



National Racquetball Magazine

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Magazine

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From The Circulation Director...

READING BETWEEN THE LINES

It seems that my column in last month's magazine was so well received by the powers that be, that they have asked me to expound to you some more. A rare opportunity for a circulation man!

From the amount of phone calls and letters we receive in the circulation department, it appears that many readers do not realize every statement, renewal notice and magazine label contains all the information you need to know about your subscription.

Take the magazine label for example. On the top left of the label is a number (of up to 9 digits) usually preceded by several zeros, this is **your ID number** and is always needed if you want your *address changed quickly* and without a break in your deliveries; eg. 001**215672**. Next to that is a 7 digit number which

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I hope that the above explanation will help you to find all the information you need when renewing your subscription or changing your address. In conclusion let me explain that we run about two months in advance in the circulation department. So if you want speedy action on renewals or address changes, **please give us plenty of time**, and remember to inform your post office to forward your magazine for at least two months. They will not forward magazines unless you specifically ask them to. Help us to help you and we will give you the best in uninterrupted racquetball coverage. ○

Chris Sotnick
Circulation Director

Pro Point Of View

Having played the Men's Professional Racquetball Tour since 1985, I feel compelled to respond to the "from the publisher" column I read in the December 1988 issue.

I have had a chance to experience a stagnant era in The Men's Professional Racquetball Tour. Obviously the weakness has been the inability to secure a national sponsor. Everybody seems to think that they have the answer, however the right one has yet to be uncovered. The fact is, corporate dollars are bid for very competitively by several "promoters" throughout the sporting community, and racquetball has yet to produce the right chemistry to attract these dollars. As in any professional sport bickering will always be present, the absence of a national sponsor has made the bickering prevail over growth.

However, some of the insinuations made in December's issue seemed to be just shy of slanderous towards the men's pro's. The players were referred to as "egotistical, uncooperative, apathetic" who "do not do their job to promote the sport of racquetball", and for these reasons the host clubs do not want the pro's back.

I strongly disagree with these unfounded accusations. As a matter of fact, the large majority of the pro's go above and beyond their responsibility to promote the sport and help make the event successful for the host club. Dan Obremski and Andy Roberts often come into town two or three days early to donate their time for clinics and to make personal appearances at local clubs and high schools. Dave Peck and Mike Ray unselfishly give their time doing clinics and other activities at tournaments. Reuben Gonzalez, Bret Harnett, Egan Inoue, just to mention a few, also are a pleasure to have at your club for a professional event.

Last year our club had the good fortune of hosting a professional event, and throughout the year I have received hundreds of phone calls asking when the pro's will return to Dallas.

Unfortunately we will not be able to host a sanctioned event this year. However none of the reasons cited in the article were even remotely involved. The simple fact is we lost our major sponsor (due to change in the company's hierarchy) and regrettably could not fund the event.

The truth of the matter is the pro tour is now dependent upon racquetball philanthropists within the club business and within the corporate world; the burden must be taken off the individual club to

host an event for there are few that are well enough staffed and equipped to take on this project.

Also, let us not be naive in implying (as the column did) that the problems within the growth of the sport are isolated to the men's professional game. The WPRO also has had problems securing National sponsorship and putting together a full season of events. In addition, the amateur game has suffered — a recent *Club Industry* issue revealed that racquetball participation dropped 21 percent between 1984-1987, the greatest amount of any "club" related sport. Although the decline is expected to have leveled off and the sport back on its way up, let us not ignore these vital demographics to the men's and women's professional games.

In closing, I regret Jim Hiser's departure as commissioner did not end on a positive note. I appreciate his time and his effort, but the fact of the matter is he resigned his position voluntarily for his own personal reasons. Marty Hogan, via the players association, has now stepped forward as the new leader. Why don't we take this opportunity to stop pointing fingers at guilty parties and give our unified support behind the leader for that is the only way the sport and the players will ever flourish.

Aaron Katz

Men's professional player

Editor's note: This letter from pro Aaron Katz expresses a players' point of view. We did not mean to imply that the problems in racquetball rest on the shoulders of the men professionals or that they are all egotistical, uncooperative or apathetic, but we stand by the statements made in our editorial. As to the decline in amateur participation the AARA is experiencing a rapid growth in membership as is the magazine in circulation and many manufacturers are in sales. The magazine will continue to support professional racquetball as it has in the past. We will be very pleased to report on the next men's pro stop. ○

Affordable Racquetball

It seems to me that over the last few years there has been a decrease in the popularity of racquetball. I have been playing racquetball for the past 10 years and I feel that every year fewer people are getting involved.

I think one of the problems is that there are not enough facilities to play in and

those that are available are too expensive.

I would like to see a new kind of club in which racquetball is the only sport played. Such a facility could provide the best courts available and, by cutting out all the extras, could provide them at a very low membership fee.

These clubs could also be built already able to facilitate T.V. cameras, and if a national TV campaign took place at the same time it would help to involve people of all ages, from all walks of life. They could see the benefits of a new kind of workout from this great sport and find out about a fun place to go — the club.

I'd love to see something like this happen. As a university student I cannot play racquetball as often as I would like to because I cannot afford to join a club. The courts at school are really busy and it isn't easy to get a court a lot of the time.

Miguel A. Harris
Arcata, CA ○

Thanks Al and Crew At Royal Racquetball

This is a letter of thanks to Al Seitelman, Mike Jones, Ken Bederman and the staff at Royal Racquetball, Coram, NY. During the holidays I had an opportunity to spend some time with my family on Long Island. I saw this as an opportunity to discover the difference between Open players on Long Island and in St. Louis. I called Al Seitelman, New York State director of the AARA, to find out with whom I should get in touch to make this happen. He shared some great information with me about the interest and growth of racquetball on Long Island and connected me with Mike Jones, the pro at Royal Racquet.

Mike was more than helpful and set me up with players from Royal's travelling teams. Ken Bederman, the manager of the club, was generous enough to provide me [with] temporary guest privileges.

Dealing with these people who had no obligation to me whatsoever was not only worthwhile from the standpoint of getting a good workout, it conveyed a positive and professional attitude. I hope other club managers and state directors follow this example. It establishes a sense of community within the AARA, and that's sure to help the AARA and racquetball grow.

Lauren Tainter
St. Louis, MO ○

THE U.S. NATIONAL TEAM

by staff writer

It is a measure of the growing success of racquetball internationally that the U.S. National Team is gaining in stature and importance. A sign of that success is the funding that the team will shortly be receiving from the prestigious United States Olympic Committee.

Another indication of increasing attention for the National Team is the recent decision by the AARA to expand its coaching staff. The team now has five coaches: Fran Davis, Stu Hastings, Larry Liles, Gary Mazaroff and Neil Shapiro, each of whom is well qualified to fulfill their roles in bringing the team continued success.

The decision was fitting in light of racquetball's rapid progress to full-fledged Olympic status. Last April, *National Racquetball Magazine* reported that racquetball had become the youngest sport ever to reach International Olympic Committee recognition in December of 1985. As indicated then, the next step along the way would be the Pan Am Games. If racquetball were to be placed on the program for those games, it would be elevated from Group C status to Group A status within the USOC.

That is exactly what has happened. Following a recent International Olympic Committee decision, racquetball will be included as a full medal sport in the 1991 Pan Am Games to be held in Cuba. If upgrading to Group A status results, an undetermined amount of USOC development funds could be made available for team training in March.

Also in March, the American Amateur Racquetball Association (AARA) will find out if racquetball has been accepted as an exhibition sport for the next Olympic Games to be held in Barcelona, Spain. Luke St. Onge, executive director for the AARA, feels the chances for this occurring are very good.

To add to the excitement, racquetball has also been invited as a sport at the Olympic Festival, held every year as an international sport competition for sports involved in Olympic Pan Am games. This USOC event is televised for national viewing, and this year will be held in Oklahoma City from July 21-28.

All in all, between increased coaching staff and the expansion of international racquetball, the future of the U.S. National Team looks very good. ○

U.S. National Team History

- 1983 Regional Games (forerunner of the Pan American Championships), Stockton, CA, three countries participated, first place: United States.
- 1984 World Championships, Sacramento, CA, 11 countries participated, first place: United States.
- 1984 Pan American Championships, Quito, Ecuador, 14 countries participated, first place: United States.
- 1985 World Games I, London, England, 15 countries participated, first place: United States.
- 1986 World Championships, Orlando, Florida, 20 countries participated, United States and Canadian teams were co-champions.
- 1987 Tournament of the Americas, Caracas, Venezuela, 13 countries participated, first place: United States.
- 1987 Pan American Championships, Colorado Springs, Colorado, 13 countries participated, first place: United States.
- 1988 World Championships, Hamburg, West Germany, 20 countries participated, first place: United States. ○

Team Schedule

- March, 1989** — Tournament of the Americas in Costa Rica
- July, 1989** — Olympic Festival, Oklahoma City, OK
- January, 1990** — Central America Games
- July, 1990** — Caribbean Games, Guatemala (tentative)
- August, 1990** — World Championships in Caracas, Venezuela
- September, 1991** — Pan Am Games, Cuba ○

Qualifying For The U.S. National Team

Becoming a member of the U.S. National Team is a possibility for all racquetball players. There are no age limitations, only skill level qualifications. United States citizenship is required.

Members of the team are chosen by the AARA from the results of four different tournaments:

- Four men's team and four women's team positions from the AARA Amateur Nationals — the semifinalists and finalists from the men's and women's open divisions.
- Two men's team and two women's team positions from the AARA Amateur National Doubles — the winning team in men's and women's open divisions.
- One men's team and one women's team position from the American Collegiate Racquetball Association (ACRA) National Intercollegiate — the men's and women's Division I winners.
- One men's team and one women's team position from the AARA Junior Nationals — the men's and women's 18 & under winners.
- Four at-large berths, available for coaches discretion in case of inequities during the selection process.

As well, the team will be doubled for the upcoming Olympic Festival (see introduction) and quarter finalists in the AARA Amateur Nationals men's and women's open events will be invited to join the team. ○

Current Team Members

Women's Team

Lisa Anthony, CA
Malia Bailey, VA
Tony Bevelock, AZ
Michelle Gilman, OR
Diane Green, FL
Robin Levine, CA
Mona Mook, CA

Men's Team

Mike Bronfeld, CA
Jim Cascio, PA
Brian Hawkes, CA
Lance Gilliam, TX
Bill Sell, CA
Andy Roberts, TN
Tim Sweeney, IL

The Coaches...

Larry Liles

Head Coach of the
U.S. Team

Last June, Larry Liles became one of the noteworthy *Sports Illustrated* heroes given a head-shot photograph and brief listing of athletic accomplishments just inside the back cover of that famous magazine.

The reason? His Memphis State University men's racquetball team had recently won the national intercollegiate title for the 13th straight year. Not only that, his U.S. National Team was considered the best amateur team in the world, holding current titles in the most recent major international events: The Tournament of the Americas; the Pan Am Championships; and the 1986 World Championships (co-winners with Canada).

Sports Illustrated even sent a reporter and photographer to his Memphis home to do a complete story on Liles. The story was written and scheduled, only to be replaced by a late-breaking piece on the Chicago Bull's basketball player Michael Jordan.

The attention directed towards Liles' coaching is justified. Since taking over the MSU varsity racquetball team in 1975, not only has Larry coached the men's team to 13 straight victories, but he has also coached the women's team to seven national titles. With the recent combined-team scoring format determining overall standings, the school has won four national titles out of a possible six.

His intercollegiate record also explains how Liles became the head coach for the U.S. National Team. MSU's main rival was — and still is — California State at Sacramento, coached by Ed Martin, the national team's previous coach.

In 1986, Martin — painfully familiar with Liles' coaching expertise after facing him at intercollegiate tournaments — invited Liles to join him on the national team as assistant coach. When Martin stepped down from his position on the national team, Liles became the head coach. The U.S. National Team promptly won its next three events, including the 1988 World Championships in Hamburg, West Germany.

Liles is a soft-spoken man. He does not subject his players to extreme discipline on or off the court. He watches, analyzes and makes suggestions. He is a presence.

"You can't play the game for them," he says. "It's physically impossible and play-

ers don't need that kind of stress.

"Instead, I think I am the type of person who is like a second player on the court. Instead of telling them to play it my way, I look for ways they can use their strengths to win within the framework of their own game style or potential."

It is a type of coaching which relies heavily on precise analysis of an opponent's strengths and weaknesses, his own team member's strengths and weaknesses, and an ability to read the flow of any given game almost instantly.

"After 20 years of racquetball, I can pretty much dissect any of our players' games. For example, when Andy Roberts (current world champion and national intercollegiate champion) is having an off game, I can tell him why. Maybe he's leaning back, keeping his weight on his heels, or lifting his head, but I know right away the mistakes that are costing him points."

Knowledge and mutual respect are the tools that Liles has used to earn his reputation. "I feel like all the players on the team are mature. We all know we are there for a purpose, and we work together."

"The only things I'll discipline are some of the activities they might choose during a tournament. The stress builds and they look for ways to relieve it, but I won't let them do it by playing basketball or 18 holes of golf. Movies, fine, but I keep them away from anything that drains energy."

Coaching at his level, however, takes more than expertise, something that Liles readily admits. As a professor at MSU, he has a master's degree in physical education and recreation, but he says successful coaching takes a great deal more than that.

"A lot of people would like this job," he says. "But I think I have a lot of support from the AARA because of my experience in working with people. It's one thing to coach only one person. It's another thing completely to coach a team. You have to know how to handle men and

women — the mixing of the two in competitive situations, and the complications and stress of travel with that mixed group. It's not easy, but when it works, it sure is rewarding.

"I would definitely say that one of the outstanding things for me is that we've had so many players from MSU on the national team. Quite a few of them qualified as national junior champions — David Simonette and Toni Bevelock, for example. Andy Roberts, on the other hand, qualified because of his finish in the national intercollegiate."

There is no doubt that his team is filled with talented players — a coach's dream. Yet, on the international horizon there are teams capable of defeating the U.S. Team, a fact that Liles, like all good coaches, constantly keeps in mind.

To date, his main rival, the Canadian National Team, has consistently pushed his team to the limit. This, despite the fact its players represent a country with less than a tenth of the population of the United States.

Larry feels that two other countries are on the verge of challenging the U.S. National Team supremacy. "The Mexicans are really coming on," he says. "Their strength is growing because they're building some new facilities, the new players' talent is there, and it's also getting more government support."

The Japanese, he notes, are on the verge of surprising the international racquetball world. "We've got to be careful against the Japanese team," he warns. "They are spending the time and effort to build their program."

Despite the growing competition, given his coaching expertise and the talent of his players, Larry Liles and the U.S. National Team should be racquetball's international success story of the 90's. He sees the continued support of the AARA, and the growing prestige of amateur racquetball as positive factors towards the team's success.

(continued on page 6)



The 1988 U.S. National Team accompanied by Larry Liles (standing at left), Gary Mazaroff (kneeling at left).

Stu Hastings

Men's Coach

Four years ago, Stu Hastings was a member of the AARA's first Elite Training Camp held in Colorado for regional qualifiers across the United States. He was voted most valuable player at the camp, so it was no surprise when he returned the following year. His perspective, however, was radically



Stu Hastings

different; when he returned in 1985 he was one of the instructors.

It was a natural role for Stu. As much as any coach or player in North America, he is dedicated to understanding the mechanics and psychology of racquetball. In fact, his reputation as a knowledgeable coach has grown so quickly, touring professionals now visit him in his home state of Michigan for week-long tutoring and brainstorm sessions.

Given his consistent evaluation results at the Elite Training Camp (top marks as instructor each year), and his solid reputation, it was only natural the next step for Hastings was landing the position of men's coach for the U.S. National Racquetball Team.

"It's a challenge I look forward to," he says. "My main objective is to try to bring more organization to the team, something made difficult because of limited funding. Ideally, all team members should be meeting on a regular basis, but unfortunately, financially, it is not possible."

The team's first meeting, Hastings says, will not take place until late March, at the Tournament of the Americas in Costa Rica. To add extra cohesiveness to the team, he is coordinating efforts with women's coach Fran Davis to coach with the 'long-distance touch'.

"We're setting up to do things through the mail. We'll be sending individual training programs giving players a reading list and requesting video tapes of their games for our analysis. It's not as good as being there, but it's a start."

"Long term, we will continue this, and set up a library of all the work so that the coaches who come after us will have something to adjust, change or evolve."

Stu lives in Clarkston, MI, a small town near Flint, and off the court teaches businesses classes at a nearby high school.

The only day of the week that he does not enter a court is Wednesday. Mon-

days, Tuesdays and Thursdays, he dons his gear at one of two local clubs at 3:30 p.m. Between lessons, practice and playing, he rarely steps off the court until seven hours later. Fridays, Saturdays and Sundays are his tournament days. At least twice a month, he competes in the professional, 30+ or

35+ divisions of state tournaments. Off weekends he uses for more practice time.

The professionals, too, have been knocking at his door for help. Dan Obremski and Roger Harripersad both flew in for week-long sessions last September. Earlier, for the second summer in a row, Caryn McKinney also spent a week under his tutelage. For her, the coaching seems to have helped. She has won two stops already this season.

As a coach, Hastings is intrigued by the mental aspect of the game. "Most of the pros have superior physical tools," he says. "For the most part, they all have the same great tools of speed, strength and reaction time. The ones who win are the ones with the mental edge. Those are the players who can deal with adversity, who have learned how to lose points or games without letting it affect their play."

Most of the top amateurs and professional players share the same fault, Hastings feels. "They all have a tendency to play too far forward in the court. They also over-anticipate. Both factors force them to use their speed in order to compensate. If they play smarter instead of harder, they can convert their speed to an asset instead."

Stu's coaching philosophy should leave a lasting impression on the young U.S. team members.

"It's not the game that's fascinating to me. After all, it only consists of four walls, a racquet and a ball. The thing that stimulates me about the game is what it does to personal lives."

"To win, you have to be able to deal with yourself under stress or adversity. Learning that doesn't come overnight. Some people, who have had to deal with a lot of stress in their personal life, translate that composure into competition."

"The good thing is that vice versa also applies. Learning how to deal with stress on the court spills over to your personal life." ○

Fran Davis

Women's Coach

It would be tough to find a better coach for the U.S. Women's Racquetball National Team than Fran Davis. Not only has Davis been a top-ranked and well known player on the women's professional tour for the last seven years, she is also a very experienced instructor.

The Brooklyn resident gives 10 to 15 individual lessons each week, for up to 20 people each time. She averages 75 to 100 clinics and 10 to 15 camps a year. More importantly, Davis gives 100%.

Although, so new to her position, she hasn't met any of her six-member team, she is already working with Stu



Fran Davis

Hastings, the men's technical advisor. Together, they are coming up with a training program for both teams. Sheer racquetball skill, however, is not the entire focus of the team.

"The main objective of this team is to go around the world promoting racquetball to countries that have not seen it or are further behind than us," says Davis. "In March, we go to Ecuador. This summer, to South America. Then we're off to the Olympic Festival in Oklahoma City."

Davis began playing racquetball at Brooklyn College. After obtaining a bachelor's degree in physical education and a teaching certificate she started sending out applications to physical therapy schools. In the interim she began playing tournaments and was offered a position as a manager of a racquetball club. Deciding to postpone her physical therapy education, she applied herself full-time to racquetball.

After a year as manager of the club, Davis started working for Head Racquet Sports (then AMF Voit). As national promotions manager for Head, she travelled first up and down the east coast, and then all over the country promoting not just their products but also racquetball.

Realizing early on that the money she earned from playing tournaments wasn't enough, Davis also began doing exhibitions and clinics around the country, and in the off-season, camps.

"I was ranked sixth on the women's pro

tour at the end of 1986 and I made \$5,000 playing pro tournaments," says Davis. "Obviously I could not live on just the \$5,000, so I made an effort to do exhibitions and clinics around the country and in the off-season, camps."

Davis' ranking rose as high as fifth during her seven years on the pro tour. Each year from September to the end of May, she would take to the road at least every other week to play a pro stop. More often than not, arriving two or three days early to give a clinic. And while most of the other women pros put on maybe 10 to 20 clinics a year, Davis would set up and do close to 100.

"I'd make phone calls. Then send out press packets confirming dates, costs, etc. I'd send out pictures, pamphlets and any other information the club may need and it would all be put together in a promo packet which Head provided. But I really wish the salesman would have called me and said 'Fran, we want you here, here or here,' but they didn't," says Davis. "So that is why I had to hustle and get as many clinics as I could."

This year, she has concentrated on teaching and coaching at the King George Racquetball and Health Club in Green Brook.

"I'm independent," Davis says. "I teach at the club, but I'm not on their payroll. That's where I workout, teach and do camps."

Over the years, Fran has come to describe herself as a power player first and a control player second. She likes the power game because she likes to be aggressive, charging the ball, especially on the serve.

"I have become a very aggressive player, I attack. I even teach my clinics that way. Charge the ball, attack the ball, be aggressive but smart. Play high percentage racquetball is my philosophy. Take the shot when you have it, don't wait."

"If there is a shot in the air and it might hit the back wall but is coming right past you through center court, take it in the air, shoot it and catch your opponent off guard, but play smart. Don't become shot happy and start shooting 80 or 90 percent of the time. That's how I teach my clinics."

As a representative and coach of the U.S. Women's Team, Fran Davis will be unbeatable. ○

Neil Shapiro

With Neil Shapiro's recent appointment as assistant coach of the U.S. Men's National Team, and the good quality of players to choose from, a first place finish

is almost guaranteed for the States.

Shapiro, a 25-year veteran of the game, has done most things possible within the sport. Since 1964, he's been taught by Stran-demo, Bledsloe, and Keeley, and in return has instructed thousands of people, organized classes, run leagues, coached teams, written articles and devised scoring systems for racquetball.

Aside from being a teacher in the public schools of Albany, New York, he is current head coach at Rensselaer Polytechnic Institute. Neil Shapiro, in fact, is the only paid racquetball coach in a fully-funded college program in the United States. He is also the commissioner for the American Collegiate Racquetball Association.

His goal is to help even the most advanced players work on training schedules, better organize their workouts and

detect small and subtle flaws to help eliminate their weaknesses. He says one of the greatest difficulties in coaching the

National team will be supervising and managing the athletes between meets.

"Our system of selecting representative players usually draws players from around the country and groups them together only a short time before competition," notes Shapiro. "This poses several problems for the team's coaches."

But he hopes to overcome the problems of supervising workouts, monitoring the athletes condition and assessing their psychological position and maintaining a team concept, through techniques he's found effective. He plans to devise workout schedules for each athlete on an individual basis and to communicate with them regularly. He

(continued on page 8)



Neil Shapiro

"Since I've been stringing with SuperKill II I haven't broken a single string."

When you have that kind of confidence in your string you can concentrate fully on your game. And SuperKill II gives me amazing control — I get a true bounce off my racket. If the ball doesn't come out right, it's my fault. SuperKill II is a great racquetball string."

Caryn McKinney

#2 WPRA Ranking



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would also like to get the team together between meets for small mini-camps and exhibitions against selected collegiate or all-star teams.

Neil says that with the strong support given by the American Amateur Racquetball Association (AARA), the other coaches and by utilizing the special personnel at the Olympic Training Center, the coaching staff will be able to develop one of the strongest racquetball teams yet seen. "Considering what we saw from last year's team, I think we can increase our level of play and again dominate the sport."

His own playing experience includes third place in last years' Men's 45+ AARA National Championships and 1984-1986 winner of the 40+ Northeast Regional Championships, along with numerous other wins over the last 25 years.

"I feel I have a lot to offer," he says. "I've been with the game a long time and understand the ins and outs of playing. I hope I can make a difference to the team." ○

Gary Mazaroff

In New Mexico, Gary Mazaroff and racquetball are virtually synonymous.

He has been heavily involved in the

sport there for the last 15 years, which makes him, despite his youthful age of 38, one of the state's racquetball pioneers.

Gary helped organize the New Mexico Racquetball Association in 1977, and is currently president. He has won the state open singles title eight times, the state open doubles title six times and the regional open title once. He has also instructed college credit courses in racquetball at both the University of New Mexico and the University of Albuquerque, been part owner of one racquetball club and operator of another.

With this solid racquetball background, he was such a natural choice as a U.S. National Team coach, that he was literally plucked from the stands for his first term.

At the 1986 World Championships in Orlando, FL Mazaroff was actually a team member and with the rest of the team, arrived a week early for the necessary

elimination matches among team members to determine individual positions at the championships.

"I think the elimination matches wore the team down even before we began the championships," says Mazaroff. "It probably had a lot to do with why we didn't win."

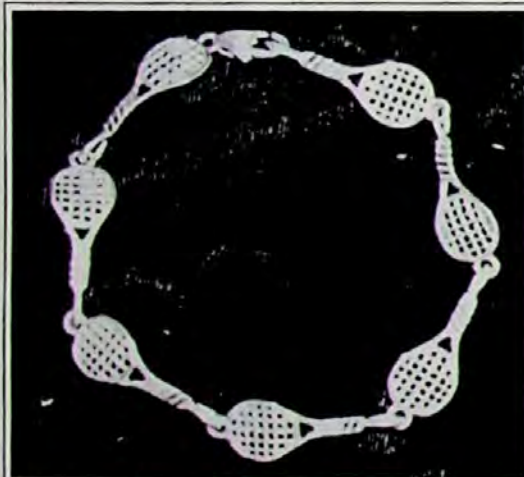
"I placed as an alternate as a result of the eliminations, which meant I would basically be watching the matches. The team coach, Ed Martin, asked that I step in as an assistant coach for the duration of the competition. Later, once Ed made his decision to resign as coach, I was selected as one of the two assistant coaches for the team."

Since then, the team has participated in the Pan Am Championships, the Tournament of The Americas and the World Championships in Hamburg, West Germany. Mazaroff's coaching skill contributed to the U.S. Team's string of first places, and it was not a surprise when he was chosen as assistant coach for this, his second term.

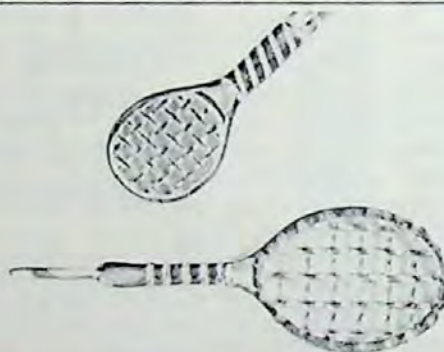
For the racquetball-loving real estate broker from Albuquerque, New Mexico, nothing could be a better alternate job. "Since the World Championships, I've seen Japan, Santa Cruz, Bolivia and Europe. It's definitely a nice part of the job." ○



Gary Mazaroff



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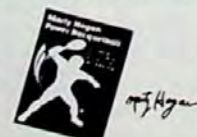
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THE LONG ISLAND OPEN

by Al Seitelman

The 12th Annual Long Island Open held at the Sportset Clubs in Syosset and Rockville Center, once again lived up to its reputation as the largest racquetball tournament in the world. Nine hundred and sixty-seven players competed in 39 categories.

The men's open winner was Mike Sekul of New Jersey, who defeated top-seeded Tim Hansen of Florida to reach the finals against second-place finisher Scott St. Onge of Massachusetts. In women's open play, a top-ranked WPRA touring pro, Dot Fischl narrowly defeated Randy Friedman.

The world's largest racquetball tournament generates some staggering statistics. Food and drink consumed by the entrants totalled 3,000 Frozfruit bars, 600 Paletta cheesecakes, 36 kegs of Lite beer, 350 large Pizza Hut pizzas, 500 pounds of chicken, 500 Entenmann's cakes, 26 cases of fruit, 200 dozen rolls and bagels and 200 pounds of salad.

The plethora of food, the hundreds of door prizes, combined with the rest of the festivities made one wonder if this was a tournament or a three day party. However, one look at the intense competition on the courts provided an answer to this question — the answer is both!

This tournament is unique in that it caters to the world class player and the beginner. Players of all skill levels, novice to National Champion, ages nine to 69, provided fierce competition in 39 categories. Over 215 women proved that they constitute a meaningful force in racquetball. For over 20 percent of the players this was their first tournament.

Before going on to describe the matches, it is important to acknowledge the people who helped to run the event, because without the thousands of hours they volunteered, the Long Island Open could never take place: Allan Seitelman (Tournament Director), Jim Farrell, Bob Supple, Ernie Fraas, Mike Jones, Regina Ochwat, Tony Urbanti, Ken Leaderman, Rosemarie and J.J. Seitelman, Neil Barsky, Ann Lovaglio, Sallie Swartz, Ruth and Jack Seitelman, Elvira Lovaglio, Erin

Leiterman, James Spahr, Dan Hickey, Frank Pflumm, Sal Lovaglio, Josee Bedard, Perry Barrett, Sr., Arlene Pellegrino, Anne Rogers and Fran McInerney.

Historically, the interest in any tournament focuses on the open divisions. This interest was particularly well deserved at the Long Island Open.

Men's Open

The draw sheet for the Men's Open Singles Division read like a who's who of racquetball for the east coast. Players



accustomed to meeting in the finals of their local tournaments, were forced to play each other in the round of 16, because the level of play was so high.

There were many questions being asked by the crowd of spectators as they gathered on Friday night to watch the 29 players begin eliminations. Would Tim Hansen be able to win a second championship? Would any players come from the pack to win? Would Tom Montalbano finally win the crown that has eluded him? The answers to all these questions

(continued on page 10)

Mike Sekul reaching for the winning shot against Scott St. Onge in the Men's Open Finals

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Players in action at the Long Island Open...

and others would be answered by Sunday afternoon.

All the top seeded players advanced to the quarter finals with the exception of Dan Llacera who was bested by a newcomer to the open division — Shawn Russell.

The quarter finals was the scene for some upsets and surprises. Mike Sekul who advanced to the semifinals last year without winning a game (three forfeits) proved he belonged there this year by beating top seeded Tim Hansen in two straight games. Sean Graham ended Shawn Russell's dreams by winning in two straight games. The toughest match of the quarters was between Garr Thompson and Ron DiGiacomo. The war ended with DiGiacomo edging past Garr by the scores of 11-15, 15-5, 11-10. Scott St. Onge emerged as the fourth semifinalist by beating local favorite Tom Montalbano in two straight.

The semifinal match between Mike Sekul and Sean Graham proved to be the continuation of Mike Sekul's best performance to date. He advanced to the finals with the scores of 15-11 and 15-10. Scott St. Onge was determined to avenge his last appearance in the Long Island Open when he lost in the first round. He eked out a 13-15, 15-7, 11-7 win over Ron DiGiacomo.

The finals between Scott St. Onge and Mike Sekul was eagerly awaited by the excited crowd. This was the first appearance by either player in the finals of the Long Island Open. The match proved to be worth waiting for with Mike Sekul blasting his way to a first game win. Scott St.

Onge refused to capitulate and came back to win the second game thereby setting up a tiebreaker situation. The players traded points until the score reached 9-9. The referee made a controversial call that allowed Sekul to take the serve back at 9-9. Mike then seemed to raise his game one level and served out to win the title.

The Men's Open Doubles division saw the team of Alvarez and Hansen winning the title with a three game win over DiGiacomo/Nagel. This kept up the tradition that the Open Singles Champion does not usually win the doubles title. This held true once again with Sekul losing in the semifinals in the doubles.



Women's Open

Randy Friedman played the best ball of her life in reaching the finals in both singles and doubles. Dot Fischl deserves honors for being the first open player — male or female — to win three titles in a row. However, this year Dot encountered a much tougher obstacle in her march to victory. Randy lost in the finals by the slimmest of margins, 11-9 in the tiebreaker.

The Open Doubles division ended up with Friedman and Petrocy winning the championship with a victory over Russo/Carlisi. O

Results

Men's Open

Mike Sekul
Scott St. Onge
Ron DiGiacomo
Sean Graham
Tim Hansen
Shawn Russell
Men's A
Mike Meyer/Dave Meyer
Rich Benderoth
Petel Shailesh
Jon Young
Men's B
Pedro Marquez
David Berson
Paul Krezenski
Leon Jackson
Men's C
Bruce Meyeroff
Mike Grandino
Mike Zullo
Fabian Pedrazza
Men's CC
Jim Patalano
Eric Jahn
Stephen Leiser
Ricky Migdal
Men's Novice
Jack Castaneda
Peter Boritz
Rudolph Marsden
Angelo Vega
Men's Beginner
Denny Kupferman
Dave Healey
Robert Healey
Ben Moosazdeh

Men's 12 & Under

Tony Puggioni
Joe Gagliardi
Chris Leimbach
Brian Bresnick
Men's 14 & Under
Jamie Falkowitz
Brian Berlin
George Trksak
Chris Vasooopoulis
Men's 16 & Under
Rich Benderoth
Perry Barrett, Jr.
Sam Rutkowski
Jamie Falkowitz
Men's 18 & Under
B.J. Gruber
Rich Norman
Greg Mavrakis
Rich Baer
Men's 25+
John Peterson
Bill Kelley
Robert Haab
Mark Kemp
Men's 30+
Jay Ryan
Jim Young
Harry Gordon
Jeff Kristjansen
Men's 30+C
Jose Lopez
George Pelke
Stewart Gluck
Jack Castaneda
Men's 35+
Brian McDermott
Ed Garebedian
Rory Burke
Steve King

Men's 40+

Frank Ciociola
Hap Peele
Andre Hopkins
Jim Winterton
Men's 45+
Charlie Garfinkel
Neil Shapiro
Arthur Eisen
Ray Testasecca
Men's 55+
Dan Liacara
Arthur Albert
Walter Shur
Egon Teichert

Women's Open

Dot Fischl
Randy Friedman
Tina Petrocy
Kristin Kolb
Women's A
Mindy Hartstein
Eleanor Yee
Diana Cuocco
Grace Grillo
Women's B
Liz Sanchez
Gina Demarco
Debbie Gonder
Adrienne Ratuszny
Women's C
Pat Hanson
Caroline Brandt
Doris Pearson
Arlyn Abramson
Women's CC
Dawn Rice
Janine Harrington
Lynn Kizner
Cynthia Bennett
Women's Novice
Carole Schara
Lynne Charbonau
Jane Leven
Valerie Rosa
Women's Beginner
Anne Feeney
Jean Hopkins
Krysta Pelczar
Cindy Pettway
Women's 30+
Angela Chang
Barbara Salvesson
Dee Beers
Joan Ventullo
Women's 30+C
Vicki Gottlieb
Nance Cotrell
Janet Fabian
Barbara Fiore
Women's Open Doubles
Petrocy/Friedman
Carlisi/Russo
Maldonado/Sofferman

Kolb/Ergoht

Women's A Doubles
Filasky/Cuocco
Campbell/Yee
Ryan/Logan
Beers/Perras
Women's B Doubles
Salveson/Fabian
Hillson/Demarco
Ventullo/Russell
Burnette/Makinen
Women's C Doubles
Hanson/Pearson
Beveney/Bennett
Brandt/Irwin
Tacher/Cotrell
Men's Open Doubles
Hansen/Alvarez
Nagel/DiGiacomo
Sekul/Anzalone
Chardavoyne/Caccavale

Men's A Doubles

Burns/Kemp
Reinhacker/Lee
Vega/Bear D
Pitel/Aguas
Men's B Doubles
Demato/Marascia
Rosenbloom/Slavin
Fahey/Ambrosini
Berson/Smelson
Men's C Doubles
Bedrazza/Levasurre
Secreti/Cutler
Pellersels/Umbrino
Pelke/Sealeo
Men's CC Doubles
Gruhn/Brown
Leiser/Hamid
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CORPORATE FITNESS

(Or, how to get the boss to buy your racquetball membership)

by Sigmund Brouwer

In the movie *Secret Of My Success*, the tyrannical boss of the character played by Michael J. Fox forces his employees to spend time jogging with him around the top of a New York City skyscraper. Unfortunately, the part that draws laughs occurs when one of the gasping executives passes out.

Corporate fitness, however, does have a good role to play in the workforce, as more and more companies are beginning to learn. Sounds like a dream, doesn't it? Taking the elevator down to the gym level and fitting in a quick racquetball nooner. For lucky employees at major companies, these types of lunch breaks are a reality (see inset).

Failing the provision of in-house racquetball facilities — which, unfortunately, is still rare — many corporations provide small gymnasiums, or encourage their employees to visit local health clubs by using various incentives.

If you don't have the luxury of any type of fitness program offered by your company, getting one might be easier than you think. It's simply a matter of convincing your employer that the program is a worthwhile investment.

You might start by telling your employer that most high-profile, hugely successful corporations consider that their fitness programs are well worth the money spent.

There are two reasons that large corporations will spend thousands upon thousands of dollars to promote racquetball and other exercise programs among employees. Perhaps those reasons are best summed by the attitude taken towards physical fitness by the *Financial Post* in its annual poll of the Top 100 Companies.

It uses a company's emphasis on fitness as a crucial factor in determining its desirability as an employer because it "is recognized as leading to greater efficiency and production. As a result, most excellent companies either organize some form of on-the-premise fitness program, or pay the cost of successfully completed fitness programs undertaken by their workers."

Obviously, then, it benefits a company to have fit employees. The underlying emphasis of the *Financial Post's* analysis is that these companies also become more desirable places in which to work,

with the added benefit of attracting the cream of the workplace.

If name dropping the Top 100 Companies and the *Financial Post* in the same breath doesn't impress your employer, maybe a call to patriotism will.

Fitness, you see, was not always in vogue as an employer's concern. Perhaps the biggest single boost to the popularity of on-the-job workouts came in 1978, when the head of one of the biggest corporations in the world — the United States government — focused the public eye on corporate fitness.

Jimmy Carter, then president, was involved in grueling peace talk sessions at Camp David with Egyptian President Anwar Sadat and Israeli Prime Minister Menachem Begin. To relieve the heavy

ing the next coffee break. "I remember in 1975 that Canada alone lost 745 million production hours at a cost of 3.8 billion dollars. Strictly lifestyle related illness, you know. If we could somehow play racquetball during our lunch break..."

The truth is, people who exercise in the middle of the day return to work with more energy and a clearer mind and companies appreciate the difference.

Your next approach might be the "bargain-rate price" approach. This one is easy. In-house facilities take considerable investment by the parent corporation. Your company may not be big enough to install its own gym, or as with Steelcase Inc. of Grand Rapids, MI, buy a club down the street.

With as few as four employees how-



stress, he began jogging around the camps' perimeters. Following the talks, he became an avid jogger, outspoken on its benefits.

With the above approach, you can gently remind your employer that what's good for a president of the United States is good for the country, and what's good for the country must be good for employees.

The next argument to use is one of sheer statistics. Each year, hundreds of millions of production hours are lost because of poor health among workers, costing the United States and Canada billions of dollars.

Say it casually, and you'll sound impressive. "Yes, sir," you might drop dur-

ever, your company can probably work out a good deal at a local racquetball club. For example, one club owner in a town just north of Calgary, Alberta, the site of last winter's Olympics, sells a good percentage of his memberships to corporations.

"I go to company owners and explain the benefits," says Alf Garvin of Courts North. "After all, employees are their most important assets. Depending on how large a group will join, I give them very competitive rates to become members."

From there, employers either purchase all or part of each group membership, or simply pass on the discount to their employees. Either way, players save money on their racquetball memberships.

So, with the "bargain-rate price" approach, you have leeway to negotiate with your employer.

"Sir, you're right," you might say. "Ten million probably is too much to spend for our own club. However, you could give a couple of us \$200.00 each towards a membership."

Your last ditch approach might involve actually getting your boss onto the court to discover how much fun racquetball can be. The seduction leading to a life-long love for the game, which of course,

will lead to benevolence when it comes to corporate fitness, needs only three simple steps. (1) Be certain to avoid hitting your boss with the ball. (2) Smile when you get hit. (3) Be graceful about losing to someone who has never played before.

It benefits both employers and employees when workers are fit and alert. A fitness program is an unbeatable investment, one which in the long run can save a company many dollars. It makes sense to encourage your company to participate in a fitness program. ○

A Case In Point...

Steelcase Inc.

What do you do if you want a few racquetball courts for your employees and you're not sure if you have room just down the hall? Simple. You find an entire racquetball club within walking distance, and buy it.

That's exactly what Steelcase Inc. did in 1986. Steelcase an office furniture manufacturer in Grand Rapids, MI, purchased a club, then had it renovated to their specifications to encourage a healthier lifestyle among their 8,000 employees. The end result was meant to benefit their workers and also give the company a chance to reduce its health care costs.

At the moment, Steelcase has not been able to get hard figures on how much the club saves the company, but the experiment has generated enough interest to get the University of Michigan involved in evaluating the company's health costs. The results are not anticipated to be available for a few years, but so far the company believes it is benefiting from healthier and happier employees.

The club, a 26,000 sq. ft. building located a half mile from the main office, has met with great success. Nearly 2,000 employees and family members regularly use the racquetball courts and swimming pool, the gymnasium equipped with an optional golf net for winter driving, nautilus weights and two aerobic rooms.

Club manager Peaches MacCahill explains that the employee high participation is a result of the club's variety of programs, called Health Awareness Lifestyle Orientation (HALO), which includes 15-20 bounce and no-bounce aerobic classes each week. The club even offers a class at 3:00 a.m. for second shift employees, plus social dancing, Tae Kwon Do, in-house racquetball leagues, wallyball, volleyball and basketball teams. In addition, the club focuses on preventative health, offering stress-reduction courses, nutrition programs and a diag-

nostic center. For tread mill runners and stationary rowers, Steelcase has even provided individual televisions with headphones to give some visual relief during workouts.

"We've got a very diversified program to meet their needs," says MacCahill, hired by Steelcase from a local consultant firm. "Participation has been telling us it's very positive."

In fact, the programs have even proved to be life-saving. Along with numerous examples of employees being helped with high blood pressure, weight loss and stress relief, one employee, after visiting the diagnostic center, was found to be in need of by-pass surgery.

Peter Jeff from Steelcase's public relations department says the club has also created a sense of camaraderie among the staff.

"Most corporate clubs are limited to only certain high-level employees," he says, "but we've opened it to everyone from the president to janitors."

Although the club has reached its membership ceiling at 1,200 members, Jeff adds the company is not limiting use and might even look into expanding if demand continues to increase.

The club has reached this ceiling, even though memberships are not entirely free. Heavily discounted in comparison to other local clubs, membership fees run from around \$340 for a family to \$160 for an individual. He says the important thing is to encourage people to use the facility to their benefit.

"It was located nearby for easy access," says Jeff, who himself uses the tread mills regularly. "We want people to use it to the fullest."

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Whatever happened to the good old days when

athletic club was just another way of saying racquetball club? The toughest questions you needed to ask when joining were "How many glass back wall courts do you have?" or "Are towels supplied or are they extra?"

Those days have given way to today's high-tech health club. Clubs now offer everything from prenatal aerobics to computerized weight lifting, and while these advances have been a great way to cross train for racquetball, choosing the right club for the avid player has become an art form.

In many clubs, the racquetball program does not receive the nurturing necessary to make it strong and successful. It is time racquetball players stood up and defended their rightful place and demanded the attention they are due from their athletic club.

Here are some hints to help you decide whether your present club, or the club you are considering joining, has a racquetball program at the top of its priority list.

Does the club have a full time pro or racquetball director?

Many clubs only have a pro on staff for lessons, clinics and an occasional play the pro. It is very difficult for somebody in this limited role to develop a solid racquetball program. Very often players will only show up at the times when the pro is there and the rest of the time the program will suffer.

Make sure there is a program director whose main responsibility is racquetball. Very often clubs will try and have one activities director who is in charge of basketball, volleyball, water sports, social events, racquetball, etc. Too often in this scenario, racquetball falls under the etc. category and doesn't receive proper attention.

It is very important to make sure that the athletic staff is well balanced and sufficient personnel are devoted to the development of the racquetball program.

Leagues

A strong league structure is the backbone of any club program. Leagues are an excellent way to meet other players of your level and expose yourself to a competitive environment in preparation for tournaments. Find out what levels of play are available in the leagues, and what time they are offered. Be cautious of clubs that only offer "arrange your own match" leagues. Very often the league

CHOOSING A RACQUETBALL CLUB

by Aaron Katz



director will just hand out a league sheet at the beginning of the league and not do the necessary follow-up work to see that the matches are played. There's nothing more discouraging than entering an eight week league and playing only two or three matches. Ask the membership person for a league schedule and check to see if there are a variety of league times offered; morning, lunchtime, evening and arrange your own.

Challenge Court

Does the club have challenge courts? How active are they? An active challenge court will give you the motivation to play when you otherwise might not. If the only way for you to get a match is through a league or to set one up yourself, eventually you might get tired of doing it. Challenge court gives you the opportunity to get a game on the spur of the moment.

Ask for a couple of guest passes before joining, to play challenge court. See if the level of play is comparable to yours and see if you are compatible with the other members.

Qualified Teaching Professional

Your club program should not only supply you with ample competition and playing partners, but also should have a qualified teaching professional to give you tips on your game so that you avoid stagnation. Check the credentials of your club pro. Is he certified? Who has he taught? Which nationally recognized instructors has he worked with? Is he a tournament open or pro player himself? How available is he?

Remember learning properly, regardless of at what level you are, is an integral part of your long time enjoyment of the sport. Make sure your club pro is capable of providing you with the proper guidance and direction.

Does the club host any local or professional tournaments?

A major racquetball facility should host at least

one local, state, or regional tournament per year. This is an indication that the members are receptive to tournament play and have their fair share of tournament caliber players. It also shows that the club has a commitment to the sport which will probably be reflected in the in-house programming.

Open tournaments also breathe life into the club, and expose its players to new and different competitors, and offer you the opportunity to see the best players in the area.

Promotions

How aggressively are the programs promoted? The more effort the club puts into promoting its programs, with professional signage, a league board with past results and upcoming activities is an indication that there is a definite commitment to the program which will probably be an active one for a long time. Be very leery of clubs that allow sloppy unprofessional flyers to be posted throughout the club.

The recognition given to the programs is a strong indication of the activity level. Posting league winners, club champions or even some kind of in-house ranking system with challenge ladders is a good checkpoint for the success of the program. Also a well stocked pro shop is normally an indication of an active racquetball facility.

Supplemental Programs

Make sure that the club has a full calendar of programs such as Play the Pro, round robins, one day shootouts, clinics and other social type activities. These supplemental programs usually mean that there is something for everyone to get involved in. These programs also tend to create a better bonding and unity amongst the players.

So, the next time you walk into one of the new multipurpose facilities that looks like it's the stage set for the next Star Wars movie, make sure that amidst the mirror enclosed aerobics studio, the cardiovascular center, and the computerized health evaluation and testing room, that the facility has made just as strong a commitment to its racquetball program as you have to your game.

Don't forget either, that if your club has modernized at the expense of its racquetball program, let management know that they need to spruce it up again or you'll have to find a new club. O

RACQUETBALL LEAGUES

What can they do for your game?

There are two types of racquetball players. One group, the fanatics, never seem to have a problem finding matches. They organize club functions and chair club committees. They show up often in the pro shops, flustered and anxious because they must have their racquets repaired or they'll simply have to buy new ones.

They have "racquetball" scribbled on their calendars four or five times per week. They're not good enough to join the pro circuit, but they could get around a racquetball court in their sleep. They live for tournaments. Many of them are league players.

The other group is more laid back. Racquetball is fine when it fits into their schedule. If they have to, they'll play with a broken string or a borrowed racquet. They might consider entering a tournament, but it has to be conveniently located. Many of them are league players, too.

League players vary widely in age, profession, skill level, and commitment to racquetball, but league play seems to fit the bill for all of them.

Why? The same in-house racquetball league at any particular club can mean many things to many people. For some, it is a way to meet new opponents on a weekly basis, and a good method of sharpening their tools for high pressure tournament play. Others join the same league for low pressure competition and a nice way to meet people.

In other words, you can join a league and expect to get from it exactly what you put into it. That's great incentive for both types of players!

Leagues fall into two categories — in-house and travel. In-house league players compete against fellow club members in a round robin format, often paying only a nominal entry fee. Prizes awarded and means of determining winners differ from club to club.

Travel leagues offer inter-club competition. On an informal level, one club's travel team challenges another club's

representative team for one or more series of matches. Sometimes an energetic club manager or member gets together a more structured, ongoing round robin involving several different club teams.

In-house leagues attract more beginning and intermediate level players because of their generally less competitive nature. Travel leagues, on the other hand, while not considered "feeders" for the pro circuit, do appeal particularly to the more advanced players.

When considering joining a league, check its requirements. Some leagues let the players arrange their own matches. Other leagues require match play at a specific weekly time. (If you do join, please play. Non-involvement not only disappoints other players, but throws off the entire scoring system.) ○

Reasons To Join League Play

- A great way to meet new people for social reasons
- A great way to meet new people for competitive reasons
- The different game styles, court attitudes and temperaments you are exposed to through league play improves your game
- You can ease into more structured competition without having to take the plunge into tournament play
- You can improve your tournament play by becoming accustomed to pressure at a lower level
- Because of different levels, beginners can play without being discouraged and advanced players don't feel unchallenged or unmotivated
- Leagues give you a chance to build up a schedule of playing. Tournaments don't come along every day.
- Win or lose in league play, there's always the following week. ○

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If you have a question for the pros, direct it to one of the playing editors listed on our masthead, and address it to: *Playing Editors, National Racquetball Magazine, P.O. Box 6126, Clearwater, FL 34618-6126.*



Lynn Adams



Toni Bevelock



Roger Harripersad

Lynn Adams, it seems to me that a good side spin would help my pinch shots. Should I attempt to put spin on my shots and if so, how? **D. Muncette, Orem, UT**

I definitely don't think you should be putting any spin on your shots. Instead, you should try to hit all your shots flat. Compared to tennis, where the ball has fuzz and the racquet head is much larger, in racquetball it is very difficult to put any kind of spin on the ball during the rally. In fact, with the ball coming at you as quickly as it usually does, trying to put spin on a ball is an extremely low percentage shot.

You may be thinking that spin will help your pinch shot because it helps splat shots. While it is true that a splat shot results from spin, the spin on the ball is not generated from racquet contact. Instead, during a splat shot, the ball is hit flat into the wall, and the wall generates the spin.

The only time you might want to consider hitting a shot with spin is during the serve. In this situation, you have the time to put spin on the ball, and in some cases this spin will help your serve. If you do want to try spin there, experiment with butting down or up on the ball as you contact it. Just remember that putting spin on the ball will take pace off your serve.

Toni Bevelock are backhand serves smart to use? **F. Stolze, Colorado Springs, CO**

I would say so. Actually, I use a lot of them myself during tournaments. I use drive serves, Z-serves or lob Z-serves as a backhand serve.

First of all, receivers are not used to seeing them, so they're thrown off slightly. Instead of being able to anticipate the ball normally, the different footwork, contact point and angle of the ball make the serves much more unpredictable. To them, it's almost like facing a leftie.

Second of all, especially on the drive serve, it is easier to keep the ball in play without being called for a screen serve. For example, if you are right-handed, serving normally from the left hand wall, the ball will pass between the wall and your back. If you serve it from a backhand position, you are facing the left wall and you can serve the ball much closer to the 18-inch screen serve line. Drive serves from that position are very easy to throw cross court to the forehand side, something that is very effective when receivers are braced for yet another attack to their backhand side.

Thirdly, I find the backhand serve makes it very easy to get the best angles on lob Z-serves. By being able to contact the ball closer to the side wall, you have an entire range of angles to use during this serve.

You might be worried about your own court coverage after serving a backhand serve, but I find it very easy to step back into center court after serving the hard drive or soft Z-serves.

The only thing you should worry about is the execution of the serve. Few players hit backhand serves, and it is easy to make mistakes that pop the ball into center court. The only way you can conquer this is through practice, practice, practice. The last thing you want to do is use a serve that helps your opponent more than it helps you.

Roger Harripersad, I play someone who enjoys smashing overhead drives every time I hit a ceiling ball. It's costing me points. Any suggestions? **A. Wilke, Biloxi, MS**

The first thing you should do is examine your court coverage. Are you standing too close to the front wall? Effective overhead shots are generally pass shots hit cross court or down-the-line. If you are standing too far ahead, it is much easier for your opponent to hit past you, or at the very least, make you scramble to return the ball.

After you hit a good ceiling ball, I would say take a step further back than normal. You can expect one of four returns: 1) a ceiling ball; 2) cross court drive; 3) a down-the-line drive; and 4) overhead pinch.

If the return is a ceiling ball, the deep court coverage will give you extra time to be back and waiting for it.

If the return is a cross court or down-the-line pass, you can play the percentages. Because the contact point is so high during an overhead smash, it is very, very unlikely the ball will roll out. Anything else, even balls hit as low on the front wall as six inches from the floor, will certainly rebound deep in the court. That makes it safe to be in deep court.

If the return is an overhead pinch, again you can rely on the percentages. Players rarely hit winners going for the overhead pinch; the shot will either skip or bounce high into center court. Once again, that makes it safe for you to wait deeper in the court.

Hard overhead passes can put pressure on you, even if you are in perfect position to reach them. I would say that you should just flip the ball back to the ceiling until your opponent makes a mistake. Once in a while, he will hit a winner, but if you are playing deep enough to retrieve most of his shots, the odds will definitely change in your favor. ○

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TWELVE COMMON BACKHAND MISTAKES

by Fran Davis

As a clinician, I see these common mistakes made by players who have been playing only a few months, as well as by those who have been playing for five to six years. This article is the second of an ongoing series designed to help you recognize — and correct — the bad habits you have acquired in your game. Once you make the appropriate correction, you will undoubtedly hit the ball with more power and control, and play smarter with better court position and a variety of serves.

Last month we took a look at the basic forehand stroke, one of the building blocks of a solid game. This month we will focus our attention on the opposite side of our bodies by looking at the backhand stroke.

Too often, beginners get nervous when the ball approaches their backhand side.

Are you a player who runs around your backhand as frequently as possible to hit a forehand shot? Do you get caught against the wall and out of position because of this?

Well, you don't have to anymore. With the proper techniques, practice and a positive attitude, you can have a dynamite backhand. Believe it or not, the backhand is a much more natural shot than the forehand. At its simplest and best, you literally coil your shoulders, then uncoil and release, letting your arm naturally flow with this movement.

The following list of techniques will help you choose the corrections necessary to make your backhand a more consistent and solid part of your game. With them, you will be relaxed enough to welcome backhand shots, instead of flinching with fear at their approach!

Incorrect Techniques

1. Grip — same as forehand



2. Stance — face front wall



3. Back — face side wall



4. Racquet preparation — at waist



5. Bending at waist



6. Step — leading with arm, snap wrist, step too wide — lunge



Correct Techniques

1. Grip — When you have time, rotate your grip: lefties 1/8 in. to the right, righties 1/8 in. to the left so that your inner knuckle is on top



2. Stance — face the side wall



3. Back coiled so that it faces the front wall



4. Racquet preparation — high and up above shoulder



5. Bend at knees



6. Step — lead with hips, shoulders, then arm, then wrist snap



Incorrect Techniques

7. Shoulders — dipped



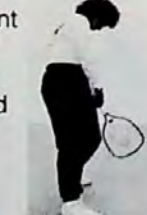
8. Stepping forward towards the side wall



9. Elbow tucked in



10. Contact point — off back foot or middle of stance with head down



11. Back foot drags or lifts



12. Limited follow through by standing up or having non-hitting arm in way.



Correct Techniques

7. Shoulders — level



8. Step forward in the direction of the front corner



9. Elbow — out from body



10. Contact point — in line with lead foot with racquet head level and swing should be flat (not pendulum)



11. Back foot pivots with motion but remains stationary



12. Follow through — full motion ahead and around body, flat and level stroke, non-hitting arm out of way.



Sooner or later, everyone who enters a racquetball tournament is faced with the need to referee a match. It may be because you just won or lost a match and therefore are required to (winner or loser refs); or you may just want to get your referee deposit fee back (paid refs). Either way, there is always a first time. This article is intended to offer some suggestions to help deal with the apprehension that most people experience when they ref for the first time.

Start by reading the rulebook.

Get a current (1988-89) copy and, if possible, read it the day before the tournament. I've read it often and seem to find something new each time. Also, carry a copy of it with you when you go to ref, but refer to it only if the players ask you to.

Become familiar with the scorecard. Note that half of it is upside down. This isn't a misprint! It's designed like this so that the referee can look at the card after the rally and either award a point or declare "sideout". Remember to always keep the side with the server's name in the "right side up" position. If you don't know the players, it helps to make a note of some feature that distinguishes them, such as their hair color, physique or brand of shoes. Don't use shirt color

REFGING FOR THE FIRST TIME (Getting Started)

by Otto Dietrich

since that may change during the match. Also, note that there are places to record timeouts taken. Make sure to record these because it might become important later in the match.

Establish the players' confidence in your ability. You do this by showing that you are knowledgeable. Never tell the players that you're a first time referee. Instead, briefly discuss one of the newer, less clear rules such as the drive serve line. (Be certain that you fully understand it before taking this approach.) Check for proper eye protection. Remember, players must wear lensed eyeguards designed for use in racquet sports. Then flip the coin, offer the winner the option of serving first, mark the scorecard accordingly, and take your position.

Control the pace of the match. The referee is responsible for controlling the pace of the match beginning with getting the match started on time. I recommend giving players no more than 10 minutes of on-court warm-up time. This

time should be reduced for doubles matches since both

teams can't warm-up at the same time and a total of 20 minutes for warm-up would result in the match starting too late. In many cases, the players have been warming up prior to the referee getting to the court, so the referee is justified in reducing the amount of warm-up time. When it's time to play, ask for the warm-up ball, tell the players to assume their positions and prepare to call the score.

Relax. Last (but certainly not least) — relax. Although this may be your first formal refereeing experience, you've helped to referee every time you've ever played without a referee and, for most players, that's a lot of games. But this time, refing is going to seem much easier since you won't have the additional concern about how well you are playing. Stay alert; call only what you see, make your calls quickly, and be decisive.

If you keep in mind all of these points, and utilize them, you'll be well on your way to a successful and satisfying experience.

In my next article, I'll go into more depth about controlling the pace of the match. Meanwhile, get a copy of the rulebook and start reading. ○



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ANATOMY OF A BLISTER

by Dr. Paul Ross

Blisters! We all get them at some time in our athletic careers. Occurring on either our hands or feet, they cause us a great deal of misery and annoyance.

What are they? Why do we get them? How do we treat them and, more importantly, how do we prevent them?

Skin is divided into two layers — epidermis (outer layer) and dermis (deeper, inner layer). Beneath the dermis lies fat tissue. Blisters are most commonly due to excessive friction and shearing of the skin, which causes a breakdown at the junction of the epidermis and dermis. Each cell is made of approximately 98 percent water. Therefore, upon this cellu-

lar destruction fluid will accumulate.

Blisters on the toes can appear in two areas. If the toe box of the shoe is too shallow, blisters will generally occur on top of the toes. If a shoe is very loose fitting, the toes tend to grasp to decrease excess motion. This will cause blisters on the bottom of the toes at the very tip. Blisters in both these areas can be prevented by wearing shoes that fit properly.

Blisters also commonly occur on the bottom of the feet and they are caused by

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an excess amount of motion and friction. Certain foot structures are more prone to developing blisters. The very flexible foot that flattens out a lot is subject to extensive blister formation. The high arch rigid foot tends to develop blisters beneath the balls of the first and fifth metatarsals. These can be helped by friction-decreasing innersoles such as Spenco, PPT or Sorbothane. Sports orthotics may also be useful in eliminating any abnormal biomechanics of the feet.

In addition to improperly fitting shoes and abnormal or not ideal foot structure, is moisture. I do not know of anybody, who after one hour of racquetball, does not perspire excessively. This perspiration is not limited to just the upper body, the feet perspire too. It is therefore important to wear properly constructed socks to not only decrease friction, but also wick away moisture from the foot. Thor-lo and Wigwam socks accomplish both of these most effectively. Soaking the foot

with an astringent soak, using powder to dry the skin as well as applying antiperspirant or deodorants will help this situation.

The other area where blisters form is in the hands. Playing with a racquet with the grip too small or too large will set up an area of increase friction. With the advent of rubberized grips and appropriate gloves, blisters can be virtually eliminated. It is important to change gloves

(continued on page 49)



Ektelon is the official racquet of the **AARA**

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EKTELON 
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FOUR STEPS TO A BETTER SPLAT SHOT

by Bret Harnett

Bret Harnett has mesmerized fans with his combination of overwhelming power and incredible court speed since joining the pro tour. In this issue of National Racquetball, he continues a series of instructional designed to help beginning and mid-level players improve specific areas of their game.

The splat shot is one that can paralyze your opponents with fear. After all, when properly hit, it strikes from deep court with no warning and it is impossible to retrieve. Not only is it difficult to anticipate or reach, the splat shot's sound and visual effect can be extremely demoralizing.

The "splat" of the shot comes from the sound of the ball as it hits the front wall with an incredible rate of spin. Upon contact with the front wall, that spin 'grabs' and makes the ball skid almost straight sideways.

For years, the splat shot has been considered a power player's shot. Because it is hit with such force, and from so deep in the court, it does *appear* the shot needs power. However, the successful execution of a splat shot depends more on technique than strength, which puts the shot within the realm of all racquetball players.

Once you have mastered the splat, use it sparingly. If you use it too often, opponents may begin reading the shot, and they will move up accordingly, which in turn puts pressure on you. Instead, if you use the splat shot as a complement to your down-the-line and cross court pass shots, you will have an effective offense from deep court.

Here are the four basic — and crucial — steps to hitting great splat shots.

Step 1: Choose the proper court position.

The "splat" of a splat shot comes from its spin. The spin on the ball is generated as it is *driven into* and forced to *slide along* the side wall. This means the ball cannot be hit too directly at the side wall — otherwise the ball rebounds away from the wall without any slide to cause spin.

The closer you are to the side wall, and the deeper you are in the court, then the easier it is to generate spin. In fact, you should rarely be more than five feet from the side wall to attempt a splat shot. (See top photo.)

Step two: Set your feet into the proper stance

You will be hitting into the side wall, and that requires a closed stance. In

other words, your front foot should be closer to the side wall than your back foot. This foot positioning makes it a natural body movement to hit into the side wall. (See top photo.)

However, do not close the stance so completely that you telegraph your splat shot attempt to your opponent. With the slightly closed stance of you can still hit a down-the-line by contacting the ball early in your stance, or hit the splat by delaying your shot a micro-second longer.

Step three: Contact the ball low and hard.

For an effective splat shot, you need to hit the ball at a nearly level angle. Downward splat shots are possible from waist and shoulder high, but they are very difficult to hit without skipping the ball. For that reason, attempt splats only when the ball is dropping into a contact zone about knee height.

The important thing is to *not* aim the ball. Hit the splat with the same force as a down-the-line shot, and hit it with the same intent as a down-the-line shot. That is, simply hit the ball to reach the front wall anywhere from six to 12 inches high. The side wall spin action will take care of the rest of your shot. (See middle photo.)

Step four: Keep your follow through low.

The final key to an effective splat shot is your follow through. It must be low and extended to the front wall — the exact path that you want the ball to follow!

As part of the follow through, your body weight must finish on your front foot. (See bottom photo). The back foot to front foot transfer of weight into the shot is very crucial to generate the power needed for a good splat shot.

Shot selection with the splat shot.

The splat shot is a deep court shot. Since the end result is meant to be a front court kill, you obviously don't want to attempt to hit it if your opponent is already forward in the court.

Instead, save the splat shot for the times you would be attempting a kill shot or pass from deep court — the times when your opponent is also in the deep part of the court with you. These attempts will generally be available when your opponent hits short ceiling balls.



By shrewdly mixing splats with down-the-line and cross court shots, your opponent will never know whether to cover front court or back court, and as a result both types of shots will be more effective. A rough rule of thumb ratio is about one splat attempt to four passes or straight-in kills.

One last thing: splat shots are easy to practice. Simply hit short ceiling balls to the left or right side of the court and blast away. You'll love the results! ○

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VISION²

Heather Stupp, World Champion, one of Leader's contributors, uses Hi-Lites to enhance performance.



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original Buckskin Wash N Wear Glove has also been reduced to a suggested retail of \$8.95 or less! So, if you work hard for your money and want an honest deal, ask for the Buckskin Glove.

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PROTECT YOUR SIGHT WEAR EYEGUARDS!

Nothing we could write would demonstrate the importance of wearing eyeguards more effectively than the letter which follows. For this reason we have chosen to use it as the introduction to our annual eyeguard section and hope that those of you who do not wear eyeguards will learn from it.

The manufacturers whose products are listed on the following pages are constantly improving their eyeguards in an effort to make racquetball as safe for your eyes as possible. No matter how experienced a player you may be there is no way you can know 100% of the time where the ball is going — the unexpected can always happen, and with all the choices listed there must be at least one pair of eyeguards that you find suitable to protect one of your most precious assets, your sight.

After the product listing is a story by Dr. Andrew Farber which cites not just the importance of wearing eyeguards but also the importance of having a regular eye examination.

He brings up some points which would not normally occur to most of us, such as the consequences of playing racquetball with a partially detached retina. He also stresses the importance of eye protection.

There are many sources of information about protecting your sight and you will find some of them at the end of Dr. Farber's article. The manufacturers are also a good source of information as they regularly test their products and also conduct a lot of research. Their names and addresses appear on this page.

We thank Sandy Gelb, manager of Track and Fitness Racquet Center in Akron, OH for taking the time to write to us and hope that none of you go through the agony of Ron Goson's experience. ○

Eyeguards vs. Stupidity (A Case Study From Real Life Stupidity) by Ron Goson

1. Think of it! A racquetball hit with adequate velocity to elongate sufficiently in flight to match perfectly with the center of your eye.
2. Think of it! The many times you have played without any problems and without eyeguards.
3. Think of it! The one time you're playing with no expectation of eye to ball contact — and it happens — hard!
4. Think of it! The immediate loss of vision in the right eye after explosive contact with the ball. The sickening disbelief that it did happen to you.
5. Think of it! 12 days of your life lost to a little blue ball. 12 days in the hospital with over four days of extreme pain to the point that you honestly felt that your head was going to blow like a cannon.
6. Think of it! The terrible fear that you could lose 100 percent vision in your right eye for the rest of your life!
7. Think of it! Six long months of blurry vision that hampers your daily activity and fun.

You had better think of it! I didn't and I'm now telling you of my true experience without eyeguards. DON'T BE STUPID — WEAR EYEGUARDS! ○

Bolle-Yarrow Distributing
5301 E. 38th Avenue
Denver, CO 80207
(800) 321-4734

Dynex Sport Optics USA
An authorized licensee of
Wilson Sporting Goods
77A Temple Avenue
Hackensack, NJ 07601
(201) 343-2520

Ektelon
8929 Aero Drive
San Diego, CA 92123
(800) 854-2958
(619) 560-0066

Itech Sport Products
U.S.A., Inc.
Box 309
St. Albans, VT 05478
(802) 524-9095

Jones Optical Company
6367 Arapahoe Road
Boulder, CO 80303
(800) 321-8300
(303) 447-8727

Leader Sports Products, Inc.
60 Lake Shore Road
Essex, NY 12936-0271
(800) 847-2001
(518) 963-4268

Liberty Optical
380 Verona Avenue
Newark, NJ 07104
(201) 484-4100

Opti-Vue
Box 52
Bell Center, OH 43310
(513) 592-5057

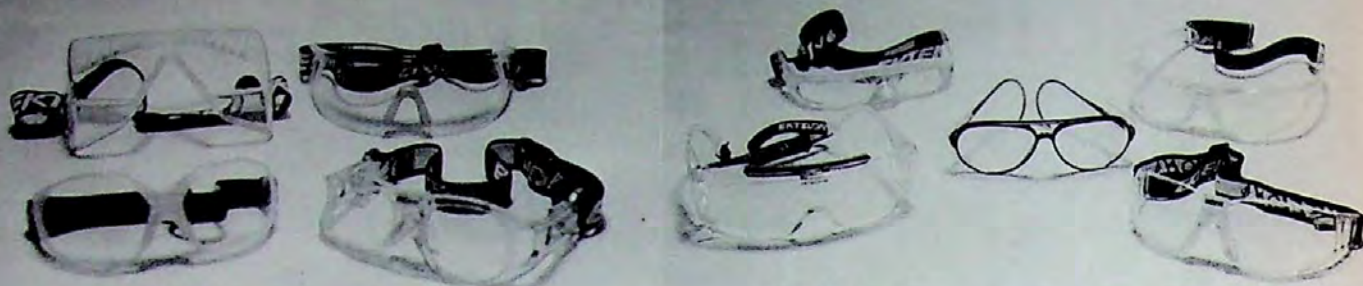
Peepers Inc.
Box 951, Station A
Hamilton, Ontario L8N 3P9
(416) 525-3369

Pro Kennex
9606 Kearny Villa Road
San Diego, CA 92126
(800) 854-1908
(619) 271-8390

Unique Sports
840 McFarland Road
Alpharetta, GA 30201
(404) 442-1977

Viking Sports
5355 Sierra Road
San Jose, CA 95132
(800) 535-3300

Ektelon



Sentinel

Quantum

Court Spec

Interceptor

Court Goggles

Specter

Regent

Eclipse

Sierra

EKTELON

Model	Suggested Retail	Composition	Type of Lens	Interchangeable Lens	Degree of View	Weight
NEW INTERCEPTOR	\$29.99	Zytel nylon	3mm polycarbonate	no	full field	lightweight
ECLIPSE	\$27.99	polycarbonate	polycarbonate	no	full field	
SENTINEL	\$24.99	polycarbonate	3mm polycarbonate	no	full field	lightweight
SIERRA	\$24.99	polycarbonate	3mm polycarbonate	yes	full field	
COURT GOGGLES	\$19.99	polycarbonate	3mm polycarbonate	no	full field	lightweight
REGENT	\$17.99	polycarbonate	3mm polycarbonate	no	full field	
QUANTUM	\$14.99	polycarbonate	3mm polycarbonate	no	full field	
SPECTER	\$12.99	polycarbonate	3mm polycarbonate	no	full field	lightweight
NEW LENSED COURT SPEC	\$ 9.99	polycarbonate	3mm polycarbonate	no	full field	lightweight

ITECH

ULTRA SONIC	\$38.95	polycarbonate	polycarbonate, gradient grey	no	full field	2 oz.
SUPER SONIC	\$27.95	polycarbonate	polycarbonate	no	full field	2 oz.
REFLEX	\$26.95	nylon frame	polycarbonate	no	full field	1.5 oz.
SONIC	\$16.95	polycarbonate	polycarbonate	no	full field	2 oz.

Itech



Super Sonic

Ultra Sonic

Sonic

Reflex

Jones/Totes Optical



Advantage

Adventurer

Magic II

Sierra

Anti-fog	Adjustable Head Band	Sizes Available	Colors Available	CSA — ASTM Safety Standards	Features
no	no	one size fits all	navy	no — no	durable high strength lenses, hard-coated for scratch resistance, distortion-free, new sideguards for added protection; flexible cable temple ear piece secures; double bar bridge
yes	yes; detachable	one size fits all	clear	no — no	full wrap-around; oversize lenses; padded brow bridge; rubber nose bridge
no	yes; detachable	one size fits all	clear	no — no	designed to be worn over prescription eyewear; contoured fit and cushioned padding for comfort; distortion-free oversized lenses with scratch-resistant coating; special venting to resist fogging
no	yes; detachable	one size fits all	clear	no — yes	one piece hingeless; strong and durable; shatter-resistant lenses; can be fitted with prescription lenses; special venting to resist fogging; molded nose bridge/temple pads
no	yes; detachable	one size fits all	clear	no — yes	one piece curved wrap-around style; pierce and shatter-resistant oversized lenses; distortion-free; molded nose bridge
no	yes; detachable	one size fits all	clear	no — no	one piece wrap-around; molded nose beidge absorbs shock and eliminates the need for adhesive padding
yes	yes; detachable	one size fits all	clear	no — no	hinged; specially treated lenses and perforated venting to eliminate fogging; pierce and shatter-resistant; pivoting head strap
no	yes; detachable	one size fits all	clear	no — no	stylish eyewear with molded nose bridge; pierce and impact-resistant oversize lenses; distortion-free
no	yes	one size fits all	clear	no — no	one piece wrap-around; scratch and shatter-resistant lenses; foam padding on brow and nose bridge; vented lenses reduce fogging
yes	yes; detachable, optional temples	one size fits all	gradient grey	yes — yes	one piece hingeless; wrap-around styling; five pairs of temple inserts in mix and match fashion colors; UV protection
yes	yes; detachable, optional temples	one size fits all	clear	yes — yes	one piece hingeless; wrap-around styling; five pairs of temple inserts in mix and match fashion colors; UV protection
yes	yes; adjustable temples with flexible earloops	one size fits all	black	yes — yes	one piece hingeless; wrap-around styling; hard-coated both sides for scratch resistance; UV protection
yes	yes; detachable	one size fits all	clear	yes — yes	one piece hingeless; wrap-around styling; UV hard-coated both sides for scratch resistance

Leader Sports



Dallas
Essex
New Yorker

Over Glass
Albany

Hi Lite Plus
Hi Lite I
Hi Lite II

Liberty Optical



Rec Specs Jr.
Sport Colors

Sports Shield
Sport-Lok
Rec Specs

Super Rec Specs
Sport Goggle II

JONES OPTICAL/TOTES OPTICAL

Model	Suggested Retail	Composition	Type of Lens	Interchangeable Lens	Degree of View	Weight
ADVANTAGE	\$67.00	nylon	Carbonate* clear or amber	no		lightweight
MAGIC II	\$65.00	nylon	Carbonate* clear or amber	no		lightweight
ADVENTURER	\$49.00	nylon	Carbonate* clear or amber	no		lightweight
SIERRA	\$49.00	nylon	Carbonate* clear or amber	no		lightweight

LEADER SPORT PRODUCTS

OVER THE GLASS SPORTS EYEGUARD	\$40.00	lexan polycarbonate	one piece molded, optically correct	no	full field	3 oz.
HI LITE PLUS (MI0503)	\$35.00	lexan polycarbonate	optically correct	no	full field	2 oz.
DALLAS (RE0503)	\$30.00	lexan polycarbonate	optically correct	no	full field	2 oz.
HI LITE II (MI0493)	\$29.00	lexan polycarbonate	optically correct	no	full field	1 oz.
HI LITE I (MI0393)	\$27.00	lexan polycarbonate	optically correct	no	full field	2 oz.
NEW YORKER (RE0403)	\$26.00	lexan polycarbonate	optically correct	no	full field	1 oz.
ALBANY (RE0303)	\$24.00	lexan polycarbonate	optically correct	no	full field	1 oz.
ESSEX (RE0203)	\$15.00	lexan polycarbonate	optically correct	no	standard	1 oz.

LIBERTY OPTICAL

SPORT- COLORS	\$57.00 with plano lenses	acetate	3mm plano polycarbonate	no	full field	lightweight
SPORT- GOGGLE II	\$52.00 with plano lenses	acetate	3mm plano polycarbonate	no	full field	lightweight

Opti-Vue



Peepers



Pro Kennex



Safety Lites

Defender

Shadow

Competitor

Dominator

Challenger

Saber

Anti-fog	Adjustable Head Band	Sizes Available	Colors Available	CSA — ASTM Safety Standards	Features
no	yes	one size fits all	white, black, grey	no — yes	neoprene strap for snug fit
no	no	one size fits all	black, tort, white, navy, pink, ruby, yellow, teal	no — yes	adjustable paddle, cable temples
no	no	one size fits all	black, tort, navy	no — yes	adjustable paddle, cable temples
no	no	one size fits all	black, tort, navy	no — yes	adjustable paddle, cable temples
yes	yes	one size fits all	clear	no — no	design for optimum fit over any style glasses; "tri-tech" lens system of hard coating and anti-fog applications; UV screened
yes	yes	one size fits all	smoke, amber, rose	no — yes	wrap-around design; sweatband attachment to forehead safety support bar; "tri-tech" lens system
yes	yes	one size fits all	clear	no — yes	wrap-around design; sweatband attachment to forehead safety support bar; "tri-tech" lens system; UV screened
yes	yes	one size fits all	smoke, amber, rose	yes — yes	hingless bubble design; "tri-tech" lens system of hard coating and anti-fog applications; UV
yes	yes	one size fits all	smoke, amber, rose	yes — yes	wrap-around design, one piece molded frame/lens; "tri-tech" lens system; UV
yes	yes	one size fits all	clear	yes — yes	hingless bubble design; "tri-tech" lens system; UV screened
yes	yes	one size fits all	clear	yes — yes	wrap-around design; UV screened
yes	yes	one size fits all	clear	no — no	molded frame construction; smaller frame for small face or child; "tri-tech" lens system; UV screened
yes	yes; detachable; optional temples	one size fits all	blue pad/ivory, white pad/yellow, white pad/navy, white /burgundy	no — yes	vented design; carrying case; Kraton padded nose/temporal areas
yes	yes	one size fits all	white, red or blue/crystal	no — yes	vented design; carrying case; Kraton padded nose/temporal areas

Unique Sports



Pro Specs

Racket Specs

Fashion Racket Specs

Super Specs

Rec Specs

Viking/Action Eyes



Thor

Action Eyes (shown in background)

LIBERTY OPTICAL

Model	Suggested Retail	Composition	Type of Lens	Interchangeable Lens	Degree of View	Weight
SUPER REC SPECS	\$47.00 with plano lenses	acetate	3mm plano polycarbonate	prescription lenses	full field	lightweight
REC SPECS	\$47.00 with plano lenses	acetate	3mm plano polycarbonate	prescription lenses	full field	lightweight
JUNIOR REC SPECS	\$47.00 with plano lenses	acetate	3mm plano polycarbonate	prescription lenses	full field	lightweight
SPORT-SHIELD	\$46.00	polycarbonate	polycarbonate	no	full field	lightweight
SPORT-LOK	\$29.95 w/polycarbonate lenses	polycarbonate	3mm plano polycarbonate	no	full field	lightweight

OPTI-VUE EYEGUARDS, INC.

SAFETY LITES	\$23.95	polycarbonate	3mm polycarbonate	yes	full field	lightweight
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PEEPERS

DEFENDER 600	\$29.95	polycarbonate	polycarbonate	no	full field	65 grams
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PRO KENNEX

SHADOW	\$36.99	polycarbonate	3mm polycarbonate	no	180°	55 grams
DOMINATOR	\$32.99	polycarbonate	3mm polycarbonate	yes	180°	45 grams
COMPETITOR	\$24.99	polycarbonate	3mm polycarbonate	no	180°	45 grams
SABER	\$11.99	polycarbonate	3mm polycarbonate	no	180°	32 grams
CHALLENGER	\$ 9.99	polycarbonate	3mm polycarbonate	yes	180°	35 grams

UNIQUE SPORTS

PRO SPECS	\$26.00	polycarbonate	polycarbonate	no	180°	4 oz.
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Wilson/Dynex



Mark VII

Mark VIII

Mark II
Mark I
Mark IV

Mark III
Mark V-A

Yarrow/Bolle



Varsity

Pro

Skyhook

Anti-fog	Adjustable Head Band	Sizes Available	Colors Available	CSA — ASTM Safety Standards	Features
yes	yes; detachable; optional temples	one size fits all	crystal, red or blue/crystal	no — yes	vented design; carrying case; Kraton padded nose/temporal areas; engineered for prescription lenses
yes	yes	small, large, extra large	crystal	no — yes	vented design; carrying case; Kraton padded nose/temporal areas; engineered for prescription lenses
yes	yes	small, large	crystal pad/ crystal, blue pad/ crystal	no — yes	vented design; carrying case; Kraton padded nose/temporal areas; engineered for prescription lenses
yes	yes	one size fits all	amber, crystal, grey	no — yes	one piece polycarbonate construction; vinyl padded nose/temporal areas
yes	yes	medium, large	crystal, blue, red	no — yes	patented temple lock design carrying case; replaceable nose pads; Croakies head band
treated	yes	one size fits all	clear, amber	no — yes	interchangeable prescription lenses; hard plastic case
vented channels	yes	one size fits all	crystal clear	yes — no	wrap-around design; nose/temporal protection; scratch and impact resistant lenses; distortion-free
yes	yes	generic	clear	no — no	wrap-around distortion-free design; impact and shatter-resistant lenses; abrasive-free pouch; built-in rubber nose bridge
yes	yes	generic	grey, white	no — no	adjustable temple arm/locking earloop; double bar bridge; distortion-free; impact-resistant; abrasive-free pouch
yes	yes; detachable; washable	generic	clear	no — no	self-fitting molded nose bridge; distortion free, bubble lenses; shatter and impact-resistant
yes	yes	generic	clear	no — no	built-in rubberized nose pad/brow pad; impact and shatter-resistant; pre-molded vents to reduce fogging
no	yes	generic	clear	no — no	sculptured rubberized nose bridge; contoured open vents; clear, tapered temples improve peripheral vision; distortion-free lenses
yes	yes	one size fits all	clear, amber, smoke	no — yes	distortion-free; comfortable

UNIQUE SPORTS

Model	Suggested Retail	Composition	Type of Lens	Interchangeable Lens	Degree of View	Weight
REC SPECS	\$24.00	polycarbonate	polycarbonate	yes	180°	5 oz.
FASHION RACKET SPECS	\$19.95	polycarbonate	3mm polycarbonate	yes	180°	5 oz.
SUPER SPECS	\$12.99 (clear) \$14.99 (amber or smoke lenses)	polycarbonate	polycarbonate	no	180°	4 oz.
RACKET SPECS	\$ 7.99	polycarbonate	polycarbonate	no	180°	4 oz.

VIKING SPORTS/ACTION EYES

THOR	\$29.95	cellulose acetate frame	3mm polycarbonate	yes	full field	2 oz.
ACTION EYES	\$29.95	cellulose acetate frame	3mm polycarbonate	yes	full field	1.25 oz.

WILSON/DYNEX SPORT OPTICS

MARK IV James Worthy Signature	\$25.00	polycarbonate	lexan plano	no	180°	2 oz.
MARK V-A Rx model	\$25.00	nylon frame	3mm lexan	yes	full field	2 oz.
MARK III	\$20.00	polycarbonate	lexan plano	no	full field	2 oz.
MARK VII James Worthy Model	\$17.99	polycarbonate	lexan plano	no	full field	2 oz.
MARK VIII James Worthy Model	\$17.99	polycarbonate	lexan plano	no	full field	2 oz.
MARK II James Worthy Autograph	\$15.00	polycarbonate	lexan plano	no	full field	2 oz.
MARK I	\$10.00	polycarbonate	lexan plano	no	170°	1.5 oz.

YARROW/BOLLE

PRO	\$35.00	Zytel nylon	3mm plano polycarbonate	designed for prescription	180°	1.2 oz.
SKYHOOK	\$30.00	polycarbonate	3mm polycarbonate	no	180°	1.7 oz.
VARSITY	\$30.00	polycarbonate	3mm polycarbonate	no	180°	1.3 oz.

Anti-fog	Adjustable Head Band	Sizes Available	Colors Available	CSA — ASTM Safety Standards	Features
yes	yes	small (junior), large (adult)	clear	no — yes	designed to be fitted with prescription lenses (comes with non-prescription lenses)
yes	no	small (junior), large (adult)	clear	no — yes	designed to be fitted with prescription lenses (comes with non-prescription lenses)
yes	yes	one size fits all	clear, amber, smoke	no — yes	great fit; silicone pads; shatter-proof, scratch-resistant lenses
yes	yes	one size fits all	clear	no — no	one piece wrap-around; shatter-proof, scratch-resistant lenses
yes	yes	small, medium, large	clear	yes — yes	silicon nose/temple pads; one piece wrap-around; scratch protection
yes	yes	one size fits all	18 assorted colors	yes — yes	heavy-duty ophthalmic frame by Bausch & Lomb; adjustable wire core temples; scratch-resistant lenses
no	yes	one size fits all	clear with silver coating on lens	no — yes	one piece wrap-around frame, bubble design; silicone nose piece; UV protection up to 380 nanometers
no	yes	one size fits all	clear, grey, white, plum, yellow	no — no	plano removable lenses for Rx replacement; wire core temples; riveted hinges; UV screen
no	yes	one size fits all	clear, amber, plum, grey	no — yes	one piece wrap-around frame, bubble design; silicone nose piece; UV protection
no	yes	one size fits all	clear	no — no	one piece wrap-around frame; silicone nose piece; anti-scratch lenses
no	yes	one size fits all	clear	no — no	one piece wrap-around frame; molded temples; silicone nose piece; UV protection; anti-scratch lenses
no	yes	one size fits all	clear	no — yes	one piece wrap-around frame; silicone nose piece; UV protection; anti-scratch lenses; replaceable lenses available Spring 1989
no	yes	one size fits all	clear	no — yes	one piece wrap-around frame; anti-scratch molded lenses; UV protection; foam padding
no	yes	48 - 56 - 60	black, ivory, red, royal blue	yes — yes	permanent nose bridge pad made of elastomer; foam pads at temples; larger eye size
yes	yes	one size fits all	clear	yes — yes	one piece wrap-around frame/lens; hard-coated on both sides; elastomer nose bridge
yes	yes	one size fits all	clear	yes — yes	one piece wrap-around frame/lens; hard-coated on both sides; elastomer nose bridge

PREVENTING EYE INJURIES IN RACQUET SPORTS

by Andrew S. Farber, MD, FACS

More people than ever before are playing racquet sports — squash, racquetball, paddleball, badminton, handball and tennis. Racquet sports are among the most popular sports with over 40 million American participating. It is in these sports that more eye injuries in people over 24 years of age occur than in any other sports. Over 100,000 racquet sports injuries occur each year and about 4,000 of these are eye injuries. Only basketball and baseball report more. In some cases vision may be permanently and completely lost.

At what age do the majority of these eye injuries occur? The peak injury rate in racquet sports occurs between ages 15 and 64 which reflects the enormous popularity of these sports with all ages, unlike basketball, baseball and football injuries which occur primarily between the ages of five and 24 years of age. Fortunately, proper eye safety measures can prevent almost all of these eye injuries.

An essential part of providing eye safety is ensuring that the people responsible for the health and safety of athletes — team physicians, nurses, trainers, coaches, parents and the athletes themselves — are fully informed. Through proper screening of the athletes vision before playing and by wearing eyeguards many of these injuries can be avoided.

The Screening Examination for Vision Testing

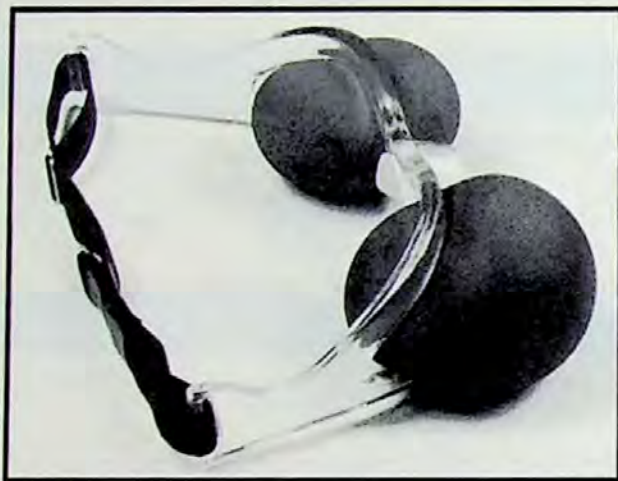
Visual fitness is just as important in sports as physical fitness. Before participating in racquet sports a player needs to have an evaluation which includes: (1) A medical history to uncover any previous eye disorders or diseases. (2) A vision screening that tests two primary visual functions — visual acuity and peripheral vision.

The vision screening is important for three reasons. (1) There could be an underlying or pre-existing eye problem which could become worse by participating in the sport. (2) There could be a problem which could affect the athlete's safety while playing and (3) there could

be a problem which could affect the athlete's performance while playing.

For example, loss of an athlete's peripheral vision due to an undetected retinal detachment could become worse with playing, could expose him to hazards and might interfere with performance.

In the visual acuity test it is important to measure visual acuity separately for



each eye and players who usually wear eyeglasses or contact lenses during play should wear them during the test.

Visual acuity is measured with an eye chart placed 20 feet from the person being tested. You are probably familiar with the expression 20/20 vision. A person with 20/20 vision has normal vision. That is, at 20 feet, the individual sees what someone who has normal vision would see at 20 feet. A person with 20/40 vision can see at 20 feet what someone with normal vision would see at 40 feet, and so on. If visual acuity is worse than 20/40 in either eye, the athlete should be referred to an ophthalmologist for a complete eye exam before playing.

An athlete is considered functionally one-eyed if the best corrected visual acuity is worse than 20/40 and the acuity in the other eye is normal. Because functionally one-eyed athletes run the risk of legal or total blindness, or an impaired lifestyle with the loss of the good eye (e.g. loss of driver's license) it is critical they be fully aware of the risks of injury and the effectiveness of available protection.

Peripheral (side) vision can be tested by using a technique called confrontation perimetry. The field of vision is particularly important in sports because athletes are often required to pay close attention to the activity around them.

Eye Protection for Those Who Need Glasses

Optical errors usually can be corrected by wearing eyeglasses or contact lenses but regular glasses are **not** safe for sports because the lenses and frames are not sufficiently impact resistant. They should be replaced by approved eye protectors with built-in prescription lenses.

The lenses should always be made of polycarbonate plastic with a center thickness of 3mm so that they will not shatter. Polycarbonate provides far more protection than the next best protective material, allyl resin plastic (CR-39) and should be used whenever possible. Glass lenses should not be used. Abrasion-resistant coatings are necessary to prevent

scratching of the polycarbonate.

Many sports participants prefer contact lenses to eyeglasses for correction. They do not fog up, are less cumbersome, and provide greater peripheral vision. On the other hand, contact lenses, unlike spectacles, offer no eye protection and must be worn with eyeguards.

Eye Protection for Those Who Don't Need Glasses

Most athletes do not require glasses or contact lenses to correct their vision, but eyeguards are a necessary piece of sports equipment to provide safety from eye injury. The same standards that apply to prescription safety protection apply also to non-prescription protection.

National Racquetball Magazine has reported that racquetballs have been clocked at 127 mph. In these terms the ball represents a missile and **all participants should be wearing eyeguards**. Approved eyeguards have been mandated for both racquetball and squash tournament play.

(continued on page 36)



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- approved frames
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- lenseless eyeguards don't work

Lenseless eyeguards, although very popular have not shown to be effective for any sport and should not be used. A ball travelling at a high velocity will become temporarily deformed and may pass through a small opening of a lenseless eyeguard and put the eye at great risk.

Most importantly, protective eyewear must be worn. Any questions concerning the best type of protection should be directed to a team physician or eye doctor. Local sporting goods or optical stores are a good source of information about the availability of various types of eyeguards.

With the use of proper protective eyewear, nearly all racquet sports eye injuries can be prevented. ○

Sources of Additional Information
American Academy of Ophthalmology
655 Beach Street
San Francisco, CA 94120-7424
415-561-8500

National Safety Council
444 North Michigan Avenue
Chicago, IL 60611-3991
312-527-4800

National Society to Prevent Blindness
500 East Remington Avenue
Schaumburg, IL 60173
312-843-2020



Andy Roberts, who was wearing eyeguards, escaped injury after an errant ball hit the side of his face in a match against Ross Harvey during the 1987 Pan American Championships.

Performance Standards For Eye Protective Devices and Organizations Which Set Selected Standards for Eyeguards

Standards

- ASTM F803-85 Standard specification for eye protectors for use by players of racquet sports.
- CSA P400-M1982 racquet sports eye protection, preliminary standard Eye and Face Protective Equipment Certification Council (EFPECC) (CSA)

Organizations

- American National Standards Institute, Inc. (ANSI) 1430 Broadway, NY, NY 10018
- American Society for Testing Materials, (ASTM) 1916 Race St., Philadelphia, PA 19103
- Canadian Standards Association, (CSA) 178 Rexdale Blvd., Rexdale, Toronto, Ontario, Canada M9W 1R3



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SQUEEZE THE TRIGGER FOR A SOLID FOREHAND

by Fran Davis and Jim Winterton

The forehand stroke in racquetball is used in every facet of the game from shotmaking to return of serve to serving itself. There is nothing more frustrating than having a perfect set-up (a plum) or the opportunity to serve (the most offensive weapon) and your racquet moves in your hand. A loose grip or an improper grip could force an unnecessary miss-hit. In order to be certain of having a sound, solid, consistent forehand, you must learn to grip the racquet firmly and correctly.

With this thought in mind imagine yourself pulling the trigger on a gun as Fran is illustrating in Figure A. Now pick up your racquet as in Figure B with the same trigger motion and grip your racquet. Just before you make contact with the ball, tighten your grip on the handle as if you were going to squeeze the trigger on the gun. After impact you should relax the grip slightly to prevent a fatigued forearm.

As we have discussed in previous articles, swinging flat through the ball assures you of more consistency. With a proper grip you will reinforce that consistency.

By remembering to squeeze the trigger, your forehand stroke will become a formidable weapon. ○



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THE FITNESS CHALLENGE "WORK OUT"

by Dan Obremski

The thought of changing a workout routine strikes fear into most people who are in reasonable shape. Fear of failure, fear of weight gain (loss), fear of strength loss, fear of endurance loss, and so on. I myself was very apprehensive when I won my region in the National Fitness Challenge and was told the finals were in a few months, in the Bahamas.

This meant I had to train not only for racquetball, but also the fitness challenge. The obvious thing to do was to make fitness challenge training not a supplement, but an integral part of my training program, without causing my game to suffer.

A month before the contest my racquetball suffered a bit because of lack of practice, but my conditioning, strength, and body fat improved, and now that I'm back on the court hitting the ball, it's obvious that the Fitness Challenge Workout improved my power, endurance and concentration. Now it's a matter of relegating the proper amount of time to training, so as to enhance my game.

This series of exercises is designed to incorporate a nice change of pace into your routine, and strengthen a few muscles you don't normally work. It's also very important to remember that this workout is to improve your game, not detract from it.

1. Flexibility

The sit and reach was used in the contest to determine everyone's flexibility capacities. This is not the only stretch you should try because it's very important to an athlete to have flexibility throughout the whole body. This allows one to actually become stronger by working the muscle through a greater range of motion. (Look for a stretching routine in upcoming issues.)

2. Grip Strength

As all racquetball players know a strong forearm could be useful in generating a powerful wrist snap. To improve my grip, I did various forms of exercises including rollups, wrist curls, reverse wrist curls, paper crunches, and hanging from a bar. In recent articles I've described all of these exercises except hanging from a bar. Simply grasp a chin-up bar and hang as long as possible.

*On the days you choose to do the Fitness Challenge Workout, I suggest doing two sets of two exercises for each event.

3. Body Fat Percentage

It seems that everyone is unhappy with their amount of body fat. For many people an ultimate goal of losing 20 pounds or 10% body fat seems unattainable. I suggest setting small goals like two pounds per month or 2% body fat a month. The reason I say body fat percentage is because you can actually lose body fat percentage without losing weight. This means you've probably replaced some fat with muscle.

To regulate your fat intake you must watch your diet — the grease, the fat, the sugar and the cholesterol. My diet consists of 50% carbohydrate, 45% protein, 5% fat.

4. Pull-ups

In the Fitness Challenge we were allowed one minute to do as many pull-ups as possible. To train for this, I spent a lot

many as possible until failure then do the remainder as negative chins, stepping up, and lowering yourself slowly.

This exercise primarily strengthens your biceps, then your back, with some forearm improvement.

5. Sit ups

I've always been a strong advocate of crunches, but out of necessity had to start doing sit ups on the decline board. Never before has my definition or strength improved so drastically. If your lower back can withstand it, I suggest trying a few sets five days a week. Go for your maximum in two minutes.

6. Step ups

In recent articles I've discussed the benefits of the step-up to your legs, your heart, and your game. To train for the contest I did sprints (two minutes of continuous running step ups), and walking step ups with weight in my hands. I suggest both because of their separate benefits.



Pull ups



of time doing different variations of chins. I would suggest close grip, wide grip, and negative chins. Always set a goal for the amount of chins you want to do. Do as

7. Broad jump

The standing broad jump is strictly a power move and executing it every day definitely improved the thrust of my legs



Sit ups

on my shots.

To practice make a line on the floor and jump as far as you can, swinging your arms for momentum and squatting a little to get spring in your legs. Try to improve every two weeks.

8. 1,000 meter run

To train for the 1,000 meter run, I ran four days a week. Two days a week I ran the 1,000 meter relatively fast. The other days I ran two miles at a moderate pace. I was trying to avoid over-training by running every day.

9. Bike

The contest ride was a ride strictly based on power and endurance. In your routine I would suggest biking hard on the days your run is easy, and slacking off when your run is grueling. On the difficult days start the bike on the easiest level and increase the level by one every minute until failure. On the easy days set the bike on level three or four and ride continuously for 15-30 minutes.

Ideally the incorporation of this program into your routine will improve your overall conditioning. If you have ques-

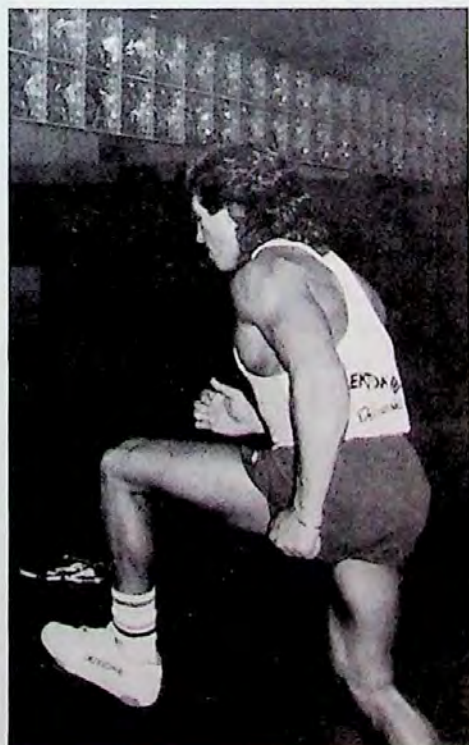
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WHAT'S THE CALL

by Michael Arnolt



Have A Question? Write Or Call

It must be more difficult to write than telephone. Usually a person who takes the time to write concerning the rules has one burning issue that requires an answer. Callers, on-the-other-hand, take advantage of getting the most out of their nickel.

Such was the case with a converted handball player from Glenview, IL. Roy Younger was somewhat apologetic for keeping me on the phone. "But while I'm talking with you," he said, "there are a couple of other questions." Roy, who has been taking lessons from a nearby pro, found a discrepancy in the application and understanding of some rules. So he asked away.

For those who care to write, address your questions c/o *National Racquetball Magazine*, P.O. Box 6126, Clearwater, FL 34618-6126. If you prefer to save a stamp and spend a buck, call me at (317) 926-2766.

Everybody Can't Have Center Court

Q: I'm so accustomed to having center court position, yet one of the fellows I play says that if I hit a Z-serve that comes off the back wall to the center of the court that I have created a point hinder. I stay in center court purposely so he has to hit a ceiling ball. Is my opponent correct?

A: Yes. Roy, he is correct. Camping in center court gives you good court position, but if he is forced to take a ceiling shot to keep from hitting you then you have taken away the most logical offensive shot — straight to the front wall.

It's clear in Rule 4.16 that the defensive player must move and not interfere with the offensive player's shot. Though the rules do not note specifically what shot it is the offensive player is entitled to,

the AARA National Rules Committee agrees that a player is entitled to a shot directly to the front wall and a cross-court shot. Expect to see that specifically spelled out in the 1989-90 rulebook. Meanwhile, the call, be it straight-in or straight-in and cross court, is up to the interpretation of the referee. In everyday games, you and your opponent have to come to an understanding.

Fair Game To Cut Off Lob Serve

Q: I try to cut off lob serves, but one of the instructors I know says I can't cross the receiving line during the follow through. What is the ruling?

A: This one can be found in the rulebook, Roy. Under Rule 4.12.a.2 it notes that it is legal for the racquet and player to cross the receiving line on the follow through of the fly return attempt. It's important to note that the ball must first break the plane of the receiving line before any part of the receiver can go into the safety zone.

Screen Is A Screen Is A Screen...

Q: If I serve on the right side of the court and my racquet doesn't break the plane of the three-foot drive serve line can there still be a screen serve?

A: The drive serve lines are an aid in preventing the server from using his body and the side wall to deliberately screen the receiver. But the fact is that following that rule does not eliminate the call of screen serve. A screen serve can occur in the center of the court or anywhere in between. (A receiver who is in good court position in respect to the server and does not have clear view of the ball when it passes the server's body should ask for, and expect, the call of screen serve. See Rule 4.10.i.) ○

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MENTAL EFFICIENCY

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Sports psychology is the newest addition to the serious athlete's repertoire of training aids. Improvements in mental processes and approaches to sports have enabled individual athletes to make great achievements, but the future of this field holds even more promise. Records will be shattered, not only from better training and technique but from the ability to break down psychological barriers that block top performance.

But even among athletes who are not at the record-breaking level, the psychology of being physically active deserves examination. This begins with asking yourself: why are you active, why take up racquet sports, and why try to improve performance? The answers to those questions probably hinge on the pleasure and satisfaction of the performance itself, but that is only the superficial reason.

Most people find that being physically active relieves tension and stress and mitigates the problems of daily living and working. Sport is play, which is a very satisfactory counterbalance to work. Sport may also be competitive, which can fulfill a need to dominate and to realize power. If other aspects of life are hostile or boring, being physically active may relieve those feelings.

Because sports are an optional avocation for most people, the selection of one over another is more of an intrinsic choice than almost any other we make. This means you perform an activity — a racquet sport — because of personal, inner needs such as becoming fit, experiencing joy, looking better, or relieving stress. Such intrinsic motivation for doing something may last longer and be more satisfying than extrinsic motivations for achieving rewards such as fame, money, and recognition.

Goal Setting

For a sport to have structure, mean-



ing, and focus, a participant needs to set goals to achieve. This means setting up an orderly and systematic process with stated objectives along the way to a final goal. Accomplishing these objectives bring satisfaction for the time and effort put into the work of training and competing and provides the motivation to move to the next step. Having objectives also helps in organizing and using time more efficiently to reach an athlete's full potential.

Goals may vary with ability and skill level, but above all they should be realistic. For a new player this might mean asking the advice of a coach or an instructor to set a potential achievement level. With a set of goals in mind, the next step is to put the goals into three time

categories: long term, intermediate, and short term.

Maintaining a written record of these time categories helps an athlete stay on track and plan for the future. Beginners may have fairly general objectives, but as an athlete advances, goals become more specific based on past experiences. This self-knowledge is the element that makes goals individual.

Long-term goals. These are ultimate objectives that may be as lofty as making the nationals or an Olympic team or as specific as winning a master's tournament for an age group or as personal as improving times for a 1-mile jog; they may be simply to increase cardiovascular fitness or lose 10 pounds or train well enough to join family members in outings.

Once these goals are set and written down, they should be stored for future reference. Periodically you may want to reassess and adjust the long-term goals. And, once you have achieved your goals, it is important to set new ones almost immediately.

Intermediate goals. These are targets that are within a planning time frame. You might set them according to the phases of your training program or according to the seasons, but allow at least two to three months to achieve intermediate goals. Keep these goals closer to the front of your mind, and from time to time take a look at them for reevaluation and resetting, if necessary.

Short-term goals. These are the goals that you can see from day to day and week to week. You will need to think and to plan the quality and quantity of workouts based on these goals and determine whether you accomplished the last one or need to work on it more. Keeping a precise and accurate record of workouts helps in assessing short-term goals so that you will be sure to cover the distance or laps, work at the proper intensity, and achieve the times specified.

Mind Over Muscles

Skills in sports must be developed to the point where they are as automatic and efficient as walking. The objective is to require so little conscious effort in the mechanics of technique that the brain is free to concentrate on other aspects of playing or training.

Initially, however, learning a new technique or correcting bad habits may feel awkward and inefficient. This is to be expected because the central nervous system is tense and unsure in learning new patterns. At this stage, conscious effort is required, and the strain of such effort often results in more fatiguing workouts than usual. But with practice and repetition the new movements gradually move into the unconscious and result in fluid, relaxed, efficient racquet sports technique.

The process of learning a sport follows a definite pattern that starts with watching the movements performed correctly, moves on to imitating the movements watched, and then to practicing

and repeating those movements over a long period of time. That process is particularly important for less skilled players. Seeing and studying technique as it is correctly demonstrated sets a mental goal to achieve. The next step is to imitate the technique, and here a player may need a coach or an instructor to observe and correct errors. In this part of learning, however, talking about technique is not as helpful as doing it. More advanced players may benefit from verbalization and explanation about technique and the nuances of a particular movement, but at lower ability levels this is time-wasting and confusing.

As you advance in acquiring skills, other approaches can help in achieving goals.

Whole-part-whole. At certain times during training it is helpful to work on specific parts of a stroke or jogging or cycling technique by isolating and practicing them exclusively. This kind of practice should not, however, become the major thrust in coordination and timing between the arms and legs should be the major emphasis in training.

Speed versus accuracy. One of the most important concepts in sports science is the law of specificity: Training and practice must be as specific and similar as possible in the environment, pace, intensity, and the way the muscle groups are used. This means that although a movement or technique can be practiced in slow motion, such practice should be kept to a minimum. The learning should duplicate the actual performance as closely as possible, otherwise the technique will have to be relearned as it is truly performed.

Learning and fatigue. Should an athlete practice while he or she is tired? If the skills are to be performed as peak performances or in recreational situations when the athlete might become fatigued, then yes, learning should take place in similar situations. If a skill has been poorly learned or a bad habit has not been eliminated, such errors will appear during the fatiguing and stressful parts of the sport. In other words, practicing while tired is a rehearsal for the real thing, just as practicing while fresh and alert is a

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Mental Efficiency

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rehearsal for the real thing.

Feedback. This is information or a measure of how well you are progressing in learning and improving skills. Feedback might come from a coach, instructor, or training partner. It might be from a videotape of your technique or a stopwatch measurement of your time. Whatever the source, feedback should be as objective as possible so that you will know how you are doing and make corrections or intensify effort to gain on your goals. To be most effective, feedback should be given immediately after a performance. But to correct errors and improve performance takes time and patience.

Overlearning. This is defined as continually practicing a specific skill after it appears to have been learned correctly. How much does a skill need to be practiced before it is learned — and overlearned? That is a theoretical question that varies with each individual and his or her ability level, but retention is enhanced when a skill is overlearned. Obviously, this is more important for beginning players who require many repetitions of skills while learning.

Training times. The scheduling of practice and training sessions has a significant impact on how effectively an athlete learns. Generally, shorter sessions, spread over a longer period of time, are more effective than one long training session. For example, three one-hour sessions every other day for a week are better than one three-hour session per week. This kind of schedule may not be ideal for everyone, but increasing amounts of practice in a short time period will not necessarily result in improved performance. For example, resistance training every day is not as effective as training three times a week with a day of rest between each session.

Variety. Doing the same training week after week can become tedious and boring, often resulting in making an athlete feel tired, unenthusiastic, and discouraged. What has happened is that the athlete has reached a plateau. The only way out of this situation is to change workout routines (alternate jogging intensities, add cycling or other sports), add a new training method to the repertoire, or enter tournaments. Any alteration in the

daily routine will break the pattern and provide new short-term goals that offer enhanced motivation.

Style versus technique. The mechanical principles of racquet sports are integral in executing correct technique. This doesn't mean that all players will perform the mechanics in exactly the same way. Limb length and body size, personality, and approach have a large influence on how people play or train. This is individual style. Athletes can borrow mechanical principles from other athletes, but they can't borrow individual style. That is innate.

Simplicity. Technique analysis needs to be simple. Thinking about every nuance of your stroke or each phase of your jogging or cycling motion while you are playing or training is counterproductive and reduces the smooth, fluid performance that is an athlete's goal. Practice and time will improve the mechanics of technique. In competition or during a self-testing period, let the mind concentrate on the simple aspects of performance: dynamic arm and leg action, relaxed and upright posture, and strategy.

Success And Failure

Motivation is the mental fuel that makes a performance go. It has to be combined with practice and training to produce the end product. Learning + motivation = performance.

Success or failure to achieve goals influences an athlete's motivation. Success tends to raise aspiration levels and motivation, while failure tends to lower them. But this is not a black-or-white equation, either. Constant success makes a task seem too easy and results in boredom. Constant failure produces discouragement and lack of energy. The secret in maintaining motivation is to have a balance between success and failure. To produce this performance fuel, an athlete — even a consistent winner — needs to feel some probability that he or she could fail. On the other hand, an athlete who usually fails should also feel that there is some probability that he or she could win — this time.

One way to manipulate motivation is to alter goals. Goals that are too high or are unattainable can be adjusted to within the realm of possibility. For example, this

means recognizing that not everyone in a tournament can be the winner, and that those who don't win are not by definition failures. Others in the tournament may have improved their best efforts or simply competed in their first tournament. On the other hand, goals that are too low can be changed to raise the level of aspiration. Personal time limits can be increased, more difficult meets can be entered, or the type of event entered can be changed. In this case, the complacency cycle must be broken.

All of this goal manipulation revolves around the athlete's ability to evaluate his or her individual performance. Comparison, yes, but comparison with one's own achievements rather than against those of an Olympic champion. Not everyone can be an elite athlete, but everyone can realize his or her potential in fitness and pleasure.

Anxiety depends on how an athlete perceives an event or task to be performed, which related directly to past experiences in similar situations. While anxiety needs to be controlled, a total lack of anxiety may be bad for some types of performances. A weight lifter, for instance, needs this mental process to help produce the high level of adrenaline to perform. A piano player, on the other hand, who is doing complex motor tasks, needs to be calm and have reduced anxiety to perform. Racquet sports often require higher degrees of intensity and allow for more anxiety, but too much anxiety can result in a tight, tense performance of inefficient movements. Often, this is called "trying too hard". What is needed is confidence in one's ability to perform based on past performances.

Mental rehearsal can aid in developing this confidence. To do this an athlete visualizes certain parts of a workout or match with a positive outcome. Complicated technical aspects are eliminated along with negative thoughts. Such deep concentration, which is essentially performing the event before it happens, requires a few moments of quiet during or after the warm-up period. This mental practice can be very valuable for enhancing performance levels.

Pressure is felt when an athlete de-

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Photo by Jean Chastain

JEFF CONINE A STAR IN BOTH FIELDS

by Jean Chastain
and Sigmund Brouwer

A year ago, Jeff Conine proved that racquetball can be a dangerous spectator sport. Playing in an Escondido, CA club, he pivoted deep in the court for a shot, miscalculated his position and turned his back into the glass door. The door came down on him, shattered completely, and sprayed glass on 12 spectators in the front row. Of course, when you are 6'1", 205 pounds and nicknamed "Conan the Crusher", these things can happen.

Despite the fact he only sustained cuts and scrapes, he wouldn't like to repeat this mistake, especially considering the sensitivity of his employers towards athletic injuries. Jeff has been signed by the Kansas City Royals for a professional baseball contract; he could justify racquetball as a way of maintaining fitness, but shattering glass walls is not considered part of spring training.

Jeff Conine has no problem, however, justifying playing racquetball. Given his past on-court record, and the overwhelming power and quickness of his game, he could also star as a professional racquetball player.

In 1985, he won the men's 18 & under at the AARA Junior Nationals, a prestigious win that this season would have placed him on the U.S. National Team. In the tournament before the junior nationals, he defeated touring pro Ed Andrews, then ranked 7th in the world; Conine was only 17 years old at the time.

Last season, as an occasional tournament player, he took Marty Hogan to a nail-biting 11-9 tiebreaker at the New York stop. Conine has tournament victories over tour notables such as Gerry Price, Corey Brysman, Dolwayne Green and Dave Johnson.

"When I played Marty, it really was an experience," he says. "I was really nervous the first two games. I told myself the night before, 'he's just another player, just go in there and play your game', but you see him warming up and you think, 'this is the guy I have been idolizing for the last 10 years'. He just killed me the first two

games.

"Then we started talking. He started asking me about baseball between games and I relaxed a bit. The rest of the match was exciting. I really enjoyed it."

Unfortunately, because of his commitment to baseball, Conine's participation in racquetball is limited.

"If the same potential existed in racquetball as it does in baseball, my choice would be racquetball. But there's no comparison between pro racquetball and pro baseball. In baseball big leagues, the minimum salary is \$65,000 and the average is \$400,000.

"The thing I like about racquetball, though, is the individual aspect. With baseball, there is a lot of politics involved, a lot of just getting a break at the right time and right place."

The 22-year-old Conine also feels racquetball is something he can return to if baseball should not pan out. That's more easily done than going back to baseball after trying professional racquetball.

"I feel I'm at a point now in racquetball where I have already established my game. I would definitely have to devote full time to the game to place in the top five, but I'm pretty sure I could do it if I took the time. I'm playing as well as I ever have, and I think that even at 24 or 25, I'd be all right in it."

He is definitely not as close to the top in professional baseball as in racquetball, and his road to the big leagues, he admits, is considerably harder.

As a minor league player for the Kansas City Royals, Conine plays 140 games in 144 days, for \$700 a month. The next jump is to Triple A ball, and then finally, the big leagues.

"They have six teams in the organization in levels below the major leagues," he says. "It's their development program. You go to one of the teams and play. As soon as you get too good for one team, they will move you up another level."

His baseball game started at the age of seven when he began working his way through Little League and Pony League. But once in high school he renewed his interest in America's favorite pastime and returned to the pitcher's mound in his hometown of Rialto, CA.

In his senior high school year, Conine was offered a scholarship at UCLA. He

played there for three years before being drafted by the Kansas City Royals.

"It was weird," he says, "I was pitching at UCLA and now I'm an infielder playing first or third base. My pitching coach is now a scout for the Royals and he knew I was having trouble and that I didn't want to pitch anymore, so he said we'll draft you as a position player and if you do well, we'll talk contract. I did well and he liked what he saw."

Conine became interested in racquetball at the age of 10. It stems from his father Jerry, being a longtime handball player who changed games. "We joined a club and started fooling around with it at first, but I didn't really get serious about racquetball until I was 13 or 14," he says.

Jerry's influence as a mentor helped, as did the hereditary package he was able to pass on to his son. Conine senior was a great athlete as well. Jerry had played handball to get in shape for wrestling. He was a national wrestling champion in 1965, 1966 and 1967. As a wrestler for the 1964 Olympic Team, Jerry Conine placed sixth.

"Dad continued to play handball in the 1970's," says Jeff. "In 1975 he went to the handball nationals, and he and his partner took first in the open, beating some of the game's top professionals along the way. Then for a change of pace he started playing racquetball and that's when he got me interested in it."

Jeff sees no problem mixing baseball and racquetball, beyond the obvious one of finding little time to play in professional racquetball tournaments.

"I don't worry about injury in racquetball hurting my career in baseball, because when you dwell on it, you are more susceptible to it. Besides, I haven't had an injury in 11 years of racquetball."

Conine does find his abilities enhanced by playing both sports. "Racquetball has enhanced my baseball a lot because the hand-eye coordination helps in hitting. When you see a racquetball ball coming at you at 140 mph, it trains the eye for a 90 mph fastball.

Conine has taken insurance just in case his athletic career comes crashing down — a UCLA economics degree, earned while playing baseball at the university. It's what you might call 'covering all the bases', something which his Kansas City Royals employers can appreciate quite well. ○

AARA Official Rankings November 30, 1988

Mens Open: 1-A. Roberts, TN; 2-D. Ganim, OH; 3-T. Hansen, FL; 4-T. Sweeney, IL; 5-C. Nichols, FL; 6-J. Cascio, PA; 7-D. Ferris, MN; 8-C. Cole, MI; **Mens A:** 1-S. Reiff, FL; 2-S. Arizmendi, NY; 3-J. Bonnett, MI; 4-J. Allen, MS; 5-B. Jackson, WV; 6-D. Hall, CO; 7-S. Lerner, OH; 8-J. Mylar, WV; **Mens B:** 1-B. Schirmacher, MN; 2-T. Altenburg, MI; 3-D. Berl, GA; 4-J. Fuchala, OH; 5-R. Miller, WA; 6-R. Sandello, CA; 7-A. Lich, MT; 8-B. McCormick, TN; **Mens C:** 1-H. Bergman, NJ; 2-T. Thompson, MA; 3-G. Giles, GA; 4-J. Clark, FL; 5-T. Krogman, OH; 6-R. Johnson, GA; 7-J. Kolen, AL; 8-N. Osborne, CA; **Mens D:** 1-W. Zapata, WA; 2-S. Martin, MA; 3-J. Martyniak, IN; 4-J. Fetterman, CA; 5-J. Eliasik, IL; 6-T. Dawson, OH; 7-F. Galan, TX; 8-T. Linn, GA; **Mens Novice:** 1-R. Cain, TX; 2-D. DeLong, WA; 3-J. Fallabel, PA; 4-D. Fields, OH; 5-J. Moran, SC; 6-R. Rangle, CA; 7-J. Shulgodi, NY; 8-B. Dougan, NJ; **Mens Wheelchair Open:** 1-G. Baker, WV; 2-J. Worthington, CO; 3-M. Jenkinson, WV; 4-L. Gonslin, WI; 5-S. Mixon, CO; 6-R. Benevides, WI; 7-S. Hickey, WV; 8-J. Rocks, CO; **Mens Beg.:** 1-D. Cox, AK; 2-S. Tucker, SC; 3-J. Williams, CA; 4-K. Ainsworth, GA; 5-R. Medina, CA; 6-K. Vanderark, AK; 7-B. Beardmore, AK; 8-J. Conway, CA; **Mens 8NB:** 1-S. Vanderson, OH; 2-W. Tilton, CO; 3-S. Huggins, FL; 4-R. Thompson, AL; 5-G. Gose, NM; 6-S. Redelheim, TN; 7-G. Manzuri, CA; 8-R. Remen, VA; **Mens 8:** 1-J. Gautreau, TX; 2-M. Saad, CO; 3-S. Huggins, FL; 4-G. Gose, NM; 5-T. Siggins, CA; 6-T. St. Pierre, FL; 7-K. Wilken, NM; 8-W. Tilton, CO; **Mens 10:** 1-M. Hurst, FL; 2-B. Zimmerman, MI; 3-E. Storey, IN; 4-C. Locker, MN; 5-R. Buchanan, MD; 6-S. Rodd, VT; 7-J. Gautreau, TX; 8-T. Samaria, MN; **Mens 12:** 1-A. Thompson, WI; 2-J. Armbricht, NC; 3-J. Icenogle, CA; 4-S. Zimmerman, MI; 5-J. Mannino, NY; 6-S. Wood, MA; 7-J. Xynidis, FL; 8-A. Gross, MN; **Mens 14:** 1-A. Engel, FL; 2-B. Beugen, MN; 3-J. Ellenberger, WI; 4-J. Aghaloo, TX; 5-S. Monchik, NY; 6-R. Davis, IN; 7-C. Pfaff, OH; 8-J. Kolen, AL; **Mens 16:** 1-J. Ellis, CA; 2-J. Bonnett, MI; 3-R. Walden, FL; 4-E. Muller, KS; 5-B. Simpson, IN; 6-B. Sawyer, NC; 7-T. Brennan, CO; 8-J. Gillooly, MA; **Mens 18:** 1-M. Guidry, TX; 2-J. Floyd, MI; 3-M. Locker, MN; 4-M. Engel, MD; 5-E. Ramm, CA; 6-J. Waggoner, FL; 7-C. Garrido, TX; 8-T. Jelso, NM; **Mens 19+:** 1-M. Brionfeld, CA; 2-B. Erickson, NM; 3-T. Sweeney, IL; 4-J. Jeffers, TN; 5-M. Lowe, CA; 6-C. Winter, FL; 7-B. Rodriguez, CA; 8-R. McKinney, PA; **Mens 25+:** 1-M. Morrison, FL; 2-D. Negrete, IL; 3-B. Lyman, IL; 4-J. Gillhouse, AL; 5-R. French, MN; 6-G. Weitzel, IN; 7-V. Ganley, FL; 8-T. Neill, MN; **Mens 30+:** 1-B. Corcorran, AZ; 2-D. Kovanda, OH; 3-J. Peterson, NY; 4-D. Hardan, WA; 5-T. Lavo, MN; 6-R. Dern, IL; 7-S. Worthing, MI; 8-J. Young, PA; **Mens 35+:** 1-S. Hastings, MI; 2-D. Kovanda, OH; 3-T. Lavo, MN; 4-B. Fulkerson, IN; 5-M. Layton, FL; 6-G. Owen, FL; 7-R. Woolard, OH; 8-E. Garabedian, PA; **Mens 40+:** 1-M. Stephens, MI; 2-J. Schwartz, FL; 3-J. Hannon, TN; 4-F. Ciociola, NY; 5-B. Brookens, CO; 6-H. Chastain, MN; 7-M. Winslow, FL; 8-K. Bonnett, MI; **Mens 45+:** 1-R. Hutcherson, IN; 2-T. Perna, OH; 3-R. Galbreath, PA; 4-B. Parra, CA; 5-R. Wehrle, GA; 6-N. Shapiro, NY; 7-R. Johnson, IL; 8-R. Lawler, IN; **Mens 50+:** 1-R. Adams, CA; 2-D. Mas, DE; 3-S. Marcus, FL; 4-B. Sanders, OH; 5-R. Lawler, IN; 6-B. Schram, IL; 7-J. Fay, TX; 8-A. Johnson, CO; **Mens 55+:** 1-O. Chapman, OH; 2-V. Lerner, CA; 3-N. Goldetsky, MI; 4-D. Weinberg, NY; 5-L. Cox, IN; 6-P. Miller, IN; 7-F. Kilbride, CAN; 8-D. Ryan, MA; **Mens 60+:** 1-P. Miller, IN; 2-F. Kilbride, CAN; 3-J. Lambert, TX; 4-J. Bareilles, VA; 5-R. Carotti, MI; 6-S. Eller, IL; 7-R. Johnson, CA; 8-M. Roberts, FL; **Mens**

Men's Pro Tour Official Rankings October 26, 1988

1	R. Gonzalez	13,540.0
2	B. Harnett	12,365.0
3	E. Inoue	9,990.0
4	C. Swain	9,970.0
5	M. Hogan	9,505.0
6	M. Yellen	8,005.0
7	E. Andrews	7,245.0
8	M. Ray	6,585.0
9	G. Price	6,565.0
10	G. Peck	5,995.0
11	C. Brysman	4,825.0
12	D. Obrenski	4,815.0
13	A. Roberts	3,735.0
14	J. Newman	3,725.0
15	D. Johnson	3,395.0
16	R. Harnpersad	3,320.0
17	A. Katz	2,975.0
18	D. Kachtik	2,190.0
19	M. Ceresia	1,987.5
20	J. Evans	1,972.5
21	A. Gross	1,775.0
22	T. Doyle	1,685.0
23	W. Clouse	1,635.0
24	T. Sweeney	1,632.5

65+: 1-L. Wilde, UT; 2-N. Sans, CA; 3-E. Acuff, VA; 4-R. Craig, Jr., IN; 5-D. Goddard, MT; 6-R. Picard, MA; 7-B. Cloud, IL; 8-I. Cowle, NY; **Mens 70+:** 1-L. Wilde, UT; 2-C. Russell, CA; 3-A. Shepherd, MD; 4-J. Singer, CA; 5-I. Gurner, KY; 6-G. McDougall, SD; 7-H. Minor, CO; 8-A. Beetle, SD; **Mens 75+:** 1-J. Pearce, TX; 2-B. Duckworth, FL.

AARA Official Rankings November 30, 1988

Womens Open: 1-T. Bevelock, AZ; 2-S. Morgan, FL; 3-M. Dee, NH; 4-L. Ecker, MI; 5-L. Anthony, CA; 6-M. Gilman, OR; 7-R. Levine, CA; 8-M. Wenhessen, CO; **Womens A:** 1-H. Gray, VA; 2-L. Galloway, NY; 3-P. Muselman, PA; 4-S. Huczek, MI; 5-K. Beane, NH; 6-C. Collins, MI; 7-L. Merrill, MN; 8-A. Silva, PA; **Womens B:** 1-A. Kinney, WA; 2-S. Ruhl, CO; 3-D. Westerkon, NY; 4-S. Evans, MA; 5-K. Nelson, NH; 6-S. Derdak, IN; 7-D. Bean, TX; 8-D. Bercili, PA; **Womens C:** 1-M. Davis, CO; 2-B. Duncan, TN; 3-D. Leon, FL; 4-S. Rosling, MT; 5-S. Turner, CT; 6-P. Saad, MI; 7-K. Locke, GA; 8-C. Hales, WA; **Womens D:** 1-D. Tracy, MA; 2-N. Sloan, IN; 3-G. Goldfine, FL; 4-W. Ralt, TX; 5-M. Reese, SC; 6-C. Staats, WA; 7-B. Vanderson, OH; 8-C. Kruse, MI; **Womens Novice:** 1-B. Beveney, NY; 2-J. Bulle, NJ; 3-J. Williams, TX; 4-S. Klein, NY; 5-S. Ross, GA; 6-C. Paoli, DE; 7-A. Angerillo, AZ; 8-A. Ballard, TN; **Womens Beg.:** 1-C. Ehart, GA; 2-L. Sides, GA; 3-B. Barber, GA; 4-J. Brody, GA; 5-B. Butcher, GA; 6-C. Greene, NC; 7-M. Moore, SC; 8-L. Poulrot, SC; **Womens 8NB:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Hardeman, TN; 4-J. Quinlan, FL; 5-K. Thompson, WI; 6-J. Degutis, MI; 7-J. Koppel, TX; 8-M. Manzuri, CA; **Womens 8:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Quinlan, FL; 4-M. Manzuri, CA; 5-J. Hardeman, TN; 6-Jill Trachsel, MN; 7-J. Koppel, TX; 8-L. Wooten, FL; **Womens 10:** 1-D. Derr, FL; 2-S. Mattioli, MA; 3-A. Meyer, CO; 4-J. Koppel, TX; 5-Jill Trachsel, MN; 6-S. Gross, MN; 7-V. Tulao, AL; 8-B. Knitter, WI; **Womens 12:** 1-A. Beugen, MI; 2-A. Roehler, PA; 3-T. Johnson, FL; 4-J. Meyer, CO; 5-D. Derr, FL; 6-A. Boland, MT; 7-E.

WPRA Official Rankings December 11, 1988

1T	L. Adams	180.0
1T	C. McKinney	180.0
3	T. Bevelock	105.0
4	M. Drexler	95.0
5	K. Kuhfeld	83.8
6	Jackie Paraiso	73.8
7	M. O'Brien	63.8
8	C. Doyle	60.0
9	D. Fischl	41.3
10	M. Lynch	36.3
11	S. MacTaggart	30.0
12T	C. McFetridge	28.3
12T	S. Robson	28.3
14T	S. Cantu	25.0
14T	C. Evon	25.0
16T	L. Alvarado	20.0
16T	R. Whitmire	20.0
18	A. Katz	16.7
19	R. Goblish	15.0
20T	J. Grimaldi	13.3
20T	L. Porter	13.3
22	K. Langlotz	12.5
23T	L. Alexander	10.0
23T	C. Barcelo	10.0
23T	F. Davis	10.0
23T	B. Faulkenberry	10.0
23T	G. Ferguson	10.0
23T	R. Lockey	10.0
23T	V. Panzeri	10.0
23T	Joy Paraiso	10.0
23T	R. Petrini	10.0
23T	T. Petrocy	10.0

Icenogle, CA; 8-S. Linskey, CT; **Womens 14:** 1-E. Icenogle, CA; 2-J. Spangenberg, CA; 3-B. Engel, FL; 4-A. Kinney, WA; 5-H. May, CA; 6-A. Crocker, CO; 7-D. Peterson, WI; 8-A. Simmons, FL; **Womens 16:** 1-H. Dunn, MA; 2-T. Alonzi, CO; 3-S. Pinola, PA; 4-H. Gray, VA; 5-A. Melville, MN; 6-N. Sloan, IN; 7-M. Carmona, CA; 8-A. Simmons, FL; **Womens 18:** 1-D. Sibell, MN; 2-M. Gilman, OR; 3-H. Gray, VA; 4-L. Coutu, DE; 5-S. Cox, FL; 6-C. Doyle, NY; 7-A. Prentiss, NY; 8-C. Matherly, IN; **Womens 19+:** 1-L. Ecker, MI; 2-C. Gudinas, IL; 3-K. Hallander, FL; 4-L. Anthony, CA; 5-R. Olson, MA; 6-L. Coburn, MD; 7-L. Cardwell, MN; 8-M. LaBonne, IN; **Womens 25+:** 1-M. Bailey, VA; 2-M. Lyons, FL; 3-G. Grigsby, KY; 4-R. Petrini, UT; 5-C. Collins, MI; 6-L. Screeon, IN; 7-J. Liacera, MA; 8-S. Dicola, IL; **Womens 30+:** 1-S. Morgan, FL; 2-B. Harrison, OH; 3-P. Clark, MN; 4-C. Shields, IL; 5-M. Bickley, PA; 6-B. Kowalski, OH; 7-D. Adams, CO; 8-B. Lepley, TN; **Womens 35+:** 1-C. Dattisman, PA; 2-A. Falso, FL; 3-M. Copley, TN; 4-T. Hokanson, CA; 5-F. Ilfert, PA; 6-M. Kelley, CA; 7-S. Armstrong, CO; 8-M. Eichorn, CO; **Womens 40+:** 1-M. Kelley, CA; 2-A. Falso, FL; 3-G. Benham, AR; 4-M. Weldin, DE; 5-G. Low, MA; 6-J. Kenyon, FL; 7-L. Miller, IN; 8-A. Carvajal, TX; **Womens 45+:** 1-J. Schmidt, FL; 2-K. Mueller, MN; 3-M. Johnson, TX; 4-C. Lombardi, VA; 5-M. McNutt, FL; 6-S. Busch, MO; 7-J. Kenyon, FL; 8-C. Pellowski, WI; **Womens 50+:** 1-J. Kenyon, FL; 2-M. Crawford, NY; 3-K. Mueller, MN; 4-S. Elgaway, FL; 5-J. Gartland, MA; 6-L. Hunt, TX; 7-J. Tull, PA; 8-M. Walker, CA; **Womens 55+:** 1-J. Kenyon, FL; 2-M. Acuff, VA; 3-R. Mooney, CO; 4-C. Gautreau, TX; **Womens 60+:** 1-M. Acuff, VA; 2-C. Gautreau, TX; 3-P. Melvey, JD; **Womens 65+:** 1-M. Acuff, VA.



TENNIS ELBOW: A RACQUETBALL

by Ben G. Frank

"Repetitive overuse" is the reason why many racquetball players feel a sharp twinge in their elbows, says Robert David Haar, M.D., a noted orthopaedic surgeon.

This ailment, called *lateral epicondylitis*, or more simply, tennis elbow, strikes its victims often and indiscriminately. It results from repetitive overuse of the tendon on the outside portion of the elbow, says Dr. Haar, who adds that in many cases, a poor swing can put a lot of unnecessary pressure on the tendon which will facilitate its degeneration.

"What we call *tennis elbow* can affect anyone: laborers, housewives, people who carry heavy objects such as large packages or boxes. It doesn't have to be a racquetball player," said Dr. Haar, a member of the Orthopaedic Institute of the Hospital for Joint Diseases in New York City.

Treatment for this injury, says Dr. Haar, can range anywhere from rest, ice-packs, rehabilitative techniques, and as a last resort, surgery, where the degenerated portion of the tendon is removed. Dr.

Haar, who treats a number of tennis elbow sufferers each year, said he starts his patients out "conservatively," telling them to rest or apply ice, take aspirin, a related drug medication, and begin a progressive rehabilitation program emphasizing stretching and strengthening.

The types of exercises he prescribes are resistance exercises which strengthen the tendon without overexerting it.

After three to four weeks, if the patient still feels pain in the elbow, Dr. Haar will inject a steroid, which is usually a cortisone shot. He might give the patient a cortisone shot twice during the year while putting them on an exercising program similar to the one described previously.

If, after about one year's time there isn't any improvement, Dr. Haar will resort to his last alternative — surgery. Few of his patients require the operation, but those who do have all done very well.

The tendon in the elbow, Dr. Haar said, is essential to any racquet player's success in the sport, so even a slight amount of pain in the area can greatly affect a

player's game. Often a player will try to absorb the pain and continue playing, but that frequently leads to adjusting the swing and hence putting more strain on the rest of the arm, which only worsens the situation.

There are several steps a player can take to lessen the chances of getting tennis elbow. For one, Dr. Haar recommends doing exercises on a continuous basis that strengthen the muscles in the back of the forearm. These exercises can usually be done with free weights.

Other preventative measures involve using the proper technique while swinging at the ball. An uneven swing, or one that does not involve a fluid arm motion, may put more stress on the elbow which results in the degeneration of the tendon.

Dr. Haar also says the type of racquet used can affect the amount of strain placed on the elbow. For example, a flexible racquet will absorb much of the shock that results when the ball hits the racquet. This absorption will therefore reduce the chances of causing inflam-

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PROBLEM

mation and ultimate degeneration in the tendon, and lessen the chances of getting tennis elbow.

Players who place a sponge in their racquet can achieve similar results. Sometimes a forearm strap-on brace is also very helpful in treating and preventing serious tennis elbow, said Dr. Haar, who serves as a consultant for the Juilliard School of Dance, and a chain of Apple Health and Fitness Clubs.

Whether or not a person is a professional racquetball player or a recreational player, there is always the threat of overusing the muscle in the elbow and getting tennis elbow. Needless to say, without taking the right kind of precautions, this injury could seriously affect a person's performance.

If you would like to receive more information, including free brochures, please contact Dr. Robert Haar, 3 East 83 Street, New York, NY 10028, (212) 772-0033. ○

Anatomy Of A Blister

(continued from page 21)

frequently so that you always play wearing a dry glove, as moisture increases the tendency for blister formation.

It is important to treat a blister when it occurs. This is best done by puncturing it several times at its outer edge with a sterile needle. With a gauze pad gently squeeze out the fluid, being sure to leave the roof intact. This may have to be repeated several hours later, as the fluid has a tendency to reaccumulate. Then apply a small bandage with an appropriate topical antibiotic preparation. Chronic blistering areas may need to be covered prior to playing. Moleskin applied over Tincture of Benzoin or Spenco Second Skin are good methods. In general, dry skin should be lubricated with Vaseline and moist skin should be dried with an appropriate powder or soak.

Blisters occurring in friction areas can be prevented or easily treated by the above methods. However, those occurring away from friction areas may be the result of some other dermatological problem, therefore it is important to seek appropriate medical care. ○

Mental Efficiency

(continued from page 44)

cides to compete and finds that his or her mind must deal with a variety of outside influences. To deal with this pressure and not permit it to turn into stress, you must have confidence in the training and practice you have done over the past weeks, take an adequate warm-up, previsualize the match, and not try to analyze technique or force skills. Prior to the match, keep your approach simple and concentrate on the situation at hand: relaxation, breathing, smooth technique, and strategy. This makes an athlete ready and confident.

The Sports Process

The moment on the victory podium is equally brief for Olympic champions and for winners of a local tournament. The time it takes to get to the podium is long. That is why sports training and practice need to be satisfying and fulfilling. This is the part — call it the struggle toward a goal or the process of acquiring skills — that is most meaningful and long remembered by athletes at the top as well as the bottom levels of competition.

The process is the day-to-day workouts, accomplishing goals, and moving to the next phase of training. It is also the friends made, places visited, and experiences encountered through the sport. These are the things, more than the trophies, that make an impact on your life. In the end, the process becomes more important than the ultimate goal. It will always be part of your life and will always be rewarding in itself. ○

CORRECTION

The story A Quick Dray Forehand which appeared on page 28 in the January 1989 issue of *National Racquetball Magazine* was inadvertently credited to Dave Peck. In fact it was excerpted from Marty Hogan's book "Skills and Strategies for Winning Racquetball", and we apologize for our error.

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AARA

by Luke St. Onge

It is my honor and sincere pleasure to inform you that racquetball was voted in as a full medal sport of the Pan American Games at the 1988 Pan American Sports Organization (PASO) General Assembly meeting in November. Among multi-national sports competitions worldwide, the Pan American Games are second only to the Olympic Games in stature.

Now that racquetball is an official sport of the Pan Ams, the AARA member status in the United States Olympic Committee will be upgraded from Class C to the coveted Class A. Group A membership in the USOC results in tremendous support, both financial and in-kind, from the Olympic Committee. We really don't know the full extent of the benefits as yet, but we do know that they are substantial and will put racquetball on a par with basketball, tennis, baseball and all other sports listed on the programs of the Pan Am and Olympic Games.

The quest for Pan Am and Olympic status began in 1978. Racquetball's international growth was fast and furious. In 1979 the International Amateur Racquetball Federation (IARF) was founded. In 1985 racquetball was recognized by the International Olympic Committee and became the youngest sport to ever receive such acknowledgement. In 1986 the Pan American Racquetball Confederation (PARC) was formed. Just two years later, racquetball was included as a full medal sport on the program of the Pan Ams, again becoming the youngest sport to have received this honor.

The PARC delegation was headed by President Keith Caulkins, who is also the treasurer of the AARA and secretary general of the International Racquetball Federation (IRF). Keith, along with Alfredo Lemont (head of the International Relations Department of the USOC), lobbied, organized, and put together a program that resulted in a 40-0 vote in favor of racquetball by the member countries of PASO.

The dream of Pan Am competition has become a reality. Membership in the USOC as a Group A member is a reality. The dream of Olympic competition will come true. It is no longer a question of "if" — only "when". O



ary and March. Contacts for exact dates and sites are listed at the bottom as is this year's new scoring format and number of participants allowed at Nationals.

For the future, it's worth noting that participants in the ACRA Regionals get seeding priority at Nationals. Also, regional participants who have joined the ACRA/AARA should check their renewal box to see if it needs to be extended.

More for this year is the ACRA's new development program. With assistance from Ektelon, the ACRA will make available to any college or university a sponsored player for a free clinic. Ultimately, the ACRA would like everyone to learn to play racquetball properly. Arrangements for a clinic can be made through Neil Shapiro (at 128 Lancaster Street, Albany, NY 12210).



On line, the ACRA/AARA has been awarded a grant to hold a coaches' clinic at the U.S. Olympic Center. It's hoped to teach college, university and high school staff personnel how to set-up, teach and to coach a racquetball team. But more on this later.

Looking towards expansion, the ACRA wants to translate our National's application into Japanese and Spanish. Anyone competent to help, please contact Neil. He can also be contacted by anyone interested in starting a racquetball coaches' association.

As promised, here's a run down of the new format to be used at Nationals. First of all, there will be six men's and women's singles, and three men's and women's doubles. And only one team from a college or university is allowed to enter the tournament.

Although it's currently under review by the ACRA, eligibility is still restricted to full-time matriculated, undergraduate students. (New guidelines will be available after the 1989 Nationals.)

The point system, to be used at both Regionals and Nationals, will include players being awarded points based on the event they compete in, along with which round is won (the credit for this new format goes to Eric Odell, a graduate student at RPI).

To be exact, a division is worth 1.4 times more points than its predecessor. And the points for each round increases by whatever the first round is worth. For example, a first round one winner in Division 1 singles would earn 30 points. A second round winner in the same division would earn 60 points...Like wise, a first round winner in Division 2 would earn 26 points and a second round winner 52...

It should be noted that as the numbers of participants increase, more rounds are involved and the total points available in a division also increase. Conversely, if a division has fewer participants, it means winning

that division will be worth less points. Simply put, a player contributes to his team based on which division is competed in, as well as how rounds are advanced.

Lastly, here are regional contacts. (South-east) Florida - Lori Basch, 4071 Edgewater Drive, Apt. #4, Orlando, FL 32804; (Mid-South) Tennessee - Larry Liles, 152 Longreen Drive, Memphis, TN 38119; (Northeast) New York - John Colantoni, 110 Hull Street, Beverly, MA 01915; (Southwest) Texas - Bob Maughan, 1326 Cromwell Street, Denton, TX. 76201; (Mid-West) Michigan - Jerry Gray, 110 1/2 N. Michigan Ave., Big Rapids, Michigan, 49307; (Mid-Southwest) Missouri - George Baker, 949 South Kickapoo Street, Springfield, MO 65804; (West) Utah - Sylvia Sawyer, 709 E. 60 N., Orem, UT 84057.

*The ACRA is looking for someone to host (Far West) California. If you are interested, please contact Shapiro. O

WPRA

by Chris Evon



One of the major philosophies of the WPRA is that without the millions of amateur players throughout the country, the professional side of the sport would never prosper. We've always been concerned with the growth of the sport and eager to find ways to encourage players at all levels to stay involved, and to help bring new faces into the club and tournament scene.

Besides putting on camps and clinics throughout the country, one of the most effective ways the women pro's have of reaching new and experienced players, is through our pre-tournament clinics, sponsored by Penn Athletics. At every tournament site we offer a complimentary instructional clinic given by top pros to tournament participants and club players. In addition to this, we often find interested groups throughout the community to visit and talk to about the benefits of racquetball.

Just recently, Caryn McKinney and Sue MacTaggart put on an exhibition/clinic prior to the Ektelon Christmas Classic in Anaheim, CA, at the March Airforce Base. In Philadelphia, Marcy Lynch brought racquetball to the Holy Redeemer Hospital's children's ward and in Chicago, Caryn McKinney and Lynn Adams hosted a special event for tournament sponsors.

We feel it is important to not only spread the word about the benefits of being involved with professional racquetball, but also to help educate people about racquetball so that they may experience the benefits of the sport for many years to come. O

ACRA

by Neil Shapiro

There hasn't been a lull in the new year. Plans are already underway for our 1989 Regional Championships to be held in Febru-

WHAT'S SO SPECIAL AT WHAT-A-RACQUET?

As a leader in the industry, What-A-Racquet Athletic Club in Colma, CA, is special. If it's not the complete facilities, or the excellent fitness evaluation and testing programs, and it's not the local and national awards...or the fine service, cleanliness, or sincere and genuine interest of the owners, management, and staff, then what is so special about What-A-Racquet?

Eight years ago several dedicated employees, with the blessing of the club's owners and management, began a racquetball program with the San Francisco Special Olympics. What has blossomed, is what is so special!

Weekly practices which began in 1981, continue today. From January through April of each year, under the guidance of the San Francisco Special Olympics office, athletes meet at What-A-Racquet and/or the Recreation Center for the Handicapped in San Francisco.

Activities are lively and exciting. It's great exercise, there is remarkable skill improvement, and it's fun! Practice sessions culminate in a grand celebration

and exhibition in late April. For the athletes, and volunteer coaches (who are club members and staff), that would be enough. But there have been additional exciting developments.

Today a special pilot work program is flourishing for special needs students. Participants travel to the club for on-the-job training by their supervisors. Skill development and self-esteem have soared! And the contributions the students have made to the club are appreciated, and noticeable. Everyone is winning.

In 1987, What-A-Racquet joined forces with the Center to produce a unique fundraiser. The Center is designed to serve children and adults with disabilities, through adaptive community recreation and physical activities.

Now celebrating its 36th year of service, the Recreation Center has grown from six participants and 12 programs in 1952, to 1,800 and 350, respectively. The family of 180 highly qualified paid staff, an equal number of volunteers, and over 2,000 contributors, perpetuate the unique

and innovative programs provided by the Center.

Now What-A-Racquet has joined the family as a major contributor. In 1987 the Annual What-A-Racquet Open Racquetball Tournament was initiated to benefit the Center. Nearly \$8,000 has been raised the first two years. The Third Annual What-A-Racquet Open Racquetball Tournament will be held on April 13-16, 1989. Continuing to grow and expand, this year's event will offer more than \$2,300 in prize money, and feature a special pro exhibition match, making it one of the most attractive tournaments held in the state.

It's a lot more than the money raised that makes this annual event important. Athletic achievement by people with disabilities, the shared love of the striving participants and their dedicated volunteer coaches and work supervisors, reminds us that exercise and sports improves everyone's mind, body, and spirit. The combining of these virtues, with the special needs of a unique community, is what makes What-A-Racquet special. ○

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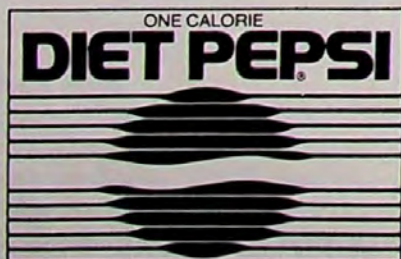
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Newsbriefs

Guidry Wins Junior World Racquetball Championship

Mike Guidry, of Texas and U.S. National Champion for 18 and under division, came from behind to defeat Simon Roy, of Canada, for the Junior World Racquetball Championship, 12-15, 15-3, 15-9. Guidry lost the first set and was behind, 3-1, in the second set when he came back serving six consecutive points.

The United States fared well in the girls' division 18 and under as Molly Gray, of Tennessee, defeated Natalie Bernard, of Canada, 15-7, 15-11.

Debra Derr, of Ormond Beach, continued her winning tradition in racquetball by taking a gold in the 10's singles as well as first place in the 12's doubles with partner Roxanne Marchand, of Canada. This was no small task as Derr played with a broken hand. A fierce competitor, Derr won two gold medals at the Nationals this year and has never been beaten in Florida.

Full coverage of the Junior Orange Bowl will appear in a future issue of *National Racquetball Magazine*. ○



Center court action at the Jr. Orange Bowl Junior World Racquetball Championships.

Cliff Swain & Woody Clouse Sign With Burt

Burt Sports Technology has announced that Cliff Swain is once again a member of the Burt team. Swain had signed with Ektelon, but continued to play with a Burt racquet. He and Ektelon parted ways amicably and Swain will now represent Burt. Burt has also signed Woody Clouse, an up and coming player formerly from Canada, now living in Santa Rosa, CA. ○

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PASSING SHOTS

by Norm Blum

CLIP AND SAVE — It's that time of year when scribes make their fearless predictions. Let's go out on a limb. Who will make up the next generation of racquetball superstars? Here's a look at the top ranked players in 1995: Men — 1. **Mike Guidry**, 2. **John Ellis**, 3. **Allan Engle**. Women — 1. **Michelle Gilman**, 2. **Marci Drexler**, 3. **Dana Sibell**.

MAKING A MINT — There's a place in Melbourne, Florida that is literally, making a mint. The Club at Riverside closed about two years ago and has been converted into a coin factory.

PRO TOUR UPDATE — **Jim Hiser**, chief organizer of the World Professional Racquetball Tour, sent a note to players informing them he would no longer be involved with the pro tour. The WPRT put on two stops in Davison, Michigan, and Arlington, Virginia, both of which were nationally televised. Hiser said his group made an initial investment of \$75,000 and cited the lack of support within the racquetball industry. He also lambasted a "certain segment of the players association" and cited the cynicism of professional players. He concluded by saying without a positive environment that chaos will assuredly continue.

Now I'll read between the lines. There was a lot of hostility between **Hiser** and **Marty Hogan**, the game's most well known player. **Hogan** didn't like the way the tour was being run. For example, allegedly rules were changed (such as the scoring system) without discussing it with the players. Tournaments, like the one in Beaverton, Oregon, were put on the calendar yet the club owner hadn't signed a contract and didn't intend to have stop because the required prize money was increased from \$15,000 to \$25,000. Such dealings irked **Hogan** and during newspaper interviews he told reporters that he was going to take over the pro tour and do it in a professional manner.

With the apparent withdrawal of the WPRT, it's now simply a question of will **Hogan's** talk result in a pro tour or is it just rhetoric?

POTPOURRI — Racquetball is now part of the Pan American Games but Cuba, the site of the 1991 games doesn't have any courts...With no men's pro stops at the end of last year, pro players were seeking tournaments which offered \$1,000 or more for first place money. "There's been more tournaments across the country offering money than there has

been in the last four to five years," said pro **Jack Newman** who has defeated every top pro except **Bret Harnett**. "If anyone can put it (pro tour) together, **Marty (Hogan)** can. But we've heard so much over the last four to five years it's hard to believe anything." Dumbest question of 1988: "Do I have to bring my own ball to the tournament?"...Wouldn't you like to belong to a club where you are the top player?...At facilities where there is no pro and few good players, watching doubles matches is frightening...An upset player, angry that he lost a game, opened the glass door, slammed it against the back wall and it promptly shattered. The tempered glass runs about a \$1,000...I used to enjoy playing mixed doubles but no more. The last two married couples I played against got divorced. Both times the husbands acted like asses on the court, chastising their wives for missing shots...Jacksonville University basketball coach **Rich Haddad** has caught the racquetball bug. He says it relieves the stress of coaching. The best racquetball player among Division I basketball coaches is Georgia's **Hugh Durham**...If you take a tour of **Elvis Presley's** mansion in Graceland you'll get to see his racquetball court...Racquetball players who have AARA affinity credit cards spent \$1.5 million as of November last year. No figures are in on how much the AARA reaped...Sources say things are status quo at Ektelon since Prince took over the company and no major changes are planned...There are disclaimers for everything. On a racquetball broadcast, viewers were warned "not to try this at home" when replays of **Ruben Gonzalez** diving were shown...**Lawrence Pope** of the Jacksonville Athletic Club puts out the nicest looking tournament flyer. It also works. On the first day he put out entries for a tournament more than 20 people signed up — an unheard of number five weeks before the tournament deadline...By now, I should be a proud father. Our son or daughter's first t-shirt will be The Court Rat...Yes, there are still honest folks out there. **Joe Morgan** of Charleston, SC, returned a Toron racquet that someone absentmindedly left behind. Okay, I confess, that someone was me. By the way, has anyone located my missing shoe...Nebraska's numbers in AARA member-



ships promises to climb. **Penny Misserlu**, a club manager in Omaha, is pumping new interest into the sport.

AARA NOTES — Expect a major announcement from the AARA this year. A sponsor outside the sport is expected to use racquetball as a marketing vehicle...Other plans — four national events on cable television and a 13 to 26 week TV series: "This Week In Racquetball" to be shown via regional cable hookups that will showcase one tournament a week and have profiles along with training tips.

POTPOURRI PART II — **Barb Hamman** of the Tri-State Racquet Club in Evansville, Indiana has borrowed Pepsi's advertising campaign. "Racquetball: The Choice of the new generation." **Barb** would like to change the address of her club. It's listed on "Tennis Lane."...

Ruben Gonzalez's first club he belonged to, the Harlem Blue, didn't play a lot of racquetball. It was a street gang. "We did things we weren't supposed to," said **Gonzalez**, 36. "But I don't think I was a bad kid. You have to protect the territory. It was like we had no choice. But there was still that determination that I wanted to be someone. I didn't know there was another part of the world out there. You don't know anything else but street gangs and surviving."...Former Diversified Products Manager **Greg Eveland** is now with Ellett Bros. Sporting Goods in Chapin, SC...Pro Kennex has come out with a new eyeguard line. "Our anti-glare tinting process can only be described as a revolutionary feature in the protective eyewear industry," said **Mark Wentura**, Pro Kennex senior marketing manager. "It not only eliminates the glare of bright court lights and stark white walls, but also conceals the user's eyes from his opponent so the opponent can't anticipate the direction of shots."

THINGS I LIKE — Being able to get a game at the last minute without making a court reservation, losing a match but knowing you didn't choke and going into a tiebreaker against someone you haven't beaten in seven years.

THINGS I DISLIKE — Having the court lights go off at game point, referees who take ten minutes to explain the rules and going to the club only to discover you left your shoes at home. ○

Editor's Note: Pictured above is Rachel Sara Blum, born January 6th, 1989 at 8:21 a.m., weighing 7 lbs. 15 oz., Norm's pride and joy. Congratulations Norm and Kathy!

PRESIDENT'S COLUMN

by Van Dubolsky

One of the most important things that you can do to help promote and develop the sport is to help us have racquetball televised on a regular basis. The AARA has made the major commitment to televise the Ektelon National Singles and Doubles championships. The AARA is producing, directing, and financing the televising of these events.

Ektelon has committed to make a financial contribution in this area over and above its regular sponsorship. However, this commitment only begins to cover the financial commitment made by the AARA. Therefore, we need your help.

There is no question that it is a high priority to have our sport televised. Through television, racquetball can become a major sport in the next decade that can rival tennis.

Racquetball can be televised as evidenced by the Doubles and the white floor which was used there. The telecast was cleared on regional cable television throughout the United States along with the Tempo National Cable hookup.

This is where you come in. You may have asked yourself, after watching golf, bowling, and wrist wrestling on television, how can they be on and racquetball is not? The answer is simple, the participants of those sports demand it. So must we.

Call and write to your local cable companies and demand that racquetball shows be aired. The product is available and is high quality. When it is shown, write, call, and thank them. In addition, write to your sponsors and the sponsors of the show and tell them that you saw the show and enjoyed it. We can't do it without you. It can only happen if you demand it and are loyal to it. Tennis, football, golf and bowling, fans are not better than us. Let's make it happen. ○





REGIONAL REPORTS

Region Seven: Texas

submitted by Barbara Schaffer

"TARA Incorporates for 1989"

The Texas Amateur Racquetball Association (TARA) is in full swing for the 1988-89 season. The organization has just achieved the incorporated, non-profit status thanks to the work of many Texas volunteers, including Ken Stillman and Joe Koppel of Dallas. The executive board, which was elected during AARA Nationals on May 29th, consists of: Barbara Schaffer, President; Al Williams, Vice President; and Bruce Layer, Secretary/Treasurer.

The TARA is mailing a newsletter to its members every other month. We are listing tournament results, Texas player rankings, and upcoming tournaments, clinics, and camps. The object of our newsletter is to keep players aware of AARA events and to give as many players as possible the statewide recognition they deserve.

The challenge to us as a new state organization (we are in our second year) is to encourage more Texans to join the AARA and create more quality AARA events for them. John Mooney said, in the President's Column of *National Racquetball Magazine*, April 1988, "Membership is the lifeblood of the association and it is through the support of the membership that will determine the future of racquetball."

The TARA efforts have already begun to stir more interest in the AARA here in Texas. We expect the number of AARA/TARA sanctioned tournaments and racquetball clinics to grow, which will in turn result in a growing membership. ○

Region Nine: Ohio, Michigan, West Virginia

submitted by Steve Lerner

"Player Profile: Jessica Hedler"

It is very unusual to find a player who picked up a racquet only three years ago and is now a top level Open player, but Jessica Hedler is not your usual player, or person.

Jessie started working at the Darrow Road Athletic Club (now LifeCenter Plus) in the Spring of 1985. It was here that she started playing racquetball because it "looked like fun" from her vantage point behind the front desk.

Jessie had always been a great athlete, participating in swimming, track, basketball, volleyball and cross country at

Akron Firestone High School where she graduated in 1978. She was a member of the varsity basketball team at Kent State University before transferring to the University of Akron where she received her Bachelors Degree in Physical Education in 1984.

As a "beginner" Jessie's first league at Darrow Road was a Women's A, which she won. From then on most of her competition at the club level came from the men players. The spring of 1986 started Jessie's assault on the women's divisions of the tournament circuit, and 1986-87 was her most notable tournament season, starting in the fall with a State Mixed Doubles Championship plus other tournament Women's Doubles and Mixed Doubles wins.

That season culminated with Jessie's performance at the U.S. National Singles Championships, earning a silver medal in the Women's A division. 1987-88 brought more wins in Women's Doubles and Mixed Doubles (still playing with partners Bonnie Kowalski and Steve Lerner) and her first wins in the Women's Open division.

The season in Women's Open included not only a couple of tournament victories, but close finals losses to top ranked amateurs like Elaine Mardas and top ranked pros like Kaye Kuhfeld.

Off the court, Jessie is as active in the sport of racquetball as any player in the state. She is employed by Koenig Sporting Goods at Summit Mall in Akron as the racquet sports specialist and stringer. Jessie also works as an instructor for the University of Akron teaching six racquetball classes.

In the classes are women and men of all levels and Jessie was instrumental in putting together a team that will compete at tournaments throughout the season and at the U.S. Intercollegiate Championships in the spring. She also serves as the Women's Director for the Ohio Racquetball Association where it is her goal to develop the women's game by building strength in the Novice through B divisions and looking for long term growth and development.

Jessie is very anxious to get rolling in 1988-89 particularly after a disappointing spring when she was sidelined for a couple months with pneumonia.

She started the season successfully with wins in the Women's Open and Mixed Doubles divisions at LifeCenter Plus' Warm Up for Fall tournament. Jessie will return to the U.S. National Doubles Championships this fall and will certainly conclude this season at the U.S. National Singles.

Jessie's steady progress through the women's rankings, her visibility at national tournaments, and her activity to develop women's racquetball and the game itself make her a very unusual and special player and person.

With the support of her sponsor, her doubles partners, and all the women players, Jessie is assured of continued success and the Ohio Racquetball Association wishes her the best of luck in achieving all of her goals. ○



REGIONAL REPORTS

Region Ten: Indiana, Kentucky
submitted by Mike LaBonne

"Midwest Seniors/Masters Event A Success"

Eighty shooters from four states slapped string against rubber in three days of competition that ranged in quality from near-pro to advanced hacker.

The inaugural Midwest Seniors/Masters Open drew men and women aged 35 to 55 from Indiana, Illinois, Ohio and Michigan. They played round robins of two games to 11 or 15 depending on the size of the draw, and they played without referees. Winners earned their points scored, plus three. Losers earned only their points scored.

The event was well-received by all players, almost all of whom intend to make the return trip next year. If word-of-mouth advertising is a productive medium, next year's tournament promises to have well over 100 entrants.

Although the meet itself was noteworthy, Victoria Anderson's can-do attitude is of special mention, because she thwarted near-disaster with Saturday night's banquet.

A catered barbecue dinner fell through after the catering management decided that there weren't enough mouths to feed. This news came later Thursday. Victoria volunteered to do it all. And all of it she did! Ribs, chicken, salads, fruit plates, succulent sauces and dips, bread, veggies, iced tea, the works! Few restaurants could match this King's and Queen's 24-carat bountiful feast. The 50 or so players and wives who dined on this splendor said they are coming back next year just to eat more of Victoria's scrumptious edibles. ○

"Playing In Skill Divisions"

The most-often asked question on the Indiana circuit is: "When do I have to move up to the next skill division?" The second most frequent question is: "Can I move back down?" The following information should answer both questions.

Here's how you earn points at tournaments: First place earns points equal to the number of players in the draw. For example, a man plays "A" and the "A" draw has 16 players. He wins. He earns 16 points. Second place earns points equal to half the number of players in the draw. Matches below first and second will earn two points per match won. Players who lose their first round will earn one point. When a player enters one age division, the player will be given the number of points earned in each division. In round robins, players earn two points for each match won. If there is a play-off for third, the winner earns two

additional points. Players who earn 50 points must move up to the next skill division.

How do you move back down? Let's say you've been playing "A" and just moved up to Open. You play in several tournaments throughout the year and don't even win a match, or perhaps you've squeaked out one match in a tournament with a weak Open draw. You might have grounds to move back to "A". To do so, simply write down the tournaments in which you played, who you played, the scores, and send that information to the INSRA board and request to be reclassified to the "A" skill division.

Remember, the board meets the second Wednesday of every month. If you're contemplating a move back to your previous division, your request must reach the board so it can discuss your case before the next tournament in which you wish to play as a reclassified player. ○

Racquetball On Program Of The Pan American Games

At a recent General Assembly Meeting of the Pan American Sports Organization held in San Juan, Puerto Rico, the sport of racquetball was voted on the Pan Am Programs by a 40-0 nation vote.

This was a great victory for racquetball which is the youngest sport to have ever received full medal status in the Pan American Games.

The application was headed by Keith Caulkins of the Pan American Amateur Racquetball Confederation headquartered in Colorado Springs, Colorado.

Racquetball will be a medal sport at the Pan Am Games in Argentina in 1995 and is still a possible medal sport in Cuba in 1991 dependent upon negotiations with the local organizing committee in Havana. ○



NEW RULES PROPOSED!

by Otto Dietrich
AARA National Rules Commissioner

At the October meeting of the AARA's Board of Directors, ten suggested rule changes were considered. In accordance with the rule change procedures on page 4 of the 1988-89 Rulebook, the two proposals which follow are hereby submitted for comment by the general membership of the AARA.

Proposal #1. Simplify the readiness and delay rules (4.4 and 4.5) as follows:

Rule 4.4 READINESS

A serve shall not be made until the referee has called the score. The referee shall call "point" or "side out" as soon as a rally ends. The receiver then has up to 10 seconds to assume a receiving position. When the receiver has assumed a receiving position or 10 seconds have elapsed, whichever occurs first, the referee shall call the score and the server must serve within 10 seconds. If the first serve results in a fault, the referee shall give the defensive player a reasonable time to take a receiving position and then the referee shall call "second serve", after which the server must serve within 10 seconds.

Rule 4.5 DELAY

If the server fails to serve the ball within 10 seconds of the referee calling either the score or "second serve", an auto-

matic "side out" will be called against the server.

Proposal #2. Revise the "failure to move" point hinder rule (4.16.a) to read as follows:

(a) Failure to Move. A player does not move sufficiently to allow an opponent a shot straight to the front wall as well as a cross-court shot directly to the front wall at an angle that would cause the ball to rebound directly to the rear corner furthest from the player hitting the ball. Also, when a player moves into such a position that it prevents an opponent from taking either of these shots.

Space does not permit elaboration on the reasons why these changes were proposed, but the Board of Directors wants to know how you feel about these proposals. In May, the Board will vote on whether to adopt these rules, so please take time to make your views known by May 1st. Mark the ballot below, provide additional comments if desired, and send it to: AARA Rules, 815 N. Weber, Colorado Springs, CO 80903. Also, if you get a chance, tell your state, regional and national directors how you feel about these changes. This is your organization and your input is essential if we are to progress in the direction you feel is proper. O

Blind Athletes and Racquetball: A Great Combination

Racquetball provides a recreational and competitive sports alternative for the visually impaired. The American Amateur Racquetball Association (AARA) and the United States Association for Blind Athletes (USABA) recently collaborated on a pilot project involving visually impaired athletes (20/200 corrected vision) and the sport of racquetball.

During a recent tournament, four visually-impaired athletes demonstrated their athletic skills after four weeks of training. The results of this project appear promising and reinforce a belief of the USABA that competitive sport is an extension of rehabilitation. The improvement of visually-impaired athletes' racquetball skills, such as eye-hand coordination, may be related to increased utilization of their remaining eyesight.

The introduction of racquetball to the visually-impaired community provides a unique opportunity for both the AARA and the USABA.

The AARA, through state participation, can increase its membership while providing a recreational and competitive sport to the visually impaired. USABA, as a national organization, can also increase its membership while directly attaining a major objective of improving the quality of life for the blind and visually impaired through athletic competition.

This is one example of how two athletic organizations can work together in the true spirit of friendship and competition.

FOR AGAINST — SIMPLIFIED "READINESS" and "DELAY" RULE

FOR AGAINST — REVISED "FAILURE TO MOVE" RULE

Name (please print) _____

Address _____

City/State/Zip _____

Signature _____

Mail ballot to:

AARA Rules, 815 N. Weber, Colorado Springs, CO 80903

Videotapes Available

High quality videotapes of the 1988 Ektelon/U.S. National Singles Championships (2 1/2 hours on two tapes produced by Houston Sports Entertainment) are available from the national office for \$35.00 (includes postage and handling). A single two-hour tape of the Men's and Women's Open finals of the 1988 Ektelon/U.S. National Doubles in Baltimore, MD (produced by Home Team Sports) is available for \$30.00 (includes postage and handling). To order, send check or money order to: AARA, 815 North Weber, Colorado Springs, CO 80903, or call (719) 635-5396. O



American Amateur Racquetball Association
Ektelon/U.S. National High School
Championships 1989

Noblesville, Indiana • March 10-12



INDIVIDUAL & TEAM COMPETITION

NATIONAL SITE:

Indiana Athletic Club
411 South Harbour Drive
Noblesville, IN 46060
(317) 776-0222

ELIGIBILITY:

See rules on page 2.

DIVISIONS:

Boy's Team #1: Singles, #1, #2, #3, Doubles #1
Girl's Team #1: Singles, #1, #2, #3, Doubles #1
Boy's Team #2: same as above
Girl's Team #2: same as above

ENTRY FEE: \$25 First Event per person, \$15 Second Event per person. Make check payable to AARA High School Championship.

DEADLINE: Postmarked Monday, February 27. NO EXCEPTIONS. Entry fee/registrant letter MUST accompany entry form.

TOURNAMENT DIRECTORS:

(AARA)
Luke St. Onge (719) 635-5396
Michael Arnolt (317) 926-2766

HOUSING:

Waterfront Resorts
409 West Jackson Street
Cicero, IN 46034



1-4 persons — Waterfront #1, \$44.00; waterfront #2, \$50.00. Lakefront suite, fireplace, indoor pool, jacuzzi, restaurant, lounge nearby, 2 miles from I.A.C., call (317) 877-7870 for reservations. Must mention National High School Championships to get special rate.

TRANSPORTATION: Transportation from Indianapolis International Airport to the Waterfront Resorts Inn, call (317) 776-0222, \$10.00 per person. Approximately 30 miles from airport to club.

PLAY BEGINS: 8:00 a.m. Friday. NO EXCEPTIONS.

OFFICIAL BALL: Penn Ultra-blue.

TOURNAMENT SHIRTS FOR ALL PLAYERS. HOSPITALITY BEGINS WITH LUNCH FRIDAY.

LENSED EYEWEAR FOR RACQUET SPORTS IS MANDATORY.

United States Olympic Committee Travel Desk/United Airlines joins the AARA to offer you the lowest possible airfares on United for AARA events. United offers you 5% off any published United fare regardless of cost — simply follow these easy steps:

1. Either you or your preferred travel agent phone United's toll-free number at (800) 521-4041 (48 contiguous states), or (800) 722-5243 extension 6608 (Alaska, Hawaii). Call daily between 8:30 a.m. and 8:00 p.m. E.S.T.
2. Immediately reference the special AARA account number 417-NB.

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



AARA
815 N. Weber
Colorado Springs, CO 80903

HIGH SCHOOL

STUDENT PARTICIPATION

RULE TWO

RULE THREE

RULE FOUR

RULE FIVE

RULE SIX

RULE SEVEN

TEAM OR INDIVIDUAL ENTRY FORM

APPLICATION WILL NOT BE ACCEPTED WITHOUT CHAPERONE'S NAME. A CHAPERONE MUST BE AT LEAST 21 YEARS OLD AND MAY NOT BE A PLAYER IN THE HIGH SCHOOL NATIONALS. CHAPERONE MUST BE PRESENT DURING REGISTRATION.



SCHEDULE OF EVENTS

March 14-18

Utah State Singles
Sports Mall
5445 So. 9th E.
Murray, UT 84117
John Packard
801-261-3426

March 16-19

Ektelon/U.S. Adult/Region 15
Pacific West Club
Tacoma, WA
Sid Williams
206-473-2266

March 16-19

New Mexico State Singles
Academy Court Club
5555 McLeod NE
Albuquerque, NM 87109
Gary Mazaroff
505-266-9213

March 16-19

1989 ARA State Singles
Championships
LaMoncha Athletic Club
2331 N. 23rd Avenue
Phoenix, AZ 85251

March 17-19

Bluewater Open
Bluewater Racquet &
Fitness Center
4400 Highway 20E
Box 5129
Niceville, FL 32578
904-897-4376

March 17-19

Cabin Fever Open
South Tahoe Fitness Center
2565 S. Lake Tahoe Blvd.
Box 15130
So. Lake Tahoe, NV 95702
Ron Percivalle
916-544-6222

March 17-19

California State Seniors
Tournament House
6250 Brockton Ave.
Riverside, CA 92506
Vance Lerner
714-682-7511

March 17-19

Cancer Society Open
Off The Wall
596 W. Hollis Street
Nashua, NH 03060
Peter Messier
603-889-5520

March 17-19

Carolina Sports Plaza Open
Carolina Sports Plaza
2000 Highway 150501
Southern Pines, NC 28387
Marsha Harms
919-692-7946

March 17-19

Cystic Fibrosis Benefit
New England Health & Racquet
329 North Street
Saco, ME 04072
John Bouchard
207-284-5963

March 17-19

Easter Open
New England Health &
Racquet Club at Waterbury
666 Lakewood Road
Waterbury, CT 06704
Ed Mazur
203-563-1491

March 17-19

Endless Mountain Open
Shadowbrook Racquet &
Fitness Center
Rd #6
Tunkhannock, PA 18657
Joanne Kintner
717-836-2151

March 17-19

Hastings Coors Valentine/Hogan
Hastings Family YMCA
1430 West 16th
Hastings, NE 68901
Jodi Jacobi
402-463-3139

March 17-19

Intercollegiate Region 1
Championship
U.S. Military Academy
West Point, NY
Capt. Pat Cannon

March 17-19

Intercollegiate Region 8
Championship
Univ. of CA-Berkley,
Rec. Sports Facility
2301 Bancroft Way
Berkley, CA 94720
Dave George
415-994-9080

March 17-19

Jacksonville City Championships
Racquetpower
3390 Kori Road
Jacksonville, FL 32257

Mary Lyons

March 17-19

Las Vegas City Championships
Las Vegas Athletic East
1070 East Sahara
Las Vegas, NV 89104
Bob Becker/Kyle Kenny
702-733-1919

March 17-19

LRA State Doubles
Kenner YMCA
2121 38th Street
Kenner, LA 70065
John Pellerin

March 17-19

Lucky Leprechaun
Championships
Sundown Liverpool
7455 Morgan Road
Liverpool, NY 13090
Winterton/Schreck/Keevil

March 17-19

Michiana Open
Pro Health
205 W. Edison Road
Mishawaka, IN 46544
Dave Dalke/Fran Mamula
219-259-8585

March 17-19

Ned Gordon American Swinger
Lakeland YMCA
3620 Cleveland Heights Blvd.
Lakeland, FL 33803
Grace Page
813-644-3528

March 17-19

Niceville Open
Bluewater Racquet & Fitness
P.O. Box 5129
4400 Highway 20 E.
Niceville, FL 32578
Steve Hancock
904-897-4376

March 17-19

Shamrock Shootout
Cut Bank Civic Center
800 E. Railroad Street
Cut Bank, MT 59427

March 17-19

Spring Open
Casper YMCA
315 E. 15th Street
Casper, WY 82601
Brad Neeley
307-234-9187

March 17-19

St. Patricks Day Tournament
Supreme Court Club
1 Virginia Road
Crystal Lake, IL 60014
Judy Strom
815-455-3330

March 17-19

St. Patty Tournament
Quadrangle
2160 Union Drive
Coral Springs, FL 33071
Fred White
305-753-8900

March 17-19

Steve Johnson Open
Point Athletic Club
2233 N. Academy Place
Colorado Springs, CO 80909
Sam Rasplicka
303-597-7775

March 17-19

Tournament of Champions
Lemaster Racquet & Fitness
319 Westown Road
West Chester, PA 19382
Liz Berstler
215-436-6200

March 17-19

United Cerebral Palsy Pro-Am
Suburban Or Front Wall
Racquetball Club
St. Cloud, MN 56301
Greg Hayenga
612-251-3965

March 17-19

1989 Iowa State Singles
Riverbend Racquet & Health
2617 Park Avenue
Muscatine, IA 52761
Jeanne Hansen

March 18

URA Annual Banquet
Sports Mall
5445 So. 9th E.
Murray, UT 84117
John Packard
801-261-3426

March 24-26

Spring Shoot Out Open
The Works Athletic Club
246 Route #16
Somersworth, NH 03878
Susan Churionoff
603-742-2163

(continued)



SCHEDULE OF EVENTS

March 28-April 1

Cottonwood Heights Open
Cottonwood Heights
Rec. Center
7500 So. 2700 E.
Salt Lake City, UT 84121
Patty Bolz
801-943-3190

March 30-April 2

CRA State Open
Championships
Front Range Sports & Courts
2095 West 6th Avenue
Broomfield, CO 80020
Nick Eichhorn
303-469-6651

March 30-April 2

1989 Ektelon/AARA
U.S. Intercollegiate
Kenner YMCA
2121 38th Street
Kenner, LA 70065
Luke St. Onge
719-635-5396

March 31-April 2

Junior & Adult Region 13
Championships
Billings Athletic Club
777 15th Street W.
Billings, MT 59102

March 31-April 2

Junior & Adult Region 2
Championships
Long Island Racquetball &
Health Center
230 Osse Avenue
Hauppauge, NY 11788
Allan Seitelman
516-360-0979

March 31-April 2

Georgia State Singles
Atlanta Falcon Complex
I-25 Suwanee Road
Suwanee, GA 30174
Mike Brooks
404-945-8977

March 31-April 2

Idaho State Singles
Championships
The Court House
7211 Colonial
Boise, ID 83709
Gloria Eggers
208-377-0040

March 31-April 2

North Dakota State Singles
Fargo YMCA
400 1st Avenue So.
Fargo, ND 58103
Don Oien/Kevin Jager
701-293-9622

March 31-April 2

Outdoor 4 Wall
Auburndale Recreation Center
202 W. Park Street
Auburndale, FL 33828
Marilyn Buffum
813-967-7265

March 31-April 2

Pennsylvania State Singles
Bob Eazor Racquettime
4314 Old William Penn Hwy.
Monroeville, PA 15146
Pat Gerity
412-469-6363

March 31-April 2

Schoeber's Spring Classic
Schoeber's Athletic Club
5341 Owens Drive
Pleasanton, CA 94566
Liz O'Connor
415-463-0950

March 31-April 2

State Singles Championships
Holiday Health & Racquet Club
424 Odlin Road
Bangor, ME 04401
Steve Donovan
207-947-0763

March 31-April 2

Wilson State Doubles
Roseville Racquet Club
2400 W. Country Road D
Roseville, MN 55112
Paul Ikier
612-633-9333

March 31-April 2

10th Annual Ormsby House
Capitol Courts
3759 Gross Circle
Carson City, NV 89701
Ron Percivalle
702-882-9566

March 31-April 2

9th April Fools/Beach Party
Sports Illustrated
3150 45th Street

Highland, IN 46322

Sue Milicki
219-924-0690

April 1-3

Lou Claveloux Tournament
New England Health & Racquet
375 East Cedar Street
Newington, CT 06111
Ed Mazur
203-563-1491

April 4-8

Tri-City Open
Tri-City
551 E. State Street
American Fork, UT 84403
Dave Rasmussen
801-756-5224

April 6-9

Junior & Adult Region 7
Wallbanger Court Club
7069 Perkins Road
Baton Rouge, LA 70808
Fred Guillot
504-769-4120

April 6-9

Sante Fe Classic
Club International
1931 Warner
Sante Fe, NM 87501
Jeff Mahan
505-299-8885

April 6-9

11th Annual Western Cookout
The Irvine Clubhouse
17850 Skypark Circle
Irvine, CA 92714
Geoff Goodman/Jay Darian
714-261-7500

April 6-9

1989 Walnut Creek Open
The Racquetball Club
1908 Olympic Blvd.
Walnut Creek, CA 94596
Lisa Franzel
415-932-6400

April 7-9

Adult Region 5 Championships
The Courthouse Racquet Club
2625 Courthouse Circle
Jackson, MS 39208
Paul Redelheim

April 7-9

Good Times Classic

Sarasota Bath & Racquet
2170 Robinhood St.
Sarasota, FL 33579
Judi Schmidt
813-921-6675

April 7-9

Michigan Super Seven #7
Coliseum Racquet Club
8715 Telegraph Road
Taylor, MI 48180
Jim Hiser
313-653-5999

April 7-9

Racquetball Championships
Pac West Club
32318 1st Avenue S.
Federal Way, WA 98003
Sid Williams
206-473-2266

April 7-9

Tri-State Open
The Club At East Brunswick
8 Cromwell Court
East Brunswick, NJ 08816
Gloria Fidecaro
201-257-7507

April 7-9

WHLX Bud Light Classic
West Virginia Racquet Club
137 Waddles Run Road
Wheeling, WV 26003
George Frazier
304-242-5688

April 7-9

Women's Downeast
Racquetball International
Route 302
Windham, ME 04062
Leesa Smith
207-892-3231

April 7-9

WRA State Singles
North Hills Athletic Club
N85W15960 Appleton Ave.
Menomonee Falls, WI 53051
Carol Pellowski
414-251-1420

April 7-9

10th Annual KZ10 Pro-Am
The Duluth Courthouse
925 E. Superior Street
Duluth, MN 55802
Bruce Moore
218-728-4454

EKTELON/U.S. NATIONAL INTERCOLLEGIATE CHAMPIONSHIPS - 1989

Has Been Designated By The International Amateur Racquetball Federation as
The World Intercollegiate Racquetball Championships

New Orleans, LA
March 30-31, April 1-2

NATIONAL SITE: Kenner YMCA, 2121 38th Street,
Kenner, LA 70065, (504) 443-6363

ELIGIBILITY: See rules

DIVISIONS: Men's Team #1: Singles, #1, #2, #3, #4,
#5, #6, Doubles #1, #2, #3; Women's Team: Singles,
#1, #2, #3, #4, #5, #6, Doubles #1, #2, #3; Men's Team
#2: same as above; Women's Team #2: same as
above.

ENTRY FEE: \$25 First Event per person, \$15 Second
Event per person, Institution - If 6+ team members:
\$25 2-5 team members, \$10 if individual representa-
tive. AARA Membership \$10 per player if non-mem-
ber of AARA. Make check payable to AARA Intercol-
legiate Championship. All entries are final - no re-
funds.

DEADLINE: Postmarked Thursday, March 16, 1989.
NO EXCEPTIONS. Entry fee/registrar letter MUST ac-
company entry form.

TOURNAMENT DIRECTORS: AARA - Luke St.
Onge, (719) 635-5396; ACRA - Jerry Gray, (616) 796-
9291

HOUSING: Sheraton Hotel, 2150 Veterans Blvd.,
Kenner, LA, (504) 467-3111, contact Sam Defava.
\$55.00 - 4 people in room. Please make reservations
before February 22, 1989 to assure room rate. Be
sure to mention the National Intercollegiate when
making reservations.

TRANSPORTATION: Complimentary airport
shuttle service is available by hotel - call 467-3111.

PLAY BEGINS: 8:00 a.m. Thursday, March 30.
NO EXCEPTIONS.

OFFICIAL BALL: Penn Ultra-blue.

TOURNAMENT SHIRTS FOR ALL PLAYERS. HOSPI-
TALITY BEGINS WITH LUNCH THURSDAY.

**LENSED EYEWEAR MANUFACTURED FOR
RACQUET SPORTS IS MANDATORY!**

COLLEGIATE RULES

RULE ONE: UNDERGRADUATE PARTICIPATION

No one shall participate in any collegiate racquetball contest unless he or she is a bonafide matriculated undergraduate student at an accredited university, college, or junior college and is regularly enrolled and doing a full load 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, WPRT, 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. This eligibility letter must accompany the application to be considered for the tournament.

RULE FOUR: TEAMS AND DIVISIONS

Teams consist of 6 to 12 players, men and women, from the same university/college: 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 university/college. A team of 6 to 12 players; divisions are men/women #1 Singles, #2 Singles, #3 Singles, #4 Singles, #5 Singles, #6 Singles, a #1 Doubles team, a #2 Doubles team, and a #3 Doubles team. Singles players may also play doubles. If less than 6 players, men or women, the divisions must be filled from the top first, i.e., #1 Singles, #2 Singles, etc.

RULE FIVE: SCORING

Points will be awarded to first round winners in the following way. This includes wins by forfeit and byes.

SINGLES:	Division 1 = 30 points
	Division 2 = 26 points
	Division 3 = 22 points
	Division 4 = 18 points
	Division 5 = 14 points
	Division 6 = 10 points
DOUBLES:	Division 1 = 28 points
	Division 2 = 24 points
	Division 3 = 20 points

Thereafter, the rounds are worth RxN. Where R is the round number and N is the first round points for that division. Thus round two is worth twice as much as round one and round three is worth three times round one. Third place will be worth the average of the third to last round and second to last round. This means that the third place winner is awarded more points than the quarter finalist winners but less than the winners of the semifinals.

RULE SIX: AARA MEMBERSHIP

All players must be members of the AARA, non-members must submit \$10 yearly dues as part of the registration form.



U.S. NATIONAL INTERCOLLEGIATE CHAMPIONSHIPS

TEAM ENTRY FORM

COLLEGE _____ CAPTAIN _____
PHONE _____ ADDRESS _____
CITY _____ STATE _____ ZIP _____
DATE _____ SIGNATURE _____
TOURNAMENT FEES\$ _____ * AARA/ACRA MEMBERSHIP DUES \$ _____

*Singles: \$25/Person, Doubles: \$15/Person, **Institutional \$50/6+ Team Members, \$25/2-5 Team Members, \$10/
Individual Representative.

ENCLOSE CHECK PAYABLE AND ELIGIBILITY LETTER TO:AARA-Nationals, 815 N. Weber, Suite 203, Colorado Springs, CO
80903.

WAIVER: As listed below, we hereby, for ourselves, our heirs, executors and administrators waive and release any and
all rights and claims for damages we may have against the AARA/ACRA and all participating parties and their respective
agents for any and all injuries.

WOMEN'S TEAM

SINGLES:

#1 _____
#2 _____
#3 _____
#4 _____
#5 _____
#6 _____

DOUBLES:

#1 _____
& _____
#2 _____
& _____
#3 _____
& _____

MEN'S TEAM

SINGLES:

#1 _____
#2 _____
#3 _____
#4 _____
#5 _____
#6 _____

DOUBLES:

#1 _____
& _____
#2 _____
& _____
#3 _____
& _____

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If you're looking to add a new dimension to your racquetball game, HEAD has the solution with its new Elite™ and Elektra™ oversize racquetball racquets. These two new frames provide 94 sq. in. of truly awesome power coupled with pinpoint accuracy. Designed with HEAD's patented Power Wedge™, these racquets offer a larger sweet spot and increased length for more power and saves. The Elite adds Kevlar® to graphite and fiberglass

for a stiffer flex and more aggressive response. The Elektra's ceramic, graphite, and fiberglass frame is softer and more forgiving for developing players. Combining effortless power, lightning quickness, and deft maneuverability at affordable prices, the Elite and Elektra are power packed values. See the complete line of new racquetball frames at your local HEAD dealer. There are eight exciting new models to choose from.

Kevlar is a registered trademark of E.I. DuPont de Nemours and Company, Incorporated.

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Quest™



The eyes have it.

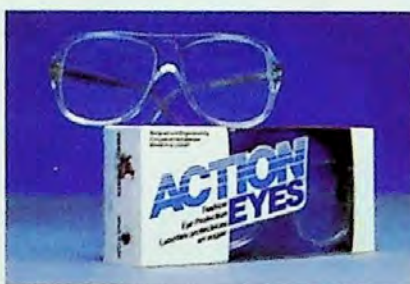
Yes! Action Eyes were designed and engineered by Bausch & Lomb to provide safety, comfort and style.

Yes! Action Eyes meet and actually exceed AARA and USSRA requirements with tough 3mm polycarbonate lenses, heavy duty frame and hinges, and extra-deep lens grooves that accept prescriptions.

Yes! They are one of the few that have passed rigid ASTM impact and optical standards. The large fog and scratch resistant lenses have long been acknowledged as having the "best field of view" available.

Action Eyes "Limited Edition" series lets you suit your individual style and taste with the largest selection of colors ever available.

Vote "yes" and give yourself a clear advantage. Action Eyes, at better pro shops and stores.



Left: Standard models available in crystal (shown) and tortoise.

Below: Caryn McKinney, #2 on the WPRA pro tour, uses Action Eyes exclusively.



ACTION EYES

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Reno at
IRSA
booth #222**



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