential for greater political impact. I was ecstatic that over 200 players of both sexes, all ages, and a wide range of abilities, were hungry for information and strategies for enhancing their racquetball skills. Finally, I marvelled when fifty players crowded into what appeared to be a World War II munitions plane to travel "fifth class" to the National Championships in Sucre.

Here stood a city of enormous historical wealth, where university students study nightly under street lamps and where three racquetball clubs simultaneously hosted the country's top event for over 150 players.

Out of all this contradiction about what is important and what is not so important, I have come to one conclusion: racquetball is thriving, and racquetball holds the trump card for greater world understanding and goodwill. And about my geography lesson on Lake Titicaca—I will be going back to play on its two courts very soon.

—Gary Mazaroff

Racquetball is thriving, and ... holds the trump card for greater world understanding and goodwill.

Plan Now for the WSRC

The 1992 World Senior Racquetball Championships will be held September 8-12 in Albuquerque for the eighth consecutive year. We expect about 400 players this year. Last year, 385 men and women over 35 years of age participated, representing 40 states and 12 foreign countries. This event is one of the most significant sporting and cultural events for Albuquerque and New Mexico.

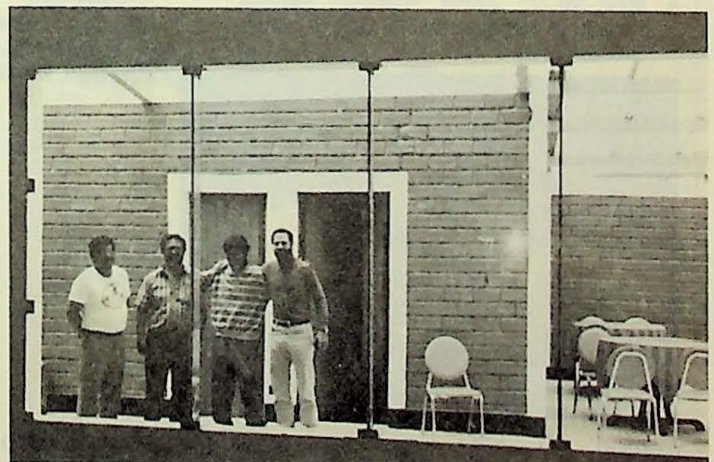
The WSRC, in conjunction with the AARA and the United States Olympic Committee, has targeted the Championships as the official fundraiser for racquetball's "Olympic Dream." Last year, over \$8,000 was raised for "The Olympic Dream" which contributes to supporting National Adult and Junior Racquetball Teams, the many coaches, players, and trainers who are part of international development for our sport, as well as those who play a big part in the grassroots development programs for juniors, women, college students, and special populations. Part of the proceeds also benefits the New Mexico Junior Scholarship Program.

The WSRC thanks the many corporate sponsors and players for their support of the event. With this continued support and more, the WSRC will increase its contribution in 1992. The WSRC is working hard to secure both cash and in-kind products and services to meet this goal. If you or your company would like to pursue this opportunity to contribute to "The Olympic Dream," contact **Gary Mazaroff** at 266-8960.

For players interested in participating in the tournament, entry forms will be out this month and are available at local clubs, or contact **Gary Mazaroff** at the number above.



Lake Titicaca, the highest lake in the world.



Mazaroff and friends outside a court at the Hotel Titicaca, Bolivia.

Tips from the Pros: Gary Mazaroff on the Ceiling Ball

Editor's Note: This issue, NMRA News features a tip from **Gary Mazaroff**, President of the NMRA and one of New Mexico's most successful racquetball players.

Similar to other shots in racquetball, the successful ceiling ball is related to sound fundamentals. It is the most forgiving shot and as such is used as the primary defensive tool. Regardless of how often you elect to hit a ceiling ball, remember the following points for maximizing success:

- **Hitting Zones:** The optimal contact point for the forehand is shoulder to eye level, with a full extension at contact. The optimal contact point for the backhand is chest to shoulder high, with full extension at contact. The difference between the two is based on the mechanics of the swings. The forehand is a throwing motion leading with the elbow. The backhand leads with the shoulder.
- **Contact Areas:** Contact area is at or slightly behind the front instep, with

weight transferring onto lead foot. Target is on ceiling near junction with front wall.

- **Racquet Preparation:** Prepare early to ensure arm extension and correct area.
- **Depth:** Attempt to bring the ball back to the back wall-floor junction.
- **Stance:** The stance for the forehand is closed or partially opened. The stance for the backhand is closed.
- **Balance:** Establish a firm base of support with both feet in contact with the floor.

Some common errors associated with the ceiling ball include the following:

- Too much force application sends the ball off backwall resulting in an offensive opportunity for your opponent.
- Improper contact area results in a misdirected ball.

- Late racquet preparation results in a misdirected ball, usually off the side wall.

- An ill-advised offensive attempt has a low probability of success.

Adjustments can and ought to be made according to the playing conditions. At altitude, more "touch" is required to control the speed of the ball. At sea level, a more complete stroke must be used to assure depth. Court and ball conditions must be considered for success of the ceiling ball. A word of caution to those who overuse the ceiling ball, thus bypassing opportunities to create more pressure on the opponent.

Like other shots, the ceiling ball requires practice both during and outside game experience. Have fun, and watch your improvement!

—Gary Mazaroff

Upcoming Tournament Events

- **April 23-26: AARA Adult Regionals (Region 12),** Lakewood Athletic Club, 3333 So. Wadsworth, Lakewood, CO 80227, John Foust, 303/699-8121.
- **May 1-3: Second Annual Cinco De Mayo,** New Mexico Highlands University, P.O. Box 2707, Sweeney Center, Las Vegas, NM 87701, Ronald Maestas, 454-0146.
- **May 7-10: State Doubles,** Tom Young's Athletic Club, 2250 Wyoming Blvd. NE, Albuquerque, NM 87112, Gary Mazaroff, 298-7661.
- **May 4-6: Senior Olympics for Racquetball,** Highpoint Racquet & Swim Club, 4300 Landau NE, Albuquerque, NM 87111, Rory Henne, 293-5820.
- **May 20-25: AARA National Singles,** Downtown Houston YMCA, Luke St. Onge, 800/234-5396.
- **June 4-7: Michelob Dry Spring Fling,** Club International, 1931 Warner, Santa Fe, NM 87501, Jeff Mahan, 988-3030.
- **June 11-14: State Senior Olympics for Racquetball,** New Mexico State University, Las Cruces, NM, Cecilia Acosta, 1-623-5777.
- **June 11-14: New Mexico State Games for Racquetball,** Rio Grande Racquet & Fitness Center, 2500 Yale SE, Albuquerque, NM 87106, Gary Mazaroff, 243-6007.
- **June 27 - July 1: Ektelon AARA United States Junior Olympics,** Sports Mall, Murray, UT, Luke St. Onge, 1-800-234-5396.
- **September 8-12: World Senior Racquetball Championships,** Tom Young's Athletic Club, 2250 Wyoming Blvd. NE, Albuquerque, NM 87112, Gary Mazaroff, 266-8960.

Look forward to September 1, 1992, for the following rule changes:

A. When entering the court after being summoned for your tourney match, you must have your safety thong in place around your wrist.

B. When entering the court after being summoned for your tourney match, you must wear your protective eyewear properly.

Failure to do either will result in a technical foul, a series of technical fouls, or expulsion from the match.

NEW RULE AS OF APRIL 1, 1992

All tournament players must revert back to the use of standard racquets. See the new Jack Kramer wood model and the Leach Bandido models at your favorite pro shop.



Women's Doubles Semi-Finalists at the New Mexico Invitational: Claudia Rodriguez/Julieta Trujillo-Baca and Debbie Alsop/Linda Johns.

NATIONAL AND STATE BOARDS

AARA BOARD OF DIRECTORS

Vote for the candidate of your choice. Review each candidate's qualifications in the March/April issue of **Racquetball Magazine**.

NMRA BOARD OF DIRECTORS

A few positions are available for the NMRA Board of Directors. Each position is for three years. Send a letter of intent, with your qualifications, if interested, to the NMRA, P.O. Box 36179, Albuquerque, NM 87176.

News Notes...

CORPORATE CORNER... Coke Jumps Aboard the AARA-Coca Cola of Albuquerque, Santa Fe, and El Paso have become corporate sponsors of the NMRA, effective 1992. Each bottler will contribute in-kind product, including soft drinks and thirst quencher for the communities in their respective areas. THANK YOU COKE!

NEWSLETTER ADVERTISING...Contact Kirby Williams at the NMRA, P.O. Box 36179, Albuquerque, NM 87176. The NMRA News has a distribution of 1000 and is distributed to all AARA/NMRA members and clubs in New Mexico.

GRANT APPROVED BY AARA...The AARA has approved a partial grant for grass-roots development in New Mexico. The NMRA will receive up to \$750 in cash for administrative and other expenses as well as some

equipment to support introductory classes hosted by the NMRA. The first two sessions are targeted for seniors and women university students. The sessions are scheduled as follows:

- **Introduction to Racquetball for Women Students at UNM:** April 14, 6:30-8 PM, Johnson Center at The University of New Mexico.
- **Introduction to Racquetball for Those Over 55 Years of Age:** April 16, 1-3 PM, Tom Young's Athletic Club, in conjunction with the Bear Canyon Senior Center.

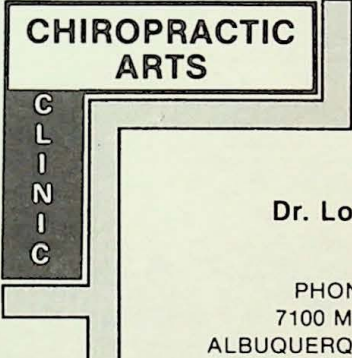
PASSING OF JOHN BECKER...John Becker was one of the more influential persons in the growth of the World Senior Racquetball Championships in Albuquerque. He passed away this winter in Georgia.

TEAM RACQUETBALL ON HOLD...Sometimes we need a break to reassess a program. Such is the case with Team Racquetball. Having operated primarily out of Albuquerque for the past two years, we look forward to expanding the concept in 1993.

INSTRUCTIONAL CORNER...Upcoming in New Mexico

How to Teach Seminars
Tourney Operations Seminars
Pari Clinic

WOMEN RACQUETBALL FOR SENIORS...Jo Kenyon of Florida, one of the most influential and talented Masters players in the country, tells us that the recent Women's Masters Championships in Charlotte, North Carolina, drew 45 women. This represents a 20% increase from 1991.



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