



Down the Line

"Dedicated to promoting the game of Racquetball"

Vol. 23
no. 2

PRESIDENT'S NOTE

WOW! That's the best word I can find to describe this year's State Singles Championships I would like to thank everyone for coming out and having a good time at the LSU Recreational Center. I would also like to thank the staff at LSU for hosting the LRA. They do a great job every year, and we look forward to coming back soon.

Even though this year's tournament was a little bit smaller than last year's, the level of competition was higher than ever. I had the pleasure of watching some of the hottest matches I have seen in the 15 years I have been playing at State. The Men's Open Finals was entertaining as always with the biggest LRA rivalry in history with John Davis and David Rahn battling for the state crown. In the end, Davis edged out Rahn for the championship. Davis and Rahn each have four state singles to their name. It will be interesting to see if either man can capture an unprecedented fifth state championship next year at the 25th Anniversary State Singles Championships.

Looking at point totals and seeding, it appeared that several divisions were going to be dominated by one player. If you watched the Men's B semifinals between George Anthon and Jim Leslie, you know that things are not always as they appear. After winning the first game decisively, it looked as if George Anthon was on his way to the finals as many predicted. Watching the rest of the match, a lot of money could have been lost in Vegas. Leslie pulled out every stop to try to deny Anthon his victory. Anthon prevailed but not before a grueling tiebreaker in a match that seemed to go on for hours.

In the Men's C finals, Mike Currier was on a mission to take the title. Although he did win, Roy Raziano gave him everything he could handle in the finals. "He is so fast," said Raziano. "I had experience over him but he gets to everything."

Youth, youth and more youth were what the Men's D finals were all about. Dustin Kidder gave Gerard Schmitz all he could handle in the tiebreaker but it seemed that Schmitz's sheer aggressiveness was enough to take the division. He definitely has the attitude and

personality of an open player, and I'm sure the physical play isn't far behind. Oh, yeah, the Men's A finals was OK too.

Editors Note: Al Schof is an A player==>



I was very happy to see a solid women's and junior's draw. The Women's C division was a pleasure to watch. It is fun to see up and coming female players staying intense and having fun. It was also great to see experience back in women's racquetball. The Women's A division saw Leanne Mays play some solid racquetball and take a decisive victory over several time state champion Pattie Schof in the finals. In my opinion, the junior divisions were the pride of the tournament. We saw kids from 6 to 18 compete mainly for the fun of it. I say for the fun but I'm sure a few juniors would disagree. There were some intense matches. It was very emotional for me to watch these kids play because it reminds me what this is all about as well as bringing me back to when I was competing at their age. That was some of the best times of my life.

In the midst of competition, we managed to have some fun. The Saturday night awards banquet brought back a fine LRA tradition. We had some good food and a lot of good times. I believe the close quarters was nice because it gave people that don't normally party with us the opportunity to get to know some of the veterans. Next year, it will be tough to beat but I think we can do it. A world of thanks goes out to the Holiday Inn for their hospitality. Another big "Thank You!" goes to Mandy Farris and company for their efforts in helping with the food and supplies for Friday night at the tournament. Four women got together with red wine for four hours and worked pretty hard. I would like to have been a fly on the wall at Mandy's house that evening.

By the time this newsletter comes out, Regionals will be over. I hope everyone went and played well. Now is the time to talk about Nationals. I hope many of you are planning to attend. I promise you, you will be glad you did. It is nothing like you have ever seen before.

I look forward to seeing everyone this year at all of the tournaments. Remember, starting in April, every tournament counts for points. Good luck and good shooting!

AL



JUNIOR TALK!

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JUNIOR REPORT

by Debbie Spica

It was very rewarding for me to hold the first Junior racquetball meeting at the State championships and have eleven young players attend. Not only was interest up in numbers (there were six [6] players on the 1997 team) but location of players improved also. There were young players from Baton Rouge, New Orleans, Belle Chasse and Ruston attending.

The success and recognition received by the 1997 team has trickled over and helped set the tone for 1998. Our young players are working very hard on their game and their confidence is ever growing. For the first time in the history of Louisiana racquetball, as far as I know, ten junior players competed in a junior regional. The regional was held in Houston April 3-5. Our junior players dominated the tournament draws (results to follow).

A great deal of thanks go out to the parents and people who got the kids to Houston and looked out for them: Richard & Bernice Powell; Charles & Marcia Lee; John Davis; Gary & Terri Nix and David Key's Granddad and Uncle.

The 1998 team will be very strong. We're also making plans to take them to Junior Regional in Birmingham, AL May 1-3. For some, the next stop will be Junior Nationals in Portland, OR.

And on that note, the Junior team would like to ask the LRA members to support them with their travel needs and uniforms. Anyone wishing to help should send their monetary donation to the LRA Junior Team, c/o Al Schof, 4220 Paradis Lane, Kenner, LA 70065. Any and all contributions are greatly appreciated.

USRA JUNIOR REGIONAL - Houston

18 and under	Luis Aguilar	2nd
16 and under	Brandon Mcghee	2nd
	Dustin Kidder	3rd
	Shane Pellerin	4th
14 and under	Rusty Powell	2nd
	William Nix	3rd
12 and under	David Key	2nd
10 and under	Stephen Rogers	4th
8 and under	William Lee	1st
6 and under	Joseph Lee	1st

*The Junior Team would also like to thank
Spalding Racquet Sports, Sports Authority,
Nature's Harvest Produce Market and
Powerade for their support.*

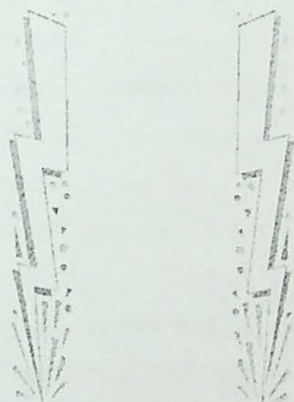
Next issue: Presentation of the official
1998 Louisiana Junior Team.



WE NEED VOLUNTEERS!

One of the hardest jobs in a "not-for-profit" organization is finding volunteers. They are the fuel that runs the engine that drives this whole endeavor. The following is a list of jobs that desperately need to be done for YOUR L.R.A. If you can help at all, please, submit your name and skills to one of the Directors or call, e-mail or fax your newsletter editor. The rewards are great!

PHOTOGRAPHERS FOR TOURNAMENTS
 ORGANIZER FOR END OF YEAR BANQUET
 NEW ORLEANS JUNIOR COORDINATOR
 TOURNAMENT ANALYST AND REPORTER
 REPORTER TO DO INTERVIEWS



DO YOU KNOW SOMEONE WHO'S A COUCH POTATO?



TELL THEM HOW MUCH FUN IT IS! HOW GOOD YOU FEEL AFTER PLAYING A COUPLE OF GAMES. HOW IT MAKES YOU LESS HUNGRY. HOW IT BURNS MORE CALORIES THAN ANY OTHER SPORT EXCEPT CROSS-COUNTRY SKIING! YOU MIGHT BRING A NEW MEMBER INTO THE ORGANIZATION AND HAVE SOME FUN WITH A FRIEND WHILE YOU'RE AT IT.

NEWSLETTER NOTES

The following closing dates and publishing dates should be useful to those of you that would like to have something published in the quarterly newsletter. The sooner we get the info, the better chance you have of seeing it in print. Human interest stories, candid pictures, tips for playing better tournaments or games and the like are all welcome.

Closing Dates	Publishing Dates
January 15	February 15
April 15	May 15
July 15	August 15
October 15	November 15



ADVERTISING RATES

per issue:

Business card size:	\$ 5.00
One-eighth (1/8) of a page:	10.00
One-fourth (1/4) of a page:	20.00
One-half (1/2) of a page:	35.00
Full page:	50.00

Discounts: For one year (Four [4] Issues) paid in advance:

25% (Twenty-five percent) off.

All ads must be confirmed in writing and paid in full by the closing date printed in the previous newsletter.

Contact Fritz Owens, Director of News & Media,
 phone: (504) 865-7027, fax (504) 865-9630,
 e-mail: fritzowens@att.net

TIPS AND STUFF LIKE THAT



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RACQUETBALL TIPS

by Pattie Schof, Certified AmPro Instructor

The Forehand Stroke - Follow Through

In order to follow through correctly, there are a few simple guidelines listed below that will be helpful for you to follow:

1. After you have made contact with the ball, follow the ball with your eyes to the front wall. This helps you get your momentum going towards the front wall for a more powerful shot, and helps you get moving again for the next shot.

2. After contact, your racquet must continue around your body, and your shoulders should end up facing the front wall. This is accomplished by using shoulder rotation throughout the stroke. Your racquet will almost be touching your side somewhere between waist and shoulder high. You don't want your follow through to be higher than your shoulder or the ball will not stay down. You must maintain the level stroke you started with to keep the level shot you want.

3. Your hips will rotate throughout contact and should end up facing the front wall. Remember how large the muscles are in your hips. If you use these muscles effectively, you can generate a lot more power in your stroke. You will also hear people talk about leg drive through the ball. After you step into the ball and make contact, your legs and hips drive through the ball to create more power.

4. Your wrist should snap through at impact to generate extra power and speed in your stroke. Right-handed players will follow through with their wrist to the left, left-handed players will follow through to the right.



Join Pattie Schof (Ektelon Team Member & Certified AmPro Instructor) and/or Al Schof (Ektelon Team Member) at the Heritage Sports Center once a month for -FREE- racquetball clinics. 10:00 a.m. sharp on the following dates:

Beginner's Clinics: May 30, 1998
Beginner's/Intermediate: Jun 27, 1998



Before taking the court - and After

from the book "Racquetball 1-2-3" by Terry Fancher c.1984

Most of us play racquetball for the same reason we indulge in other forms of physical activity - to keep fit. We play principally to stimulate our circulatory system and to maintain muscle tone that is always threatened by the sedentary life that is forced upon us by our advanced industrial civilization.

And because we move directly from a largely sedentary way of life to the racquetball court, wisdom dictates that we take a few minutes to prepare our bodies for the strenuous exercise demanded by the court game. Failure to take these precautions invites muscular strain which defeats our entire purpose.

A few minutes spent in preliminary stretching exercises can spare the recreational racquetball player the misery of tendinitis or inflamed back muscles. Bending and stretching exercises or "warming up", to use the common expression, serves the double purpose of alerting the body to the strains which you are about to impose on it, and relaxes you physically and mentally for greater enjoyment of the game itself.

Learn to enjoy these warm-up exercises because they are as important to your physical well being as the game itself.

Nor should you neglect the equally important "cooling off" exercises when you finish playing. Just as race horses are carefully walked around following a race, the human animal requires a brief period of "cooling" after any period of physical stress to prevent muscle spasm and to restore normal activity to the heart. Again, four or five minutes of easy stretching, followed by a couple of minutes of easy walking or jogging is advisable.

A tub bath or whirlpool bath is an ideal way to round off your racquetball session, if these luxuries are available.

(Summarized from Richard J. Briestein, DPM, American Board of Podiatric Surgery)



TOURNAMENT TALK

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Tournament Results

2/27/98 MANHATTAN MARDI GRAS MADNESS

MEN'S OPEN

1. O'NEIL, TODD
2. RAHN, DAVID
3. DAVIS, JOHN
4. DAVIS, SCOTT
5. BAKER, CHRIS

MEN'S A SINGLES

1. FLOWERS, RAYMOND
2. SCHOF III, ALBERT H.
3. TUMINELLO, DAVID
4. ANTHON JR., GEORGE
5. BOADA, BILL

MEN'S B SINGLES

1. LESLIE, JIM
2. ANTHON JR., GEORGE
3. LEE, CHARLES E.
4. BOADA, BILL
5. MISTICH JR., ELLIOTT

MEN'S C SINGLES

1. COFFMAN, KEVIN
2. RIGSBY, JR., TOMMY A.
3. CURRIER, MICHAEL
4. RAGLAND, MARY M.
5. GUILLIE, DOUG

Men's D SINGLES

1. SCHMITZ, GERARD M.
2. MOWERS JR, DARROL
3. POWELL, KRISTOFFER
4. FITZGERALD, AARON
5. LAUDUMIEY, AAROL

WOMEN'S A SINGLES

1. RAGLAND, MARY M.
2. GRIFFITHS, SANDRA
3. SCHOF, PATRICIA B
4. GORDON, CYNTHIA M.
5. BEE, BONNIE

WOMEN'S C SINGLES

1. GORDON, CYNTHIA M.
2. HISEY, BECKY
3. ARQUIETT, CANDY

03/21/1998

STATE SINGLES CHAMPIONSHIPS

Men's Open

1. DAVIS, JOHN
2. RAHN, DAVID
3. ROGERS, STEVE
4. DAVIS, SCOTT
5. LOWE, BRIAN

Men's B

1. ANTHON, JR., GEORGE
2. OMUNDSON, PATRICK
3. LESLIE, JIM
4. BOADA, BILL
5. COMEAUX, STEVEN M.

Men's D

1. SCHMITZ, GERARD M.
2. KIDDER, DUSTIN
3. PELLERIN, SHANE
4. MCGHEE, BRANDON
5. INGLES, RANDY

Men's 25+

1. ATWELL, KIPP
2. SCHOF III, ALBERT H.
3. FLOWERS, RAYMOND
4. CURRIER, MICHAEL
5. HIGDON, MARK

Men's 35+ A

1. OMUNDSON, PATRICK
2. ZERINGUE, ANTHONY P.
3. AHINGA, CALVIN
4. HUGHES, JIM
5. AKINS, CURTIS

Men's 40+

1. WILLIAMS, GREGORY
2. MILES, ALVIN
3. KIRKLAND, JA
4. MECHE, MICHAEL
5. BUTLER, RICHARD

Men's 50+

1. KINDL, JEFF
2. MARKERT, JOEL
3. POWELL, RICHARD
4. ROBERTS, KEN
5. BAUDRY, ROBERT

Women's A

1. MAYS, LEANNE
2. SCHOF, PATRICIA B
3. KATTENGILL, KAREN
4. LESLIE, NEYDA
5. GRIFFITHS, SANDRA

Women's All Age

1. MAYS, LEANNE
2. SCHOF, PATRICIA B
3. RAGLAND, MARY M.
4. GORDON, CYNTHIA M.
5. HISEY, BECKY

Junior 12 & Under

1. KEY, DAVID C.
2. BASINGER, SIMEON
3. FITZGERALD, AARON
4. VANCE, JR., ROBERT
5. BOUDREAUX, TYLER

Junior 8 & Under

1. LEE, WILLIAM
3. MESSIANA, CHAZ

Men's A

1. TUMINELLO, DAVID
2. SCHOF, III, ALBERT H.
3. HOOD, KEN
4. LAUDUMIEY, ROY
5. GEORGE, WAYNE

Men's C

1. CURRIER, MICHAEL
2. RAZIANO, ROY
3. COFFMAN, KEVIN
4. OLIVIA, VINCENT
5. BUTLER, RICHARD

Men's 24 & Under

1. AGUILAR, LUIS F.
2. ANASTASIO, DAVID
3. CARTIER, RYAN L.

Men's 30+

1. DAVIS, JOHN
2. ATWELL, KIPP
3. ANTHON JR., GEORGE
4. BAYHI, JAMES

Men's 35+ B

1. BAYHI, JAMES
2. PIERCE, TERRENCE
3. LEE, CHARLES E.
4. MARTIN, TYRONE
5. GEORGE, WAYNE

Men's 45+

1. PATTERSON, ROBERT T.
2. HOOD, KEN
3. PELLERIN, JOHN
4. TEABOUT, G. EARL

Men's 55+

1. BAUDRY, ROBERT
2. FERRIS, EUGENE

Women's C

1. GORDON, CYNTHIA M.
2. HISEY, BECKY
3. MOREAU, AMBER L.
4. THOMPSON, TAMMY
5. ANTOINE, TRICIA

Junior 16 & Under

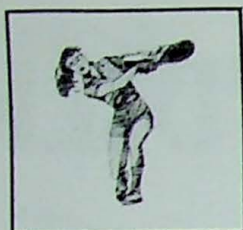
1. MCGHEE, BRANDON
2. PELLERIN, SHANE
3. KIDDER, DUSTIN
4. FITZGERALD, AARON
5. NIX, WILLIAM

Junior 10 & Under

1. PATTERSON, JAMES L.
2. ROGERS, JR., STEPHEN
3. VANCE, DARREN
4. LEMIEUX, MASSON

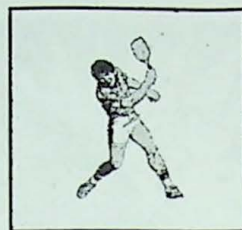
LATE BULLETIN:

Congratulations to: George Anthon, Al Schof, Warren Reuther, Leanne Mays, Karen Kattengill, Candy Arquiett & Patti Schof! They all made it to the semi-finals at the Nationals in Houston. Great Job!



TOP TEN

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Men's Open

1. 878 JOHN DAVIS
2. 856 DAVID RAHN
3. 416 SCOTT DAVIS
4. 397 STEVE ROGERS
5. 230 TODD O'NEIL
6. 115 MARK BLOOM
7. 110 JAIME ARROYAVE, JR.
8. 98 MARK HIGDON
9. 74 MIKE WHATLEY
10. 74 STUART MARTIN

Men's A

1. 2024 ALBERT H. SCHOF, III
2. 904 KEN HOOD
3. 857 MARK HIGDON
4. 850 ROY LAUDUMIEY
5. 829 DAVID TUMINELLO
6. 785 TERENCE PIERCE
7. 735 GEORGE ANTHON, Jr
8. 641 MARK VOLTRE
9. 578 BILL BOADA
10. 477 RAYMOND FLOWERS

Men's B

1. 1812 GEORGE ANTHON, Jr
2. 1506 JIM LESLIE
3. 1495 BILL BOADA
4. 1389 CHARLES E. LEE
5. 928 PATRICK OMUNDSON
6. 898 ELLIOTT MISTICH, Jr
7. 579 RUSTY POWELL
8. 489 CHRIS DACOSTA
9. 395 G. EARL TEABOUT
10. 390 RICKY WILLIS

Men's C

1. 1662 MICHAEL CURRIER
2. 1102 ROBERT VANCE
3. 915 KEVIN COFFMAN
4. 901 TOMMY RIGSBY, Jr
5. 874 ANTHONY ZERINGUE
6. 757 ROY RAZIANO
7. 625 PATRICIA B SCHOF
8. 485 JOE SHERRILL
9. 473 WILLIAM FITZGERALD
10. 464 WAYNE SKINNER

Men's D

1. 889 GERARD M. SCHMITZ
2. 718 DUSTIN KIDDER
3. 525 BRANDON MCGHEE
4. 286 SHANE PELLERIN
5. 192 CASEY MORAN
6. 187 DAVID C. KEY
7. 166 CYNTHIA M GORDON
8. 139 SIMEON BASINGER
9. 128 PAT TASSIN
10. 125 TAMMY THOMPSON

Men's All Age

1. 173 JERRY DYE
2. 154 CHARLES E. LEE
3. 105 R. J. TAMPLAIN
4. 105 WARREN REUTHER JR
5. 38 CLARENCE SIMMONS
6. 38 G. EARL TEABOUT
7. 38 KEN HOOD
8. 38 RAY RONQUILLO, Jr
9. 19 DOUG WOODS-LEDET

Men's 24 & Under

1. 128 LUIS F. AGUILAR
2. 112 DAVID ANASTASIO
3. 80 RYAN L. CARTIER

Men's 25+

1. 346 KIPP ATWELL
2. 307 ALBERT H. SCHOF, III
3. 230 RAYMOND FLOWERS
4. 192 MICHAEL CURRIER
5. 77 WILL R. VASQUEZ
6. 77 ELLIOTT MISTICH, JR.
7. 77 MARK HIGDON
8. 38 RICKY WILLIS
9. 38 WES MCDONALD

Men's 30+

1. 154 JOHN DAVIS
2. 134 KIPP ATWELL
3. 96 GEORGE ANTHON, JR.
4. 77 JAMES BAYHI

Men's 35+ A

1. 460 JAMES BAYHI
2. 330 TERENCE PIERCE
3. 260 CHARLES E. LEE
4. 247 R. J. TAMPLAIN
5. 205 GEORGE ANTHON, Jr
6. 168 RANDY LEA
7. 154 REX BEARD
8. 115 TYRONE MARTIN
9. 102 KEN HOOD
10. 79 DAVID TUMINELLO

Men's 35+ B

1. 179 PATRICK OMUNDSON
2. 157 ANTHONY ZERINGUE
3. 112 CALVIN AHINGA
4. 90 JIM HUGHES
5. 67 CURTIS AKINS

Men's 40 +

1. 230 GREGORY WILLIAMS
2. 202 ALVIN MILES
3. 144 JA KIRKLAND
4. 115 MICHAEL MECHE
5. 28 RICHARD BUTLER
6. 28 KEVIN COFFMAN
7. 28 DAVID CARD

Men's 45+

1. 235 KEN HOOD
2. 199 CLARENCE SIMMONS
3. 179 JEFF KINDL
4. 171 CYRIL HENTZE
5. 128 G. EARL TEABOUT
6. 112 JOHN PELLERIN
7. 96 WARREN REUTHER JR.
8. 90 BO CHAMPAGNE
9. 67 ROBERT T. PATTERSON
10. 38 AL REAGLE

Men's 50+

1. 346 JEFF KINDL
2. 307 JOEL MARKERT
3. 230 RICHARD POWELL
4. 192 KEN ROBERTS
5. 115 ROBERT BAUDRY
6. 77 ROGER ANASTASIO
7. 77 ROY RAZIANO
8. 48 EUGENE FERRIS
9. 38 JOE SHERRILL

Men's 55+

1. 166 WARREN REUTHER JR.
2. 152 EUGENE FERRIS
3. 90 RAY RONQUILLO, JR.
4. 77 ROBERT BAUDRY
5. 69 STEVE KASHMAN
6. 51 RICHARD SOUSA

Women's Open

1. 77 DEBBIE SPICA
2. 67 KAREN KATTENGILL
3. 48 PATRICIA B. SCHOF
4. 38 SANDRA GRIFFITHS

Women's A

1. 491 PATRICIA B SCHOF
2. 230 LEANNE MAYS
3. 226 NEYDA LESLIE
4. 199 JANETH RECTOR
5. 180 MARY M. RAGLAND
6. 178 KAREN KATTENGILL
7. 130 BONNIE BEE
8. 90 SANDRA GRIFFITHS
9. 76 CYNTHIA M. GORDON
10. 38 TAMMY THOMPSON

Women's B

1. 192 NEYDA LESLIE
2. 120 BECKY HISEY
3. 112 MONICA POWELL
4. 56 MANDY FARRIS
5. 16 CYNTHIA M. GORDON
6. 16 TAMMY THOMPSON
7. 16 ANNE PEEK

Women's C

1. 538 CYNTHIA M. GORDON
2. 484 CANDY ARQUIETT
3. 374 BECKY HISEY
4. 335 TAMMY THOMPSON
5. 286 AMBER L. MOREAU
6. 148 KARY GILLIS
7. 102 MONICA POWELL
8. 90 KAREN PROSSER
9. 77 TRICIA ANTOINE
10. 72 MELANIE COOKE

Women's D

1. 102 DEBBIE MACK
2. 13 BERNICE POWELL

Women's All Age

1. 403 LEANNE MAYS
2. 358 PATRICIA B SCHOF
3. 269 MARY M. RAGLAND
4. 224 CYNTHIA M. GORDON
5. 90 NEYDA LESLIE
6. 90 KAREN KATTENGILL
7. 90 BECKY HISEY
8. 90 TAMMY THOMPSON
9. 45 AMBER L. MOREAU
10. 45 TRICIA ANTOINE

Juniors 8 & Under

1. 154 WILLIAM LEE
2. 134 JOSEPH LEE
3. 96 CHAZ MESSIANA
4. 77 HARRISON ROGERS

Juniors 10 & Under

1. 255 JAMES L. PATTERSON
2. 206 STEPHEN ROGERS, JR.
3. 96 DARREN VANCE
4. 77 MASSON LEMIEUX
5. 58 SARA GARRETT
6. 14 BRANDI ALEXANDER
7. 14 PATRICK GRACE, JR.

Juniors 12 & Under

1. 565 DAVID C. KEY
2. 296 ROBERT VANCE, JR.
3. 247 SIMEON BASINGER
4. 218 BLAKE WHITTLE
5. 169 AARON FITZGERALD
6. 77 TYLER BOUDREAUX
7. 54 KEVIN KIDDER
8. 27 WILLIAM NIX
9. 27 RAFAEL BERRIO
10. 26 AAROL LAUDUMIEY

Juniors 14 & Under

1. 115 DAVID C. KEY
2. 101 SIMEON BASSINGER
3. 72 AARON FITZGERALD
4. 14 ROBERT VANCE, JR.
5. 14 CASEY MORAN
6. 14 DUSTIN KIDDER
7. 14 STEVE SOPER

Juniors 16 & Under

1. 179 BRANDON MCGHEE
2. 157 SHANE PELLERIN
3. 112 DUSTIN KIDDER
4. 80 WILLIAM NIX
5. 80 AARON FITZGERALD

====> NOTICE <====

We have made every effort to insure that these ranking points are accurate. However, the switch to a new computer program has turned up a few glitches in the age groups. If you feel your points for the 1997-98 season are incorrect, please contact either Fritz Owens or Al Schof to have them checked. Thanks!

Announcements

LRA/USRA 1998 EVENT CALENDAR

HERITAGE SPORTS CENTER, Metairie, LA
Nationals Warmup Tournament, May 16, 1998

HOUSTON DOWNTOWN YMCA at Houston, TX
1998 USRA/EKTELON NATIONAL CHAMPIONSHIPS, May 20-25, '98

ELMWOOD FITNESS CENTER, at Harahan, LA
1998 June Classic: June 12 - 14, 1998

EKTELON USRA 25TH JUNIOR OLYMPICS, Portland, OR
June 17, 1998 - July 1, 1998

HILTON RIVERCENTER, New Orleans, LA
AMPRO Clinic: June 26, 1998 - June 28, 1998

COURTHOUSE RACQUET CLUB, Jackson, MS
Courthouse of Blues Tournament, July 17-19, 1998

ELMWOOD FITNESS CENTER, Harahan, LA
PRO-AM SUMMER COOLER: August 5-9, 1998

SPECIAL ANNOUNCEMENT

The famous *Elmwood June Classic* will be held on June 12, 13 & 14, 1998 at Elmwood Fitness Center. There may be some confusion when you receive your application. The title of the tournament will be *The Louisiana Racquetball Games*. It is a regular LRA tournament, but it is sponsored by the New Orleans Sports Foundation and is being held in conjunction with the Louisiana State Olympics. You can still expect the same great competition with a little lan giappe. If you have any questions or would like to have more information, contact:

Al Schof at (504) 468- 2813.

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ODDS AND ENDS

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ANNIVERSARY PARTY!

Paul Bruno, former president of the LRA and the 1977 Louisiana Open singles champion is celebrating 20 years of doing business with his partner, Cliff Bergeron. The party will be at the Downtown Fitness Center on June 6th. Incriminating photographs are most welcome. You can call Paul or Cliff for an invitation at 504-525-2956

CONGRATULATIONS!

At the awards banquet held in Baton Rouge during the State Singles Championships, several players received awards based on merit and their level of play:

Lance Nelson Junior Sportsmanship Award:
WILLIAM NIX

Junior player of the year:
RUSTY POWELL

Most Improved Player:
CYNTHIA GORDON

Male Sportsmanship:
CHARLES LEE

Female Sportsmanship:
TAMMY THOMPSON

The only time you can't afford to
fail is the last time you try!
Charles Kettering



It seems that there were a lot of questions at State about how players were seeded into the draw. The LRA has a pretty sophisticated database that keeps track of every player at every tournament. We know what tournaments you played in, we know what rounds you won and lost in, we know if you've been naughty or nice! What it boils down to is this: you get points for signing up and playing one round; you get more points for each round you win. Third place and consolation give you more points so it is important to play those matches. The more tournaments you play, the more points you get and the higher your seed is at the State Championships. Remember, all of the rankings are available at every tournament. So be good for goodness sake! If you have questions about how players are seeded, don't ask another player and then start gossip. Get the straight goods from an LRA Board member. There's one at every tournament.



Tired of not seeing tournament entries or the newsletter at your club? Make sure we have the address of your club correct and they'll get there!

LETTERS



THE EDITOR

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To the LRA Board: First, I want to say, from a member's standpoint, that the State Singles Tournament was a great success. I played several super matches and enjoyed all of them tremendously. They brought back some good memories from the 70's and 80's, when racquetball was at its best and you played matches that made you hurt and sweat. The banquet was a huge success and I believe everyone had a wonderful time. The food was fabulous and of the course the nonalcoholic cocktails. All of you should be applauded for a job well done.

Secondly, from a new Board member's standpoint, I have learned much about what it takes to run a racquetball tournament: WORK, WORK, WORK and more WORK!!! I was able to experience first hand what is involved in running a smooth tournament and what kind of complaints are brought before the Executive Board members.

The LRA Board members begin preparations for state tournaments well over six months in advance of the tournament. The week before the tournament involves last minute preparation as well as doing the draw which takes two days to complete. On the day of the tournament, the board members arrive at the site 2 hours before the first match. Their duties include hanging draw sheets, hand writing all scorecards, filling water coolers, preparing food and preparing for player check-in. From the start of the first game until the finish of the last game the Board is on the site available to all players. After the last match, when everyone is either traveling home or in bed, the LRA Board has to stay another hour or so to clean up, verify winners, record points, balance all the money and check memberships. Then, after that, they have to load up everything into cars or trucks. Don't forget, the facility has to be free of trash. This takes considerable time and effort from start to finish. I believe all members can help just by picking up after themselves. If you notice the coolers are empty, offer to help fill them up or just ask someone at the desk if there is anything you can do to help.

Last but not least, some people have complained about not getting signed up for consolation and they take it out on the tournament desk. There are notes on the application and signs posted at the tournament: You must sign up for consolation. People also had some questions about the rankings and points and how the draw is computed. If I want to know something, I ask questions. No question is a stupid question. Remember, this is our LRA, so we all need to take some part to make it a better one. If you have a better idea about doing something, make the suggestion and explain your idea and why you think it can work. Don't just gossip, put your money where your mouth is. There is too much talk and not enough action. Your idea could possibly help things run more efficiently. If the Board does not hear from you, you should not complain. We have too many good members to let our LRA go downhill. Enough of this!

Now, happily, I want to commend the juniors of all ages for their sportsmanship and outstanding play on the court. I watch many matches during the tournament and was amazed at how well they played and how clean the games were. I had the pleasure of refereeing some junior matches and we as adults can learn some lessons from these youths. Their coolness and sportsmanship were beyond excellent. It was such a pleasure to watch some great racquetball. Juniors! Keep up the good play and sportsmanship! I look forward to seeing all of you in the future. Again, thanks to the LRA Board for the great 1998 State Singles. I look forward to working with each of you.

LET THE GOOD TIMES ROLL & I'LL ROLL WITH YOU!

Karen Kattengill

Do you know what those handles on the side of the leg extension machine are for? I didn't either until the J.C.C. Health & P. E. Director showed me how to prevent my back from being injured when using that particular piece of equipment. (NOW he tells me!)

It was a nice day in early October of 1997 when I asked Seth Demberg, the Health and P. E. Director at the Jewish Community Center on St. Charles Ave. about getting a "quicker and more efficient workout". He suggested using the entire collection of the new hydraulic circuit training machines in the new facility just completed in March of 1997. "Just get on each one without pause and pump at least 40 times as fast as you can", he said, "and you'll get a great workout!" "More like a trip to the cemetery" I thought to myself. I decided to do it anyhow but only did them 20 times with the hydraulics set to halfway instead of the maximum. Within a couple of weeks I realized that the whole right side of my leg was aching. I was getting tired in the middle of the day because the pain kept waking me up in the middle of the night.. Going over my activities made me realize that one of these new machines had probably gotten something out of place in my back and it was pressing against the sciatic nerve. You know, the biggest nerve in your body? The one that goes from the middle of your back down through your hip, along the thigh, down the outside of the calf, over the top of the ankle and around to the front of the big toe? Well, it knocked me out of playing racquetball for six months. In the month of December, during my seventh visit to Dr. Gerry Provance, the chiropractor for the Saints, he got the culprit back into place and since the first of the year I have been pretty well pain free. Then the long rehab started. Light workout and 5 minutes alone on the court. Rest for two days. Medium workout and 10 minutes alone on the court. Rest for three days. So it went with things getting a little better each week. Finally, on May 7, 1998, after more than six months of no playing, on the day our grandson was born in Atlanta, I made it back on the court for a game of cutthroat to 11. Two days later it was two games to 15 with my good friend, Carlie Kahn. The following morning it was one game to 15 of cutthroat. Last Thursday night I practiced then played again on Saturday and Sunday. No repercussions so I guess I'm on the mend.

There's a moral here, folks. If I'd taken the time to ask about the leg extension machines I would have found out that you not only need the special lumbar support cushion behind your back, you MUST pull yourself down tightly into the seat to make sure you don't hurt your back! The next time you get that urge to try one of those new, "looks like they're easy to use" machines, STOP! Go get your club pro and ask for instructions. That's what they're there for and it could save you six months of moping around cause you can't play ball!

The Editor

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