



# **DOWN** **THE LINE**

## **LOUISIANA RACQUETBALL ASSOCIATION**

**"DEDICATED TO  
PROMOTING THE GAME  
OF RACQUETBALL"**

### **LOUISIANA RACQUETBALL ASSOCIATION 1999 AND INTO THE MILLENNIUM**

**Can you believe it?** Louisiana did it again! And we are getting ready to do it all over. The LRA, another year of growth, another year of bigger and better tournaments, and especially another year of great players.

We have experienced a super growth in membership, including some veteran players getting back on the courts, existing members staying around, not wanting to miss any of the great tournaments and activities around Louisiana, and many new members coming up through the club ranks to challenge the best players in the state. The number one reason for the growth is **YOU**. It's the members that spread the word about how great the tournaments are, and it's the members that encourage all the club players to participate in our great organization. Another great reason for growth is the great Executive Board we have who have given a lot of personal time to the sport they love. Thanks to Debbie Spica and Charles Lee for the great junior program that has produced a junior team that is recognized as one of the premier junior teams in the nation. Many thanks to Pattie Schof for the endless amount of paperwork and dedication that goes into keeping track of the memberships, making sure they don't expire and miss out on any benefits. One thing you may have noticed are the membership renewal notices that come in the mail about renewing your LRA membership early and receive a \$5.00 discount. Please take advantage of this offer; this will help us out and will also prevent long lines at the tournament desk. Even though the organization is growing, we still have a long way to go, thank you for your continued support.

1998 was one of the greatest seasons for tournaments. The pros were back at Elmwood Fitness Center for the annual "Pro-Am Summer Cooler", with over 260 entries from 19 states. Of course, the Junior Rollout tournament was better than ever and raised almost \$2,000.00 for the junior team to help with the cost incurred for travels to Junior World's and Junior Nationals. The junior team needs your help every year with this tournament. Please continue your support with this tournament. State Doubles proved to be the most laid back tournament of the year. This tournament is always a lot of fun and the Heritage Sports Center provides a great setting for this intimate tournament. **PLAY MIXED DOUBLES!!!** Then there was State Singles, the 25th State Singles at that. LSU was the venue and you were the attraction. This was some of the best racquetball I have ever seen at one tournament. Top seeds fell, dark horses prevailed, 11/10 tie-breakers, people dived, fell, broke bones, we stayed out too late; what more could you ask for! There were so many matches especially in the Juniors' and Ladies' divisions.

*(see Louisiana Racquetball Association Page 2)*



# LOUISIANA RACQUETBALL ASSOCIATION

Unfortunately, this year there were not too many women in the tournament, but the ones that were there were a pleasure to watch.

On a happier note, we should see an increase in women at our tournaments in the near future; Tammy Thompson is going to be contacting clubs, actively recruiting women. Please contact Tammy if you have women or a women's program at your club.

There were so many great matches at State, unfortunately, I didn't get to watch too many, but I did get to see some. After only two years playing in 'B' Division, it was a pleasure to watch Elliott Mistich win the championship, and then to go on and win his first 'A' tournament. It stinks that he beat me in the finals to win, but I was still happy for him. He works very hard at his game, and will definitely be a threat in 'A' during the 1999-2000 season. Speaking of 'A' players, well thank goodness he is not an 'A' player any more, but did you notice Barney Revuelta? Because if you blinked, you definitely missed him. He was like a hurricane blowing into Louisiana in June and moving on to Texas in April, but not before leaving a path of destruction through the 'A' Division. Not to worry, I'm sure he'll be back trying to rain on some of our Open players' parade.

One person I neglected to recognize at State was John Davis. John stepped into the history books when he became the only LRA member to capture five State Singles Championships in the Open Division. By beating David Rahn last year, John became one of only three people (David Rahn and Mike Almerico) to win four Championships. John can add this to his resume of accomplishments, along with State Doubles Championships, Sportsperson of the Year, and many Top Ten national rankings. John gets better every time he steps

on the court; you can bet his best years are still ahead of him. I am proud to have him as a representative for the LRA, he is a player to admire as well as fear if you have to play him.

State Singles may have ended the racquetball season in Louisiana, but thirty LRA members had some more business to take care of. Two states that hosted Regionals had to deal with the wrath of the LRA. Louisiana was well represented at the Texas Regionals and handled the tough competition like true sports, but it was Birmingham Regionals that showed the rest of the country that Louisiana was ready for Nationals. Thirty-nine LRA members descended on the Downtown YMCA to take nine divisions including the Men's Open as well as most of the junior divisions.

Silly me, I was worried about Regionals being so far away it would affect the amount of LRA members going to Nationals. What was I worried about? I am also proud to say that we were ranked fourth (behind Texas, California, and Florida, the three biggest states for racquetball) in the amount of players that attended the tournament. Can it get better? Sure. How about five finalists and one National Champion. I could write about Nationals forever, but read Anthony Zeringue's article on Nationals later in the newsletter.

The 1999-2000 season has begun, and as I said earlier, we are going to do it again. We are going to have a better year than last year; it has already started. We just had the Louisiana Games at Elmwood and with the help of the Greater New Orleans Sports Foundation, we are getting some great media exposure. Don't forget the pros are coming back in August, the juniors are coming back in September, and who knows who else is coming back whenever. Stay tuned.....

*Al Schof*

## 1999 - 2000 LRA ORGANIZATIONAL STRUCTURE

### President/Memberships/Rankings

Al Schof  
4220 Paradis Lane, Kenner, LA 70065  
H (504) 468-2813 B (504) 553-0119  
E-Mail Racpres99@AOL.com

### Vice President

Charles Lee  
13446 Cedar Ridge Ave.  
Baton Rouge, LA 70817  
H (225) 751-2773 W (800) 421-7128

### Treasurer

Pattie Schof  
4220 Paradis Lane, Kenner, LA 70065  
H (504) 468-2813 W (504) 240-1004  
B (504) 268-7777  
E-Mail Pbschof1@AOL.com

### Secretary

James Bayhi  
5233 Hagerstown Ave.  
Baton Rouge, LA 7-817  
H (225) 756-1338 W (225) 331-9428

### State Junior Program

John Davis  
1780 S. Perkins Ferry Rd.  
Lake Charles, LA 78611  
(H) (318) 855-9346 (W) (318) 493-6556

Tammy Thompson  
223 Kisatchie Lane  
Boyce, LA 71409  
(318) 443-8652

Kipp Atwell  
1117 Parish Rd.  
Vinton, LA 70668  
H (318) 589-4025 W (318) 443-9652



## HOW DO YOU RATE?

### Racquetball Skill Rating

#### D-PLAYERS:

Beginners. Can find the racquetball courts if there are proper signs. Sometimes wear swim fins on the court. Never brings a can of balls with them. Often leave blood on the court.

#### C-PLAYERS:

Intermediate. Own their own racquets. Never bring a new can of balls with them. Been using the same ball since 1995. A squash ball bounces higher than this ball does. Knows many of the rules. Follows some of them. Plays in running shoes. Still waiting to break a sweat.

#### B-PLAYERS:

Advanced Intermediate. Owns two racquets. One Oversized, and one Ektelon CBK last restrung in 1987. Brings both to the courts. Has a copy of the 1994 USRA rule book in the bag. Uses it. Think they're A-players. Always has a fresh ball.

#### A-PLAYERS:

Twenty-three gloves hanging from bag. Changes gloves between shots. "If I hit you its an avoidable. If you hit me it's not. Simple. Read the rule book." Never brings new balls. Expects the B-players to provide them.

#### OPEN PLAYERS:

Screams at referee. Screams at opponent. Screams at linesman. Screams at self. Screams at tournament director. Screams at kids. Screams at spectators. Screams at Mother Theresa.

Beth Rist from Lake Charles, LA placed second in two divisions. Women's C and Women's 35+ C/D. This was Beth's first national tournament and not only did she play well, but she also showed great sportsmanship throughout her matches and never left the court without a smile. Beth not only gets the Rookie of the Year award, but also MVP overall for the tournament.

The Come Back Kid award goes to Wayne Skinner from Harvey, LA. Wayne placed second in Men's 35+ C/D. Wayne was actually defeated in the first round Thursday, but after Friday night he was reentered in the bracket because the opponent that defeated him in the first round was an illegal entry in the bracket (a Texas Sandbagger, imagine that!). Wayne was awarded the match and went on to win the next two matches to get to the finals.

Via Waco, TX/Lake Charles, LA, the Southpaw Cuban, Barney Revuelta, placed second in Men's A. Barney played hard and well throughout the racquetball year, never losing a single "A" match, until his final "A" match at Nationals. Barney was defeated in a tie breaker. Also from Lake Charles, Wes McDonald placed second in Men's 25+ C/D and John Davis took third place in Men's 30+. Jerry Buchanan from Fort Polk, LA won third place in Men's C and Captain Steve Conn from River Ridge, LA took third in Men's 45+ A/B.

On a special note, the Accommodation Award goes to Clarence "the machine" Simmons. Big "C" in his round of 16 and his quarterfinal match showed just how much he loves to play racquetball. In his round of 16 match and being one game up, he began cramping in the second game and lost that game. But after quick treatment and some gut sucking he went on to win in the tie breaker. If that wasn't enough, in his quarterfinal match while in front of the "LRA Cheering Squad" and his daughter, Clarence went for every ball even if it meant diving for it. With "ooh's" and "ah's" we all could not believe what was happening in front of us, but each and everyone of us who watched Clarence cheered him on and roared when he made those points. Unfortunately, Clarence fell short and lost his quarterfinals match.

Next year the LRA wants to bring even more members to "The Finals", so begin preparing TODAY!

*Anthony Zeringue*

---

## "THE FINALS" 32ND EKTELON U. S. NATIONAL SINGLES CHAMPIONSHIPS

The Louisiana Racquetball Association was well represented having thirty entries at "The Finals" National Singles Championships held at the Downtown Houston YMCA. Among them eight members took home nine medals.

Donnie Crowe from Fort Polk, LA was the lone member that took home the GOLD by defeating David Carter of Hurst, TX 15-12, 10-15, 11-1 in Men's 45+ C/D. Donnie gets the Sportsmanship Award for this tournament--while playing in his semi-final match his opponent constantly heckled and mocked not only Donnie but the "LRA Gang" that was cheering on Donnie. Donnie kept his cool and let his racquet do the talking by coming from behind in game one and when he was up 2-1 in the second game, his opponent faked an elbow injury and forfeited the match.





## 1999 25TH ANNIVERSARY STATE SINGLES CHAMPIONSHIPS

## LOUISIANA STATE UNIVERSITY

MARCH 19, 1999 - MARCH 21, 1999

**Men's Open**

1st John Davis  
 2nd Scott Davis  
 3rd Rory Arcement  
 4th Jim Bayhi  
 Cons Steve Rogers

**Men's A**

1st Barney Revuelta  
 2nd Kipp Atwell  
 3rd Brian Mathieu  
 4th Larry Sharpe  
 Cons Ted Bruning

**Men's B**

1st Elliott Mistich  
 2nd Bill Boada  
 3rd Felix Marrero  
 4th Chris DaCosta  
 Cons Ted Bruning

**Men's C**

1st Donnie Crowe  
 2nd Alan Dabdoub  
 3rd Anthony Zeringue  
 4th Tommy Rigsby  
 Cons Robert Vance

**Men's D**

1st Jerry Buchanan  
 2nd Bryan Boada  
 3rd Stephen Short  
 4th Ryan Cartier  
 Cons Matthew Hartman

**Men's 25 +**

1st Barney Revuelta  
 2nd Al Schof  
 3rd Kipp Atwell  
 4th Rory Arcement  
 Cons Wes McDonald

**Men's 30+**

1st John Davis  
 2nd Keith LeBlanc  
 3rd Brian Mathieu  
 4th George Anthon  
 Cons Jerry Buchanan

**Men's 35+**

1st James Bayhi  
 2nd R.J. Tamplain  
 3rd Wayne George  
 4th Terrence Pierce  
 Cons Myron Gibson

**Men's 35+ B**

1st Felix Marrero  
 2nd Robert Vance  
 3rd Anthony Zeringue  
 4th Ted Gauthier

**Men's 40+**

1st Charles Lee  
 2nd Bill Boada  
 3rd Larry Sharpe  
 4th Debbie Spice  
 Cons Ja Kirkland

**Men's 45+**

1st Steve Conn  
 2nd Jeff Kindl  
 3rd John Pellerin  
 4th Eugene Terrance  
 Cons Ted Bruning

**Men's 50+**

1st Jeff Kindl  
 2nd Joel Markert  
 3rd Donnie Crowe  
 4th Clarence Simmons  
 Cons Ken Roberts

**Men's 55+**

1st Ray Ronquillo  
 2nd Bob Baudry  
 3rd Gene Ferris  
 4th Ben Showalter

**Women's Open**

1st Debbie Spica  
 2nd LeAnne Mays

**Women's A**

1st Kathy Ropers  
 2nd Karen Kattengell  
 3rd Pattie Schof

**Women's B**

1st Tammy Thompson  
 2nd Beth Rist

**Women's C**

1st Beth Rist  
 2nd Tammy Thompson  
 3rd Linda Litchfield  
 4th Candy Arquiett

**Women's 45+**

1st Pattie Schof  
 2nd Karen Kattengell

**Juniors 6 & Under**

1st Joseph Lee  
 2nd Matthew Markert

**Juniors 8 & Under**

1st Joseph Lee  
 2nd Brandon Hunter  
 3rd Harrison Rogers  
 4th Matthew Markert

**Juniors 10 & Under**

1st William Lee  
 2nd Darren Vance  
 3rd Stephen Rogers  
 4th Sara Garrett

**Juniors 12 & Under**

1st Robert Vance, Jr.  
 2nd James Patterson

**Juniors 14 & Under**

1st David Key  
 2nd Aaron Fitzgerald  
 3rd Bryan Boada  
 4th Matthew Hartman  
 Cons Robert Vance, Jr.

**Juniors 16 & Under**

1st Rusty Powell  
 2nd Dustin Kidder  
 3rd Stephen Short



# TOURNAMENT TALK

# TOURNAMENT TALK

## TUNE-UP FOR "THE FINALS" HERITAGE SPORTS CENTER MAY 22, 1999 - MAY 23, 1999

### Men's Open

- 1st Rory Arcement
- 2nd Scott Davis
- 3rd Roy Laudumiey
- 4th Elliott Mistich

### Men's A

- 1st Elliott Mistich
- 2nd Al Schof
- 3rd Kipp Atwell
- 4th Roy Laudumiey
- Cons Terrence Pierce

### Men's B

- 1st Ryan Benoit
- 2nd Tommy Rigsby
- 3rd Scott Holmes
- 4th Paul Bayer

### Men's C

- 1st Wes McDonald
- 2nd Pattie Schof
- 3rd Dave Johnston
- 4th Adam Songy
- Cons Peter Bayer

### Men's D

- 1st Dave Johnston
- 2nd Adam Songy
- 3rd Tammy Thompson
- 4th Joe Sherrill

### Men's 55+

- 1st Ray Ronquillo
- 2nd Jack Fredine

### Men's 45+

- 1st Earl Teabout
- 2nd Pattie Schof
- 3rd Clarence Simmons
- 4th Ray Ronquillo

### Men's 25+

- 1st Rory Arcement
- 2nd Kipp Atwell
- 3rd Scott Holmes
- 4th Tommy Rigsby

## LOUISIANA GAMES/JUNE CLASSIC ELMWOOD FITNESS CENTER JUNE 11, 1999 - JUNE 13, 1999

### Men's Open

- 1st John Davis
- 2nd Chris Baker
- 3rd Rory Arcement
- 4th Jim Bayhi

### Men's A

- 1st Steve Conn
- 2nd Kipp Atwell
- 3rd Felix Marrero
- 4th Charles Lee
- Cons Roy Laudumiey

### Men's AA

- 1st Eric Leetch
- 2nd Michael Lawrence

### Men's B

- 1st Felix Marrero
- 2nd Sherwood Pilgrim
- 3rd Russell O'Steen
- Cons Drew Toland

### Men's C

- 1st Russell O'Steen
- 2nd David Alleman
- 3rd Robert Vance
- 4th Aaron Fitzgerald

### Men's D

- 1st Ryan Cartier
- 2nd Aaron Fitzgerald
- 3rd Bryan Boada
- 4th Stephen Short

### Men's 45+

- 1st Warren Reuther, Jr.
- 2nd Jeff Kindl
- 3rd Steve Conn
- 4th Mark Voltere

### Men's 55+

- 1st Ray Ronquillo
- 2nd Warren Reuther, Jr.
- 3rd Gene Ferris
- 4th Jack Fredine

### Women's

- 1. Cynthia Gordon
- 2. Pattie Schof
- 3. Beth Rist
- 4. Bonnie Koehne

### Juniors 8 & Under

- 1st Joseph Lee
- 2nd Brandon Hunter
- 3rd Wesley Hunter

### Juniors 10 & Under

- 1st William Lee
- 2nd Joseph Lee
- 3rd Mark Hunter

### Juniors 14 & Under

- 1st Drew Toland
- 2nd Aaron Fitzgerald
- 3rd Bryan Boada
- 4th Matt Hartman

### Juniors 16 & Under

- 1st Dustin Kidder
- 2nd Stephen Short

### Men's Open Doubles

- 1st Eric Leetch/  
Michael Lawrence
- 2nd John Davis/  
Dustin Kidder
- 3rd Al Schof/  
Chris Baker
- 4th Rory Arcement/  
Kipp Atwell

### Men's A/B Doubles

- 1st Rusty Powell/  
Kipp Atwell
- 2nd Terrence Pierce/  
Elliott Mistich
- 3rd Roy Laudumiey/  
David Tuminello
- 4th Clarence Simmons/  
Chris DaCosta

### Mixed Doubles

- 1st Cynthia Gordon/  
Anthony Zeringue
- 2nd Beth Rist/  
Earl Teabout



# THE TOP TEN

## MEN'S OPEN

1. John Davis
2. Rory Arcement
3. Todd O'Neil
4. Steve Rogers
5. Scott Davis
6. George Anthon
7. Chris Baker
8. Jaime Arroyave, Jr.
9. Barney Revuelta
10. Mike Whatley

## MEN'S D

1. Ryan Cartier
2. Bryan Boada
3. Jerry Buchanan
4. Randy Caillouet
5. Stephen Short
6. Aaron Fitzgerald
7. Cynthia Gordon
8. Randy Ingles
9. Aarol Laudumiey
10. Brian Jumonville

## MEN'S 35+B

1. Felix Marrero
2. Robert Vance
3. Anthony Zeringue
4. Ted Gauthier

## MEN'S AGE

1. Clarence Simmons
2. James Bayhi
3. Ja Kirkland
4. Steve Conn
5. Jim Leslie
6. Earl Teabout
7. Warren Reuther, III
8. Anthony Zeringue
9. Ben Showalter
10. Robert Patterson

## WOMEN'S C

1. Candy Arquiett
2. Tammy Thompson
3. Becky Hisey
4. Kelly Meche
5. Sara Garrett
6. Jo Hewitt
7. Tricia Antoine
8. Maria Steyn
9. Amber Moreau
10. Linda Litchfield

## JUNIORS 8 & UNDER

1. Joseph Lee
2. William Lee
3. Brandon Hunter
4. Harrison Rogers
5. Matthew Markert

## JUNIORS 14 & UNDER

1. Aaron Fitzgerald
2. David Key
3. Bryan Boada
4. Matt Hartman
5. Aarol Laudumiey
6. Tyler Boudreaux
7. Stephen Short
8. Mitchell Lasseigne
9. Robert Vance, Jr.
10. William Nix

## MEN'S A

1. George Anthon
2. Brian Mathieu
3. Barney Revuelta
4. Kipp Atwell
5. Roy Laudumiey
6. Steve Conn
7. Charles Lee
8. Raymond Flowers
9. Al Schof
10. Mark Higdon

## MEN'S 25+

1. Barney Revuelta
2. Al Schof
3. Kipp Atwell
4. Rory Arcement
5. Wes McDonald
6. Richard Campbell

## MEN'S 40+

1. Charles Lee
2. Bill Boada
3. Larry Sharpe
4. Debbie Spica
5. Ja Kirkland
6. Michael Meche
7. Gregory Williams

## WOMEN'S OPEN

1. Leanne Mays
2. Debbie Spica
3. Karen Kattengell
4. Mary Ragland
5. Pattie Schof
6. Cynthia Gordon

## WOMEN'S D

1. Maria Steyn
2. Bernice Powell
3. Kary Gillis
4. Linda Litchfield

## JRS 8 & UNDER MULTI

1. Joseph Lee
2. Chaz Messina
3. Harrison Rogers

## JUNIORS 16 & UNDER

1. Rusty Powell
2. Dustin Kidder
3. Stephen Short
4. Bryan Boada

## MEN'S B

1. Elliott Mistich
2. Bill Boada
3. Felix Marrero
4. Jim Leslie
5. Chris DaCosta
6. Earl Teabout
7. Damon DiMarco
8. David Key
9. James Coleman
10. Alan Dabdoub

## MEN'S 30+

1. John Davis
2. Keith LeBlanc
3. Brian Mathieu
4. George Anthon, Jr.
5. Jerry Buchanan
6. Elliott Mistich
7. Mark Higdon
8. Dana Barrett
9. R.J. Tamplain

## MEN'S 45+

1. Steve Conn
2. Ted Bruning
3. Warren Reuther, Jr.
4. Jeff Kindl
5. Clarence Simmons
6. Earl Teabout
7. Jerry dye
8. John Pellerin
9. Jerry Winsberg
10. Donnie Crowe

## WOMEN'S A

1. Pattie Schof
2. Mary Ragland
3. Karen Kattengell
4. Bonnie Bee
5. Cynthia Gordon
6. Kathy Ropers

## WOMEN'S 45+A

1. Pattie Schof
2. Karen Kattengell

## JUNIORS 10 & UNDER

1. William Lee
2. Darren Vance
3. Sara Garrett
4. Stephen Rogers, Jr.
5. Joseph Lee
6. Trent McGhee
7. Landon Sloan
8. Mark Hunter

## JUNIORS 18 & UNDER

1. Scott O'Flynn
2. Matt Auten

## MEN'S C

1. Alan Dabdoub
2. Donnie Crowe
3. Russell O'Steen
4. Anthony Zeringue
5. Robert Vance
6. Tommy Rigsby
7. Gerard Schmitz
8. Wes McDonald
9. Anthony Baldwin
10. James Coleman

## MEN'S 35+

1. David Tuminello
2. R.J. Tamplain
3. Charles Lee
4. James Bayhi
5. Alvin Miles
6. Steve Rogers
7. Wayne George
8. Clarence Simmons
9. Terrence Pierce
10. Paul DuPont

## MEN'S 50+

1. Jeff Kindl
2. Joel Markert
3. Donnie Crowe
4. Clarence Simmons
5. Ken Roberts

## WOMEN'S B

1. Tammy Thompson
2. Beth Rist
3. Cynthia Gordon
4. Candy Arquiett
5. Neyda Leslie
6. Kary Gillis

## WOMEN'S AGE

1. Beth Rist
2. Tammy Thompson
3. Linda Litchfield

## JUNIORS 12 & UNDER

1. Robert Vance, Jr.
2. James Patterson
3. Blake Whittle
4. Kevin Kidder
5. Stephen Rogers, Jr.
6. Aarol Laudumiey

Rankings as of Year-End 1998  
(After State Singles)



# 1999 CALENDAR

## PRO-AM SUMMER COOLER

Elmwood Fitness Center, Harahan, LA

August 5, 1999 - August 8, 1999

## IRF 11TH WORLD SENIOR CHAMPIONSHIPS

Albuquerque, NM

August 31, 1999 - September 4, 1999

## 1999 JUNIOR ROLLOUT TOURNAMENT

Baton Rouge, LA Site TBA

September 24, 1999 - September 26, 1999

## EKTELON 32ND U.S. NATIONAL DOUBLES

### CHAMPIONSHIPS

Baltimore, MD

October 6, 1999 - October 10, 1999

## LOUISIANA STATE DOUBLES CHAMPIONSHIPS

Site TBA

October 22, 1999 - October 24, 1999

## PROMUS HOTEL CORPORATION 4TH U.S. OPEN

Memphis, TN

December 1, 1999 - December 5, 1999

## NOTE DATE CHANGE

## PROKENNEX 11TH IRF WORLD JUNIOR CHAMPIONSHIPS

Fountain Valley, CA

December 17, 1999 - December 21, 1999

---

## TOURNAMENT SCHEDULE

As you can see the calendar of upcoming tournaments and events is quickly becoming crowded. We have a couple of new clubs in Louisiana that have expressed interest in hosting LRA/USRA sanctioned tournaments and have scheduled their tournaments.

If your club is interested in hosting a tournament in 2000, it is necessary that they contact us as soon as possible in order to secure the date preferred for their tournament.

Talk to your club pro/owner and urge them to plan out 2000 now, so your club can secure a date for your tournament next year.

## RACQUETBALL TIPS

### FOREHAND CEILING BALL (Contact Points & Follow Through)

There are two different contact points that generate two different defensive shots. The way you change your contact point is by changing your wrist location at impact during a swing. The two different contact points are still based on you contacting the ball on the inside of your front foot. By changing only your wrist location at

impact, you are disguising your shots from your opponent and giving yourself a better chance in a rally.

For each shot listed below, think of the court as a pool table and you are trying to angle the ball off your racquet into a pocket on that pool table.

1. If you want to hit a down the line ceiling ball shot, then your racquet face should be parallel with the front wall at impact.
2. If you want to hit a cross court ceiling ball, your wrist position at contact is slightly turned towards the side wall (close your wrist enough so that you are able to contact the ball and angle it into front wall enough so that it goes to the opposite corner).

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

1. After making contact with the ball, follow the ball with your eyes to the ceiling. This helps get your momentum going towards the front wall for a more consistent shot, and helps you get moving again for the next shot.
2. After contact, your racquet face will start to angle downward toward your knees and your shoulders should be facing the front wall. This is accomplished by using shoulder and hip rotation throughout the stroke.
3. Your wrist will snap through at impact to generate extra power and control in your stroke.

Pattie Schof  
Certified *AmPro* Instructor



### ATTENTION CLUB OWNERS/PRO'S:

Please contact a member of the LRA Board regarding scheduling 1999-2000 tournaments. Tournaments added to the schedule early will receive added coverage in *Racquetball Magazine*, as well as in *Down The Line*.



**Renew Your USRA Competitive License Today  
Through the LRA**

**You become eligible to compete in all state tournaments  
and receive  
ranking points from entry into each tournament through finish  
four to six issues of "Down The Line"  
PLUS**

**Become eligible for over 1200 additional USRA sanctioned tournaments held in the U.S. each year.  
You'll also receive: Membership Kit - Personalized Competitive License - Competition Accident  
Insurance - Six Issues of "Racquetball " Magazine - State Publications & Entry Forms - USRA  
Official Rule Book - National Ranking Points for Quarterfinals, or Higher Finishes in Sanctioned  
Play - Industry, Product & Service Discounts**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**LRA #** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_ **HOME PHONE:** \_\_\_\_\_ **WORK PHONE:** \_\_\_\_\_

**Mail This Form To:**

**LRA  
4220 Paradis Lane  
Kenner, LA 70065**

**\*By renewing your USRA Membership directly with LRA, the  
State organization receives the larger portion of the renewal fee**

**LRA/USRA MEMBERSHIP - \$25.00 Per Year**

**THE LOUISIANA  
RACQUETBALL  
ASSOCIATION**

**4220 Paradis Lane  
Kenner, Louisiana 70065**

***"Dedicated to promoting the game of Racquetball"***