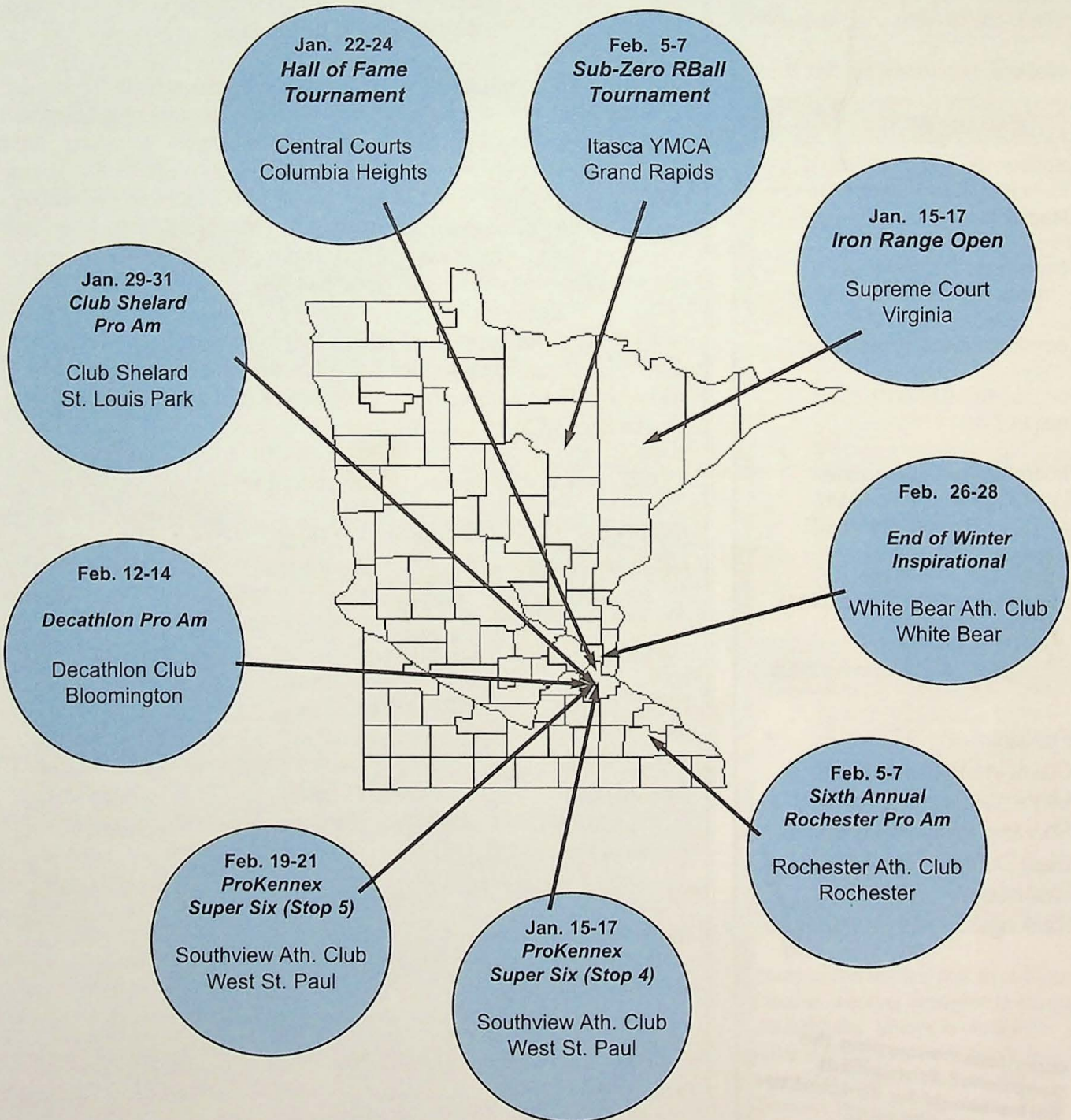


# MINNESOTA RACQUETBALL

*Splat shots and roll-outs*

Winter  
1999

Board Election Time ... Your Organization, Your Participation



See the back page for more details about each tournament

## Board of Directors

President: Mark Paige

VP of Membership: Patty Kaiser

VP of Business: Gary Hoagland  
email: [garyh@pconline.com](mailto:garyh@pconline.com)

VP of Programs: Mike Locker

Secretary - Don Jewell

Treasurer - Nancy Aadalen  
email: [Nancy.Walstrom@aexp.com](mailto:Nancy.Walstrom@aexp.com)

Website: <http://www.mnrball.com>

## Editors' Corner

Editors:

Kelly Kirk; Erin Peters; Fran Ragsdale

Comments / Complaints /  
Threats should be directed to:

email: [stonesup@means.net](mailto:stonesup@means.net)

phone: 507-643-6045  
fax: 507-454-7305

address: Peters/Ragsdale  
RR 1, Box 185A  
Dakota, MN 55925

Membership Count: 770 (+81)  
\* + 85 since 6/98

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Questions concerning the  
Sanctioned Tournament  
Series should be directed to  
612-920-6652

## ANNOUNCEMENT

The MRA Board of Directors is seeking the names of those interested in being available to serve on the Board of Directors beginning in 1999. If you have an interest please submit a letter to the MRA, c/o Mark Paige, 295 Marie Avenue East, Suite 200, West St. Paul, MN 55118. Include in your letter a brief "resume" and statement of your "vision" for the Association.

The MRA Board is seeking bids for the following:

Newsletter publication  
Stringing services (State Singles)  
Food Service (State Singles)

The MRA Board of Directors would like to express its thanks to all who assisted in making the State Doubles Tournament a huge success. Many of you took the time to seek out myself or others of the Directors to express your appreciation for all aspects of the event. We also thank those of you who took the time to complete the survey that was available throughout the weekend. The results were most interesting and will be reviewed by the Board. We anticipate the opportunity to put the information to good use beginning in 1999.

Many individuals expressed an interest in assisting with future State Championships. Planning for State Singles will begin in January. If you would like to volunteer time before or during the tournament please contact Mike Locker.

Thank you for volunteering your assistance:

Gary Peterson	Jim Frautschi	Nancy Walstrom
Millard Neymark	Doug Hubbard	Quint Henkle
E - Force	Michelle Hoagland	Nancy Giancola
Elliot Snestrud	Courtesy Sports	Deb Augustin
Gary Hoagland	Chris Madson	Head
Michelle Perry	Dave McKee	Ektelon
Dave Warner	Kristy McKee	Dave Carlson
Wilson	Mike Locker	Pat Matzke
Mary Schulenberg	Pro Kennex	Patti Kaiser
Don Jewell	Sam Erdman	Ashaway
Humberto Perez	Earl Ward	Elizabeth O'Brien
Angelo's Pizza	Northwest Clubs	

Mark Paige -- President

# Editorial

## Board Elections

Things have changed on the Minnesota racquetball scene. Fair or not, well-intentioned or not, we went from the MSRA to the MRA and along the way we lost more than half the MSRA board. The current MRA board hereby dubbed the "Magic Six" (Mark Paige, Don Jewel, Gary Hoagland, Nancy Aadalen, Mike Locker, Patty Kaiser) – have done a super job overseeing the transition. In a short time they set up State Doubles, completed the first step towards non-profit, and continued the sanctioned tournament series without missing a beat. And, if our recent increase in membership is any indication, it was a good move by Patty to lobby for "reps" at tournaments to once again collect membership fees.

However, once the accolades are set aside, it is time to acknowledge that the move from MSRA to MRA was nothing short of a coup (as in "a brilliant, sudden and usually successful stroke" courtesy of Webster's). The MSRA does need to take responsibility for allowing itself to be put in such a vulnerable position that a single member, with little additional help, was able to declare an entire new organization. Kudos to Mark Paige and his cavalier attitude for being able to act so quickly and decisively.

The MRA will continue to move forward, but we are concerned about the lack of board representation from Greater Minnesota, the lack of input from former board members with strong ties to the MSRA, and the appearance of a stacked deck: five out of the six interim board members are on contract to play and promote the same equipment, four out of the six are Southview members, and one of those four is the club pro at Southview. No matter how well-founded, this is not a balanced board. Furthermore, it is disturbing that at least

one of these board members believes that members who choose or are unable to support State Singles or State Doubles, should neither have the opportunity to vote, or to fill out surveys, nor should they be allowed to voice their opinion in the normal course of events. In other words, if you are injured, ill, live two to six hours away, have a family emergency, financial concerns, or are pregnant, and did not come and support your state events and join in the camaraderie, you just don't count!

We all desire the same thing: **good racquetball**. But the process of obtaining good racquetball varies with age, skill level, and monetary considerations. It has long been our observation that the elite players can almost take care of themselves. After all, there are plenty of National events offered to them through the USRA. But for the majority of Minnesota players, national events are not a priority. We need leaders who care about the demise of skill divisions and have a desire to see the A, B, and C brackets swell once again. We believe



that if skill divisions prosper, the other divisions from Juniors to Open to Masters will benefit. Although many of our tournament directors are quite quick to take the amateur's entry fee, the lower divisions are often left to flounder without encouragement, without respect. We are slowly, but surely killing our own sport from the bottom up.

## WE NEED YOU!

The only two qualifications required to be a board member are that you are a current USRA member residing in Minnesota and that you are 18 years of age or older. It's especially helpful if you have specific skills, but not necessary. Instead, do you have an interest in skill divisions, juniors, senior/master divisions, clinics, or running large tournaments? Do you wish your area or club to have a voice in the changes taking place? With the advent of faxes, email, and phone conferences, there is no longer any reason why a board member needs to reside close to the Metro area to participate.

Unfortunately, at the time this went to press, we were unable to inform you of how many board positions are open, length of terms, or when elections will be held. Contrary to any assurances made by Mark Paige in the last newsletter, the MRA has not entered into a golden era of communication. At the very least it would be very helpful if the MRA board, as promised, would furnish the

Newsletter with a summary of board minutes.

Despite what some might call an adversarial relationship with the MRA, all your editors have ever wanted is for Mark Paige to adhere to his original promise (made before the inception of the MRA) of an expedient board election which included all positions, not just a select few.

In conclusion, to quote Mark Paige, "The MRA is a member organization." Let's make it so!

Submitted by Kirk, Peters, Ragsdale

Photo on the left is a shot from State Doubles showing camaraderie among the athletes. Shown in clockwise order starting with the E-Force shirt: Mary Visser, Jamie Trachsel, Jill Trachsel and Lori Southwick. Photo by Erin Peters.

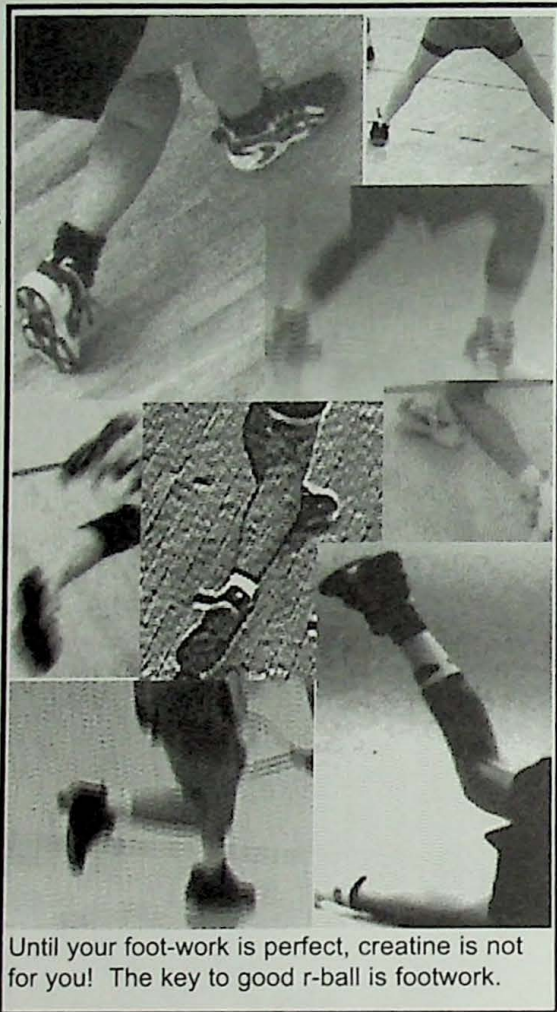
## Creatine Supplementation and Racquetball: a Winning Combination?

Creatine has received a tremendous amount of attention as a performance-enhancing substance or ergogenic aid over the past year. Anyone who has spent time in or around weight rooms has heard the "buzz" about its purported benefits in increasing muscle mass as well as strength and power. Additional interest in the product was generated during the baseball season as it has been reported that both Mark McGuire and Sammy Sosa used creatine along the road to their record-setting home run performances. Could it be of benefit to racquetball players in their quest for more speed, endurance, or powerful strokes? The purpose of this segment is to provide information on what creatine is, and to separate fiction from fact concerning how it may function in the body to enhance sport performance.

**BACKGROUND INFORMATION:** Creatine is formed in the body from three amino acids: arginine, glycine, and methionine. It can also be obtained in the diet from meat and fish. All humans have a certain amount of creatine in the body with the majority of it stored in muscle tissue as creatine phosphate (CP). CP contributes to the body's energy production during maximal exercise. Regular training to enhance strength and power appears to naturally increase the levels of CP in muscle fibers. Why is this important? Depletion of CP is one of the factors in muscular fatigue. Does additional dietary supplementation of creatine increase stores of creatine in the body? Laboratory research

has clearly shown that consumption of creatine can lead to enhanced muscle creatine stores and increased capacity for high intensity work in some humans.

*FICTION:* Creatine can be of benefit



Until your foot-work is perfect, creatine is not for you! The key to good r-ball is footwork.

to all athletes.

**FACT:** Creatine only appears at this point to be of benefit for certain types of high intensity exercise. Performance enhancement for short bouts of resistance training and stationary cycling have been documented in short-term laboratory studies (2-3 weeks), but few studies exist involving specific sports and different types of competitions. No research involving racquetball play or racquetball athletes have been conducted to date.

**FACT:** Approximately 30% of sub-

jects tested to date showed no change in performance following the standard regimen of creatine use. Individuals with lower creatine stores in their muscles showed the greatest improvements in performance. It is impossible to learn levels of muscle creatine outside laboratory settings so people who may not benefit from supplementation cannot be identified.

**FACT:** Use of creatine has been primarily examined in young men. It is unknown at this point how it may affect women, older adults, adolescents, or individuals with chronic diseases such as diabetes or arthritis.

*FICTION:* Creatine builds muscle mass.

**FACT:** Creatine does not build muscle mass; it may increase the body's ability to produce energy for maximal exercise which may allow athletes to train at a higher intensity or for a longer time. High volume training may increase muscle mass and impact strength and speed but not if poorly-designed programs are followed. Some increase in body mass occurs because of increased water retention that appears to accompany creatine consumption.

*FICTION:* Creatine is a natural substance so it has no side-effects and can be used for long periods.

**FACT:** Negative side-effects reported by athletes include nausea, muscle cramping, and dehydration. Speculations as to possible kidney damage resulting from its use over time have been made but have not been documented in research to date.

**FACT:** The long-term effects of creatine supplementation have not been examined so the impact of its use over time is unknown.

When facts regarding creatine are separated from the fiction surrounding it, many athletes are choosing to pass on supplementation at this time. Its high cost and lingering questions regarding side-effects and long-term use have dampened initial enthusiasm as to its possible performance-enhancing outcomes. The benefits for racquetball play appear to exist primarily in an increased capacity to train to improve strength, power, or speed. If a training program is faulty, or not followed, gains may be limited. The ability to hit the ball even harder is of benefit but only if the shot was well-selected in the first place.

Despite all the testimonials, Creatine is not a wonder drug. Nothing short of practice will improve your technique, shot selection, or court "sense." Not until an athlete has mastered all of their skills and exhausted all known avenues of a training program, should one even consider taking a supplement on which so little is known.



By: Dr. Mary Visser

**The top racquetball pros  
like Derek Robinson,  
Laura Fenton,  
Michael Bronfeld,  
and Robin Levine win  
with Ashaway string in  
their racquet.**

**ASHAWAY**  
RACKET STRINGS

800 556-7260 MADE IN USA

Ashaway is the official string of the USRA

PowerKill™ • DuraKill™ • Killfire™ • SuperKill® • MonoKill™

## Minnesotans in Memphis

Several die hard racquetball players from Minnesota made the trek to Memphis this past November to test their skills against the best in the nation and watch the professionals. Participating in the tournament were Mike Locker, Mark Paige, Matt Brenny, Hart Johnson, Gary Hoagland, Don Jewell, Dale Snesrud and me, Tony Pierre. Unfortunately, first round losses plagued most of the Minnesota racquetball players in their respective draws. The exceptions were Don Jewell and Mike Locker. While Don made an exit in the second Round of "C"'s, Mike Locker met up with Andy Roberts in the round of 32 match. Roberts was seeded 4th in the tournament and ranked 4th in the world. Mike took the match in 3 straight games (14-12, 11-7 and 11-9). This was a huge upset to the IRT crowd. This stellar performance was followed by a Locker loss in the sweet sixteen's.

In the "B" draw, I made my opponent work for every point as I lost in a tough tiebreaker 13-15, 15-13, 8-11. Also in the "B" draw, Gary Hoagland lost in straight games to a player with a prototype racquet and his name on the back of his shirt. It was a tough draw for Gary. Both Gary and I met similar defeats in the consolation round. Matt Brenny and Mark Paige played in the Open draw and their respective age group division. They also met an early demise.

Dale Snesrud, also known as "The Creature" to his friends, made a great showing in the 65+ bracket. He played everyone tough, and finished 2-3 in the round robin, finishing 3rd. Quoting the 65 year old geriatric wonder, "I could have been 4-1 if I would have hit my shots."

After being eliminated from competition, I enjoyed watching a lot more racquetball. The pro men and women skills were astounding. The match of the tournament possibly was the 45 year old Reuben Gonzolez vs 23 year old Rob DeJesus. Rob DeJesus eventually prevailed in a match that was over three hours long and entertaining the whole time. It was amazing!

Congratulations to Mike Locker for winning the Men's 25+ age group, and to Hart Johnson for reaching the quarter finals in Men's 30+.

By: Tony Pierre

For more information on the Memphis Events see the MRA WEB site.

## Minnesota Racquetball: Shoulder Injury Prevention (A Must READ!)

Recall the last tournament you attended, or the last scrub game you played. With the racquetball season well underway, I am sure you probably saw racquetball players rubbing their shoulders after a match. Yet racquetball players as a whole probably take their shoulders for granted when compared to tennis players or baseball players. Much of the motor skill involved in the majority of racquetball shots occurs at the elbow and wrist. Outside of the overhead shot, the shoulder doesn't come into play all that often. Or does it? This article is designed to have you reconsider the importance of your shoulder in your game and to encourage you to take care of that shoulder prior to suffering an injury.

The shoulder girdle is a complex series of four joints that must work together to create movement. More importantly in this context, the shoulder provides a stable base for the smaller muscles of the elbow, forearm, wrist and hand to move and react, thereby enabling you to accurately execute a desired shot. Proximal stability creates distal mobility. This means that a stable shoulder joint located close to the body, is essential for precise forearm, wrist and hand movement. When proximal stability becomes compromised, the results will usually be noticed in the rotator cuff, or possibly the elbow, due to changes in the mechanics of the shoulder complex. A simple preventive-maintenance-strengthening program will prevent the majority of injuries to the shoulder complex and will allow you to continue to play the sport throughout the season.

### Anatomy

The rotator cuff is a series of four muscles (i.e., supraspinatus, infraspinatus, teres minor and subscapularis) which work synergistically to help rotate the arm both internally and externally -- as its name implies. But more importantly, this series of muscles helps maintain congruency of the humeral head in the glenoid

(i.e., keeping the ball of the humerus in its socket). All four cuff muscles originate on the scapula (i.e., the shoulder blade) and insert on the humerus (i.e., bone of the upper arm). This means the muscles are all anchored on the shoulder blade and are designed to move the upper arm bone. When the rotator cuff, or any portion of the cuff, fails to meet the requirements placed upon it, injury will likely follow. This could result in a muscular strain, possibly progressing into tendonitis. It could also result in a stretching of a portion of the ligamentous capsule, which can, in turn, lead to further injury to the rotator cuff. If left untreated, this scenario can snowball into a problem significant enough to limit a great deal of activity.

The shoulder complex is comprised of four separate joints: the scapulothoracic (S-T) joint, the gleno-humeral (G-H) joint, the acromio-clavicular (A-C) joint and the sterno-clavicular (S-C) joint.

The S-T joint is unique in that it has no ligamentous structures to support it. Its only supporting structures are the muscles that originate on the vertebral column (i.e., the backbone), the ribs, the base of the skull and the humerus; and insert on the scapula. This joint does not allow a lot of movement and thus is designed for control and stability. Without the normal amount of available movement, however, the remainder of the shoulder complex is disabled to some degree.

The G-H joint is the ball-and-socket joint of the shoulder, and is what most people think of when they refer to the shoulder joint. The G-H joint consists of the humeral head (sometimes called the ball) being held against the glenoid surface (part of the scapula called the socket) by an intricate ligamentous capsule that totally encircles the joint. Rotate your arm and you will notice that this joint allows for more motion than any other joint in the body, but because of this mobility it sacrifices stability. Due to this (continued on next page)

### Crotch Shot:

If player A dives for the ball but fails to get up in time, thus preventing player B from getting to and returning the ball:

- a) a hinder should be called and the rally replayed.
- b) an avoidable hinder should be called on player A and therefore a point is deducted from his score.
- c) an avoidable hinder should be called on player A and therefore player B wins the rally even though he didn't return the shot
- d) player A wins the rally since player B failed to return the ball.

(answer on page 15)



**Guess Who!** This was one of the players at State Doubles. Yes the shot made it to the front wall. First correct answer by email or mail receives 3 Pythons or 3 Ektelon Cushion Grips.

joint's inherent lack of stability, the rotator cuff actually functions as the primary dynamic stabilizer. The G-H joint is where dislocations of the shoulder occur.

The A-C joint is located at the tip of the shoulder. This joint is made up of the acromion, a process of the scapula, and the clavicle (i.e., collarbone). The A-C joint is the site of shoulder separations.

The S-C joint connects the clavicle to the sternum (i.e., breastbone) and is not frequently injured. The above two joints (i.e., the A-C and S-C) are designed for stability and therefore do not allow a great deal of motion. Their primary function is to allow enough movement for the scapula to elevate and rotate when the arm is raised so that the rotator cuff does not become bound.

### Exercises

Fortunately, the shoulder can be addressed with a simple series of strengthening exercises that does not require a great deal of equipment, so it can be done in the convenience of your own home. These exercises need only be done two or three times per week and only require three sets of ten repetitions done with the emphasis on control rather than a maximum amount of weight. In fact, for most individuals, only a two to five pound weight is necessary. The following is a description of eight exercises which, if done as a series, will isolate and enhance the strength of both the S-T joint and rotator cuff musculature.

1. **Front of Scapula**
  - a. Lie on back on flat, solid surface.
  - b. Hold dumbbell with arm straight above body with thumb towards head.
  - c. Keeping elbow straight, push weight up towards ceiling by slightly lifting shoulder off surface.
2. **Back of Scapula**
  - a. Lie on stomach on table top or bench.
  - b. With elbow bent, hold dumbbell off edge of surface in hand.
  - c. Raise weight slightly by squeezing shoulder blades together.
3. **Top of Scapula**
  - a. While standing, hold dumbbell away from body with arm straight in front of you.
  - b. Hold weight so thumb is towards the ceiling.
  - c. Keeping elbow straight, raise dumbbell

from side to overhead position.

4. **Bottom of Scapula**
  - a. Using chair with strong arm rests, support body weight with both arms.
  - b. Keeping arms straight, lift body up and down in small motions by shifting shoulders up and down.
  - c. Avoid pushing against floor with feet to lift body.
5. **Front of G-H Joint**
  - a. While standing, hold dumbbell away from body with arm making a 45 degree angle with body.
  - b. Hold weight so thumb is towards the ceiling.
  - c. Keeping elbow straight, raise dumbbell from in front of you to overhead position.
6. **Back of G-H Joint**
  - a. Lie face down on stable bench or table top, with shoulder off of edge.
  - b. Allowing arm to hang off edge of table, hold dumbbell with arm straight.
  - c. Without bending elbow, lift dumbbell to a position parallel to floor with thumb pointing towards ceiling.
7. **Internal Rotation**
  - a. Lie on side on flat, stable surface.
  - b. Keep upper arm held at side of body throughout exercise.
  - c. With elbow bent, hold dumbbell away from body, parallel to floor.
  - d. Rotate weight up towards ceiling and into body.
8. **External Rotation**
  - a. Lie on flat, stable surface.
  - b. Place towel underneath arm for support.
  - c. With elbow bent, hold dumbbell against stomach.
  - d. Rotate weight towards ceiling as shown to a comfortable position while keeping elbow in stationary position.

Maintaining this exercise program for the shoulder certainly cannot guarantee an injury-free season, but it will help to reduce the risk of shoulder injuries, especially later in the season when fatigue may become a factor. The other added benefit will be a stronger shoulder, which should help to make you a more effective player. It's amazing what a few exercises done while watching the evening news can do for your game and your health.

By: Kevin Cappel  
Physical Therapist  
Gundersen Sports Medicine Clinic  
Winona, Minnesota.

(This article was originally intended for the next newsletter. Kevin did a wonderful job getting it to us in a timely fashion. We have left out some line diagrams. If you are

unsure about any of the above exercises, seek out a colleague knowledgeable in the field and ask them.)

### Crotch Shot:

You are the unfortunate referee in an exceedingly long men's A match. The match is nearing the end of the second game and at the end of nearly every rally one or both players are signalling for a towel to wipe the floor. You suspect both players, who are visibly tired and their shirts saturated with sweat, are stalling. But worse, the spectators are grumbling about the long delays caused by wiping up the floor. What can you do?

- a) Nothing. The accumulation of sweat on the floor is a hazard to both players and they are entitled to a decent floor surface.
- b) Tell both players to change their shirts.
- c) Warn the players that a technical foul for delay of game will be assessed on the next player who asks for a towel.
- d) Wait for the five minute break between the second game and the tiebreaker and have the club's maintenance staff quickly mop the court.

(answer on page 15)

Next Tournament Will Be:

## *Tom Clusiau's*

Racquetball Tournament

March 26, 27, & 28, 1999

### Grand Rapids Family YMCA

Racquetball

Wallyball

Stairmaster

Treadmill

Cybox

Free Weights

Universal Gym

Swimming Pool

Basketball

Volleyball

Indoor Running Track

Outdoor Running Track

Youth Center

Senior Center

GRAND RAPIDS

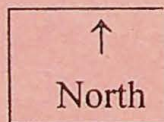
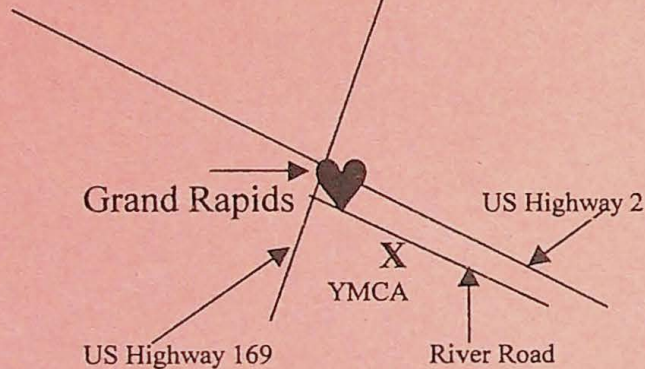
## *SUB-ZERO*

Racquetball

Tournament

February 5, 6, & 7, 1999

Tournament Location:



Sponsored By:

**David J. Ewens, Attorney at Law**

**Davis Petroleum**

**Steven M. Bradt, Attorney at Law**

## ENTRY FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Club Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Doubles Partner: \_\_\_\_\_

Earliest start time on Friday: \_\_\_\_\_  
(Play starts at 4:00 PM)

- |  |  |
|--|--|
| <input type="checkbox"/> Women's Open      | <input type="checkbox"/> Women's A       |
| <input type="checkbox"/> Women's B         | <input type="checkbox"/> Women's C       |
| <input type="checkbox"/> Women's Open Dbls | <input type="checkbox"/> Women's A Dbls  |
| <input type="checkbox"/> Women's B Dbls    | <input type="checkbox"/> Men's Open      |
| <input type="checkbox"/> Men's A           | <input type="checkbox"/> Men's B         |
| <input type="checkbox"/> Men's C           | <input type="checkbox"/> Men's 35 +      |
| <input type="checkbox"/> Men's 40 B        | <input type="checkbox"/> Men's Open Dbls |
| <input type="checkbox"/> Men's A Dbls      | <input type="checkbox"/> Men's B Dbls    |
| <input type="checkbox"/> Men's C Dbls      | <input type="checkbox"/> Mixed Open Dbls |
| <input type="checkbox"/> Mixed A Dbls      | <input type="checkbox"/> Mixed B Dbls    |

**Waiver:** Acceptance of this entry releases the Itasca County Family YMCA, their agents, and successors from any liability that I may incur during said tournament.

**LENSED EYEWARE IS MANDATORY  
NO EXCEPTIONS**

Signature: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

# GRAND RAPIDS SUB-ZERO Racquetball Tournament February 5, 6, & 7, 1999

**TOURNAMENT SITE:** Please detach and send the completed entry form to:  
Itasca County Family YMCA Racquetball Tournament  
400 River Road  
Grand Rapids, Minnesota 55744

**SPONSORED BY:** David J. Ewens, Attorney at Law; Davis Petroleum; and Steven M. Bradt, Attorney at Law.

**ENTRY DEADLINE:** All entries must be received by **Tuesday February 2, 1999**. Limit two events. No entries will be accepted without the entry fee. No refunds. All classes subject to quantity of entries.

**ENTRY FEE:** Open division: \$40 1st event \$25 2nd event  
Amateur division: \$25 1st event \$15 2nd event  
This is an AARA/MSRA sanctioned event. All participants must hold a current AARA/MSRA competitive license or you may purchase one for an annual fee of \$20.  
Please make checks payable to: **Itasca County Family YMCA**

**STARTING TIME:** Starting times will be known after 12:00 on **Thursday, February 4, 1999**.  
Call the YMCA for starting times at **1-218-327-1161**. Play starts at 4:00 PM on Friday.

**OFFICIAL BALL:** PENN Please provide your own practice ball.

**SOUVENIRS:** Quality tournament T-shirts to all players.

**AWARDS:** Awards for 1st, 2nd, & consolation in each Amateur division (1st and 2nd for round robin). Money awards for Open divisions. Each player is guaranteed two matches. If in two events you may play back to back matches. Doubles must play to the level of the highest player.

**HOSPITALITY:** Refreshments/meals will be provided to players. Meal passes for others will be available. Party for players and families on Saturday night.

**LODGING:** Sawmill Inn = 1-800-667-7509; Super 8 = 1-800-800-8000; AmericInn = 1-800-634-3444; Country Inn = 1-800-456-4000; Rainbow Inn = 1-800-528-1234.

**OFFICIATING:** All winners will be required to officiate the next match on the same court. Officials will be responsible for returning the scorecard to the scorer's desk following the match.

**DIRECTORS:** Ardis Stoeke, Bill Stoeke, and David Ewens

Extra!

Extra!

Extra!

Extra!

Extra!

Extra!

### IRT Final Swain vs Locker

For those of you who may not be out there surfing the net, December was a big month for Minnesota's Mike Locker. Mike competed in the IRT event held in Denver, Colorado from December 9-13. Prepared for an early exit, Mike had penciled himself in as the #1 seed at Southview's Super Six tournament back in West St. Paul. It wasn't to work out as planned.

Not unexpectedly, Mike first played through Dan Llacera. But it was the defeat of Sudsy Monchik (#2 seed) in a five game match which caused a buzz of "Mike talk" by tournament players in Southview's hallways. Pretty exciting stuff!

Unlike Memphis, where Mike took out the #4 Andy Roberts and then lost the following match, this time he marched into the quarters and took out Mike Ray in what was yet again a five game match. Not to be denied in the semi final, Locker beat Tim Doyle with scores of 7,4, (8), and 3. Unfortunately, while Locker was working hard, Cliff Swain, the number one seed, had coasted through most of his matches. Sunday's final went to Cliff Swain with scores of 11-4, 11-4, 11-5.

So, next time you see Mike, tell him congratulations for a second place finish which moves him into the number 20 spot on the IRT!

Submitted by the Editors

We're saddened by Patty Kaiser's resignation from the MRA board on December 21. With her permission, we decided to share a portion of her statement which she gave to the MRA board:

#### **Issue is "Ownership"**

This Board does not and should not "own" the organization. It is "member owned." If Board members were elected, it would be apparent to the "membership at large" that their interests would be looked after.

If Board members are not elected, the appearance is that the membership has "no input" in the process.

The simple procedure of all board members being elected by the members of the MRA, would put out the "fire of doubt" in the members' minds. This would prove that the "interest of the membership" is the most guiding factor.

The "only answer" is to have "full board" elections and let the chips fall where they may ... and let the process of building a great organization begin!

Submitted by: Patty Kaiser

## Central Court's Superstars of Racquetball XI

December 4-6, 1998

"It was good weekend of racquetball at Central Courts. Scheduling, courtesy of Dave Schulenberg, was easy as the courts were on time and once in awhile assigned courts even ran ahead of schedule!

"We were just shy of ninety participants and we were pleased to greet a number of new faces at Central Courts. It was also good to see Justin Knutson and Pete McCarthy return to competitive racquetball - we've missed them both as they are always fun to watch.

"In addition to the adult divisions, there was a junior event with nine entries. In the end, it was Chris Madson who was crowned champion in the junior event. Adding a little monetary spice to the weekend was Dennis Ring. As a representative for Ektelon, Dennis held a fundraiser for Jake Bredenbeck and Brent Schulenberg to assist in defraying their costs for the Junior World Tournament this December 18th.

"The Hall of Fame Tournament is coming up in January and the flyer should be included in this newsletter. Please note that juniors have free entry to the tournament - and please sign up for the banquet. The price of the tournament reflects the banquet so if you opt not to attend, your entry fee will be deducted by \$10. It will be another fun weekend. Hope to see you there!"

Submitted by: Karen Bredenbeck

Event	First Place	Second Place	Third / Semi	Fourth / Semi	Cons
Men's Open	Justin Knutson	Greg Grusnick	Pete McCarthy	Josh Lee	Gerry Anderson
Women's Open	Teri Straka	Kelli Peifer	Roxann Voigt	Teri Grist	
Men's A	Doug Rau	Bruce Vosejпка	Mo Fraenkel	Mark Vercel	Rob Bates
Women's A	Karen Bredenbeck	Deb Augustin	Kim Wapola	Jeanette Borgen	Jean Gordon
Men's B	Matt Everding	Scott Storrick	Mike Kutter	Roger Douvier	Darrin Hubbard
Juniors	Chris Madson	Cam Grundman	Jake Bredenbeck		
Men's 35+	Greg Hayenga	Paul Giancola	Jamie Junker	Gary Peterson	Ray Grimmer
Men's Open Dbls	Greg Hayenga / Gary Peterson	Paul Giancola / Ray Grimmer	Justin Knutson / Pete McCarthy	Ken Grist / Roy Christenson	Greg Grusnick / Scott Stevens
Men's A/B Doubles	Bruce Vosejпка / Mark Mueller - Dahl	Vince Bizal / Greg Grundman	Doug Rau / Rob Bates	Jamie Jenson / Mark Karels	John Omorean / Ken Groth
Mixed Open	Ken Grist / Teri Grist	Dave Voigt / Roxann Voigt	Karen Bredenbeck / Wally Ouse	Roy Christenson / Karen Thompson	

The Supreme Court  
519 1/2 Chestnut Str.  
Virginia, MN 55792

# IRON RANGE OPEN

## Racquetball Championships

### January 15-17, 1999

#### General Information

- Entry Fee:** Pro Open: \$40 per event, \$25 doubles  
Amateur: \$28 1st event, \$15 2nd event  
Juniors; \$17 1st event, \$10 2nd event
- Entry Deadline:** 12:00 p.m. Tuesday, January 12, 1999  
The draw may be limited, entries accepted on a "first come" basis. If space is available, late entries will be accepted plus a \$10 late fee.  
Make check payable to Supreme Court.
- Tournament ball:** Penn
- Awards:** 1st, 2nd and consolation for amateur events. 1st and 2nd in round robin events. Prize money will be paid for men's open singles, women's open singles, and men's and women's open doubles. In the singles divisions, \$30 from each person's entry fee will be put into the prize money purse for that division. Prize money will then be paid based on the following percentages: 1st - 40%, 2nd - 30%, 3rd - 20%, Cons. - 10%. In doubles, \$15 from each entry will go into the purse and prize money will be paid as follows: 1st - 50%, 2nd - 30%, Cons. - 20%.
- Souvenirs:** Each participant will receive a tournament shirt.
- Hospitality:** Refreshments will be provided throughout the tournament. Lunch provided on Saturday and Sunday.
- Classification:** The Tournament committee reserves the right to reclassify any participant entered in the wrong division based on ranking or previous performance. However, divisions may be combined. Six entrants are needed to hold a division.
- Starting times:** The tournament may begin at noon on Friday, January 15.  
Scheduling requests may not be honored.  
Starting times will be available after 12 noon on Thursday, January 14. Call 218-749-8318.
- Accommodations:** Lake Shore 800-569-8131; Ski View 800-732-8918; Super 8 (Eveleth) 800-800-8000; Midway Motel 218-741-6145; Holiday Inn 218-744-4500; Coates Hotel 800-777-4699; AmericInn 218-741-7839

This is an USRA/MRA sanctioned event. All participants must hold a current USRA/MRA competitive license or purchase one on site for an annual \$20 fee. USRA rules apply including "lensed eyewear designed for racquet sports is mandatory."

Supreme Court members may purchase a recreational pass for \$5.

**Tournament Directors:**  
Jim Weinert - Mike Buccanero  
Laurie McDermid - Bruce & Cathy Pforr

#### Entry Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Work Phone \_\_\_\_\_  
Home Club \_\_\_\_\_  
Partner's Name (s) \_\_\_\_\_  
T-Shirt (circle one)    L    XL    XXL

#### January 15-17, 1999

##### Pro-Open Divisions (Prize Money)

Men's \_\_\_\_\_ Women's \_\_\_\_\_  
Men's 35+ Seniors \_\_\_\_\_  
Men's 45+ Masters \_\_\_\_\_  
Men's Open/Doubles \_\_\_\_\_

##### Amateur Divisions

A \_\_\_\_\_ Men \_\_\_\_\_  
B \_\_\_\_\_ Women \_\_\_\_\_  
Men's 40+ B \_\_\_\_\_  
Men's A/B Doubles \_\_\_\_\_  
C \_\_\_\_\_  
D \_\_\_\_\_  
Juniors Mixed \_\_\_\_\_  
(12 & Under)

##### Waiver

I hereby, for myself, my heirs, agents and administrators, waive and release any and all rights and claims for damages I may have against The Supreme Court Racquetball and Fitness Club and Mesabi Daily News, for any and all injuries which may be suffered by me in connection with my participation in the tournament.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Entry Deadline**  
**Noon January 12, 1999**

1999  
6TH ANNUAL  
RACQUETBALL  
PRO-AM

FEBRUARY 5-7, 1999



Sponsored by  
Rochester Athletic Club  
3100 19th St. NW  
Rochester, MN 55901

(Highway 52 North; West on 19th St. NW  
exit; Club on west side of Valley High Dr.)

GENERAL INFORMATION

Entry Fee: Pro: \$40 1st Event; \$20 2nd Event  
 Amateur: \$27 1st Event; \$13 2nd Event  
 Juniors: \$13 2st Event; \$7 2nd Event  
 (RAC members may charge their entry fee)

Deadline: *The draw is limited to 110. All entry forms/fees must be in our hands by Monday, February 1 at 6 pm. Absolutley NO Phone Entries.*

Souvenir: Quality T-shirt

Awards: 1st, 2nd & Consolation for amateur events.  
 1st and 2nd in round robin events.  
 Pro Sgls: (Men & Women) prize money based on 16 entries:  
 1st - \$250 2nd - \$150 Semi's - \$80 Consolation - \$50  
 Pro Dbls: (Men & Women) prize money (per team) based on 8 teams:  
 1st - \$140 2nd - \$90 Semi's - \$50 Consolation - \$40



Ball: Penn

Hospitality: Refreshments & snacks Fri. & Sat. evening. Coffee & fruit  
 Sat. and Sun. morning. Sandwich buffet Sat. 11:00 am - 3:00 pm.

Facilities: Lockers will be given out with deposit of drivers license only. No charge for towels. Players will have full use of the club during the tournament. Family members of out-of-town players can purchase a weekend pass at \$10/person or \$20/family. Children under 14 MUST be supervised by an adult while using the club facilities.

Nursery: Available during nursery hours for 6 mos. - 6 yrs. at \$3.25 for 2-1/2 hr. limit per child. Call ahead for reservations.

Starting Times: All players must be prepared to play Friday at 4 pm. Please indicate any scheduling conflicts on entry form - we will try to honor these requests. Starting times available by calling the Activities Desk (507-287-9300) after 9 am on Thursday, February 4th.

Eligibility: This is a MRA/USRA sanctioned event. All participants must hold a current MRA/USRA competitive license or purchase one on-site for a \$20 fee. RAC/YMCA members may purchase a weekend pass for \$5. USRA rules apply including "lensed eyewear designed for racquet sports is mandatory." This includes prescription eyewear.

Tournament Committee: Wendy Miller, Sheryl Warfield, Dave Martens, Rick Schacht, & Dick Carpenter

ENTRY FORM

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Club Affiliation \_\_\_\_\_ RAC member # \_\_\_\_\_

Doubles Partner(s) \_\_\_\_\_

**\*\*Ages for adults are as of February 5, 1999.\*\***

EVENTS

\_\_\_\_\_ Men's \_\_\_\_\_ Women's \_\_\_\_\_ Juniors \_\_\_\_\_ Doubles

Skill	Age	Juniors	Doubles
Pro	25+	A	Pro
Open/A	30+	B	A
A	35+		B
B	35+B		Mixed Open
C	40+		A
Novice	45+		B

\*Doubles teams must play to the level of the highest player.

WAIVER

I hereby for myself, my heirs, executers, agents and administrators waive and release any and all rights and claims I may have against the Rochester Athletic Club and the sponsors of this tournament for any and all injuries.

\_\_\_\_\_ Date \_\_\_\_\_ Signature (If under 18, parent or guardian must sign)

MAKE CHECKS PAYABLE AND SEND ENTRIES TO: (NO PHONE ENTRIES)  
 Rochester Athletic Club  
 Attn: Wendy Miller  
 3100 19th St. NW  
 Rochester, MN 55901



# RACQUETBALL TOURNAMENT

AT THE ALL AMERICAN ATHLETIC CLUB

960 Highland Scenic Drive • Baxter, MN • (218) 829-6453

March 26, 27 & 28, 1999



**Entry Fee** Amateur class: 1st event \$30; 2nd event \$12.  
Open class: 1st money event, \$40; 2nd event \$15  
Juniors: 1st event \$15; 2nd event \$5.

**Entry Deadline** Must be received by Tuesday, March 22nd, 1999. Phone entries accepted. Limit to first 120 entrants.

**Official Ball** Penn

**Tournament Director** Pete Mogenson

**Sanctioning** This tourney is an USRA/MRSA sanctioned event. All participants **must be USRA/MSRA members.** Memberships will be available at tournament. The annual fee is \$20.

**Souvenir** Each participant will receive a tournament t-shirt.

**Hospitality** Fruit snacks and beverages will be available all weekend during posted hours. Meals provided Friday PM and Saturday noon. Rolls and coffee on Saturday and Sunday morning.

**Format** Current USRA rules will govern play. LENSED EYEGUARDS ARE MANDATORY. Single elimination with a consolation round. Consolation bracket: best two out of three games to eleven. Round Robins may be formed. Limit of two events. Winners will referee next match on the court. Tournament committee reserves the right to limit the draw and reclassify players in the interest of fair play and designate scoring system.

**Awards** Amateur Awards to 1st, 2nd, and Consolation. 1st and 2nd in case of Round Robins. Open prize money **GUARANTEED** for men's and women's singles. Doubles prize money based on an 8 team draw.

<b>SINGLES</b>	1st	\$200	<b>DOUBLES</b>	1st	\$100
	2nd	\$140		2nd	\$60
	3rd	\$90		3rd	\$40
	Cons	\$50		Cons	\$30

Final prize money for doubles will be determined Friday, March 26, 1999.

**Starting Times** Play begins on Friday, March 26, 1999 at 4:00 p.m. Call (218) 829-6453 after 1:00 p.m. Thursday for starting times.

## Confidence Learning Center Entry Form

Name \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Men's Open

Men's Open Doubles

Women's Open

Women's "A" Doubles

Men's "A"

Men's "A" Doubles

Women's "A"

Women's "B" Doubles

Men's "B"

Men's Seniors "A" Doubles (35+)

Women's "B"

Mixed "A" Doubles

Men's "C"

Men's Seniors "A" (35+)

Women's "C"

Mixed "B" Doubles

Men's "D"

Men's Seniors "B" (35+)

Women's Open Doubles

Juniors 12 & Under

Grand Masters (55+)

Juniors 16 & Under

Juniors 14 & Under

### Waiver

T-shirt Size: Large X-Large XX-Large (add \$3.00)

Name of Doubles Partner \_\_\_\_\_

**Make checks payable to C.L.C. and send entries to:**

All American Athletic Club

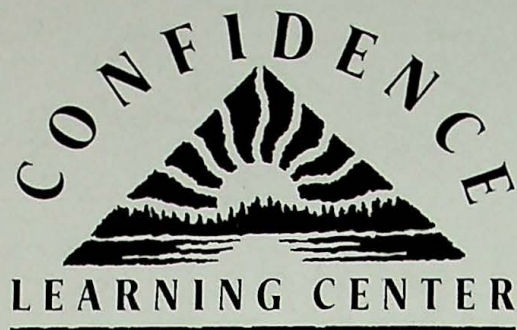
960 Highland Scenic Drive

Baxter, MN 56425

I hereby for myself, my heirs, executors, administrators, and agents waive and release any and all right or claims for damages against ECC Enterprises, Inc. and Confidence Learning Center, and their agents and affiliates, for any and all injuries which may be suffered by me in connection with my competition or presence in this racquetball tournament or said athletic club.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature (if under 18) \_\_\_\_\_



**When you participate in Confidence Learning Center sponsored events, your dollars benefit many:**

Confidence Learning Center, also known as Camp Confidence, is an outdoor recreational and educational facility serving persons of all ages and levels with developmental disabilities. Confidence Learning Center is not only a 501(c)(3) charity, but also a charity in its purest form. Camp Confidence receives no federal, state or local tax support. Nor does any religious group, scout group, college, or service club, etc. act as our "parent" group. What we do have is a collage of individuals, families, corporations, service clubs, and small businesses that have helped us to develop a 140-acre camp, valued at several million dollars. Camp Confidence has received top honors as one of the best program facilities in the state.

Confidence Learning Center activities are aimed at promoting self-confidence and self-esteem, and the necessary skill to become full, contributing members of society. The campers achieve this through active hands-on, learn by doing, participation in a variety of outdoor experiences. We are able to provide activities in outdoor education and recreation that are not or cannot be offered in their local setting. Over the years, thousands of individuals have experienced personal growth while participating in educational programs which include archery, skiing, canoeing, and fishing just to mention a few. Activities such as the Challenge Course allow the campers to challenge their limits and prove themselves to the most important person of all – themselves.

Campers are brought to Camp by their own staff or family, who are responsible for their direct care. The typical overnight group stays two nights. Visiting groups include group homes, families, public schools, state hospitals, treatment centers, achievement centers, and scout groups. We provide the facility offering basic living skills through planning, preparing, clean up of meals, and care of campsite or cabin. We provide the equipment, as well as a number of program specialists and college interns to assist groups with activities and programs. In inclement weather, groups can participate in science study, arts and crafts, or audio-visual education. Camp Confidence serves over 10,000 camper days each year, one camper day equal to one camper using Camp for one day.



**Reserve your room  
at the Holiday Inn, Brainerd  
for a special rate of \$65.00/night  
by March 12, 1999.**

Use code CCR when making reservations.

# Central Courts

presents the

## Hall of Fame Tournament

January 22nd, 23rd & 24th, 1999

**Entry Deadline:** All entries must be received by Monday, January 18th, 1999. Starting times will be available Thursday, January 21st, after 4:00 pm.

**Entry Fee:** \$40.00 First Event \$15.00 Second Event (Cost reflects the Hall of Fame Banquet)  
Juniors.....Free (Banquet cost is \$10.00)

**Play Begins:** Tournament play begins Friday, January, 22nd, at 4:00 pm.

**Hospitality:** Friday night pizza sale for the juniors program. Saturday and Sunday lunches. Snacks and refreshments. Free pop and beer throughout the weekend. Non-players may purchase a meal for \$4.00.

**Format:** We reserve the right to reclassify player or to combine division. All current AARA rules apply. Games to 15; tie breaker to 11. Consolation matches will be played best of three games to 11. Winners must referee. **EYE PROTECTION IS MANDATORY!**

**Mail Entries to:** Central Courts 5160 Central Ave. NW Columbia Heights, MN 55421

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**Tournament Application**

Name \_\_\_\_\_ Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Partner Name(s) \_\_\_\_\_ Shirt Size: M L XL XXL (\$3 extra)

Men's Open _____	Women's Open _____	Doubles: Men's _____ Div _____
Men's A _____	Women's 7's A _____	Women's _____ Div _____
Men's B _____	Women's B _____	Mixed _____ Div _____
Men's C _____	Women's C _____	
Men's 30+ _____	Women's 30+ _____	Juniors: A _____ B _____
Men's 40+ _____	Women's 40+ _____	Multi-bounce _____
Men's 50+ _____	Women's 50+ _____	Birth date _____ Age _____
Men's 60+ _____	Women's 60+ _____	Total Cost: _____

Will you be attending the Hall of Fame Banquet?	Yes	No
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**Waiver:**

I hereby for myself, my heirs, agents & administrators, waive & release any and all rights & claims I may have against the MRA, AARA, Central Courts & the sponsors or their respective agents of this tournament for any & all injuries.

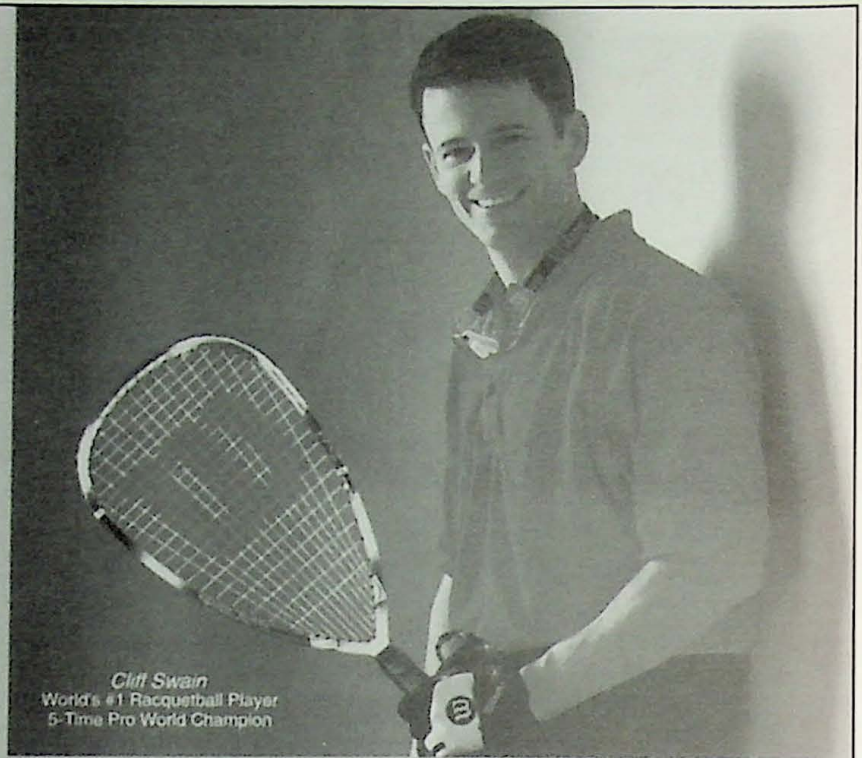
Date \_\_\_\_\_ Signature \_\_\_\_\_ (under 18 parent signature)

Thanks To All of Our Sponsors:

Coldwell Banker Mark Lapman A.I.A. Insurance Roof Depot American Express  
Fritz Bredenbeck Chiropractic Laurel Hansen Earl Ward Jon Hachfeld

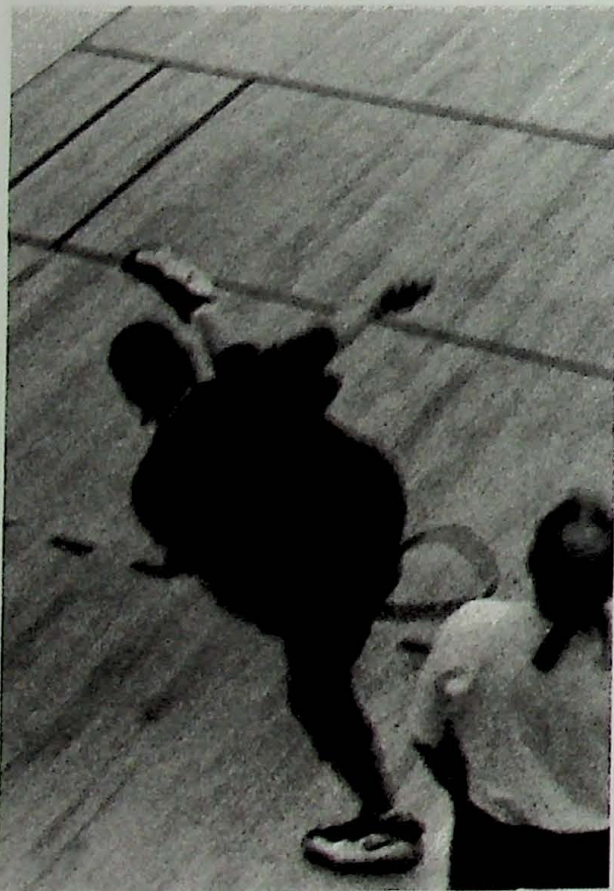
**THIS RACQUET  
WON'T CHANGE  
YOUR LIFE.**

**(UNLESS, OF COURSE,  
YOUR LIFE IS RACQUETBALL).**



*Cliff Swain*  
World's #1 Racquetball Player  
5-Time Pro World Champion

**THE T22 TITANIUM WITH POWER HOLES.  
(CHANGE IS GOOD).**



Erin Peters, your photographer, was fascinated by the eclectic footwork at State Doubles. Brant Deppa on the left (her favorite model) has a style yet to be perfected, or emulated. In sorting through her photos Erin was ecstatic to discover that interesting footwork is not limited to skill divisions - On the right is a demonstration by open player Lori Southwick.

Neither player should probably consider using creatine at this time.



# Minnesota State Doubles Racquetball Tournament

November 20-22, 1998

Event	First Place	Second Place	Third /	Fourth /	Cons	
Men's Open	Locker / Frautschi	Johnson / Stead	Granberg / Hartinger	Erdman / Fitzgerald	Giancola / Grimmer	<p>The 1998 State Doubles Tournament at Highway 100 had another successful year. In all, we had 263 teams – almost identical to last year's tournament. (All time high was 500 teams back in the late 1980's.) The division with the biggest draw was men's 35+. Following close behind were the men's A and men's B divisions. There were few surprises with the first seed teams winning in the open divisions. Mike Locker &amp; Jim Frautschi won the men's open and Carol Kriegler and Angie Roby taking the women's open. Mixed Open was won by Mike Locker &amp; Carol Kriegler</p> <p>The MRA would like to thank all the teams, especially those that came from the non-metro area. The gang from Grand Rapids was in full force, as were the players from Brainerd, Rochester, and Northfield.</p> <p>Submitted by Nancy Aadalen</p>
Women's Open	Kriegler / Roby	Price / Kern	Liu / Hill	Warfield / Tomlinson	Southwick / Visser	
Men's A	Tanner / Lee	Juncos / Beeman	Kisling / Slater	Loch / Ferris	Ferris / Lamb	
Women's A	Trachsel / Trachsel	Foster / Eibract			Stocke / Young	
Men's B	Klawiter / Nerison	Steen / Duscher	Deppa / Lenzmeier	Gates / Mattson	Pavleck / Wenberg	
Women's B	Boike / Quearve	Hoagland / Ragsdale				
Men's C	Hoagland / Olund	Bredenbeck / Grundman				
Men's Under 24	Walls / Homsey	Gray / Granberg	Buchanan / Pelletier	Scholler / Stadola		
Women's 24 - 30+	Trachsel / Trachsel	Southwick / Visser	Benolken / Hoffner	Warfield / Tomlinson	Wapola / Stellmach	
Men's 25+	Locker / Anderson	Tanner / Lee	Lamb / Wagner	Grausnick / Umerski		
Men's 30+	Stead / Johnson	Steen / Wakefield	Braaten / May	Fox / Gardner	Buswell / Anderson	
Men's 35+	Dittrich / Hayenga	Giancola / Grimmer	Braaten / May	Stevens / Rantala	Fox / Gardner	
Men's 40+	Ramlo / Johnson	Carlson / Thompson	Kohler / Uppman			
Men's 45+	Leeman / Paster	Ring / Withrow	Carlson / Thompson	Cohen / Usher		
Men's 50+	Leeman / Paster	Ardito / Warner	Wilson / Foster	Dittrich / Peterson	Ray / Paul	
Men's 55/60/65	Dittrich / Carpenter	Zabinski / Vercel	Slack / England	Lugge / Davis	Anderson / Kleinschmidt	
Mixed Open	Locker / Kriegler	Frautschi / Roby	Prince / Trachsel			
Mixed B	McKee / Schewchuk	Deppa / Ragsdale				

Editors' Note: As of mid-December, quarterfinal results as well as results in select divisions, had not been forwarded to us. We apologize to those whose names were inadvertently left out.

## Last Issue?

Just in case, as this may very well be our last issue as your editors, we would like to express our thanks and gratitude to those of you who volunteered to take the time to write, to those of you who were so stunningly photogenic, and to those of you who were quick to express your opinions through email, as well as the members who graciously pointed out our errors. (In Greg Hayenga's last article we inadvertently turned Mr. Kutter into Mr. Klutter. Sorry!) Last, but not least, we appreciated Cindy Tilbury's timely delivery of tournament results (always within 48 hours after an event). Unfortunately, we have not received tournament results since Tilbury's "retirement."

We promised you, the USRA membership residing in Minnesota, a three year commitment and a timely product. We asked for a little bit of patience as we tinkered with a format that is still in transition. We also thought, and still do, that removing the Newsletter out of the immediate Metro area shows support for those of us considered "out state."

However, this is now a fiscally responsible (not to be confused with friendly) organization. The present MRA board members were all part of the original MSRA board which voted unanimously to turn the newsletter responsibilities over to what we affectionately call StoneSoup. Since then,

there has been a hardening of the arteries in your new leadership. Verbal agreements prior to the inception of the MRA are no longer valid.

We attended the December 3 board meeting. Because of members who had expressed concerns, we asked the MRA board if venues such as stringing, t-shirts, and food would be opened to a bidding process of sorts for State Singles. We left this meeting with the understanding that this would transpire. Why did the board not share with us at that time that the newsletter was no longer in a state of "renegotiations" (as explained by one board member) but was instead being returned to the bidding bin? Your new board would do well not only to adhere to the letter of the law but to indulge in a little common courtesy as well.

In the previous issue we broke down the expenses of what our first issue under the MSRA cost. No hidden surprises: printing continues to be our biggest expense \$1,080 for 1800 copies (the number of copies run is dictated by the board, not us). We feel strongly that there should be more to the bidding process than simply assigning a dollar amount. This summer our Winona printer came in at least 30% lower than the printer residing in the Twin Cities. For all the obvious reasons, we pre-

fer to work with a printer in our immediate vicinity.

We would like to point out that we have not asked for any more than the previous editor Lois Palmer. Yes, we do get reimbursed for certain items as film, phone calls, and so far, one color print cartridge. But none of these should be regarded as unusual expenditures.

It is interesting to note in President Mark Paige's announcement that t-shirts are excluded from the bidding process. We are sure this was just an inadvertent oversight. As Mark does not respond readily to our queries, perhaps he'll be more comfortable responding to yours.

Thanks for your support. It has been, shall we say, a real learning experience!

- Kirk / Peters / Ragsdale



Feeling a bit squeezed?

## STATE Rankings

These are the rankings provided by USRA as of 12/02/98. State Singles Champions for 1998 are highlighted in **BLUE**, while the runner-ups have their names in **RED**. We included as many names as we could, so do not panic if your name does not appear.

As a player you need to be sure your name is spelled correctly and the same way on all tournament drawsheets. The computer just tallies points to names. It does not recognize names such as Olson, Tom and Olsen, Tom as being the same individual. Also make sure your first name is always spelled the same way from tournament to tournament. Ann vs Anne for example will be entered as two individuals, not one.

Name	12 Month Cumulative	Gold points
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### Men's OPEN

Locker, Mike	790	8360
Frautschi, Jim	285	1130
Giancola, Paul	255	365
<b>Granberg, Aaron</b>	<b>220</b>	<b>635</b>
Hayenga, Greg	160	865
Johnson, Hart	115	3140
Stead, Todd	100	4275
Hartinger, Brandon	95	2045
Bernier, Bob	90	325
Brenny, Matt	90	125
Walls, Eric	80	130
Junker, Jaime	75	355
Buswell, Tim	50	260
Peterson, Gary	45	335
Grausnick, Greg	40	40
Schramm, Todd	40	205
Spiczka, Larry	40	70
Beeman, Bob	30	40
Glynn, Tim	30	65
Dittrich, Mike	30	735
Ng, Bill	30	60
Withrow, Glenn	30	130
Rantala, Dave	25	45
Stevens, Scott	25	280
Fitzgerald, Dan	20	235
Hofer, Jon	20	20
Steen, Mark	20	50
Voigt, Dave	20	240
Westphal, Jeff	20	80
Harringer, Brandon	15	15
Juncos, Luis	15	15
Martin, Steve	15	225
Steele, Mike	15	15
Thornton, Howard	15	30
Weinert, Chris	15	675

### Women's OPEN

<b>Kirk, Kelly</b>	<b>505</b>	<b>1550</b>
Tilbury, Cindy	400	875
Straka, Teri	345	1180
Roby, Angie	275	2305
Wapola, Kim	165	175
Kriegler, Carol	160	1340
Visser, Mary	150	150
Grist, Teri	140	655
HARRITY-DAVIDSON, M	75	460
Stellmach, Kerry	70	140
Kieffer, Sue	65	175
Wielinski, Sue	60	220
Bredenbeck, Karen	40	40
Warfield, Sheryl	35	55
Schulenberg, Mary	30	85
Voigt, Roxann	30	75
Tomlinson, Paula	25	100
Hill, Margaret	20	90
Paige, Carol	20	40
Peifer, Kelli	20	1775

### Men's A

<b>Kisling, Terry</b>	<b>460</b>	<b>830</b>
Grausnick, Greg	270	635
Lindquist, Mark	180	220
Pilla, Joe	165	270
Smith, Luke	165	515
Gray, Travis	145	145
Roby, Mick	140	345
Karels, Mark	100	180
Lee, Josh	100	355
Storsveen, Paul	100	120
Buchanan, Dave	90	115
Grausnick, Greg	80	125
Olson, Brent	80	240
Rosinski, Chuck	80	175
Tanner, Dave	70	265
Formo, Mike	60	100
Luby, Joe	60	70
Neymark, Millard	60	110
Accad, Gaby	60	150
Dickison, Craig	50	50
Donlin, Pat	50	50
Eiken, Ev	50	65
Martin, Steve	50	105
Williamson, Mike	50	50
Davis, Hohn	45	45
Baran, Jim	40	40
Peliska, Phil	40	40

### Women's A

Ostrowski, Linda	280	280
Aadalen, Nancy	275	325
<b>Evenson, Gail</b>	<b>220</b>	<b>340</b>
Thompson, Karen	190	250
Herber, Keri	155	285
Hoffner, Barb	150	200

Pietrzak, Ditto	140	140
Prince, Rosie	80	90
Schatz, Susan	75	335
Markham, Rosealene	60	185
Augustin, Deb	50	135
Braegelman, Tanya	50	50
Gluth, Carol	50	50
Rasmussen, Kim	50	50
Shewchuck, Michelle	50	50
Valandra	50	90
Willerscheidt, Mary	50	200
Frautschi, Paula	40	40
Mundahl, Sue	35	35
Anderson, Kari	30	40
Borgen, Jeannette	30	60
Palmer, Lois	30	40
Kruser, Patty	25	80
Anderson, Carrie	20	20
Rattunde, Wanda	20	20
Maes, Patty	15	295
Viczek, Mary	15	15
Gordon, Gayle	10	10

### Men's B

<b>Olquist, Jeff</b>	<b>615</b>	<b>690</b>
Magand, Gary	195	455
Marino, Paul	180	190
Peliska, Phil	150	150
Storsveen, Paul	150	200
Baran, Jim	145	185
Wickert, Steve	115	135
Snesrud, Steve	80	195
Fisher, Paul	95	145
Anderson, Dave	90	225
Klawiter, Brent	80	200
Jewell, Brent	85	135
Bahr, Gary	80	80
Lenzmeier, Steve	80	425
Nesbit, Wayne	80	80
Sherman, Steve	80	80
Everding, Matt	75	75
Wissman, Bill	75	100
Haugen, Ron	60	70
Marchbanks, Lamon	60	70
Cremers, Brian	55	85
Deppa, Brant	55	65
Forrest, Brian	50	50
Jensen, Nate	50	70
Moores, Mike	50	100
Olson, Brent	50	70
Schur, Tom	50	85
Anderson, Rick	40	60
Anderson, Justin	30	40
Davies Jr., Ted	30	30
Dentz, David	30	30
Finneman, Justin	30	80
Jacobson, Chuck	30	30
Johnson, Noel	30	30
Meyer, Floyd	30	60

State Doubles Photo with Luis Juncos diving for the ball during a Men's A match. Photo by Erin Peters

Roles, Kevin	30	30
Carter, Ken	25	25
Dickison, Craig	25	125
Drury, Rick	25	35
Lange, Mark	25	25
Luby, Joe	25	55
Skinner, Steve	25	65

**Women's B**

Appelbaum, Karen	180	180
Ragsdale, Fran	130	145
Schewchuk, Michelle	125	125
Peters, Erin	100	100
<b>Thompson, Karen</b>	<b>100</b>	<b>185</b>
Hoagland, Michelle	95	95
Arradondo, Martha	75	240
Hanson, Marge	75	150
Frautschi, Paula	60	110
Gordon, Gayle	50	100
Henk, Deanna	50	50
Jones, Cheryl	50	30
Rattunde, Wanda	45	75
Staton, Ann	30	30
Valandra	25	25
Boyum, Mary	20	20
Hill, Linda	20	30
Schmidt, Sharon	20	30
Wiczek, Mary	20	20
Hietala, Penny	15	15
Tierney, Kim	15	15
Welton, Nicole	15	15

**Men's C**

Bultinck, Rob	480	480
Haugen, Mark	200	200
Zins, Kevin	115	135
<b>Bell, John</b>	<b>100</b>	<b>310</b>
Hahn, Darrin	100	100
Zabloski, Rick	80	80
Geislinger, Scott	75	75
Schneider, Todd	75	405
Gothier, Chris	70	70
Prince, Brady	65	65
Bakewell, Kevin	50	50
Chambers, Derek	50	50
Christianson, Kelly	50	50
Johnson, Randy	50	150
Johnson, Sean	50	50
Mahmoodi, Matt	50	85
Paine, Bob	50	50
Pflipsen, Jim	50	70
Tollefson, Jeff	50	50
Messerich, Randy	40	40
Catelan, Russell	30	30
Huegel, Mike	30	30
Kastner, Rich	30	30
Mackey, Sean	30	30
Solien, Steve	30	30

Volkers, Greg	30	30
Will, Troy	30	30
Christopherson, Todd	25	25
Deppa, Brant	25	75
Gruchow, Aaron	25	25
Scheid, Keith	25	125
Germescheidt, Matt	20	20
Lee, Mike	20	20
Madson, Chris	20	20
McJunkin, Jeremy	20	20
Simmons, Robin	20	30

**Women's C**

<b>Peters, Erin</b>	<b>190</b>	<b>210</b>
Hoagland, Michelle	150	205
Stone, Megan	100	100
Reuter, Carrie	90	90
Ellefson, Peg	75	75
Ragsdale, Fran	65	90
Schmidt, Sharon	65	65
Storsveen, Barb	60	160
Marsh, Anne	50	50
Douvier, Jackie	45	45
Markham, Renee	40	40
Anderson, Kelsey	30	30
Froysland, Kathy	30	30
Peterangelo, Sally	30	30
McCully, Kim	25	25
Deppa, Kristi	20	20
Dorle, Tami	20	20
Hines, Tami	20	20
Peterson, Nancy	15	75
Davies, Alane	10	10
Dickison, Jennifer	10	10
Heise, Heather	10	10
Luby, Lori	10	10
Markham, Rachel	10	10

**Men's D**

Foster, Bill	300	300
<b>Hoagland, Jerry</b>	<b>130</b>	<b>130</b>
Snesrud, Elliot	125	225
Brotzler, Justin	50	50
Bredenbeck, Jake	25	25
Olund, Tim	20	20
Madson, Chris	15	15
Louzensky, Gary	10	10

**Women's D**

Deppa, Kristi	180	180
<b>Luby, Lori</b>	<b>165</b>	<b>165</b>
Hoagland, Marilyn	75	75
Johnson, Anna	50	50
Wolfe, Sue	50	50
Kehoe, Nancy	30	30
Gardner, Sandra	20	170
Schake, Renee	10	60

**Men's 24-**

Granberg, Aaron	170	470
Steel, Mike	75	75
Gray, Travis	65	65
Hofer, Jon	25	75
Martin, Steve	25	25
Overby, Scott	25	25
Schatik, Ron	25	25
Matin, Shahab	15	15
Pelletier, Mark	10	10

**Men's 25**

Locker, Mike	1200	2900
<b>Kisling, Terry</b>	<b>175</b>	<b>280</b>
Frautschi, Jim	100	675
Lindquist, Mark	75	75
Roby, Mick	75	75
Grausnick, Greg	50	150
Umerski, Jason	50	50
Roth, Jim	30	30
Phillips, Brian	25	25
Vosejpkje, Bruce	25	25
Douvier, Roger	10	10
Andenbach, M	10	10
Malican, David	10	10

**Women's 25**

Schewchuck, Michelle	150	150
<b>Thompson, Karen</b>	<b>100</b>	<b>200</b>
Hoagland, Michelle	75	75
Peters, Erin	50	50
McCully, Kim	25	25

**Men's 30**

Johnson, Hart	375	650
<b>Frautschi, Jim</b>	<b>350</b>	<b>450</b>
Brenny, Matt	150	175
Stevens, Scott	135	560
Bates, Rob	50	50
Eiden, Bill	50	65
Giancola, Paul	50	50
Johnson, Rick	50	75
Edstrom, Rick	30	630
Pilney, Andy	30	30
Anderson, Gerry	25	25
Davis, John	25	25
Schramm, Todd	25	50
Fox, Greg	20	165
Hayenga, Greg	20	3085
Scheid, Keith	20	20
Britton, John	15	15
Dentz, David	15	15
Grimmer, Ray	15	70
Christiansen, Roy	10	10
Fuchs, Steve	10	10
Grist, Ken	10	25

State Doubles Photo with Brant Deppa diving for the ball during a Men's B match. Photo by Erin Peters

<b>Women's 30</b>		
Tomlinson, Paula	150	500
<b>Wapola, Kim</b>	<b>100</b>	<b>175</b>
Stellmach, Kerry	75	150
Straka, Teri	75	75

<b>Men's 35</b>		
<b>Hayenga, Greg</b>	<b>400</b>	<b>1330</b>
Dittrich, Mike	175	425
Thornton, Howard	160	250
Junker, Jaime	150	150
Spiczka, Larry	125	925
Peltier, Rory	95	105
Johnson, Gordon	90	435
Erdman, Sam	75	75
Green, Bruce	75	115
Stevens, Scott	75	540
Carlson, Mike	60	130
Glynn, Tim	50	80
Hartzell, Kevin	50	50
Nichols, Joe	50	50
Peterson, Gary	50	115
Rantala, Dave	50	325
Schacht, Rick	50	50
Voight, Dave	50	140
Grimmer, Ray	45	195
Bredenbeck, Bill	40	75
Countryman, Tom	40	40
Giancola, Mario	35	655
Haines, David	35	65
Christianson, Roy	30	70
Debendet, Mike	30	90
Durkot, John	30	30
Leow, David	30	30

<b>Women's 35</b>		
Kriegler, Carol	165	3545
<b>Burkhardt, Jane</b>	<b>100</b>	<b>150</b>
Bredenbeck, Karen	75	75
Augustin, Deb	50	50

<b>Men's 40</b>		
Carlson, Mike	250	250
Spiczka, Larry	240	240
Wesely, Tom	150	150
Peltier, Rory	105	255
<b>Johnson, Gordon</b>	<b>100</b>	<b>525</b>
Thornton, Howard	100	110
Stein, Bill	75	205
Potts, Ray	60	60
Cohn, Bob	50	50
Formo, Mike	50	50
Loew, David	50	340
Peterson, Gary	50	50
Roske, Tim	50	275
Thompson, Dave	50	50
Moench, Al	30	30

Schulenberg, Dave	30	100
Swanson, Tom	30	30
Voigt, Dave	30	155
Cashman, Jim	25	135
Gardner, Chuck	25	25

<b>Women's 40</b>		
Kirk, Kelly	300	300
Tilbury, Cindy	125	125
<b>Harrity-Davidson, M</b>	<b>100</b>	<b>650</b>
Visser, Mary	75	175
Burkhardt, Jane	50	50
Moreland, Pam	25	25
Schatz, Susan	25	25
Warfield, Sheryl	25	25

<b>Men's 45</b>		
Warner, Dave	600	1265
Peterson, Gary	300	3460
Carlson, Mike	370	370
Thompson, Dave	300	575
<b>Withrow, Glen</b>	<b>100</b>	<b>475</b>
Lavoi, Tim	50	1650
Neymark, Millard	50	50
Rients, Lee	30	130
Cohn, Mark	25	25
Green, Bruce	25	25
Prince, Mark	25	25
Santelli, Tom	25	25
Dittrich, Les	10	970

<b>Women's 45</b>		
Rattunde, Wanda	150	300
<b>Arradondo, Martha</b>	<b>100</b>	<b>100</b>

<b>Men's 50</b>		
Warner, Dave	600	950
Zabinski, Dave	150	1210
<b>Hylden, Mike</b>	<b>100</b>	<b>100</b>
Johnson, Greg	100	100
Withrow, Glen	100	100
Foster, Prentiss	75	105
Lundeen, Dwight	75	75
Rhodes, Walter	75	75
Dittrich, Les	50	1005
Flanders, Bob	50	125
Holter, Wally	50	50
Lieser, Vernon	50	50
Spizman, Howard	30	140
Ouse, Wally	25	25
Reidesel, Marv	25	25
Roby, Jim	25	25
Pedersen, Jim	20	20
Heise, Dave	15	50
Valento, Tim	15	15

<b>Women's 50</b>		
Willerscheidt, Mary	150	1830
<b>Greenagel, Bev</b>	<b>100</b>	<b>100</b>

<b>Men's 55</b>		
Zabinski, Dave	400	700
Dittrich, Les	225	350
Rients, Lee	200	1125
<b>Larson, Don</b>	<b>100</b>	<b>900</b>
Tesch, Laird	75	75
Sisk, Larry	50	50

<b>Men's 60</b>		
Eiken, Ev	150	150
<b>Anderson, Andy</b>	<b>100</b>	<b>550</b>
Lenzmeier, Bob	75	75
Lavercombe, Larry	50	150
Crawford, Jerry	25	25
LaFond, John	25	25
Slack, Royal	25	1075
Snesrud, Dale	25	25

<b>Women's 60</b>		
Mueller, Kathy	200	1650

<b>Men's 65</b>		
Fallek, Max	250	2895
Slack, Royal	150	150
<b>Goldetzky, Norm</b>	<b>100</b>	<b>100</b>
Snesrud, Dale	100	100
Stillman, Ralph	75	325
Brandrup, John	50	225
England, Bob	25	25
Gratzek, John	25	25
Hoagland, Jerry	25	25
LaFond, John	25	25

<b>Women's 65</b>		
Hoagland, Marilyn	180	180

<b>Boys' 6-</b>		
Bredenbeck, Jake	850	1300

<b>Boys' 8-</b>		
Bredenbeck, Jake	100	100

<b>Boys' 10-</b>		
Prince, Brady	600	1070
<b>Grundman, Cam</b>	<b>175</b>	<b>175</b>
Giancola, Mario	125	275
Madson, Chris	50	50
Bredenbeck, Jake	25	45

State Doubles Photo with Terry kissing diving for the ball during a Men's A match. Photo by Erin Peters

Stevens, Andy	30	110
Grimmer, Danny	25	25
Schneider, Mitch	25	25

**Girls' 10-**

Schulenberg, Brooke	250	250
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**Boys' 12-**

Prince, Brady	250	350
Stone, Garrett	180	180
Grundman, Cam	160	180
Johnson, Joey	150	175
Madson, Chris	75	75
Justin, Tim	50	50
Finneman, Mike	35	35
Anthony, Mark	25	25
Douvier, Greg	20	20
Giancola, Mario	15	165
Bredenbeck, Jake	10	30
Paine, Luke	10	10
Riley, Luke	10	10
Stevens, Andy	10	40

**Girls' 12-**

Geislinger, Sarah	250	250
Anderson, Kelsey	10	10

**Boys' 14**

Everding, Matt	350	800
Prince, Darrin	300	860
Schulenberg, Brent.	150	180
Hubbard, Darrin	50	200
Hart, Eric	25	25
Haugen, Mark	25	50
Johnson, Joey	25	25
Zins, Kevin	25	25

**Girls' 14-**

Stone, Megan	250	500
Hoagland, Melody	20	20

**Boys' 16-**

Prince, Darrin	270	720
Anderson, Casey	185	290
Everding, Matt	105	245
Rhymer, Craig	100	100
Schulenberg, Brent	85	85
Finneman, Justin	30	45
Brotzler, Justin	25	25
Gruchow, Aaron	25	25
Mahmoodi, Matt	25	25

**Girls' 16-**

Markham, Renee	50	50
Geislinger, Sara	30	30

**Boys' 18-**

Anderson, Justin	300	350
Skillings, D.J.	150	150
Klocker, Michael	100	100
Zins, Kyle	100	100

**Girls' 18-**

Geislinger, Sarah	50	50
Anderson, Kelsey	30	30
Douvier, Jackie	20	20

Two guys playing hard -- Chris Madson, front court, and Jake Bredenbeck (hitting the ball). Photo by Erin Peters.



State Doubles' Dance

Carol Kriegler pins Mary Schulenberg against the wall.

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Dakota, MN 55925

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(507) 643-6045

or e-mail at:

stonesup@means.net

### Crotch Shot Answers:

from page 6

The answer is C. An avoidable hinder and player B wins the rally without taking a shot. The effort by player A to get out of the way has no bearing on the call. It is important to note that diving is not an automatic avoidable hinder. The player who dove must have "prevented" his opponent from getting to the ball.

from page 7

The answer is B. As a referee you wish to have the match progress as smoothly as possible. If you view the players' shirts, and not the floor's surface, as the problem, you may use your authority as a referee to tell both players to change their shirts. You are able to do this under rule 3.16c which reads in part "...the referee determines that an equipment change or adjustment is necessary for a fair and safe continuation of the match, the referee may grant an equipment timeout not to exceed 2 minutes. The referee may grant additional time under unusual circumstances."

### Newsletter Schedule

For articles, flyers and photographs, the following dates are submission deadlines for the newsletter.

March - April Issue

January 22, 1999

May - June - July Issue

April 23, 1999

## Application for MRA/USRA Competitive License

### Circle One

Date: \_\_\_\_\_

- New Membership
- Renewal
- Change of Address
- Upgrade

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Business Phone: ( ) \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Indicate Type of Membership: (Circle your choice.)

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Junior Membership .....\$15

RB Magazine Only .....\$15

Junior w/o Magazine .....\$10

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MAIL TO: MRA Membership, c/o Patty Kaiser, 939 Sunrise Ave, Stillwater MN 55082 15

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1449-15TH TERRACE NW  
NEW BRIGHTON MN 55112

## Upcoming Tournaments

**January 8-10, 1999**

**ST. CLOUD PRO AM**

Suburban Racquet, St. Cloud  
Greg Hayenga (320) 251-3965

**January 29-31, 1999**

**WOMEN'S SRS/MASTERS**

**NATIONALS --10TH ANNUAL**

Lattof YMCA, Des Plaines, IL  
Nancy Kronenfeld, (847) 297-5511

**February 19-21, 1999**

**PROKENNEX SUPER SIX**

Stop# 5  
Southview Athletic Club,  
West St. Paul  
Mike Locker, (612) 450-1660

**January 15-17, 1999**

**PROKENNEX SUPER SIX**

Stop# 4  
Southview Athletic Club  
W. St. Paul  
Mike Locker, (612) 450-1660

**February 5-7, 1999**

**6TH ANNUAL ROCHESTER PRO AM**

Rochester Athletic Club  
Rochester  
Wendy Miller, (507) 282-6000

**February 26-28, 1999**

**END OF WINTER INSPIRATIONAL**

White Bear Athletic Club  
White Bear  
Mary Schulenberg, (651) 426-1308

**January 22-24, 1999**

**HALL OF FAME TOURNAMENT**

Central Courts, Columbia Hgts  
Bruce Moore, (612) 572-0330

**February 5-7, 1999**

**SUB-ZERO RBALL TOURNAMENT**

Itasca YMCA, Grand Rapids  
Dave Ewens, (218) 327-2224

**March 5-7, 1999**

**WILSON DOUBLES TOURNAMENT**

Central Courts, Columbia Heights  
Bruce Moore, (612) 572-0330

**January 29-31, 1999**

**CLUB SHELARD PRO-AM**

Club Shelard, St. Louis Park  
Lisa Lurie, (612) 541-0000

**February 12-14, 1999**

**DECATHLON PRO AM**

Decathlon Club, Bloomington  
Dana Anderson, (612) 854-7171

**March 5-7, 1999**

**ISRA US HIGH SCHOOL NATIONALS**

Portland, OR  
USRA, (719) 635-5396