

# National Racquetball®

February 1987

Vol. 16 No. 2

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**Skip a rock!**  
Fran Davis on  
forehand and  
backhand.

**Flexibility First:**  
Part Two

**WPRA Hits  
Chicagoland**

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# Why Yellen Put His Game On The Line

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# Off The Wall

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by Joe Massarelli

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## The Total Picture

Many of us who are close to racquetball — playing it every chance we get and keeping track of the tournaments across the nation — would like to see this very special sport hit the national spotlight. We'd like to see it televised regularly and covered by the print media with the same enthusiasm as tennis or golf.

However, the growth of a sport is a complicated phenomenon, involving many factors. It can be argued that a sport "seeks its own level" naturally and cannot be pushed beyond this level for long. A case in point is professional soccer, perhaps the most popular sport worldwide, and yet both times it was introduced in the U.S. it failed. (The second attempt was successful for a few years and even obtained regular TV coverage, but still slumped, leaving only one positive after-effect: a thriving youth soccer program across the nation.)

This is not to say that professional racquetball cannot become a major American sport. We are merely saying that there is more to success than TV coverage and successful youth programs. Professional racquetball has to be "interesting" enough to the public to make them tune in and watch.

The men's pro tour has all the ingredients of a major American sport: Three or four super stars, battling back and forth for the top ranking, several of them with the controversial on-court behavior of a John McEnroe.

But selling a sport to the American public means selling the *entire* sport, not just the guys (since women make up big portion of the non-football/baseball sporting audience). And it is the women's pro tour which needs support and development.

Right now, as in the recent past, there is one champion — one. Lynn Adams. And, 95 percent of the time, there is only one #2 ranked woman pro — Caryn McKinney. We must praise the skills and stamina of these two athletes, but it is not doing the sport of professional racquetball any good to have a guaranteed one-two finish in every competition. That's dull. And if there's one thing the American sporting public won't stand for, it's dullness.

We believe this problem could be solved if the RMA sponsored the women with the same gusto that it promotes the men. At this writing, there are only a few manufacturers sponsoring the WPRA tour, and they should be congratulated for their dedication to the sport. If there were more major sponsors a greater number of women would have the incentive to enter the competition. And among those women would surely be some as strong as Adams and McKinney.

With both men and women pros giving us an exciting back-and-forth afternoon of intense competition, racquetball would be ready for the portable glass court, TV and its rightful place among America's super sports,

including the Olympics.

And we will know when racquetball has reached that level . . . It will be standing-room-only at every tournament, and the major racquetball clubs will feature "arenas" with thousands of seats for the cheering crowds. ○

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## National Racquetball

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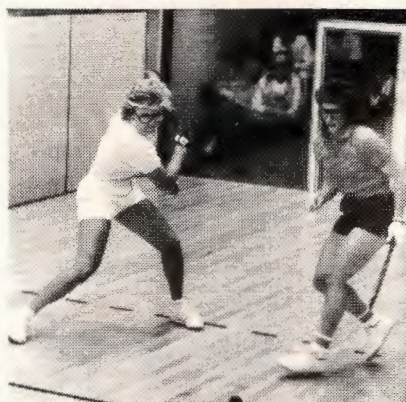
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On the cover: (Top) Luke St. Onge (right) and the AARA staff.  
(Bottom) Helen Quinn, *National Racquetball*, Luke St. Onge  
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# First Serve

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by Chuck Leve

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## Shame On Us

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Shed no tears for he who will not help himself.

I don't know who said that, or something similar, but today I shed no tears for the racquetball industry. Our 20-year self-destruct compulsion continues with a full head of steam as we move into 1987.

Last month I reported on the efforts of Joe Garcia to develop a portable glass court and the obvious promotional benefits that would accompany its creation. What I didn't report was the specific dollar amount Joe was seeking from the various manufacturers to help underwrite this exciting and positive venture.

In a recent conversation, Garcia gave me permission to publish that amount, so here it is: \$3,500. That's \$3,500 per company to get a portable glass court erected at the Super Show in Atlanta (this country's largest sporting goods show) or the IRSA National Convention/Trade Show in Dallas (the largest annual club owners show).

Is \$3,500 a lot of money? Sure it is. I'm sure every manufacturer would like to hang onto an extra three-and-a-half grand. These days, any savings helps. That much money might even cover tournament t-shirts for two medium sized events.

It must be a lot of money because not a single racquetball equipment company has agreed to spend it to support the portable glass court at either of these shows. Not a single company.

I couldn't be more saddened and, at the same time, outraged and embarrassed at this news. Garcia, who has poured countless hours of his time and nearly a thousand of his own dollars into the project is learning the hard way about some fundamental

truths in the racquetball business.

These truths are: (1) Racquetball equipment companies are not supporting the sport in its technical developments. (2) Racquetball equipment companies are unwilling to invest in the future of the sport (but are more than happy to reap profits due to the investments of others). (3) Racquetball equipment companies are incapable of understanding that a portable glass court is good for the sport (and therefore, good for them). (4) Racquetball equipment companies would rather do nothing (and hope for the second boom of the sport) than spend a measly \$3,500 to help ensure that boom. (5) All of the above.

Now that I have forever destroyed my supply of free racquets, balls and gloves, probably hurt our advertising sales, and made enemies of long-time friends in the business, I say, so what? This story must be told.

"They don't seem to want to put up anything to help advance the sport," Garcia told me. "The response has been lethargic, at best."

Initially, there was "positive" indications from most of the manufacturers. But when the "hefty" price tag was announced, they all backed down.

"They all got cold feet," was Garcia's way of putting it.

According to Garcia, only two other companies are doing anything to help the project, which ultimately would bring the portable court to shopping malls throughout the country, a guaranteed stimulus for new racquetball play. Those two firms are Exerflex (who has agreed to build the court at less than cost) and Mizuno, the Japanese division of Easton Sports, which is heavily

into volleyball and looking to expand wallyball, which Garcia invented and promotes.

I've heard many of my friends from the manufacturing end of things complain bitterly about how Japanese imports are making it impossible to compete. Based on this portable glass court experience, it seems to me that the Japanese don't get business because they're more frugal, they get it because they're smarter.

Of course, I may be the dumb one. Perhaps I don't understand the reluctance on the part of the manufacturers. Maybe a portable glass court is a lousy idea that won't do anything for the sport. Perhaps the two most significant trade shows for the racquetball industry are not the right vehicles.

If that's the case, certainly that side of the story should also be told. So I am hereby devoting this space to any manufacturer who cares to write and explain why he felt \$3,500 to support the portable glass court was a poor investment opportunity.

No matter how many bad names that company calls me, I'll see to it that the response is printed verbatim.

In the meantime, I have to paraphrase one of these companies, who told Garcia, "What good would a portable court at the Super Show do? Nobody would go see some racquetball pro when they can get an autograph from Larry Bird in another booth."

With farsightedness and dedication like that, who needs a recession?

The tears I am presently shedding are not for the companies, they are for the sport. Racquetball deserves better. ○

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# Off Court Fitness

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by Jean Sauser

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## Rewards

Everyone knows that nothing succeeds like success and that success is its own reward, but do you know one of the secrets to creating your own success? It's creating your own rewards along the way. One note of caution, however. Be sure to pick the right rewards for yourself.

In the world of fitness, there are two sets of rewards which will keep you happy and productive in the fitness center. One set consists of the benefits of fitness, improved on-court performances, physical as well as mental health, an increased energy level, improved looks, etc.

The other set of rewards is more immediate in nature. They are something you must create for yourself, but at the same time, they should add, not detract from your productivity. If you can create the right rewards for yourself, you'll be happier on a daily basis and, over the long term, more successful in any kind of conditioning program you try.

I learned about the ability to create your own constructive rewards for good behavior when I was in high school. It was from one of the members of my YMCA. He was in his 40s, an A player and an all-out health and fitness nut. To add insult to injury, the guy was happily married and extremely successful in business.

One day, after an exceptionally bad licking in racquetball, I came off the court with him and sarcastically inquired, "Dave, why is your life so gosh darn perfect?"

He laughed and said, "Because I reward myself properly," ignoring my disgust.

"I don't get it," I told him.

"Well," he hesitated for a moment, "Let's take why I beat everyone around here and am in better shape than you for starters."

Modesty was *not* one of Dave's attributes, but the guy was obviously one of life's winners and I wanted to know why. So I politely said, "Tell me," instead of "Like yourself much?"

"There are two sets of rewards involved in everything I attempt to do," he explained. "The immediate and long term."

"The long term goals are obvious," he continued. "I hate to lose, love to win, and so I practice as well as condition myself regularly for my racquetball matches."

"But," he warned, "practicing and working out regularly gets boring. At that point I begin to kid myself into thinking that I really don't need the real rewards all of this work brings. When I find myself thinking this way, and quitting comes into play, I switch to my immediate rewards system."

"Like?" I said, encouraging him to go on.

"Like if I know I'm going to have to practice long and hard for months on end to win a specific racquetball tournament, I'll buy a new piece of racquetball equipment for myself as an immediate reward for my efforts. That motivates me to practice hard and it keeps my momentum

going strong until tournament time."

"What about staying in shape," I ventured.

"Same thing," he answered. "I'll buy some new clothes to work out in, or whatever, the idea being: Stay motivated to stay in shape."

"One last thing though," he added. "Don't reward yourself with food and drink for losing a few pounds, working out extra hard or even for winning a specifically important racquetball match. That will only put you on the way back to where you started from."

"So this is why I'm losing to you all the time?" I said, smiling. "I don't know if I can live without pizza and beer."

"You don't have to live without it," he suggested. "Just don't *reward* yourself with it. Be more creative. Remember, there are two kinds of rewards you can give yourself, those that are constructive, and those that are destructive."

I took his advice. Slowly but surely, I learned to create better quality rewards for myself on a daily basis. My rewards became things which would keep me involved in racquetball, health and fitness, not take me away from it. It wasn't too long before I found out that Dave's advice was great advice.

In retrospect, I've often thought that one of the reasons that physically fit people don't succumb to food, drug, or alcohol

*(continued on page 38)*

# New Directions

by Luke St. Onge



## Promotional Vehicles

We need you. What a year ahead. All the promotional vehicles are in place and ready to go. All we need is you.

What promotional vehicles you say?

Let's start from the beginning of the feeder system with the Junior Programs so vital to the future of our sport. The Junior Council, headed by Scott Winters, has become one of the most active and important groups in racquetball. DP/Penn/AARA Junior League Program is ongoing and one of the most important developmental projects of racquetball. Add to that the Ektelon Junior Program, the AARA Junior Regionals and Nationals, the World Junior Championships at the Orange Bowl, and the State Junior programs, you have the beginnings of Junior development that rivals many sports.

The High School program, under Rick Lukasek, hopefully will spread to all major parts of the country this year which will cultivate a whole new area for racquetball.

The Intercollegiate program, under the Intercollegiate Council, which has reached over 300 universities since its beginnings. It holds 5 regional competitions and the U.S. National Intercollegiate Championships which have been designated as the World University Racquetball Championships by the International Amateur Racquetball Federation. Coaching, player development, and clinics

are all planned in 1987-88 by the Council.

The state organizations which collectively boast over 1,500 volunteers who work 40 hours per week each for racquetball, conduct over 3,000 promotional events and virtually run a mini-National organization in each state carrying out the promotions

and programs so vital to retaining the recreational player and developing new players to our sport.

The Teaching Certification program, under the new Teaching Professional Organization, headed by Connie Peterson, with the goal of having a certified teaching pro in every major racquetball facil-

(continued on page 38)

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# Canadian Report

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by Sigmund Brouwer

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## Three Appeals Limit

There are people who might want to read a lot into an accidental cooperation between Chuck Leve and a western Canadian named Usher Barnoff.

Canadians might want to say that for once they are ahead of the Americans. American's will say it was their idea first. And some could even bring the entire free trade issue into it. But . . .

Others might just want to watch professional racquetball unmarred by athletes fencing verbally with referees rally after rally. That is what Chuck Leve had in mind in October 1984. That is what Usher Barnoff managed to swing in September 1986.

It is a matter of appeals.

Nobody wins when the professionals appeal call after call; sometimes they string a series of appeals, to question each shot of a single rally. They use it as a delaying tactic, to intimidate referees and linesmen, and for a short rest between serves.

The fans, who we always need in bigger amounts, don't like it. Why should they return when the match they've paid \$10 to watch is more argument than racquetball, especially if the heat of the match leads to conversation with the gentleness of a rock concert.

Chuck Leve, with his usual thoughtfulness, proposed in the October 1984 issue that professionals be limited in the amount of appeals they can have per game. He suggested three, and that only successful appeals (over-

turned calls by *both* linesmen) not be counted in that number.

The proposal seemed to disappear as quickly as sore losers at an ethics convention. But Usher Barnoff as co-chairman of officiating for the Canadian Racquetball Association, salvaged it this

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### **The Alberta Racquetball Association adopted it. So did the Canadian Professional Racquetball Organization for this season's tour.**

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year and added a slight modification.

He wanted limit on appeals but defined unreasonable appeals differently.

Instead of needing both linesmen with a thumbs down for the appeal "credit" to stay the same, he proposed that if simply *one* of the linesmen disagreed with the referee, it was a reasonable appeal.

In other words, if the referee's call is close enough to warrant doubt by at least one of the linesmen, it is legitimate enough for the player to appeal. If both linesmen agree with the referee, then the call is obvious enough that the player is penalized by reducing the number of appeals he has left for that game.

As a safeguard for fairness,

Barnoff incorporated Leve's suggestion that the last point of any game could be appealed under any circumstances.

In Canada, the rule change is working.

The Alberta Racquetball Association adopted it. So did the Canadian Professional Racquetball Organization for this season's tour.

When Barnoff presented the idea, he let CPRO reps choose the number of allowable "bad" appeals per game. "Three, four or five," he said. Surprisingly, they chose three appeals in a game to 11 points.

Barnoff says, "It's great. For a while in tournament matches they would spin around in anger to appeal something. You could see them raise a finger, then stop to close their mouth with a thoughtful expression on their face. And when they finally did appeal, it was quietly and in a professional manner."

According to him, the rule has done everything it was designed to do.

The fighting with the referees has been reduced. The shouting and delaying has been reduced. The fans enjoy the game, the racquetball part of the game. And the players have not been hampered at all.

So look Usher, if you want to get together with Chuck and do some work on these tariff difficulties between Prime Minister Mulroney and President Reagan. ○

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# WPRA Report

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by Caryn McKinney

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## What Do You Think

Now that the WPRA is in to its eighth year, we are reevaluating some of the basics we've grown to take for granted, and we need your input. To start with, what do you think of our association's name and logo? In your opinion, do they accurately reflect our position within the sport almost a decade since inception?

When the WPRA was established in 1979, the primary purpose was to form a cohesive group of women professionals and offer them a Tour. These initial concepts are, of course, still the foundation of our association. However, we have evolved and expanded into many more areas. For example, we've spent years

being a supporting member (\$28 annually). Equally as important, the sport benefits through your participation in the organizations that work to promote racquetball.

So what do you think? Should our name include the terms "women's" or "professional?" And what about our logo? We would like your advice.

If you have any feedback, however brief, please write us an informal note. Further, if you have any ideas for a new logo — representative of our total concept — we'd love to see them!

We'll look forward to hearing from you. Please write Marcy Lynch, 1601 Morris Ct., North Wales, PA 19454.

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**When the WPRA was established in 1979, the primary purpose was to form a cohesive group of women professionals and offer them a Tour.**

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developing instructional programs, incentives for rising players, publicity/promotional programs for the sport, and valuable purchasing advantages for amateurs. We work for the growth and advancement of racquetball — professional, amateur, male and female alike.

The WPRA is not just for women professionals. Our structure is such that you, the dedicated amateur, can benefit by



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# PASSING SHOTS

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by Norm Blum

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## And Now, The Rest Of The Story

"She was a 13-year-old girl from Costa Mesa, CA" began national commentator **Paul Harvey**, whose syndicated radio show is heard by 3.5 million listeners he went on to described **Lynn Adams** ordeal with arthritis and how she became the best female racquetball player of all time . . . And for those of you with "inquiring minds," Lynn's bat-

tle with arthritis was greatly exaggerated in the publication no one admits they buy, the *National Enquirer*. "I got a lot of feedback from people, but not one of them said they bought the publication," Lynn said . . . **Ektelon** has more than 1,000 sponsored players across the nation, and according to **Theresa Nunn**, who heads that

department, she receives more than 60 requests a month from people who want to be one of the chosen few." A lot of the letters are hand written from kids and some players send in long resumes detailing their tournament performances. A lot of people think they are hotshots at their YMCA and expect to get sponsored." Nunn quickly points out that writing to her is not an exercise in futility. She forwards all sponsorship requests to area Ektelon sales representatives . . . Being a top player isn't all glory. In September, October and November, top-ranker **Lynn Adams** was on the road 13, 17, and 16 days respectively.

### Is Nothing Sacred? —

There's a preacher playing racquetball who talks like a longshoreman while on the court . . . **Sergio Gonzalez, Sr.** has never missed a photo opportunity. He has more than 70 photo albums of his two sons, **Sergio** and **Oscar** playing racquetball . . . I can't fathom how a \$25,000 racquetball court can be converted into an aerobics studio. What happens when the aerobics fad ends? Mark my words, club owners will spend another \$25,000 converting the aerobic studios into racquetball courts.

**Spoiled Sports** — It's become common knowledge in the industry that tournament racquetball players are treated like royalty. A tennis player, who recently switched to racquetball, is anxious to enter a tournament.

(continued on page 40)

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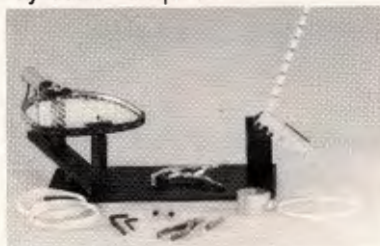
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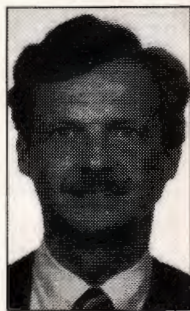
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# Commissioner's Report

by Jim Hiser



## Portable Glass Court We Need It!

It seems that racquetball is once again receiving some of the attention directed toward the sport in the late '70s. It is no longer unusual to see major advertisers utilizing racquetball as a means to publicize their products.

Timex and MCI have created elaborate TV advertisements emphasizing racquetball as the "in sport" of the '80s. Del Monte and Proctor and Gamble use the theme of "racquetball and fitness" to attract potential customers.

Although it is true our sport is receiving increased attention, it is also true that many people don't know a professional tour exists. The reason for this is obvious. Not enough exposure.

The tour is beginning to receive increased media attention, primarily because of the hiring of a public relations specialist who is responsible for contacting the news media with tournament information. When approached, the media is normally very receptive. The problem has been: they were never approached!

Prior to now, the ESPN coverage of the Ektelon Nationals was the primary TV event for professional racquetball. Although it was excellent and well received by the viewers, it was a one-time broadcast, which limited

the exposure.

Everything seems ripe again for the introduction of the portable glass court. The media has been primed, new sponsors are again interested, and the professional tour and players are well organized. Only when the game provides an attractive arena, where hundreds, maybe thousands, can view the fast-moving spectacle of professional racquetball will our game reach the household of the average sport enthusiast.

What a treat it would have been to have the portable glass court at the recent pro stop in Vancouver. Directly across from the host club was the World's Fair, attracting hundreds of thousands of visitors each day. Can you imagine the boost to our sport to have the finals match played at the Fair's amphitheater in front of thousands of people from hundreds of different countries?

With the recent resurgence of racquetball comes an increased interest by sponsors in the construction of the portable court. Hopefully some aspiring entrepreneur will take the first step and introduce a new stimulus to our sport. ○

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# Letters To The Editor

## A Ref Writes

I enjoyed your article "Mission Impossible".

I am an "open" player in the state of Nebraska. In tournament play, if you win the match you must referee the next match on the court you just played on.

My attitude toward refereeing is this: (1) I try as hard as possible to be 100 percent accurate. Being human we can only strive for this goal. (2) I have no bias as to who wins or loses the match. (3) The time involved in being a referee is time I could spend having lunch relaxing between matches, etc. I value my weekends highly. (4) This is important: I only like to referee where the participants behave as gentlemen and act as good sportsmen. I have enough problems, so I do not have to be

made more miserable by 1 or 2 racquetball players. (5) I try to control the match as best I can. If players continue to give me misery, I tell them they can ref their own match or find a new referee. Who needs this aggravation?

Now for my thoughts on pro racquetball and referees: (1) I feel that a professional racquetball player is fully qualified to ref a pro match. (2) Designate that ref as the *only* ref for the match. (Do you ever see a football ref switched because the players didn't like the calls?) (3) There are rules already on the books to disqualify a player for unsportsmanlike conduct *USE THESE RULES*.

Let me relate this experience. At a Pro Stop in Omaha I was a line judge on a side court. I was

trying as hard as possible. An appeal was made. I gave the signal whereby I indicated I could not see the ball. He shouted out: "What *can* you see?" I proceeded to leave the court.

The point is, we in many cases, are asked to volunteer our time to ref or line judge. Who needs these creepy racquetball players?

Here are two more observations: (1) The survival of racquetball is not dependent on pro racquetball. (2) Pro racquetball is *not* exactly the hottest thing alive as a spectator sport. Judging from your comments on what happened at Crystal City, VA, if pro racquetball does not clean up this circus, it will go the route of Roller Derby. I guarantee you.

**Irwin Rodin**  
Omaha, NE

*Editor's Note: Sigmund Brouwer discusses appeals and court behavior in this month's Canadian Report. It is time we attempted to solve some of the problems in pro racquetball in the U.S. also. We would be interested in readers comments.*

## Charlie Fatigued?

"Playing When Fatigued" (October issue) must have been written when 'good ole Charlie Garfinkel' was "fatigued", and the copy reader must have suffered the same malady. When talking about serving — and I quote "To hit the high Z (serve) correctly, stand near the right side in the service box. The ball should hit the right wall, 1-2 feet from the left side wall . . ." Yes! There does seem to be something wrong here. Even I would be able to make a game last a long time; Charlie would never win a point on his serve — particularly if he hit the side wall first. Oh Well! Just an excuse to write you anyway.

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My friend, Dr. Bill McCue and I have been playing about six hours per week for the past four years plus and we are still friends — despite uncoupled "bull's eyes" on arms, legs, backs, etc. He is an old man of 55. I am just a youngster (he is 20 days older than I am).

I enjoy reading your magazine. You always have some interesting articles, and omitting a slight 'slip once in a while, always factual with worthwhile information how better to 'do your opponent in'.

I have participated in many types of sports, from football to scuba diving, nearly anything that is played with a racquet, bat, ball, ski or horseshoe. Racquetball beats nearly everything else by providing increased reflex action, stamina; and it gives the mind and the body a good 'workout'.

Keep up the interesting issues.

Hey, Charlie! You want to forfeit now or later?

**Walter Johnson  
Amarillo, TX**

P.S. I hit Jim Young (ex Houston Oiler) in the eye with a ball; he had forgotten his eye protectors. Luckily, all he got was a blood shot eye. He and I were both lucky. Since then, we wear protectors and I will not play anyone who lacks the good sense to do likewise.

## Keeping Your Dignity

I keep having flashbacks of an article that appeared in your magazine and the editor's note that followed soon after. The article and editor's note was concerning a match between Ruben Gonzales and Marty Hogan. It was the match in which Ruben called a skip ball against himself at a critical time and went on to lose the match. You noted that this honesty should not have to be exemplified because it should be the norm.

I recently played in an in-house club tournament in the open division. Most of the open entries regularly play in open tournaments. We also play against one another on a regular basis at our club. Rarely do we have trouble distinguishing skip balls and double bounces from good shots.

I was in the open doubles final against two of my regular opponents. A player from the other team hit a common downward-stroked ball which skipped at the front wall and bounced almost straight up. This occurred at match point for my team. The referee called the shot good and the other team did not even offer to take it over. The shot was always bad in practice play but now it was good. My team went on to lose the match. Most of the many spectators stated that there was no doubt as to the fact that the ball skipped.

It is very disconcerting and frustrating when put into this position. I have participated in many tournaments and have found this type of mentality to be common among racquetball players. The most upsetting part is that these people probably carry on their private lives in the same manner; deceiving and lying to get things to go their way at any cost. Apparently, these people have no conscience or pride to conduct themselves this way.

Unfortunately, as you have written in your editorials the honest player who is willing to lose in order to keep his dignity is the exception not the rule.

**Howard Rein  
Glenview, IL** ○

*If you would like to write a letter to the Editor, please send your comments to:*  
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## **INTERCOLLEGIATE RULES**

### **RULE ONE**

#### **UNDERGRADUATE PARTICIPATION**

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

### **RULE TWO**

#### **AMATEUR PARTICIPATION**

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

### **RULE THREE**

#### **REGISTRAR VERIFICATION**

Eligibility of participants shall be verified by attaching a letter to the entry blank from the Office of Admissions or Registrar with the school seal affixed. Names and full course work verification shall be noted.

### **RULE FOUR**

#### **TEAMS AND FORMAT**

Teams consist of 4 to 8 players from the same institution: teams cannot have players from different schools in the same system (University of Texas-Austin, Arlington, and El Paso campuses). Doubles teams must be from the same institution.

A team of 4 or 8 players consists of ONE #1 Singles, ONE #2 Singles, ONE #3 Singles, ONE #4 Singles, a #1 Doubles and #2 Doubles team. Singles players may also 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.

A school may enter one team of 4-8 players or two teams of 4-8 players. Players on team 1 cannot play doubles or singles on team 2.

### **RULE FIVE**

#### **SCORING**

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

There is a bonus pool of points that will be awarded for each win beginning with round 16: 7 points for division #1, 5 for division #2, 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.

Additional points: a player shall receive 2 points for each match won, except that no advancement points shall be awarded to the winner of the championship finals or the third place match. A forfeit or any injury default is considered a match won. One point is awarded a player receiving a bye, if he or she wins the next match. Teams with less than a full team will score points toward the team championships.

### **RULE SIX**

#### **AARA MEMBERSHIP**

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

# HEAD'S JUNIOR PRO PLAYERS CAMP



**Back Row:** (left to right) Steve Strandemo, Jack Nolan, Debbie Nohstadt, Fran Davis, Mike Ray. **Middle Row:** (l to r) Michael Altman, Eric Muller, Brad Monroe, Cindy Doyle, Kelly Gilhaus, Nolan Glantz, Haydn May. **Front Row:** (l to r) Jim Ellenberger, Richie Benderoth, Michael Meyer, Sara Ali, Ann Prentiss, Erika Willhite, Leigh Ann Coutu.

Steve Strandemo, chairman of Head's National Advisory staff, served as head coach and principal instructor at a two and a half day camp held for top Head sponsored Junior players in Boulder, Colorado, October 31 - November 2, 1986. He was assisted by a staff of three of Head's touring professionals: Fran Davis, Jack Nolan and Michael Ray.

These camps are an excellent way for Juniors to receive the individual attention they need in order to improve their game and to learn first hand what it means to be a touring racquetball professional. It shows them that they are not out there all alone but are an important part of the racquet-

ball community. at the same time giving them the opportunity to observe and emulate the discipline practiced by the professionals.

Each year the players are video taped so that a complete picture of their progress is available. Their play is analyzed and critiqued, providing a strong development tool which they can utilize to evaluate their progress.

So successful is the program that Nolan Glantz is now playing in the pro qualifications and Leigh Ann Coutu won five gold medals at the World Junior Championships at the Orange Bowl.

Juniors are responsible for the future growth of the sport.

They will take it to high school and then to college encouraging others to play along the way. The camp represents the best way to educate these young people not just physically but socially and encourages a team attitude as opposed to concentration on the individual.

According to the staff of this year's camp the Juniors were very well behaved and a really great group of kids who were an inspiration to work with. They were not only one of the best skilled groups to attend the camp to date, but they were dedicated and appreciative of the unique opportunity which the Head Junior Pro camp gives them. ○

# Learn From The Pros

by Charlie Garfinkel

Watching professional racquetball is very exciting. The skills of the pros are remarkable. Naturally, we'd like to be able to play as well as they do.

Most of us realize that this is impossible; but we can still incorporate some of the skills, strategies and ideas of present pros such as Mike Yellen, Marty Hogan, Ruben Gonzalez, and former pros such as Steve Strandemo and Dr. Bud Muehleisen, into our own game.

How each pro can help you follows:

**MIKE YELLEN** — Consistency and patience.

Yellen's #1 ranking for the past four years comes as no surprise to his competitors on the professional tour. His shotmaking, his ability to move his opponent around the court and his nonpareil ceiling game have all been factors in his attaining his lofty ranking.

However, Yellen's ability to win a large percentage of close matches has always impressed me. He has followed a pattern that can help players of all levels; he always plays consistently and doesn't give away points foolishly. In addition, his metal toughness is second to none.

During the past five years, Yellen has played a number of five-game matches against Marty Hogan. Although Hogan has played at a higher plateau during parts of most of these matches, Yellen has emerged victorious more often than Hogan. This is due to Yellen's steadiness and the occasional stretches of patchy play which have caused Hogan to lose points at crucial times.

Therein lies the difference. Yellen rarely gives points away, especially at crucial times in the match.

In latter stages of a match, especially in the fifth game Yellen is content to stay to the ceiling, pass his opponent and then wait for an opportunity to put the ball away. He rarely misses in the early stages of a match. But when the match is on the line, his accuracy is uncanny.

Although we can't play at Yellen's level, we can emulate his style of play. That is to keep the ball in play and wait for the proper opportunity to put the ball away. Trying foolish shots or rushing your shots, especially at critical times in a match, will only result in your losing matches that you could've won.

**MARTY HOGAN** — Having confidence in what you do best.

Hogan is known for having the best drive serve in racquetball. When he's on, he'll serve three or four aces in a row. Even if he's slightly off he'll continue drive serves on practically every first serve.

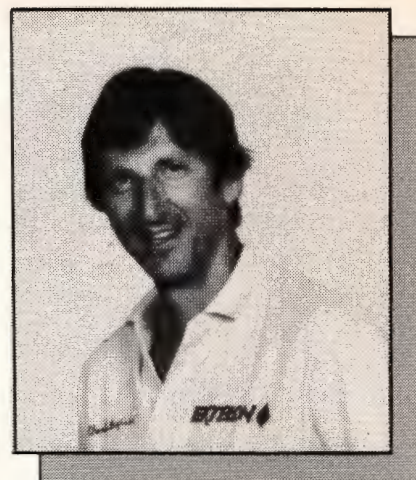
Hogan has always been known for being the "Babe Ruth" of racquetball. He's virtually going for a home run on every first serve he tries.

His all-out shooting style has also given him the reputation for a "go for broke" type of player.

However, his style of play has led him to the highest percentage of matches won in the history of the professional racquetball tour.

Hogan has won for many years because he has great confidence in the type of game he plays. Even if he's in a mild slump, he'll continue to play the same type of game. Most of the time, he'll play out of his slump and turn the match around.

You would do well to follow Hogan's approach to the game. You may not hit drive serves or



shoot as Hogan does, but you can play the style of game which has consistently won for you.

For instance, if you've had great success with hard Z serves to both the forehand and backhand sides, continue to serve in this manner.

If your forehand is your bread and butter shot, with only a marginal error, attempt to take as many shots on your forehand as you can.

Of course, there are times when Hogan will change his game slightly. But, he will still revert and use the serves and shots that have consistently won for him. You should do the same.

**ED ANDREWS** — An equipment change can help you.

For years, Ed Andrews has been recognized as one of the most talented players in professional racquetball. Unfortunately, he never seemed to reach his potential, but that has all changed this year. Andrews is currently ranked number five on the pro tour.

Although it's true that Andrews' slimmed down appearance has helped him on the court, he feels, as do others, that a change in racquets has been the main reason for his new found success.

Early last year, Andrews switched to an oversize racquet: the Ektelon Toron Graphite. Since then, his serves and shots have been more accurate and powerful.

And his record in five game matches is much improved.

Andrews attributes this to the fact that the oversized racquet has a large sweetspot and longer reach than other racquets he has used. This enables him to reach shots and put the ball away. Before, he often had difficulty even getting to the ball.

Although Andrews has played racquetball for over ten years, he was willing to make a significant change in the equipment that he used. You should be willing to do the same.

Changing to a mid or oversized racquet can only help your game. You'll find you'll hit the ball with more power, get to more of your opponent's shots and generally play better.

However, don't use a mid or oversized racquet for only 2 or 3 days. I feel you must use these racquets for a minimum of 2-3 weeks, 4-5 times a week. Only then will you notice the improvement in your play.

**RUBEN GONZALEZ** — Good sportsmanship can only help your game.

How many of you regularly play against a player who constantly argues with you, screens you on his serves, continually takes shots on two bounces and blocks your shot or swing when you're set up to hit the ball? And, if he loses, he never gives you credit for the way you played. He only complains that he played terribly.

You can do your friend and the sport of racquetball a favor by having him follow the example of pro racquetball's finest sportsman: Ruben Gonzalez.

Gonzalez's sportsmanship has even extended to his correcting a referee's call, in favor of his opponent. Just ask Marty Hogan.

About a year ago, Hogan and Gonzalez were engaged in a close, hard fought match. Late in the match, Gonzalez hit a shot that appeared to be good. The referee concurred.

However, Gonzalez overruled the referee's call, stating that his shot had skipped in. Many players and spectators alike felt that Gonzalez's call turned the match around.

We would all be wise to fol-

low the example of Ruben Gonzalez. We'll be better liked and have more opponents to play against.

Best of all, we'll find that we play better than ever before, as our focus will be on the match, instead of finding ways to antagonize our opponents.

**STEVE STRANDEMO** — Conditioning pays off.

A few years ago I was flying home from the Memphis pro stop with Jerry Hilecher. Although Hilecher was barely 20 years old, he had played a great match against Steve Strandemo in the finals. And even though he had lost, he was magnanimous in defeat.

Hilecher was commenting on the phenomenal physical condition of Strandemo. I had to concur. In fact, I personally feel that Strandemo was the most superbly conditioned racquetball player that I have ever seen, with Jay Jones a close second.

Hilecher was commenting about a recent two week visit to San Diego, in which he had worked out every day with Strandemo. Hilecher said that each day he and Strandemo ran long distances, ran sprints in the sand on the beach, played matches, practiced shots, did extensive periods of stretching and some weights. The total workout was 5-6 hours daily.

Hilecher said he was exhausted after the second day. But Strandemo, who was at least five years older than Hilecher, was barely ever tired.

The point is, you don't have to follow an extensive training program such as Strandemo's. However, if you're out of shape, or find yourself tiring during play, improving your physical conditioning can only improve your speed, wind and stamina.

You would be wise to have a sports medicine doctor heart specialist advise you as to how strenuous your workout should be. They will be able to tell you which programs (such as running, aerobics, nautilus, stretching or light weights) are best for you in addition to playing racquetball.

## Racquetball Headquarters

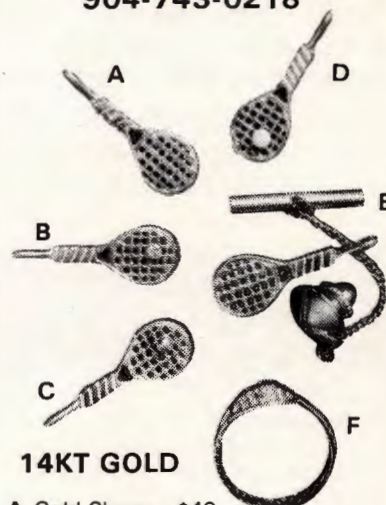
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## Learn From The Pros

(continued from page 21)

So, do as Strandemo did. Get yourself in the best physical shape possible. You'll find that

you'll be winning those three game matches. More important, you'll feel better than you have in

a long while.

**"I personally feel that Strandemo was the most superbly conditioned racquetball player that I have ever seen, with Jay Jones a close second." — Charlie**

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When he was serving, Dr. Bud felt that his serve, especially his drives and Z's had to be pinpoint perfect. This was due to both sides of the court being covered by the opposing team.

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From playing doubles, Dr. Bud developed the greatest overhead kill shot the game has ever seen. When his opponents were both stationed behind the service line, Dr. Bud had remarkable accuracy with deadly side wall-front wall overhead kills.

By playing doubles occasionally, either in tournaments or in practice, you'll find that your accuracy in singles, on serves, killshots and passing shots will greatly improve. In addition, your front court game will frustrate many opponents.

Let's be realistic. If you can hit the aforementioned shots accurately against two players in doubles, just envision how much easier it will be to do the same in singles, against just one player. ○

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# Instructional Tips from Fran and Jim

## **Skip a Rock for an Effective Forehand**

If you find yourself lacking power and control on the forehand side, then you may not be getting the full use of your forearm and wrist. Many club players think they have to swing down on the ball to hit a good shot. Actually you want to hit flat out away from your body. A progression of muscle movements is the key! The shoulder, elbow, wrist and racquet all have to move within milliseconds of each other.

Try this remedy. Imagine you are skipping a rock across a pond. It might help to go on the court and throw some racquetballs sidearm to targets on the front wall. Then place the racquet back in your hand and use the exact same motion. You will soon find yourself hitting with more power and control.

Remember: More shoulder, elbow, wrist, racquet the harder you will smack it.



***Instructional Tips provided  
by Fran Davis and Jim Winterton***

## **Use the Frisbee: Throw for a Better Backhand**

Are you a poker? A poker uses their arm more than their body to hit a backhand. This defect in stroke mechanics allows the poker to be a good defensive player rather than an offensive player.

If this sounds like you, try throwing the frisbee. To throw a frisbee you have to rotate your body back before you come forward to release the frisbee. Now replace the frisbee with your racquet and hit in the same motion. You will notice you will be hitting the ball in a flat trajectory and further away from your body. This motion is quite similar to the forehand, only reversed.

Follow this prescription and you will be stroking it instead of poking it! ○



# WPRA Hits Chicagoland

by Ivan Fuldauer

It had been more than three years — 1983 — since the WPRA had staged a tournament in the Chicago area. And there was unmistakable evidence that something had been missing from the Chicago racquetball scene — a stop on the women's pro circuit and a chance for midwesterners to see some of the new players who were beginning to make a name for themselves.

Christened the Sunbeam Women's Pro/Am, the Lombard, IL event marked the Sunbeam Corporation's first entry into sports sponsorship. Prize money totaled \$10,000 and Sunbeam gave its popular small appliances to all entrants.

Though the results of the pro stop were predictable — the top four seeds, Lynn Adams, Caryn McKinney, Marcy Drexler and Vicki Panzeri made it to the final four — it was the play of Drexler in the semifinal and final rounds that ignited the spark.

She had made it to the semifinals with hard fought victories over Treadway, Marriott and Fischl before before dominating Caryn McKinney, 11-10, 11-8, 11-1 to qualify for the final against



Paul Saxton, vice president, sales and marketing, Sunbeam Corporation, congratulates Lynn Adams, upon her win in the Sunbeam Pro/Am at the Glass Court Swim and Fitness Club, Lombard, IL.

Adams, who had won the Anchorage, AK, tour opener three weeks earlier. At the top end of the draw, Adams defeated Fenton, Katz and Panzeri to set up her meeting with Drexler.

The Chicago stop gave Adams her second victory, 11-3,

6-11, 11-3, 11-8 in as many starts on the circuit. Predictably Adams won the opening game. But in the second game Adams began hitting skip balls, losing to Drexler 6-11. In the third game, Adams regained her composure and began returning everything the hard-hitting Drexler directed her way. Adams' experience began to show as her placements made it difficult for Drexler to reestablish the momentum she had gained in game two.

The fourth game was much closer than the 11-8 score indicated. Drexler and Adams exchanged points and side-outs evenly, neither giving an inch of center court. But Adams's tournament and court savvy wore down the 20-year-old challenger from Santa Monica, CA, 11-8, to close out the match and take home the winner's check.

Adams told *National Racquetball* that the final round tussle with Drexler was "definitely an emotional match. She was really



Hard-hitting Marcy Drexler follows through on one of her forehand smashes during her final round match with Lynn Adams.



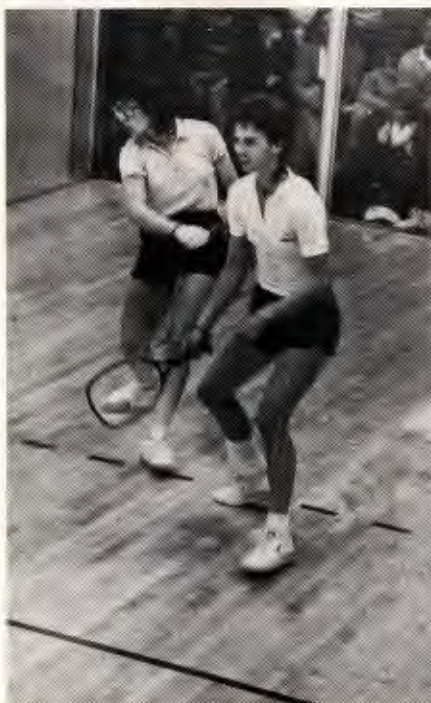
**Dotti Fischl takes aim on a sidewall shot by Marcy Drexler during their second round match won by Drexler, 11-7, 11-7, 11-6.**

pumped up. Her parents and cousins were in the audience. That helped immensely.

"She has physical and natural talent and is capable of unleashing it anytime. I had to fight for every point, an indication that Marcy is going to be tough all year on the circuit."

Paul Saxton, vice president, sales and marketing, under whose aegis Sunbeam Corporation sponsored the tournament, indicated an interest in sponsoring a return engagement next year.

"Sunbeam has always been health-oriented and racquetball, which personifies women's fitness fits right into our product mix. Racquetball is a natural for us. It's precisely the right target audience for us because the sport appeals to the important 18-to-



**Adams and Vicki Panzeri tough it out in center court during their semifinal round match won by Adams.**



**Left, Molly O'Brien sets up takes aim on her return of a Caryn McKinney shot during their tough third round match, which McKinney won 11-3, 4-11, 10-11, 11-7, 11-10.**

**Right, Liz Alvarado follows through during her third round against Vicki Panzeri, which Panzeri, the tournament fourth seed, won, 11-5, 11-1, 11-1.**



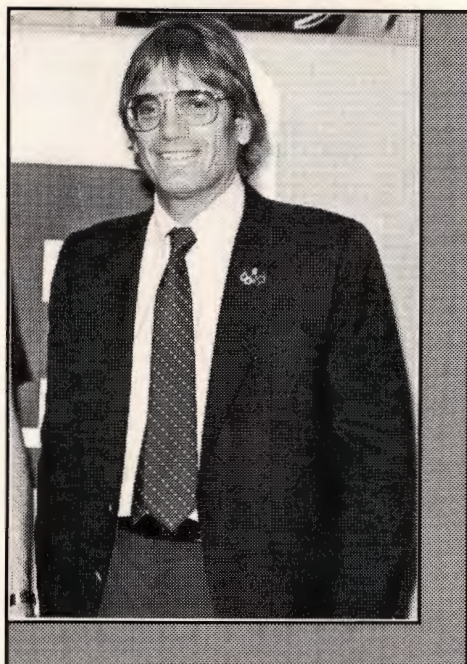
**Second-seeded Caryn McKinney sets up for a backhand shot against Marcy Drexler in their semifinal match, which Drexler won 11-10, 11-8, 11-1.**

35 segment of our market. We were pleased to be associated with the tournament."

In addition to the pro circuit event, there was an amateur tournament for women with 16 divisions in singles and doubles, plus a mixed doubles competition. There were three divisions for players over 30, making it a tight squeeze at the Glass Court Swim and Fitness Club in Lombard, a Chicago suburb, where many tournaments for both men and women have been staged since the inception of racquetball more than a decade ago.

In fact, Lynn Adams retained the title she had won three years earlier on the women's last stop in Chicago. ○





Luke St. Onge

# The American Amateur Racquetball Association

## The Driving Force of Amateur Racquetball

The first name on the sign is: American Amateur Racquetball Association. It is followed by four or five other names. But, it is in the garden of an old house at 815 North Weber, Colorado Springs and not at the entrance of a modern, chrome and glass office building, as one would expect.

The AARA occupies the ground floor of the converted residence which has wooden floors, a huge entrance hall and wonderful high ceilings. Luke St. Onge, executive director sits behind a large desk in the front room which is cluttered with racquetball memorabilia and photographs from his rugby playing days. Barbara St. Onge sits in a chair with a towel across her lap and a small plastic water bottle in her hand sealing close to 3,000 envelopes containing membership renewals.

John Mooney, the new administrative assistant in charge of membership services, shares the next room with Cheryl Bassett, secretary and Debra Kopp, an Olympic athlete who works for the AARA as part of a work program. The small back room contains supplies and the postage meter and there you have the head offices of the American Amateur Racquetball Association. Not exactly a mod-

ern operation, but one which which functions very efficiently without the benefits of modern technology, thanks to a dedicated and enthusiastic staff.

There is one piece of modern equipment in the office; an IBM computer terminal with modem which is tied into the mainframe at the Olympic Training Center. All AARA membership information is entered on the terminal and labels, statements and renewal notices are printed at the Training Center by OTC staff. The computer enables Cheryl to obtain up to date information about membership status and to run any reports necessary to aid John's enrollment efforts.

As a member of the United States Olympic Committee, the AARA is afforded full use of the U.S. Olympic Training Center and its facilities. All membership supplies are stored in the data processing department and the upcoming State Directors meeting will be held in one of the conference areas.

Unfortunately, racquetball is not rated as a Group A sport by the U.S. Olympic Committee, but it certainly isn't from a lack of effort on the part of Luke St. Onge and the AARA.

In order to change from a Group C to a Group A sport, racquetball must be on the program

of the Pan Am Games or the Olympic Games. Group A status is desirable because the AARA would receive direct funding for development within the sport.

But the Olympic effort is only one of the many areas served by the AARA. There's the American Collegiate Racquetball Association (ACRA) which caters to men and women, beginner or expert, who wish to play racquetball while they are attending college. Its programs include instructional clinics, leagues, clubs, teams and state, regional and national competitions for all levels. Recently the International Amateur Racquetball Federation designated the U.S. National Intercollegiate Championships as the World Championships of Intercollegiate Racquetball.

The Junior Program is considered of major importance by the AARA. As St. Onge says, Juniors are the future of the sport and it is important that a strong Junior Program be developed. To that end a Junior Handbook, written by Jim Hiser (President of the AARA and Commissioner of the RMA Pro Tour) has been produced and is available to anyone interested in establishing a Junior racquetball program.

Beginning to emerge are High School Racquetball Pro-



**The U.S. Racquetball Team: (front row, left to right) Ed Andrews, Jack Nolan, Tom Montalbano, Coach Ed Martin, Tin Anthony, Todd O'Neill, Egan Inoue, Gary Mazaroff, Andy Roberts; (second row) Connie Peterson, Mona Mook, Cindy Baxter, Elaine Mardas, Toni Bevelock, Trina Rasmussen, Malia Kamahoahoa, Michelle Gilman and Larry Lies.**

grams, a development which excites Luke when he considers the potential for the growth of racquetball. He cites the program put together by Rick Lukasek of St. Louis, Missouri and proudly displays a copy of the St. Louis High School Racquetball Manual. It is a very comprehensive publication. It lists ideas for fund raising and sponsorship sources as well as team details. Entry forms, score sheets, league rules and student/parent release forms are also included along with results from past years.

There are the National Training Camps, Disabled Development Programs, Teaching Certification Program, Referee Certification, the U.S. National Team, the State Organizations, Masters

and Gold Masters Council, Women's Council, Seniors Council all encouraged and supported by the AARA.

But perhaps the most remarkable thing about the American Amateur Racquetball Association is its 1,500 volunteers who are its greatest asset. They are responsible for the strong state organizations and for the many local tournaments held in each state annually (over 3,000 nationwide). They administer the special divisions, they sit on the Board of Directors and they organize the best National tournaments in the sport.

"To me, the ultimate management is to successfully motivate people to do something without any personal gain. That's essen-

tially what we are doing in the sport. It's a volunteer organization," says Luke. But there is no question that the whole is held together by his enthusiasm and optimism as well as the dedication of the headquarters staff.

You may not be impressed by the office in the old house in Colorado Springs, but you cannot help but be impressed by the five people who represent the 33,000 members of the AARA and the 1,500 volunteers who work with them.

*If you would like to become a member of the Association or receive information about their programs you may reach them by calling (303) 635-5396 or by writing to 815 N. Weber, Colorado Springs, CO 80903. ○*

# The Strategic Game

## Part Nine: Drills to Improve Your Game

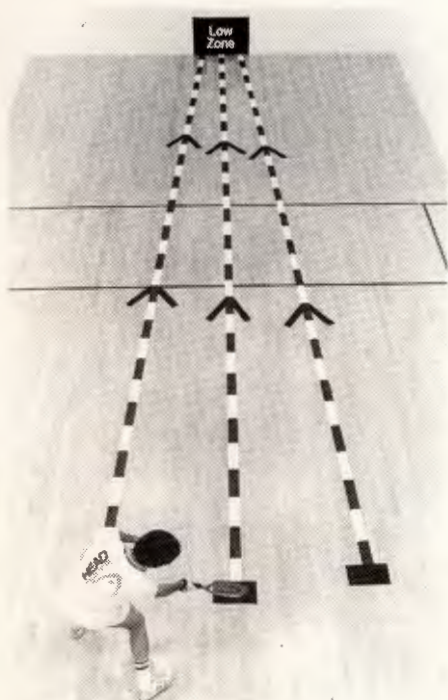
by Steve Strandemo  
with Bill Bruns

*If you're interested in ordering an autographed copy of Strategic Racquetball, please write to Strategic Racquetball, Inc., Box 591, Coronado, CA 92118.*

Since virtually every racquetball shot can be practiced alone or with a partner, it's easy for a racquetball player to improve his game. Playing by yourself, you can use the whole court as a practice machine, creating all the angles off the front wall, side wall, back wall, and ceiling. Meanwhile, it's

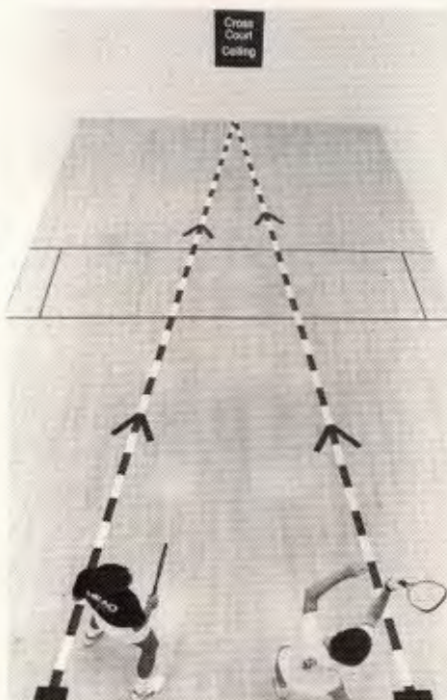
incredible what two players can accomplish when they drill for 30 minutes every week instead of simply rushing into match-play competition, where their bottom-line concern is winning and losing.

These two articles will focus on eight favorite drills that I've designed for myself and for the people who come to my camps. These drills will challenge and improve your various rallying skills beyond the serve and serve return, whether you're on your own or with a rare — and treasured — part-



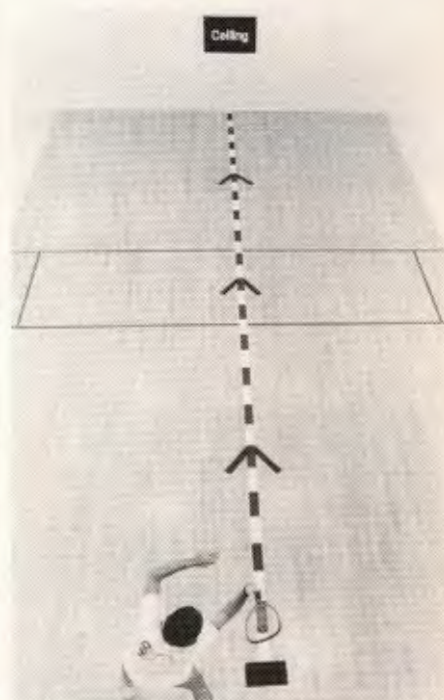
### DRILL #1: THE 30-SECOND DRILL

The idea here is to simply rally by yourself with low-zone shots hit straight into the front wall. This may sound easy — until you try to keep this drill going for 30 seconds. By using the drill as often as possible, you will improve your ball control and racquet skills, enabling you to better capitalize on scoring opportunities in center-court. Start the drill 30 to 35 feet from the front wall.



### DRILL #2: THE TWO-PERSON CEILING-BALL DRILL

One person starts this drill by "serving" a ceiling ball to his opponent from deep court. The returner must go back to the ceiling, no matter how the initial ceiling shot was hit. After these first 2 ceiling balls, both players should consider themselves in a ceiling-ball rally and play it out accordingly, with each person looking for an offensive opportunity.



### DRILL #3: THE INDIVIDUAL CEILING-BALL DRILL

Practice bringing in 3, 4, or 5 good ceiling balls (you pick the number), and then start looking for slight misses that you can pull into your low zone. After taking the shot, immediately move up to cover if you've left it up and attempt to score. This is excellent practice for making the transition from a high-zone rally to low-zone action.



#### **DRILL #4: THE SLIDE-YOUR-BODY DRILL**

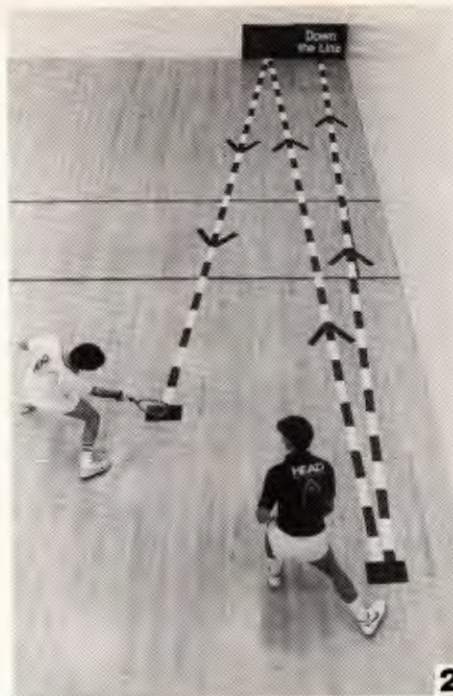
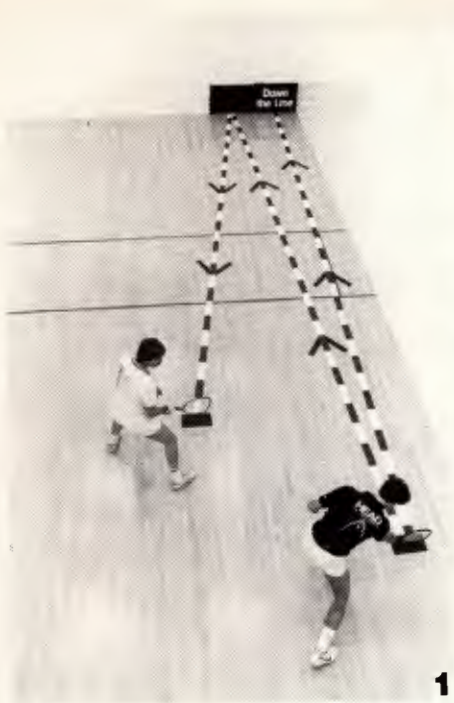
This center-court drill shows how a player can learn to use his body legally to force his opponent off to the side during a rally. This smart body maneuvering opens up wide hitting lanes. Photos 1 through 3 show drill; notice how the player drops the ball over the hitting box (the black rectangle on the floor) and then slides to an open-stance hitting position in order to score down the open lane. Photo 4 shows how effectively this technique works against an opponent.



ner who likes to drill, not simply hit-hit-hit and then start playing points.

By being creative with these and other drills in the book, you can prime yourself for a match or structure a workout that simulates almost an entire match. For example, if you have 10 or 15 minutes available on an empty court before you play, put yourself through a serving drill, the return drill, the

30-second drill using the front and side walls, a ceiling-ball exchange where you bring a few in long and a couple in short, the "rally right" and "rally left" drills, and a pinch-shot drill. Keep the movement going and you'll break into a good sweat and experience virtually all the shots in your upcoming match.



#### **DRILL #5: RALLY RIGHT, RALLY LEFT**

In photo 1, the player in the deep right corner tries to hit a passing shot down the right wall to force his opponent to the back right corner and out of center-court. The opponent in center-court tries to hold his ground (photo 2), cutting the ball off and driving it back down the right wall, hoping to keep his opponent in back court. The goal of this drill, which should be played on both the forehand and backhand sides, is to try to maintain center-court control by hitting down-the-wall passing shots. Cross-court shots and pinches are not allowed.

During this drill, players will be continually exchanging and rotating positions, and should get out of each other's way so the drill can run smoothly.



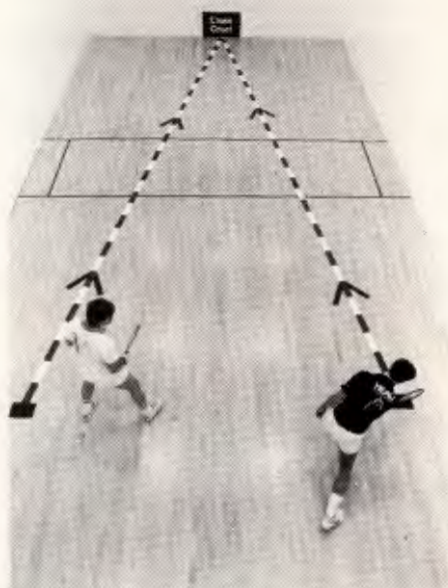
#### **DRILL #6: THE DIAGONAL TOSS DRILL**

This drill will extend your offensive capabilities whether you practice it alone or with a partner. When tossing the ball to a friend, use an underhand motion (photo1), and try to make him stretch to his maximum coverage point (photo 2). When you're by yourself (photos 3, 4, 5), first learn to be comfortable hitting offensively. Players who practice this drill learn to move back diagonally against cross-court passes and realize they can be offensive from deep court — even while hitting off-balance.



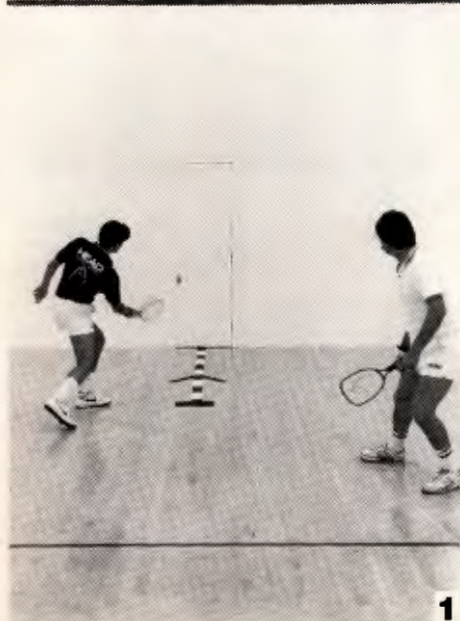
#### **DRILL #7: THE DEEP CROSS-COURT RALLY**

The two-person cross-court drill, in which players exchange cross-court passing shots, is excellent for learning the passing angles that can get the ball by your opponent. It's a strenuous drill because of the hard hitting involved from deep court, so rest every four or five minutes, and switch positions so that you learn the angles on both sides. Both players should maintain their positions at about 33 to 37 feet from the front wall.



#### **DRILL #8: COVERING A SHOT HIT INTO THE BACK WALL**

When your opponent drives the ball into the back wall, either by choice or in desperation, you must be able to fly-kill the shot after it rebounds off the front wall. As a two-person drill, the player behind drives the ball into the back wall (photo 1). Seeing this, the front player immediately moves up around the service zone and fly-kills the shot (photo 2). When you're practicing alone, pound the ball into the back wall from about 27 feet, then turn and hustle up to fly-kill the ball in front court.



# Flexibility First

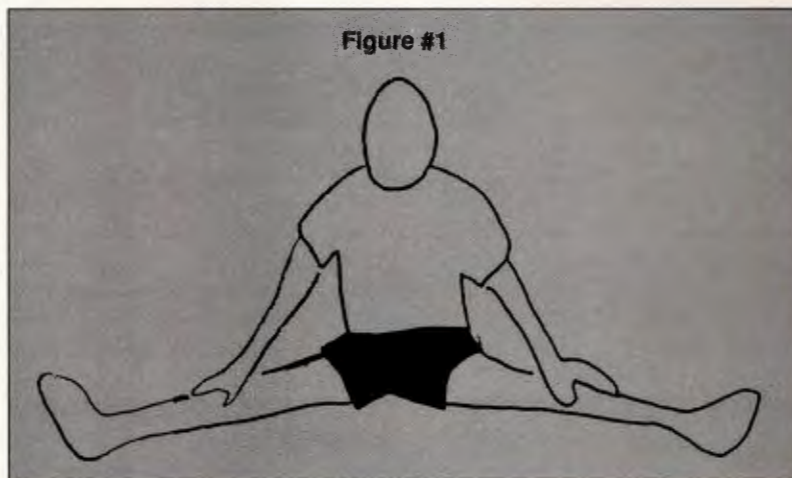
## Part Two

By Jean Sauser and Jacque Hooper

As we said last month, good flexibility helps prevent injuries on, as well as off, the racquetball court. It's a form of accident insurance you don't want to be without and something that will enable your on court performances to reach new heights.

### Groin Muscle Stretches

The insides of your thighs make up your groin muscles. Groin muscle pulls can occur on the court when you shift your weight from one leg to the other to chase after a shot. The following exercise can help you avoid this kind of injury by stretching your groin area and even your buttocks.



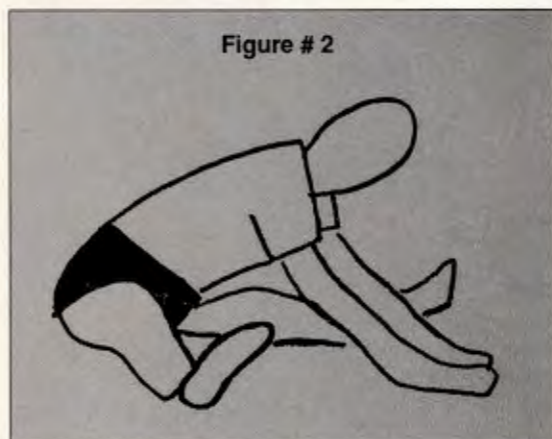
Step One: Sit down with your legs comfortably at near maximum distance apart. (Figure 1).

Step Two: With your head up, slowly lean forward from your hips, keeping your back straight. DO NOT lean forward by dropping your head and shoulders. Place your hands on the floor in front of you for guidance. (Figure 2).

Step Three: Keep leaning forward until you feel a light tension. Keep your thighs relaxed.

Warm Up (before your match): 3-5 stretches. Hold each stretch for a count of 5-8.

Cool Down (after your match): 5-8 stretches. Hold each stretch for a count of 5-8.



### Low Back Stretching

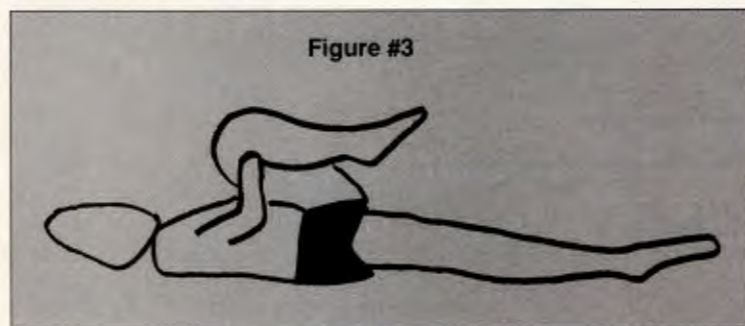
Racquetball is a sport that is hard on your lower back. Bending over a set up coming off the back wall to hit a kill shot or simply having your best day on the court can take its toll on your lower back. Stretching your lower back muscles before and after every match will keep them from tightening on the court.

Step One: Lie on a firm, flat carpeted area in the club. Pull your right leg up and into your chest by grasping the back of your thigh just under your knee. (Figure 3).

Step Two: Slowly pull your right leg to the point of tension. Keep your opposite leg straight and your head back.

Step Three: Switch legs and repeat steps one and two.

Warm Up and Cool Down: Same as Groin Stretches. ○



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## New Directions

(continued from page 7)

ity within two years.

The Masters & Golden Masters Council, headed by Ivan Bruner, has made tremendous headway in promoting the older age group competition.

The Women's Council, Seniors Council, and the Disabled Council, under Chip Parmelly and Judi Schmidt, all work untiringly to promote their end of the sport.

The U.S. National Team, headed by U.S. Team Head Coach, Ed Martin, who has never lost a World Championship and captured 3 out of 4 individual titles at the 1986 World Championships. Any racquetball player who goes through the qualifying process can represent the United States in International Competition. The U.S. National Team is the single most prestigious and important marketing tool our sport has. It is the cream of the crop in our sport and represents what America stands for in everyway.

The AARA Board of Directors, 11 highly dedicated and competent men and women, set the policy and direction of the AARA and the professional National Staff carry out the policies and services of the Association.

The Men's Professional Tour, under pro commissioner, Jim Hiser, and the Women's Professional Tour, under Caryn McKinney, provide avenues of professional excellence.

The publications, *Racquetball In Review*, and *National Racquetball*, keep us current and informed while the media effort, under Cathie Frederickson, reached an estimated 1,300,000 people throughout the world last year. Ultimately, we have within our grasp the Olympic dream.

Racquetball has come a long way but it's missing something. Something very vital. It's missing you. All the parts are in place but nothing happens if we don't have you — your and your friends, and all those who play at your club. Get involved, make it happen. It can't happen without you. Take part in your Association today. ○

## Off Court Fitness

(continued from page 6)

abuse problems is that they don't view these things as rewards to be received after a hard day's work or a good workout.

And, if you think I'm being too dramatic, the next time you watch television, count how many commercials encourage you to reward yourself with things that are not necessarily healthy for you. Then check to see how many

of those commercials have a fitness theme.

After that, examine your own rewards system for fitness. Ask yourself if you are rewarding yourself with the kind of immediate rewards that add to, and do not subtract from, the quality of your health and fitness program.

Lastly, unlike that popular beer commercial, make sure that for all you do, the right rewards are for you. ○

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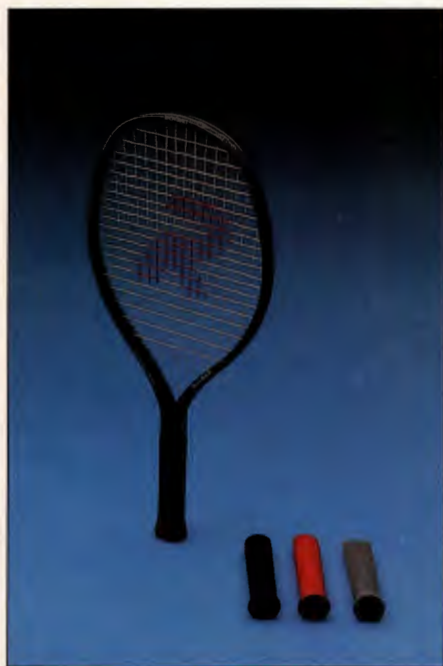


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# PRODUCT SHOWCASE

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from the highest quality materials. The Pulsar is also now available within A'me Grip or Neumann Leather Grip. Specifications: 240 g., 50 lbs. string tension, isometric head, 85 sq. in. head area, 100% graphite fibers and bonding resin surrounding PMI Foam core. For more information, contact: Richcraft, 2817 Empire Ave., Burbank, CA 91504, (213) 849-4230 or (800) 331-7143.

## RCP Stringing Machine

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## Passing Shots

(continued from page 12)

"When I entered a tennis tournament I was lucky to get a glass of water with my entry. In racquetball you get a shirt and on top of that they feed you. It's unbelievable!" . . . You can tell a player is on an ego trip when he can tell you his win and loss record for the year . . . Super instructor **Steve Strandemo** says he often gets thank you letters

from people who attended his camp — three to six months afterwards. Strandemo warns those who attend his camps not expect instant results . . . Sportswriters enjoy the fact that **Mike Yellen** was introduced to racquetball while working as a maintenance man at a racquetball club. One writer used poetic license and wrote that Yellen found a discarded racquet in the trash can and began playing with it . . . When Yellen played in Colorado

last month, it was his first tournament since November and the #1 player expects the time off to recharge his batteries.

**Towel Troubles** — One of the biggest problems clubs face is towel loss. No matter what system is implemented, human error at the front desk can't seem to be avoided. Don't throw in the towel, says one manufacturing executive. "We sell a lot of clubs 'ugly towels.' They are khaki, and clubs report a 30 percent reduction in towel loss. No one wants to take those home," he said . . . A new trend for innovative clubs are challenge courts for men and women . . . I tried playing in the wee hours of the morning (6:30 to be exact) and lasted all of two weeks . . . Do tournament shirts have to look like billboards?

**Ouch!** — I don't know about you, but when I'm nailed by a ball in the back of the leg, everyone in the club can hear me scream in pain. I don't understand how anyone can mask the pain . . . Attention tournament directors and league organizers, if you need quality discount trophies, call me at (904) 743-0218 or write P.O. Box 11657, Jacksonville, FL 32239. Don't forget a portion of the proceeds will go to the U.S. National Racquetball Team.

**It's Better In The South** — Don't tell **Mike Yellen** there's no such thing as Southern hospitality. He quickly mentions the Atlanta Sporting House as one of his favorite places to play. "I've never lost a match there. I won two national championships and one other pro stop." . . . Yellen, by the way, is quite a squash player. He's considered among the top 10 in Michigan and plays on a league when in town . . . You know a person is cheap when he admits he hasn't bought a can of balls in three years . . . An experienced player is someone who aims his shots on the wet spots . . . Things I like: Challenge courts, lagging for serve (I'm an open lagger), playing at prime time. Things I dislike: Quick players who retrieve balls that are past them, losing to the same person week after week, and people who call five minutes before your game to cancel. ○

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## 1987 RMA SCHEDULE

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Top Eight Invitational  
Jewish Comm. Center  
5601 S. Braeswood  
Houston, TX 77096  
Pro by Invitation Only  
Mike Bernstein  
(713) 729-3200

### February 18-22

Griffith Park Athletic Club  
Beverton, OR  
Devri Doty  
(503) 644-3900

### March 11-15

International Health Clubs  
Honolulu, HI  
Don Schmidt  
(916) 441-2977

### March 25-29

Arizona Athletic Club  
Tempe, AZ  
(602) 894-2281

### April 29-May 3

Ektelon Nationals  
California

## FOR RMA INFORMATION

Contact: Jim Hiser  
Commissioner  
(313) 653-9602

## 1987 AARA SCHEDULE

### February 2-7

B.Y.U.  
University Hill  
Provo, UT 84604  
Burton Olsen

### February 4-8

Aurora City Open  
International AC  
3191 S. Vaughn Way  
Aurora, CO 80014  
Dan Schliebe  
(303) 696-9313

### February 5-8

Nashville City Championships  
MD Farms Country Club  
5101 MD Way  
Brentwood, TN 37027  
Trigg Wilkes  
(615) 373-2900

### February 5-8

Warren Finn RB Tournament  
Jewish Comm. Ctr. of Houston  
5601 S. Braeswood  
Houston, TX 77096  
Mike Bernstein  
(713) 729-3200

### February 6-8

Fitness Barn Open  
Valparaiso Fitness Barn  
810 N. County Road  
Valparaiso, IN 46383  
Janie Siddal/Bret Woodke  
(219) 762-3191

### February 6-8

Hall of Fame Tournament  
Hall of Fame Fitness Center  
2700 Roberts Ave., NW  
Canton, OH 44709  
(216) 455-7788

### February 6-8

Lakes Region Health & Fitness  
23 Cliff Ave., Boars Head  
Hampton Beach, NH 03842  
Gayann Bloom  
(603) 926-3233

### February 6-8

Super Seven 6  
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Roseville, MI 48066  
Jim Hiser  
(313) 653-9602

### February 6-8

Sweetheart Special  
10424 South 46th Way  
Phoenix, AZ 85044  
Donna Angelopolus  
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### February 6-8

Winter Classic  
Ricochet Health & Racquet Club  
219 St. Nicholas Ave.  
S. Plainfield, NJ 07080  
Lonnie Allgood  
(201) 753-2000

### February 6-8

1987 Sertoma Challenge  
Suncoast Court House  
2147 Pine Forest Drive  
Clearwater, FL 33516  
Bill Cottrill/Sally Milano

(813) 531-8933

### February 6-8

5th March of Dimes Classic  
Pike Creek Court Club  
4905 Mermaid Blvd.  
Wilmington, DE 19808  
Larry Pelletier  
(302) 737-1310

### February 7-8

Icicle Open  
Allentown Racquetball Club  
601 Union Street  
Allentown, PA 18101  
Mary Musewicz

### February 10-14

Ridge Athletic Club  
4304 N. Foothill  
Provo, UT 84604  
Joel Tuai Leva  
(801) 224-6969

### February 11-15

First Federal Singles  
Lynmar Athletic Club  
2660 Vickers Drive  
Colorado Springs, CO 80918  
Bernie Nunnery  
(303) 598-4069

### February 11-15

Ralleysports 8th Annual  
St. Valentines  
Ralleysports Health &  
Racquet Club  
2727 29th Street  
Boulder, CO 80301  
Paul Swoboda &  
Sue Richardson  
(303) 449-4800

### February 12-15

St. Valentines Day Massacre  
4 North Dubois Avenue  
Elgin, IL 60120  
Susie Richardson &  
Judy Szatkowski  
(312) 893-9575

### February 13-15

Frostbite Classic Tournament  
Players Athletic Club  
115 North High Street  
Sharpsville, PA 16150  
(215) 439-8451

### February 13-15

Intercollegiate Far West  
Regionals  
Sacramento Court Club  
Sacramento, CA  
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### February 13-15

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### February 13-15

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### February 13-15

Salem Racquetball Club

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**February 16-20**  
Military RB Tournament  
Showboat Hotel  
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Las Vegas, NV 89104  
Stephen Ducoff/Ed Thompson  
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**February 17-21**  
Orem Fitness Center  
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Orem, UT 84058  
Jerry Ortiz  
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**February 18-22**  
PPRA Junior Regionals  
Point AC  
2233 N. Academy Place  
Colorado Springs, CO 80909  
Chris Turner  
(303) 597-7775

**February 19-22**  
Signature Classic #3  
4 North Dubois Avenue  
Elgin, IL 60120  
Dave Negrete  
(312) 882-4636

**February 20-22**  
Annual Club Tournament  
Bov Eazor S Racquet Time  
Old William Penn Hwy. & Duff Rd.  
Monroeville, PA 15146  
Mario Cappella

**February 20-22**  
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216 Reynolds Road  
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Jeff Rutherford

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**February 20-22**  
National Masters Invitational  
The Maverick Athletic Club  
1919 Pioneer Parkway  
Arlington, TX 76013  
Joe Lambert  
(817) 275-3340

**February 20-22**  
1st Annual Warren Open  
Racquet Club of Warren  
149 Bethel Road  
Warren, NJ 07060  
Joe Cline (201) 647-0400

**February 21-23**  
The Club Olympiad  
2120 N. Woodlawn  
Wichita, KS 67208  
Bob Piper (316) 686-4000

**February 24-28**  
Utah State Junior Championship  
Alta Canyon  
9565 Highland Drive  
Sandy, UT 84092  
Rita Harrington  
(801) 942-2582

**February 25-Mar 1**  
Pre State Singles  
Highline AC  
11 W. Drycreek Ct.  
Englewood, CO 80120  
Bruce McKay (303) 794-3000

**February 25-March 1**  
Winter Doubles Classic  
Steamboat Spring AC  
P.O. Box 1566  
Steamboat Springs, CO 80407  
Gary Crawford  
(303) 879-1036

**February 26-March 1**  
Alaska State Championships  
The Athletic Club  
150 Eagle Street  
Fairbanks, AK 99701  
Kristi Flores  
(907) 456-1914

**February 26-March 1**  
Pro Am & WPA Pro Stop  
Shawnee-At-Highpoint  
One Highpoint Dr.  
Chalfont, PA 19814  
Molly O'Brien

**February 27-30**  
Intercollegiate S & SW Region  
Brookhaven Country Club  
3334 Golfing Green Dr.  
Dallas, TX 75234  
John Kerr (214) 241-5961

**February 27-March 1**  
Adult Region 8 Championships  
(site to be announced)  
Alvin Barasch  
(312) 673-7300

**February 27-March 1**  
Adult Region 9 Championships  
29th Street Fitness Center  
2701 29th Street  
Grand Rapids, MI 49508  
Jim Hiser (313) 767-3434

**February 27-March 1**  
Annual Indiana Club Classic

The Indiana Club  
1703 Warren Road  
Indiana, PA 15701  
Rudy Planavsky

**February 27-March 1**  
Ballard Open  
Olympic Health & Racquet  
5227 South Puget Sound  
Tacoma, WA 98409  
Sid Williams  
(206) 473-2266

**February 27-March 1**  
Captain Crunch  
Montgomery Athletic Club  
5675 Charmichel Park  
Montgomery, AL 36177  
Jack Sorenson  
(205) 277-7130

**February 27-March 1**  
February Shoot-Out  
Cedarvale Racquet Club  
Haverhill, MA  
Leslie Brinker &  
Janet Kellehe  
(617) 373-1596

**February 27-March 1**  
Jollyjohn, Cystic  
Fibrosis Open  
The Court Yard  
Saco, ME  
John Bouchard  
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**February 27-March 1**  
New Hampshire State Juniors  
23 Cliff Ave., Boars Head  
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Gayann Bloom  
(603) 926-3233

**February 27-March 1**  
RAM MI State Doubles  
Championships  
Woodland Racquet Club  
Brighton, MI  
Diane Easterling  
(517) 373-6488

**February 27-March 1**  
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Sportset Club  
10 Gordon Drive  
Syosset, NY 11791  
Judy & Greg Sesh

**February 27-March 1**  
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Track & Racquet Club  
6800 E. Genesee St.  
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Fred Klemperer  
(315) 446-3141

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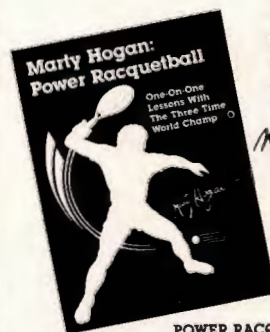
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## RANKINGS

The sources for these national rankings are as follows: Men's - Official RMA Pro Racquetball Tour rankings; Women's - Official WPRR Tour Rankings; Amateur - Official national rankings.

### RMA Pro Racquetball Official Rankings November 16, 1986

|    |                |        |
|----|----------------|--------|
| 1  | B. Harnett     | 452.03 |
| 2  | M. Yellen      | 424.08 |
| 3  | M. Hogan       | 419.07 |
| 4  | E. Andrews     | 345.64 |
| 5  | C. Swain       | 343.47 |
| 6  | G. Peck        | 303.79 |
| 7  | R. Gonzalez    | 271.88 |
| 8  | M. Ray         | 249.89 |
| 9  | D. Peck        | 208.75 |
| 10 | J. Hilecher    | 188.46 |
| 11 | S. Lerner      | 178.73 |
| 12 | G. Price       | 163.29 |
| 13 | D. Obremski    | 145.89 |
| 14 | A. Gross       | 133.71 |
| 15 | S. Oliver      | 129.85 |
| 16 | D. Cohen       | 126.02 |
| 17 | A. Katz        | 122.92 |
| 18 | E. Inoue       | 112.34 |
| 19 | D. Gross       | 110.57 |
| 20 | J. Egerman     | 103.10 |
| 21 | J. Newman      | 99.25  |
| 22 | L. Gilliam     | 97.24  |
| 23 | R. Harripersad | 84.44  |
| 24 | B. Sell        | 73.69  |
| 25 | D. Green       | 71.41  |

### AARA National Rankings Men's Open

January 15, 1987

|    |                |
|----|----------------|
| 1  | A. Roberts     |
| 2  | D. Ganim       |
| 3  | K. Vantrease   |
| 4  | T. Hansen      |
| 5  | T. Montalbano  |
| 6  | D. Negrete     |
| 7  | A. Katz        |
| 8  | C. Nichols     |
| 9  | D. Kelly       |
| 10 | M. Lowe        |
| 11 | D. Aceto       |
| 12 | J. Sumner      |
| 13 | V. Ganley      |
| 14 | F. Calabrese   |
| 15 | J. Cline       |
| 16 | M. Spugnardi   |
| 17 | R. Gonzalez    |
| 18 | M. Morrison    |
| 19 | O. Gonzalez    |
| 20 | D. Obremski    |
| 21 | S. St. Onge    |
| 22 | R. Harripersad |
| 23 | S. Moody       |
| 24 | S. Gonzalez    |
| 25 | T. Anthony     |

### WPRR Official Rankings November 9, 1986

|     |                |        |
|-----|----------------|--------|
| 1   | L. Adams       | 200.00 |
| 2   | C. McKinney    | 148.75 |
| 3   | M. Drexler     | 126.25 |
| 4   | V. Panzeri     | 83.75  |
| 5   | L. Alvarado    | 75.00  |
| 6   | B. Stoll       | 73.33  |
| 7   | M. O'Brien     | 63.75  |
| 8   | M. Lynch       | 60.00  |
| 9   | T. Rasmussen   | 48.33  |
| 10  | S. Robson      | 47.50  |
| 11  | F. Davis       | 41.25  |
| 12  | T. Gilreath    | 38.33  |
| 13  | K. Kuhfeld     | 35.00  |
| 14  | D. Fischl      | 28.33  |
| 15  | C. Evon        | 25.00  |
| 16T | J. Harding     | 20.00  |
| 16T | A. Katz        | 20.00  |
| 16T | J. Marriott    | 20.00  |
| 16T | M. Pat Sklenka | 20.00  |
| 20T | T. Bevelock    | 16.66  |
| 20T | M. Dee         | 16.66  |
| 20T | V. Paese       | 16.66  |
| 23T | L. Porter      | 15.00  |
| 23T | K. Treadway    | 15.00  |
| 23T | R. Whitmire    | 15.00  |

### AARA National Rankings Women's Open

January 6, 1987

|    |              |
|----|--------------|
| 1  | T. Rasmussen |
| 2  | C. Baxter    |
| 3  | M. Mook      |
| 4  | C. Evon      |
| 5  | M. Dee       |
| 6  | E. Mardas    |
| 7  | C. Fried     |
| 8  | C. Doyle     |
| 9  | T. Latham    |
| 10 | L. Basch     |
| 11 | L. Diamond   |
| 12 | S. Robson    |
| 13 | K. Despain   |
| 14 | N. Higgins   |
| 15 | M. Lyons     |
| 16 | M. Labonne   |
| 17 | J. Kelleher  |
| 18 | K. Kuhfeld   |
| 19 | F. Davis     |
| 20 | J. Paraiso   |
| 21 | M. Sklenka   |
| 22 | T. Hajjar    |
| 23 | C. McCarthy  |
| 24 | L. Porter    |
| 25 | J. Burke     |

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