



## THE LOUISIANA RACQUETBALL ASSOCIATION

*"Dedicated to promoting the game of Racquetball"*

18942 WINTERWOOD CT. / BATON ROUGE, LOUISIANA 70817 / 504-293-8930

MAY 1987

### TOP COMPETITORS VIE FOR STATE DOUBLES TITLES

A field of many of Louisiana's top competitors rallied throughout the weekend this past March 13-15th, to clinch the top honors of the 1987 State Doubles Championships. With over 130 teams competing for the Mens, Women's and Mixed Doubles titles, the caliber of play seemed to be as fierce and competitive as it was enjoyable to watch. This year's tournament held some surprises, with several new teams taking home the titles. The dominating figures in La. racquetball in the past years have begun to make way for some fresh new talent, which is always refreshing for the sport. Staying at the top not only takes talent, but continued dedication and time as well.

Many thanks go to the Kenner YMCA and Rene Hebert for their generous hospitality throughout the tournament and their continued support of hosting this event. Many thanks also go to the number of volunteers who graciously spent their weekend, in between playing, behind the tournament desk, calling matches voluntarily, and doing whatever needed to be done to help keep the tournament running smoothly. Many of these volunteers are the same ones that help tournament after tournament. They are the ones who make Louisiana racquetball what it is today. And last, but not least, a special thanks to the Kenner YMCA snack bar employees for being so "on the ball" year after year during this event. That quick service means alot to hungry, impatient racquetball players.

I, for one, had a great time this year at State Doubles, thanks in large to having such talented partners as Karen Foley and Gene Mann. They always do such a great job of doing their part, and then some! And then of course, there's always the "after hours" fun which tends to make these tournaments so "lasting" and "enjoyable". (Did I say that?) And New Orleans always makes for a great place to have all this fun. F&M Patio was not to be forgotten, among other spots, as the evidence clearly showed on many of our faces that next bright, sunny Sunday morning, THE MORNING OF THE FINALS!! Fortunately, in my case and others, things fell into place. (This is where those talented partners come in again!) But it was fun, I think we can all agree. After all, isn't that what racquetball tournaments in Louisiana are all about? A little hard work and a little hard play??

Now that State Doubles has come and gone, we can all look forward to some other fun upcoming tournaments, one being one of my favorites, The Baton Rouge Sports Festival, June 5-7. Please mark this one on your calendar as one to make. You've enjoyed it in the past; please come and enjoy it again this year. It's for a very worthy cause. Hope to see you there.

Now, for a special mention of our 1987 State Doubles Champions and their runner-ups. Complete results (including 3rd place & consolation) can be found on pages 4 & 5 of Tournament Results.

#### MEN'S OPEN DOUBLES

Steve Martin/Lance Nelson def. Ricky Gonzales/Lance Landry

#### MEN'S B DOUBLES

Emile Fair/John Pease def. Eli Lucas/C.J. Scarpero

Results cont. next page

MEN'S C DOUBLES

Ray Clement/Jim Herbert/ def. Randy Dodge/Richard Powell

MEN'S 35 OPEN/A

Doug Moreau/Bob Soule def. Don Ellerman/John Pellerin

MEN'S 35 B/C

Joe Brocato/Ribenack def. Al Miller/Ken Hood

WOMEN'S OPEN

Karen Foley/Chris Metrailler def. Kim Allen/Edie Martin

WOMEN'S B

Nanci Easterling/Patti Gracinette def. Lou Reynolds/Camille Seigel

WOMEN'S C

Melanie Zurick/Kristin Reuther def. Kim Durr/Linda Tallent

MIXED OPEN

Karen Foley/Mike Almerico def. Michelle Barkate/Keil Koger

MIXED B

Patti Gracinette/Cyril Gracinette def. Carrie Patureau/Drew Seigel

MIXED C

Dorothy Pendergast/Charles Pecot def. Linda Tallent/John Alvendia

Congratulations to all players!!

## *Finance*

In order to keep up with the continued growth of the L.R.A. and provide additional services we have purchased a new computer software package.

This system will enable us to provide you with current division rankings at every tournament, thereby keeping you abreast of how you stand amongst your peers. The computer will also generate labels with member numbers and expiration dates on each piece of correspondence sent to you throughout the year.

Effective immediately, per your request, we are also sending out membership renewal notices 15 days prior to expiration. This will insure faster check-in at tournaments and help minimize the amount of paperwork for tournament directors.

As I stated earlier, we are working hard to fulfill your continued needs and make the L.R.A. the best racquetball association in the country.

John Pellerin

Finance

REVISIONS TO 1987 CALENDAR-(Please mark these additions on your tournament calendar printed in your last newsletter).

June 12-14 Rivercenter Health & Racquetball Center Summer Classic  
Rivercenter-New Orleans Type B

August 7-9 New Orleans Womens Racquetball Association Tournament  
Racquetball One-New Orleans Type B

December 4-6 Covington Christmas Classic Covington Racquet & Fitness Center  
Type B

Many players whom have not been around lately, for one reason or another, always seem to ask the same question, "How's the L.R.A. doing these days?", as if something had happened to it since they last played. Well, let me say that the Louisiana Racquetball Association is alive and well. As long as there are players who care about good competition, the L.R.A. will prosper and continue to promote the sport of racquetball. So, with that not being a concern of mine, I do tend to be a bit concerned about the club owners who have chosen not to become members of the L.R.A. I really feel that they fail to realize what not choosing to belong can mean to the players who are members of their club.

As everyone knows, the L.R.A. is the official clearing house for tournament scheduling in Louisiana. For member club owners, this means no conflict with tournament dates; club owners are not at odds with each other, but rather can work together through the L.R.A. to give their members more of what they want in the way of competitive racquetball; and in addition, approximately every three months, each associate and preferred club member receives a package which includes entries for all upcoming tournaments and informative newsletters to pass out to its' members. Members in turn come to realize that their club does care enough to spend the yearly membership fee to make sure that they, the member, does stay informed as to the happenings in racquetball throughout the state. Keeping members informed will motivate them to play more, thereby keeping them happy, interested members.

More importantly however, as an associate member, the club owner has the best opportunity to kill two birds with one stone. By holding an L.R.A. sanctioned tournament, the club can attract more players (many outside) into his or her club and make money on hosting the tournament as well. Now that's a winning deal. You show me a club owner that doesn't make money on hosting a tournament and I'll show you someone who is misinformed or just plainly does not want to be bothered with the opportunity. This opportunity is there for the taking.

So, if your club does not get any entry blanks or newsletters, and you are forever calling up other clubs or friends to find out information, ask your club owner if he or she cares enough to spend a little to make you a happy, satisfied member of that club.

Good Luck & Good Shooting,  
Paul

#### Covington Racquet & Fitness Bud-Lite Invitational

Edgar Schaefer and Brian Lowe held the Bud-Lite Summer Classic May 1-3, at the Covington Racquet & Fitness Center. The tournament ran smoothly, as usual, with 56 participants in Singles and Mixed Doubles. Everyone enjoyed good racquetball and great hospitality. Brian and Edgar go all out to make players and guests welcome. And if you've ever been to their club, they can boast of some of the state's best panel courts.

Our thanks to Edgar and Brian for a great tournament. Please keep in mind that they will host the Covington Christmas Classic, December 4-6th. Don't miss it!

Milt Cousins



**THE LOUISIANA RACQUETBALL ASSOCIATION**  
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# TOURNAMENT RESULTS

## 1987 STATE DOUBLES CHAMPIONSHIPS MARCH 13-15

### MEN'S OPEN

1st-Steve Martin/Lance Nelson  
2nd-Ricky Gonzales/Lance Landry  
3rd-Mike Almerico/Gene Mann  
Con-Danny Bordelon/Paul Bruno

### MEN'S B

1st-Emile Fair/John Pease  
2nd-Eli Lucas/C.J. Scarpero  
3rd-John Alvendia/Joey Oliveri  
Con-Hal Salaun/Rory Shinn

### MEN'S C

1st-Ray Clement/Jim Herbert  
2nd-Randy Dodge/Richard Powell  
3rd-Brian Young/Mike Barnette  
Con-Ken Hood/Al Miller

### MEN'S 35 OPEN/A

1st-Doug Moreau/Bob Soule  
2nd-Don Ellerman/John Pellerin  
3rd-Tom Dietrick/Doug Reuther  
Con-Miles Seghers/B.J. Kruse

### MEN'S 35 B/C

1st-Joe Brocato/Ribennack  
2nd-Al Miller/Ken Hood  
3rd-Mike Calomari/Keith Saia  
Con-Alex Sulik/Michael Rappold

### WOMEN'S OPEN

1st-Karen Foley/Chris Metrailler  
2nd-Kim Allen/Edie Martin  
3rd-Marsha Richards/Michelle Barkate  
Con-Terry Doran/Faye Spradley

### WOMEN'S B

1st-Nanci Easterling/Patti Gracinette  
2nd-Lou Reynolds/Camille Seigel  
3rd-Sharon Lester/Bonnie Porter  
Con-Tracy Shean/Jackie Story

### WOMEN'S C

1st-Melanie Zurick/Kristin Reuther  
2nd-Kim Durr/Linda Tallent  
3rd-Dorothy Pendergast/Judy Pregeast  
Con-Rosie Bloom/Pat Tarride

### MIXED OPEN

1st-Karen Foley/Mike Almerico  
2nd-Michelle Barkate/Keil Koger  
3rd-Edie Martin/Steve Martin  
Con-Debbie Herrmann/Monty Bordelon

### MIXED B

1st-Patti Gracinette/Cyril Gracinette  
2nd-Carrie Patureau/Drew Seigel  
3rd-Jackie Castro/Rory Shinn  
Con-Mary Sirgo/Tyrone Boler

### MIXED C

1st-Dorothy Pendergast/Charles Pecot  
2nd-Linda Tallent/John Alvendia  
3rd-Pat Tarride/Perry Dolce  
Con-Kristin Reuther/Michael Knight

## 11th ANNUAL WALLBANGER CLASSIC APRIL 10-12

### MEN'S OPEN

1st-Kell Koger  
2nd-Steve Rogers  
3rd-Travis LeBlanc  
Con-Troy LeBlanc

### MEN'S A

1st-Blaze Premin  
2nd-Don Story  
3rd-Monty Bordelon  
Con-Brian Satawa

### MEN'S B

1st-Rob Munson  
2nd-Steve Sanchez  
3rd-Dorsey Broussard  
Con-Chuck Tauzin

### MEN'S C

1st-Ken Hood  
2nd-Leonard Meaux  
3rd-Edmond Druketainis  
Con-Mark Espinosa

### MEN'S D

1st-Mark Schnexnider  
2nd-Russell Henderson  
3rd-Steve Haynie  
Con-Jerry Wade

### MIXED DOUBLES OPEN

1st-Karen Foley/Troy LeBlanc  
2nd-Michelle Barkate/Keil Koger  
3rd-Dawn Ellerman/Mike Landry  
Con-Faye Spradley/Travis LeBlanc

### MIXED DOUBLES A

1st-Debbie Spica/Alvin Miles  
2nd-Suzanne Corkern/John Pellerin  
3rd-Becky Smith/Roy Melancon  
Con-Cindy Elsenson/Geoff Burrell

### MIXED DOUBLES B

1st-Patti Gracinette/Barry Day  
2nd-JoAnn Schneider/Burt Strandberg  
3rd-Melissa McQueen/Brian Young  
Con-Jackie Story/Billy Danner

### WOMEN'S OPEN

1st-Karen Foley  
2nd-Marcia Richards  
3rd-Michelle Barkate  
Con-Terri Pruitt

### WOMEN'S A

1st-Debbie Spica  
2nd-Suzanne Corkern  
3rd-Tammy Rodriguez  
Con-Cindy Elsenson

### WOMEN'S B/C

1st-Joan Huesers  
2nd-Patti Gracinette  
3rd-Melissa McQueen  
Con-JoAnn Schneider

### WOMEN'S D

1st-Lois Doughty  
2nd-Margie Hudson  
3rd-Carol Guitreau  
Con-Lee Harris

### MEN'S 35A

1st-Mike Bock  
2nd-Bob Munson  
3rd-Ken Byrd  
Con-Dorsey Broussard

### MEN'S 35B

1st-Jack Gromer  
2nd-John Vinturella  
3rd-Harold Battalora  
Con-Milt Cousins

### MEN'S B

1st-John Lis  
2nd-John Vinturella  
3rd-Tom Christenson  
Con-Richard Bassett

### MEN'S C

1st-Matt Fleming  
2nd-Albert Schof  
3rd-Stephen Bourgeois  
Con-Chris O'Regan

### MEN'S D

1st-Marc Griffin  
2nd-Joe Cousins  
3rd-Roger Arustasio  
Con-Arnold Schute



## COVINGTON RACQUET & FITNESS SUMMER CLASSIC APRIL 24-26

### WOMEN'S OPEN

1st-Karen Foley  
2nd-Marcia Richards  
3rd-Helen Siegel  
Con-Becky Gromer

### WOMEN'S A

1st-Debbie Spica  
2nd-Kathy Munson  
3rd-Suzanne Corkern  
Con-Tammy Rodriguez

### WOMEN'S C

1st-Melissa McQueen  
2nd-Jane Harmen  
3rd-Trish Kiermaier  
Con-Kathy Battalora

### MIXED DOUBLES OPEN

1st-Karen Foley/Mike Almerico  
2nd-Michelle Barkate/Keil Koger  
3rd-Tammy Rodriguez/Neil Woodall  
Con-Helen Siegel/Adrian Lahere

# TOP 10 MEN'S DIVISIONS

## MEN'S OPEN

Keil Koger  
Brian Lowe  
Troy LeBlanc  
Steve Martin  
Steve Rogers  
David Rahn  
Guy Faget  
Jeff Kindl  
Keith LeBlanc  
Lance Nelson

MEN'S A  
Scott Hazlett  
Blaze Fremin  
Jack Gromer  
Don Story  
John Pellerin  
Monty Bordelon  
Mike Storey  
Frank Bruno  
Rex Ransome  
David Dauterive

MEN'S B  
Bob Munson  
Chris Guarisco  
Ken Counts  
Barry Day  
Tyrone Boler  
Bob Gilmore  
Charles Pecot  
John Dupont  
Eli Lucas  
Billy Danner

MEN'S C  
Richard Bassett  
Stephen Bourgeois  
Leonard Meaux  
Doug Reuther  
Ken Hood  
Adil Sequeira  
Mark Espinosa  
Roy Eudy  
James McCracken  
Rob Delarosa

## MEN'S D

Russell Henderson  
Emile Fair  
Barry Daste  
Albert Schof, III  
Marc Schexnayder  
Steve Haynie  
Ernie Cuestas  
Thomas Wahlder  
Jerry Wade  
Kevin Lacour

MEN'S SENIOR A  
Jack Gromer  
John Pellerin  
Don Ellerman  
Bob Munson  
Richard Childers  
Raymond Shepherd  
Jes Stewart  
Ken Byrd  
Scott Shean  
Ted Hamilton

MEN'S SENIOR B  
Jerry Tadlock  
Gary Teel  
Richard Bard  
Doug Reuther  
Dallas Robinson  
Jerry Lindig  
Ray Peterson  
Barry Daste  
Al Miller  
Dorsey Broussard

# TOP 10 WOMEN'S DIVISIONS

## WOMEN'S OPEN

Karen Foley  
Marsha Richards  
Helen Siegel  
Kim Allen  
Michelle Barkate  
Edie Martin  
Debbie Herrmann  
Chris Metrailler  
Ellen Monteiro  
Gail Woods

WOMEN'S A  
Suzanne Corkern  
Debbie Spica  
Kathy Munson  
Jane Saunders  
Patti Higgins  
Cindy Elsensohn  
Tammy Rodriguez  
Anise Valure  
Sandy Wilcox  
Lyn Scott

WOMEN'S B  
Nanci Easterling  
Debbie Bayham  
Patti Schof  
Anne Schaefer  
Joan Huesers  
Michele Ashley  
Bernadette Rocco  
Karen Taylor  
Betsy Fischer  
Melissa McQueen

## WOMEN'S C

Melissa McQueen  
Jane Peterson  
Donna Skarona  
Jackie Rabalais  
Kay Hays  
Carol Griffin  
Libby Hardaway  
Natalie Kirsch  
Mary Minnuelle  
Betty Stehr

WOMEN'S D  
Margie Hutson  
Susan Hunt  
Jackie Rabalais  
Lois Doughty  
Karen Bush  
Michelle Carrone  
Neyda Jackson  
Mary Crawford  
Betty Stehr  
Linda Shacklette

THE BATON ROUGE SUMMER SPORTS FESTIVAL (June 5, 6, 7)

We all enjoy competitive racquetball. It's even better when the competition is at the Wallbanger Court Club (Perkins Road location). Enjoy a great tournament while supporting an important charity. Proceeds for the 1987 Baton Rouge Summer Sports Festival go to benefit (EIP) Early Intervention Program for high risk children between birth and three years of age. Previous summer sports festivals have raised over \$100,000 for various charities over the years, including the Mental Health Association, the International Special Olympics, the U.S. Olympic Training Center, and the VIII National Sports Festival.

There will be a division for all levels of play including beginners. All participants will receive a Baton Rouge Summer Sports Festival T-shirt, .25 cents Miller Lite, free Coca-Cola, good food the entire tournament, and the best hospitality given anywhere. Special events for the weekend include a Friday night calcutta, live Z-98 radio remotes, cablevision coverage and promotion for the event. On Sunday there will be a great BBQ, a 5K and one mile fun run during the afternoon.

Entry fee is \$25.00 donation and is tax deductible for charity. Get fired up for great racquetball competition while helping the children. "A great weekend" as Wallbanger goes all out for one of its best tournaments of the year. Entry blanks are at your local club, and if unable to find one, please call Wallbanger at 769-4120.

WARMING UP FOR RACQUETBALL

Most racquetball players are developing good workout programs to better prepare themselves for the rigor of the sport, but you still see many people walk right onto the court and start swinging without a thought of warming up. Even more people end a game and leave as quickly without cooling down. This can lead to much unnecessary soreness, chronic musculoskeletal problems and increase the rate of injuries.

The player is not completely at fault here. Most tournament play requires the winner to quickly referee the next game, with little time for that player to properly cool down, shower or change clothes. Then that same player is usually playing another match shortly after and does not have time to warm up again. Racquetball is also quite social, so after matches it is common to see people sit around and talk about those great shots, rather than properly cool down. Cooling down is just as important, if not more so, than stretching and warming up. Local trauma to joints, ligaments and muscles creates inflammation which leads to muscle spasms, among other things.

Proper stretching prior to playing is important to limber up your joints and muscles that allow you to reach a higher percentage of shots. This will also prevent injuries because you will be increasing the circulation into the joints and lubricating the joints. Be aware of improper stretching, however. To prevent injuries from stretching, begin slowly with no bouncing or jerky motions. Ease into each stretch and hold for 10-20 seconds. Switch sides and repeat at least two times. Be relaxed and breath deeply. The stretches should be comfortable. If they begin to hurt, then ease up.

After stretching and warming-up (on court), prior to play, a cardiovascular exercise such as bike riding, jump roping, or jumping jacks is recommended. Along with cooling down, it is important to put your sweats on and keep your body warm. Equally important, ice should be applied to any injured area for about 15 minutes.

Lastly, to avoid general muscle soreness from play, a shower, whirlpool, or sauna should be taken as soon as possible. This will help to prepare you for next match or game, by reducing muscle soreness and chance of injury. And, of course, don't forget to have a good time playing!

# Rules

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## THE REFEREEING DILEMMA

Refereeing at tournaments always seems to be a hot issue, a true dilemma. Everyone knows that at most L.R.A. tournaments, if you win, you are required to referee; if you choose not to (without finding a suitable replacement), you are subject to a forfeit. Why do so many players complain about their responsibility to referee? Some players even leave the club right after winning a match to try to dodge this responsibility. This can create problems, the main one being that it often holds up the next match while a new referee is being sought.

There are different angles from which to view this issue. From the prospective of those coordinating and running a tournament, getting winners to fulfill their obligation to ref is usually the most aggravating problem that they face. As mentioned before, having to seek a new referee at the last minute just adds to the problem of tournaments often getting behind time. On top of that, getting referees to show up on time at the court is also often encountered.

From the prospective of the winning player who has to play, ref, play, ref, and try to get a bite to eat and a moment to rest in between all this, it alone can be a problem for the player. However, some players often choose to play more than one division, therefore subjecting themselves to this possible situation. In addition, requiring the loser of the match to referee is most unfair. This has been tried before at L.R.A. tournaments without much success and respect. So, you can see, in all fairness, that the player who continues to win, has to pay this small price for winning.

A problem that referees sometimes face is abuse by the players. In most cases, the referee is doing the best job that he or she can and it is usually a good job. In the heat of a match, some players will say and do things that they normally would not. It is the job of the referee to keep things under control by knowing the rules and applying them accordingly. This includes not taking undue abuse from the players. If a referee knows the rules, keeping play under control is relatively easy; not knowing the rules only exacerbates the situation.

Not knowing the rules is probably the biggest complaint that players express about referees. It can indeed be very frustrating to have ones' momentum thwarted because of an inappropriate call on the part of the referee. Again, we as players have the responsibility to know the rules and to apply them correctly.

As L.R.A. members we are all "Dedicated to Promoting The Game Of Racquetball" and as such should conduct ourselves as true courteous sports persons whether we are playing, refereeing or just viewing a match.

## Don Story-Rules Committee

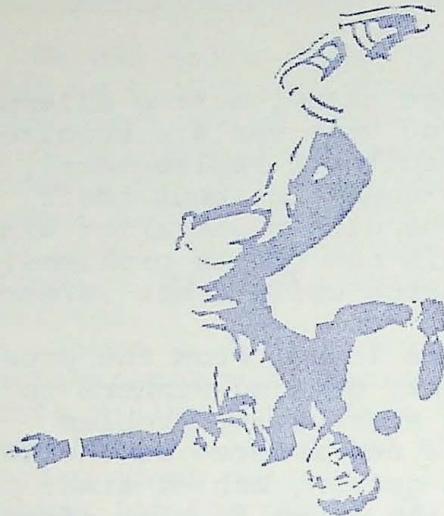
### PREFERRED CLUB DIRECTORY

Wallbanger 10473 Old Hammond Hwy. Baton Rouge, La. 70815 504-923-2793	Wallbanger 7069 Perkins Rd. Baton Rouge, La. 70808 504-769-4120	Wallbanger 13436 Old Jefferson Hwy. Baton Rouge, La. 70816 504-292-9755
Lou Reynolds	Jeff Archer	Danny Boudreaux

### ASSOCIATE CLUB DIRECTORY

Racquetball One 1300 One Shell Square New Orleans, La. 70190 504-522-2956	Roman Health Resort 4324 Lake Street Lake Charles, La. 70605 318-478-8510	Covington Racquet & Fitness Center Route 8 Box 41 Covington, La. 70433 504-893-4800	
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Chris McKinney	Romaine Lee	Greg Jones	Carolyn Roberts
Rivercenter Racquet & Health Club 42 Poydras Street New Orleans, La. 70140 504-587-7242	Crossgates Racquet Club 200 Military Road Slidell, La. 70458 504-643-8194	Mike Kee	

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