

RACQUETBALL

IN REVIEW™

AARA

Official Publication of the AARA • Member United States Olympic Committee

Volume 5, Number 3 • March 1986

IOC Recognizes Racquetball For Future Olympic Games

In Just 12 Short Years Racquetball Has Grown Worldwide



By Luke St. Onge, Executive Director

The full realization and impact of this headline has yet to sink in. We can trace racquetball as a truly nationally organized sport from 1974. In just 12 short years, racquetball has spread worldwide to the point where the most prestigious international sports organization in the world has recognized it for inclusion in future Olympic and International Games conducted under its auspices. Racquetball's involvement in the World University Games, Pan American Games, Mediterranean Games, Asian

Games, South American Games, Caribbean Games, and virtually all world regional games will have a profound effect on the future development of our sport.

Racquetball is now organized competition in 44 countries. This recognition by the I.O.C. will allow each of the National Federations in each of these countries to receive support from their government and their National Olympic Committee. The remaining 120 plus member countries, including the Eastern bloc, will be introduced to racquetball. We can look for highly competitive teams to emerge from them.

What does this historic event mean to the United States and the AARA? Full implications are not yet known, but we do know that racquetball's legitimacy not only in this country, but now worldwide, cannot be questioned. Virtually all of you as AARA members, club owners, manufacturers and players, have played a part in allowing racquetball to achieve such lofty heights in such a short amount of time.

Look at the record. We now have in place a strong Junior development program, Intercollegiate program, adult programs that range

from 19 to 79 years of age, a bona-fide U.S. National Team, and professional ranks for men and women.

There is international and national competition in 44 countries on five continents. Now we can realistically expect to be included in the future programs of the Pan Am and Olympic Games. No sport can remain healthy and grow without all of these facets in place. Racquetball has accomplished in 12 short years what has taken some sports 50 to 100 years to achieve.

Will this be the next major expansion of our sport? A lot remains to be seen but one thing is for sure, we must not deter from the continuing objective of developing our sport in a systematic grass roots support organization. The visibility is there for us now to bring racquetball into the same light as soccer, basketball, gymnastics, and to bring home to the United States the first gold medals from the first racquetball competition in the Olympic Games. ■



CITIUS ALTIUS FORTIUS

LE PRESIDENT

COMITÉ INTERNATIONAL OLYMPIQUE
CHÂTEAU DE Vidy, 1007 LAUSANNE SUISSE

Mr. Han van der HEIJDEN
President
International Amateur Racquetball
Federation
Laan van N.O. Indië 287

2593 BS THE HAGUE / The Netherlands

Lausanne, 14th January 1986
Ref. no. /86/jsb

301

Re : IOC Recognition

Dear Mr. van der Heijden,

It is my pleasure to inform you that at the recent meeting of the IOC Executive Board held on 5th-6th December 1985 in Lausanne, and upon the recommendation of the IOC Commission for the Programme, the International Olympic Committee decided to give official recognition to the International Amateur Racquetball Federation.

I take this opportunity to welcome your federation to the Olympic Movement.

Yours sincerely,

Juan Antonio SAMARANCH

American Amateur Racquetball Association
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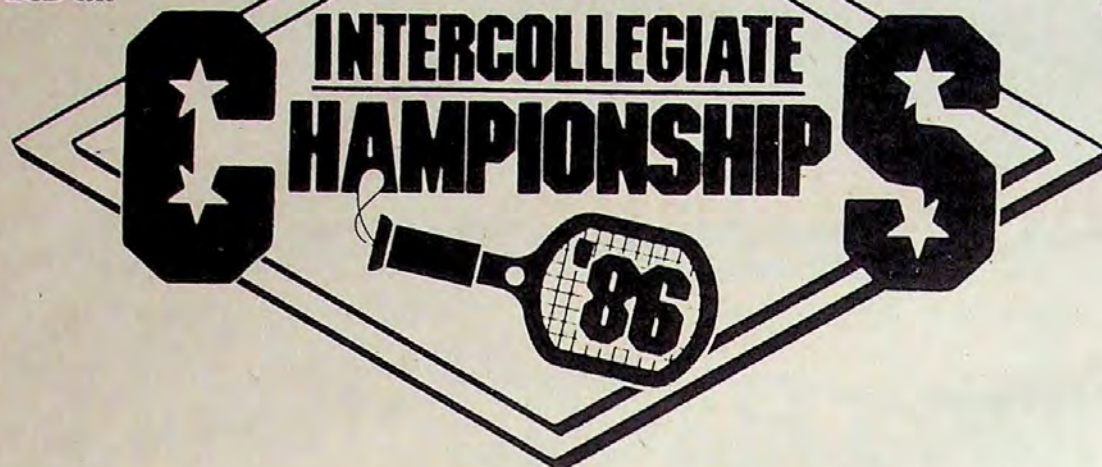
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Penn
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Warwick, R.I. 02886
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ELIGIBILITY:

See Accompanying Official AARA Intercollegiate Rules

DIVISIONS:

MEN'S TEAM #1

Men's singles: 1,2,3,4. Men's doubles: 1,2.

WOMEN'S TEAM #1

Women's singles: 1,2,3,4. Women's doubles: 1,2.

MEN'S TEAM #2

Men's singles: 1,2,3,4. Men's doubles: 1,2.

WOMEN'S TEAM #2

Women's singles: 1,2,3,4. Women's doubles: 1,2.

ENTRY FEE:

\$15.00 First Event; \$10.00 Second Event.

DEADLINE:

Postmarked Friday, March 28, 1986, NO EXCEPTIONS.
Entry fee and eligibility letter MUST accompany entry
(see Rule 3, No. 1).

TOURNAMENT DIRECTORS:

N. Shapiro, J. Colantoni (617-922-4147),
Luke St. Onge (303-635-5396).

HOUSING:

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PLAY BEGINS:

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Friday, April 11, 1986

Mens ☐ #1 singles ☐ #2 singles ☐ #3 singles ☐ #4 singles
Team 1 ☐ #1 doubles ☐ #2 doubles

Womens ☐ #1 singles ☐ #2 singles ☐ #3 singles ☐ #4 singles
Team 1* ☐ #1 doubles ☐ #2 doubles

Mens ☐ #1 singles ☐ #2 singles ☐ #3 singles ☐ #4 singles
Team 2 ☐ #1 doubles ☐ #2 doubles

Womens ☐ #1 singles ☐ #2 singles ☐ #3 singles ☐ #4 singles
Team 2 ☐ #1 doubles ☐ #2 doubles

College _____ RB contact _____

Telephone () _____

Name _____

Address _____

Partner's name _____

Amt. enclosed \$ _____ AARA/ACRA member dues _____

I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the AARA and all participating parties and their respective agents for any and all injuries

Date _____ Signature _____

Make sure to enclose your check and eligibility letter.

Mail to: AARA Intercollegiate Championships, 815 N. Weber, Suite 203, Colorado Springs, CO 80903.

*Note: A member of Team 1 cannot be entered as a member of Team 2

RULE ONE - PARTICIPATION

No one shall participate in any intercollegiate racquetball contest unless he is a bona fide matriculated undergraduate student of an accredited university, college, or junior college and is regularly enrolled and doing full work as defined by the regulations of the institution at which he is enrolled.

RULE TWO - PARTICIPATION

Only amateurs may participate. A professional shall be defined as any player (male, female or junior) who has accepted prize money regardless of the amount in any PRO SANCTIONED tournament (NRC, PRA, WPPA, IPRO, NARP) or any other association so deemed by the AARA Board of Directors.

RULE THREE - TOURNAMENTS

1. Eligibility of participants shall be verified prior to the tournament by letter from the Office of the Dean of Admissions or Registrar to the tournament director, with the school seal affixed.

2. Teams shall consist of four or six players from the same institution. Teams cannot comprise players from different schools in the same system (example, University of Texas Austin, Arlington and El Paso campuses). Members of a doubles team must be from the same institution.

3. A team of six or four players shall consist of one No. 1 Singles, one No. 2 Singles, one No. 3 Singles, one No. 4 Singles, plus a No. 1 Doubles team, No. 2 Doubles team. Singles players may play Doubles.

Only 2 players from any one school may be in any singles division and only 2 doubles teams from any one school may be in either doubles division.

Any school that has more than one team in the tournament may not have cross-over participation, e.g. doubles players on team #1 cannot play on team #2 in doubles or in singles. The same is true for independent players.

4. Scoring shall be as follows:

Placement - The champion of each event shall receive 10 points, runner-up 7 points, third place 4 points, fourth place 2 points.

Weighting scheme:

There is a bonus pool of points that will be awarded for each win beginning with round 16, seven (7) points for division #1, five (5) for division #2, three (3) for division #3 and none for division #4. Using this weighting system it becomes more valuable to the team to play players at their ability level rather than below.

Advancement - A player shall receive two points for each match won, except that no advancement points shall be awarded to the winner of the championship finals of the third place match. A forfeit or any injury default shall be considered a match win. One point shall be awarded to a player receiving a bye, if he wins his next match. Teams with less than a full team will score points toward the team championships.

RULE FOUR

All players must be members of the AARA - non members must submit \$10.00 yearly dues as part of registration form.



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3. In addition, A.A.R.A. attendees who obtain their flights on United (as outlined above) will be eligible for a special drawing. The prize, 2 complimentary round trip Continental U.S. tickets good for travel before September 30, 1987 (holiday periods excluded). Drawing will be held in November 1986.

Your support of this program further helps racquetball to become an Olympic sport.

UNITED AIRLINES OFFERS AARA SPECIAL FARES

On this page we announce a United Air Lines 1986 promotion for the major AARA events this year. The United States Olympic Committee Travel Desk and United have combined to offer to you a 5% discount off of the lowest offered fare by United. For example, a \$785 roundtrip fare is offered between New York and Houston. United will guarantee it to you for \$190. Take advantage of this offer and you'll be helping our U.S. National Team to the World Championships. And, you have a chance to win two free tickets on United anywhere in the Continental United States. You can even use your travel agent to book your flight, but be sure to use the USOC Travel Desk at (800) 841-0460.

Don't forget to vote. The future of your sport is in your Board of Directors.

HUMOR

By

Tom Grobmisi

Grobmisi's Laws

- The bigger they are, the harder they hit.
- All important shots are hit at or near the crotch.
- Almost any good player can become a club champ. The first step is to carefully select your club. Or start your own.
- It's easy to have a second serve as good as your first... just ease up on your first serve.
- People who are nice off the court aren't necessarily nice on the court.
- It didn't bounce twice unless someone says it bounced twice.
- The only real difference between us and the pros is points.
- There's a name for people who never buy balls... lonely.
- People who talk dirty, gossip, and generally make fools of themselves - are fun!

My Bag

Shoes, socks and lock,
Shorts, glove and jock...
How carefully I pack it.
A pro in every way,
I'm always set to play;
Oops... I forgot my racquet!

I love to Rub It In
By Tom Grobmisi

I love to rub it in
When I win;
And everytime I kill the ball
I grin.
Good sportsmanship is boring,
I like to revel when I'm scoring!
Who says that being cocky
Is a sin?
And when I lose...
I cry;
Make excuses,
Even lie.
I throw tantrums
And get nasty as can be.
And my friends don't seem to mind;
They're friendly, and they're kind,
Except none of them
Will ever play with me.



American Collegiate Racquetball Association

The Psychology Of Competition

Part Three: Cognitive Restructuring and and Mental Imaging

By Dr. Jerry May and
Drew Stoddard

Athletics is the process of programming the mind by feeding it with enough information about a particular skill so that it can direct the body to recreate that skill at a later time. If the programming is done well, the mind is capable of executing a given task with a degree of precision and timing that is almost beyond comprehension. Few of us have not at some time marveled at the elegant passing shot of a tennis champion, or the perfect trajectory of a quarterback's 50-yard pass as it flies to within inches of its intended target.

Given its awesome capacity, it is ironic that perhaps the most difficult skill for the human mind to acquire is the ability to control itself. For the athlete who aspires to excellence, teaching the mind to perform efficiently and predictably under the stress of competition is the greatest challenge of all.

Few areas in our lives are not affected in some way by stress. In this series of articles we have explored the affects of stress on athletic performance, and have identified three specific principles:

One

The mind's ability to recreate a learned skill is altered, for better or worse, by the presence of stress. Executing a skill in the relaxed atmosphere of practice is quite different from executing the same skill under the stress of competition.

Two

When it is confronted with stress, the mind becomes aroused, and there is a direct relationship between the level of arousal and performance. The level of performance increases with arousal until it reaches a point of maximum efficiency. Beyond that point, any further increase in the aroused state will cause performance to deteriorate.

Three

Just as you can train your body to execute a particular skill, you can condition your mind to perform well under stress. Top competitors are not always the most physically gifted, but they excel because they have learned to control their own state of arousal.

There are two primary ways to train the mind to cope with stress. The first is by learning to "override" the mind's natural responses to stress through a technique called *relaxation training*. This is a process of teaching the mind to relax on command, and it was detailed in The Psychology of Competition Part III.

Relaxation training has been used with great success by a number of world class competitors. It works because it gives the athlete a reliable method for controlling the symptoms of the brain's built-in response to stress.

"For the athlete who aspires to excellence, teaching the mind to perform efficiently and predictably under the stress of competition is the greatest challenge of all."

The second method separates at a much deeper level, by effectively retraining the mind to more accurately interpret which circumstances are truly threatening, and which are not. This is done through a process called *cognitive restructuring*, which is just a fancy name to describe the restructuring of one's own thought patterns.

To understand this, let's go back for a moment and explore why the mind reacts as it does to stress. We often think of the brain as a kind of reservoir which is empty at birth, and which we then slowly fill with information as we go through life. This is partially true, but in fact our brains come from the factory with some information already built-in. Each of us deals with our own instincts every day: we eat, we breathe, we dress to keep ourselves warm, and we seek the companionship of others, all with very little conscious motivation.

Whatever else you may ask it to do on a daily basis, your mind's highest priority at all times is to keep you alive. If you don't believe that, the next time you're really hungry go stand in front of a speeding car and see how fast you forget about that Big Mac. Whenever the brain is confronted with what it perceives to be a serious threat, all other processes are shut down and the survival instinct takes complete control. We described this in Part II as the "fight-or-flight" response.

That defense mechanism is vital;

that you are reading this is evidence that yours is working correctly.

However, unless it is trained to do otherwise, the mind can often misinterpret the signals it receives and summon this extreme life-preserving response when in fact no real threat exists. This is what causes the breakdown in performance many athletes experience in stressful competition. Why does the mind become so confused?

Cognitive Restructuring

In fact, we tend to cause this

(continued on page 11)





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Suite C, 400 Douglas Avenue
Dunedin, FL 33528
(813) 736-5616

A.A.R.A.: Racquetball In Review is
published nine times annually by
FTP, Inc. for the American Amateur
Racquetball Association.

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RACQUETBALL IN REVIEW is the
official publication of the American
Amateur Racquetball Association.

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Luke St. Onge
Executive Director

The AARA Officers and its Board of Directors want to offer the following slate of candidates for your consideration. The Candidates listed below will serve a three year term and only three (3) of those named can be selected. Rather than embellishing on their credentials and accomplishments, we have decided to let each tell why he or she feels that a positive vote from you, the membership at large, would result in a better and stronger Association. What follows are their own remarks and their own per-

sonal evaluations. We personally believe that a stronger slate would be difficult to assemble, but again, you be the judge.

Read carefully what each has to say, place your vote on the ballot provided, and mail your ballot to AARA headquarters to arrive before May 1, 1986.

Regardless of who you vote for, please vote! What the AARA does for you and where we go in the future is, in a large part, in the hands of those officers and directors who orchestrate our destiny.

Luke St. Onge, Executive Director

The Candidates

LEE BATEMAN
Pennsylvania

My involvement in the game began five years ago as a novice player in tournaments the first year to being second ranked in the nation as a class D player my second year. I am playing in class A and open division now. From my experience in tournaments, I helped develop a Travel League between 30 clubs in the Pennsylvania and Delaware region. I also sponsor two Junior class tournaments on my own each year.

Because of these experiences, I've had the pleasure of teaching students at all levels the rules, skills and strategies of the game.

I wish to be on the Board so that I may play an integral part in informing the general public about racquetball and its merits. Everyone should have the opportunity to learn the game — starting at the junior level — to learn not only the mental and physical attributes but the leadership qualities you gain from the sport.

Being a board member will give me the opportunity to pass on this knowledge on a larger scale, especially starting at the junior level.

Representing the New England Region on the Board is very rewarding. Being very supportive of New England in regard to the racquetball sport is very challenging. I would also like to see more support for Women's Racquetball, Seniors, Juniors, and family involvement. Racquetball is physical, stress releasing, competitive and above all fun for everyone.

JON DENLEY
New Jersey

Only a short five years ago the AARA was almost non-existent in the state of New Jersey. An association attempted to "profiteer" by scheduling as many tournaments as the calendar would permit. Their theme was always "quantity".

Being an avid player and staunch supporter of the AARA, I was asked to consider accepting the position of state director. Upon acceptance I carefully selected a committee to assist me in this venture. Our common theme as a non-profit group was to promote racquetball through quality and excellence.

Today we have over 1,400 members and schedule over 20 open tournaments a year. We publish a bi-monthly state newsletter which includes state ranking systems patterned after the national ranking system. We have enlisted players and club owners/managers through our state club affiliate member program. We solicited the sport of racquetball through a statewide Burger King/Club promotion.

We have developed an on-going relationship with the second largest newspaper in the state, which not only prints our tournament results, but headlines our events. ABC TV has announced our tournaments and interviewed some of our top players. Our Governor has proclaimed the week of May 10 as "Racquetball Week" for three consecutive years.

There are many goals yet to reach. The light at the end of the tunnel is far from being in sight. I want to contribute my experience, ideas and energies to help get just a little bit closer to that "light".

Please cast your ballot — regardless for whom you vote — just so long as you vote!

JOHN FOUST
Colorado

It is my belief that in the history of racquetball, no one organization has done more to solidify our sport for the future than the AARA. I want to continue the work I have done on a state and regional level at a national level. I would never claim to be a genius or know all there is about racquetball, but I do think I have a good feel for the sport and I'm concerned about its future, especially for amateurs.

Another area of special concern for me is the involvement of disabled people in our sport. Racquetball lends itself exceptionally well to the disabled. As a disabled athlete I would like to spearhead the AARA disabled program with proper representation on the board.

My primary goal in becoming involved on a national level is to continue the work being done by the current board in achieving class A status with the U.S.O.C. I think it would be an accomplishment that could be shared by all if, one day, racquetball is part of the Olympics and amateurs are vying for a gold medal. I will work hard to help attain those goals.

GERALD GRAY
Michigan

I want to be involved in the decision making process of the AARA and help mould the future of racquetball because of my belief in racquetball as a multi-faceted, life-long activity from juniors, intercollegiate, young adults, to seniors and masters.

As a person who has recovered from a heart attack while playing racquetball, I realize the tremendous support group the sport provides for persons wanting to adhere to wellness programs.

As a member of the intercollegiate council, I want to help coordinate activities and developments with the Board of Directors.

CLINT KOBLE
Nevada

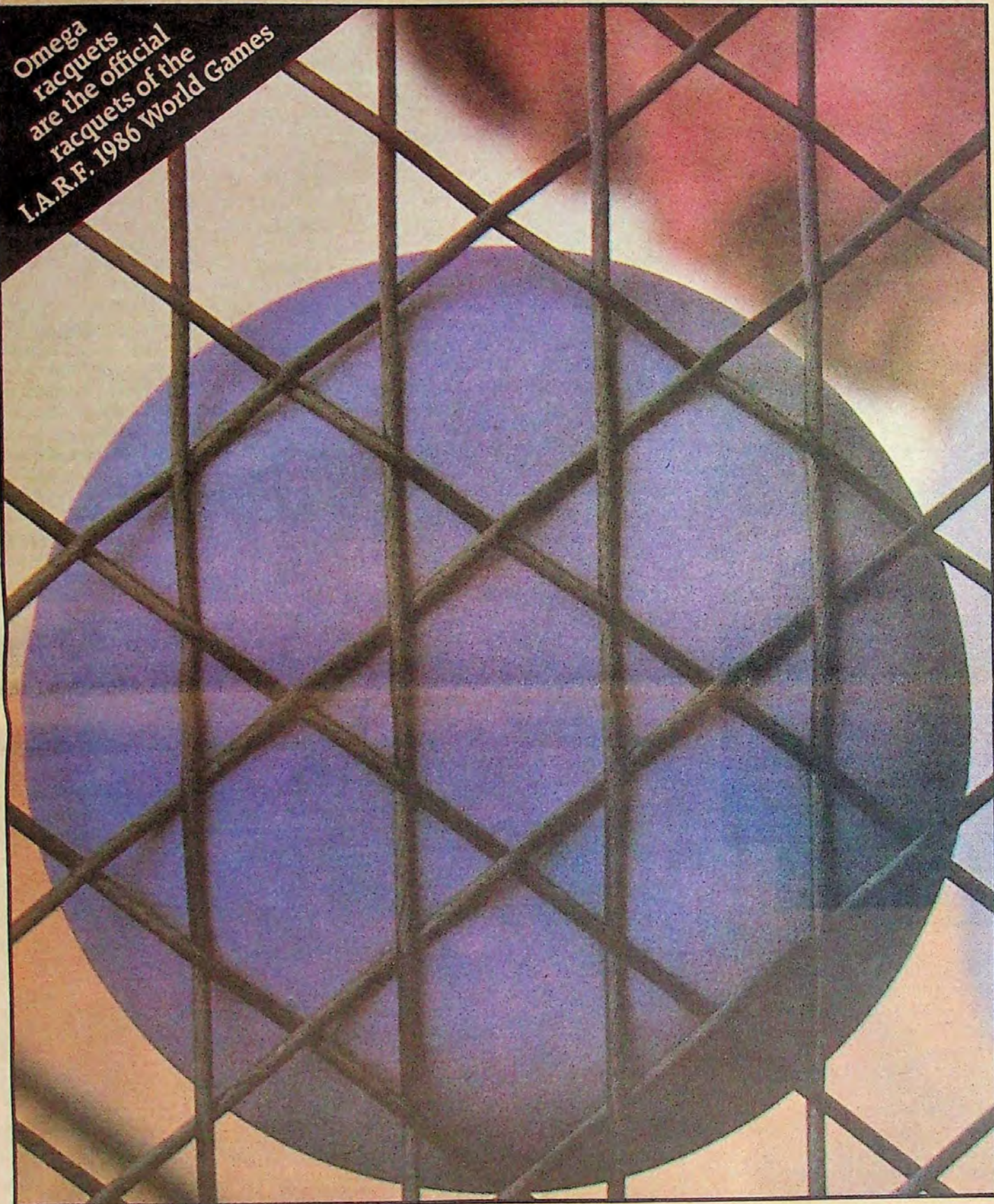
In my first term as a board member, I would like to accomplish three major goals:

(continued on page 6)

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The Candidates

(continued from page 4)

1. Be instrumental and innovative in getting racquetball accepted into the Olympics and to change our current amateur eligibility rule at the same time by making it fair and simple to be an amateur or pro. We need to seriously consider the direction of "open eligibility" that other Olympic sports are headed in.

2. Propose that we seriously rewrite some of our rules on avoidables and other vague areas that are open to interpretation. Our sport will always be seriously hindered until we spell out more clearly what and when avoidables occur if we are even to avoid conflicts and to make the sport more appealing.

3. Help establish a Hall of Fame and a Sports Museum while our sport is young and while our legends can give us information and early equipment essential to our history.

GEOFF PETERS Illinois

As an elected officer of the Illinois State Racquetball Association, I have had an opportunity to contribute to the rejuvenation of racquetball in Illinois during the past two seasons. I believe that much of this has to do with several specific actions that I have helped to spearhead. In particular we have:

1. Reaffirmed our commitment to the AARA on a State and Regional level.

2. Become heavily involved in the ARHS ranking system to effi-

ciently rank players and eliminate sandbagging.

3. Developed a tournament sanctioning package which represents a significant value for the tournament director while ensuring a quality experience for the player, and

4. Published a complete newsletter including instructions, results, racquetball info, all statewide results, and a complete tournament calendar 7 times a year.

During this period, membership in the ISRA has more than tripled and we no longer hear the old complaint — what do I get for my money?

I think that I will be able to translate the energy and enthusiasm which I have displayed on the state level to the AARA National Board. We need a *working* board that is able to come up with new and exciting ways to promote the sport of racquetball at all levels. At the same time, the board must be pragmatic enough to recognize that implementation and translation of those ideas to the local level represents even greater challenge.

I've been successful on the local level, and would enjoy the opportunity to work with the other Board members to develop additional programs for the benefit of all ability levels nationwide.

JUDI SCHMIDT Florida

During 17 years of participation in racquetball, I have contributed

to its growth and development at local, state, and regional levels to the best of my ability both independently and as a representative of the AARA on a national level because I believe strongly in the philosophies, ideals and objectives of the AARA and I am willing to work diligently through the coming years to see that our sport achieves the international status it deserves.

As a woman first, and athlete/coach secondly, I am convinced of the need for recreation and athletics in the formation of a well-rounded individual. Therefore, I have been a spokesperson in the southeast for female and junior involvement in racquetball. I would like to be more involved in the development of policies and programs which will attract women and children to the overall benefits to be derived from the racquetball experiences.

I will bring to the National Board the same dedication, hard work and energy that I have devoted to the growth of racquetball in Florida and the Southeast region since 1969.

ALLEN SEITLEMAN New York

Why would I want to be on the board of directors? While this question could generate some very complex rationales, it is very simple for me to answer: I've played racquetball for over 16 years and I love the game.

I loved the sport so much that I gladly dedicated my efforts to help improve and promote it. I quickly found that the more time and effort I put into the sport, both as a player and as an administrator, the more I enjoyed and loved racquetball.

Racquetball has undoubtedly become a major facet in my life, therefore, the opportunity to serve as a member of the Board of Directors, National Vice President, and as the U.S. Olympic Committee delegate is a major concern of mine since there is still a great deal of work left to accomplish in order to make our Association even better.

If elected, I bring to the Board a combination of interest, abilities and experience that is ideally suited to helping our Association grow and develop. If you like the way the AARA has been developing over the past few years, a vote for me will help to ensure the continuation of this trend (based on my track record as an integral part of the administration of the Association for the past eight years).

In addition to my racquetball expertise, my education background (Master's degree in public administration), and my work as Director of Planning provide me with an excellent basis to serve as an officer of the AARA.

If elected, I pledge to continue to work hard, if not harder for the betterment of the AARA, to aid in the growth of the sport, and to work on having racquetball accepted as an Olympic sport. ■

OFFICIAL AARA BALLOT

Listed below is the slate of candidates. The slate consists of nine (9) candidates of whom only three (3) may be selected. The ballot should be filled out by checking three (3) selections only and then clipping and mailing the ballot to: AARA, 815 North Weber, Suite 203, Colorado Springs, CO 80903. Note: All ballots must be received by midnight, May 1, 1986 in order to be eligible. Those selected will serve a three (3) year term commencing in May.

- | | |
|---------------------------------------|--|
| ☐ Lee Bateman | ☐ Clint Koble |
| ☐ Gayann Bloom | ☐ Geoff Peters |
| ☐ Jon Denley | ☐ Judi Schmidt |
| ☐ John Foust | ☐ Allen Seitleman |
| ☐ Gerald Gray | |

Detach and mail to: AARA Headquarters, 815 North Weber, Suite 203, Colorado Springs, CO 80903 before May 1, 1986.

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

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Schedule of Events

March 5-8
Cottonwood Heights
7500 South 2700 East
Salt Lake City, UT 84121
Carla Vietti 943-3190

March 6-9
ISRA State Singles
Geoff Peters
500 Sheridan
Evanston, IL 60202

March 7-9
Adult Regional, Region 10
Court Club
3455 Harper Rd.
Indianapolis, IN 46240
Michael Arnolt 317-846-1111

March 7-9
American Bank Tournament
Family Action Center
P.O. Box 577
Wheatland, WY 82201
Roger Barber 322-5646

March 7-9
Captain Crunch Classic
Montgomery Athletic Club
5675 Carmichael Park
Montgomery, AL 46177
Jack Sorenson 205-277-7130

March 7-9
Delaware State Singles
Pike Creek Court Club
4905 Mermaid Blvd.
Wilmington, DE 19808
Ed Young 302-239-6688

March 7-9
Lakeland YMCA
3620 Cleveland Hgts. Blvd.
Lakeland, FL 33803
Grace Page 813-644-3528

March 7-9
Racquetball Winter Open
Amador Valley Athletic Club
709 Johnson Industrial Drive
Pleasanton, CA 94566
415-846-5347

March 7-9
Region 10 Adult Regionals
Court Club
3455 Harper Road
Indianapolis, IN 46240
Michael Arnolt 317-846-1111

March 7-9
Super Seven #6
Clinton Racquet Club
35700 Groesbeck
Mt. Clemens, MI 48043
Jim Hiser 313-653-9602

March 7-9
Vermont State Singles
Chuck Bigalow
Box 1978, Cedar Ridge Drive
Shelburne, VT 05482
Chuck Bigalow

March 8-10
Captain Crunch Classic
Montgomery Athletic Club
5765 Carmichael Parkway
Montgomery, AL 36117
Jack Sorenson 205-277-7130

March 13-16
Adult Regionals, Region 5
The Sportplex
500 Gadsden Highway
Birmingham, AL 35235
Gerald Cleveland
205-838-1213

March 13-16
Patrons Tour #5
Paula Spagnuolo
7668 Apple Hill Ct. S.E.
Ada, MI 49301
Paula Spagnuolo 616-676-1313

March 13-16
Pomona Valley Open
Claremont Club
1777 Padua Drive
Claremont, CA 91711
Greg Sheffield 714-625-6791

March 14-16
Adult Regionals-Region 5
The Sportplex
500 Gadsden Highway
Birmingham, AL 35235
Bob Huskey

March 14-16
Birchwood Racquet Club
147 Edella Road
Clarks Summit, PA 18411
Sue Lombardi 717-586-4030

March 14-17
Irish Fun Fest
Racquet Club of Meadville
French & Poplar Streets
Meadville, PA 16335
Nancy Manning & Jan Peterson
814-724-3524

March 14-16
Lucky Leprechaun
Sundown
7545 Morgan Road
Liverpool, NY 13088
Jim Winterton 315-451-5050

March 14-16
Nassua Suffolk Open
Royal Racquetball Club
607 Middle County Road
Coram, NY 11727
Mike Jones 516-732-5500

March 14-16
National Seniors Invitational
The Racquet Club/
Walnut Creek
1908 Olympic Blvd.
Walnut Creek, CA 94596
Don Buchheit 415-932-6400

March 14-16
South Dakota State Champ.
Family Y RB/HB Center
420 South Lincoln
Aberdeen, SD 57401
Sherri Miller 605-229-4731

March 14-16
Springfest '86
Birchwood Racquet Club
Edella Road
Clarks Summit, PA 18411
Sue Lombardi

March 14-16
Tennessee State Champ.
Nashville Supreme Court
4633 Trousdale
Nashville, TN 37204
Don Potter 615-832-7529

March 14-16
Winter's End
The Racquet Club
1 Racquet Lane
Monroeville, PA 15146
Judi Stadler 412-242-8636

March 15-17
Florida Racquet Journal
P.O. Box 11657
Jacksonville, FL 32239
Norm Blum

March 19-22
Utah State Championships
Racqueteer
615 East 9800 South
Sandy, UT 84070
Toni Dever 572-6261

March 21-23
Endless Mountains Open
Shadowbrook
Racquetball Center
Route 6
Tunkhannock, PA 18657
Kathy Boehmer

March 21-23
March of Dimes Tournament
Butler Racquet & Health Club
215 N. Duffy Road
Butler, PA 16001
Bob Martini 412-285-5775

March 21-23
Racquetball Players Assoc.
P.O. Box 324
River Road
Bryans Road, MD 20616
Robin Duple

March 21-23
Roseville Open
Kangaroo Courts I
200 South Harding Blvd.
Roseville, CA 95678
Larry Spencer 916-782-7711

March 21-23
Save the Children
Colonie Court Club
444 Sand Creek Road
Albany, NY 12211
John Martin or Mike Daniels
518-459-4444

March 21-23
YMCA Open
Casper YMCA
315 East 15th Street
Casper, WY 82601
Barb Dennis 307-234-9187

March 22-24
Michigan Champ. Series #6
Dianne Easterling
900 Long Blvd. #423
Lansing, MI 48910
Dianne Easterling
517-694-4298

March 27-30
California State Seniors
Tournament House RB Club
6250 Brockton Avenue
Riverside, CA 92506
Vance Lerner 714-682-7511

March 27-30
5th Annual PPRA Juniors
The Point
2233 Academy Place
Colorado Springs, CO 80909
Chris White

March 28-30
Bath & Racquet Club
2170 Robinhood Street
Sarasota, FL 33577
Judy Schmidt 813-921-6675

March 28-30
Body Express Open
Body Express
850 Kelton Way
Yuba City, CA 95991
Loren Sturtevant
916-674-8700

March 28-30
Ohio Super Seven
65 East 16th Avenue
Suite F
Columbus, OH 43201
Doug Ganim

April 2-6
Lynmar Doubles
Lynmar Racquet
& Health Club
2660 Vickers Drive
Colorado Springs, CO 80918
Khris Myers

April 2-5
Ogden Athletic Club
1221 East 5800 South
Ogden, UT 84403
Ed Dillback 479-6500

April 3-6
Lynmar Racquet
& Health Club
2660 Vickers Drive
Colorado Springs, CO 80918
Khris Myers 303-598-7075

April 4-6
Adult Regional, Region 3
Robin Duple
P.O. Box 324
Bryans Road, MD 20616
301-283-5453

April 4-6
Auburndale Rec Center
202 West Park Street
Auburndale, FL 33828
Keith Johnson 813-967-7265

April 4-6
John Jones Invitational Open
University of Alabama
608 South 13th Street
Birmingham, AL 35294
John Jones 205-934-5008

April 4-6
Milk Open
Fairmont Athletic Club
3328 W. Genessee Street
Syracuse, NY 13219
Dick Malone 315-488-3114

April 4-6
San Francisco Open
Telegraph Hill Club
1850 Kearney Street
San Francisco, CA 94111
Ann Grace 415-982-4700

April 4-6
Super Seven #7
Davison Racquetball Club
G-2140 Fairway Dr.
Davison, MI 48423
Jim Hiser 313-653-9602

April 4-6
Wyoming State Juniors
Sheridan YMCA
417 North Jefferson
Sheridan, WY 82801
Jay McGinness 307-674-7488

April 9-12
Tri-City Supreme
551 E. State Street
American Fork, UT 84403
Ron Peck 756-5224

April 11-13
Capitol Courts Open
Capitol Courts, Inc.
3759 Gross Circle
Carson City, NV 89701
Ron Percivalle 702-882-9566

April 11-13
U.S. Intercollegiates
Playoff Athletic Club
2191 Post Road
Warwick, RI 02886
Luke St. Onge 303-635-5396

April 11-13
Westmoreland County Open
Racquet Time of Greensburg
110 Sheraton Drive
Greensburg, PA 15601
Bruce Turchetta 412-832-7050

April 12-14
Kiwanis Benefit
Court Jester
216 Reynolds Road
Johnson City, NY 13790
Tom Murray

April 17-20
Adult Regionals, Region 8
Geoff Peters
500 Sheridan
Evanston, IL 60202

April 17-20
Region 4 Adult Regionals
Racquet Power
3390 Kori Rd.
Jacksonville, FL 32217
Tom Collins 904-268-8888

(continued on page 8)

NUMBER OF TOURNAMENTS ENTERED BY STATE AS OF JANUARY 20, 1986

AK	9	LA	0	OH	3
AL	9	MA	23	OK	3
AR	0	MD	0	OR	0
AZ	0	ME	12	PA	13
CA	36	MI	14	RI	3
CO	17	MN	2	SC	4
CT	3	MO	0	SD	7
DE	5	MS	1	TN	8
FL	44	MT	0	TX	7
GA	3	NC	10	UT	15
HI	0	ND	0	VA	3
IA	0	NE	0	VT	2
ID	1	NH	13	WA	7
IL	17	NJ	9	WI	0
IN	9	NM	5	WV	2
KS	6	NV	2	WY	2
KY	0	NY	16		

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Ektelon Court Goggles 16.95
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Ektelon Traveler Bag 19.95
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without stripping your game of finesse or timing or control. So your shots just get faster, harder, and a whole lot tougher to return.

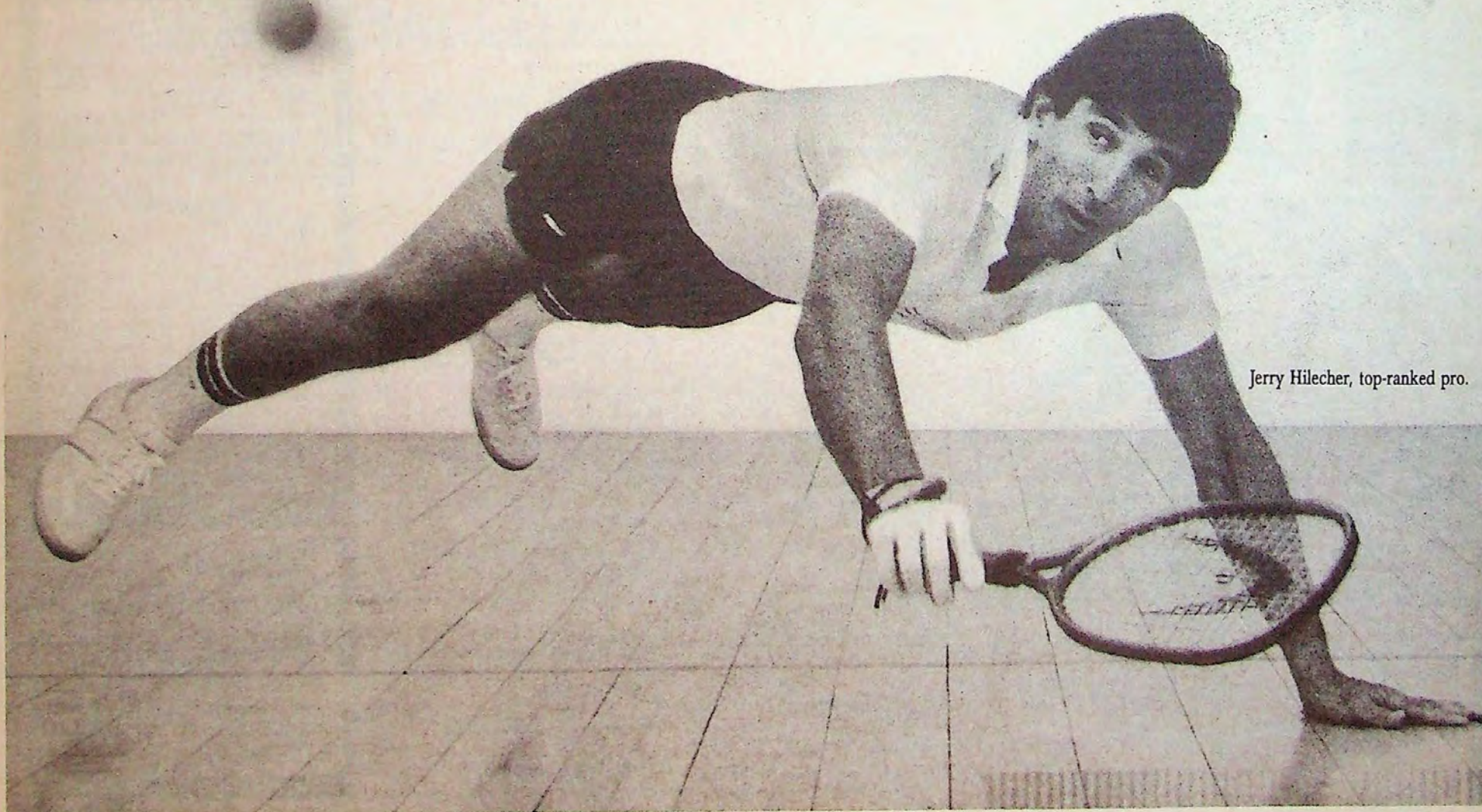
Ask top-ranked pro Jerry Hilecher. He'll tell you mid-size is helping him hit backhands like never before. That's why he's playing with his new mid-size Radial on the Pro Tour.

Or ask the International Amateur Racquetball Federation. They've declared Head's new mid-size

the "official racquetball racquets" of the 1985 World Games in London.

Or better yet, ask yourself. Play-test a new Head mid-size racquet and you'll find out just how much muscle mid-size can add to your game.

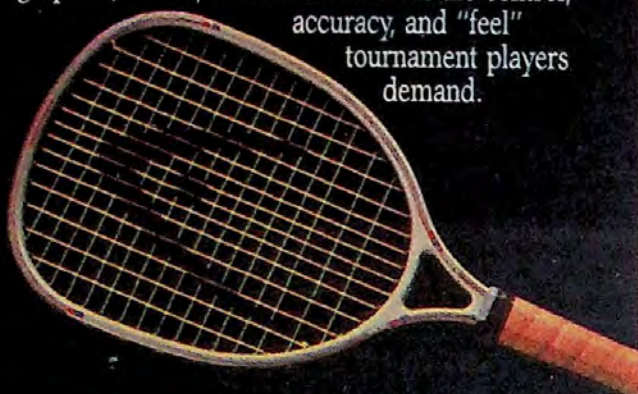
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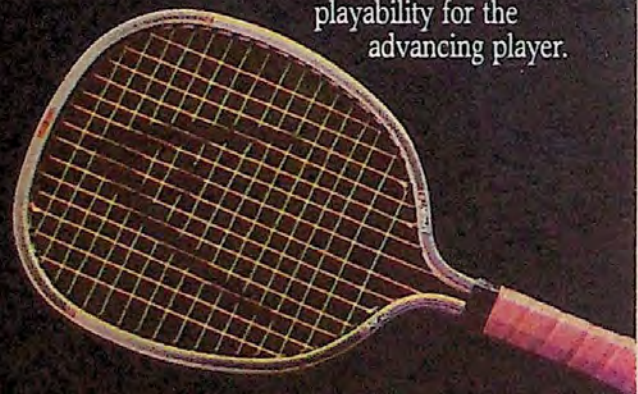
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Pinching the Ball

by

Steve Strandemo

**THE PINCH**

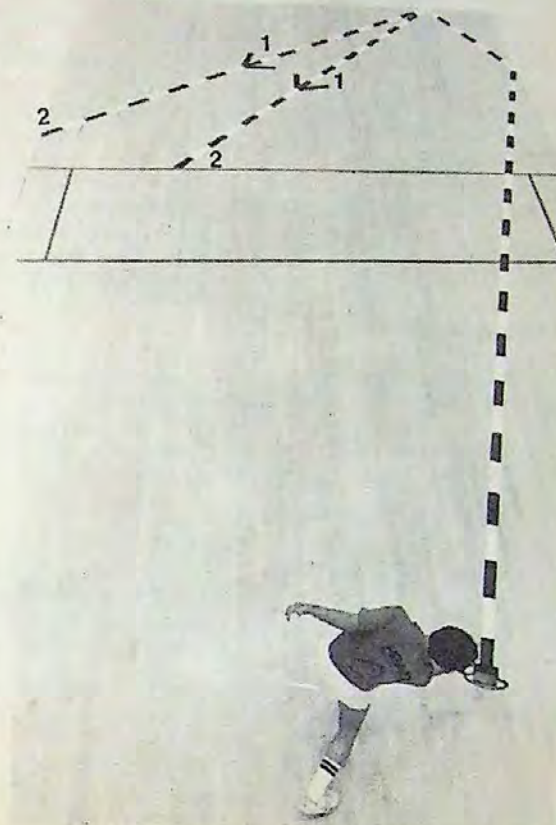
The pinch is a prerequisite for good play. Pinching the ball low and accurate off of the side wall will be a shot that will force your opponent to respect the front part of the court. Without this shot in your repertoire, there is no reason for your opponent to consistently play forward in his coverage. You can also force him up by continually hitting accurate splat shots, but very few players have this ability.

The contact point on the side wall is the critical factor in executing this shot. From the position the hitter is located in the picture, he can carom the ball into the right side wall anywhere below one foot in the marked off area. This will give him the correct angle off of the front wall and will give the shot a good chance to take two bounces before the opposite side wall or in front of the service box. If the contact point is too high on the side wall, the ball will carry well into the center court area giving your opponent an obvious scoring opportunity. If you are consistent in mis-hitting the correct contact point, you can be assured that your opponent will immediately drop back three to four feet on the court.

DON'T OVERDO IT

The opposite is also true. The hitter must not overdo the pinch or he will find his defender hugging the back service line in anticipation of this shot. If you become predictable and find your opponent covering up in this area, you should start mixing in the down-the-line kill-pass and a wide angle cross-court pass.

To practice the pinch, first learn the proper angle of the shot. Go into a court by yourself and mark the correct contact



point on the side wall with some tape. Position yourself relative to where the hitter is located in the picture. Experiment with different contact angles and heights, so that you understand the consequences of mis-hitting your target area. Remember that the further you are from the side you are pinching into, the tighter the angle must be.

Once you've become familiar and competent with the pinch, expect it to become an invaluable part of your game. ■

Omega, Penn and DP Receive "Official" Status

The Executive Board of the International Amateur Racquetball Federation has awarded to Omega the "Official Racquet" status for the Third World Championships of Racquetball.

This is Omega's first entry as a major sponsor into the international field.

The IARF also announced it has awarded the "Official Ball" of the 1986 World Championships of racquetball to Penn Athletic Products Company.

The World Championships are slated for Sani-sport Athletic Complex in Montreal, Canada from August 4 to August 10. Twenty-two countries are expected to compete in the Third World Championships of Racquetball.

In a separate announcement, AARA announced that Diversified Products will once again be a major sponsor as the "Official Racquet" of every major AARA event in 1986, including the U.S. National Singles, U.S. National Juniors, U.S. National Intercollegiate, Adult and Junior Regionals, and the U.S. National Doubles Championships.

Diversified Products has been a major sponsor of the American Amateur Racquetball Association since 1983. ■

Harvey Named "C" Card Athlete

Ross Harvey, current Men's World Racquetball Champion, was named by Sport Canada Division of the Federal Government as a recipient of funding under the "Athlete Assistance Program" (AAP). AAP funding assists athletes with education, training and living expenses, in order to enable them to pursue excellence in their amateur sport careers at the international level.

"AAP" is usually reserved for Olympic, Pan Am or Commonwealth Games Sports, but a special case was made because Ross is reigning World Champion. There is also a possibility of carding of additional Canadian players, based on their performance at the World Championships in Montreal in August.

Harvey, a native of Montreal, is currently attending Veterinary School at Guelph University in Guelph, and he is looking forward to defending his crown in hometown Montreal. ■



Schedule of Events

April 18-20
Adult Regionals, Region 11
Russell Courts
817 West Russell Blvd.
Sioux Falls, SD 57104
Tim Johnson 605-338-9902

April 18-20
Lodi Racquetball Champ.
Twin Arbors Athletic Club
1900 Hutchins Street
Lodi, CA 95270
Danny Tanner 209-334-4897

April 18-20
Michigan State Singles
Jim Easterling
900 Long Blvd. #423
Lansing, MI 48910
Jim Hiser/Jim Easterling
517-694-4298

April 18-20
Penn-Monroe Classic
The Racquet Club
1 Racquet Lane
Monroeville, PA 15146
Judi Stadler 412-242-8636

April 18-20
Penn-Monroe Open
The Racquet Club
1 Racquet Lane
Monroeville, PA 15146
Judi Stadler

April 19-21
Adult Regionals, Region 2
Al Seitelman
142 Landing Avenue
Smithtown, NY 11787
Al Seitelman

April 25-27
Adult Regionals, Region 14
What-A-Racquet
2945 Junipero Serra Blvd.
Colma, CA 94105
Dave George 415-994-9080

April 25-27
California State Regionals
What-A-Racquet
2945 Junipero Serra Blvd.
Colma, CA 94015
415-994-9080

April 25-27
MCRA Challenge Series
7-11 C/O Pancho Gutierrez
43129 Van Dyke
Sterling Hgts., MI 48078
Michael Witherspoon
313-758-7284

April 25-27
Rick Weaver Buick Open
Forest Hills Athletic Club
3910 Caughey Road
Erie, PA 16506
Julie Nicolai

April 25-27
Spring Thaw Open
Meadows Racquet Club
1375 Washington Road
Washington, PA 15301
Ruth Pushak 412-228-0440

April 25-27
Three Days in April
Riverview Racquet Club
4940 Plainfield N.E.
Grand Rapids, MI 49505
Roy White 616-363-7769

April 26-28
May Day Doubles
Auburn YMCA
27 Williams Street
Auburn, NY
Dorothea Hughes
315-253-5304

April 30-May 3
Sports Mall & Metro
5445 South 900 East
Murray, UT
John Packard 261-3426

May 1-4
Junior Regionals, Region 8
Geoff Peters
500 Sheridan
Evanston, IL 60202

May 2-4
California Cooler Open
Quail Lakes Athletic Club
2303 West March Lane
Stockton, CA 95207
209-951-3795

May 2-4
Junior Regionals, Region 2
Al Seitelman
142 Landing Avenue
Smithtown, NY 11787
Al Seitelman

May 2-4
One Last Shot
Alpine Racquet Club
1040 Four Mile Road
Grand Rapids, MI 49504
Viola Grover 616-784-3900

May 2-4
Tulip Tournament
The Athletic Club
150 Eagle Street
Fairbanks, AK 99701
Dennis Kaufman 907-456-1914

May 7-10
Fountain of Youth
4330 South 300 West
Salt Lake City, UT 84107
Vince Brown 262-7487

May 9-11
Junior Regionals, Region 4
The Club
825 Courtland Street
Orlando, FL 32804
Julie Pinnell 305-644-5411

May 9-11
Mountain Music Festival
Sporthaven Health Club
6854 Pentz Road
Paradise, CA 95969
Frank Vasquez 916-872-2232

May 9-11
Ohio Super Seven
65 East 16th Avenue
Suite F
Columbus, OH 43201
Doug Ganim

May 16-18
Crackshooter Open
Rocky Mountain Health Club
1880 Westland Road
Cheyenne, WY
Dave Rodriguez

May 16-18
Sierra Slam
Incline Court House
880 Northwood Blvd.
Incline Village, NV 89450
702-831-4212

May 16-18
Super Seven Finale
Coliseum Racquet Club
8715 S. Telegraph
Taylor, MI 48180
Jim Hiser 313-653-9602

May 23-25
La Cancha
1850 Soscol Avenue
Napa, CA 94558
702-252-8033

May 23-25
Lakeland YMCA
3620 Cleveland Hgts. Blvd.
Lakeland, FL 33803
Grace Page 813-644-3528

May 23-25
Racquetball Players Assoc.
P.O. Box 324
River Road
Bryans Road, MD 20616
Robin Duple

May 29-June 1
John Ventimiglia Invitational
Lynmar Racquet
& Health Club
2660 Vickers Drive
Colorado Springs, CO 80918
Khris Myers 303-598-7075

May 30-June 2
Spring Fling Doubles Classic
Sacramento HB & RB Club
725 14th Street
Sacramento, CA 95014
Terry Lockett 916-441-2977

June 6-8
Gold Country Open
Old Auburn Court House
11558 F Avenue
Auburn, CA 95603
Helen May 916-885-1964

June 13-15
Park Point Open
The Parkpoint Club
1200 North Dutton Avenue
Santa Rosa, CA 95401
Les Wieite 707-578-1640

June 14
Colorado Juniors Fun Day
Lynmar Racquet
& Health Club
2660 Vickers Drive
Colorado Springs, CO 80918
Khris Myers

June 20-22
Summer Splat
Modesto Courtroom
2012 McHenry Avenue
Modesto, CA 95350
209-577-1060

June 27-29
Hotel El Rancho
1029 West Capital Avenue
Sacramento, CA 95691
916-371-6731

July 11-13
Redwood Empire Open
Rancho Arroyo Racquet Club
85 Corona Road
Petaluma, CA 94952
Chris Oakes 707-795-5461

July 18-20
Racquetball Players Assoc.
P.O. Box 324
River Road
Bryans Road, MD 20616
Robin Duple

August 8-10
Tahoe Blue Classic
South Tahoe Fitness Center
2565 S. Lake Tahoe Blvd.
South Lake Tahoe, CA 95702
Ron Gardener 916-544-6222

August 15-17
Altamont Chevron
Summer Blowout
Tracy Racquet Club
101 South Tracy Blvd.
Tracy, CA 95376
Chuck Ellis 209-836-2504

August 22-24
Masters-Gold. Masters Doubles
Supreme Court
1901 Pennington
Rochester, MN
Les Dittich 507-257-3353

September 19-21
Racquetball Players Assoc.
P.O. Box 324
River Road
Bryans Road, MD 20616
Robin Duple

October 15-19
Racquetball Spectacular
The Sports Club
3333 South Wadsworth
Lakewood, CO 80227
Jay Nelson 303-989-8100

October 23-26
U.S. National Doubles
Racquet Power
3390 Kori Road
Mandarin, FL 32217
Luke St. Onge 303-635-5396

AARA State Ranking Report

Ranking State

- 1 California
- 2 Florida
- 3 New York
- 4 Massachusetts
- 5 Illinois
- 6 Pennsylvania
- 7 Colorado
- 8 Michigan
- 9 Texas
- 10 New Jersey
- 11 Ohio
- 12 North Carolina
- 13 Indiana
- 14 Minnesota
- 15 New Hampshire
- 16 Georgia
- 17 New Mexico
- 18 Washington
- 19 Alaska
- 20 Utah
- 21 Arizona
- 22 Maine
- 23 Montana
- 24 Tennessee
- 25 Virginia
- 26 Oklahoma
- 27 Connecticut
- 28 Kansas
- 29 Rhode Island
- 30 Alabama
- 31 Wyoming
- 32 Vermont
- 33 Arkansas
- 34 South Carolina
- 35 Wisconsin
- 36 Delaware
- 37 Maryland
- 38 Oregon
- 39 South Dakota
- 40 Idaho
- 41 Missouri
- 42 West Virginia
- 43 Nevada
- 44 Mississippi
- 45 Louisiana
- 46 Iowa
- 47 Kentucky
- 48 Nebraska
- 49 Hawaii
- 50 District of Columbia
- 51 North Dakota
- 52 American Samoa
- 53 Guam
- 54 North Mariana Islands
- 55 Puerto Rico
- 56 Trust Territory
- 57 Virgin Islands



New Directions

By Luke St. Onge, Exec. Director

On page 1 we cover the historic development of the International Olympic Committee recognizing racquetball for inclusion in future Olympic Games. This incredible event could not have happened without the tremendous dedication and perseverance of some true pioneers of our sport.

Han van der Heijden, president of the International Amateur Racquetball Federation from Holland, has worked untiringly at great personal expense to bring us to this moment. Keith Calkins, Secretary/General of the IARF, past president of the AARA, and current AARA delegate to the USOC, provided vision and support to the success of the Olympic quest. Paul Henrickson, under his term as president of the AARA since 1982, has made and guided the AARA in its most dramatic and historic strides, not only in Olympic movement, but in all areas of development for our sport.

Other visionaries who contributed significantly to this moment are Jim Hiser, Michigan; Mike Arnolt, Indiana; John Brinson, Pennsylvania; Van Dubolsky, Florida; John Hamilton, Canada; Rodolfo Echeverria, Costa Rica; Al Walker, Ecuador; and many others.

A special recognition must go to Ed Martin and the U.S. National Team. Since 1981, Ed has traveled to six countries many times at his own expense and at a great sacrifice of personal time to develop racquetball worldwide. The U.S. National Team, which has traveled to many countries over the past five years, has become the most visible element for our sport outside our sport. For many of these trips our athletes paid a major portion of their own expenses to develop racquetball worldwide.

Finally, a special thanks to Cal James and Greg Eveland of Diversified Products, and to Penn Athletic Products Company. Both have supported the AARA financially and morally these past several years at a time when many industry leaders felt such lofty goals were unattainable. ■

Psychology: Part Three

(continued from page 3)

confusion ourselves when we skew our priorities by attaching too much importance to a single performance. Every athlete wants to win. But when the desire to excel becomes an immediate obsession instead of a long range goal, we sometimes begin to view competition in a potentially destructive way.

There is a big difference between saying to yourself "I play racquetball well", and "I am a good racquetball player." Regardless of whether either is accurate, the first refers to something you do, the second to what you are. The distinction may be difficult to grasp, but it is a vital principle for every athlete to understand.

Each of us has in our own mind a certain image of who we are. Psychologically, we refer to this in various ways: self-worth, self-image, ego, etc. A mentally healthy individual is one who's self-image is fundamentally strong enough to withstand the wear-and-tear of periodic failure. But when we begin to confuse who we are with what we do, and depend too heavily on immediate success to bolster our sense of self-worth, we put our ego on the line every time we attempt to accomplish anything that involves the slightest amount of risk.

Remember this! To the mind, the destruction of one's self-image is very nearly the psychological equivalent of physical death. When your ego is on the line, the possibility of failure becomes a serious threat, and your mind mobilizes its defenses to protect you just as it would if you found yourself in the path of a speeding car.

This may sound like some vague psychological theory, but it is a principle that is easily observable among athletes. Some seem destined to forever ride a roller coaster of chance, gaining confidence with victory then losing it with defeat, never able to make any real progress. But champions are different. Their confidence comes from within and they continually improve despite periodic failure.

A classic example of this occurred on the final day of competition in the 1984 Los Angeles Olympic Games, when diver Greg Louganis found himself in a situation of unimaginable stress. He was the final diver in the final event, and he knew that a near perfect dive would win a gold medal for his team, and give the United States the record for the most medals ever won in Olympic competition. Before 50 million television viewers, Louganis scaled the high platform and executed a perfect "10."

Following the dive, reporters asked him what was going through his mind as he climbed the tower. Some thought he was joking when he answered, "I was nervous but I said to myself, 'Greg, no matter what happens, your mother still loves you.'" Those who chuckled

missed a rare and profound insight into the mind of a great champion.

Why was Louganis thinking about his mother at such an important moment? Because he knew he couldn't dive with the weight of the world on his shoulders. So he summoned an inner source of strength, and reminded himself of who he was: not a diver, not an athlete, but a human being who was worthy of another's love. He separated himself from the act, knew he could survive a failure, and thereby freed his mind of its protective responsibility and allowed it to perform with relaxed perfection.

That is what is meant by *cognitive restructuring* — the willful alteration of thought patterns to free the mind to do as it has been programmed.

If you have difficulty playing up to your potential in tournament competition, it's a sure sign that your mind is battling against stress. Trying harder won't solve the problem. Practicing more won't solve the problem. You must determine why you feel threatened and then eliminate the threat. You cannot fool yourself. If the threat is there, your mind will mobilize itself to protect you. Everything else — including your performance — will become secondary.

Goals And Incentives

The Greg Louganis' example demonstrates the use of cognitive restructuring at the moment of greatest stress in competition. But in fact this technique must be practiced on a daily basis to be used effectively. Many athletes get themselves into trouble because of thought patterns they develop

during their months and years of training, patterns which then become impossible to alter when the stress is encountered.

Cognitive restructuring has to begin with an examination of goals. It is crucial to understand why we become involved in sports, because unrealistic goals can become self-defeating.

We often refer to three types of goals: long-term, intermediate, and short-term. For a racquetball player, a long-term goal might be as lofty as aspiring to become national champion. An intermediate goal might involve achieving a certain level of performance during a single season, or in an important tournament.

Short-term goals deal with specific physical and psychological training programs, such as daily practice of a particular skill or detached analysis of one's ongoing progress. Athletic performance is improved by concentrating on fundamentals, and therefore short-term goals are where we should focus most of our attention. Again, there is a sound psychological reason for this.

It is not unusual, or undesirable, to aspire to great things. But long-term and intermediate goals serve the purpose of keeping thoughts in perspective. When we dwell on them at length, particularly if they are far-reaching, we impede our own progress by constantly beating ourselves down.

In order to constantly grow and progress, the mind demands regular positive rewards. The satisfaction of achieving a short-range goal, or the feeling of a job well-done, reinforces the self-image and has the effect

of motivating the mind to re-experience the positive sensation. That is the key to continual progress.

But if goals are set too high, or if we focus on long-range and intermediate goals at length, we constantly feel upset and negative. Reinforcing ourselves in a negative way is called punishment. And to the mind, punishment becomes stress; it is a threat.

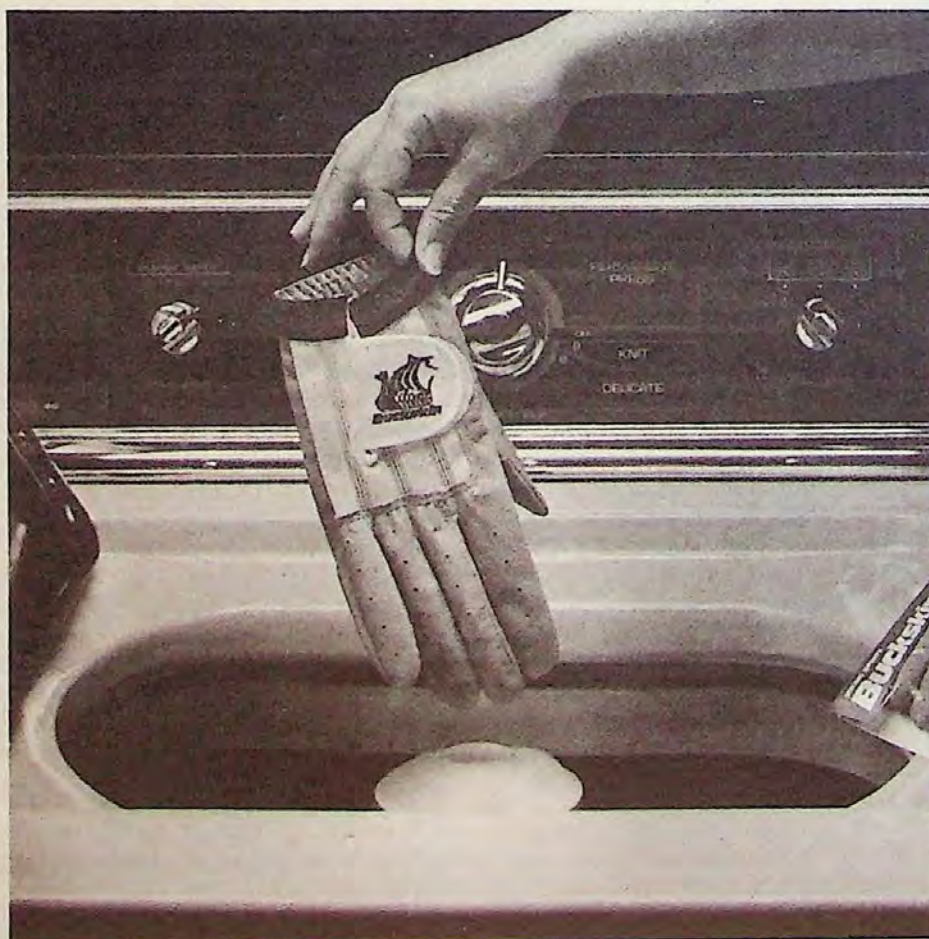
It has long been known that punishment suppresses or reduces the frequency of a given behavioral pattern. For the athlete, too much negative reinforcement or punishment can have very serious effects: decreased self-esteem, increased self-doubt, and a decrease in emotional stability. Inner strength comes from a positive self-image; programming the mind in a negative way is a guaranteed formula for failure.

What is it that makes us work so hard and so long to become proficient in a sport? What are the incentives that make the sacrifice worthwhile? Of course they vary with different people. And each of us must identify what our own particular incentives are.

Again, long-range and intermediate goals provide much of the drive to excel. But, as incentives, these are often difficult to reach and therefore the positive rewards are seldom, if ever, experienced. To avoid the punishing routine that can result from athletic training and competition, it is vital that we have incentives which provide frequent positive rewards.

Most world-class athletes depend heavily on internal as well as

(continued on page 12)



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Psychology: Part Three

external rewards. External incentives like recognition and financial success are important, but by themselves they are not good motivators. We must have internal incentives which provide more immediate rewards: self satisfaction, enjoyment, companionship, the pleasure of physical exertion, etc.

It is rare that top athletes go all out simply to "be number one," or only to "win." They tend to take a much shorter view. "Today, I just want to play the best I can." It may sound trite, but it's true, the consistent achiever is one who understands himself, receives periodic satisfaction from within, and who has a strong self-image.

Balance

Most of us love to watch top athletes perform because we are so awed by their physical skills. But if you ask 100 people what quality they most admire in their favorite competitor, the most common answer is likely to be "confidence." Great champions seem to draw from an endless well of inner-strength. They possess a self-image which seems to be unshakable.

Throughout this series of articles we have referred often to the self-image: it is the single most important element in the formula for athletic success. For that matter, the same could be said for most areas of our daily lives. Self-confidence is the prime catalyst for success, because personal growth comes from a constructive reaction to failure, and a strong self-image is what allows us to view failure in a realistic way.

It would be nice, at this point, to insert a short explanation of how one develops a strong self-image. Unfortunately, it's not quite that simple. In fact, to a large degree the entire science of human psychology is based on this single principle.

What can be stated simply is that a strong self-image is almost always the product of a balanced life — one in which positive rewards are regularly received from many different directions such as relationships, family life, religious beliefs, personal discipline, career accomplishments, etc. A balanced life provides the resilience of a broad-based "support system," so that failure in a single area does not significantly threaten one's overall well-being.

The danger for the athlete lies in attaching too much importance to the area of short-term performance. When everything you are is put on the line every time you play, the burden becomes too great for the mind to bear. The fear of failure takes control, and the failures themselves slowly grind you down until your self-confidence has disappeared.

Stated simply, no matter how hard you may work at it, you cannot depend on athletic success

alone to create self-confidence. It doesn't work. Why? Because no matter how skilled you are, at times you are going to fail.

We often think of a great athlete as one who always wins, but in fact that is hardly ever the case. Consider this: a professional racquetball player who is ranked in the top 16 in the world, loses, on average, half of all the tournament matches he plays. If that player depended on victories to build self-confidence, it would never come. Every step forward would be negated by a corresponding step backward.

That is why Greg Louganis was thinking about his mother. At the critical moment he put everything in perspective, and concluded that when the dive was over, whether he succeeded or failed, his support system and his self-image would remain intact. A balanced life gave him the confidence he needed to succeed.

Mental Imaging

It has long been known that the mind does not differentiate between real experiences and those that are imagined. *Mental imaging* is a technique of producing images in the mind which duplicate as nearly as possible the sensations that would be experienced during a perfect physical performance. Since the mind will record the image as though it actually took place, and since it is much easier to imagine a perfect effort than actually experience one, this technique can be highly effective in athletic preparation.

Frequently video tape of a good role model or even tape of yourself performing can act as a good stimulus for producing positive mental images. Indeed, a number of commercial products have been marketed recently which use top athletes as models. While these can be useful, they are not necessary to successfully utilize the technique.

One of the advantages of mental imaging is that it can be used to reduce stress levels in competition. When this mental rehearsal is done in a relaxed atmosphere, or ideally in conjunction with the relaxation exercises described in Part II, the mind can learn to associate the relaxed state with the actual event.

In a widely publicized experiment a few years ago, the free-throw percentage of a particular basketball team was improved over 30% through mental imaging. For a portion of each practice session over a period of months, the players were instructed to lie quietly and visualize, as accurately as possible, standing at the free-throw line shooting perfect shot after perfect shot.

This process is particularly well-suited to sports such as racquetball, which are individual by nature, and which tend to rely on a relative few specific skills.

For example, you might wish to utilize mental imaging to improve an ineffective backhand. To do this you would visualize yourself on the court, either alone or in a match, repeatedly executing flawless backhands — graceful, coordinated, powerful, accurate. You must attempt to "feel" the experience as much as possible, not just see it. Use as many of the senses as possible — sight, touch, hearing, and smell, if such conditions exist. The more real the visualization, the more impact it will have on your mind.

An obvious advantage to this type of mental training is that you can change the playing conditions as you see fit. If you find tournament competition particularly difficult, try to imagine the exact conditions, etc.

Some people find that writing out the details of the activity to be rehearsed is helpful in the early stages of mental rehearsal. Some also find that initially it is easier to imagine themselves watching as a spectator. Ultimately, however, you want to be able to actually feel yourself going through the motions.

Stop-Thinking Technique

No matter how much effort you may put into keeping your thoughts constructive and positive, there will be times, both during training and prior to competition, when negative feelings seem impossible to control. These can be particularly troublesome when you are fatigued or awaiting an important event, and consequently can interrupt sleep or concentration when they are needed most.

As we have discussed, persistent negative and worrisome thoughts can cause a serious deterioration in performance level. However, they often seem uncontrollable because they repeat in a vicious cycle: you try to consciously put the thought out of your mind, which makes the thought resurface and you have to start again.

There is a very straightforward procedure for eliminating unwanted thoughts. This procedure can be very effective, but it should not be used to eliminate worry when an important problem needs to be solved. If a legitimate problem exists, it is usually preferable to work it through rather than simply eliminate the concern it causes.

There are, however, specific times when problem solving is not appropriate, such as when trying to fall asleep or in the moments just prior to competition. At these times, it is best to use a "stop-thinking" technique. When the cycle of worry begins, follow three simple steps:

- One
Say to yourself, or softly out loud, "Stop!"
- Two
Immediately produce a very posi-

tive and calming image in your mind. An example would be to imagine yourself lying on a beach, feeling the warm sun, smelling the fresh air, experiencing a state of complete relaxation.

Three

Go do something else for just a few moments, if possible.

This technique may sound silly, but in fact it works quite efficiently. Worry actually requires strict concentration. And saying "stop!" has about the same effect on a recurrent thought process as a ringing telephone has at a moment of great passion.

Once the cycle of worry has been halted, the calming image acts as a positive reward, increasing the chance that the cycle will not repeat. Then, turning your attention to something else for a moment helps break the overall pattern.

The *Stop-Thinking* technique is a process of mental conditioning. It must be practiced each time the negative thought pattern begins so that the pattern itself is conditioned out.

Part of what makes this technique so effective is that it works on three levels: a thinking level, an emotional level, and a behavioral level. The first two steps are the most important. There will be times when turning your attention to something else is impossible because the situation will not allow it. But the first two steps, saying "stop" and the positive image, can be done in the mind.

It is extremely important that the second step to follow the "stop" immediately. Also, it is helpful to have four or five pre-defined positive, calming images. These should be practiced through visual imagery so that they can be recalled immediately when needed.

In his series of articles we have discussed many techniques for training the mind for the rigors of athletic competition. There are, no doubt, other principles and techniques that are effective as well.

It is easy to become so entrenched in the routine of skill-oriented training that we fail to recognize that physical preparation is only half of the formula for athletic success. As a general rule, the untrained mind does not respond in a predictable way under the stress of formal competition. And it makes little sense to spend countless hours honing our physical skills, if we are unable to summon those skills when we need them most.

The human mind is a source of immense power. And that power can be manifested in either a positive or negative way. The challenge for the athlete is to learn to tap that power by training the mind as well as the body. In both areas, failing to train is truly training to fail. ■

Racquetball Tourney Benefits Quadriplegic

Racquetball players are more than just competitors. They care about people. In October, the Supreme Court in Rochester held a benefit tournament for Peter Hoialmen.

Peter is 19 years old. He was seriously injured in a golf course accident on May 31. As a result of the accident, Peter is a quadriplegic. Peter's father, Dennis, has been an active racquetball supporter for the past eight years. Although Peter was not a racquetball player, he was deeply moved by the benefit tournament and raffle which raised funds for him and his family. "My dad always told me racquetball players were special," Peter confessed at the tournament, "and now I understand what he meant."

Many racquetball players sold raffle tickets as part of the benefit for Peter. The money raised was used for medical expenses and to purchase a VCR. Peter was very pleased, since his primary entertainment is limited to music and television.

Peter continues to make good progress. He is able to control a

special wheelchair and with the help of a wrist splint on his right arm, he is able to feed himself, talk on a phone, type on a computer and with great concentration he can use a pen. He will continue his rehabilitation at St. Mary's Hospital for 6 months to 1 year. Then he will go to the Courage Center in the metro area.

Peter has always been an avid fan of Sylvester Stallone. His step-mother Laurie wrote Mr. Stallone shortly after the accident. Stallone responded immediately with words of encouragement to the young man who was fighting a battle more difficult than any the fictional Rocky ever faced. In addition, Stallone promised to bring Peter to the opening of Rocky IV if Peter were able.

This was a tremendous incentive to Peter, and he made the grade!

Sylvester Stallone kept his promise. He brought Peter and his family to Hollywood for the opening, including all the ceremonies. Peter got the "Red Carpet" treatment. He rubbed elbows with celebrities of the movie and of the sports worlds. This extraordinary experience will provide many wonderful memories to fill some lonely days and evenings for this special young man.

Anyone who would like to write or send a card, can send it to: Mr. Peter Hoialmen, St. Mary's Hospital, Rehabilitation Unit, Rochester, MN 55901.

Egerman Signs With Head

Four-time national champion John Egerman stunned the racquet-

ball world when, at the age of sixteen, the unknown youngster from Boise, Idaho won both the National Junior Championship and the National Men's Open Singles Championship, thus becoming the first player in history to hold both titles simultaneously.

Since that time he has firmly established himself as one of the ten best racquetball players in the world, being ranked as high as seventh during the 1980-81 pro season. His long list of tournament titles includes two prestigious prostop victories in Portland and Anchorage. John plays under contract for Head Racquet Sports and will be using HEAD'S new Midsize Spectrum on the Pro Tour this year.

In addition to his playing abilities, John Egerman is developing a reputation for being one of the game's best teachers. His well rounded personality, combined with his knowledge of racquetball and athletic training in general, make him one of the most sought after racquetball instructors in the country.

STATES TURNING IN TOURNAMENT RESULTS						
	4/25	6/25	8/25	10/20	12/20	1/20
Number of States that have turned in Tournament Results	36	37	37	37	37	37
Number of States that have Not turned in Results	14	13	13	13	13	13
Total Number of Results in	279	365	383	341	390	346

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May Is Fitness Month

May once again will serve as the official month designated to celebrate physical fitness nationwide, George Allen, Chairman of the President's Council on Physical Fitness and Sports, has announced.

National Physical Fitness and Sports Month is designed to encourage new fitness programs and services, acquaint people with fitness opportunities available in their community and to give recognition to effective leaders and outstanding programs.

"Now is the time for individuals, businesses, agencies and communities to start planning their fitness month activities," stressed Allen. "In 1985, we documented more than 2,000 sponsored activities attracting more than one million people. This year, we hope everyone will join in the campaign and improve their physical fitness."

Recreation and park departments, schools, YM-YWCAs, Boys and Girls Clubs, business and industry, government agencies and other sports and leisure service organizations will be conducting special programs and events during the month.

A promotional poster and "how-to" brochure will be mailed in January to 10,000 agency leaders to help them plan their events. The celebration will include sports and fitness festivals, clinics, competitive and fun runs, fitness testing and health fairs.

Additional information is available by contacting local recreation departments or Dr. Matthew Guidry, President's Council on Physical Fitness and Sports, 450 5th St., N.W., Suite 7103, Washington, D.C., 20001, (202/272-3424).



AARA/ARHS NATIONAL RANKINGS

DIVISION - (1) MEN'S OPEN

Rank	Name	St
1	ANDREWS, ED	CA
2	CALABRESE, FRED	MA
3	ROBERTS, ANDY	TX
4	DERENSKI, DAN	PA
5	HANSEN, TIM	FL
6	NICHOLS, CHARLIE	FL
7	KATZ, AARON	TX
8	CLINE, JOEY	NJ
9	ST. ONGE, SCOTT	MA
10	HAMILTON, JIM	IN
11	MECRETE, DAVE	IL
12	MONTALBANO, TOM	NY
13	GONZALEZ, SERGIO	FL
14	SPURCHARD, MIKE	NE
15	GONZALEZ, OSCAR	FL
16	MORRISON, MARK	FL
17	CARIN, DOUG	OH
18	HARRIPERSAD, ROGER	CA
19	SHOW, FIELDING	VA
20	KELLY, DON	CO

DIVISION - (5) MEN'S D

Rank	Name	St
1	ARRIOLA, BRETT	TX
2	VONACK, RANDY	TX
3	HICKS, LARRY	KY
4	JONES, CHRIS	OK
5	MAHUREN, MIKE	VA
6	PARAS, KEN	IL
7	PELLAND, DAVE	MA
8	SCHAFER, SCOTT	MM
9	SCHNEIDER, JOHN	MA
10	BALCOM, JOHN	MA
11	JACOBEE, JOHN	HJ
12	SEGAL, DAVE	FL
13	SCAPICCI, PAUL	MA
14	ATKISON, BOE	VA
15	MOSS, STEVE	FL
16	RYNARD, KEN	IN
17	SANTARELLO, VINCENT	FL
18	RODRIGUEZ, SERGIO	NJ
19	RIONDI, VIN	FL
20	MIRICH, BRIAN	CA

DIVISION - (9) MEN'S 11

Rank	Name	St
1	MORSE, CLAY	MI
2	MOSCEP, WILLIE	WY
3	WARD, WADE	WY
4	MAJORSKI, MAIT	NY
5	SHIPLEY, BEAR	ID
6	BUTTERFIELD, JEFF	MI
7	SCHULTZ, JOHN	WY
8	STEEL, HEATH	WY
9	STEEL, MIKE	WY
10	DANN, COREY	MA
11	REYMER, BRICK	KS
12	HIPSHFIELD, KYLE	KS
13	REYMER, BRICK	KS
14	NUBERT, JAKE	CO
15	MURBERT, JOSH	CO
16	REPLIN, BRIAN	NY
17	MYERS, NICK	CO
18	EMMES, IRE	NY
19	ANDERLE, JEFF	NY
20	LOFF, BRETT	CO

DIVISION - (13) MEN'S 15

Rank	Name	St
1	GILLMAN, JOHN	OR
2	EATON, MIKE	MT
3	CHITOPY, MIKE	TX
4	LINDSIFORD, BUCKY	MT
5	CAPRIANO, CHARLIE	TX
6	WILLIAMS, SCOTT	MM
7	TENDRIS, HECTOR	TX
8	HALLERSON, BRIAN	MT
9	DOHOVAN, MIKE	WY
10	ROBE, BRETT	WY
11	SEELY, COREY	WY
12	WESTBY, BRAD	WY
13	APAGON, BRIAN	MM
14	COX, JOHN	TX
15	CLAIR, JASON	MM
16	SEBESTA, ROBERT	MM
17	RACON, LEWIS	AL
18	FURKETT, RODGER	MM
19	GEORGOUDAS, MIKE	AL
20	HARRINGTON, PAT	CO

DIVISION - (17) MEN'S 19+

Rank	Name	St
1	CLINE, JOEY	NJ
2	HANSEN, TIM	FL
3	JEFFERS, JIM	IL
4	HORTON, CHARLIE	NY
5	SCHNEIDER, JOHN	FL
6	HUBER, BRENT	MA
7	COLEMAN, TOM	MA
8	EDMAN, JEFF	FL
9	COLEMAN, MIKE	MA
10	WINTER, CURTIS	FL
11	BARRETT, JOHN	PA
12	PERCH, BOB	MM
13	HENSHAW, MARK	KS
14	JONES, DOUG	VA
15	KIFFE, STEVE	MT
16	LADNANE, TIM	IN
17	MULLIPS, PETER	FL
18	PURKIS, ANDY	TX
19	GARTHER, ED	SC
20	SHEPHERD, SCOTT	VA

DIVISION - (21) MEN'S 40+

Rank	Name	St
1	PLENH, ED	VA
2	PILLEY, FRED	FL
3	ULOCK, ED	FL
4	WINSLOW, MIKE	FL
5	PIMSEY, TOM	FL
6	PISS, JACK	FL
7	KORMAN, MIKE	MM
8	SHAPIRO, NEIL	NY
9	WILLIAMS, SID	VA
10	WHITE, FRED	FL
11	LOSE, DENIS	CA
12	CHIT, TOMY	FL
13	GALEPETH, RON	PA
14	SHANK, CRAIG	FL
15	ARHOLT, MIKE	IN
16	HEGUY, STEVE	MM
17	RAHWATER, JULIAN	FL
18	PAUL, BOB	IL
19	POICE, ROBERT	JO
20	DEPOT, REME	PI

DIVISION - (2) MEN'S A

Rank	Name	St
1	SANCHEZ, TOM	TX
2	DEWITT, JOHN	NY
3	CORN, SKIP	AL
4	EVANS, BRUCE	CO
5	TEODORO, SAL	NJ
6	KLANTZ, HOLAN	NY
7	HUTER, ED	SD
8	RANKIN, BRIAN	FL
9	RAGSDALE, DAVE	TX
10	LICART, PAUL	MI
11	SELTZER, RANDY	NY
12	DELANCY, GEORGE	MA
13	ISLEY, MARK	MO
14	MCILLAN, D	NC
15	STEWART, DEAN	VA
16	WADE, DON	IN
17	EISENROTH, GARY	CA
18	LYTLE, KIP	SD
19	LEONARD, JOHN	NJ
20	RANDI, RANDY	VA

DIVISION - (6) MEN'S MOVIE

Rank	Name	St
1	ROVINSKY, STEVEN	TX
2	BOODLOSKY, SCOTT	HJ
3	FRIESTH, BRUCE	SD
4	UPIDE, BYRON	TX
5	DINGMAN, TROY	KS
6	MACISAC, ANDREW	MA
7	MILLER, WESLEY	TX
8	SANDERS, MILES	VA
9	SCHALLER, ROBERT	MM
10	BURKETT, JAMES	SC
11	VACHER, JEFF	PA
12	MYERS, STEPHEN	AL
13	PROBBS, RICK	TX
14	CARDNUGH, JOE	PA
15	CARTER, MARTIN	MI
16	COLLINS, GREG	WY
17	FITZGERALD, JIM	MA
18	HARVEY, KEITH	PA
19	ISAC, GEORGE JR	MI
20	KIRK, ANDREW	AK

DIVISION - (10) MEN'S 12

Rank	Name	St
1	ELLIS, JOHN	CA
2	POND, PATRICK	TX
3	O'CONNELL, CRAIG	CO
4	MCCOY, RUSS	PA
5	XYHIDIS, NICKY	FL
6	KOLEN, JOHN	AL
7	ENGEL, ALAN	FL
8	CRUTE, CHRIS	NY
9	HARMESON, DEREK	IN
10	HARPIS, D J	MO
11	WARNER, BRIAN	TX
12	DEAN, DAVID	IN
13	THOMPSON, CHARLIE	AL
14	ECKLES, MAIT	KS
15	EILLENBERGER, JIM	WI
16	LOCKER, DEREK	MM
17	MEDEZ, GIOVANNI	TX
18	MUNCHIK, SUSS	NY
19	PETTORITO, MIKE	MA
20	WALDEN, ROPPY	FL

DIVISION - (14) MEN'S 16

Rank	Name	St
1	ADAMS, BRYAN	TX
2	LESEURE, CHRIS	IN
3	LOPELLO, JAMES	FL
4	WRIGHT, CHRIS	MO
5	LOVE, TOMMY	NC
6	WHITE, KEITH	SD
7	HIDDER, KEITH	MO
8	GONZALEZ, OSCAR	FL
9	APRISTONE, TROY	MM
10	HAGEN, BOB	SD
11	OLIVER, VICKI	TX
12	MATHISON, SI	NY
13	ELTZ, JEFF	NY
14	ALVARADO, MIKE	TX
15	ROGENSEN, DAVID	WI
16	POSCIA, TONY	CO
17	CAPELAS, GEORGE	MA
18	JORGENSEN, BRIAN	PA
19	L'ARCHELLE, ERIC	CO
20	METAJ, AARON	MI

DIVISION - (18) MEN'S 25+ JUNIOR VET

Rank	Name	St
1	HEPPITT, GARY	TX
2	VIRN, DAHMY	AL
3	PETTER, GARY	VA
4	CAPALLER, AL	FL
5	WHITE, STEVE	AL
6	GORDON, DAVE	MM
7	MULT, JOE	IN
8	LYMAN, BILL	IL
9	LAND, BILL	LA
10	MORRISON, MARK	FL
11	CHAMBLIS, KEVIN	OK
12	LUHM, DARVIN	MT
13	OLSEN, RANDY	NE
14	PETERSON, JOHN	NY
15	SMITH, MITCH	PA
16	VAHOVER, RAY	MI
17	WICKLIFFE, JERRY	GA
18	FRANER, RANDY	FL
19	DRISCOLL, BOB	FL
20	D'DELL, RICK	FL

DIVISION - (22) MEN'S 45+ MASTERS

Rank	Name	St
1	GAFFIKEL, CHARLIE	NY
2	LAFLER, REX	IN
3	SMITH, JUDE	OK
4	ULOCK, ED	FL
5	WILLIAMS, SID	VA
6	MADDER, JESS	MI
7	PIMSEY, TOM	FL
8	STEECE, FRED	IN
9	ELMAN, SKIP	MA
10	JOHNSON, BOB	IL
11	MOS, DAVID	DE
12	PRICE, HAROLD	CA
13	MYNCHERSON, JIM	OK
14	ELTZ, LOU	FL
15	ELIASS, FRED	FL
16	DIFFRICH, LES	MM
17	HUMPHREY, LEE	KS
18	WHEELER, JOHN	NY
19	LEPASSEUR, ART	MA
20	LANE, JOE	TX

DIVISION - (3) MEN'S B

Rank	Name	St
1	CHILDS, DON	TX
2	TEODORO, SAL	NJ
3	LEONARD, TOM	NJ
4	TORRES, NICK	NJ
5	DECKER, JEFF	IN
6	GUSTIN, RICH	SC
7	DELANEY, GEORGE	MA
8	GOLDEN, JAMES	TX
9	BARINE, BRIAN	MA
10	COOKS, GEORGE	FL
11	KESTERSON, JIM	CA
12	FOSSA, WAYNE	OK
13	GUNDERSON, ERIK	MA
14	HOWELL, KEVIN	FL
15	MILLER, WAYNE	PA
16	MORSON, CURT	VA
17	OSTMAN, TIM	MM
18	PEYTON, MIKE	FL
19	EPPERSON, WILL	AL
20	GREENBERG, ROSS	FL

DIVISION - (7) MEN'S B

Rank	Name	St
1	MILLER, WESLEY	TX
2	BOYETT, JONATHAN	CA
3	DEAN, FRANK	AL
4	DELOUSKI, EVAN	WI
5	EKMAN, ERIC	MA
6	STEVENS, CRAIG	PA
7	FRISMAN, JODY	FL
8	SPONNER, LEVI	MM
9	ACERII, JIM	NY
10	D'AMOREY, GEORGE	FL
11	SPONNER, GARY	MM
12	MYERS, JEFF	KS
13	HORNBADY, MATT	IN
14	MAJORSKI, MAIT	NY
15	XYHIDIS, JON	FL
16	ASHURST, JIM	AL
17	DEAN JR, FRANK	AL
18	WILBUR, BRIAN	CA
19	ZIMMERMAN, BRENT	MI
20	THOMPSON, PORRJE	AL

DIVISION - (11) MEN'S 13

Rank	Name	St
1	KENNIS, JOHN	MT
2	HERNANDEZ, GIOVANNI	TX
3	SMITH, MAIT	WY
4	PURE, BRETT	WY
5	ACHALOD, JAVUD	TX
6	EAGLE, DOUG	TX
7	EADS, TONY	WY
8	DOHOVAN, MIKE	WY
9	MCTADDIN, BRIAN	MT
10	SCHULTZ, JOHN	WY
11	WESTBY, DARIN	WY
12	MARTINEZ, GILBERT JR	TX
13	ECKLES, MATT	KS
14	HARE, ACE, JR.	KS
15	REYMER, BRICK	KS
16	NOKINS, SCOTT	FL
17	BEAUCHEH, CHRIS	FL
18	BEAUCHEH, J.P.	FL
19	ENGEL, ALAN	FL
20	LYONS, RICHARD	FL

DIVISION - (15) MEN'S 17

Rank	Name	St
1	HUGLEH, DAN	MT
2	LARRY, DAVE	MI
3	GILLMAN, JOHN	OR
4	KRISTAL, JIMMY	WY
5	SMITH, ASHLEY	MI
6	DIDOT, HUGH	CO
7	FOSLER, BOB	MI
8	CAPRAN, BOB	MI
9	ALDERT, DAHMY	CO
10	ECKHOLSE, JEFF	MI
11	KUMLER, JEFF	MI
12	POSCIA, TONY	CO
13	LYONS, TROY	MI
14	MEKAY, JOHN	MI
15	HAWKINS, BRUCE	CO
16	HANZLER, DAVID	CO
17	WITT, JEFF	CO
18	DECKER, DAVE	TX
19	DOZIER, JAMES	TX
20	GREEN, RANDY	TX

DIVISION - (19) MEN'S 30+ VETERANS

Rank	Name	St
1	MCLEOD, DENNIS	MA
2	HASTINGS, STU	MI
3	SIMON, BILL	FL
4	DRISCOLL, BOB	FL
5	SMITH, KEN	OK
6	YONGE, JIM	PA
7	DAVIS, GENE	FL
8	RILEY, TOM	MA
9	HAMILTON, JIM	IN
10	JANAK, MIKE	PA
11	TAYLOR, TODD	FL
12	WING, STAN	FL
13	MCDONNITT, BRIAN	NY
14	VAHOVER, RAY	MI
15	DAVITRICH, KEVIN	NY
16	VINTERS, SCOTT	CA
17	ALLEN, A.J.	IL
18	ALLEN, DAN	VA
19	CLARK, SCOTT	VA
20	HEGG, MARK	CO

DIVISION - (23) MEN'S 50+

Rank	Name	St
1	VICKMAN, CHARLES	NC
2	WRIGHTSON, DON	FL
3	MILLER, PIERRE	IN
4	KREUSKY, JAY	PA
5	RIZZO, JOE	NY
6	PREUSKY, JAY	PA
7	DAY, DAN	IL
8	FRIESTH, BARNEY	SD
9	LOGAN, JOHN	VA
10	LUCKMAN, JOE	MT
11	TALBOT, PETE	NJ
12	WALZ, TOM	CT
13	MURPHY, STEVE	NJ
14	CHAPMAN, OTIS	OH
15	FAY, JOHN	TX
16	HOPPER, ROBERT	FL
17	RYAN, DICK	MA
18	GOLDSTEIN, NORM	MM
19	LAURITSEN, TERRY	MM
20	ROBINSON, TOM	IN

DIVISION - (4) MEN'S C

Rank	Name	St
1	HUCK, DAVID	TX
2	KITCHROCK, JIM	MA
3	HAASE, JEFF	SC
4	SALAS, JOE	TX
5	MADELMAN, CARY	NJ
6	FRANCIS, BOB	PA
7	GIDMER, BOB	WA
8	HARRIS, BYRON	IN
9	JOHNS, CHRIS	OK
10	NETZ, CURT	SD
11	ROCKETT, AL	AL
12	STEIN, CASEY	NY
13	WEIMER, LAURENCE	IL
14	ZANDER, BOB	NJ
15	BUCK, FRED	FL
16	BURDICK, PAT	MI
17	LIRAHOLM, CHUCK	CA
18	POWER, JEFF	NJ
19	COSENTINO, JOE	NY
20	SEIDEL, CHARLES	ME



AARA/ARHS NATIONAL RANKINGS

DIVISION - (28) WOMEN'S OPEN

Rank	Name	St
1	DAKTER, CINDY	PA
2	LATHAM, TERRY	TX
3	FRIED, CRYSTAL	CA
4	DEE, MARY	NH
5	EVOH, CHRIS	IL
6	HIGGINS, MAN	MH
7	MOOK, MOMA	CA
8	PASMUSSEN, TRINA	CA
9	DOYLE, CINDY	NY
10	KIMFELD, KAYE	IL
11	PORSON, SANDY	IL
12	DIAMOND, LINDA	FL
13	SINGLESTARY, TERRY	OK
14	CURTIS, JAN	FL
15	HASTINGS, JOETTA	MI
16	NICHOLS, CATHY	CO
17	DAVIS, FRANK	HJ
18	ENGLESON, TRACY	CA
19	OVERSTAKE, CINDY	OK
20	KANAMAHADA, MALIA	VA

DIVISION - (32) WOMEN'S D

Rank	Name	St
1	GILES, TAMMIE	TX
2	FRUNETTE, ANNA	CA
3	ABBOTT, LYNETTE	TX
4	BOITE, BEVELLY	AR
5	GOLUB, ELIZABETH	TX
6	MOVASAKI, MARY	MA
7	GATES, MARTHA	IL
8	FEUTER, KETHA	IN
9	LEWIS, SANDRA	OK
10	FRANK, KELLY	MH
11	GILFORD, KERPI	HJ
12	PETERS, LINDA	CA
13	PRATHER, SHELLEY	SD
14	TORRES, LINDA	NH
15	MAY, HAYDEN	CA
16	ROCKWELL, CARB	MI
17	ACETO, DOMINA	MA
18	ALGER, KATHY	PH
19	ANDRADE, MARLENE	CA
20	BATLEY, MARY KAY	TX

DIVISION - (36) WOMEN'S 11

Rank	Name	St
1	EDLAND, ALYSSA	MT
2	WEBER, MEG	MT
3	SHUTE, MARKI	WY

DIVISION - (37) WOMEN'S 12

Rank	Name	St
1	VILLMIER, ERICA	OH
2	SIMONETTA, AMY	FL
3	LEE, JENNIE	PA
4	ALONZI, TINA	CO
5	CULVERHOUSE, DANIELLE	AL
6	DODSON, TALYA	CA
7	CUMELAS, KIM	MA
8	SPECTOR, HANNAH	FL
9	GATES, MARTHA	IL
10	RUSSELL, KELLY	KY
11	ENGEL, BRITT	FL
12	ARASON, KARI	MN
13	LESEUPE, AMER	IN
14	CARMONA, MONICA	CA
15	DUMM, HEATHER	MA
16	KIMPEY, ALICIA	AK
17	KHLESAL, HEIDI	NY
18	PANCOAST, SHELBY	IL
19	LEE, ANGIE	PA
20	LACY, TAMI	CA

DIVISION - (39) WOMEN'S 14

Rank	Name	St
1	GILMAN, MICHELLE	OR
2	CHARBONNEAU, JACKIE	NY
3	LEVINE, ROBIN	NY
4	SIMONETTA, AMY	FL
5	LESEUPE, AMER	IN
6	ALONZI, TINA	CO
7	DODSON, TAMI	CA
8	COX, SUSAN	FL
9	LEE, JENNIE	PA
10	DEAN, MARY LASLI	AL
11	DOYLE, CINDY	NY
12	COPELAS, KIM	MA
13	MCCULLOUGH, MICHELLE	TX
14	PELLOWSKI, CARA	VI
15	STRELL, DANA	MH
16	YRICOVEN, BRANDY	CA
17	AFFORD, PAM	FL
18	SPECTOR, HANNAH	FL
19	ROBERTSON, DEIDRE	FL
20	D'AM, HEATHER	MA

DIVISION - (40) WOMEN'S 15

Rank	Name	St
1	MCCULLOUGH, MICHELLE	TX
2	GRAY, LISA	TX

DIVISION - (41) WOMEN'S 16

Rank	Name	St
1	MCCARTHY, CLAUDIA	FL
2	LEVINE, ROBIN	NY
3	HEALY, CARRIE	CA
4	PREHISS, ANN	NY
5	PULIS, KELLY	CA
6	CRUTCH, LETCH ANNE	DE
7	DAKTER, JANET	MA
8	RUSSELL, PAULA	SD
9	HIGGINS, KERRI	OH
10	RUSSELL, KIM	KY
11	THOMAS, JULIE	IL
12	WYLE, ANGELA	CO
13	YARNS, VICKI	FL
14	ODDY, LESLIE	FL
15	PERHARD, KATHALIE	CO
16	COMER, DELAINE	CA
17	FINEYTES, ELMA	CO
18	MARRY, AMY	AK
19	MALAMBA, SUE	HJ
20	YACKLEY, LISA	IL

DIVISION - (42) WOMEN'S 17

Rank	Name	St
1	GILMAN, MICHELLE	OR
2	VALI, DOT	WY
3	PAPROTT, LESLIE	WY
4	RIGGERSTAFF, KIM	MT
5	DERMER, ROBYN	MT
6	RODCLIFFE, BECKY	MT

DIVISION - (43) WOMEN'S 18

Rank	Name	St
1	FRICHELL, DINA	IN
2	HEALY, CARRIE	GA
3	LEVINE, ROBIN	NY
4	CREUS, WENDY	MD
5	ANTHONY, LISA	CA
6	PIERMAN, MARLA	FL
7	MORDAS, ELAINE	OH
8	PUPPE, JANET	MA
9	CRADDOCK, SUSAN	NY
10	GILMAN, MICHELLE	OR
11	WIELSMANN, HOLLY	MD
12	LEE, SHELLEY	PA
13	OSTEEN, JILL	NC
14	SPITCHETT, DENA	TX
15	RUSSELL, PAULA	SD
16	PAPROTT, LESLIE	CA
17	MORRIS, ROBIN	FL
18	PAPROTT, JOY	CA
19	YARNS, VICKI	FL
20	CRUZ, WENDY	MD

DIVISION - (44) WOMEN'S 19+

Rank	Name	St
1	CURTIS, JAN	FL
2	HEALY, LISA	CA
3	PASCH, LOPI	FL
4	KENCK, FRANK	IL
5	EKSUSIAN, CINDY	MA
6	NICHOLS, CATHY	CO
7	EDMOND, ANGIE	FL
8	CREANAN, KELLY	IN
9	LEVINE, LISA	IN
10	GRAN, TERRI	ME
11	MASPERG, LEANNE	NY
12	RODCLIFFE, CHRIS	MI
13	SUMQUIST, TRACEY	VA
14	ALMEIDA, DIANA	CO
15	CRAN, TERRI	ME
16	RILEY, LISA	MA
17	JOHNSON, CHRISTY	FL
18	FRONT, COLLEEN	OH
19	DEVORE, CHERYL	IL
20	DOLBY, PAM	IL

DIVISION - (45) WOMEN'S 25+ JR. VETERANS

Rank	Name	St
1	GLUWA, KATHY	TX
2	SKLENKA, MARY PAT	TX
3	SCREEDON, LINDA	JH
4	REDDING, KIM	PA
5	ELLIS, MARILYN	MA
6	KANAMAHADA, MALIA	VA
7	LAKELOITZ, KATHY	TX
8	RICE, AMY	HJ
9	SHIELDS, COLLEEN	IL
10	SINGLESTARY, TERRY	OK
11	STRANDERS, SIMONE	MT
12	SIMMONS, BARBARA	FL
13	ADAMS, MARTHA	GA
14	HACLER, CONNIE	TX
15	LAURSEN, PAMELA	TX
16	QUIMMAN, JOANIE	MA
17	JANES, BIRI	FL
18	ACKERMAN, KERSTIN	VA
19	BAKKE, GLYNIS	VA
20	BENTLEY, PEGGY	IL

DIVISION - (46) WOMEN'S 30+ VETERANS

Rank	Name	St
1	FRICHELL, JULIE	FL
2	WOODS, GAIL	LA
3	LATHAM, TERRY	TX
4	PETERSON, CONNIE	OR
5	SIMON, JANET	MA
6	EARLICH, EILEEN	FL
7	PETERSON, JAN	PA
8	DESCHER, JEAN	CA
9	FISH, RENEE	FL
10	MURRAY, MARY JO	FL
11	CALLAHAN, MARTHA	MA
12	CLUESS, MARY ANNE	KY
13	DAVIS, LAUREL	IL
14	DERRICK, LINDA	FL
15	DICKERSON, TERRY	KS
16	MARTIN, CHRIS	MT
17	MILLER, MARILYN	FL
18	REHITZ, HULLY	KY
19	SERFER, JOANNA	TX
20	AZEKA, JOAN	IL

DIVISION - (47) WOMEN'S 35+ SENIORS

Rank	Name	St
1	CALLAHAN, MARTHA	MA
2	FALSO, AGATHA	FL
3	MURRAY, MARY JO	FL
4	DESCHER, JEAN	CA
5	ARMSTRONG, SHERRY	CO
6	MILLER, LINDA	IN
7	EDELMAN, VICKI	MA
8	STULIZ, CHARLOTTE	PA
9	CALLAHAN, VIVIANE	VA
10	CRAN, SUE	CO
11	HEATH, BERTIE	MT
12	KRAFT, SUSAN	KS
13	LIGHT, MARGARET	IL
14	MORFE, HELEN	TX
15	PRIMO, LENA	HJ
16	URZA, MAITE	VA
17	LAHEY, LIBBY	FL
18	WINDWARD, JUDY	IN
19	FINES, MIOIA	CA
20	POGERS, SANDY	VA

DIVISION - (52) WOMEN'S 60+

Rank	Name	St
1	CAUFEAU, CLAIRE	TX
2	CHIFF, MARY LOU	VA
3	QUINN, MARY	CT
4	SHILO, RACHEL	ID
5	JOHNSON, RAYE	MN
6	QUACKENBUSH, ELEANOR	OR
7	SCHILD, RACHEL	IO
8	QUACKENBUSH, ELEANOR	OR
9	BRIDGES, RUBY	OR
10	PETERSON, JUNE	VI
11	COVLE, ROZ	NY
12	PETERSON, JUNE	VA

DIVISION - (53) WOMEN'S 65+

Rank	Name	St
1	DOUGLAS, LUCILLE	TX

DIVISION - (57) WOMEN'S CC

Rank	Name	St
1	ELBACK, DENISE	HJ
2	YANOSHI, TERESA	NY
3	MURRAY, SHERRY	NY
4	FORTEE, LOUELLA	NY
5	BAIR, JUDI	HJ
6	BALCANOFF, DEBBIE	NY
7	CORRIEAM, REGINA	NY
8	HERTHNER, JULIE	NY
9	RUGHO, CHRIS	NY
10	AGUILAR, PAULA	NY
11	DEUDE, DORIS	NY
12	KSTRAND, CARRIE	NY
13	GRAY, LINDA	CO
14	SMITH, LISA	NY
15	YU, ELEANOR	NY
16	PREHISS, GAIL	NY
17	GILLMAN, DENISE	AK
18	MORSEBSTER, ROBERTA	NY
19	FEARNS, GLORIA	HJ
20	BATLEY, KATHY	CO

DIVISION - (58) MEN'S CC

Rank	Name	St
1	PERIN-DONET, CRAIG	NY
2	LEE, JIM	NY
3	PATEL, SHAPIRAK	HJ
4	RUSSELL, TOM	NY
5	DAVILLA, VICTOR	HJ
6	SILVER, ROBERT	NY
7	IMPE, PAT	NY
8	MUNCEP, STEVE	MA
9	PANCIOTTO, MARK	NY
10	PATSON, J	NY
11	BARKS, ART	NY
12	ELTZ, DAVID	NY
13	POVENZI, DONALD	NY
14	CUMMINS, JOHN	NY
15	GIVENS, KERRY	CO
16	MCCARTHY, MIKE	PA
17	LEAVY, BILL	NY
18	MASSETT, ROBERT	MA
19	EDDY, DALE	NY
20	GORELICH, KEN	NY

DIVISION - (62) JUNIORS

Rank	Name	St
1	ELOOM, CAL	MA
2	QUINCY, TOM	SD
3	QUINCY, KIM	SD
4	LEVALLER, KRISTY	SD
5	MARTIN, MAIE	SD
6	RUGGIERI, WANDA	NH
7	WHITE, KEITH	SD
8	ZIMMERMAN, SCOTT	NE
9	ELOOM, JASON	NH
10	EATON, MADON	NH
11	FULLERTON, REBECCA	NH
12	ELOOM, TROY	NH
13	KING, TODD	TX
14	PEETERS, STEVE	SD
15	BERGMAN, JASON	SD
16	D'ANDREA, RICHARD	FL
17	FLESSNER, RYAN	NI
18	HAGEN, ROB	SD
19	JOHNSON, LORI	SD
20	STEMBLE, MATT	SD

DIVISION - (29) WOMEN'S A

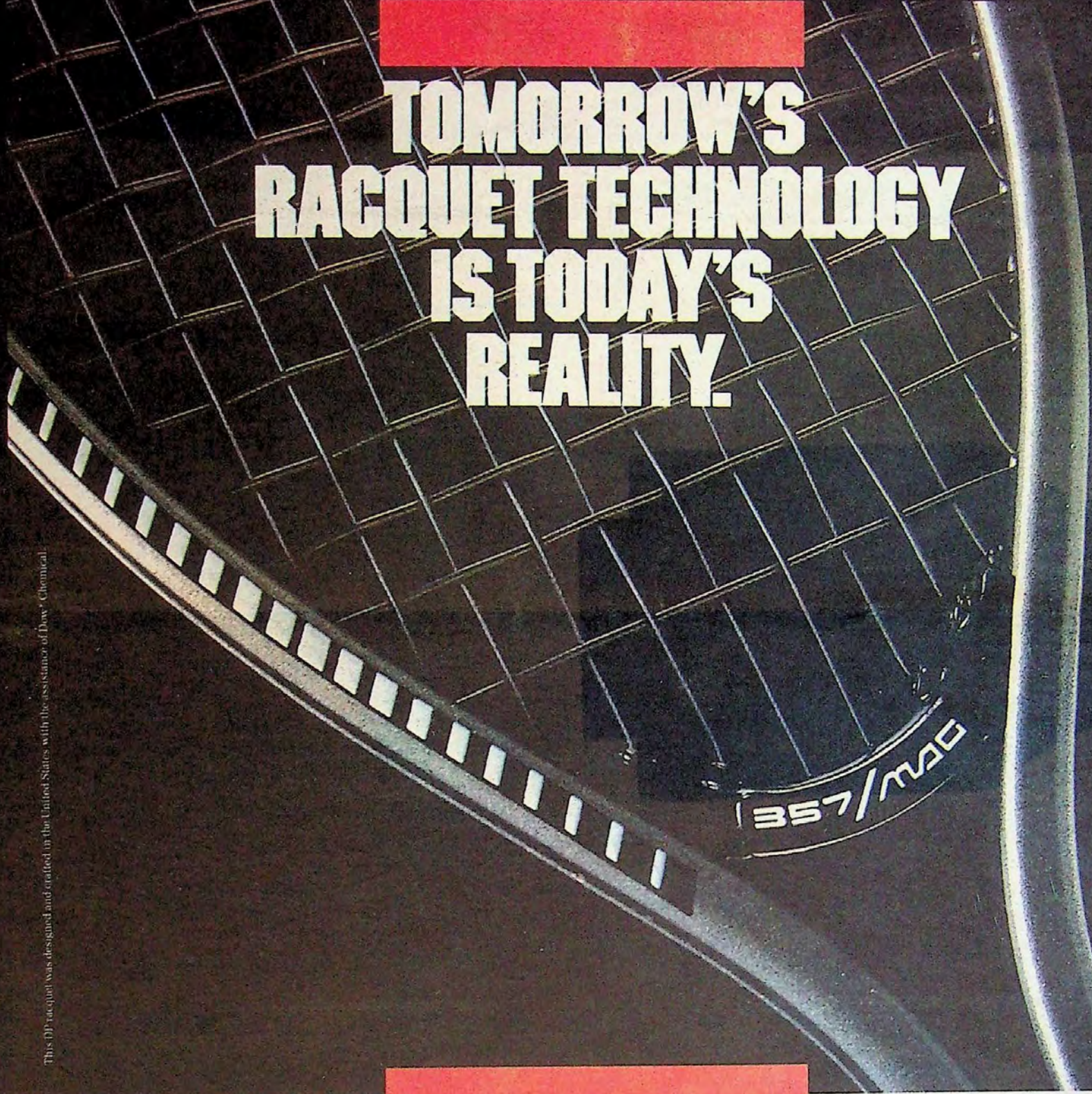
Rank	Name	St
1	PASMUSSEN, MARY	OK
2	DONOFIO, EVELYN	HJ
3	AFFORD, PAM	FL
4	WRIGHT, PAM	NH
5	YARNS, VICKI	FL
6	FOX, MELDIE	VA
7	AND, SCARLET	TX
8	BICKLEY, MARY	TX
9	RICE, AMY	HJ
10	ADLER, HEATHER	CT
11	FAQUIN, LISA	TX
12	LUCAS, MARGARET	TX
13	MCNEIL, DEBBIE	GA
14	LLACERA, JUDY	NY
15	BIRDWELL, DEAN	TX
16	DREVIK, JANE	MH
17	TROSTAK, TRACEY	ME
18	BAUER, TRACY	NY
19	BENEDICT, SALLIE	TX
20	LUSCHER, SYLVIA	MA

DIVISION - (33) WOMEN'S MOVIE

Rank	Name	St
1	PETERS, FRANCES	TX
2	LITTLE, DEBBIE	MA
3	PALEY, ELIZABETH	TX
4	GEORGIAS, DOMINA	AL
5	JANZEN, KATHY	KS
6	PALEZ, ALICIA	FL
7	FOLLEY, CINDY	TX
8	ROEMER, DOMINA	PA
9	HUMON, HEATHER	NH
10	AMPPOSE, CORINNE	FL
11	COLAN, SANDY	KS
12	COLE, MELANIE	NH
13	CULVERHOUSE, DANIELLE	AL
14	HOPDIN, KATHI	CO
15	IMVARD, MELISSA	PA
16	LEDERMAN, DENISE	NY
17	LICATO, PAM	NY
18	MCHIN, JOANNA	PA
19	MEYERS, KAREN	WV
20	MONTAGARD, PATTY	HJ

DIVISION - (30) WOMEN'S B

Rank	Name	St
1	BURKE, JANET	MA
2	CHILDS, KARA	TX
3	ANDERSON, TAMARA	TX
4	EDMOND, ANGIE	FL
5	LUEDECKE, CAROL	VA
6	DOUKAKIS, MARY	CO
7	LAMIS, SANDY	ME
8	SCHWITZER, SUE	NH
9	MEISTERLING, TERRY	IL
10	GREES, KARI	KS
11	BARSOITI, GINGER	OK
12	FRUE, ROBIN	HJ
13	WOPPEN, SARAH	IN
14	KENCK, FRANK	IL
15	SANFILLIP, KAREN	HJ
16	FORIE, VIKHIE	HJ
17	WILLIAMSON, JULIA	FL
18	DODSON, TALYA	CA
19	HELD, DEBRA	FL
20	BRIDGE, SUZANNE	MA



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