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Official Publication of the American Amateur Racquetball Association
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1981 INTERCOLLEGIATE CHAMPIONSHIPS

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FEATURES DEPARTMENTS

15



That Old College Try
1981 AARA Intercollegiate
Championships
• Nancy K. Crowell

22

First Aid
What You Don't Know Can
Hurt You
• Alison Miller

25

**Something For
Everyone**
A Brief, But Entertaining
Tale Of Racquetball
Trivia
• Bob Gura

6

New Directions
A New Publisher

9

Receiving Line
Letters to the Editor

10

Short Lines
News Round-Up

11

Industry News
People and Equipment

12

**AARA National Singles
Championships
Application**

14

Juniors' Page
Youngsters on the Move

20

Calendar
Upcoming Tournaments

27

Winning Points
Weighting For a Win
• Cheryl McClure Phillips
Handedness Inventory
• Charlene Grafton
Intermediate Court
Coverage
• Allen Ascher

34

**Current AARA
National Rankings**

38

Scorecard
Tournament Results

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**COVER: Photograph
by Larry Kuzniewski**

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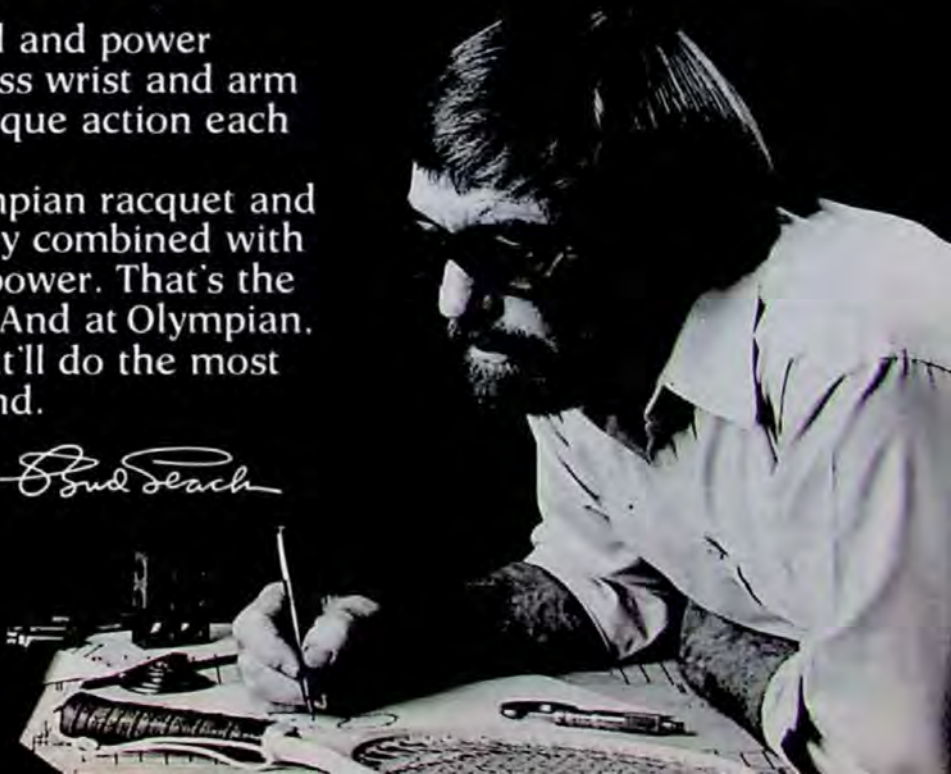


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NEW DIRECTIONS

Dear Members,

We announce with pleasure that, effective immediately, National Reporter Publications, Inc. of Tulsa, Oklahoma, has acquired ownership of *Racquetball* Magazine. This commitment to the sport in general, and to the American Amateur Racquetball Association in particular, is heartwarming to all of us involved in the day to day operation of the AARA.

We foresee a dramatic thrust forward as NRP puts its weight alongside the energies of the Association by expanding penetration and service of *Racquetball* Magazine, and widening the base of AARA membership.

On behalf of the AARA, and our Board of Directors, I would like to take this opportunity to say "thank you" to Bob Towery of Towery Press. This is totally inadequate for truly expressing our feelings for the support and loyalty that Towery Press has lent the Association over the past two and one half years.

With personal support, and resources, Bob Towery has enabled the AARA to grow and develop to the point where it is today—the national governing body of amateur racquetball in the United States.

Regards,

Luke St. Onge
Executive Director

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Racquetball is interested in serving you, the reader. So, let us know what you want to read about, which departments interest you most, and how you think we can give you the magazine you want. Take a minute and write to:
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ps, er, n

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Sacramento, CA 95825
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sb, ps, er, n

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msr, r, ps, er, n

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Southport, CT 06490
wlr, mlr, ws, ms, ps, n

Center Court Health and Racquetball Club
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Vernon, CT 06066
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ps, er, n

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msr, r, sb, ps, er, n

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1900 West 44th Place
Hialeah, FL
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msr, r, b, sb, ps, er, n

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Jacksonville, FL 32211
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Miami, FL 33176
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Sportrooms of Sabal Chase
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Miami, FL 33176
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Plantation, FL 33322
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ps, er, n

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ps, er, n

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b, sb, ps, er, n

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ps, er, n

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wlr, mlr, ws, ms, msr

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wlr, mlr, ws, ms, ww, mw,
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wlr, mlr, ws, ms, tc, sb,
ps, er, n

The King's Court Racquetball Club
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Brooklyn, NY 11234
212-338-3300
wlr, mlr, ws, ms, tc, sb, ps, er, n

The Pelham Racquetball and Health Club
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Pelham Manor, NY 10803
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msr, r, b, sb, ps, er, n

OREGON

Eastern Oregon Sports
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sb, ps, er, n

PENNSYLVANIA

The Supreme Courts
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wlr, mlr, ws, ms, ww, mw,
ps, er, n

Indian Springs Golf and Racquet Club
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803-571-1020
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TEXAS

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Killeen, TX 76541
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sb, ps, er, n

UTAH

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St. George, UT 84770
wlr, mlr, ws, ms, ww, mw, tc,
sp, r, sb, ps, er, n

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Hillcrest Drive
Charleston, WV 25332
wlr, mlr, ws, ms, tc, r, b, er, n

For more information on how to list a court club on this page, call Cheryl at 901-345-8000.

RECEIVING LINE

Letters To The Editor

I read with keen interest your excellent article on eyeguards (*Racquetball*, March 1981), and eye safety for racquetball players, for we too are manufacturers of eyeguards.

It is a major problem, both from the players' point of view for eye safety, and the manufacturers' point of view in product liability. Allow me to list some statistics:

- 1) Racquetball is the number one most dangerous sport for eye injuries in the United States.
- 2) Players know this, and assume the risk of the sport; such as a hitter at bat in baseball, soccer, football, basketball—all are aware of the inherent dangers of their sports.
- 3) A racquetball travels at various speeds from 10 miles per hour to over 100 mph.
- 4) The distance between the players varies from four feet to 15 feet. Very few other sports are being played at such great velocity (from the ball and the force of the racquet), at such close proximity to each other.
- 5) Approximately 95 percent of the players do not wear any eye protection now, or over the last 20 years.
- 6) The players know this, and play at their own risk when playing with or without eye protection.
- 7) That only five percent of the players that do wear some type of eye protection have a right to sue for eye injuries, but the other 95 percent of the players, taking some risk, cannot. *This is insane, since the player that uses any type of eye protection has more protection and has reduced their risk of serious eye injuries.*
- 8) That no eye protection can claim 100 percent to eliminate all possible eye injuries. All they can do is to reduce the possibility of serious eye injury.
- 9) To achieve close to 100 percent protection, a hockey mask and a small helmet might give the player this protection, yet no manufacturer or club would endorse this 100 percent policy.
- 10) It will be impossible to guarantee no injury, due to the nature of the sport, velocity of the ball when hit, the angle of the ball, the various shapes of human

heads, nose, and eye placement, the speed and angle of the racquet (a high percentage of injuries are caused by the racquet), and the agility and alertness of the players.

11) At no place in any literature or package do we at Solari claim that all injuries will be eliminated. In fact, we have a caution notice disclaimer in all packages.

It is my strong opinion, since I have been in product liability law suits, as have all other eyeguard manufacturers, that before this problem solves itself, the club owners will have to take action before they also become involved in these law suits.

The law suits are rip-offs, for the players certainly would have sustained greater eye injury if they had not had eyeguards on.

Speaking from personal experience, on two occasions while playing the force of the ball pushed the plastic horizontal bar of my eyeguards to my cheek bone and cracked the skin. Yet, it protected my eye from serious injury. It is totally possible, too, that on this occasion I could have suffered eye damage. But, the risk was reduced greatly.

My suggestions for club owners on what should be done, and what I intend to follow up on, are as follows:

- 1) To have each member, guest, or participant at a club sign a waiver that they play at their own risk and are fully informed that with or without eyeguards an eye injury can occur as well as other injuries.
- 2) The eyeguard should be worn *only* to reduce the possibility of eye injuries, but certainly will not eliminate them. If people want to be free and clear of this possibility—Don't Play!
- 3) This information should be placed on every door to a court, on bulletin boards, and distributed to the trade magazines, teachers, and players.

It is my strong opinion that because of my personal and company experience, that before this problem of law suits is solved, the club owners and the racquetball associations should start to assume their responsibility before they also become involved in these product liability law suits.

Ray Solari
President,

Solari Manufacturing, Inc.
Los Angeles, California

Racquetball welcomes correspondence from its readers. All letters must be signed, and are subject to editing for clarity and length.

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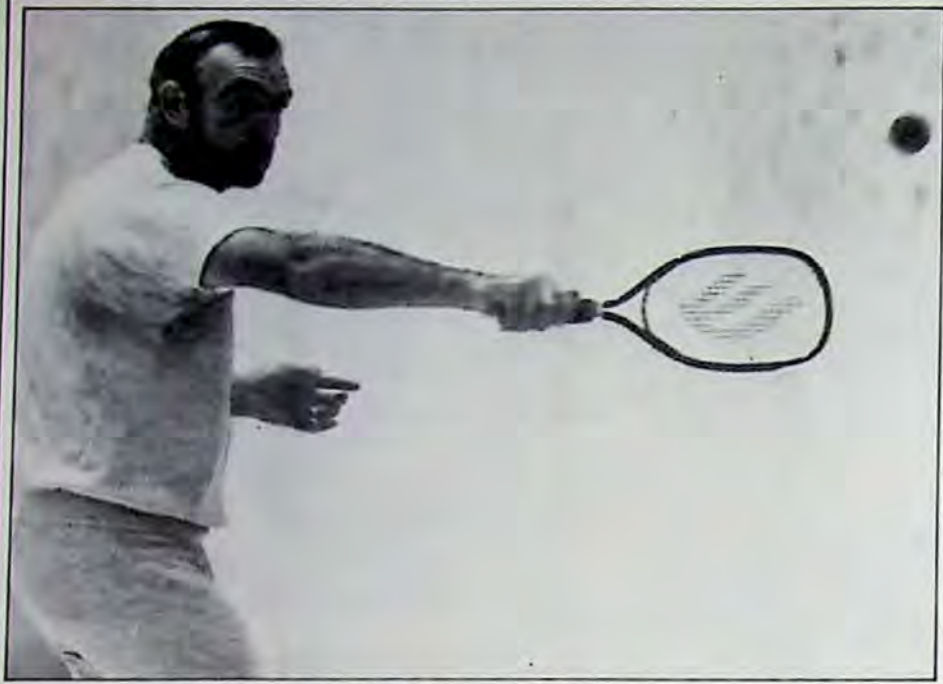
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SHORT LINES



Sean Connery

Ektelon Goes to the Movies

Does this racquetballer look vaguely familiar? Actor Sean Connery isn't just working out to stay in shape. The photo is from an upcoming motion picture called "Outland", to be released this summer by Warner Brothers. According to Ektelon (manufacturers of Connery's racquet) "Outland" is a sci-fi film that takes place sometime in the future; Connery is cast as an outer space sheriff. And, it looks as if the filmmakers see racquetball as part of that future. Connery's fashionable attire may be some indication of the direction they expect the sport to go, too.

World Games I

World Games I, an international athletic competition that grew out of the need for a wider representation of sports than is currently provided by the Olympics, is scheduled for July 24 through August 2 of this year. As reported in the December '80 issue of *Racquetball*, our sport will make its debut on the international sports scene at this competition. The doubles teams of Jess Kwartler and Marc Malowitz, Mary Ann Cluess and Karen Borga, winners of the National Doubles Championships, will represent racquetball. Other participants will be decided upon in this month's National Singles Championships when the victors claim their titles.

The World Games will take place this year in Santa Clara, California, and will be held every other year at different localities. Countries planning to send racquetball representatives include the

United States, Japan, Mexico, The Netherlands, Ireland, Germany, and possibly Canada.

With world class athletes competing in 17 sports, the World Games committee expects more than 1,300 men and women participants.

With plans to televise the Games, coordination of the event is coming to a peak. For more information about the World Games I, contact Ruder and Finn of California. Their number is 213-274-8303.

APRO Convention

The American Professional Racquetball Organization (APRO) will have its 1981 convention in Chicago, Illinois from July 31st through August 2nd this year.

According to APRO, the convention is exclusively designed to concentrate on the development of a racquetball teacher's career future. The convention will focus upon numerous topics, such as racquetball drills, programming for the entire year, how to handle a racquetball injury, touring versus teaching pros, taking the player off the "plateau", biomechanics, and many other topics which will be described in the convention information packet. According to APRO, the convention should be useful to all racquetball teachers—experienced and inexperienced—since this is the only such gathering of racquetball teachers in the world.

Dave Peck, third ranked touring racquetball professional on the men's tour, will be the keynote speaker. He will speak Friday night, and hold a mini clinic

on Saturday.

On August 3rd, *Racquetball Industry* magazine will conduct a racquet testing session with APRO certified teachers. This is the second year for such testing, and the magazine will devote an entire issue to the subject of APRO opinions on racquets.

For more information about the APRO convention, contact APRO National Offices at 730 Pine Street, Deerfield, Ill., 60015; or call 312-945-4678.



The Wedding Party

Racquetball Courtship

A recent news item reported from Enfield, Connecticut described a rather unusual wedding. Locals Robert Hollander and Marcy Hays, it seems, chose to exchange marriage vows on one of the racquetball courts at their racquetball club (the Sporting House). Of course, that's been done before, and anyone who lives in Vegas wouldn't find it the least bit unusual that people tie the knot in an extraordinary locality. But this wedding had more flair of originality than just the location. It seems the wedding party was a little absent minded. So, just to make sure no one got confused, they all wore t-shirts that identified their roles (bride, groom, best man, etc.).

If you can't imagine who would conduct such a ceremony, you don't know about justice of the peace Steve Wakefield. Wakefield leans to the unconventional, judging from his own experience. He was married by a rabbi and a Catholic priest at a Steak Out restaurant; so a racquetball court may have seemed rather tame to him.

Of course such a wedding calls for a unique send off. So, rather than the all too traditional packets of rice, the couple had their well-wishers throw—you guessed it—racquetballs. And why did they opt for such a unique marriage? "Because we thought it would be a gas," said Marcy Hays, the newlywed. ■

Sports Fever IT'S GONNA GET YA!

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DOUBLE ACTION SPORT WATCH

The double action men's sport watches make a hit with every sport fan and athlete of every age. Tennis, football, baseball, soccer, basketball and golf — your choice. Match your favorite athlete with a watch to suit his game.

Each watch features a player with moving hands and a ball that circles the dial every second. Each watch also has fine Swiss precision shock-resistant movements, a gold-tone case, stainless steel back and expandable band.

Your own sports club's emblem or name can be printed on the dial FREE for every 25 or more watches of same model at discount price.

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Keeping Time

If you get so involved in your game that you never know what time it is, C.L. Soriano & Associates company has just the thing for you. Soriano's new Double Action Sports Watch doesn't just keep time, it entertains you as well. The main attraction of such a watch is the feature of a player with moving hands and a ball that circles the dial each second. There isn't a watch for racquetball, but other sports featured include tennis, football, baseball, soccer, basketball, and golf. There are, however, no female athletes featured.

According to the manufacturer, each watch contains a Swiss precision shock-resistant movement, a gold-tone case, stainless steel back, and expandable band to fit anyone's wrist.

Double Action Sports Watches are available for a cost of \$30 each from C.L. Soriano and Associates, 23012 Bolsa Ave., Carson, Calif., 90745. If you order 25 or more, it is possible to have a sports club emblem printed on the dial at no extra charge, according to the company.

Down The Hatch

Pripps Pluss, a powdered energy drink formula developed in Sweden for that country's Olympic teams, is now being distributed to institutional markets in the United States by Penn Athletic Products Company.

AB Pripps Bryggerier, Sweden's largest beverage producer, developed the product in conjunction with a team of Sweden's leading physiologists and athletic medicine specialists.

Penn president David R. Grant said the company has increased its promotional staff and is utilizing its nationwide marketing, sales and distribution organization to introduce Pripps Pluss to high school and college athletic departments, military exchanges and commissaries, sporting goods stores, tennis and racquetball pro shops, and professional athletic teams.

As an electrolyte energy drink, Pripps Pluss functions to quench thirst and replenish body salts, minerals, fluids and blood sugar levels, according to the manufacturer.

The U.S. Food & Drug Administration has confirmed that Pripps Pluss enters the bloodstream faster and with greater concentrations of blood sugar stimulants than any similar products now on the market.

Mixed with water, the drink formula is described as having a pleasant lemony taste, but leaves no unpleasant aftertaste.

With the exception of the exclusive key elements, all ingredients of Pripps Pluss sold in the United States are produced in this country.

Packets of the drink mix are available in four different sizes to provide liquid quantities of one quart, one gallon, two-and-a-half gallons, or six gallons. Also available are 32-ounce squeeze bottle dispensers and three-gallon and six-and-a-half-gallon coolers.

Additional information on Pripps Pluss may be obtained from Penn Athletic Products Company, 200 Mall Blvd., Monroeville, Penn., 15146.

Chart Your Moves

John E. Beaulieu, author of *Stretching for All Sports*, is now offering two-color posters which explain stretches for particular sports. The 23" x 35" posters are available for a variety of sports, including baseball, basketball, football, golf, martial arts, running/jogging, skiing, soccer, swimming, weight training, wrestling, and tennis/handball/racquetball. Each chart features recommendations and examples for pre-stretch warm ups, specific stretching routines for before and after each sport, easy-to-understand directions and examples, as well as highlighted quick routines.

For one to five charts the charge is \$3 per chart; five to ten charts are available at \$2.70 each; and 10 or more charts sell for \$2.40 each. Charts may be obtained from Stretching Charts, P.O. Box 3288, Eugene, Ore., 97403.



Sport Air Freshener

The Nose Knows

Racquetball is definitely an active sport. And anyone who plays an active sport is going to perspire. Sometimes this can cause odor problems in lockers, sport bags, and other places racquetballers stash their dirty clothes. Until recently, no one paid much attention to this phenomenon. Now, however, Unique Sports Products of Cleveland, Ohio has come up with what they call a "unique solution" — Sport Air Fresheners. They come in various shapes including a tennis ball, soccer ball, golf ball, and universal peace symbol. Small and flat, they can be hung in lockers, or tossed in bags. Just like other air fresheners, they have their own fragrance. For further information, contact Unique Sports Products, 26101 Miles Road, Cleveland, Ohio, 44128; or call Unique Sports' P.R. Manager Vivian Niksich at 404-993-5743. ■

Descriptions of new products are as according to information provided by the manufacturer; products have not been tested by Racquetball magazine.

AMERICAN AMATEUR RACQUETBALL ASSOCIATION NATIONAL SINGLES CHAMPIONSHIPS May 21 - 25, 1981

**SITE:**

The Court House
7211 Colonial
Boise, Idaho 83709
208-377-0040

ENTRY FEE:

\$30.00 first event
\$10.00 second event
Players may enter two events
Make Checks payable to: AARA National Singles
NO REFUNDS

ENTRY DEADLINE:

Postmarked Tuesday, May 12, 1981
ALL ENTRIES ARE FINAL
Positively no applications will be accepted after this date.

MAIL ALL ENTRIES TO:

The Court House
7211 Colonial
Boise, Idaho 83709

HOUSING:

Tournament Headquarters:
Red Lion-Riverside
29th & Chinden Blvd.
Boise, ID 83704 800-547-8010

Be sure to mention you are with this AARA Racquetball Tournament to receive special room rate. In order to assure you of a reservation, please make your plans before May 1, 1981.

Additional Housing at:
Holiday Inn 208-344-8365
Idanha Hotel 208-342-3611
Red Lion (Downtown) 208-343-1871
Roadway 208-376-2700
Vista Inn 208-336-8100

TOURNAMENT DIRECTOR:

Luke St. Onge
5545 Murray Suite 202
Memphis, TN 38119
901-761-1172

RULES:

AARA Official rules will apply. Only amateurs may participate. AARA rules state the definition of an amateur racquetball player as any player (male, female or junior) who has not accepted prize money, regardless of the amount, in any PRO SANCTIONED tournament (NRC, PRA, WPRA, IPRO, NARP, or any other association so deemed by the AARA Board of Directors). ALL PARTICIPANTS MUST SHOW CURRENT AARA MEMBERSHIP CARD or purchase membership at time of registration.

TOURNAMENT BALL:

Voit Rollout Bleu

HOSPITALITY:

Hospitality will be provided throughout the entire tournament. Friday evening beginning at 6:30 GENERAL MEMBERSHIP MEETING with cash bar and party to follow. Saturday evening beginning at 7:00 p.m. with cash bar and buffet style dinner to follow at 8:00 p.m. Free to all PLAYERS; nominal fee for guests.

AWARDS:

Given for first, second, third, fourth, and consolation. For seeding purposes, please send record of past accomplishments.

NOTE: Men's and women's B divisions may be limited to 64 players per event. Due to the anticipated large turnout B's will be accepted on a first come, first serve basis.

DEFINITION OF AMATEUR - as applies to AARA rules - AARA rules state the definition of an amateur racquetball player as any player (male, female or junior) who has not accepted prize money, regardless of the amount, in any PRO SANCTIONED tournament (NRC, PRA, WPRA, IPRO, NARP, or any other association so deemed by the AARA Board of Directors).

Please enter me in the event(s) checked below. Players may enter two events.

WOMEN'S DIVISIONS

- ☐ Open
- ☐ Seniors 30 +
- ☐ Seniors 35 +
- ☐ Seniors 40 +
- ☐ Masters 45 +
- ☐ Masters 50 +
- ☐ Golden Masters 55 +
- ☐ Golden Masters 60 +
- ☐ Golden Masters 65 +
- ☐ B (non-championship event)

MEN'S DIVISIONS

- ☐ Open
- ☐ Seniors 30 +
- ☐ Seniors 35 +
- ☐ Seniors 40 +
- ☐ Masters 45 +
- ☐ Masters 50 +
- ☐ Golden Masters 55 +
- ☐ Golden Masters 60 +
- ☐ Golden Masters 65 +
- ☐ B (non-championship event)

PLEASE TYPE OR PRINT CLEARLY

Mr/Ms _____

Address _____ City _____ State _____ Zip _____

Business Phone _____ Home Phone _____
(Area Code) (Area Code)

Expiration date of AARA/IRA Membership Card _____

Waiver: I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims I might have against the American Amateur Racquetball Association, The Court House, or their representative agents, for any and all injuries.

DATE _____ SIGNATURE _____
(Parent's signature, if participant is a minor)

MAKE CHECKS TO:

AARA NATIONAL SINGLES

MAIL TO:

THE COURT HOUSE
7211 Colonial
Boise, Idaho 83709

ENTRY FEE:

\$30.00 first event
\$10.00 second event
Players may enter two events



FORM IS NOT COMPLETE NOR IS ENTRY ACCEPTED UNLESS CHECK FOR CORRECT AMOUNT IS ENCLOSED

GROWING PAINS

THE UPS AND DOWNS OF JUNIOR RACQUETBALL

By Bob Pfaender



Bob Pfaender of Penn Athletic Products Co.

Racquetball has reached such a level of growth in this country that we are finally in a position to consider the needs of all players, and especially the junior players. So, for now, club owners, club members, club managers, and parents across the country should, in my opinion, address themselves to the needs of the younger players. Some of the questions they should consider are these: How many junior tournaments are there in your city? How many of the existing tournaments hold two or more categories of play for juniors, under the guidance of the American Amateur Racquetball Association (AARA)? How many clubs have a junior membership package?

The unfortunate answer to many of these questions is that there is no concentrated effort in that direction. The junior racquetball players, and the prospective junior players, must have an avenue for advancement and participation in competitive play—for it is they who will insure the future growth of our sport.

The AARA's commitment to the juniors has been a good starting point for growth in this direction. A highly qualified, accomplished, and dedicated individual was found to spearhead the establishment of the AARA Junior Racquetball Council. Ed Martin is that individual, and he has been the force behind that Council. He, along with his team of nine regional directors around the country, has done an excellent job of reorganizing the vehicle by which the junior needs can be met. Now it is OUR turn to help. We ALL need to focus on this area in our cities and states. The

juniors represent the future of the game. They represent the future court club members. They represent a vast number of children that can become involved in elementary, secondary, and high school levels of racquetball play, and thereby have the opportunity to grow and develop as individuals in a competitive atmosphere. Their needs must be served.

For several reasons, the junior side of the sport has been the last major focal point to be examined. In many cases, owners were filling all prime time hours, and running their clubs at 80-85 percent capacity. Who needed the juniors then? Managers would be spending their time trying to get women into the club to fill up morning and early afternoon hours. Why give the juniors a reduced rate or court time? Now the tide has turned. Competition has crept up on many club owners. Saturation is being reached in many cities. There are a lot of racquetball clubs. NOW they are looking at the juniors. So, our theme is now—whatever the reasons for not paying attention to us in the past, let us show you how you can increase business during down times. Let us, the junior racquetball administrators around the country, start junior development programs at your clubs. Then we'll begin to hear such questions as: Why don't we have a free clinic on Saturday for kids, and see what happens? Now, what was that about junior memberships?

We need more junior tournaments. With the advent of more competition, more head to head play, and more participation, we can perform the one service that must be a part of this overall picture. We must have local, district, and state rankings. The one thing that will mean the most to any young competitor will be how he or she stacks up with other players in his or her age group. With enough organized, sanctioned play and with enough results to compile a valid ranking record, the AARA will be performing a great service to the young people coming into the sport. It will be the convincing reason why they should join and remain a member of the AARA throughout their junior career and beyond. With more and more junior members, the AARA will be able to

create more programs to assist the club managers and pros in starting successful programs at their facilities. The fact remains, we need more junior tournament activity.

We at Penn Athletic Products Company have a commitment to junior racquetball. We are doing a lot of work on the development of junior programs for each region of the country. We have the good fortune to have been involved in the sport of tennis at the grass roots level for some time now. We have helped begin and develop many junior programs in that sport. And now we plan to lend our expertise to help solve some of the problems we see in racquetball at the junior level by supporting the AARA in its quest for accomplishment at this level. We have sponsored the AARA Junior Regional, and National Championships in 1981. This is our first year for this particular program and it has been very rewarding in the sense of the number of young players we have been able to help. This is not enough though. We are looking at the local, grass roots level in cities and states for programs that we can be of help with. That is the place where the groundswell must begin. If more people are playing locally, then we will have even better representation at our regional and national tournaments. We have developed a junior racquetball tournament kit that will be available at minimum cost to clubs by midsummer. It is complete with tournament materials, balls, trophies, and t-shirts for the creation of a juniors-only event at your club. Each event must be sanctioned by the AARA and all players must be AARA members. This is only the beginning of what we see as the development of other progressive programs that Penn can become involved in to help build a solid constituency of young people entering the sport of racquetball.

There are some things you can do also. Make arrangements for a junior racquetball tournament at your club. Talk to your manager or owner and speak up for a junior development program on Saturdays. Ask your program director about starting after school leagues and clinics from 3:30 to 5:30 pm. Volunteer to become a junior director in your area to help organize junior activity. Talk to area pros about gathering one weekend for a free junior clinic just to see what happens. Talk to us at Penn about helping your tournament once it is on the calendar. Let's get behind the juniors. We all need the juniors and, most importantly, the great game of racquetball needs the juniors to help perpetuate the growth of the sport. ■

That Old College Try

1981 INTERCOLLEGIATE CHAMPIONSHIPS

B y N a n c y K . C r o w e l l

Faded jeans and t-shirts aren't the usual attire at the plush Racquet Club of Memphis — host club of the U.S. National Indoor Tennis Championships. But during the weekend of April 10-12, The Racquet Club played host to a different crowd, and t-shirts and jeans were the norm. Instead of names like McEnroe, Borg, and Connors, the attention getters in this crowd were such names as Fox, Faulkenberry, Constable, and Bakken. These are the names of some of the country's top Intercollegiate racquetball players — as they aptly demonstrated at the 1981 AARA National Intercollegiate Championships.

With some 31 schools represented at this year's Intercollegiate, and a draw of 130 participants, this tournament was the largest ever. And the numbers represented depth of talent as well, for Memphis State University (MSU) managed to win the team championship for the fifth straight year, but won only one individual title (Men's number two singles). So, while other schools perhaps had fewer players, the players they sent were top quality. This bodes well for future competition as more and more schools begin to field talented teams and thus challenge the indomitable reign of the Memphis State Tigers.

The setting for the tournament could not have been better. The relaxed, elegant atmosphere of The Racquet Club put newcomers at ease immediately. And, a true sense of camaraderie emerged through the course of the weekend, as most matches were played on the three glass-backed courts that were set up with spectator bleachers behind. Teammates watched and cheered one another on, and players could look back at them for support. Matches ran smoothly, and a feeling of friendly competition prevailed, as players were delighted to compete for \$6,500 worth of scholarship money.

Men's Number One Singles

In the Men's number one singles, Larry Fox, a junior at the University of Michigan, came all the way to Memphis to prove he is a champion. In the semifinals, Fox was pitted against John Slazas of Memphis State University for



A



C



B

A) Larry Fox (foreground) begins his successful comeback against John Slazas in the Men's #1 semis, with a backhand kill. B) Sharon Fanning jumps high to allow Trish Tillotson (foreground) to shoot in the Women's #1 semis. C) Andrea Katz (right) shows no hard feelings as she wraps Barbara Faulkenberry's ankle after losing to her early on the Women's #1 division.

PHOTOGRAPHS ON THIS PAGE BY RON JEU.



A) Renee Trammell (left) prepares to shoot against the team of Laura Doak (center) and Cindy Mahlstedt in the Women's doubles finals. B) Dawn Kell (left) watches as partner Karen Randich (center) focuses all her attention on the ball during a winning shootout against Joanne Lavender and Ellen Fobonio in the Women's doubles. C) Chuck Fanning (left) hits the floor in an effort to retrieve teammate Brian Sheldon's shot in the men's #2 division. D) Lisa Faquin (left) took third in Women's number two. Janine Toman (right) took first. E) The doubles team of Chris Moore and Billy Hendricks (clockwise, white shirts) defeated Jeffrey Davis and Tom Browne to win third in Men's doubles.



an exciting round of play. In game one Slazas started off strong, taking the game to 8-2 before Fox could get into it. A picture of concentration, Slazas has a slow motion, low wind up for his serve that is comparable to a human bow — drawn taut, ready for release. And that's just how he serves, winding up slowly, then letting loose with a booming low drive. It tripped up most of his opponents along the way; but Fox, a master of anticipation and quick moves, didn't take long to catch on.

Once he got the serve, Fox managed a few pointers of his own, to bring the score closer at 6-8, before giving up the serve again.

If he was at all affected by Fox's sudden rush of points, the stone-faced Slazas never let on. With the serve in hand he continued to drive forward until the score was 12-8. At that point a Fox rollout stopped his streak. Never one to quibble, Fox began to play a game of mixed up pinches and passes, while catching a few breathers as he mopped up the floor. Trying anything to break the momentum, at 17-12 Slazas, Fox pleaded to the ref to "Make him change his shirt!", claiming Slazas was dripping all over the court. This was the first time Slazas so much as changed his expression, as he came off the court and replied "But it's my favorite shirt!" — to which the spectators responded with laughter. One suspects this was the breaking point, because it was after this that Slazas seemed to lose the rhythm of his game.

Fox gained the serve at 18-14, Slazas, on a front corner pinch, then passed and killed the ball to reach 17-18. Stopping again to mop up sweat and blood from his cut knee, Fox grinned at the ref and noted "I still have one time out," as officially he'd only called for one.

Slazas came back with a rollout and took the serve again. But at 20-17, he skipped a kill and Fox had a final chance. Fox took the opportunity to show his stuff, and after a tremendous rally, took game one 21-20. His only comment upon leaving the court was "First lead I had the whole game!"

Entering game two, Fox joked with the crowd, saying "Normally two Heads are better than one, but in this case I don't know." There were audible groans as people realized he was referring to the racquets he and Slazas were using.

Slazas came on even stronger in game two, starting off with that booming serve of his and at one point, had Fox down 14-5. Then, against all odds, Fox seemed to get a second wind. He started with a vicious overhand right corner kill, just to let Slazas know he was still in the game. Then, with the deft shot-making of a master, he killed and re-killed until he was up 19-14. It was as though Slazas was helpless against the onslaught, because he really made few errors, rolling and diving to pick up whatever Fox dished out. Slazas managed to get one more point, but his best efforts couldn't contain the momentum Fox had going. Fox took game two and match, 21-15, after treating spectators to one of the best comebacks of the tournament.

In the other half of the draw, MSU's Scott Schafer just couldn't quite take California State's Kenny Kaihlanen, losing 21-19, 21-8. Schafer managed to stay in game one, displaying his usual passel of tricks and his agility as he flung himself at the ball for good retrieves. He also managed to slam it past the southpaw Kaihlanen to reach 19 points. But Kaihlanen wouldn't be beaten, and after taking game one 21-19, dominated in game two (21-8) to

set himself up for the finals against Larry Fox.

Kaihlanen, possessor of a lean and muscular physique, seemed large on the court next to the smaller, less intimidating Fox. But size was not a factor when it came to the final showdown. Although Kaihlanen played true to form, using both power and finesse, it seemed that Fox was always in control.

In game one Kaihlanen, like Slazas, started out strong, leaping ahead 10-5 before Fox was warmed up. But, Fox apparently thrives on coming from behind, and at 5-10 he began his run. With a surprising display of power, he beat Kaihlanen at his own game, rolling it out again and again until the score was tied 12 all. Fox served twice more to jump ahead, but Kaihlanen was hungry for a win and gutted it out to 14 all, then regained his composure. At 15-15, Fox serving, Kaihlanen answered the serve with a perfect rollout. So, they stayed neck and neck at 15 all for several exchanges of serve. Finally, Fox dropped one against the back wall, Kaihlanen flew at it, swinging hard but watched in desperation as it died. Not one to give up, at 16-15



Fox, Kaihlanen came back with another kill, then made a point off his serve to make the score 16 all. At this point they began to play hot potato with the serve, neither of them scoring for several more exchanges. Fox finally broke serve with a neat down-the-line pass, then served three winners to leap ahead 19-16. Kaihlanen refused to let up, and at 20-16 he amazed the spectators with a spectacular last ditch effort of rolling and diving and digging it out of the back corners. But in the end, he missed, as Fox sneaked in a front right corner pinch, leaving the left-hander in backcourt with no hope of catching it.

Game two was another all out effort, with Kaihlanen showing the true, never-say-die competitive spirit. Pushing each other to the limits of their physical abilities, they rode each other til the score was 17 all. Then the game became a showcase for the acrobatic abilities of Kaihlanen, and the precise control of Fox. Fox hit a hard down-the-line pass to the right, and Kaihlanen dove hard, flipping it up with his backhand. Fox replied with a left wall cross-court pass, but Kaihlanen was back on his feet, then on the floor again to pick it up. Fox tried yet another cross-court pass to the right wall, but Kaihlanen wouldn't quit, and flipped another backhand high to the front wall from his prone position. Still, Fox realized he had him, and before taking the plum off the wall, applauded his opponent's efforts, then

drove home the final pass. That's not to say Kaihlanen didn't try — he dove again, but didn't make it. The crowd exploded with applause at Kaihlanen's relentless effort, but there was hardly any question that rally was the breaking point.

Kaihlanen made what were probably his only errors of the match in the last few points, giving Fox game, match and championship at 21-19. The winner later commented that he'd had to play all out for two games straight to win. No doubt Kaihlanen has a promising racquetball future.

Third place was won by John Slazas over Scott Schafer, 21-17, 21-2.

Women's Number One Singles

Top seeded Barbara Faulkenberry of the U.S. Air Force Academy was back to defend her title this year, and Tricia Tillotson of Old Dominion was back to take her on. But MSU's Sharon Fanning, whose game seemed to peak with this tournament, had plans of her own.

Faulkenberry had a relatively easy time getting to the semifinals. Although, she had an early round match against Andrea Katz of Virginia Tech that proved Katz to be someone to watch. Faulkenberry dominated the first game against Katz, 21-7. But Katz came back with a new game plan in game two, fighting tooth and nail until she had Faulkenberry down 20-15. But her confidence seemed to waiver at game point, and she couldn't quite put it away for that last point. In an exciting struggle, Faulkenberry took con-

trol again and managed to eke out a 21-20 victory, in spite of a sprained ankle and a determined Katz.

In her semifinal match against Vicki Carr of the University of Illinois, Faulkenberry dominated the way a champion does. With a versatile display of power and finesse, she won 21-15, 21-7, and still had energy left for the finals.

The other half of the draw, though, pitted last year's finalist Tricia Tillotson against MSU's hopeful Sharon Fanning. Fanning is a small but fiery player who makes up for size in speed and determination. Tillotson, sporting a red bandana around her wavy hair, and with the long, muscled legs of a basketball player, looks more like a free spirit of the '60s than a gutsy racquetballer. But there's no mistaking her on court — she's a fine athlete with tremendous grace.

Perhaps it was the home court, or perhaps it was the crowd rooting for her, but whatever the reason, Fanning's victory over Tillotson seemed to be predestined. If ever a player was ready, it was Fanning. Skillfully mixing up her shots, she was always one step ahead of the defender. In fact, so in tune with her game was Fanning that she simply dominated game one, coming out on top 21-13.

In game two, with the match victory in sight, Fanning pressed even harder — forcing Tillotson to the back with ceiling shots, then slamming it low when the opportunity was ripe. Tillotson had but a fleeting chance at victory



PHOTOGRAPHS A, C AND E BY RON JEU.
PHOTOGRAPHS B AND D BY SUSAN MCGRAW.

A) Andrea Katz (left) advises Trish Tillotson in-between games against Sharon Fanning in the Women's #1 semifinals. B) Linda Lavene (foreground) winds up to smash the ball in her Women's #2 match against teammate Barbara Allen. C) Mike Gora (right) is caught retrieving a shot by Don Constable (front left) while Paul Bakken (far left) and Chris Moore (center left) ready themselves for the next play in the Men's doubles finals. D) Brian Sheldon defeated Bob Clar (foreground) on his way to winning the Men's #2 title. E) Ken Kaihanen (left) retrieved countless kills, but Larry Fox (right) came out in top in the Men's #1 finals.



when the score flip-flopped at a steady rate for a while. But at 15-19, Tillotson saw her last point. Fanning won 21-15, and let loose her feelings as she skipped off the court and down the hallway, grinning widely, arms raised in praise of her success.

Needless to say, Fanning was primed for her final match against Faulkenberry on Sunday. But Faulkenberry was aiming to take the title for the third year in a row, and she wasn't slack in readying herself, either.

Both players came on strong in the beginning of game one, exchanging serves three or four times before either scored. Faulkenberry, however, bore down visibly and Fanning quickly found herself in trouble with Faulkenberry leading 7-0. Then she broke serve and scored her first point. It seemed to be all she needed to start a run of her own, and she pumped up the score to 9-7. By running

Faulkenberry all over the court, she managed to control the game for a while, particularly when she hit her frustrating around-the-wall ceiling shot that can be totally unpredictable. More than once, Faulkenberry had to dive hard toward the back wall to keep this shot from dying there. Unrestrained in showing her satisfaction, Fanning pulls her arm down in a gesture of victory after scoring a good point. After a particularly tough rally in which she finally got the ball away to gain side out, Faulkenberry good humoredly imitated this gesture, much to the amusement of the crowd.

Neither player was willing to give an inch, so the score steadily crept along, at 10 all, 12 all, and finally 15 all, when Faulkenberry called a time out. The time out seemed to work against her though, as she came back to skip the ball and thus give Fanning the serve, to Fanning's delight.

Fanning managed one point, then lost serve until at 18-16 Faulkenberry made another unforced error for side out. Fanning pulled in at this point, and hit hard, low passes to get to 18. But when the two replayed a hinder call, the decision went to Faulkenberry. Faulkenberry controlled the final points to take the game 21-18.

Game two was just as intense as game one, with Fanning scoring the first three points right away. But on her fourth serve, Faulkenberry returned with a kill and the fight was on. Both women showed their skill and mutual admiration for one another as each played all out in a spirit of friendly rivalry. After one long rally, Fanning let out her frustration by lightly tapping Faulkenberry on the head with her racquet. Both players laughed empathetically.

Although Fanning never let up even as the score went to 17-14, in Faulkenberry's favor, she could not control the game. Rolling it out and passing it by Faulkenberry, she did



manage to come back to 18-17, but the strain began to show. Faulkenberry wouldn't be contained, and if Fanning played flawless ball, Faulkenberry played better. She just didn't miss, and three points later she was again the champ, 21-18. Fanning couldn't be disappointed though, because she gave it a superb effort and played a challenging match that left both players drained.

Third place was won by Vicki Carr, as Tricia Tillotson forfeited.

Other Results

In the Men's number two singles, Brian Sheldon of MSU took on teammate Dan Cohen to win 19-21, 21-7, 15-8. It was a long, tough match, but Cohen gave out in the end as Sheldon not only won the title, but put his MSU team (there were two entered) up by one point for the overall team title. Third place was won by Bob Clar of Southern Illinois, who defeated Allen Berlinger of Rensselaer Polytechnic Institute 21-7, 21-11.

In Women's number two singles, MSU's hopeful, Linda Lavene lost to powerhouse Janine Toman of University of Illinois 21-8, 21-11. Third place was won by Lisa Faquin, also of MSU, who defeated Barbara Allen, another MSU teammate,

21-9, 21-8.

In the Men's Doubles a powerful duo from Bethel College in Minnesota dominated the field. The team of Don Constable and Paul Bakken were a pair that defied defeat. Constable, whose small size belies his power, had an unusual affinity for the front left corner, where he consistently pumped the ball in low and hard, to the disbelief of many of his opponents. Coupled with Bakken's diving retrieves, they were a pair to watch. Even through the glass one could hear the booming kills — causing some to speculate that ear plugs will soon be required equipment. In the finals they defeated Mike Gora and Keith Blackmon of MSU, 21-6, 21-11.

Third place was won by the MSU team of Chris Moore and Billy Hendricks, who beat Jeffrey Davis and Tom Browne of Indiana University of Pennsylvania, 21-14, 21-14.

The Women's Doubles was the only finals match that went all the way to a tiebreaker. Laura Doak and Cindy Mahlstede of Iowa State University finally dominated the MSU team of Renee Trammell and LeAnn Sumner 14-21, 21-11, 15-7. Always neatly groomed, the attractive team of Trammell and Sumner can easily be misjudged. But, as Doak and Mahlstede found out, they are fierce competitors on court.

Third place was won by Dawn Kell and Karen Randich of the University of Illinois, as they defeated Joanne Lavender and Ellen Fabonio of Northeastern 21-9, 21-10.

Finally, in the team totals, Memphis State once again took the overall trophy, with a team total of 69 points. University of Illinois was second with a total of 28; Northeastern came in third with eight; and Oklahoma State was fourth with six.

In the Men's teams, MSU team number two was first with 34 points; MSU team number one was second with 33 points; Southern Illinois was third with 12 points; and Rensselaer Polytechnic Institute of Troy, New York, came in fourth with 10 points. Fifth was Indiana University of Pennsylvania with eight points.

In Women's teams, MSU came in first with a total of 35 points, University of Illinois was second with 26 points, Northeastern was third with six points, and Oklahoma State totaled two points.

All in all, this year's National Intercollegiate Championships were characterized by friendly, spirited competition and an outstanding gathering of racquetball talent. Next year's competition promises to be even better.

TIME OUT

PHOTOGRAPHS BY RON JEU.



(Left to right) AARA Executive Director Luke St. Onge, Men's Doubles winners Paul Bakken and Don Constable, Miller Lite representatives Bill Boyer and Randy Lacava.



(Clockwise) Bill Boyer, Randy Lacava, Larry Liles, Tom Martine, Phil Panarella, David Hott, and Luke St. Onge meet as an intercollegiate council to plan future events.

Many people worked long and hard to make this one of the most successful tournaments ever. Our very special thanks go to Union Planters Bank, of Memphis, Tennessee as a local sponsor, as well as other local sponsors: Coca Cola of Memphis, and True Temper of Memphis. National sponsors who deserve special recognition for their dedication to collegiate racquetball are Penn Racquetball, represented by Tom Martine; and Miller Lite Brewing Company, represented at the tournament by Bill Boyer and Randy Lacava. We are especially grateful for the scholarship money provided by Miller, as well as the plans for nationwide intercollegiate programs by Penn Racquetball.

Mac Winker and The Racquet Club of Memphis deserve recognition for their support and particularly for providing this year's players with the opportunity to compete in one of the finest athletic facilities in the country. We also thank Kathy Amore, who was in charge of housing; June Green, who managed transportation; Carolyn McHenry, who made sure everyone enjoyed the hospitality; Pat Caldwell, who ran a smooth and friendly operation at the registration desk; Bill Gurner, who somehow always found referees and linesmen; and Leigh Tanner, for her hard work in putting together the tournament program.

And, of course, thanks go to all the players, who showed a genuine understanding of good sportsmanship and friendly competition—which made this an outstanding tournament for everyone involved.

R - A - C - Q - U -

MAY 1-3

WFNE Open (3)
Playoff Racquetball Club
 15 Catemore
 East Providence, RI 02914
 401-434-3600

East Coast Jubilee (4)
Seniors Only 30+ to 60 +
Boston Tennis Club
 Boston, MA
 John Lepore
 617-662-6791

2nd Annual Hemophilia
Racquetball
Benefit (3)
Kessinger's Court Club
 2611 S. Mendenhall
 Memphis, TN 38118
 901-794-9300

qualifying tournament for:
Florida's Sunshine State Games,
 1981 (2)

Region 1-Racquetball West
 125 Miracle Strip Parkway SW
 Ft. Walton Beach, FL 32549
 John Maddox/Jay Schwartz
 904-243-5494

5th Annual Women's Racquet-
ball Classic (3)
Sacramento Handball and Rac-
quetball Club
 725 14th St.
 Sacramento, CA 95813
 Tim Scott
 916-441-2977

WJBQ OPEN (3)
Falmouth Playoff Club
 170th U.S. Rt 1
 Falmouth, ME 04105
 Sue Ekizian
 207-781-4281

MAY 2-9

3rd Annual Pabst Rapid City YM-
CA Racquetball Tournament (2)
Rapid City YMCA
 Bob Hastings/Clint Koble
 605-342-2131

MAY 7-10

SOUTHWEST GRAND PRIX (4)
Irving Athletic Club
 1501 West Airport Freeway
 Irving, TX 75062
 Steve Hextel
 214-256-1569

MAY 8-10

Illinois State Doubles
 for details contact
 Ray Mitchell
 312-745-9400

The Sporting House 1981 Spring
Open (3)

The Sporting House
 Enfield, CT
 Ken Navarro
 203-745-2408

Natural Lite Last Blast
Holiday Health and Racquetball
Club

Odlin Road
 Bangor, Maine 04401
 Keith Mahaney

2nd Annual SpaceCoast Schlitz
Classic (3)

Imperial Courts
 1525 West Nassau Blvd.
 Melbourne, FL 32901
 Scott Nelson & Mike Phillips

Babylon Benefit Open (3)
Babylon Racquet Club
 400 Babylon Rd.
 Horsham, PA 19044
 Jim Worthington
 215-675-3110

MAY 14-17

California State Singles (2)
 Sponsored by San Jose Mercury
 News/Heart Association
 located at the following clubs:

Perfect Racquet - San Jose
21st Point - Mountain View
Royal Courts - San Jose
Court Sports III - Milpitas
Court Sports VI - San Jose
Bay Hill - Milpitas
Schoeber's - San Jose
 For more details contact Bill

Masucci

415-964-4400

SOUTHWEST GRAND PRIX (4)
Tulsa Racquetball Aerobics Club
 4535 South Harvard
 Tulsa, OK 74135
 Clayton Kahlff
 918-749-9347

MAY 15-17

Mayfest (3)
Gamepoint Racquet Club
 Plymouth, MA
 Rick Cash
 617-746-7448

3rd Annual MINN DAK All Air
Force Tournament (2)
TAC Club
 Grand Forks, ND
 Ben Beck

qualifying tournament for:
Florida's Sunshine State Games,
 1981 (2)

Region 2-Omega 40
 1 South Kings Road
 Ormond Beach, FL 32074
 Tasso Kiriakes
 904-672-4044

AARA/ORA Ohio State Cham-
pionships (3)
Severance Athletic Club
 Mayfield Rd. & Severance Cir.
 Cleveland, OH 44118
 Jerry Davis
 216-751-5574

Fiesta of 5 Flags Racquetball
Tournament (3)
Racquetball Center of Pensacola
 3001 Langley Ave.
 Pensacola, FL 32504
 Frank Cruz
 904-478-1400

The Indiana Racquet Club 1981
Racquetball Spring Open (3)
Indiana Racquet Club
 1707 Warren Road
 Indiana, PA 15701
 Anton Constantino
 412-349-3111

C - A - L - E -

E - T - B - A - L - L

Meadville Open (3)
Meadville Racquet Club
Popular & French Streets
Meadville, PA 16335
Nancy Manning
814-724-3524

Supreme Courts
Washington, PA
Dick Gambino
412-228-4545

MAY 21-24
SOUTHWEST GRAND PRIX (4)
Nautilus Total Concept Club
990 Quail Creek Road
Shreveport, LA 71105
Bill Land
318-869-3001

MAY 21-25
AARA NATIONAL SINGLES
The Court House
7211 Colonial
Boise, Idaho 83705
208-377-0040

MAY 28-31
SOUTHWEST GRAND PRIX (4)
Olympic Racquetball Club
2223 North Main
Miami, Oklahoma 74354
Terry Lawer
918-542-6641

MAY 29-31
Newport Open (3)
Newport Playoff Club
66 Valley Rd.
Middletown, RI 02840
Sharon Culberson
401-846-7723

1st Annual Joint Effort Racquet-
ball Tournament
Manor Courts So.
100 Roessler
Pittsburgh, PA 15236
Linda Montgomery
412-343-4667

JUNE 4-7
Pepsi Open (3)
Bristle Club House
842 Clark Ave.
Bristle, CT 06010
Joe Hogan

SOUTHWEST GRAND PRIX (4)
Ft. Worth Athletic Club
3900 Ben Brook
Ft. Worth, TX 76116
Jim Kirck
817-244-0076

JUNE 5-7
Second Annual Cancer Society
Benefit (3)
Backwall Racquetball Center
Altoona, PA
Contact: Bernie Howard
717-667-2209

2nd Annual Billy Bowlegs Open
(3)
Racquetball West
125 Miracle Strip Pkwy S.W.
Ft. Walton Beach, FL 32548
John Maddox
904-243-5493

JUNE 11-14
SOUTHWEST GRAND PRIX
FINALS (4)
Tulsa Racquetball Aerobics Club
4535 South Harvard
Tulsa, OK 74135
Clayton Kahlff
918-749-9347

JUNE 12-14
qualifying tournament for:
Florida's Sunshine State Games,
1981 (2)
Region 4-The Quadrangle Rac-
quetball Complex
2160 University Dr.
Coral Springs, FL 33065
Fred White
305-753-8900

JULY 24-26
5th Annual Cascade Open (3)
Courtsports I & II
2510 Oakmont Way
Eugene, OR 97401
Reed Fitkin/Vern Cammack
503-687-2811

Sunshine State Games/1981
Florida Olympics (2)
Racquetball Finals
Sports & Courts
1430 S.W. 13th
Gainesville, FL 32601
Gary Zetrower
904-377-0348

1981 S. Dakota State Outdoor (2)
Sioux Park
Rapid City, SD
Clint Koble/Larry Greff
605-394-4167

AARA sanctioned
tournaments in bold
(1) - 1st level tournament
(2) - 2nd level tournament
(3) - 3rd level tournament
(4) - 4th level tournament
(5) - 5th level tournament
(6) - 6th level tournament

* To put your tournament on this calendar, call Hallie
at 901-761-1172.

N - D - A - R

FIRST AID

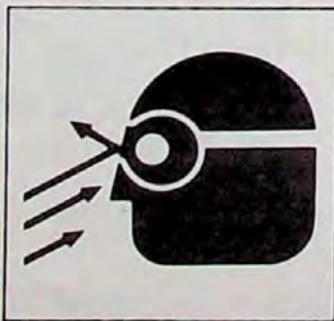
WHAT YOU DON'T KNOW CAN HURT YOU.

This month, we asked freelancer Alison Miller to compile some basic first aid information which might be pertinent to racquetball. We think you'll find this article useful and informative. However, it is not a definitive study and you may wish to check Ms. Miller's sources, listed at the end of this report, for more details.

One of the biggest advantages of racquetball as a sport is that it is relatively injury free. Compared to

other sports, such as football, baseball, or even tennis, racquetball enjoys a low percentage of on-court mishaps. Though we have all suffered our share of ball bruises and occasional glances from the racquet, have you ever stopped to wonder what you would do if your partner incurred a serious injury on-court? Worse, if something serious happened to *you*? What follows is a summary of some common injuries, and the first aid you can give to help the wounded player until a doctor or suitable

transportation arrives.



EYE INJURIES

There is much discussion lately about eyeguards (see *Racquetball*, March 1981); and, while everyone seems

to agree that players should wear them, not all of them do. This can be compared to a football player entering the Super Bowl game without his mouthpiece. But, leaving that discussion aside, it is important to recognize, and be prepared for, the possibility of a blow to the eye.

If you are hit, or your partner is hit in the eye, there are some very basic things to remember. First, never wash the eye, even if the ball was dirty. If the eye has been perforated and you try to wash it, you could end up

B y A l i s o n M i l l e r

causing much worse damage. Also, do not put saline or any other medicines into the eye for the same reasons. It's fine to wash around the eye—and if it's merely a black eye, you'll want to apply cold compresses (not frozen) to reduce swelling. If the player cannot open his eye, don't try to pry it open. Let the player lie down; don't walk him about unnecessarily. If there is indication of a serious wound (depressed eyeball, or bulging eyeball), get the player to a doctor quickly. If it's a simple black eye, apply cold compresses but remove them frequently to prevent irritating eye tissues.

Finally, most eye injuries should be followed up with a visit to the ophthalmologist. Frequently, a player won't be aware that there is damage. It's not worth risking future injuries due to vision problems, so take any blow to the eye seriously and you'll be better off in the long run.

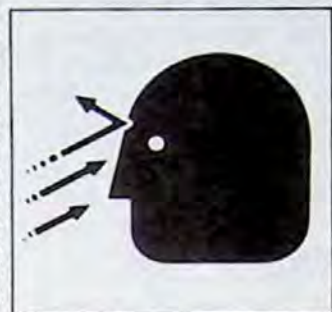
NOSEBLEED

Not a common problem with racquetball players, the nosebleed is nevertheless an injury everyone should be ready to deal with. The first thing to do is have the victim sit down and lean forward. If this isn't possible, have him lie down. Gentle, firm pressure should be applied to the sides of the nose. Cold compresses can be applied to the nose and face. If, after 10 minutes of pressure, the player is still bleeding then a doctor should be consulted. There seems to be some disagreement about whether or not to insert absorbent cotton or gauze to aid in stopping the bleeding. Our advice is to let a physician do that.

HEAD INJURIES

A blow to the head can be a fairly common injury in racquetball. When racquets are swinging at high speed, sometimes it just isn't very easy to get out of the way. Then again, sometimes you may run out of the way and

smack into the wall. Either way, the biggest danger in head injuries of this sort is concussion. If you suffer a blow to the head, stop play, sit down and check for the following symptoms: a bump on the head, mild to severe headache, inability to answer simple questions, loss of sense of time and



place, pupils dilated unequally, paralysis of arms and legs, and varying pulse. Any of these symptoms may indicate a concussion. And this means serious business.

All head injuries should be treated as serious. Keep the victim quiet and lying down. Make sure air passageways are clear to prevent choking. Keep the victim warm to prevent shock in the more severe cases. Call a doctor right away, or transport the injured player, in a flat position (or tipped slightly downward), to the nearest emergency facility. If the player is bleeding, apply pressure to the cut area to try to stop the flow of blood. Generally, if the player is unconscious it is best to call an ambulance rather than to try to move him yourself, unless you are well-trained in first aid methods. Also, try to be alert to his level of consciousness—clear, or slightly dreamy and unable to answer questions, or even drifting in and out of consciousness. Such information can be useful to the emergency team in determining the seriousness of the injury.

BLOWS TO THE BODY

A blow to the body can sometimes cause temporary agony, but is usually not a serious injury; often the



player can resume the game after a few minutes out. If bleeding is evident, say on an arm or leg, apply pressure to the wound until it stops. A cold pack will help prevent swelling and discoloration. If a more serious injury, such as a break or a deep cut to the face or head occurs, the player should be taken immediately to a first aid station or doctor. The biggest indicator when blows are concerned is how the patient feels; if he feels well enough to keep playing then he should be fine.

FRACTURES

Broken bones and fractures are, fortunately, rare in racquetball, but there is always the possibility that you will be in the wrong place at the wrong time, or that the racquet will hit you in just the wrong way, and a break will occur. Breaks of



the arms, fingers, and toes would be most common, though anything is possible on the racquetball court. Let me preface any instruction by saying that unless you are confident in your own ability to give first aid to a fracture victim, *do not do it*, especially if the fracture is compound and the victim has passed out. The first order

of business, therefore, is to call an ambulance or doctor. Then see what you can do to make the player more comfortable until help arrives.

There are two kinds of fractures, simple and compound. A simple fracture is characterized by tender, swollen overlying tissue and pain in the specific broken area. The skin is not broken and the bone is not visible. Sometimes the player can hear the bone snap on injury, and this is usually a good clue. It is sometimes hard to tell a simple fracture from a bad sprain, so under any circumstances stop play and keep the injured person as quiet as possible. Try to prevent shock by keeping the player warm. If the break is an arm or finger, splinting will be necessary. A splint is a brace usually made of wood, though anything sturdy such as rolled-up newspapers, magazines, or umbrellas can be used. The old adage "splint 'em where they lie" is certainly true for any fracture. Never try to move an unsplinted victim.

The splint should be well-padded and placed so that it extends past the broken area on both sides of the break. For the arm, use two splints and secure them with a bandage. For an upper-arm break, wrap the arm next to the body to immobilize it. For a forearm or wrist break, splint the broken area and place it in a sling hung from the neck. Then secure it to the body. Fingers can be splinted with one piece of wood, such as a tongue depressor, but will need to be set by the doctor. So don't think you can finish your game with a broken finger! Toes do not have to be splinted, but the shoe should be removed, or cut off if necessary and, the foot should be wrapped in a roller-bandage.

Compound fractures are evident when the skin is broken by the bone and bleeding occurs. With such injuries, you are in a much more dangerous position than with simple fractures

because infection could set into the wound. The fracture and loss of blood, as well as stress and fright, can cause the victim to lapse into shock much more easily than with other injuries. Do not try to give first aid unless you are a doctor or nurse; call an ambulance immediately and keep the victim still, quiet, and warm. If the player is conscious, try to say a few reassuring words to keep him from being too frightened, and try not to let him look at his injury.

Any type of fracture requires immediate attention from a doctor or paramedic to prevent further damage to the bone, nerves, and tissues surrounding the break. Serious damage could result from a fracture that is improperly handled, so be sure of yourself before you administer first aid. This seems like a good opportunity to say that anyone involved in active sports, racquetball or anything else, would benefit from reading a good first aid book and taking a course in first aid. There is much a trained person can do to help injured players with only a small amount of experience.

SPRAINS

Due to the lateral movement required in racquetball play, sprains and twists are fairly common injuries. Fortunately, they are usually less serious than the less common fractures. Still, it's a sickening feeling to lunge one direction and feel your foot stay still, or even go in the opposite direction. And, such injuries can vary in their severity. If a player feels capable of continuing play, then generally speaking, he's going to be fine. But it's no time to be a hero. There's no game in the world that's worth risking serious injury. So, if there's pain, stop playing immediately.

A sprain is actually a displacement of the ligaments that are attached to bone ends, and can occur at

any joint when the area is jerked and twisted with too much force. Symptoms of sprains are immediate: swelling at the site of the joint, tenderness, and discoloration in the general area, and pain when the player attempts to move the area, are sure signs. If you or your partner sprain something during play, stop immediately to check the severity of the injury. If it is bad, take all the weight off the injured part and elevate it to help prevent pain and swelling. Cold packs should be applied the first day or so to discourage internal bleeding and swelling. An elastic bandage can be put on the sprained joint, but loosely at first to allow for the swelling that will take place despite all your best efforts.

After 24 hours, cold packs can be switched to warm, wet compresses and the bandage can be put on more securely. If the sprain is too painful to play on, the injured player should check with a doctor. Sprains have a way of recurring when they are not allowed to heal long enough, and a doctor is in the best position to say when "long enough" has taken place. Also, remember that sometimes a severe sprain is difficult to distinguish from a fracture; under such circumstances the injured player should certainly see a doctor.

STRAINS AND PULLS

Another fairly common injury, especially to the arms, is the strained or pulled muscle. This happens when the muscle is stretched beyond its normal flexibility. Overexertion, as well as improper warm up can cause strained muscles. Symptoms include a sharp pain in the strained muscle and intense pain when the player attempts to use it. Soreness, stiffness, and spasm may occur in the affected area. Strains and pulls are not serious injuries and can be treated with applications of heat, warm, wet applications, and rest.

Of course, back strains can be more severe and cause the player to be incapacitated for some time. First aid for a strained back includes bed rest, heat, and use of firm support under the victim. It is wise to consult a physician if you suspect a back strain.

HEAT REACTIONS

Now that the weather is warming up in most parts of the country, racquetballers should be conscious of overheating. The game's a heated workout anyway, but can be especially so if played outdoors, or in un-air conditioned courts.

There are three types of heat reactions for players to be aware of. *Heat stroke* is a response to heat characterized by very high body temperatures and the inability of the body to perspire. In heat stroke the victim's skin is hot, red and dry. The pulse is rapid and strong, and the person may be unconscious. Because this is a very serious condition, you must be prepared to take immediate action. Remove the clothing of the victim and sponge his body with cool water or rubbing alcohol; or apply cold packs; or place him in a tub of cold water (not ice) until his body temperature is lowered. Use fans or air conditioners if available, but take care not to chill the victim after the body temperature is lowered to below 102 degrees Fahrenheit.

Heat cramps can be a sign of approaching heat exhaustion. The first affected areas are most commonly the abdominal and leg muscles. The person suffering from heat cramps has lost a great deal of salt and should be given sips of a solution of salt water (approximately one teaspoonful per glass) at the rate of half a glass every 15 minutes for about an hour. To relieve the spasms, gently massage the cramped muscles.

Heat exhaustion is characterized by normal body temperature, pale,

clammy, and cool skin, nausea, dizziness, and perhaps cramps. Loosen the victim's clothing, have him lie down, and administer sips of the salt solution mentioned above. You can apply cool, wet cloths and fan the victim, or move him to an air conditioned area. If the victim vomits, don't give him more fluids. Do take him to a hospital, where more salt solution can be administered.

Of course, this isn't meant to be an exhaustive report of first aid techniques. The possible injuries mentioned in this article are, however, common to racquetball. And, it is helpful to have a few basic pointers on how to deal with them. Even better, though, is the prevention of such complications. A few simple suggestions for making your racquetball game safe and fun.

- Abide by the rules (such as the five foot line behind the server) at all times.

- Stay in good condition.

- Warm up and cool down properly.

- Adhere to court etiquette.

- Wear proper clothing (no running shoes, no plastic warmups that can cause you to overheat).

- Use proper safety equipment (i.e. wear eyeguards and use your wrist strap).

- Avoid wet, slippery floors by mopping up, changing wet clothing, and toweling off regularly.

- Don't hit a ball that is obviously a foul—your opponent may realize he hit a bad ball and could turn around.

- Tie your shoelaces.

- And be aware of your court position in relation to the walls and your opponent.

Here's to a safe and fun game of racquetball! ■

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A BRIEF, BUT ENTERTAINING TALE OF TRIVIA

B Y B O B G U R A

Something was missing at the neighborhood block party. It wasn't people. Nearly 100 high-fashion folk and polyester pretenders had arrived. It wasn't food. Hors d'oeuvres were displayed in megaton caloric force on a 40 foot long buffet. Potential belly bulgers from caviar to cheeses, to celery stalks for weight watchers, were available. It wasn't decor. The night spot rented for the shindig was one of the city's finest. Outfitted in genuine antique everything, there wasn't a scrap of artificially distressed wood in sight. The hanging ferns were a nicotine-defying green and the Tiffany lamps were made of the real glass.

What was missing was ice, enough of the dry kind to keep a four foot ice sculpture of a racquetball player from melting. Only a half-hour into the party the statue atop the buffet had begun to perspire. There was still time to save it, while the figure looked as if it was only working up a game sweat.

Action was frantic until enough ice was found in the kitchen to avert a terminal melt-down. Fifty or so people crowded around the shrunken racquetteer, tossing barbs at their host who stood nearby. Laughing, they told him he looked a lot like the statue, especially on the racquetball court.

The humor was catching and soon the room was sparking with racquetball-oriented chatter. It wasn't unexpected as a goodly number of the guests played the game.

When the couple that threw the bash first thought about the ice sculpture they wanted a topic that would promote easy mixing. Newly arrived in the neighborhood, they had been surprised at the number of familiar faces found at a nearby racquetball club. What could be better, they figured, to break the ice, than a racquetballer frozen for eternity? They had planned on the thing lasting more than 30 minutes, but no matter. Ignited by the near fiasco, the party was taking off, with racquetball a point of animated chatter.

Something For Everyone

Seized with exuberance the host and hostess decided to try a risky conversational gambit. After making sure the guests were well-fed and oiled they urged the revelers to gather round. Reaching into an attache case secreted behind the bar, the host pulled out a sheaf of paper. What we have here, he announced, is the making of a test of knowledge, a parlor game par excellence. Tossing out a wide grin while his wife obtained pencils, he asked if anyone was up for it.

As planned, the crowd rose to the challenge. It only took a few minutes for the ground rules to be laid. The game took the form of a racquetball test, with everyone chipping in to buy the winner a free club membership. If the wizard already belonged, an equal number of bucks would be paid for court time.

One of the guests, a muscular Marty Hogan look-a-like, wondered about the questions. Who would make them up, and how would the test-takers know the answers were correct? A good question, commented the partygiver. Sticking an arm into the attache case he produced an official rulebook and a couple of instructional texts.

He admitted composing the exam a night ago in the hope people would find it interesting. He joined his wife in saying the questions covered a wide range of knowledge. It was only fair they explained, since not everyone was as involved with the game.

The ground rules were simple. The

contestants had an hour to come up with the answers. In the interest of conviviality anyone who wanted could seek help from a spouse, date, friend, acquaintance or barely-known.

The group was buoyed by the thought of making financial hay off the sport and dug into the quest with gusto. Over the course of the hour the room was abuzz with four-walled chatter and the tinkling of regulation ice in glasses. When it came time to hand in the answer sheets a good number were marred with crossouts, erasures and an occasional wine stain.

Some of the participants were sure they'd won, although deep inside they were puzzled over certain questions. The test was no piece of cake, and even the totally spirit-free had trouble racking up a high score.

The exam began with a few simple questions, the sort designed to boost confidence. Now, it should be mentioned the partypeople were able to brainstorm and bounce ideas off one another. Then again, who's to say that was any more helpful than harmful?

Anyone who feels like answering some of the questions should pull out paper and jump right in. Think of it this way. Persons who score well can boast of their racquetball know-how. Those who botch up can crumple, toss away, or burn their papers.

Question number one started things off and established the laughable mood of the investigation. It read as follows.

Racquetball is supposed to be the fastest growing sport in America. How many people play? Choice (A) 100,000. Choice (B) 1-3 million. Choice (C) 2,000. Choice (D) 3-5 million. Choice (E) 7-10 million. Choice (F) 50 million.

Question two was also less than a mind-burner. It is (A) legal to use two hands to grip the racquet handle. Choice (B) It is illegal to use two hands to grip the racquet handle. Choice (C) It is impossible to use two hands to grip the racquet handle.

None of the pencil pushers had much problem with these openers. The next grouping was just a tad harder, but nothing to bring on aspirin. Question three. Please name two, repeat two famous racquetball players, either male or female. Question four was in the same vein. Name the name of any full-time racquetball organization. Question six was a follow up. Identify last year's top-ranked male professional player. Number six took monetary matters into consideration. How much did last year's high purse winner earn on the court? Choice (A) less than \$10,000. Choice (B) From \$10,000 to \$20,000. Choice (C) \$1,500 and a lifetime of free meals at Taco Bell. Choice (D) \$50,000. Choice (E) More than \$100,000.

Number seven dealt with the historical perspective. Who is known, it asked, as the "Father" of Racquetball? Choice (A) Ed Sobek. Choice (B) Dr. Sy Lutso. Choice (C) Dave Sobek. Choice (E) Joe Sobek. Choice (F) Ace "Killshot" Miller.

Next up in the eighth spot was another historical gem. What year was the first international racquetball tournament held? Choice (A) 1955. Choice (B) 1963. Choice (C) 1969. Choice (D) 1975. The ninth question went hand in hand. Where was the international tournament held? Choice (A) New York City. Choice (B) Alberta, Canada. Choice (C) Guatemala, Mexico. Choice (D) Ocean City, Kansas. Choice (E) St. Louis, Missouri.

Of all the inquiries thus far number seven provoked the most interest. Most of the racquetball players agreed Sobek was the name but didn't know if it was Ed, Joe, or Dave. A vocal few held out for Dr. Sy Lutso. They figured only a doctor could invent a game played in a box-like room by players holding sawed-off tennis racquets. Last but with equal conviction were a young couple that held out for Ace "Killshot" Miller. They reasoned anyone with a name like that deserved to be the father of racquetball.

The next couple of challengers were more court oriented. The composer tossed out a bone with number ten. Identify the racquetball service with the one letter name. Choice (A) the J-Ball. Choice (B) the T-Ball. Choice (C) the Z-Ball. Choice (D) the R-Ball.

Figuring nearly everyone would come up with the correct answer, number

eleven was nastier. Identify the person who invented the J,T,Z or R-Ball. Choice (A) Dave Sobek. Choice (B) Joe Sobek. Choice (C) Moose Sakowitz. Choice (D) Ace "Killshot" Miller. Choice (E) Charles Garfinkel.

This one threw the crowd into an uproar. Hardly anyone was sure of the answer, and debate was split among the various Sobeks. A few people who believed in Ed Sobek turned back to question number seven. If Ed was the father of the sport he could easily have invented the initialed shot. But, since he wasn't listed in question eleven it threw doubt on his parentship. Of course, the creator of a game isn't obligated to break all the ground. The Sobekians moistened their pencil points, jotted an answer and plowed ahead.

There were others who were also confused by question ten plus one. Moose Sakowitz was a likely choice as many early players were Jewish. It make good sense that the J,T,Z, or R-Ball was developed in the early years. Charles Garfinkel was also worth considering from a religious perspective. Strangely enough, nary a person selected Ace "Killshot" Miller as the answer. If he was any shakes in the creation business most reasoned Miller would have been the first player to hit a kill.

By this time the tension was beginning to tell. The racquetball players in the group realized they didn't have all the answers and the remainder could be tougher. A bucket brigade to the bar had informally developed with drinks being passed hand to hand as the minutes passed. The anxiety began to ease as the spirits performed their function. A short while later the formerly grim test takers were grinning with anticipation at the questions to follow.

The climate in the room had relaxed considerably from its never tense peak. Many women had kicked off their shoes while the menfolk doffed suitcoats and loosened ties. One wag went so far as to scream "exam-time was never like this in college!"

Some agreed heartily, while a small number furrowed brows and thought it was easier back then. At least they knew more than half the answers most of the time.

The twelfth query carried on the tradition of grins and furrows. It was designed to appeal to players, with little chance of non-participants getting the answer. What is the diameter of approved balls of the American Amateur Racquetball Association? Choice (A) 1 3/4 inches. Choice (B) 2 1/2 inches. Choice (C) 2 1/4 inches. Choice (D) 3 1/2 inches.

If they thought that was a toughie unlucky number 13 made it seem simple. This question was put in to act as a tiebreaker if needed. When the host made up the test he figured no one would come up with the answer. Number 13

was, how high must the approved balls rebound from a 100 inch drop at a temperature of 70-74 degrees Fahrenheit?

After calling the testmaker all sorts of names and subjects the disbelieving throng turned to the options. Choice (A) 56-60 inches. Choice (B) 66-70 inches. Choice (C) 68-72 inches. Choice (D) 70-74 inches. Choice (E) None of the above.

The entire population was unable to cope with the regulation rebound height. Unable to make an intelligent guess within such narrow boundaries, almost all said "none of the above." Of the masses putting pencil to paper less than one in ten stumbled across the answer. Not everyone was honorable, however. Partners were asked to buddy check each other's answers to arrive at final scores. When the final tallies were called out, one well-dressed guy flew into action. He insisted a pencil smudge next to one of the choices for Question 13 was his answer. The lady who marked the sheet insisted it was a blotch and stood fast. A small committee investigated, and the smudge was disallowed.

Silence took over when the verdicts were announced. The room showed signs of the cerebral workout. The buffet was totally ravaged with only a few herrings escaping the gluttonous attack. The ice sculpture had deteriorated to a likeness of Quasimodo holding a backscratcher, and the ferns were starting to sag.

When the host cleared his throat and called out the winner, the high scorer was a surprise. Instead of one of the court-hardened party jocks or a friend of the same, it was a tiny lady in the corner. She was new to the neighborhood she admitted, along with the news she had never played racquetball. She was then pushed and prodded to come clean as to the know-how. Flashing a wide smile she said she liked to read. One day after work she bought a book and took it home. It turned out to be one of the hosts' sources, and the rest was easy pickins'. She was, she commented, interested in trying the game out, what with a free membership and all. Sighing at the injustice of it one of the expected winners turned gentleman and bought her a drink. A few minutes later she had lined up three invitations to play. Summing it up afterward the host and hostess were proud to call the bash a success. As to the answers—they are (1) E, (2) A, (3) Marty Hogan and Shannon Wright or others. (4) The American Amateur Racquetball Association, The Women's Professional Racquetball Association and others, (5) Marty Hogan, (6) E, (7) E, (8) C, (9) E, (10) C, (11) E, (12) C, (13) C.

Take a read, then decide whether to hang the answer sheet up or reduce it to ashes. If it's the flames, no one need ever know. ■

By Cheryl McClure Phillips

WEIGHTING FOR A WIN

Give Your Game A Lift



Photo #1 — Judie shows us how to smile while doing side lateral lifts.

The use of weights for improving one's sports ability is largely accepted by the world's leading coaches, but the concept has been underrated by racquetball enthusiasts. Trainers have found that the strength gained from such exercise gives an athlete an additional edge on using acquired technique with greater skill and efficiency. During active sports, the weight-trained muscles have better tone and contractibility; so they respond more readily to sudden exertion and total effort.

Aside from strengthening, this type of program benefits the muscles by routine stretching. Unlike the popular misconception that working out with weights makes you "muscle bound," regular resistance exercise will aid muscle and tendon flexibility.

There is a difference between weight training for sports conditioning and weight training for body building; conditioning the muscles results in regenerated tissue pliability. A more attractive body is a side benefit, but not the main goal. With muscle building, the

primary purpose is strengthening and shaping the muscle fibers. The over-500 muscles in the body means a building program takes years of dedication on the part of the participant. It requires a lot of pushing, pulling, and lifting.

Susie Dugan, a national women's racquetball pro, says, "A good extracurricular fitness program is essential for competitive playing. Racquetball is a pretty well-rounded game, but it, like all sports, needs to be supplemented with physical activities that improve individual weaknesses." As a complementary routine, weight training is desirable since specific exercises can be chosen to address you and your game's unique improvement needs.

Many players have ignored the ball control gained from conditioning voluntary muscles to focus on increasing endurance with workouts directed at the cardiac muscles. Having the stamina to play three fast-paced games is useless if your shoulder starts to give out after 30 minutes of backhands.

Ball control comes with muscle con-

trol. You cannot place your shots without a sharp connection between your mental concentration, muscle tissue, racquet, and ball. Increasing slamming power and forgetting the need to reasonably predict where the ball will hit means undirected, untamed shots. Weight conditioning can add English to racquetball. While working your body mass, you are also improving concentration and coordination.

Resistance training advances your sports ability by keeping your body responsive to action commands, giving you the feeling that you *are* your body and not just in it. This kind of mind/body totality produces more harmonious movements; and a well-integrated sense of self can smooth out rough edges of your game.

With racquetball, the upper torso and extremities are particularly important. Our illustrated exercises are aimed at the shoulders, arms and wrist, and condition the deltoid, tricep, bicep, flexor carpi radialis, supinator longus, wrist flexor, and wrist extensor muscles. While these areas get an exhaustive workout during a good game, in everyday activity they are rarely tasked.

For those who do not seem to have the strength needed for cross court returns, deltoid fitness is perfect. Such shots increase the use of wall angles and your body, making chances of error high. But, with refinement, diagonal plays will make the game fast moving and exciting. After one develops the required power and accuracy, this can be one of the most effective strokes of the game.

LESS SHOULDER STRAIN AND PAIN

Steve Dieb, supervisor for the National Health Studios and racquetball addict, says, "Shoulders are very vulnerable to strain following several fast-moving, hard-hitting games." As he spoke, I recalled the familiar antiseptic liniment stench that fills the locker room as teammates attempt to soothe away their post-game muscular fatigue. "Your shoulders provide the driving force behind a shot. Power players are familiar with the tightness after overworking a forehand," he informs us.

Spending some of your off-court time doing deltoid side lifts, deltoid front lifts, and dumbbell presses is a prescription for many winning games and fewer aching muscles.

For the side lateral lift, (photo #1) stand with a dumbbell in each hand, arms at your sides, palms facing your thighs. Leading with the back of the hand, and without bending the arms, raise the dumbbells up and out to each side, in a wide arc, until just above the shoulders. Do not allow your arms to

WINNING POINTS



Photo #2 — Front lifts build important deltoid muscles.

rotate; the palms should face the floor during the lift. The dumbbells should remain slightly in front of the body. When the dumbbells are as far up as you can manage, pause for a moment. Slowly lower to the starting position. This can be done one arm at a time, like Judie is doing in the photo, or simultaneously with both arms. Exhale as you lift, inhale as you let the weight return. Build up to 15 repetitions.

With the front lifts, (photo #2) your arms move at a different angle and you condition a different part of the deltoid muscle. Take a dumbbell in each hand, stand with your arms in front of you, palms facing the body, back straight, and feet approximately 10 inches apart. One arm at a time, lift the weight in front of you, keeping elbows straight, until the dumbbell is just above the level of your head. At the top, it should be directly in line with your face, not opposite your shoulder. You can make this exercise more rhythmical if you start raising one arm while you lower the other. This is excellent for strengthening, toning and smoothing the shoulders. The goal is a set of 15 repetitions for each arm.

The dumbbell press (photo #3) is another that can be done one arm at a time or simultaneously. This will develop the front deltoid muscle. Stand with your arms at your side, palms facing back. In one smooth movement, bring the dumbbell to your shoulder; then press it slowly and smoothly over your head and lock your elbows. Lower the weight to your side in one gradual movement. Exhale as you lift; inhale as you lower the weight and flex each arm 10 times.

Try to use flowing gestures with all the deltoid sets. This will develop rhythm, muscle control and consistency



Photo #3 — Steve is snapped in the middle of a dumbbell press.

to smooth out choppy or punched shots. Your follow-through is hampered by too stiff deltoids, and is like a forced reverse to an easy transition from one stroke movement to another.

LIFTING TO HIGHER SCORES

The principle behind resistance training is very simple. If you lift your forearm, your muscles must work to overcome the resistance created by the weight of your forearm and hand against gravity; and with more weight, the bicep must work harder. When you work a muscle, blood rushes in to supply it with



Photo #4 — Tricep curls add shape and strength to the upper arm.

nutrients and take away waste materials. When your arm tissue is healthy, you have more swing energy on the court.

The tricep curls (photo #4) will strengthen and shape two-thirds of the upper arm. Working one arm at a time, take the dumbbell, lift it straight overhead, drawing your elbow close to your head. Bend your elbow, slowly lowering the weight behind your head until it is almost touching your back.

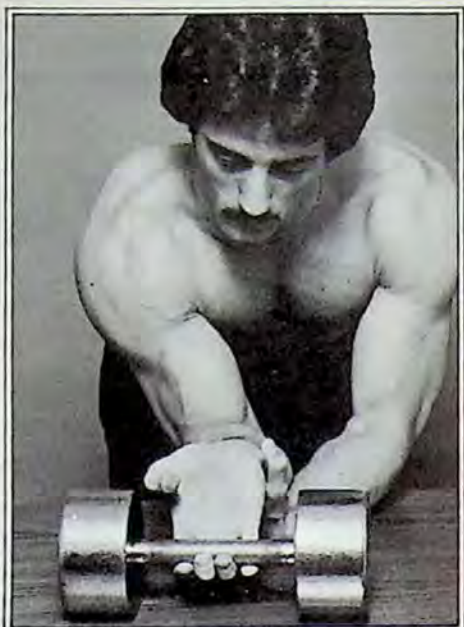


Photo #5 — With wrist curls, the forearm needs to be raised.

Keeping your elbow close to your head, straighten your arm, raising the dumbbell to the starting overhead position. Do one set of 15 for each arm. This exercise is particularly helpful for improving ceiling shots, which is the most common maneuver of tournament players. Well conditioned triceps give the tenacity required to drive against gravity without fizzling the ball.

If your shoulder and upper arm are usually sore following a racquetball workout, you probably are not employing enough wrist action. Strokes like the backswing are dependent on a well-timed wrist snap. Proper wrist usage originates the majority of the power behind plays. The wrist is frequently underdeveloped in the American player. Pushing pencils and machine buttons do not build the slender fibrous tissue.

The best exercise for wrist building is wrist curls (photo #5). Adding these to your racquetball training program will make your wrist loose for when you need the flexibility and strong for when you need the force. For curls, you pick up the dumbbells with an underhand grip. Sit on a low chair where your forearm can rest on your knees or a table top like Steve is using. Let your hands and wrist dangle unsupported. Bend wrists back and lower the dumbbell toward the floor, letting it roll down the tips of your fingers. Roll the weights back into the palms of your hands, bringing your wrists up. Continue the upward movement with your wrist and curl as far as you can. Wrist curls will assist your snapping at the point of ball contact. The loud, satisfying swish sound arising from hard, well-timed wrist action will be heard more often. ■

HEALTH AND SIDELINE BENEFITS

"Muscle development will decrease the chances of an injury. From post-match aches to torn tendons, an athlete in pain cannot enjoy the sport," states Steve Dieb who has done body building for six years and played twice weekly racquetball for two years. He recommends a dumbbell workout, three times a week, on off-game playing days. Minimal progress can be made on less, but generally it will not be enough to see results. Also, guard against overtraining; the body needs a balance of rest and resistance.

Dieb concludes, "Weight training is much more advantageous to the racquetball player than other forms of exercise. You receive cardiac and vascular and voluntary muscle conditioning. Game quickness and agility come from trained muscles." Structured weight training can transform your game from a pure power contest to one in which patience, control, poise, and stamina are rewarded. Gaining flexibility and strength will put sizzle into your slam and liven up your lob.

This dumbbell program can be done anywhere — home, office, or club; and requires only five to seven minutes, not enough to work up a sweat. You can use one set of weights for all the exercises. Coming in three, five, eight and ten pound options, the cost is from \$11 to \$25 a pair. If you want the option of more variety, you may prefer a set of adjustable bars and collars. For those who have weight workout areas at your racquetball club, you can adapt this routine to the available gym and weight sets. Regardless where you choose to do your resistance training, or what type of standard weights you use, the best results come when you do the conditioning on off-playing days and regularly.

Just like the weight of a dumbbell, the benefits of resistance conditioning can be measured and predicted. For increased size, increase repetitions, for increased strength, gradually add more weight. Higher repetitions allow a longer period for the muscles to be flushed with blood and tend to increase size. Lower repetitions with heavier weights will have more effect on strengthening. Additionally, the speed in which you complete an exercise set will vary outcomes. A fast pace will reshape tissue; slow movements stretch it.

The worth of specialized weight training exceeds how you perform on the court — lifting, reaching, or carrying jobs are easier and your physical tone is more attractive. Why not look better and play better because of one group of calculated movements?

It is one of life's bargains — spending

half an hour a week gets many hours of comprehensive benefit. There is a wide range of positive effects from incorporating this program into your lifestyle. The outgrowth from regular resistance activity extends from strengthening one's backhand, protection from injury, accelerating sport confidence, and sharpening concentration to personal

bonuses, like handling luggage, groceries, kids, and lawn equipment with less effort, improving massaging abilities, and increasing one's physical appeal.

In fact, being a wise choice for how to use time and movement, you might say, dumbbell training makes you a more intelligent player. ■

By Charlene Grafton
With Janis Loeb And Dennis Fitch

HOW HANDY ARE YOU?

Test Your Dominance

It is common practice for racquetball players to follow the advice of their instructors to pick up their racquets with the hand they use to write, or the hand they use to shake hands with. Yet, recent findings point to the possibility that this may not be the best way to determine handedness. It may explain why some players slap at backhands and forehands with the wrong hand or the wrong grip. It may also explain problems from weak strokes to the inability to time ball reaction movements. In short, it may be helpful to determine more clearly which hand is the dominant hand, so that positive reinforcement and instruction can be given.

According to tennis professional Charlene Grafton, a player can correct some of his mistakes and improve his game if he is armed with the knowledge of which side is his "right" side. If he is a beginner, he can save himself years of frustration by starting off right—or left. Grafton has devised a handedness inventory for side dominance, which she believes can help a player and his coach determine the dominant hand.

The four-step inventory helps a player discover his strengths and use them. Ten carefully chosen questions ask which hand he writes with and deals cards with, which eye he looks through a microscope with, which foot he kicks with. The answers, according to Grafton, reveal the dominant sides in handedness, binocular and monocular vision, footedness, gross motor, and fine motor abilities.

Next, an instructor assesses the eye, hand, foot, and side preferences by

categorizing them as matching, mixed, or ambidextrous, then classifies them, using an alphabet-soup hodge-podge of abbreviations, according to the degree of dominance shown. Strongly right-sided players are designated as dextral, or D, while strongly left-sided players are sinistral, or S. In-between players are moderately dextral (MD), slightly dextral (SD), moderately sinistral (MS), slightly sinistral (SS), ambidextral (AD), and ambisinistral (AS). Players with little sports background are ambi-non-dextral (AND) and ambi-non-sinistral (ANS).

Ds and Ss are the players whose dominant eye best follows what the dominant hand is doing; whose dominant foot leads the body quickly and easily toward the dominant side without mis-steps and stumbles; and whose dominant-side stroke forehand is considerably stronger than the weak-side backhand. MDs and MSs, who often encounter rhythm and timing problems, should follow their eyes, not their hands, when it comes to choosing up sides. They are somewhat like nailbiters—if caught and corrected early, both can have lovely hands, both fore and back. Such players should use the hand on the side with their dominant eye, and would do well to train themselves to reduce movement time by learning to transfer cues to provide earlier reaction for the player. With extra practice and patience, they can become competition-level players, but odds are against success as an A player.

SDs and SSs tend to have even more rhythm and timing trouble than MDs and MSs, along with difficulties with spatial adjustment, stress reactivity and direc-

WINNING POINTS

tional confusion. They, too, should hold the racquet on the dominant-eye side.

Matching-dominant players, those with the dominant hand and eye on the same side, have the greatest chances for success in racquetball, as in all racquet sports. One study of the world's top tennis pros confirms that a high proportion of them are matching. Although many characteristics are required of champions, the study indicates that matching dominance could be an important factor.

Handedness testing is particularly useful with beginners who have yet to form hard-to-break habits in their strokes. If a beginner shows the classic symptoms of mixed dominance, such as a strong backhand but poor forehand, he can be taught early to coordinate his strong eye with his swinging arm for greater consistency.

Testing is a true boon to teachers, who can get a better idea of what they have to work with from the handedness inventory. The more side-dominated a player is, the harder he can be steered toward top-level competition. On the other hand, the teacher can steer a mixed-dominant player clear of the type of tournaments that are likely to cause him nothing but frustration.

EVALUATION

Important instructions for the self-evaluator:

First, put down what type of school you attend. If you had any problems in school such as reading, writing or were in a slow learner class, you may indeed have problems in learning to play the racquet sports.

Following the completion of the inventory, align the assessment column of the "Handedness" Inventory to the assessment column of the Evaluation sheet. The method used for the assessment of handedness and sidedness is to categorize and to classify. The categories are matching, mixed or ambidexterous dominance. The classifications are right-handed, left-handed (matching), moderately right-handed or left-handed (mixed), and ambidexterous, ambisinistral, ambi-non-dextral or ambi-non-sinistral (ambidexterous). Align your inventory with the Evaluation sheet along with the numerical markings.

The questions are weighted. Read questions (1) and (2). Categorize yourself as matching (M), mixed (Mx), or ambidexterous (A). The M is used whereby the hand and eye dominance are on the

THE TEST

The following is the Grafton Handedness Inventory. There are no right or wrong answers to these questions. The answers you give help to determine your strong side and your side preferences for better teaching and coaching. Important instructions: Please answer all questions that can be answered with a yes, no, either, both, right, or left.

- (1) Do you consider yourself right-handed? or left-handed? Ambidexterous? Which hand do you write with?
- (2) Your dominant eye (see box) is right, or left?
- (3) Which eye do you look through a microscope with? A keyhole? A camera? Or, sight a gun with?
- (4) Which foot do you kick with? Hop on? Or push off for a running jump?
- (5) In some sports, hand preference must be made. In bowling, which hand do you use? Table tennis?
- (6) When using tools, which hand do you use for a screwdriver? A hammer? On which side do you shovel with?
- (7) In other sports, side and hand preference must be made. In baseball, which shoulder do you rest your bat on? On which side do you swing a bat? Do you throw overarm with your right arm or left arm? In boxing, which side do you lead with? In basketball, which hand do you dribble the ball with?
- (8) When doing fine work such as sewing, how do you thread a needle—do you hold the thread in your right hand, or left hand? With which hand do you deal cards?
- (9) As a musician, with which hand would you strum a guitar? Or use a bow for a violin?
- (10) Are either of your parents left-handed? Or your brothers or sisters?

Now, to assess your own handedness inventory, read the section above on evaluation, then fill out the form in the assessment column, on the right.

EVALUATION

(Assessment Column)

These questions have been formulated by research in the fields of psychology, anthropology, neurology, and sports. Question (1) measures handedness, (2) binocular vision, (3) monocular vision, (4) footedness, (5) handedness, (6) handedness and sidedness using tools (gross motor), (7) handedness and sidedness in team and individual sports, (8) handedness and sidedness for precision or aim (fine motor), (9) handedness and sidedness for instruments, and (10) familial history.

Do not attempt to fill in this column until after reading the section on evaluation.

Answers To Inventory Questions	These are the Categories (select one)
(1) _____	Category _____
(2) _____	Matching (M) _____
	Mixed (MX) _____
	Ambidexterous (A) _____
(3) _____	
	These are the Classifications (select one)
(4) _____	Classification _____
(5) _____	
(6) _____	Dextral (strongly right-handed) (D) _____
	Sinistral (strongly left-handed) (S) _____
(7) _____	
	Moderately dextral (MD) _____
	Slightly dextral (SD) _____
(8) _____	Moderately sinistral (MS) _____
	Slightly sinistral (SS) _____
(9) _____	
	Ambidextral (AD) _____
	Ambisinistral (AS) _____
(10) _____	Ambi-non-dextral (AND) _____
	Ambi-non-sinistral (ANS) _____

WINNING POINTS

same side, i.e. right-handed and right-eyed or left-handed and left-eyed. The Mx is used when the hand and eye are on opposite sides or of mixed dominance, i.e. left-handed and right-eyed or right-handed and left-eyed. The A is used when the subject believes they are not one-side dominant or either side dominant. They could be mixed or matching dominant.

The next questions help to determine to what degree you are classified, i.e. strongly, moderately or slightly and, too, having prior sports or other motor experiences for the development of handedness and sidedness. If the answers to (1) and (2) are the same and matching, then you are strongly right-handed or left-handed. If your answers are different, then after reading the answers the second time [after (1) and (2)], note if there is sufficient experience to have developed handedness and sidedness. If there is not, mark yourself ambi-non-dextral or ambi-non-sinistral. Check question (2) again. If your eyedness is right, classify ambi-non-dextral; or is left, classify ambi-non-sinistral. If there is sufficient experience, count the number of right hand or side answers and determine if you are moderately or slightly right-handed or left-handed, or if you are mixed dominant.

The AD and AS have sports experience and have adequate physical strength and stamina. The AND and ANS do not have adequate strength or stamina, therefore, the AND and ANS should be encouraged to use additional grip and upper arm strength training and to develop a conditioning program for stamina. All of this grouping should be taught a simple grip.

The AD and AND should place their right dominant hand on the racquet grip while serving and playing out the point.

The AS and ANS should place their left hand on the grip while serving and playing out the point.

The AND and ANS may not have adequate strength for the driving action demanded in serving and put away shots. These individuals need to realize this weakness and either develop an exercise program to negate this weakness or be encouraged to play leisurely games of racquetball.

The AD and AS should be encouraged to play both competitive and recreational racquetball.

STYLE RECOMMENDATION

Style recommendations are made according to your category and classification.

The D and S are to be encouraged to develop the non-dominant side to aid in

the transfer of strength and movement. However, most time should be spent on the strong side. The strong side, being either right or left forehand, right or left forehand serve, moves to avoid the backhand side and take the ball on the forehand or strong side. Expect rapid learning and improvement from this if you are in this group. Motivate yourself toward competitive play.

The MD and MS are encouraged to make their dominant side the side of their dominant eye, not the dominant hand because of rhythm and timing problems.

The dominant eye will provide an avenue for learning by allowing a heightened awareness for the development of kinesthetic sense. This will help the student player to coordinate both rhythms and timing, two problems inherent in the MD and MS group.

Do not expect speedy improvement, just buckle down to the basics. Motivate yourself for competitive or recreational play, depending upon your personality.

If you rate yourself SD and SS, you are also encouraged to make your dominant side the side of your dominant eye. You

probably have rhythm and timing problems too but to a greater degree, including problems with spatial adjustment, stress reactivity and directional confusion. Don't expect so much of yourself and be content to play the recreational level of the racquet sports.

In the event you classified yourself as ambidextrous, determine to what extent you are either-side dominant, i.e. more right-sided than left-sided. Go back to question (1) and check which hand you write with and (6), which hand you hammer with and (7), which hand you throw overarm with. You can determine from those three questions and be able to classify yourself as AD or AS.

After evaluating yourself, ask yourself—what do I really want to get from racquetball? Competition in sport, fun, exercise—whatever.

Remember, the basic fundamental of racquetball as dealt with here, is not footwork, not balance or strategy, but which hand is the racquet hand and which style to play. Racquetball players in 1981 should be listed as more than right or left-handed, but how right or left-handed and to what degree. ■

EYE DOMINANCE TEST*

Use a card or sheet of heavy paper about nine by twelve inches with a hole in the center the size of a dime. On a second card, draw a pair of crossed lines, each line running diagonally from one corner to the opposite corner. The place where the two lines intersect will be the sighting point.

1. Keep both eyes open. Hold the card having the hole with both hands, arms extended and lowered.
2. Look across the room at the card with the crossed lines.
3. Keep looking (both eyes open) at the point where the lines cross and, still holding your card at arm's length, raise your card until you can see the cross through the hole.
4. Repeat this three times. Keep both eyes open.
5. After you have raised the card for the third time, keep looking at the cross through the hole. Without losing sight of the cross, slowly pull the card toward your face until it touches your nose.
6. Decide which eye is looking through the hole by closing first one eye and then the other.
7. The eye looking through the hole is your dominant eye.
8. Repeat several times.
9. Close the eye which was used in sighting. Keep it closed. Using the other eye, sight through the hole at the cross. This is done to learn if your other eye can see, for only if both eyes can see is the sighting test a true indicator of inherent sidedness.

* This test is used by permission of Dean Trembly, California Polytechnic State University, San Luis Obispo.

You do not have to be born with epilepsy. It can result from many causes... viral encephalitis, meningitis, measles, high fevers, poisons, or serious head injuries.

Epilepsy.
It's not what you think.

*Help light the candle of understanding.
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Epilepsy Foundation of America.
Or write: Epilepsy, Washington, D.C. 20006.
Also accepting the National Epilepsy League.*

WINNING POINTS

By Allen Ascher

DOWN TO SIZE

Cut Your Court Territory

This is the final article in a three-part series of instruction for Intermediates.

One of the most interesting varieties of racquetball is the three man round robin, a game most players avoid like the plague and submit to only after a sincere and unsuccessful search for a viable fourth to fill out a doubles match. In most places the game is more descriptively called "cut-throat;" each player in it becomes a wild man, like the Biblical Ishmael: "His hand will be against every man, and every man's hand against him."

Cut-throat is itself a variation of an odds game in which one superior player plays against a doubles team. The idea, of course, is to equalize the disparity of the levels of play by minimizing the court area each doubles player is responsible for. Thus in theory the doubles team is automatically afforded a positional advantage.

But that's only theory. In practice the single player can minimize his own court responsibilities more effectively than the doubles team can, and insure an almost certain win for himself, simply by concentrating his play against the weaker half of the team. It may look as though he's playing two opponents, but he's really playing only one. And if that one doesn't have a good kill or a backhand, or if he can't return a drive, or a drive serve, the game is hardly a game at all. The singleton isn't even called upon to display his full abilities. He can simply ignore defending against a shot his weaker opponent can't hit, and hit only shots his weaker opponent can't return: a doubles team is only as good as its weaker half.

Now to some extent every racquetball player is analogous to a doubles team. He has, if you will, a multiple personality. Some parts of his game, like the stronger player in the team, will be superior to other, weaker parts. Some of his shots will be overpowering, others liabilities. Some of his defensive capabilities will effectively neutralize your best shots; other defensive weaknesses will leave him helpless

against you. He may have a picture perfect serve, the result of hours of concentrated practice, but a weak shot, perhaps a shot he hits too high, off the back wall. Or he may be a very quick defensive player, but without the offensive punch he needs to put the ball away. Few players develop an equal excellence in all aspects of the game.

The decision you have to make at the outset of a game, then, is which of the two personalities you are going to play against. Take a lesson from the odds game: you can cut down what's demanded of you, and increase your chances of winning dramatically, if you know which shots your opponent can't hit, and play your game accordingly.

I touched on this topic from the other side in *Racquetball's* March issue, in an article on court position. There I said that if your opponent stands too far out of center court you can beat him with a shot to the vacated court area—i.e., if he stands too far back, hit low shots to the forecourt; if he stands too far forward hit behind him. The underlying assumption of my advice was that you could execute the shot he was giving you. The variety of shots you have is a major condition of court strategy.

Now turn the sides around. If you stand too far back your opponent can beat you with a low shot to the forecourt. Provided, of course, that he can hit low forecourt shots. If he can't, you don't have to worry about covering the forecourt too carefully. In fact, you may have to cover only 30 feet of the court length, rather than the full 40.

The 20 x 40 foot court has, in fact, a floor area of 800 square feet. That's a lot, and, obviously, the less of it you have to cover the more brilliant a defensive player you'll be. How much area you'll have to cover is determined solely by how much of the court your opponent can use offensively. The next time you watch a class A player, notice how accurately he uses the side lines and the four corners. He uses every square inch of the court, and his opponent has to run from here to tomorrow just to keep up with him. The average intermediate uses

WINNING POINTS

considerably less of the court, primarily around the center. But he will often have a perfected pet shot or two—down the sidewall, perhaps, or into a deep corner. Defending against those will be easier if they are all you'll have to defend against.

Let me illustrate this kind of strategy with a game condition example. On your first service to an unfamiliar opponent, you stand in the service area, perhaps a foot or two left of center, and hit a drive serve deep to the right hand side; on the return your opponent hits a winner past you along the same right sidewall. The next time up you'll probably opt to stay away from his forehand side. That would certainly be solid racquetball strategy, and, above all, the logical thing to do. But let's consider for a moment the assumptions that lead you to your new strategy.

The right side service return beat you because you were too far away from the wall to retrieve it. Take two or three steps closer to the right wall on your serve and you'll remove the effectiveness of his shot and force him into a new strategy.

Now, normally, that's exactly what you shouldn't do. Moving two steps to the right only places you in a poorer court position and creates a weakness on your backhand side; your responsibility is, after all, to cover the whole court, all 800 square feet of it. But keep the fundamental definition of a weakness in mind: a weakness is a weakness only if your opponent can take advantage of it. It may be—it is, in fact probable—that he can't take advantage of every weakness you might present to him. In such a case you no longer have to cover 800 square feet of the court; you need cover only the square footage he uses offensively.

Let's suppose that, in this situation, he has only a mediocre cross-court service return, one that, because of his inaccuracy on the left side, always comes off the sidewall too early, loses some velocity, and sits up in the middle. Suppose then, that rather than serve to his backhand your second time up, which he expects you to do, you take two steps to the right and serve down the line again. When he tries to go cross-court on his return—badly—you put the ball away, because you've been a diligent player and you've been working on your short backhand game. On your next service you go down the right sideline again. This time, instead of pushing a second weak cross-court shot, he tries another return along the right sidewall. But now you're already there to pick the ball off because of those two steps you've taken to the right of center. What does he do next?

Well, that's his problem, and it may be a problem of appreciable proportions. If

he knows what he's doing, he'll undoubtedly try a ceiling shot, which, if executed correctly, will neutralize your service advantage. Nevertheless, you've forced him to give up his first line of attack against your serve and fall back into a defensive posture. Chances are his second line of attack won't be as effective, and it's safe to say that there'll be psychological dividends as well.

This is the chess of racquetball, the constant probing, attacking, responding, adjusting of your own play that takes the mental aspect of the game a quantum leap beyond the simple formula of "hit 'em where they ain't." Above all of its other qualities, racquetball is situational, and it requires almost instantaneous readjustments to dozens of new positions a game. The situation in the above illustration was governed by the opponent's lack of a good cross-court shot, which in turn led to less court for you to cover. But racquetball consists of a

Most often your best position is at center court, but sometimes you can be a foot or two more accurate in one direction or another.

number of fundamental offensive shots, the lack of any one of which creates, in effect, safety zones for the opposing player—areas of the court which he need not defend as he would against a better, more complete opponent. And very often these key shots which your opponent can and cannot hit are determined by his position on the court, something which you can control, often to the point of manipulation, by the strategic placement of your own shots.

For example, suppose that during a rally early in a game your opponent shows a strong, low shot to the left corner of the front wall, not quite a kill, but low enough to be a winner. You should immediately take note of his position on the court. The probability is that he's standing to the right of the center line about 20 or 25 feet away from the front wall, and it may be that he doesn't have another good offensive shot from that position on the court. When the situation arises again, perhaps as a result of a ceiling shot that forces him to retreat, anticipate him; make your move to the left forecourt and pick up the ball.

You'll find that many players are remarkably inflexible. You may beat your opponent on this shot three or four

times before he tries a normally less effective alternative, and you may beat the alternatives as well.

What are his alternatives? There are three: 1) He can go down the right sidewall and catch you out of position. That's a risk you take in moving to the left forecourt, but many intermediates like to pull the ball. They have real trouble hitting a forehand along the right sidewall from the right side of the court. If he can't hit to the right off his forehand, you can safely ignore that part of the court on this play. His limitation has effectively shrunk the amount of court you have to cover on that particular shot. 2) He can beat you on the left side with a carom shot off the sidewall. But if he hits that shot too high you'll be able to retrieve it off the back wall, and you can safely ignore the rear 15 feet of the court. 3) He can give up the attack and hit a ceiling shot.

Each alternative changes the complexion of the point, and the game. This is complex racquetball, not meant for the novice, or even the fledgling intermediate. Your response to the immediate circumstances of the game at any given point in it must be very nearly intuitive. You must move into position with the flow of your opponent's play. Specifically, you should lean toward the area of the court where he is most likely to return your last shot as soon as you hit it. Most often your best position is at center court, but sometimes you can be a foot or two more accurate in one direction or another. And that entails taking risks by giving up some portions of the court. Cataloguing as early as possible the shots your opponent can't execute well will be the key to how successful your risk-taking is. The amount of court area you have to cover will vary with each player; the sooner you know which parts of the court you don't have to play, the better your chances will be of controlling the game.

Now, take everything I've said up to this point and turn the sides around. What about the shots *you* can't make? How much of the court do *you* use? How much of the court can your opponent safely ignore? If you have seen the advantages a consideration of court position and an analysis of your opponent's game will give you, you must surely see the disadvantages that are inherent in any weaknesses in your own game. If it is you about whom I was speaking—the opponent who can't hit a solid cross-court shot, the opponent who can't hit to the right from the right side—take yourself in hand and work to improve your game. You'll soon be playing a more intricate brand of racquetball, you'll win more often, and, most important, you'll enjoy the game more. ■

AARA '81-'82 RANKINGS*

*Rankings compiled by Bill Verity of Penn State University's computer department, based on results received from June 1, 1980 to January 15, 1981.

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16 Davis, Nora	MA	100.0	50 Readinger, Bulfinch	MA	50.0	16 Wilber, Debbie	NH	50.0
17 LaPointe, JoAnn	MA	100.0	51 WOMEN'S D			17 Anderson, Carolyn	CA	30.0
18 McKinnley, Carolyn	GA	100.0	1 Adams, Betty Lee	AR	110.0	18 Brien, Tracy	CO	30.0
19 Boyer, Jackie	MA	90.0	2 Wood, Tracy	AR	95.0	19 Casillo, Cathy	NY	30.0
20 Wadsworth, Robin	MA	90.0	3 Martin, Melanie	MA	80.0	20 Kuchner, Linda	FL	30.0
21 Callahan, Cindy	MA	80.0	4 Kall, Karta	AR	80.0	21 Piro, Kimberly	PA	30.0
22 Sloan, Debbie	NY	75.0	5 Black, Jerri	WV	50.0	22 Comer, Wendy	CA	23.0
23 Adler, Jackie	CT	70.0	6 Breen, Nancy	PA	50.0	23 Carlson, Jill	FL	20.0
24 Martin, Pat	OH	70.0	7 Buckner, Joyce	FL	50.0	24 Dando, Lisa	KS	20.0
25 Nieves, Maria	NC	70.0	8 Cucci, Rose	RI	50.0	25 Farace, Annette	CA	20.0
26 Peterson, Jan	PA	70.0	9 Cross, Debi	CO	50.0	26 Gilberte, Michelle	CA	20.0
27 Vanderwilde, Laurie	NY	70.0	10 Derick, Dana	MA	50.0	27 Guerra, Lelly	TX	20.0
28 LaChance, Hannah	SC	68.0	11 Domiano, D	CT	50.0	28 O'Connell, Anna	CA	20.0
29 Kallisher, Janet	MA	65.0	12 Ellington, Diane	MO	50.0	29 Piro, Stephanie	PA	20.0
30 Burden, Gail	KN	60.0	13 Fogel, Helen	PA	50.0	30 Roberts, Nancy	MA	20.0
31 Castles, Isabel	PA	60.0	14 Frieson, Lavaria	NY	50.0	31 Anthony, Sheri	CA	15.0
32 Higgins, Nan	MA	60.0	15 Garcia, Maruci	FL	50.0	32 Haslett, Kathy	CT	15.0
33 Kras, Nancy	MA	60.0	16 Gazzo, Barbara	RI	50.0	33 McKendry, Lisa	FL	15.0
34 Dorshimer, Pat	PA	55.0	17 Glazer, Lynn	NY	50.0	34 Schneider, Elona	CA	15.0
35 Aldrich, Lynn	WV	50.0	18 Goodman, Geraldine	NY	50.0	35 Wagner, Debbie	FL	15.0
36 Beall, Maria	TX	50.0	19 Grinnell, Sharon	ME	50.0	36 Fawcett, Karen	TX	10.0
37 Bludau, Becky	TX	50.0	20 Gustin, Maureen	MA	50.0	37 Kuykendall, Sh'Rae	TX	8.0
38 Borge, Karen	NJ	50.0	21 Guindal, Janice	CA	50.0	GIRLS 17-AND-UNDER		
39 Capel, Susan	FL	50.0	22 Hall, Linda	CA	50.0	1 Mook, Mona	CA	600.0
40 Chapa, Lisa	TX	50.0	23 Hickson, Gail	MA	50.0	2 Hickey, Maureen	KS	200.0
41 DeLoraine, Kib	CO	50.0	24 Hinojosa, A.	TX	50.0	3 Soltis, Ginger	NY	200.0
42 Epp, Rosie	MD	50.0	25 Holland, Lu	TX	50.0	4 Rosenburg, Karen	FL	100.0
43 Ferguson, Gail	TX	50.0	26 Howard, Chris	MA	50.0	5 Soltis, Ginger	NY	100.0
44 Fish, Renee	FL	50.0	27 Johnson, Betsy	NC	50.0	6 Seymour, Linda	CA	75.0
45 Hastings, Monica	FL	50.0	28 Johnson, Leigh	AR	5.0	7 Aboud, Shelly	CA	50.0
46 Jayne, Ellen	TX	50.0	29 Jourdain, Francine	Que	50.0	8 Burton, Margie	FL	50.0
47 Matthews, Jan	CA	50.0	30 Karkos, Terry	ME	50.0	9 Duncan, Karen	CA	50.0
48 Meyer, Donna	NY	50.0	31 Kiler, Nova	TX	50.0	10 Dunnigan, Karen	CA	50.0
49 Nance, Martha	IL	50.0	32 Kljucanic, Karen	PA	50.0	11 Ganaka, Linda	CA	50.0
50 Olson, Barbara	ME	50.0	33 Knolls, Sara	AL	50.0	12 Martz, Heidi	FL	50.0
WOMEN'S B			34 Krohn, Chris	PA	50.0	13 Rawie, Mary	CA	50.0
1 Nagel, Dede	CA	150.0	35 Lampley, Gail	TX	50.0	14 Richards, Tomi	MA	50.0
2 Hestle, Carol	NY	128.0	36 Mason, Sherry	PA	50.0	15 Snyder, Elizabeth	CO	50.0
3 McAnally, Donna	MA	110.0	37 Mattos, Marilyn	NY	50.0	16 Wadsworth, Robin	MA	50.0
4 Reuben, Nancy	PA	100.0	38 McLean, Donna	Can	50.0	17 Burke, Janet	MA	30.0
5 Holloway, Nancy	PA	90.0	39 McQuillan, Kathy	NY	50.0	18 Carlson, Jill	FL	30.0
6 Koss, Sue	MA	90.0	40 Molnar, Carrie	PA	50.0	19 Carr, Allison	MA	30.0
7 Borek, Fran	CT	85.0	41 Moussette, Karen	MA	50.0	20 McCarthy, Becky	KS	30.0
8 Bianchini, Mary	PA	80.0	42 Moskay, Susan	PA	50.0	21 Roske, Dawn	FL	30.0
9 Brem, Samantha	PA	80.0	43 Niles, Charlotte	AL	50.0	22 White, Brenda	CA	30.0
10 Jella, Sharon	MA	80.0	44 Norman, Tracey	AR	50.0	23 Arnold, Jenny	MA	20.0
11 Cohen, Jane	MA	70.0	45 Sancier, Sandy	ME	50.0	24 Hajar, Tammy	PA	20.0
12 Johnson, Linda	AL	70.0	46 Sawyer, Kathy	AR	50.0	25 Hill, Lorry	KS	20.0
13 Midgett, Robin	FL	65.0	47 Smyth, Gail	MA	50.0	26 Termini, Debbie	CA	20.0
14 Russell, Claudia	NY	65.0	48 Soprenok, Pat	PA	50.0	27 Walsh, Barbara	MA	20.0
15 Anderson, Betty	RI	60.0	49 Sprigley, Angel	AR	50.0	28 Dada, Ann	MA	15.0
16 Carlisle, Sandra	AR	60.0	50 Stenberg, Ann	MA	50.0	29 Caberson, Patty	RI	10.0
17 Castles, Isabel	PA	60.0	GIRLS 10-AND-UNDER			30 Latini, Beth	PA	10.0
18 Cronin, Cathy	PA	60.0	1 Comer, Delanie	CA	600.0	31 Span, Mary	PA	8.0
19 House, Nancy	TX	60.0	2 Anthony, Nikki	CA	220.0	WOMEN'S 30 +		
20 Lee, Cathy	PA	60.0	3 Miranda, Adriana	TX	120.0	1 Adler, Jackie	CT	50.0
21 Miller, Sherry	PA	60.0	4 Piro, Kimberly	PA	120.0	2 Fennel, Beth	MA	50.0
22 Rotenberg, Jolyne	TX	60.0	5 Sallier, Stacy	CA	120.0	3 Katz, Nancy	PA	50.0
23 Tamar, Dora	TX	60.0	6 Martin, Rodie	CA	115.0	4 Pallas, Debbie	NY	50.0
24 Wyatt, Brenda	TX	60.0	7 Kamyck, Christina	CT	100.0	5 Donahue, Rose	PA	40.0
25 Baptista, Karen	MA	58.0	8 Rodriguez, Salina	CA	73.0	6 Strandskov, Karen	NJ	40.0
26 Baker, Kris	CA	55.0	9 Presseau, Adrienne	WV	70.0	7 Benoit, Donna	MA	30.0
27 Cushing, Marie	MA	55.0	10 McDuff, Kim	CA	65.0	8 Hardy, Ida	NY	30.0
28 Bander, Ginie	NH	50.0	11 McDuff, Jennifer	WV	60.0	9 Vanoke, Mary	NJ	23.0
29 Baker, Peggy	MO	50.0	12 Piro, Stephanie	PA	60.0	10 Bergeron, Beth	NY	20.0
30 Banks, Pat	NC	50.0	13 Dava, Nunley	CA	50.0	11 Castles, Isabel	PA	20.0
31 Benoit, Donna	MA	50.0	14 Drury, Melissa	CT	50.0	12 Fennel, Holly	MA	20.0
32 Bernardo, Nancy	PA	50.0	15 Silverman, Barrie	WV	50.0	13 Guffy, Judy	MA	20.0
33 Borek, Phyllis	NY	50.0	16 Barack, Lesley	WV	20.0	14 Gurnson, Pat	PA	20.0
34 Briggs, Suzanne	CA	50.0	17 Sattler, Jennifer	CA	20.0	15 Kingsley, Allison	NJ	20.0
35 Binkar, Terri	PA	50.0	18 Gould, Meredith	WV	15.0	16 Carpenter, Pam	PA	15.0
36 Bullock, Karen	AR	50.0	19 LaRoche, Lynn	WV	15.0	17 Collins, Sandra	CT	15.0
37 Cleaver, Ann	GA	50.0	20 Kuykendall, Kiki	TX	10.0	18 Schallenberg, Marilyn	NJ	15.0
38 Colone, Noelle	RI	50.0	21 LaRoche, Lana	WV	10.0	19 Whittemore, Peggy	RI	15.0
39 Cusi, Jessica	FL	50.0	22 Pace, Gina	TX	8.0	20 Baumgardner, Penina	PA	10.0
40 Duffy, Donna	NE	50.0	GIRLS 13-AND-UNDER			21 Benoit, Dottie	MA	10.0
41 Dunn, Charlie	MA	50.0	1 Kuntzinger, Noelle	CA	600.0	22 Burkholder, Judy	PA	10.0
42 Edelman, Vicky	MA	50.0	2 Anthony, Lisa	CA	255.0	23 Giannini, Charlotte	CA	10.0
43 Ellis, Marilyn	MA	50.0	3 Pennacchio, Mary	IL	150.0	24 Haynes, Pat	PA	10.0
44 Ende, Jean	NY	50.0	4 Woods, Tammy	MS	150.0	25 Kepler, Jeane	PA	10.0
45 Geary, Beth	PA	50.0	5 Daly, Tracy	MA	100.0	26 Kinderman, Connie	PA	10.0
46 Olivier, Susan	PA	50.0	6 Delugg, Janette	CA	100.0	27 Turlak, Ellen	PA	10.0
47 Gross, Barbara	SC	50.0	7 McGill, Sharon	PA	100.0	28 White, Ellen	MA	10.0
48 Hooten, Donna	WV	50.0	8 Kuchner, Linda	FL	75.0	29 Lynch, Bonnie	CA	8.0
49 Huggon, S.	CT	50.0	9 Nunes, Michelle	CA	75.0	30 Nickalovich, Elizabeth	NJ	8.0
50 Icaza, Linda	FL	50.0	10 Piro, Kimberly	PA	60.0	31 Calvin, Cyndi	CA	5.0
WOMEN'S C			11 Baernier, Julie	KS	50.0	32 Rawley, Gisela	NJ	5.0
1 Kurucz, Janet	RI	100.0	12 Del Giudice, Gina	IL	50.0	33 Blissett, Cathy	CA	3.0
2 Lopez, Anna	TX	100.0	13 McDuff, Jennifer	MA	50.0	34 Comune, Betty	NJ	3.0
3 Brouillard, Christy	ME	87.5	14 McDonald, Kelly	MA	50.0	35 Craig, Vicki	CA	3.0
4 Feole, Marcia	RI	80.0	15 Miller, Lorie	NY	50.0	36 Kalko, Marti	NJ	3.0
5 Menendez, Bertha	FL	80.0	16 Richards, Lesley	NY	50.0	37 Konecna, Bobbi	CA	3.0
6 Sabbatino, Lisa	MA	80.0	17 Drury, Melissa	CT	38.0	38 Nadelman, Rita	NJ	3.0
7 Heard, Candy	AR	70.0	18 Mark, Lisa	CA	31.0	39 Utina, Terry	CA	3.0
8 Beers, Terry	CT	63.0	19 Apier, Heather	CT	30.0	WOMEN'S 35 +		
9 Duke, Melodie	CA	60.0	20 Gilberte, Michelle	CA	30.0	1 Katz, Nancy	PA	70.0
10 Hennessey, Paula	MA	60.0	21 Mitchell, Gina	IL	30.0	2 Kelly, Mimi	MA	50.0
11 Racicot, Sue	MA	60.0	22 Piro, Stephanie	PA	30.0	3 Rosenfeld, Gaye	NH	30.0
12 Rodriguez, Carol	NY	60.0	23 Rice, Michelle	KS	30.0	4 Tull, Jean	MA	20.0
13 Bagnoli, Tammy	PA	50.0	24 Eckerson, Darcy	KS	20.0	5 Carey, Carolyn	VA	20.0
14 Bickley, Mary	PA	50.0	25 Kamyck, Christine	PA	20.0	6 Fry, Pat	TX	20.0
15 Borcea, Stephanie	MA	50.0	26 Lee, Shelly	NY	20.0	7 Ragow, Faith	CA	20.0
16 Borek, Fran	CT	50.0	27 Levine, Robin	TX	20.0	8 Seaman, Donna	MA	15.0
17 Burns, Catherine	NY	50.0	28 Parel, Stephanie	CT	20.0	9 Mignon, Pat	VA	15.0
18 Cairns, Laura	ME	50.0	29 Rinkus, Laura	TX	20.0	10 Plimhoff, Faith	MA	10.0
19 Davis, Robin	AR	50.0	30 Sweeney, Sandy	MA	15.0	11 Camarro, Sue	PA	10.0
20 Demers, Diane	RI	50.0	31 Benner, Michelle	CA	15.0	12 Castles, Isabel	PA	10.0
21 Divinsky, Nancy	MA	50.0	32 Carter, Kim	CA	15.0	13 Hernandez, Shirley	CA	10.0
22 Gibson, Janis	PA	50.0	33 Gremm, Denise	MA	15.0	14 Slosson, Joyce	TX	10.0
23 Grant, Sally	TX	50.0	34 Levine, Cindy	NY	15.0	15 Storey, Suzanne	TX	8.0
24 Grossberger, Ellen	FL	50.0	35 Roberts, Lee	MA	15.0	16 Schneider, Amy	CA	8.0
25 Hedge, Francis	KS	50.0	36 Sammons, Kathy	CA	15.0	17 Smead, Shirley	CA	5.0
26 Hoenemann, Trudi	CT	50.0	37 Comer, Delanie	TX	10.0	18 Brown, Karla	CA	5.0
27 Hill, Barb	WV	50.0	38 Adler, Heather	CT	10.0	19 Mitchell, Bonnie	CA	3.0
28 Hoppson, Carol	PA	50.0	39 Simmons, Michelle	TX	10.0	20 Rampell, Sylvia	CA	3.0
29 Jella, Sharon	MA	50.0	40 Wiederman, Stephanie	TX	8.0	WOMEN'S 40 +		
30 Johnson, Jan	AR	50.0	41 Baker, Kim	OR	5.0	1 Grant, Ann	MA	50.0
31 Kazarian, Marsha	MA	50.0	42 Herbst, Bridget	PA	5.0	2 Akli, Mary	MA	20.0
32 Killian, Flannula	Can	50.0	43 Lanza, Elaine	CT	3.0	3 Connolly, Carolyn	PA	20.0
33 King, Peggy	TX	50.0	44 Royston, Mimi	CT	3.0	4 Hopson, Carol	MA	15.0
34 Lee, Cathy	PA	50.0	GIRLS 15-AND-UNDER			5 Crono, Adele	MA	10.0
35 Lee, Nancy	IA	50.0	1 Fletcher, Stacey	MI	500.0	6 Sam, Jenna	PA	10.0
36 Lofus, Tricia	CA	50.0	2 Slupp, Heather	CH	200.0	7 Pulcher, Artie	PA	8.0
37 Mardas, Elaine	OH	50.0	3 Wojcik, Lynn	AZ	175.0	8 Kepler, Jeane	PA	5.0
38 McCarthy, Kathy	MO	50.0	4 Drexler, Marci	CA	150.0	1 Pilcher, Artie	PA	20.0
39 Michel, Diane	TX	50.0	5 Heath, Tina	IL	150.0	2 Kinderman, Connie	PA	10.0
40 Midgett, Robin	FL	50.0	6 Rosenburg, Karen	FL	100.0			
41 Miller, Sue	NY	50.0	7 Fitzpatrick, Linda	ME	100.0			
42 Montabano, K.	CT	50.0	8 Gold, Lisa	MD	100.0			
43 Morgan, Terri	CA	50.0	9 Peterson, Lorella	UT	100.0			
44 Mycroft, Carmen	RI	50.0	10 Giannantonio, Lisa	CA	60.0			
45 Nial, Beverly	IL	50.0	11 Coding, Kim	IL	50.0			
46 Carrott, Cindy	TX	50.0	12 Danner, Gina	MS	50.0			
47 Olson, Leslie	ME	50.0	13 Mathieu, Cheryl	MS	50.0			
48 Presgrave, Linda	MO	50.0	14 McGill, Sharon	PA	50.0			
49 Quilman, Jean	MA	50.0	15 Rush, Rebecca	FL	50.0			

Penn Racquetball

We are most happy to announce that Penn has been awarded the 1981 AARA Junior Championships, which include:

- *Local club tournaments and functions
- *State Championships
- *Regional Championships
- *National Championships



We are most pleased to announce that AMF Voit Rollout Bleu™ has been selected by the AARA as the official ball for the 1981 Regional and National Singles Championships.

Regionals:
April 23-26

Nationals:
May 21-25,

at The Court House
in Boise, Idaho

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The week that sounds good to me is

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SEVEN SPRINGS

MOUNTAIN RESORT

Scorecard

Send your tournament results to AARA National Headquarters, 5545 Murray Ave., Suite 202, Memphis, Tenn. 38119. Scorecard will report as many results as space allows. Black and white photos are welcome, but will not be returned unless a self-addressed, stamped envelope is included.

All results should be typed, double spaced, and preferably arranged according to the example given here. Entries using this format stand a better chance of being included in the "Scorecard" section.

Men's Open
Semifinals: John Smith over Peter Smith 21-7, 21-15;
John Doe over Peter Doe 21-20, 21-13.
Finals: John Smith over John Doe 21-20, 13-21,
21-16.



Left to right: Jim Cullen, Men's Open winner, Jim Smith, club owner, Jim Hawkins, second Men's Open, Allen Dunn, third Men's Open and Greg Easom, tournament co-director.



Enjoying themselves in a "hot tub" break during the recent Lite Beer Southeastern Open tournament are (left to right) Charlie Gries, Allen Dunn, Steve Wallace, Gerald Cleveland, Bobby Armour, David Rigby, and Joe Pappaterra.

Lite Beer Southeastern Open
Pointe South Racquet Club
Dothan, Alabama
February 13-15, 1981

Men's Open
Semifinals: Jim Cullen over Gerald Cleveland 21-9, 21-6;
Jim Hawkins over Allen Dunn 18-21, 21-17, 11-8. Finals:
Jim Cullen over Jim Hawkins 21-9, 18-21, 11-6.
Men's B
Semifinals: Mike Ward over Bobby Armour 21-12, 8-21,
11-7; David Rigby over Steve Wallace 21-12, 21-15. Finals:
Mike Ward over David Rigby 21-11, 14-21, 11-6.
Men's C
Semifinals: Al Stanfield over David Parsons 21-10, 21-6;
Greg Turner over Joe Simpkins 13-21, 21-11, 11-2. Finals:
Al Stanfield over Greg Turner 21-14, 21-10.
Men's Novice
Semifinals: Joe Simpkins over Rusty Relgert 20-21, 21-7,
11-2; Mike Brown over Ray Weeks 21-18, 11-21, 11-10.
Finals: Joe Simpkins over Mike Brown 21-6, 21-8.
Men's Seniors
Finals: Mike McCormick over Wayne Wegner 21-5, 14-21,

11-3.
Women's Open
Finals: Susan Capiel over Laura Sutton 7-21, 21-11, 11-5.
Women's B
Semifinals: Linda Johnson over Celeste Hollands 21-9,
21-6; Sandi Walding over Rosemary Alcardi, forfeit.
Finals: Linda Johnson over Sandi Walding 21-17, 21-13.
Women's C
Semifinals: Miriam Redden over Leslie Driskell 21-12,
21-5; Sandi Walding over Celeste Hollands 21-13, 18-21,
11-4. Finals: Miriam Redden over Sandi Walding 21-2,
21-6.
Women's Novice
Semifinals: Sara Knolls over Lois McLean 21-12, 21-8;
Caroline Dove over Gall Salazar 16-21, 21-17, 11-9. Finals:
Sara Knolls over Caroline Dove 21-3, 21-12.

1st Annual Snowfest Open
Court Yard Racquetball Facility
Saco, Maine
January 23-25

Men's Open
1st: Randy Olsen; 2nd: Norm Bernier; 3rd: Ed Curtis; 4th:
Dale Bennett.

Men's B
1st: Mark Cox; 2nd: Dick Devarney; 3rd: Gary Williams;
4th: Steve Smith.
Men's C
1st: Bob Quirk; 2nd: Ron Lachance; 3rd: Harry Wong; 4th:
Steve Harlow.
Men's Novice
1st: Craig Miller; 2nd: Ralph Hiltz; 3rd: Jeff Barnes; 4th:
Dan Perkins.
Women's Open
1st: Barbara Olsen; 2nd: Nan Higgins; 3rd: Debbie
Waldruff; 4th: D. Sullivan.
Women's B
1st: Marianne Meade; 2nd: Joyce Adams; 3rd: Frankie
Campbell; 4th: Liz Nelson.
Women's C
1st: Christy Brouillard; 2nd: Terri Graham; 3rd: Anita
Findler; 4th: Lucy Hunter.
Women's Novice
1st: Sandy Saucier; 2nd: Debbie Choroszy; 3rd: Teresa
Brady; 4th: Maxine Michaud.
Junior Boys
1st: James Hunt; 2nd: Jon Langmaid; 3rd: Troy Bloom;
4th: Derek Simmons.
Men's A Doubles
1st: Randy Olson-Steve Trehholm; 2nd: Dale Bennett-
Steve Smith; 3rd: Roger Crim-Dennis Ordway; 4th: Norm
Bernier-John Bouchard.
Men's B Doubles
1st: Harold Sacks-Al Wright; 2nd: Tom Fournier-Alec
Stevens.
Women's Doubles
1st: Debbie Waldruff-Debbie Wilbur; 2nd: Frankie
Campbell-Donna Giroux; 3rd: Terri Graham-Liz Nelson;
4th: Becky Gray-Sheri Thomas.

1st Annual Indiana County Racquetball Tournament
Supreme Court
Indiana, Pennsylvania
January 30-February 1

Boys 14-and-under
1st: Ben Pratt; 2nd: Greg Stokes; 3rd: Alan Stewart; 4th:
Brian Cope.
Men's B
1st: Jerry Kengerski; 2nd: Mark Marion; 3rd: Paul Sedor;
4th: Don Davis.
Men's C
1st: Phil Somers; 2nd: Dave Barclay; 3rd: James Aken;
4th: John Johnston.
Mixed Doubles
1st: Sandy Smith-Jeff Davis; 2nd: Yvonne Buggley-John
Foley; 3rd: John Johnston-Beth Geary; 4th: Ron Urso-
Bea Jarbeck.
Women's Novice
1st: Susan Mrosky; 2nd: Nancy Jones; 3rd: Donna
Woodall; 4th: Kathy Jones.
Women's B
1st: Beth Beary; 2nd: Cindy Delaney; 3rd: Amy Bell; 4th:
Lois Bartko.
Men's Masters
1st: Roy Moss; 2nd: Ron McBride; 3rd: Doyle McBride;
4th: George Halsey.
Men's Novice
1st: William Jabala; 2nd: Terry L. Cover; 3rd: Dan Shirley;
4th: Bernie Pavlick.
Women's Open
1st: Sandy Smith; 2nd: Ellen Taricani; 3rd: Mary Ellen
Frick; 4th: Yvonne Buggley.
Men's Open
1st: Kevin Pillion; 2nd: Ken Baron; 3rd: Jeff Davis; 4th:
Aaron Anberry.
Boys 17-and-under
1st: Marty Pillion; 2nd: Alan Stewart; 3rd: John Troxell;
4th: T.R. Gatti.
Boys 10-and-under
1st: Eddie Broughton; 2nd: Jack Deloney; 3rd: Todd
Owens; 4th: Brian Petras.
Men's Seniors
1st: Ken Baron; 2nd: Vidunas Celtnieks; 3rd: Ron Burner;
4th: Tom Miller.
Men's B Doubles
1st: Dan Bash-Tom Miller; 2nd: Ron McBride-Doyle
McBride; 3rd: Ron Urso-Robert Napoli; 4th: Don Davis-
Ron Nacco.

Southwest Florida Winter Classic
Racquet Club
Naples, Florida
January 30-February 1

Men's Seniors
1st: Fred White; 2nd: John Buckley; 3rd: Bob Riley; 4th:
John Brown.
Men's Masters
1st: Gene Orr; 2nd: Howard Hirschy; 3rd: Roger Swan-
son; 4th: Ed Meeds.

Women's B

1st: Mary Jo Kazen; 2nd: Melissa Seabrook; 3rd: Barbara Horne; 4th: Lisa McKendry.

Women's Novice

1st: Joyce Buckner; 2nd: Patty Meeks; 3rd: Merrill Dilly; 4th: Pam Henry.

Boys 13-and-under

1st: Joe Pozzuoli; 2nd: Bob Moon; 3rd: Jason Hoff; 4th: Anthony Delduca.

Men's Open

1st: Tim Hansen; 2nd: Mark Barrett; 3rd: Shawn Brown; 4th: Steve Malasto.

Men's Novice

1st: Robbie Binnix; 2nd: Bill Burd; 3rd: Dusty Ramnick; 4th: Alan Buckner.

Men's C

1st: Gary White; 2nd: Rick Leavitt; 3rd: Larry Weldner; 4th: Mark Devoe.

Men's B

1st: John Ehring; 2nd: Rob Munz; 3rd: Chris Buchner; 4th: Paul Schroeder.

Women's C

1st: Nancy Ziton; 2nd: Audrey Matulay; 3rd: Julie Knudson; 4th: April Scherer.

Lynmar 1981 Racquetball Tournament

Lynmar Racquet Club

Colorado Springs, Colorado

January 30-February 2

Men's Open

1st: Dusty Rice; 2nd: Khris Myers; 3rd: Roger Heroux; 4th: Don Nicks.

Men's High B

1st: Harry Venik; 2nd: Ken Lee; 3rd: Lowell Bell; 4th: Larry Sharp.

Men's Low B

1st: Rick Barry; 2nd: John Toal; 3rd: Don Canella; 4th: Jerry Harpstrite.

Men's C

1st: Gordon Curtis; 2nd: Jim Inglis; 3rd: Jim Rierro; 4th: Keith Kolhanek.

Have a Heart Racquetball Classic

Sports World

Pine Bluff, Arkansas

January 29-February 1

Men's Open

1st: Freddie Aylett; 2nd: Bob Daniel; 3rd: Jim Thompson; 4th: William Misiak.

Men's B

1st: Fred Gordon; 2nd: Seaborn Bell; 3rd: James Bixler; 4th: James Chandler.

Men's C

1st: Duke Heath; 2nd: Don Blakey; 3rd: Richard Stanton; 4th: Tom Ruff.

Men's D

1st: Tim Burnham; 2nd: Melvin Boyd; 3rd: Terry Allen; 4th: Bruce Gaston.

Men's Novice

1st: Rick Owens; 2nd: Dennis Wehmeir; 3rd: Mike Henderson; 4th: Roger Kell.

Men's Senior A

1st: Oscar Mack; 2nd: Hugh Groover; 3rd: Jerry McKinnis; 4th: Flem Sexton.

Men's Senior B

1st: Norris Cruthirds; 2nd: Bob Green; 3rd: John Starr; 4th: J.R. Pierce.

Men's Junior A

1st: Brad Morgans; 2nd: Ronnie Beasley; 3rd: Earle Jacks; 4th: Porgy McCarty.

Men's Junior B

1st: Matt McKinnis; 2nd: James McNeill, Jr.; 3rd: Andy Simpson; 4th: Wesley Hall.

Women's Open

1st: Lisa Collins; 2nd: Gwen Young; 3rd: Karen Bullock; 4th: Shala Shult.

Women's B

1st: Jan Johnson; 2nd: Sandra Carlisle; 3rd: Candy Heard; 4th: Penny Allen.

Women's C

1st: Debbie Wellington; 2nd: Debbie Thomas; 3rd: Alison Borland; 4th: Debbie White.

Women's D

1st: Leigh Johnson; 2nd: Betsy Crews; 3rd: Nan Kealer; 4th: Tracy Wood.

Women's Novice

1st: Karla Kell; 2nd: Janet Gathright; 3rd: Jane Wade; 4th: Carol Harmon.

Northern California Juniors Racquetball Championship

Sun Oaks Racquet Club

Redding, California

February 6-8

8-and-Under Girls

1st: Damien Contreras; 2nd: Jared Smith; 3rd: Shelly Lackman; 4th: Monica Carmona.

10-and-Under Girls

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quez; 4th: Jennifer Sattler

13-and-Under Girls

1st: Lisa Anthony; 2nd: Delainie Comer; 3rd: Lisa Mark;
4th: Kim Baker.

15-and-Under Girls

1st: Michele Gilbertie; 2nd: Lisa Giannantonio; 3rd: Wen-
dy Comer; 4th: Annette Farace.

10-and-Under Boys

1st: John Ellis; 2nd: Chris Carmona; 3rd: Jason Gilbertie;
4th: Aaron Downey.

13-and-Under Boys

1st: Bobby Rodriguez; 2nd: Mike Griffith; 3rd: Jess
Wilson; 4th: Scott Kealoha.

15-and-Under Boys

1st: Woody Claus; 2nd: Jim Oliver; 3rd: Jimmy Rum-
monds; 4th: David Garcia.

17-and-Under Boys

1st: Scott Morey; 2nd: Jerry Rummonds; 3rd: Bob
LeClair; 4th: Mark Reimer.

Cleveland Racquetball Valentine Classic

Cleveland Racquetball & Fitness Center

Cleveland, Tennessee

February 13-15

Women's Novice

1st: Mary Ann Woods; 2nd: Rheta Thompson; 3rd: Libby
Christian.

Women's C

1st: Kathy Seland; 2nd: Susan Rudnick; 3rd: Georgina
Yurjeur.

Men's Open

1st: Mike Mjehovich; 2nd: Steve Terry; 3rd: Robert
Fugener.

Men's B

1st: John Coecheil; 2nd: Drew Talifferro; 3rd: Ralph
Buckner.

Men's C

1st: Bob Townsend; 2nd: Bob Hermes; 3rd: Jerry
Neilson.

Open Doubles

1st: Chuck Evans-Len Western; 2nd: Mike Mjehovich-
Fugener; 3rd: Rich Vivale-John Chew.

C Doubles

1st: Terry Gallahan-Joe Frain; 2nd: Mark Thompson-Gary
Ratcliff; 3rd: John Hole-Rex Griffith.

Bently Club Winter Classic

Bently Club

Harrisburg, Pennsylvania

February 13-15,

Men's Open

1st: Tom Ranker; 2nd: Joe McAndrew; 3rd: Chris Buickie;
4th: Jerry Woolf.

Men's B

1st: Frank Tuschak; 2nd: Brian Hilt; 3rd: Bob Steeling;
4th: J.T. Pushak.

Men's C

1st: Mitch Smith; 2nd: Jeff Charnogursk; 3rd: Chris Kef-
fer; 4th: Jay Leran.

Women's B

1st: Nancy Bernardio; 2nd: Shelly Lee; 3rd: Jean
Heckman; 4th: Marcy Reuben.

Open Doubles

1st: Denny Onkopz-Mitch Bukler; 2nd: Chris Mathewson-
Joe McAndrew; 3rd: Jay Krevsky-Jr. Powell; 4th: Dan
Obremiski-Bob Steeling.

March of Dimes Benefit

Allentown Racquetball Club

Allentown, Pennsylvania

February 20-22

Men's Open

1st: Joe McAndrews; 2nd: Hal Foss; 3rd: Pete Fuoco;
4th: Mike Curewitz.

Men's B

1st: Daneby; 2nd: Enoch Ferencz; 3rd: Barry Ashworth;
4th: Lee Backston.

Men's C

1st: Dan Rhodes; 2nd: Dan Keuler; 3rd: Bob Witmer; 4th:
Don Potts.

Men's Senior 40 +

1st: Ed Stauffer; 2nd: Nell Anderson; 3rd: Fred Gerloff;
4th: Burt Berrittini.

Men's Open Doubles

1st: Hal Foss/Jim Bachman; 2nd: Frank Possoco/Gerry
Schulman; 3rd: Joe McAndrew/Mike Curewitz; 4th: Tony
Salvaggio/Phil Frassinelli.

Women's Open

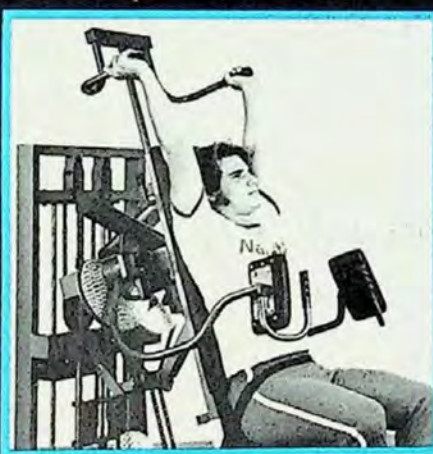
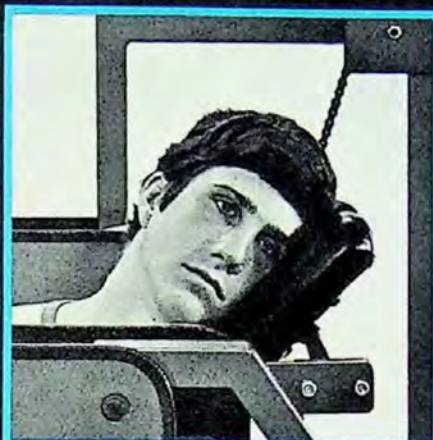
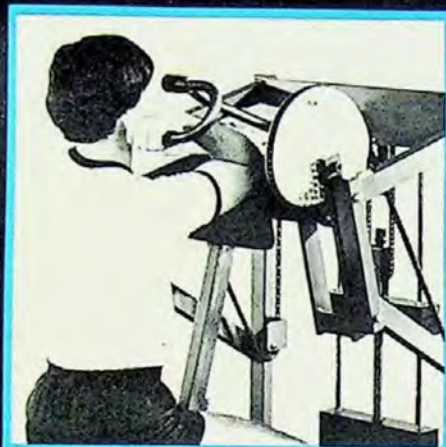
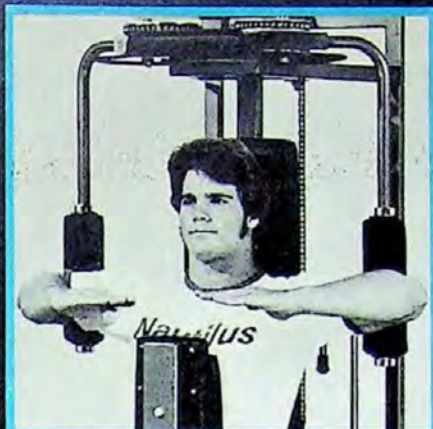
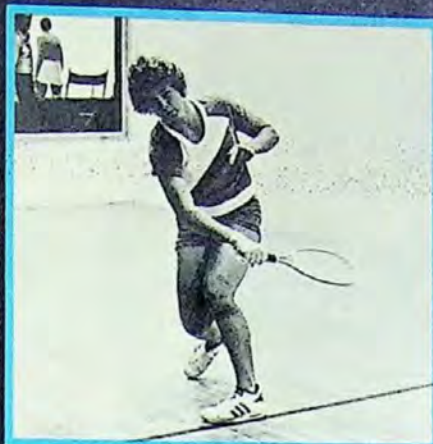
1st: Dot Fischl; 2nd: Tammy Hajjar; 3rd: Marcey Reuben;
4th: Cathy Lee.

Women's B

1st: Marcey Reuben; 2nd: Cathy Lee; 3rd: Darlene Her-
shey; 4th: Trude Frick.

Women's C

1st: Carol Hopson; 2nd: Sharon Williams; 3rd: Cheryl
Anders; 4th: Vicki Porter. ■

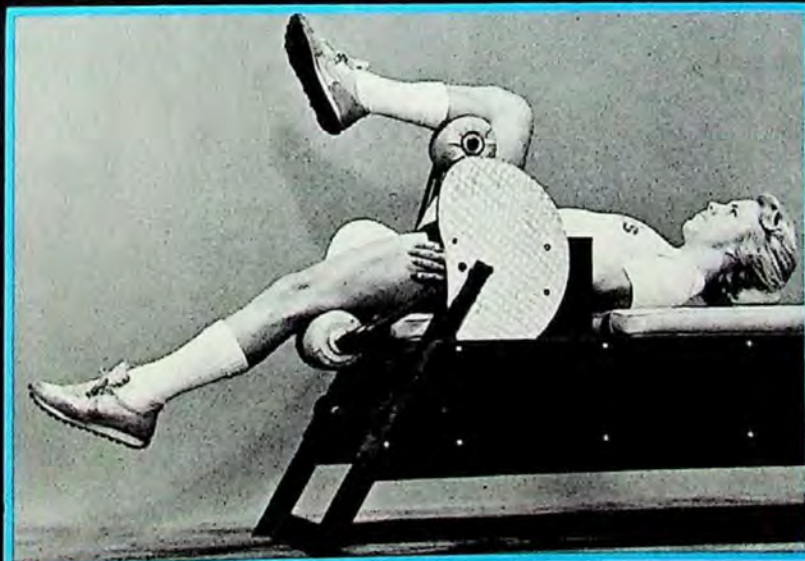


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