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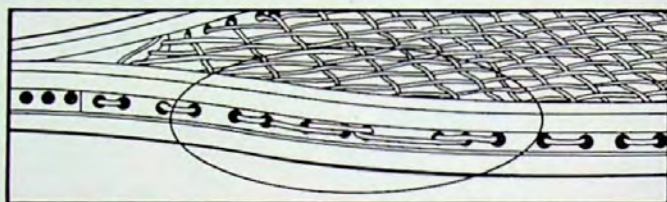
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FEATURES

14



Loose Ends

Everything You Always
Wanted to Know About
Stringing, But Were
Afraid to Ask

• Jill Magoon

17

Nutrition

The Match Starts Here

• Alison Miller

22

Fran Prather

Playing for Higher Stakes

• Wanda Webb

24

Penn Stats

The 2nd Annual Natural
Light/Seamco Open

• Tom Dougherty and
Pat Gerity

DEPARTMENTS

6

New Directions

AARA Goals for 1981

7

Receiving Line

Letters to the Editor

10

Juniors' Page

Youngsters on the Move

11

Short Lines

News Round-Up

12

Industry News

People and Equipment

20

Calendar

Upcoming Tournaments

27

Junior Regionals

Application

30

Winning Points

R & B Blues

• Bob Gura

Danger Zones

• Mike Yellen

34

Current AARA Rankings

36

**AARA Grand Master
National Champions**

38

Scorecard

Tournament Results

VOL. 10 • NUMBER 1 • JANUARY, 1981

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NEW DIRECTIONS

Dear Members,

In December we addressed the area of past history and the start of unity within the racquetball world of organizations, manufacturers and individuals. We are not naive to believe that this will happen overnight, but at least the spark seems to be there and the atmosphere has been created to allow our sport to mature.

As we start a new year it is extremely important to reassess our goals and set new priorities toward which our Association should strive in 1981.

1. The continuing effort to expand membership is the primary goal of the AARA for 1981. Only through a large and expanded membership can the AARA remain free to truly represent the amateur grass-roots player in the United States. What we mean by free is: free from undue influence by manufacturers or special interest groups which enables us to make the best decisions on behalf of our members and racquetball.
 2. To solidify our position in racquetball as the only bona fide, not for profit, democratic organization working exclusively to expand the sport of racquetball by:
 - A) Expanding an already strong Juniors Program into every court facility in the country;
 - B) Expanding the Intercollegiate Racquetball program to include a State Intercollegiate Championship in every state;
 - C) Sending men's and women's teams to represent the United States at the first sanctioned World Racquetball Championships;
 - D) Sending men's and women's teams to represent the United States in World Games I;
 - E) Expand our working relationship with court clubs through sanctioned programs to help fill their court time;
 - F) Expanding our High School Program to include a reciprocal agreement with local court clubs;
 - G) Work closely with the USOC and the President's Council on Physical Fitness and Sports to include racquetball in the Explorer Olympics;
 - H) To support efforts by the International Amateur Racquetball Federation to expand racquetball internationally — toward the goal of inclusion of racquetball as part of the Pan Am Games, within this decade;
 - I) Expand the scope of the Regionals and Nationals to encompass everyone who participates in racquetball;
 - J) Recognize within each state one functional, democratic, not-for-profit, players' association as the bona fide State Governing Body of racquetball; and, finally;
 - K) To expand our sanctioned events 100% during the '81-'82 season.
- This is a challenge not for a few, but for everyone who believes in the health and mental benefits that our great sport brings us.

Regards,

Luke St. Onge

Luke St. Onge
Executive Director

RECEIVING LINE

Letters To The Editor

Mr. Chuck Miner
The Courthouse
2625 Courthouse Circle
Jackson, Mississippi 39208

Dear Chuck:

I wanted to write and thank you once again for your excellent [National Seniors Invitational] tournament.

The eagerness of your staff; the professional approach to all detail both major and minor were second to none.

I feel your organization should be commended in open letter form through our AARA publication. Furthermore I plead to the rest of the racquetball goodwill ambassadors to use your precedent and allow future tournaments to be sanctioned by the American Amateur Racquetball Association.

Looking forward to seeing you at another AARA event.

Joseph Icaza
Vice President,
Racquetball Courts International, Inc.
Brandon, Florida

To Luke St. Onge and Hallie Singer

Once again, it was a pleasure seeing you and working with you at the National Doubles Championships. The tournament was superb. I must compliment you both and all who were involved in making the event such a success. You both should be proud.

I look forward to an even better tournament, if that's possible, in Boise, Idaho at the Singles Championships. We hope to iron out any creases of this past event.

Lots of luck in all your endeavors.

Francine Davis, AMF Voit
Maywood, New Jersey

The USF (University of South Florida) Open Racquetball Tournament was a giant success, thanks to the interest and cooperation [the AARA] gave despite the late notice. The weekend weather was perfect and the players showed both great talent and sportsmanship. All in all, the promotional materials and the sanctioning made this tournament stand

above the others in this area.

Again I thank the AARA for the support and cooperation you have given during this tournament and hope to work with you in the future.

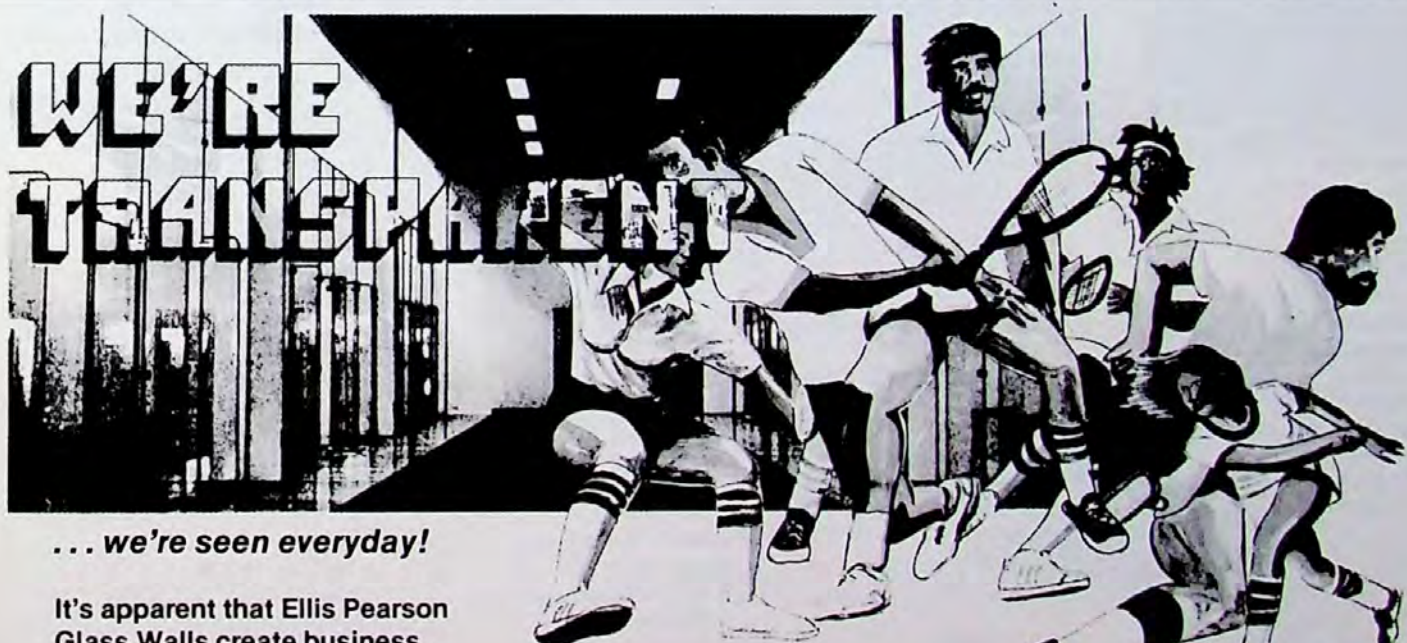
Pamela J. Pautler
Tampa, Florida

Thank you for the excellent article on women executives in racquetball. I thoroughly enjoyed your well written article, and was honored to be part of it. It is true that with 40 percent of the racquetball playing population being women, recognition of their efforts is long overdue.

A special word of thanks to Judy Heinrich, for the time and research in developing this article, and hope to see the same excellent coverage by *Racquetball* magazine at Women '81, to be held again at Boston Tennis Club, February 6-8, 1981.

Maureen (Boulette) Henrickson
State Director, Massachusetts
Tournament Director—Women '81
Millburn, Massachusetts

Racquetball welcomes correspondence from its readers. All letters must be signed, and are subject to editing for clarity and length.



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JUNIORS' PAGE



Jeff Mulligan

Jeff Mulligan of Reno, Nevada has been competing in racquetball for just one year. To get a grasp on just what he's accomplished in that brief year, start with the 1979 National Juniors Championships — Mulligan had yet to play his first tournament of any kind. This year he won the Junior Western Regional and finished second in the Nationals in the 13-and-under division. Quite a step up, for one brief year.

Mulligan's progress doesn't stop there though, for he's recently tasted victory of the sweetest sort. Mulligan now has a first place in a Men's "A" division to add

to his list of credits. This he won in the Mr. Steak Tournament in Sacramento this past November; the same tournament in which he lost in the first round of the "C" division last year.

Mulligan loves racquetball, and would like to continue to defeat the best competitors around. Still, he's not giving up his other sports — pole vaulting and football — just yet. After all, at the rate he's going he could run out of competition in racquetball.

Stacy Sattler

Stacy Sattler is just 10-years-old, yet she's already celebrating the second anniversary of her appearance in



court—racquetball court, that is.

Since that first visit in 1978, Sattler's accumulated a whole string of offenses against her competitors. From a September, 1979 third place in a "Ds" only tournament, Sattler has steadily shot her way past her rivals. Just one year ago she won third place in her division in the Northern California Junior Championships. From there she proceeded to add another decisive victory or two, including first consolation in the AARA Junior Nationals, last July. By August she was ready to compete in a women's division in the 420 Sport Natural Light Skipsport Open, held at the Marin Racquetball Club. Sattler took fourth place in the Women's Novice division of the tournament. And with that victory well behind her, she realized there's no turning back now.

Coached by Ed Martin and Frank Nell, the Fairfield, California native is in a good position to appear in the 10-and-under finals at the National Juniors Championships this year. (And incidentally, Sattler and doubles partner, Rodie Martin, are currently favored to dominate in the National Doubles, 10-and-under division.)

If you ever meet her in court, you're not likely to forget Stacy Sattler. ■

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SHORT LINES

More Protection

According to Dan Klamut of Dalton, Pennsylvania, if you are currently wearing safety glasses on the court, you may not be as protected as you think. After seeing a friend's safety glasses shatter, Klamut submitted information to *Racquetball* about a product called the Omni-Gard Plus lens. Manufactured by the Gentex Corporation, this prescription lens is being promoted as much safer and stronger than a conventional glass safety lens. The Omni-Gard is protected by a coating that is both abrasion and chemical-resistant, according to the promotional material.

For detailed information about this new prescription lens, and why it may be safer than a glass lens, contact the Gentex Corporation at 717-282-3550.

Racquetball Conference Formed

A new organization has been formed to foster inter-club racquetball competition between various clubs, both public and private, in the New York/Massachusetts areas. The organization, based in Albany, N.Y., will establish league rules, come up with a league schedule, and also will administer the size of teams, etc., for the conference. Teams from member clubs will participate in the conference on a weekly basis with each club fielding a men's team, a women's team, a juniors' team and an over-40 men's team.

Initial members of the conference are Brodie Racquet Club in Williamstown, Mass.; 21st Point Club in Albany, N.Y.; Schenectady Racquet Club in Schenectady, N.Y.; Albany YMCA in Albany, N.Y.; The Court Club in Albany, N.Y.; Saratoga YMCA in Saratoga Springs, N.Y.; The American Racquet Club in Albany, N.Y.; and Bosquet Racquet Club in Pittsfield, Mass.

Teams will be selected for each one of the clubs and those interested in being in the conference should contact their individual club for details. The first officers elected as the Board of Directors of this new racquetball conference are Vincent Wolanin, President, from the 21st Point Club; Barry Russell, Vice President, from the Albany YMCA; Stevan Kuzman, Secretary, from Schenectady Racquet Club; and Maurice Keroack from The Court Club. The actual inter-club competition will begin during the week of January 5, 1981 and will continue through April 1981, with playoffs and championships to be held during that same month.

Eye Safety

The boom in racquet sports—racquetball, tennis, squash and badminton—has resulted in an increase in eye injuries among players of these sports.

Recognizing this, the National Society for the Prevention of Blindness, New York, has formed a Sports Eye Safety Advisory Committee to develop eye protection for racquet sports players.

Charles S. Leve, executive director of the National Court Clubs Association, (NCCA) Northbrook, Illinois, the 350-member organization of racquetball court club owners, has been named to the committee which held its first meeting Monday, December 8 in New York.

Leve, himself a racquetball player and a former official with the United States Racquetball Association and its affiliated organization, the National Racquetball Club, agrees there is a definite need for a public education program to convince racquetball players that they should wear eye protection.

"Too often recreational players have the feeling that 'it won't happen to me.' They tend to be overconfident, not dodging when it appears they may be struck by a ball or a swinging racquet. The more injuries there are, the worse it is for racquetball. Played properly, racquetball isn't dangerous. It's fun," says Leve.

"NCCA," Leve explains, "intends to lead the way to better eye protection. At our forthcoming annual convention [this month] we are planning to discuss a proposal to mandate the use of protective eye wear for all junior and club tournaments."

"Though virtually all eye injuries are accidental," says Leve, "they most often occur when the player most forward in the court looks over his or her shoulder to see where the ball is. Facial accidents happen when players are hit by racquets. Ninety-five percent of the players hit by racquets are at fault. Players should judge their opponent's style of play, making sure there is plenty of room to play. Players should take into consideration their opponent's backswing, point of contact, and follow through. Don't try to beat the odds by crowding. It doesn't work."

Leve maintains there remains as much a need for instruction in court etiquette as there is for strokes and strategy.

The National Society for the Prevention of Blindness, Leve says, recommends protective eye wear for those who wear prescription glasses or contact lenses. ■

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How Not To Lose Your Grip

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For more information, write Surgrip USA, Executive Offices, 909 15th St., Suite 2A, Dept. P., Modesto, CA 95353; or call 209-523-8333.

NCCA Convention

Operation of a profitable business will theme the four-day National Court Clubs Association's (NCCA) 1981 convention and trade show, January 17-20, at the Tropicana Hotel, Las Vegas, Nevada.

"Running a business with both eyes on the bottom line has taken on a new importance in the last couple of years," said Chuck Leve, NCCA's executive director. "We are planning a variety of programs around the development of an effective exercise program, the utilization of a pro shop as a profit center, budgeting and interpreting computer

data, programming, personnel motivation and incentive programs, and computers—how to use them."

Development of incremental income from non-racquetball activities such as "wallyball" and aerobic dancing programs will also be on the convention's agenda, Leve said.

"We are planning to break one session down into regional groups. We've learned that many of the problems confronting court club owners are regional in nature. By organizing one segment into regional groups, owners can address common problems and begin the work of organizing a regional structure to the NCCA," Leve concluded.

Pre-convention activities start with registration and a cocktail reception Friday evening, January 16. The convention's first business session begins at 9:30 a.m. the following morning, Saturday, January 17. The trade show is scheduled for Saturday and Sunday afternoons, January 17-18, from 2 until 5:30 p.m. Virtually all of the best-known suppliers to the racquetball industry will display their products at the show, Leve added.

As with previous conventions, NCCA will split its programming between operating club owners and those individuals developing new facilities. NCCA's owners' package, which includes registration fee, four nights at the Tropicana Hotel, round trip airport transfers in Las Vegas, two buffet lunches and a cocktail party, is \$365. For an additional \$23 NCCA guests will have a special reserved section for the popular Follies Bergere dinner show, one of the most famous attractions in Las Vegas.

For a second person attending the NCCA convention and sharing a room, the charge is \$150, Leve said. If an owner or manager brings a guest who does not attend any of the meetings, the additional charge is \$75.

The developers' three-day meeting, which includes the trade show, and their own special series of seminars, will be \$450. The developers' meetings will cover site selection, financing, design and construction, membership, and marketing and promotion.

"The 1981 convention and trade show," Leve said, "will focus on fewer individual speakers. Judging from the response to previous conventions, owners and managers prefer case studies and the opportunity for round table and panel discussions in which there is considerable give-and-take. It's important to get a dialogue going between owners."

For further information concerning the 1981 National Court Clubs Association

convention and trade show, contact Leve at NCCA's headquarters, 666 Dundee Rd., Suite 1003, Northbrook, Illinois 60062; or call 312-480-1206.

Jack Of All Trades

With the growth of racquet sports continuing to increase in North America, it is not surprising that a company has emerged into the market place to design, build, finance, market and manage, racquet court facilities.

In 1976, a Calgary-based company under the name of 'Squash Consultants,' commenced designing and building clubs. By 1979, over 100 courts had been constructed and a number of facilities were being managed by the company. Managing director, David Morgan, whose experience in Europe included designing, building and managing some 17 facilities, felt that Squash Consultants was getting an image of 'squash only.' At the same time, his partners, who were consulting engineers, were beginning to balk at the time necessary to administer the ever-increasing business Morgan was generating. So in December 1979, after discussion with a UK court construction company—incidentally, one of the largest builders of courts in Europe—the corporate entity of Squash Consultants was changed and a new name was registered, Bicester Racquet Courts North America Limited.

Bicester, since January, 1980, has had an amazing success. Orders on hand in court construction are now in excess of \$1.3 million—close to the annual turnover of their UK associates, who have been building courts for the past 14 years—while the company's management division, Racquet Sports Canada, will have management control of 10 or more facilities by the spring of 1981.

The company promotes one basic policy, reflected in all their advertising copy—"Courts Built To Last." Promotional activity in recent years has led the company to bring some of the world's great squash players to Canada. Jonah Barrington (England), Ahmed Safwat (UAR), Hashim Khan (Pakistan), Ken Hiscoe (AUS), Howard Broun (New Zealand), are just some. Further on the promotional front, plans for 1981 include two major racquetball tournaments, a major squash tournament and numerous clinics across Canada on both racquetball and squash. For further information, contact Sigrid Aichinger at 403-249-8988. ■

Descriptions of new products are as according to information provided by the manufacturer; products have not been tested by Racquetball magazine.



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LOOSE ENDS

Everything You Always Wanted To Know About Stringing, But Were Afraid To Ask

By Jill Magoon

Jill Magoon is editor for the United States Racquet Stringers Association. This is the second of two articles on stringing she has written exclusively for Racquetball. (See Racquetball, November 1980 for the first).

A wise old philosophical type once expounded: What you don't know about what you don't know can surely put your money into the pockets of people who don't know either. Loosely assimilated into the realm of racquetball stringing, it does have its meaning.



Find a stringer you can trust.

If you take your racquetball seriously (enough to break into a cold sweat when down 0-3), then perhaps you take your equipment seriously, too. There's always an excuse for that 21-1 loss—your shoes were on the wrong feet, you tangoed 'til dawn, you left your contacts in your extra set of eyes, etc., etc., ad infinitum. Yet there is one excuse the average racquetballer may not have considered; an excuse which is not entirely ludicrous. Your strings, man—blame the strings!

A nicely hit racquetball travels *fast* (anywhere from 100 to 150 mph) and connects with those strings some 150 to 400 times per game. If you've ever felt the sting of a racquetball, you'll understand the constant tension on your racquet, and on your racquet's strings. A few years ago, when things were affordable, if you broke a string you merely chucked the racquet. But racquetball is growing; equipment is becoming more sophisticated and so, necessarily, is the price. Racquet prices range from \$9.95 to over \$100. Unless you're an earl, baron, or you own your own racquet company, you may not want to ditch that racquet so fast.

A practical alternative to the trash can routine is a new set of strings. Seven to twelve dollars will buy you a new string job which, depending on the stringer, will either completely revitalize your rac-

quet... or will virtually destroy its playability.

Consider the case of Rocco, who holds the distinction of bottom position on our club's "B" ladder. Rocco's racquet recently met its demise during a diving attempt for an over-the-shoulder flip kill shot. *Wham!* He won the point—at the expense of a broken main (or vertical) string.

Since our club doesn't have a stringer, Rocco took his racquet to a local tennis shop. He's not hitting kill shots any more. You see, Rocco didn't know what tension was right for his racquet and the tennis stringer set his machine at 72 pounds—acceptable for some tennis racquets, but roughly akin to playing racquetball with an oaken plank. Rocco's shoulder will be better in a week or so. His racquet, alas, will not. It sits in the trash bin marked **TERMINALLY WARPED**.

As far as tension is concerned, if you have not already determined a preference, you'd do best to follow the advice of the racquet manufacturer. Most manufacturers recommend tensions of 22-30 pounds, depending on the model and composition of the racquet. Usually, a flexible racquet is strung loosely (22-24 pounds) for control, while a stiff racquet is tighter (28-30 pounds) for power.

Tension preference is very subjective. The rule of thumb is usually (but all players won't agree) tight for power, loose for control. If you have no idea what tension to use, ask your stringer. However, there is probably no reason for you to venture outside of the 20-30 pound range, so if your stringer recommends 55 pounds, reread the first paragraph, that part about how what you don't know can put your money into the pocket of people who don't know either. In other words, find yourself another stringer. Preferably one who knows racquetball.

Your stringer may question how and why the string broke (keep this one around, he's conscientious and very likely a pro at what he does). If the break is near the center of the racquet, it usually indicates worn strings followed by a hard swat at the ball. If the string breaks at the frame (and here is where your stringer's curiosity is likely to pique), the cause could be a broken grommet (the

ring or hole through which the string is threaded), or a rough spot in the frame. A good stringer will easily determine if either of these causes is in fact the case.

If so, both are easily remedied. A stringer can smooth out a rough spot with abrasive cord and he can replace a broken grommet with grommet tubing. Regardless, before stringing your racquet, he may want to determine the cause of breakage and should take any measures necessary (if he can) to prevent it from happening again.

Many racquetball clubs are not fortunate enough to employ an in-house stringer. Often, you will have to leave your racquet at the front desk and someone will come by next Tuesday or Friday to pick up whatever batch awaits new string jobs. Obviously, it's not the ideal situation. You have no chance to confer with the stringer and no chance to evaluate his competence. You can only determine his stringing abilities *after* your racquet is returned to you. (He may be, of course, the Van Gogh of his profession.)

Even the best stringers have come upon the Saturday Night Special. If such is the case of your racquet (either one of the \$2.98 variety, or a good one worn out over the years), chances are it will come back to you warped. Chances are, too, that it is not your stringer's fault. (If it looks like he's used it to chop wood, *do* complain.)

But warpage is a considerable plight to stringers. An average racquetball racquet is subject to some 850 pounds* of pressure. The stringer is in a somewhat precarious position being responsible for the application of that pressure. His stringing technique can determine the effect of those 850 pounds. He can take certain steps to prevent the distortion of your racquet; or he can warp it irreparably.

The most crucial preventive measure a stringer can take is to be sure that the racquet is braced securely in the stringing machine *before* he applies any tension. If the machine parts are not adequately tightened to brace the racquet, then the frame is at the mercy of those pounds and warpage is almost guaranteed.

A second logical step in preventing distortion is called *alternate main stringing*. It involves stringing the center two mains (or vertical strings) first, then alternately stringing one or two mains on each side (right and left). Alternate main stringing sustains an equalization of pressure on the frame throughout the

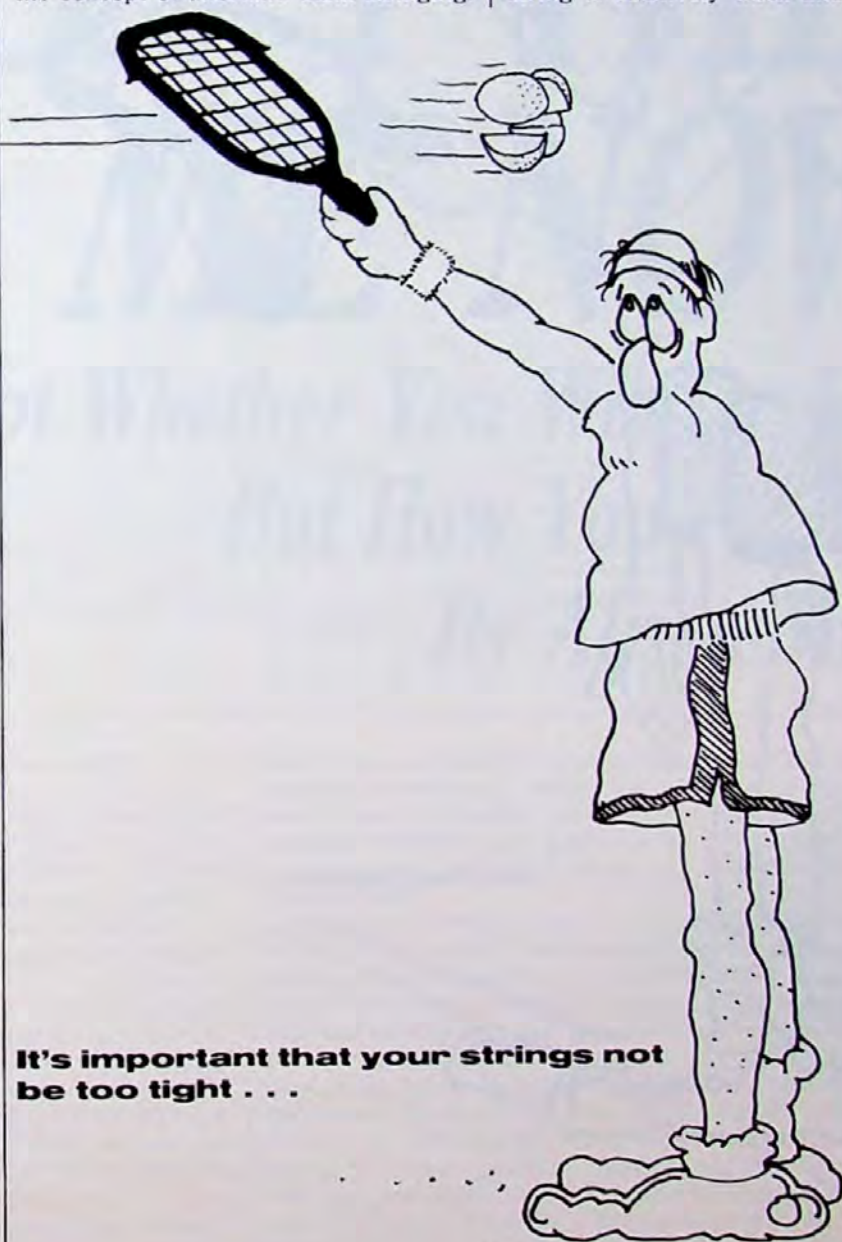
stringing of the mains. Both of these techniques involve very little effort by the stringer, but they could make the difference between a racquet revitalized and a racquet quite effectively destroyed.

One way to insure that your stringer has access to the proper information to string your racquet is to choose a member of the United States Racquet Stringers Association (USRSA). The USRSA is an organization of over 1,800 professional racquet stringers dedicated to stringing for maximum playability of the racquet. Our members are kept informed as to current procedures and innovations in stringing for *all* racquet sports. The USRSA, in fact, developed the concept of alternate main stringing.

Ask your stringer if he's a USRSA member. If so, that spiffy racquet of yours is in good hands.

Okay, so let's say you've found your stringer; you've discussed tension and you're ready to entrust him with your most prized possession. If you were playing any other racquet sport, you'd have one more decision to make—which string to choose. There is, however, very little choice for racquetball players, simply because most players—including the pros—find that the string makes no difference in how the racquet plays.

Most racquetball companies use a 15 gauge, multifilament nylon string in their racquets. Consequently, most stringers do the same. Because 15 gauge string is relatively thick and can with-



It's important that your strings not be too tight . . .

*Solemnly mathematical here for a moment: tension of 25 pounds (for example) x 16 mains (vertical strings) equal 400. 25 pounds x 18 crosses (horizontal strings) equals 450. 400 plus 450 equals 850.

stand high tensions, it is well suited to tennis stringing, but it may not be ideal for racquetball players.

At least three string manufacturers have begun marketing a string expressly for racquetball. Ashaway Line and Twine and Major Racquet Strings sell a 16 gauge (thinner than 15 gauge) multifilament nylon for racquetball stringing. Steve Crandall, vice president of Ashaway, explains; "A thick string doesn't give a player any 'feel' for the ball. Racquetball tensions, unlike tennis, are low enough so that string durability

isn't really a problem. You can use a thin string for racquetball without sacrificing the life of your string job."

According to Doug Dempsey, president of New Process Products, Inc.; "Using tennis string in a racquetball racquet is a classic case of overkill. It's like building a 10 foot wall when a two foot wall will do. Tennis string is too thick, too stiff, too inconsistent and too insensitive to low tensions to be an effective string for racquetball." Dempsey has designed a very thin (17 gauge) string which he feels will revolutionize racquet-

ball stringing. Having worked seven years as director of research and development for Wilson Sporting Goods, he realizes why strings are insignificant to racquetball players.

"No racquetball player thinks that string type makes any difference in playability," he continues. "That's because if you use a 15 gauge tennis string, it doesn't! In order for a racquetball player to notice any feel in a string, it has to be designed for the small racquet face, lower tensions and a softer, lighter ball." Dempsey contends that his racquetball string—called *Gunpowder*—is not only thinner, but more resilient, more powerful and more sensitive than is any tennis string.

Nothing gluts a market faster than an idea whose time has come. With the industry finally taking notice, research and development teams are finding themselves knee deep in string prototypes. Innovation will happen.

So take heart; racquetball stringing is coming of age. And in time, so will the stringers and methods most suitable for the sport. Players will demand the attention they deserve — and they'll get it. And shortly hereafter you may not be able to blame those losses on your strings. Good grief. Those midnight rumba lessons, man — blame those rumba lessons! ■

For information about stringing, contact the United States Racquet Stringers Association, P. O. Box 40, Del Mar, Calif., 92014; or call 714-452-8602.

String Sizes

Nylon string sizes are determined by the American Standard gauge system. The bigger the gauge number, the thinner the string.

Different string manufacturers use slightly differing measurements to determine gauge size. One company uses .057 to .059 inches in diameter as 15 gauge; another uses .055 to .057 inches.

The following chart for string thickness is recommended by the United States Racquet Stringers Association:

GAUGE	DIAMETER	
	INCHES	MILLIMETERS
15	.056—.058	1.4+
15L (15 light)	.053—.055	1.35+
16	.050—.052	1.3
17	.044—.046	1.14





FEEDS DON'T FAIL ME NOW

*It's Not Whether You Win Or Lose,
But How You . . . Eat?*

By Alison Miller

Alison Miller is a cookbook editor and free-lance writer.

You know the feeling. You are at 20-19, just one shot away from beating a player whose skills and shots are nowhere near as good as yours. You knew all along you would beat him, but never guessed that it would be so hard. Then—a deep corner serve, a high backhand lob, and *he* has won the game. Now, before you take your racquet to your head in anger, or storm into the clubhouse to sign up for another battery of lessons, stop for just one minute. Think back . . . to what you had to eat today.

The simple truth is that racquetball is a sport that burns over 600 calories in an hour of vigorous playing. Multiply that by two or three matches on some days, and you are talking about a high level of energy output. When you stop to realize that the average adult burns only about 3,500 calories in the course of a mildly active day, you can see that a few games can double the number of calories you expend, making it important for all racquetball

players to remember: You are what you eat. Good nutrition is something you cannot overlook if you want to stay on top of your game, cut your reaction time down, and maintain stamina for those long tournaments and hot days. A nutritionally sound, well-balanced diet can truly give you the competitive edge.

But what *is* sound? How can you tell if the many “high-energy save your life” diets available at the drug and grocery stores are safe and what you need? The best thing for you to remember when analyzing your own eating habits is this: Any safe and healthy diet will include a complete variety of foods (not just grapefruit or bananas) and will allow you to modify your eating habits for a lifetime of good eating, both on and off the courts. Each player must determine for himself which foods work best for him—both before and on the day of a match. The most important thing to remember is that the diet that puts you in the best shape for your game is the diet that will keep you in shape for life; in other words, there are very few differences between the athlete's diet and that of the average healthy person. You, as an athlete in training, only have the advantage of being able to eat more of the foods that will keep you in top shape.

But where to start? If you go to your local library, looking for a simple book that will reveal the secrets of diet success for the athlete, you will probably be greeted by a shelf full of diet



"The single most important thing to remember about fats is that the body only needs a small amount to stay healthy, and the rest gets stored as a spare tire around your waist."

books that have titles like *The No-Food High Energy Diet* or *The Original Lose 25 Pounds on Fried Chicken Diet*. Most of these are written by doctors and nutrition experts who have spent their lives studying man and food so it is natural to think that their ideas are better than your own. Think again. For whatever reason, many of the diet books that you run across in bookstores, drugstores, and libraries recommend eating plans that are either impossible to stick to ("Swallow two whole bananas three times a day with a glass of tap water"), or cause you to become malnourished in important areas by eliminating one or more of the nutrients essential to your body. The best diet to follow is one that allows you to eat a variety of foods, and foods that are as unrefined as possible. Athletes and body-builders all over the world will tell you that a diet close to the one found in nature is the diet that will help you achieve the best results in terms of power, stamina, and general well-being. And just what diet elements are "close to nature?" To make each shot count, and to make sure you are still up on the floorboards for the finals, you should include the following elements in your training diet.

Fats—Fats have gotten a bad name lately, and partly with good reason. Americans have a very high incidence of heart attack and other diseases which are commonly related to a diet high in fat. The trick lies in being able to tell the good fats from the harmful ones, because a certain amount of fat is needed by the body to provide fuel. Saturated fat, which increases the body's cholesterol, is one of the bad guys. It is not necessary to our bodily functions and therefore should be avoided. Derived mainly from animal sources, Americans find a lot of it in their diet due to the amount of meat consumed. Try cutting away visible fat from meat, poultry and fish, or even substituting vegetables such as beans or peas for a meat dish. Monounsaturated fat is another bad guy, which you may not have heard of. It's found mostly in products made of vegetable oils. Polyunsaturated fat, as you've probably heard by now, is the only fat essential to our diet. Look for polyunsaturated fat on the labels of pro-

ducts you buy. When you have a choice, it's a much safer one.

The single most important thing to remember about fats is that the body only needs a small amount to stay healthy, and the rest gets stored as a spare tire around your waist. Be aware of the fat content of your foods—even such things as cheese and ice cream are loaded with fats—and you'll stand a better chance of staying light. And it's important to travel light on a racquetball court.

Take a pinch test by pinching yourself on the back of your arm between your elbow and shoulder. If you can grab more than one inch of fatty tissue, you are carrying too much fat and are probably slower than you could be because of it.

Proteins—Most people think of meat when they think of protein. But the truth is that much protein can be found in legumes—peanuts, soybeans, kidney and white beans, for example. Protein is not really crucial for energy, as was once believed, but it is important in building and repairing body tissue. By substituting a bean or legume dish, such as homemade split-pea soup, for your daily meat serving a few times a week, you will be benefitting from a high protein source without the unwanted saturated fat that goes along with meat. (It will probably provide a break for your budget as well.)

Sugar—By now almost everyone in the United States has heard about the problems associated with refined sugar. Some of the more serious ones are diabetes, obesity, heart attacks, dental decay and chronic urinary infections. The reality is that sugar is in almost everything we eat. So, it is helpful to learn the difference between natural sugars, which occur in fruits and vegetables, and the refined sugars that are put into most canned goods, luncheon meats, and fast foods. Natural sugars that occur in fruits are similar to refined sugar in many ways. But, there is a crucial difference. Sugars that occur in nature are present with many other vitamins and minerals in a delicate balance that allows the body to use them as they were meant to be used. Refined sugars, however, actually draw from the body's nutrients as they are metabolized.

As a result, the disadvantage of refined sugar for the serious athlete is that it slows down muscle reaction time and can actually *weaken* muscles. While you may feel a temporary "lift" after you down a candybar, be assured it is only that—temporary. Your blood-sugar level, which is what determines that energetic feeling, will drop dramatically shortly after it has been artificially stimulated by the refined sugar.

Most coaches no longer recommend chocolate bars in-between games. Instead, they are likely to persuade their players to eat a piece of fruit or a bowl of yogurt. It is easier for the system to digest, and will provide the energy needed to get through another game, rather than just through the next play.

For the athlete who is really serious about cutting sugar out of the diet, the best thing to do is become a "label reader." Whenever you are shopping, take a moment to survey the labels on the foods you are buying. Not only will you begin to recognize the number of additives in our American processed foods (to date over 1,300 are allowed), you will soon realize refined sugar is in almost everything—crackers, cereals, breads, meats, vegetables, and even salt! Anything with corn syrup, glucose, sucrose or dextrose on the label contains sugar in a refined form.

Carbohydrates—Carbohydrates are the most underrated foods on the American training table. Many people believe that they are fattening and have no nutritional value, when in fact carbohydrates should (ideally) provide us with 50 to 60 percent of our daily diet, and energy.

Unlike refined sugars, which actually take away some of our body's nutrients to complete their metabolism, complex carbohydrates—derived from fruits and vegetables in unprocessed, unrefined states—assist the body in digestion of other foods. Complex carbohydrates are very high in vitamins and minerals, and, contrary to popular belief, carry the same amount of calories as sugars and proteins.

When selecting fruits and vegetables for the diet, try to keep them as close to their natural state as possible—and you'll get those needed complex car-



"The danger of carbohydrate loading, before a match or any other time you may be depending on physical strength, is that a 'shock' effect can set in after a few hours."

bohydrates. Eat them raw or steamed lightly, with their skins and fibers intact. They are the parts of your diet that will keep your digestive system running smoothly, while providing you with the highest quality energy available.

One other valuable source of carbohydrates are cereals, such as bran, wheat germ, oats, corn and whole wheat. Spaghetti and rice products can be an inexpensive way to get quality carbohydrates—just make sure your pasta is made with whole-grain flour, (also check the bran and the wheat germ), and that your rice has been left unhulled. This eliminates any form of instant pasta or quick-cooking rice or cereal; they cook quickly only if the roughage has been removed. Without the roughage these foods provide you with many calories and no other redeeming value.

Finally, a word of caution against another element ever-present in the American diet—salt. Salt is mainly related to hypertension, or high blood pressure—which occurs in abundance in today's American population. And while you can voluntarily control your intake of table salt, you cannot control the varieties used in processing our foods. As with refined sugar, you will find sodium on the most surprising labels—from cheeses, and frozen dinners to chocolate milkshakes. Certainly, for any serious athlete, particularly racquetballers, whose exercise is primarily aerobic in nature, it is important to lower salt intake. After all, while the aerobic nature of racquetball is increasing your lung/heart capacities, the amount of salt you are eating may be offsetting those benefits.

There are innumerable theories about pre-game diets. A recent trend has been toward "carbohydrate loading." It is done like this: The player eats his normal diet until one week before the game. He then starts eating a diet that is high in protein and as low in carbohydrates as possible. About three days before the tournament, he continues with the high-protein diet but adds a large amount of carbohydrates, in the form of breads, cereals, pastries and pasta.

The theory behind such a gross change in diet is that carbohydrates are converted into body energy more quickly

than other foods, and thus give the athlete "quick" energy. It has been an apparently successful plan for certain endurance sports, such as swimming and running. The competitors who do this can out-perform the competition on a short term basis. However, the danger of such a radical diet change, before a match or any other time you may be depending on physical strength, is that a "shock" effect can set in after a few hours. And that can leave you weaker than you would be if you had not consumed such large amounts of carbohydrates. For serious racquetball players, when a tournament can mean a few hours of serious play and many hours of waiting for matches, the technique of carbohydrate loading would be especially bad. What a racquetballer needs most is a diet that will allow him to maintain his stamina over several long days of competition, not just for short bursts of energy.

So, for the serious racquetballer, the diet to follow before an important match,

or a tournament, is the one that he eats most of the time. And, if the one he eats most of the time doesn't fit the basic guidelines offered here, it may be time for a change.

A useful source for summarizing these guidelines is the *Journal of the American Medical Association*, which in June, 1977 offered the following dietary recommendations for the average American, as compiled by a group of over 200 scientists from 23 countries. In order of priority, the recommendations were: fewer total calories, less fat, less saturated fat, less cholesterol, more polyunsaturated fat, less sugar, less salt, more fiber, and more starchy foods. It is safe to say, then, that these general recommendations can be applied to American athletes as well. And for racquetballers, who expend such a great amount of energy in such a short period of time, good diet is essential. It is the first step toward maintaining peak form. And in the long run, it may mean the difference between winning and losing. ■



F.Y.I.

If this article has whetted your appetite for more information about nutrition, here are some helpful sources, recommended by author Alison Miller.

Wilson, Eva, Fisher, Katherine, Fuqua, Mary. *Principles of Nutrition*. 3rd ed. New York: John Wiley and Sons, Inc. 1975. A highly detailed nutritional textbook.

Reuben, David. *Everything You Always Wanted to Know About Nutrition*. New York: Simon and Schuster, 1978. A very readable layman's book on the importance of fiber in the daily diet.

Columbu, Franko. *Winning Bodybuilding*. Chicago: Contemporary Books, Inc. 1977. This book deals mainly with weight-lifting, but also has an important chapter on the evils of sugar and the superiority of natural foods.

Also, a book only recently published which is gaining in popularity is *Diet Against Disease: A new plan for Safe and Healthy Eating*, by Alice A. Martin and Frances Tenebaum. It is published by Houghton Mifflin Company, Boston.

In addition, you may find it interesting to read *Dietary Goals for the United States*—the published results of the Senate Select Committee on Nutrition, which investigated the risk factors of disease from the average American diet.

And finally, if you really want to watchdog, for \$2 you can purchase a poster called *Chemical Cuisine* (which describes additives, both safe and harmful), from the Center for Science in the Public Interest, 1755 S Street NW, Washington, DC, 20009.

Bon appetit!

R - A - C - Q - U -

JANUARY 2-4

Holiday Spectacular (3)
Boston Tennis Club
Boston, MA
John Lepore
617-662-6791

Wichita Juniors Open (3)
Supreme Courts West
Wichita, Kansas
Dewane Grimes/Rusty Jones
316-945-8331

JANUARY 9-11

Racqueteers Racquetball Classic (3)
Racquetteer Courts
216 S. Moon Ave.
Brandon, FL 33511
Joe Icaza
813-685-5702

3rd Annual Maine Closed Singles (2)
Andy Valley Racquetball Club
Lexington Ave.
Lewiston, ME 04240
Dave Biladeau

Connecticut Open (3)
Downtown Racquet Club
New Haven, CT
Will Verhoeff
203-787-6501

Miller Lite/WGBY Supreme Courts
Racquetball Open (3)
Supreme Courts of West Springfield
Tom Economidy
413-781-0181
155 Ashley Ave.
West Springfield, MA 01089

JANUARY 16-18

R & R Racquetball Open (3)
R & R Racquet Club
E. Bridgewater, MA
617-447-4478

1981 Westwood World Neighbors Charity
RBT (4)
Westwood Racquetball Club
9369 Country Club Road
Houston, TX 77036
Richard Spear
713-771-9342

Lite/Penn Series (3)
Supreme Courts V
Keith Calkins
3033 Alvarado
San Leandro, CA 94577

2nd Annual March of Dimes Benefit (3)
Sportrooms
1700 Douglas Rd.
Coral Gables, FL 33134
Carl Dean
305-443-4228

Cerebral Palsy Benefit (3)
Quadrangle Coral Springs
Fred White
305-753-8900

Nashville/Natural Light Racquetball
Championships (3)
Supreme Courts
4633 Trousdale
Nashville, TN 37204
Dorothy Dixon
615-832-7529

1st Annual Racquethouse Invitational (2)
Racquethouse
4951 Lower Roswell Road
Marietta, GA 30067
Janet Marshall
404-971-1700

JANUARY 23-25

Walsh Steel/Royal Courts Open (3)
Royal Courts
Wilkes Barre, PA
Bob Bakunas
717-822-9000

Bay State Open (3)
Game Pointe Racquet Club
Plymouth, MA
Maureen Henrickson
617-754-6073

Mason-Dixon Classic (3)
Greenville Racquetball Club
3700 Kennet Pike
Greenville, DE 19807
Russ Ruark/John Chelucci
302-654-2473

1981 Tiger Open (3)
Racquet Club
467 N. Dean Road
Auburn, AL 36830
Jim Hawkins
205-887-9591

1st Annual Snowfest Open (3)
Court yard Racquetball Facility
Rt. 5
Saco, Maine 04072
John Bouchard

Mid America R/B Open
Salinas Family YMCA
571 YMCA Drive
Salinas, KS 67401
J. J. O'Connor
913-825-2151

JANUARY 29-FEBRUARY 1

Have A Heart R/B Classic
Sports World
2601 Ridgeway Road
Pine Bluff, AR 71603
James Bixler
501-879-4656

JANUARY 30-FEBRUARY 1

Billtown Open (3)
Williamsport, PA 17701
Jim Huffman
717-326-2481

Double Trouble (3)
Fairfield Court Club
1471 Holiday Lane
Fairfield, CA 94533
John Reibin
707-429-4363

1st Annual Indiana County Racquetball
Tournament (3)
Supreme Court
1703 Warren Rd.
Indiana, PA 15701
Ken Baron
412-349-9430

Granite Racquet Club Open (3)
Granite Racquet Club
Acton, MA
617-263-0390

JANUARY 31-FEBRUARY 2
South West Florida Winter Classic (3)
Racquet Club
1048 Castello Drive
Naples, FL 33940
Karen Hoff
813-262-1112

FEBRUARY 6-8
Women's '81 (3)
Boston Tennis Club
Boston, MA
Maureen Henrickson
617-754-6073

Illinois State Doubles (2)
Hyde Park Racquet Club
1301 E. 47th St.
Chicago, IL 60615
Ray Mitchell
312-745-9400

Huntsville City Championships (2)
Spragins Hall
University of Alabama
Huntsville, AL 35807
Gary Bell
205-895-6586

Northern California Juniors Racquetball
Championships (2)
Sun Oaks Racquet Club
3452 Argyle
Redding, CA 96001
Lou Wallman/Dennis Bales
916-221-4405

University of Tennessee Health Services
7th Annual Big Orange Racquetball Tour-
nament (2)
UTHS
800 Madison Ave.
Memphis, TN 38163
Dave Mullinax
901-528-5620

Lite/Penn Series (3)
13th St. Racquet Club
1901 E. 13th St.
Cleveland, OH 44114
Frank Ondus
216-696-1365

C - A - I - F -

E - T - B - A - L - L

FEBRUARY 13-15

Empire Racquet Club Open (3)
Empire I
Chicopee, MA
Mike Romano
Paul Gelinas
413-536-8574

3rd Annual Washington's Birthday Open (3)

Merrymeeting Racquetball Club
Rt. 201
Topsham, Maine 04086
Bill Slattery

Blue Point Tournament (3)
Blue Point Racquetball Club
9A Montauk
Blue Point, NY 11715
Garrett Jones
516-363-2882

Bently Club Winter Classic (3)

Bently Club
2301 Grimes Dr.
Harrisburg, PA 17112
John Friend
717-545-4231

1981 Jacksonville Winter
Racquetball Classic (4)
Jacksonville Racquetball Club
6651 Crestline Dr.
Jacksonville, FL 32211
Van Dubolsky
904-724-6994 (club)
904-378-5093 (home)

FEBRUARY 20-22

March of Dimes Benefit (3)
Allentown Racquetball Club
601 Union
Allentown, PA 18101
Mary Musewicz
215-821-1300

FEBRUARY 26-MARCH 1

Closed Pennsylvania State Singles
and Doubles Championships (2)
Monroeville Racquet Club
Monroeville, PA
Chuck Kohl
412-264-6793

Colorado State Championships (2)

Executive Park Athletic Club
2233 No. Academy Pl.
Colorado Springs, CO 80917
John Mooney
303-592-7775

FEBRUARY 27, 28-MARCH 1

RACQUETBALL WEEK 1981
AARA STATE TOURNAMENTS

Missouri State Championships (2)
Spalding Racquetball Club
Bob Hardcastle
314-532-0484

New York State Championships (2)

21st Point Club
McKown Rd.
Albany, NY 12203
Al Seitelman/Vince Wolanin
518-489-3276

Alaska State Championships (2)

Racquetball Fairbanks
2nd & Eagle Streets (Graehl)
Fairbanks, AK 99701
Marvin Andresen
907-456-1914

March of Dimes (3)

Downtown Racquet Club
New Haven, CT
Will Verhoeff
203-787-6501

7th Annual Tornado Alley Racquetball Tournament (3)

Wichita Falls Racquetball Club and YMCA
902 Foley
Iowa Park, TX 76367
Ray Helmcamp

Wisconsin State Singles (2)

Supreme Courts
1301 Black Bridge Road
Janesville, WI 53545
608-756-3737
Will Mulvaney

MARCH 5-8

March of Dimes/Court House II 5th Annual
Oregon State Championships (2)
See page 27

MARCH 6-8

Massachusetts AARA State Singles (2)
Brockton Racquet Club
Brockton, MA
Maureen (Boulette) Henrickson
617-754-6073

1981 Connecticut State Championships (2)

Cedar Hill Club
Newington, CT
Ron Mirek
203-666-8451

Florida State Singles (2)

AARA Junior Regionals
See Page 27

MARCH 7-8

Dutch Open
Laan Van Nieuwoost
Indie 287 2593 BS
Den Haag The Netherlands
Han van der Heijden

MARCH 13-15

Lancaster-Osteopathic Hospital Benefit (3)
Lancaster County Racquetball
and Health Club
Lancaster, PA
Warren Koch
717-569-0463

MARCH 20-22

Illinois State Singles (2)
DuPage Racquet Club
Addison, IL
Ray Mitchell
312-745-9400

2nd Annual Heart Fund Winter Warm Up (3)

Jacksonville Racquetball Club
6561 Crestline Dr.
Jacksonville, FL 32211
Ray Ashworth
904-724-6994

Capitol Courts/Ormsby House Open (3)

Capitol Courts
3759 Gross Circle
Carson City, Nevada 89701
Rich Bennett - Mike Longero
702-882-9566

Eastern and Northwestern

Junior Regionals
See page 27

MARCH 27-29

13th Annual Maine Open (3)
Holiday Health & Racquetball
Odlin Rd.
Bangor, Maine 04401
Keith Mahaney

APRIL 10-12

Forest Hills Open (3)
Forest Hills Athletic Club
3910 Caughey Rd.
Erie, PA 16506
Tom Dougherty
814-833-2468

Blue Point Tournament (3)
Blue Point Racquetball Club
9 A Montauk
Blue Point, NY 11715
Garrett Jones
516-363-2882

APRIL 16-19

JUNIOR NATIONALS
Wichita, Kansas
Supreme Courts West
Dewane Grimes 316-945-8331
Ed Martin 916-221-4405

APRIL 24-26

AARA REGIONALS

May 21-25

AARA NATIONAL SINGLES
The Court House
7211 Colonial
Boise, Idaho 83705
208-377-0040

AARA sanctioned
tournaments in bold
(1)-1st level tournament
(2)-2nd level tournament
(3)-3rd level tournament
(4)-4th level tournament
(5)-5th level tournament
(6)-6th level tournament

*To put your tournament on this calendar, call
Hallie at 901-761-1172.

N - D - A - R

profile:

FRAN PRATHER

PLAYING FOR HIGHER STAKES BY WANDA WEBB

Wanda Webb is a free-lance writer living in Tennessee.

Fran Prather takes racquetball seriously, and with good reason. At 40 years of age, the vibrant, active Prather is one of the oldest living people with cystic fibrosis (CF), a disease which primarily affects the lungs. A major part of her therapy is exercise; and for Prather that means a lot of racquetball.

"I began playing racquetball two years ago with a friend of mine who is a nurse," Prather begins her tale. "I found that it increased my capacity for breathing and it just helped me all around. After a year of playing racquetball, my lungs increased their elasticity."

Until recently, Prather was playing racquetball three or four times a week. A hospital visit and a recent operation have caused her to slack off temporarily. But she's determined to play, as evidenced by the 30-mile trip she used to make to the Milwaukie (Oregon) Racquet Club where she began playing. She now plays closer to home (Canby, Ore.) at the Willamette Racquet Club—only a 24-mile trip. The distance traveled is minor to Prather. "It's worth it. It's better than making a trip to the hospital," she says in a matter-of-fact tone.

Racquetball has fit well into Prather's therapy as a sport in which she can get her needed exercise in a small and enclosed area. "Racquetball is fantastic. It's just great to get out on the court and bang that ball around and come out feeling like you could whip the whole world."



For a lot of [CF] patients, exercise is very hard to do because it takes so much out of you, but I feel that exercise is very important to the CF patient," she enthuses.

Cystic Fibrosis is a genetic disease which affects the lungs and gastrointestinal system and is a leading cause of death in children. Breathing difficulties occur due to a thick mucus that clogs the lungs and may also affect the digestive system. Prather is an exceptional CF victim, given her age and vitality.

The disease was first discovered in the 1930s and occurs in one in every 1,600 births. A sweat test to measure salt content is a major tool in detecting the disease. Both parents must carry the gene in order for a child to have CF, and the only way to find out whether one is a carrier is to have children with the disorder.

Often a CF patient's weight and height are stunted by the malabsorption of food through the digestive tract. For instance, Prather's weight has fluctuated between 82 and 130 pounds. Also, many facets of ordinary living become serious matters. Marriage, working, and having children are areas which pose particular problems and require careful thought. There are also daily concerns. Coughing is a constant reminder of the disease, but a necessary function to clear the breathing passages. Guarding the lungs against infection is another hazard, and the CF patient is always aware of the danger of infection. Hospital visits are common. The degeneration of the body and the fight to live are at times unbearable. It becomes as much a mental battle as a physical one—when dying seems easier than living.

At present there is no cure, but the disease can be controlled through

therapy and medication. Advances are being made to increase a patient's lifespan since little more than a decade ago most CF babies died at a pre-school age.

Although CF affects the digestive system, it more often seriously affects the lungs because of the mucus which forms in them. This is where racquetball comes in as a life-support system for Fran Prather.

"Racquetball really allows me to exert myself and helps to facilitate my therapy. I can be sick and not feeling well, but if I can go out and play for an hour without stopping, then I feel that I'm doing something that's very important to me." She also plays tennis, jogs, and has a recreation room in her home with exercise equipment which she uses on cold winter days when the risk of infection is greater.

Prather was born in Davidson, Tennessee. Her family moved to Dayton, Ohio, and later Climax, Colorado, where she graduated from high school. Her father was a coal miner and it wasn't always easy to adequately feed and clothe Fran and her nine brothers and sisters. "We were very poor. There were days without food, and sometimes we went barefoot to school in the winter. And of course there were no doctors. We really didn't have the necessary medical facilities or help available. I saw a dentist for the first time when I was a teenager," she recalls.

Living in coal mining communities was not the best environment for Prather's health. Two of her brothers died in childhood, and it is thought that they too possibly had CF, but at the time it was a newly-discovered disease.

Prather's disease was not detected until she was 18-years-old and in the hospital having her first child. "I was treated for tuberculosis, chronic bronchitis, and asthma. The doctors finally tested me for cystic fibrosis because they ran out of things to test me for."

The knowledge of the disease came as a severe blow. "It made me feel that I was less than perfect, that my body was not as perfect as it should be. At first I did not want anyone to know I had it, so I kept it undercover. I did not want to be treated any differently."

Her disease affected her life even further. The stress on her marriage eventually led to a divorce, leaving her with the responsibility of raising two small children. She was forced to go to work, and she could not always afford the medication which she so desperately

"I'm a fighter. I don't see my disease as a handicap. It makes me work as hard as I can. I wouldn't be the same person if I had not had CF."

needed.

Then she met Dr. Julia Grach, a pediatrician and head of the Cystic Fibrosis Department at the University of Oregon. Through counseling with Dr. Grach, Prather began to come to terms with her disease and see the need to help other CF patients cope with the same things with which she had struggled in her life.

Prather is now candid about her disease. She attributes Dr. Grach with much that happened to change her attitude. She says the major adjustment is realizing that "it's normal to be sick. It's normal to feel bad all the time."

Activity is a necessity for Prather. "I think that a person can use their disease as an excuse. I could not do that. I'm a fighter. As long as I can do things, then I feel I have a chance. It's when I sit back and don't do anything—there lies the danger. I would rather live and really live than to sit around and wait for death, because death is an enemy."

And live she does. Prather is actively involved in promotional work for the local chapter of the Cystic Fibrosis Foundation, has been chairman for the CF "Bowl for Breath" bowling tournament in Canby, counsels other adults with CF as well as parents of CF children, and has been a counselor in a CF summer camp. She has competed in numerous racquetball tournaments, writes poetry, and of course, exercises as often as possible.

There have been many obstacles which Prather has had to overcome in living with her disease, and many components she feels have attributed to her success in coping with it.

She attests that not knowing that she had the disease as a child is a major reason for her being alive today. "If they

had known that I had CF as a child, I think I would have died. It would have been hard for my parents to handle. They had enough to worry about. I was a sickly child, but I wasn't raised with the stigma of being labeled with CF. I couldn't have lived knowing I had a disease."

The support of her family is another element which she feels is important. About the same time that Fran met Dr. Grach, she also met and married her present husband, Raymond Prather. His support has been a mainstay for her. "He's made me milkshakes and forced them down me when my weight was down and I was just skin and bones. Also my children, Kerri and Douglas, keep me from doing too much, because I am that type of person. I will go until I drop. They force me to take care of myself."

It is apparent Prather has learned to persevere. "I'm a fighter. I don't see my disease as a handicap. It makes me work as hard as I can. I wouldn't be the same person if I had not had CF. I've come close to death many times, and that has given me a sensitivity to other people and to life. Looking back, I'd have to say that overall I'm getting more out of life than I ever would have."

And what kind of racquetball player is she? "I'm a good 'C' league player. My endurance level is quite high, so I can tire out my opponent and beat them. I have to play strategy. My serving is very important to me whether it's tennis or racquetball because if I can't get them on the back court, maybe I can get them with my serve."

Prather recently underwent surgery which put her out of commission for a while. However, she looks beyond the surgery to her plans for the future. And those plans include becoming more active in the women's class of racquetball now being formed at her club, participating in more racquetball tournaments, going back to college, learning photography and eventually writing a book or two. She intends to continue her active involvement with the Cystic Fibrosis Foundation as well. Listening to her, one can hardly doubt she will do all that and probably more.

"Life begins at 40," she admonishes. "I'm a fighter, and I don't go down gracefully. I feel sorry for people who say they are bored, because [I think] there are so many neat things to do."

Then, with a laugh that dismisses the serious overtones of what she says, Prather adds, "Racquetball is great. It's a crazy game." ■

T

TOURNAMENT

R

REPORT

Penn Stats

THE SECOND ANNUAL STROH LIGHT—SEAMCO OPEN

BY TOM DOUGHERTY AND PAT GERITY



(Left to right) Tom Dougherty, Mike Yellen, Mark Salvia, Barry Grossman

The Second Annual Stroh Light-Seamco Open held at the Forest Hills Athletic Club in Erie, Pennsylvania was a total tournament weekend for racquetball players. In conjunction with an AARA sanctioned open tournament which drew over 200 amateur players, players and spectators alike were treated to a semi-pro exhibition tournament with 16 of the top-ranked players in the East. Within this group were four defending state champions and players representing six states. And if that was not enough to satisfy any racquetballer's thirst for the game, the premier event of Saturday's activities was a three-hour clinic and exhibition by the number one touring professional in the country—Mike Yellen.

"Saturday Night Live" at Forest Hills had a unique guest host, Mr. Mike Yellen. Tournament players and spectators were treated to a display of racquetball prowess that many could only dream of having. The monologue for this "show" was a clinic by Mike Yellen explaining the basic strokes, serves, rally shots, and court positioning. This was followed by a question and answer session where the topics ranged from life on the pro tour to advanced court strategy and everything in-between. Mike Yellen then proceeded to engage and defeat a group of brave challengers. The first victim was the 1980 AARA Men's "B" National Champ, Mark Rapoport, followed by one of Forest Hills' professional staff, Mike Pancerev, and then onto Tom Dougherty, manager of Forest Hills. Next in line was Eric Foley, defending Maryland AARA State Champ and last, but not least, representing the state of Delaware, was Dave MacKelcan. This was truly a demonstration of the finer points of the game and the



Rich Evans (L), Mike Pancerev (R)



Mark Salvia (L), Adam Schwartz (R)



Rick Robinson (L), Nick Marinelli (R)

characteristics which distinguish amateurs from professionals.

Starting Saturday morning, 16 top-ranked players began competition in a round robin, semi-pro exhibition tournament. Throughout the day the pre-tournament favorite, Steve Mondry, advanced past Mark Rapoport, Jim Jones and Clark Pittman to earn a berth in the semifinals. Joining Mondry in the semifinals was Al Plummer, with wins over Mike Mychaskiw, Tom Travers, and a hard-fought upset over Eric Foley. Craig Guinter moved past Jim Sylvis, Jeff O'Malley, and last, but not least, after a two hour and 45 minute marathon, Leo Marsocci. Also entering the final four was John Moshides after defeating Rick Zewe, Vic Allen, and Dave MacKelcan. On Sunday morning, services began with Steve Mondry moving past John Moshides and Craig Guinter overcoming Al Plummer. This set up a Sunday afternoon show down between Mondry, a regular pro tour qualifier and Guinter, a five-time Pennsylvania State Champ and a National Men's Senior finalist. One of the most unique characteristics of this match was that it pitted two left-handed players against one another. After two hard-fought games, Steve Mondry came out on top in the semi-pro division, 21-15,

21-8.

Men's Open

The draw for the Men's Open was an impressive number of 29 men from the surrounding area. Reaching the quarter-finals on Saturday were Biff Kress, Adam Schwartz, Don Fletcher, Shelley Hoffman, Scott Johnson, Dan Obremski, Steve Kneeland, and Dave Sisemore. Emerging victorious from the quarter-finals to the semifinals were Biff Kress with a 21-13, 21-9 win over Adam Schwartz; Don Fletcher in a long, hard-fought match, 21-20, 12-21, 15-13, over Shelley Hoffman; Scott Johnson defeating Dan Obremski 9-21, 21-18, 15-11; and Dave Sisemore overcame Steve Kneeland 21-12, 21-6.

Sunday morning began with Biff Kress of Meadville, Penn., meeting Pittsburgh's Don Fletcher. The strong serves and powerful passes of Kress proved to be too much for Fletcher to handle as Kress moved into the finals with a 21-12, 21-12 victory. Action in the other semifinals involved Scott Johnson of Sharon, and Dave Sisemore of Pittsburgh. In a back-and-forth battle which lasted nearly three hours, Johnson outlasted Sisemore to win 21-16, 19-21, 15-9. Unfortunately Scott Johnson sustained an injury in his semifinal win which prevented him from playing the finals match against Biff Kress. In an anti-climatic finish, Biff Kress, winning by default, was crowned Men's "Open" singles champion.

Women's Open

Competition in the Women's "Open" singles began Saturday morning with Jan Peterson of Meadville eliminating Barb Smith of Erie, 21-12, 21-6. Karen Conlin of Cleveland, Ohio, moved past

Trudy Schifter of Erie, 21-1, 21-6. Nancy Holowid, Meadville, defeated Mary Blanciak, New Kensington, 17-21, 21-15, 15-6. Pat Martin, Cleveland, Ohio, gained a semifinal berth over Terri Johnson, Sharon, 21-11, 21-2. Saturday afternoon's semifinal action had Karen Conlin defeating Jan Peterson, the reigning Pennsylvania AARA Women's "B" champion, in a hard-fought 21-17, 20-21, 15-7 victory. In the other semifinals match, Pat Martin moved past Nancy Holowid by scores of 21-5, 21-15. This led to a finals match that pitted doubles partners against one another, Karen Conlin against Pat Martin. The outcome was a three-game match with Martin taking the Women's "Open" crown by the scores of 20-21, 21-19, 15-12.



Scott Johnson (L), Jim Jones (R)

Men's Open Doubles

Saturday afternoon's quarterfinals had the team of Scott Johnson and Jeff O'Malley gaining a semifinal berth with a 21-14, 21-10 victory over Wally Mason and Rich Wilson; Don Fletcher and Dave Sisemore edging by Dan Obremski and Adam Schwartz 18-21, 21-9, 15-14; Jim Jones and Rick Zewe defeating Tony Gentile and Rip Miller, 18-21, 21-17, 15-4; and Biff Kress and Steve Kneeland squeezing by Lou Fabian and Harry Miller, 21-11, 19-21, 15-13. In Sunday morning's semifinals, the teams of Johnson and O'Malley defeated Fletcher and Sisemore, 19-21, 21-19, 15-10; and Jones and Zewe defeated Kress and Kneeland 21-15, 8-21, 15-3. The final of the Men's "Open" doubles went to Jim Jones and Rick Zewe with a 21-19, 21-16



Jeff O'Malley (L), Don Fletcher (R)



(Left to right) Scott Johnson, Rick Zewe, Jim Jones, Jeff O'Malley

victory over Scott Johnson and Jeff O'Malley.

Women's Open Doubles

Emerging victorious was the team of Karen Conlin and Pat Martin over Judy Hopkins and Shirley Smith 21-4, 21-9. Conlin and Martin reached the finals with a win over Eileen Carlson and Jan Peterson, 21-6, 21-13. Hopkins and Smith earned their finals berth with a 21-11, 21-7 victory over Mary Artello and Debbie McCollim. In quarterfinal action Carlson and Peterson downed Carolyn Bannister and Diana Prindle 21-9, 21-4. Conlin and Martin ousted Kathy Wehrle and Diane LaCastro 21-6, 21-2. Artello and McCollim defeated Nancy Holowid and Evelyn Camasi in a cliff hanger, 21-11, 16-21, 15-12. Hopkins and Smith moved past Ronnie Slain and Ginny Furtivo 21-11, 21-17.

Men's Seniors

In the quarterfinal action, Tony Gentile upended Bill Robertson 21-4, 21-2; Harry Miller moved past Joe LoTempio 21-9, 21-16; top-seeded Don Granahan advanced to the semifinals with a 21-17, 21-13 win over Rip Miller; and Rich Wilson, in a marathon match, defeated Doug Smith 21-10, 15-21, 15-14. Sunday morning saw Tony Gentile oust Harry Miller 21-15, 21-11 and Don Granahan eliminated Rich Wilson 21-2, 21-11. In the finals Don Granahan snatched victory away from Gentile 21-17, 21-13.

Men's B

In a thrilling finish, the Men's "B" final went the distance with Bob Embow of New York, meeting Brian Lucas of Pittsburgh. The first game went to Embow 21-18; the second, on a strong comeback went to Lucas, 21-9; but Embow prevailed in the tiebreaker 15-11, to capture the Men's "B" laurels. Embow ad-

vanced into the finals with a 21-13, 21-10 victory over Ron St. Clair of Pittsburgh; in the other semifinals, Lucas defeated Erieite, Brian Morris, 21-9, 21-12. The quarterfinal action, which was contested Saturday morning, had St. Clair defeating Rocky Castor of Youngstown, Ohio, 21-18, 21-18; Embow defeating Charles Tarantini of Pittsburgh, 21-7, 21-12; Lucas defeating Wally Mason of Meadville 21-9, 14-21, 15-4; and Morris defeating Scott Bush of Erie, 21-14, 21-11.

Women's B

Saturday morning's matches began with the quarterfinals of the Women's "B" singles. Emerging victorious were Debbie McCollim of Erie with a 17-21, 21-20, 15-2 upset victory over Meadville's Eileen Carlson; Terri Brinker of Oil City, eliminating Trudy Schifter of Erie, 21-11, 21-13; Samantha Brem of Pittsburgh, defeating Youngstown, Ohio's Jackie Hanslick, 21-14, 21-11; and Terri Johnson of Sharon, moving by Judy Weber of Pittsburgh, 21-0, 21-7.

Later that day in the semifinals, Terri Brinker earned a finals spot with a 21-19, 21-18 victory over Debbie McCollim while Terri Johnson went the distance with Samantha Brem to win 18-21, 21-20, 15-4. This brought about Sunday's two and one-half hour final match with Terri Brinker emerging with the Women's "B" honors by defeating Terri Johnson, 10-21, 21-13, 15-10.

Men's Novice

The semifinal action pitted Matt Martinez of New York against Craig McKee of Pittsburgh with Martinez moving into the finals 21-9, 21-4. Meadville's Gail Peterson defeated New York's Dennis Adams 21-19, 15-21, 15-9. In the finals, Martinez gained his first AARA tournament championship with a 21-15, 21-11

victory over Peterson.

Women's Novice

Flonet Biltgen of Pittsburgh defeated Erie's Kathy Zeisler in the semifinals 21-14, 19-21, 15-7 while Sherry Mason of Meadville ousted Margaret Tiglio of Pittsburgh 21-5, 21-2. The finals on Sunday morning had Mason downing Biltgen 21-14, 21-11. ■

Time Out

The success of the Second Annual Stroh Light-Seamco Open would not have been possible without the help of many good friends whom we would like to take this opportunity to thank: Stroh light beer represented by Ed and Phil McCormick from Erie Beer Co.; Jim Amick from Seamco sporting goods; Professional Employment Recruiters, Inc., Super Sport and Jerry and Sue Beck who were sponsors for Mike Yellen; Bob O'Malley for his help with the tournament lodging; Margaret Beckman, Marie Bruno, Kathy Wehrle, Jack Watts, Gib Loelsel, Eric Staaf, and Dick Yeager who helped make this tournament run smoothly and successfully; and Gene and Nancy Ware for all the excellent photography.

Thanks also go to Pat Gerity, director of Tournaments Unlimited, Inc. and his staff; to Barry Grossman and Jack Fatica, owners of Forest Hills; to Tom Dougherty, club manager; Mark Salvia, club pro; Diane Fratus, program director; and the entire staff of Forest Hills Athletic Club.

Finally, to all 246 entrants without whom there would have been no tournament, we say thanks.

AARA JUNIOR REGIONALS

SPONSORED BY PENN ATHLETIC PRODUCTS, CO.

***MARCH 6, 7, 8, 1980**

The Junior Regionals will be "OPEN" this year and players may compete in any regional he or she desires; however no player may compete in more than one regional.

ENTRY FEE:

\$15.00 (Limit one event) Make all checks payable to: AARA Junior Regionals (list the name of your regional)

ENTRY DEADLINE:

Postmarked February 27, 1981. ALL ENTRIES ARE FINAL. No applications will be accepted after this date. Mail all entries to: the address listed for each individual region.

OFFICIAL TOURNAMENT BALL:

Penn Ultra-blue.

AWARDS:

For first three places in each division and consolation. Regional winners will be seeded in the Junior Nationals — April 13-16, 1981 at Supreme Courts West, Wichita, Kansas.

RULES:

Age as of January 1, 1981. AARA official rules will apply. Only amateurs may participate. AARA rules state the definition of an amateur racquetball player as anyone who has not received money (any amount) in any pro-sanctioned tournament (NRC, PRA, IPRO, WPRA, NARP or any other association so deemed by the AARA Board of Directors), for one year. Validation of age must accompany entry.

**Proof of current AARA membership required.
(Membership may be purchased at registration.)**

Eye protection is necessary to play in any event.

***Eastern Regional and Northwest Regional
will be held March 20-22, 1981.**

DIVISIONS:	BOYS	GIRLS
Check one	☐ 10 and under ☐ 13 and under ☐ 15 and under ☐ 17 and under	☐ 10 and under ☐ 13 and under ☐ 15 and under ☐ 17 and under

PLEASE PRINT

NAME _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

WAIVER: I hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims I may have against the American Amateur Racquetball Association or its representative agents for any and all injuries.

DATE _____ SIGNATURE _____

SIGNATURE OF PARENT OR GUARDIAN _____
(Validation of age must accompany entry.)

penn

JUNIOR REGIONAL SITES March 6 - 8, 1981

Central Regional
Du Page Racquet Club
475 Grace Street
Addison, Illinois
Ray Mitchell
312-745-9400

Northeast Regional
All Sport Racquetball Club
240 A. North Road
Poughkeepsie, New York 12601
James Barysh
914-452-5050

Midwest Regional
Racquetball of Omaha
3415 South 67th Street
Omaha, Nebraska 68106
Terry Elgethun
402-393-3311

Southeast Regional
The Courtrooms
750 West Sunrise Blvd.
Fort Lauderdale, FL 33311
Fred Blaess
305-764-8700

Western Regional
Fairfield Court Club
1471 Holiday Lane
Fairfield, CA
Lou Wallman
707-429-4363

Midwest Regional
Athletic Express
700 Russell Avenue
Gaithersburg, Maryland 20700
D.C. Lantz
302-654-2231
John Ware
(W) 800-638-2612

Southwest Regional
Las Vegas Racquet Ball Club
1070 E. Sahara Ave.
Las Vegas, NV 89104
Ray Anderson
702-733-1919

**SPECIAL DATE -
March 20 - 22, 1981**

Eastern Regional
The Playoff Racquetball &
Handball Club
288 Wood Road
Braintree, MA 02184
Jim Daly
617-848-8080

Northwest Regional
Gresham Court Club
19201 South East Division Street
Gresham, Oregon 97030
Mark Elsenzimmer 503-665-4142
Dave Lewis 503-666-1245

**Junior Regional Tournaments
are AARA level 5.**

NCCA National Convention: The Tip of the Iceberg

The National Court Clubs Association (NCCA), the national association of racquetball clubs, is holding its annual National Convention and Trade Show this month, bringing together 400-500 club owners or their managers for four days of meetings, workshops, seminars and two days of exhibits at their annual Trade Show.

The Convention is the highlight of the year for the racquetball industry because it is the only opportunity owners get each year to meet with their counterparts from the various geographic regions in order to identify problems in the industry and take steps to solve those problems.

While many owners may find it difficult to consult with another owner who's club is a few miles away, most find little difficulty discussing the intimate details of the court club business with owners hundreds or thousands of miles away. This give and take enables club owners to find out what programs are proving successful around the nation, how they work and how they can be implemented in his, and your, club.

The Trade Show portion of the National Convention features manufacturers and distributors of equipment ranging from pro shop items like balls, racquets and gloves, to pre-opening equipment such as panel systems, computers and exercise equipment.

As important as the NCCA's annual Convention and Trade Show is, the truth remains that it is merely one segment of an overall program aimed at improving the racquetball industry and promoting racquetball with the average player in mind.

"The NCCA believes very strongly that the future of the industry is with the players who make up the heart and soul of racquetball," said Chuck Leve, executive director of the organization. "That means the average club player. Without these men and women, we'd all be out of business."

The NCCA appears to be reading the industry correctly if you judge by the progress this not-for-profit association has made in the past few years. Today over 60 companies in racquetball and related businesses have joined under the NCCA's Associate Membership program.



"We feel the support from so many manufacturers is a vote of confidence for the avenue we're pursuing," said Leve. "You can only do so much with tournaments. After that you have to go directly to the needs and goals of the average player, male and female. And let's face it — over 99 percent of all racquetball players are not tournament-type players, — they're recreational players, with different needs."

The club owners also seem to agree, as the NCCA's membership for clubs has grown from 159 two years ago to over 350 currently. A significant reason for this growth comes from the NCCA's development of additional benefits for its members.

In the past 18 months the NCCA has incorporated new programs that aid both the owner and the players at NCCA clubs. A 25 percent discount from Avis Rent A Car, extended to any member of an NCCA club, became the most widely used member benefit during 1980, with over 500,000 players in North America receiving wallet-sized Avis discount cards.

The formation of the industry's first worker's compensation insurance safety group became a major benefit for owners, who are now hopeful of receiving substantial rebates on their worker's compensation insurance premiums due to the formation of the safety group. This particular program was coordinated by the NCCA with the National Tennis Association (NTA), the association of tennis club owners, due to the great similarities involved in running tennis and racquetball clubs.



A variety of scenes for the NCCA's National Convention show the serious work going on between club owners, searching for answers to problems and issues in the court club business.

What does the future hold for this aggressive, young organization?

One item at the top of the NCCA's agenda is work in the area of safety on the racquetball courts, particularly eye safety. The NCCA feels that much more needs to be done, particularly in education, to encourage players to wear eye protection devices.

"But just wearing eyeguards is not enough," says Leve. "We must stress court etiquette, safer playing styles, and on-the-court concentration. When played properly racquetball is not dangerous, however, if the players don't really know what they're doing on the court, there could be a problem."

In this regard Leve was recently named to an advisory committee on eye safety in racquet sports by the National Society to Prevent Blindness and recently attended the first meeting of that committee.

"I was tremendously impressed by the dedication of these people toward reducing the number of eye and facial injuries in racquetball," he said. "And many of those on the committee are the top medical experts in the area of eye safety who have spent 10-20 years in this field."

All in all, the NCCA is beginning to establish itself as a major factor in the racquetball industry. The leadership it is showing is vital to the future success of the sport and the association does not take its position lightly.

"We care very much about the success of racquetball," said Leve. "We work with club owners, managers, teaching pros, players, manufacturers and publications. We believe that we have our finger on the pulse of this sport and further, that we have an obligation to do everything we can to make racquetball the most enjoyable recreational activity there is."



"We've found over the past few years that the NCCA and NTA were duplicating efforts in some areas," said Leve. "So it only made sense to combine forces for the betterment of both industries."

Another program the NCCA has co-produced with the NTA is a Management Training Short Course, a full three and one-half day seminar on improving the management skills of club employees. The most recent such Short Course, held last November at Michigan State University, was universally acclaimed by those attending as one of the best educational sessions they've ever seen in the court sports industry.

When talking of the benefits of joining the NCCA, one must always come back to the flagship benefit, — reciprocity. Leve feels its the backbone of the NCCA's overall program.

"Reciprocity is a key ingredient in our overall recipe," he said. "It is the type of benefit that is good for the player and good for the owner. Not only can the player actually have playing and membership privileges at 350 clubs across North America, but the owners are helping their members by providing this service. And the owner benefits because he'll be selling court time otherwise unused."

The NCCA also has a reciprocity arrangement with United Airlines Red Carpet Club members, bringing a potential of another 185,000 people into NCCA clubs.

By Bob Gura

THE R & B BLUES

How To Learn A Backhand Service Return

Pick a racquetball club, any ultra-modern, high-tech place you like. Then settle into a comfortable chair and take a slow look around. At first everything checks out. The courts are just-tended clean and the exercise gear is oiled and ready.

The membership is lean, well-dressed and relaxed and the atmosphere is congeniality personified. There's no doubt the club could serve as an ad for the good life. Well, the situation may not be as innocent as it seems. The chances are at least even there's an epidemic of sorts spreading through the facility.

Victims are easy to spot if you know who to look for. They're the folks who stand in dark corners muttering, or speed to the lounge after a game. Some sit silently, identified by brooding eyes and flushed cheeks. Others consider leaving never to return, while a few consider leaping into an overheated whirlpool bath.

The origin of these funks is no mystery to clever club owners, managers or house pros. They've been working together to stamp out the blight since the sport began. As of this date no vaccine has been test tube certified to cure all the

patients.

Of those stricken none suffer as much as beginners. Some will carry traces for years and never fully recover. For them the illness is chronic and only a love of the game keeps them swinging. A tiny minority are immune, but most players contract a dose along the way.

If you're not familiar with the name of the court-haunting bugaboo you may be in the grips of one of the symptoms. It's called self-denial and afflicts most players from time to time.

Perhaps the news that all racquetballers worth their matching outfits have seen or played against a case will spur the think tank.

It's long been true sickness and other shortcomings are more noticeable in others. If you still draw white space in the I.D. department don't worry about it. For the benefit of newcomers, the truly baffled and those who won't know, here's the answer.

While it won't be found in crisp lettering in any medical or psychology books the ailment packs a properly heavy name. Thanks to its physical and mental punch local court doctors tremble at the thought of the *Return Of Service Backhand Blues*.

Nicknamed the R&B Blues by sufferers, the sickness comes in many forms. Some are victims of the "perpetual flailer" syndrome. Others are easy prey for the "hunchbacked poker" problem.

The inability of many players to return services hit to the backhand side has a traceable legacy. Since most American sports are forehand oriented the backhand motion is somewhat of a strange agent. After years of tossing

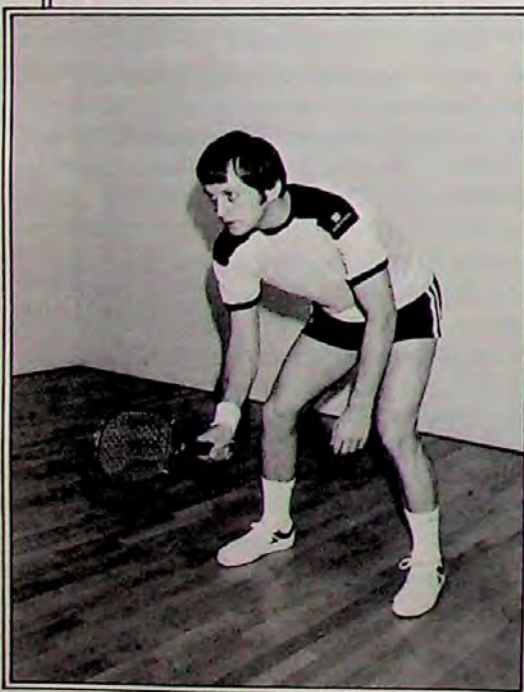


Photo 1



Photo 2



Photo 3

WINNING POINTS



Photo 4

base, foot, basket and other balls overhand the turnaround maneuver is hard to master. There are some folks who choose to do without it altogether. This tactic worked for them on the tennis court, where they were often able to run around the backhand. The ploy didn't produce many winners but it avoided the need to work on the reverse stroke.

Net gamers who turn to racquetball learn early, often physically, that the walls of the court discourage the turnaround. Faced with the fact the backhand is a necessary evil in the short-handled world the newcomers try to adapt. Racquetball itself is easy for most to pick up. Many non-athletes find it child's play to bat the ball around with a forehand stroke. Some go as far as to feel if you can't play racquetball you probably can't eat.

The viewpoint changes when they try to play with other more court-wise folk. Minutes after warming up the secret is out. Unless the opponent is a mental defective he or she knows the other side can't hit a backhand. The info comes from the fact the other side's best backhand was a pathetic half-push. Armed with the news the opposition knows how to use it. When it comes time to serve, the ball screams low toward the left-hand rear corner of the court.

Struck numb with nervousness and confusion, the returner stands rooted in place. When movement finally begins it's too little, way too late. A point goes up on the scoreboard for the other side and it won't be the last. Again and again the server takes advantage of the insipid backhand return. Each time the result is



Photo 5

predictable—one more point. Some returns are comical. They are half-hearted pokes that bloop in the air and land at the hitter's feet. Others float lazily upward to land losers near the service zone.

When the "game" is finally over, the R&B Blues have begun to set in. The severity of the attack depends on the surroundings. Those playing before a few onlookers suffer mildly. They can avoid witnesses afterward and try to laugh it off. Those who played before a seated crowd of observers however, are ripe for psychic scarring. Victims who have endured 21 points of self-inflicted embarrassment before their peers often display tell-tale symptoms. Some tend to feel self-conscious off court; others take a turn toward introspection.

It's at this point that one of racquetball's major miracles invariably takes place. Whether they turn to TM, Zen, the power of positive thinking or just bite their upper lip, the afflicted always return for more. The most rational cause for this masochistic behavior stems from the nature of racquetball itself. Given time and practice each of the blues-struck knows they can overcome the condition. Not everyone is so noble. There are those who continue harboring a single, sadistic hope. They look forward with bright-eyed glee to the day they dish out a whiz-bang crushing to whoever humiliated them. Regardless of the motivation they deserve all the help they can get to beat the blues. In keeping with the spirit of these doughty racquetmen and women it's fitting to offer a possible remedy. Medical research is never simple though, and there are a rac-



Photo 6

quet factory's worth of clues and cues to unstring. The prescriptions offered may not be the answer for everyone, but no disease was ever wiped out in one day or article.

The first place to start is the confidence department. When the moment comes to make the backhand service return the player has to believe it's his or her baby. This can be done in several ways. One of the handiest is to enroll in the Walter Mitty School of Delusion. What you do is walk around the club and peer at other players. Pay attention to the ones who can make the backhand service return. Then check for similarities. Don't be afraid to grope for straws. Any ego boosters will do.

You're bound to be taller, quicker, stronger or better-looking than some. If you can't find any sunny spots, murmur to yourself "I can do it." This can be done in relative silence or with the vigor of a Notre Dame locker room address. If you choose the latter it's most effective just before a game, in sight of the opponent. At the bare minimum the other guy or gal will be a mite shaken at the thought of playing a ranting madman or woman. It's wisest to use this tactic when you've already mastered the physical side of the return.

This area of research deals with body mechanics. While it may seem intricate, there's really little to the backhand service return. In fact, if you can throw a frisbee you can do it. While there are many detractors of the brightly colored recreational discs they have one saving grace. Since nearly every human on earth has thrown a frisbee, everyone is familiar with the mechanics. The body

WINNING POINTS



Photo 7

weight is on the back foot and the throwing arm is held back next to the opposite ear. When you throw the thing you step forward, bring the arm out and down and snap the wrist. Add a little follow-through and it takes off.

It may not seem possible, but that's all there is to the backhand return, with just a few differences. For starters, one throws a frisbee when they are ready, not before. In racquetball the backhand return comes at you ready or not. The first thing to do then is learn how to be ready. This is done by assuming the "ready position." For those who barely remember, hazily recall or never learned, check photo one. The player is in a slight crouch, with the arms gently raised at the sides. From this position, located an arm's length from the middle of the rear wall he's ready for action. If the serve comes to the left or right he can move either way easily (some serves do come to the forehand side). The next thing to check is the grip. Different grips are used for the forehand and backhand strokes. Players using the wrong one, or forgetting to switch for backhand returns, are doomed. With the proper grip the ball will go straight forward after contact with the racquet, assuming all else is well. Use the wrong grip, especially on the backhand, and most returns will hit the floor. To find the right grip, take hold of the racquet handle and shake hands. Take a peek at the "V" formed by the thumb and index finger. It should be in the middle of the haft facing you. On fleshy players the "V" may resemble a "U". It's nothing to concern yourself with as long as it's still in the middle. To get the backhand grip, turn the racquet away from your body. When the "V" has shifted to the left side of the haft you're in business. (Check



Photo 8

photos two and three for detail. Lefties read right for left.)

Once you're ready to go and have practiced the grip switch, prepare for the worst. To do this, assume the serve will come to the left side (southpaws switch again). This heady move cuts down on time you'd use thinking about the grip switch. It also gives you extra mini-seconds to start moving. Always remember the sooner you're in position to make the return, the more time you have to adjust.

The path to the area where the service is traveling is easy to get to. What you do is move the torso, legs, arms, and head quickly to the left. To avoid tripping over yourself and incurring laughter check pics four through six. In the sequence the player has left the ready position and starts to slide over and back. The transfer to a sideways stance has begun and the racquet-arm is moving into frisbee position. By photo six the player is comfortably stationed in the "attack" position awaiting the ball. Notice the body weight is largely on the back foot and the eyes are looking for the ball. The wrist is cocked to insure later power and the non-hitting arm is out of the way. When the ball comes closer the player steps sideways to it and brings the arm down and out. The wrist is ready to release on contact, adding extra power. The body weight has also shifted to the front foot adding additional momentum. When the arm follows through away from the body the shot should go forward. See photos seven and eight.

Beginners would be wise to take the medicine in small doses at first. Be content to overcome the illness slowly by hitting hard passes off lowburners. Powerful returns down the line or cross court may not win many rallies at first.



Photo 9

Lacking control, the server will put many away for winners. What the passes will do, however, is earn your backhand return some respect. With time you'll become more accurate. There will even be moments in the first stages when you kill a serve or two. When this blessed act happens make the most of it and act nonchalant. There's a chance the opponent won't know you were lucky and play scared from then on.

Anytime the service comes in high or slower try something different. Straighten up a tad and with the same motion hit under the ball. If you keep the arm flowing up and out, and don't snap the wrist, a ceiling ball will result. See photo nine. This shot will hit the roof near the front wall, land by the service zone, and float overhead to the back wall. Veterans use the shot defensively and the blues-bit can produce winners against other novices. Players who have never seen the shot often scramble wildly backward. The most unprepared often spin like human tops. Against these players the returner should always be able to take over center court position.

It's necessary for patients to know when to hit what. With experience even the sickest of the sick will be able to hit ceiling balls off low, meteor services. Until you reach that point it's important to play within yourself. This means practice the returns again and again. It shouldn't be difficult to find a player willing to thrash you consistently at first.

Who knows, by the end of a game sometime in the near future, you may have riveted a slew of hot passes and ceiling balls with the backhand service return. You'll then find yourself looking for other areas of your game to improve. That's when you'll know the medicine's took and you've shook the R&B Blues. ■

By Mike Yellen

TROUBLE SHOOTING

How To Avoid The Danger Zones

Mike Yellen, 20, of Southfield, Michigan, is the number one pro on the racquetball tour, and a two-time national finalist. He is also a member of the Ektelon Professional Advisory Staff.

Just as on any battlefield, there are parts of a racquetball court that mean nothing but trouble. These areas seldom stay the same from rally to rally because their location is dependent on the shifting positions of you, your opponent and the ball. But, one thing always stays the same: you want to avoid them.

Because trouble spots are always changing, it is difficult to generalize about them. However, we can look at a couple of common specific situations which may yield some generalities. A good place to start is where everything starts: with the serve. Once again, no man's land's location depends on where the ball goes.

There are only two acceptable places to serve the ball: in either rear corner. Any serve down the middle will be a virtual setup for any opponent who is half awake.

Assuming for the sake of simplicity that both you and your opponent are right-handed, you will want to hit most of your serves into the left rear corner; that is, to your opponent's backhand. In this situation, no man's land becomes a semicircular area whose axis extends out six or seven feet from the left sidewall.

If you move into this area following the serve, you will be cutting off your opponent's angle for a down-the-line pass. Nothing wrong with that except that you also will be leaving wide open the much less difficult crosscourt pass.

Should you move over to within six or seven feet from the right sidewall, you will be in a position to take a crosscourt pass off the front wall as well as pinches or roll-corner kills which don't stay down. Unfortunately, you will then be giving your opponent too much room to negotiate that more difficult down-the-line pass, so a semicircle here similar to the other becomes a secondary no man's land.

It is better to assume a position somewhere in-between these two semicircles, preferably a step or two behind the short line and in the path that the ball would have to travel for your opponent's crosscourt pass, that is, slightly to the left of center court.

Give your opponent that down-the-line shot. It is difficult to execute and you will be close enough to cover it. But not too far from the right side of the court, should he be able to get off a crosscourt pass. Forget about trying to cover the pinch or kill on the left side. Many inexperienced players will remain in the server's box to cover these shots (or, perhaps, because they can't get out of the box fast enough, particularly on a hard drive serve).

If the ball is hit the way it should be, there is nothing you can do about it. If not, it probably will rebound into the center of the court close enough for you to dig it out. Likewise, don't worry about hanging back to cover the ceiling return. You will have plenty of time to get back there if need be.

If you serve to your opponent's forehand, all of the above applies on the opposite side of the court and, instead of slightly left of center, your ideal position after the serve becomes slightly to the

right of center. Many people prefer to serve from a point close to this position so as to jump in it quickly after the serve. If you do that, though, your opponent will eventually be able to "read" which side you are going to serve to.

You must learn to serve from all over the server's box and to move quickly to your after-service position. You are most likely to get pinned in trouble spots on the Z-serve, which many people tend to serve from a spot closer to the wall. You'll just have to hustle to get where you want to be.

If you are receiving the serve, the discussion becomes much simpler. The only place to await service is in the middle of the court about an arm's length from the back wall. If you lean to one side, your opponent will simply serve the ball to the other, a difficult shot to retrieve.

During the rally, trouble spots once again become a function of the relative positions of the players and the ball. The same rule about hitting the ball down the middle applies here: don't do it. Likewise, there is an area which extends from about five feet behind the short line forward and from sidewall to sidewall in which you don't want your opponent shooting. If he and the ball are there at the same time, recognize again that you will have to pay for it.

There is almost no good place for you to go in that situation since, wherever you stand, he will hit the ball somewhere else. However, there are some places which are worse than others. The rear corners, for instance, are very definitely off limits if your opponent is in front of you. Try to stay "inside" your opponent's swing; that is, between him and the middle axis of the court whether you are in front of or behind him. For his backhand, you will be standing to his right and, for his forehand, you will be standing to his left.

As I mentioned before, it's hard to generalize about the trouble spot for every situation. There are some similarities, though, which we can summarize as follows:

- The concept is most useful during passing situations for your opponent.
- If you play to cover his passes and stay out of no man's land, you also will be able to pick up on his not-quite-perfect pinches and kills. His good shots are a lost cause.
- Always give your opponent the more difficult down-the-line passes as opposed to the crosscourt angles.
- Stay away from the walls while awaiting your opponent's shots. In most situations these are the trouble spots you want to avoid. ■

AARA '81-'82 RANKINGS*

*Based Upon Tournaments
From June 1, 1980, through
November 15, 1980.

MEN'S A

1	Casco, James	NY	135.0
2	Rancker, Tom	PA	130.0
3	Aceto, Dennis	MA	120.0
4	Gunter, Craig	PA	110.0
5	Pannorale, Phil	CT	105.0
6	Janklisch, Tom	NY	100.0
7	Kress, Bill	PA	100.0
8	Riehl, Jeff	OH	90.0
9	Auerbach, Marc	TX	80.0
10	Gullen, Jim	GA	80.0
11	Cassidy, Gerry	MA	75.0
12	Maturo, David	CT	60.0
13	Alvares, Fernando	NC	60.0
14	Depot, Rene	RI	60.0
15	Gautreau, Tommy	TX	60.0
16	Lucas, Mike	MA	60.0
17	Powell, Junior	PA	60.0
18	Ryan, Scott	PA	60.0
19	Peterson, John	NY	55.0
20	Thompson, Bruce	WI	55.0
21	Rogers, Jerry	SC	50.0
22	Adams, Jim	AR	50.0
23	Aylett, Fred	AL	50.0
24	Blackmon, Keith	TN	50.0
25	Buckler, Mitch	PA	50.0
26	Chabot, Joe	RI	50.0
27	Chabot, Mike	RI	50.0
28	Daly, Jim	VA	50.0
29	Deacon, Brian	OH	50.0
30	Dunlop, Keith	TX	50.0
31	Fox, Larry	OH	50.0
32	Goldberg, Ken	PA	50.0
33	Gonzalez, Juan	TX	50.0
34	Grosshans, Judd	MO	50.0
35	Hawk, Bill	IL	50.0
36	Marino, Mark	CA	50.0
37	McDonough, Mike	MA	50.0
38	McKinney, Rob	CT	50.0
39	Price, Gerry	CA	50.0
40	Ray, Mike	GA	50.0
41	Sacco, Joe	NE	50.0
42	Stone, Ken	CO	50.0
43	Taylor, Kent	OH	50.0
44	Vietra, George	MA	50.0
45	Wich, Paul	NY	50.0
46	Wilkinson, Jay	MO	50.0
47	Young, Jim	PA	50.0
48	Travers, Tom	OH	45.0
49	Bailly, Jim	NC	40.0
50	Diamond, Mike	NY	40.0
51	Horton, Chale	NY	40.0
52	Kneeland, Steve	PA	40.0
53	Krivsky, Jay	PA	40.0
54	Pillion, Kevin	PA	40.0
55	Schwartz, Adam	PA	40.0
56	Schultz, Bill	MA	30.0
57	Anthony, Frank	NC	30.0

MEN'S B

1	Walsh, Rick	NY	90.0
2	Parent, Mike	MA	70.0
3	Reddy, Mike	MA	65.0
4	Simon, Larry	SC	50.0
5	Stoker, Bob	CT	50.0
6	Barnini, Toni	FL	50.0
7	Bowen, Bill	IL	50.0
8	Burns, Craig	SC	50.0
9	Casady, Scott	CA	50.0
10	Colonna, Vinny	NY	50.0
11	Cox, Terry	FL	50.0
12	Deighan, Tim	OH	50.0
13	Dongarra, John	WI	50.0
14	Elsdon, Scott	NY	50.0
15	Endow, Bob	NY	50.0
16	Farmer, Bradley	IL	50.0
17	Fuoco, Pete	PA	50.0
18	Gazza, Israel	TX	50.0
19	Gutchow, Greg	GA	50.0
20	Hare, Mike	TX	50.0
21	Hatchner, Steve	AK	50.0
22	Hendrix, Billy	TN	50.0
23	Hill, Brian	PA	50.0
24	Hinote, Robin	NC	50.0
25	Hyman, Ron	NY	50.0
26	Jacobson, Doug	IA	50.0
27	Jacobs, Bob	TX	50.0
28	Levin, Alfred	CT	50.0
29	McKay, Adam	OH	50.0
30	Nestling, Ike	MA	50.0
31	Pascucci, Tony	MA	50.0
32	Pent, Fred	PA	50.0
33	Peterson, John	NY	50.0
34	Premice, Steve	CT	50.0
35	Saltzman, Mark	CO	50.0
36	Sasala, Chuck	PA	50.0
37	Schwartz, Adam	PA	50.0
38	Simon, Roy	RI	50.0
39	Stansberry, John	TX	50.0
40	Stedring, Robert	PA	50.0
41	Verhoff, Will	CT	50.0
42	Voyne, Steve	CA	50.0
43	Worthington, Jim	PA	50.0
44	Hartman, Mike	PA	40.0
45	Overton, Phil	PA	40.0
46	Oak, Phil	OH	30.0
47	Barkis, Jim	NY	35.0
48	Bell, Seaborn	AK	30.0
49	Boreich, Joe	PA	30.0
50	Cartrone, Bob	MA	30.0
51	Couture, Brian	RI	30.0
52	Cowell, Jim	TN	30.0
53	Deardoff, John	KS	30.0
54	Durant, Jim	OH	30.0
55	Elder, John	SC	30.0
56	Ellis, Doug	GA	30.0
57	Fall, Richard	AL	30.0
58	Gannotti, Mike	PA	30.0

MEN'S C

1	Allen, P.J.	RI	50.0
2	Anderson, W.S.	TN	50.0
3	Angiano, Bob	RI	50.0
4	Biles, Jim	FL	50.0
5	Borges, Robert	FL	50.0
6	Burns, Mark	AK	50.0
7	Burns, Craig	KS	50.0
8	Demarco, Michael	MA	50.0
9	Desport, Nick	OH	50.0
10	Dougherty, Gene	PA	50.0

11	Fournier, Bob	RI	50.0
12	Franz, Barry	PA	50.0
13	Friedman, Steve	NY	50.0
14	Fudin, Neil	NY	50.0
15	Gilman, Ralph, Jr.	MA	50.0
16	Gross, Dave	SD	50.0
17	Hamilton, Dave	PA	50.0
18	Hennrich, Phil	TX	50.0
19	Kupac, Stan	MA	50.0
20	Maia, Dave	SC	50.0
21	May, Tom	PA	50.0
22	Meiseman, Rick	MO	50.0
23	Mende, Dann	GA	50.0
24	Michael, Don	TX	50.0
25	Montross, Mark	OH	50.0
26	Motherwell, Dave	IL	50.0
27	Noonan, George	MA	50.0
28	Peters, Marcus	NC	50.0
29	Repucci, D	MA	50.0
30	Rigby, David	FL	50.0
31	Rupiec, Stan	MA	50.0
32	Stemmer, Ed	TN	50.0
33	Wallace, John	CO	50.0
34	Weber, Tom	PA	50.0
35	White, Sam	AR	50.0
36	Young, Joey	TX	50.0
37	Lash, Peter	AR	50.0
38	Spaziand, Jim	MA	40.0
39	Simon, Jeff	SC	35.0
40	Bach, Larry	PA	30.0
41	Burnes, Chris	MO	30.0
42	Coates, Ron	OH	30.0
43	Cohen, Jim	IL	30.0
44	Coria, Jim	CA	30.0
45	Davis, Andy	MA	30.0
46	Fatters, Rex	MS	30.0
47	Fudin, Roger	NY	30.0
48	Goscha, Craig	KS	30.0
49	Granoff, Roy	FL	30.0
50	Harris, James	MA	30.0
51	Henderson, Ronnie	TX	30.0
52	Hersoux, Tommy	TN	30.0
53	Huck, Dirk	AK	30.0
54	Hussey, Brian	CT	30.0
55	Irvine, Mike	PA	30.0
56	Jones, Bob	TX	30.0
57	Land, Randy	PA	30.0
58	Murphy, Jack	MA	30.0

MEN'S D

1	Aiken, Steve	PA	50.0
2	Menendez, M.L.	TN	50.0
3	Bailey, John	CA	50.0
4	Ball, Chris	MA	50.0
5	Bennett, Mike	SC	50.0
6	Boucher, Paul	RI	50.0
7	Boudreau, James	CT	50.0
8	Brumbaugh, John	KS	50.0
9	Brum, Marc	CO	50.0
10	Deletis, Buster	TX	50.0
11	Douglas, Keith	OH	50.0
12	Edbert, James	PA	50.0
13	Evans, Jerry	AR	50.0
14	Hoover, Elwin	AK	50.0
15	Garrison, Roger	MA	50.0
16	Kill, Bob	TX	50.0
17	Kubiak, S.	MA	50.0
18	Martinez, Matt	NY	50.0
19	Otto, John	MO	50.0
20	Pearshall, Ken	RI	50.0
21	Ridgen, Blaine	PA	50.0
22	Ranham, Noor	TX	50.0
23	Reggio, Bob	NY	50.0
24	Santarsiero, Ted	NY	50.0
25	Schwartz, Eric	CT	50.0
26	Senofonte, Mark	CT	50.0
27	Sipos, Leon	MA	50.0
28	Smith, Roger	OH	50.0
29	Veney, Ken	PA	50.0
30	Vest, Dan	MA	50.0
31	Wing, Richard	AL	50.0
32	Astbury, Robert	WV	50.0
33	Baldi, Ugo	NY	30.0
34	Bellevue, Randy	PA	30.0
35	Billingsley, Ron	CA	30.0
36	Carlson, Bob	KS	30.0
37	Catsaris, George	AR	30.0
38	Christian, Gary	TN	30.0
39	Davidson, Mick	AK	30.0
40	DeCateris, Martin	NY	30.0
41	Lampan, Mark	TX	30.0
42	Gibson, Tom	TX	30.0
43	Giordano, Joe	PA	30.0
44	Gustafson, Steve	CO	30.0
45	Hair, Don	TX	30.0
46	Hartson, Larry	PA	30.0
47	Henderson, Joe	MA	30.0
48	Lynch, Tom	NY	30.0
49	Mallett, B.	MA	30.0
50	McKnight, James	CT	30.0
51	Page, Terry	IL	30.0
52	Purman, Richard	NC	30.0
53	Peters, Wilc	FL	30.0
54	Peterson, Gail	PA	30.0
55	Quigley, John	CT	30.0
56	Ranson, Chuck	MA	30.0
57	Reeves, Rick	RI	30.0
58	Rehm, Nuzio	PA	30.0

MEN'S 35 +

1	Letter, Fred	NJ	50.0
2	Hays, John	FL	50.0
3	Wela, Bill	NJ	35.0
4	Fritsch, Paul	FL	30.0
5	Boren, Les	TX	20.0
6	Diaz, Angel	SC	20.0
7	Ela, Nick	TX	20.0
8	Lane, Jim	GA	20.0
9	Melisser, Steve	CT	20.0
10	Monticello, Frank	NJ	20.0
11	Palmer, Mike	CA	20.0
12	Reisman, Percy	FL	20.0
13	Crane, Steve	NJ	15.0
14	Fine, Mel	FL	15.0
15	Kohout, Bernie	NJ	10.0
16	Booker, Dick	NJ	10.0
17	Carleton, Duane	CA	10.0
18	Caruso, Nick	CT	10.0
19	Mosley, Walter	FL	10.0
20	Paulson, Glen	FL	10.0
21	Pearson, David	TX	10.0
22	Prucha, Peter	NJ	10.0
23	Serabia, Joe	FL	10.0
24	Sergentanis, John	NJ	10.0

MEN'S 35 +

1	Austin, Jim	TX	500.0
2	Schwartz, Jay	FL	200.0
3	Wehrle, Roger	GA	100.0
4	Gentile, Tony	PA	80.0
5	Gordano, Dan	MA	80.0
6	Sanders, Bobby	OH	80.0
7	McKie, Tom	TX	75.0
8	Chodosh, Tom	TX	70.0
9	Culbertson, Dennis	SC	60.0
10	Hustley, Charles	CT	60.0
11	Nicora, Jack	CO	60.0
12	Brookings, Bruce	TX	60.0
13	Bushner, Ron	AR	50.0
14	Chadosh, Tom	TX	50.0
15	Depot, Rene	RI	50.0
16	Durban, Hugh	GA	50.0
17	Granahan, Don	PA	50.0
18	Hardy, Wallace	LA	50.0
19	Hill, Bob	TX	50.0
20	Icaza, Jose	FL	50.0
21	Jean, Ray	PA	50.0
22	Krivsky, Jay	PA	50.0
23	Leon, Jeff	FL	50.0
24	Lesperance, Fred	MA	50.0
25	Menendez, Frank	TN	50.0
26	Parlon, Bill	CA	50.0
27	Pierce, Warren	MA	50.0
28	Powell, Junior	PA	50.0
29	Squire, Steve	FL	50.0
30	Stover, Enos	MA	50.0
31	Stover, Enos	TX	45.0
32	Baron, Ken	PA	40.0
33	Smith, Doug	PA	40.0
34	Hollander, Robert	CT	35.0
35	Bleeker, Mike	RI	30.0
36	Clayton, Ed	SC	30.0
37	Coleman, Howe	RI	30.0
38	Garrison, Gary	CA	30.0
39	Hockenberry, Steve	OH	30.0
40	Langton, Roger	MA	30.0
41	Martinez, Rufus	TX	30.0
42	Mas, Dario	DE	30.0
43	Mathews, Bob	CA	30.0
44	Orlitzky, Vic	AR	30.0
45	Rota, Ken	AR	30.0
46	Spez, Richard	TX	30.0
47	Stone, John	TN	30.0
48	Valdez, F.	TX	30.0
49	Sedman, Harold	TX	25.0
50	Brennan, Pat	MA	20.0
51	Crim, Roger	NH	20.0
52	Devine, Joe	CA	20.0
53	Freshwater, Ted	NC	20.0
54	Gonzalez, Rinaldo	TX	20.0
55	Grimm, Jim	AR	20.0
56	Hennicksen, Paul	CT	20.0
57	Letter, Fred	NJ	20.0
58	Lucht, Jim	WI	20.0

MEN'S 40 +

29	Lesperance, Fred	MA	50.0
29	Menendez, Frank	TN	50.0
26	Paxton, Bill	CA	50.0
27	Pierce, Warren	MA	50.0
28	Power, Junior	PA	50.0
29	Squire, Steve	FL	50.0
30	Stover, Enos	MA	50.0
31	Bagby, Dick	TX	40.0
32	Baron, Ken	PA	40.0
33	Smith, Doug	PA	40.0
34	Rolland, Robert	CT	35.0
35	Bleecher, Mike	RI	30.0
36	Claussen, Ed	SC	30.0
37	Coleman, Howie	RI	30.0
38	Garrison, Gary	CO	30.0
39	Henderson, Steve	OH	30.0
40	Langston, Roger	MA	30.0
41	Martinez, Rufus	TX	30.0
42	Mas, Dario	DE	30.0
43	Mathews, Bob	CA	30.0
44	O'Reilly, Vic	GA	30.0
45	Rub, Ken	AR	30.0
46	Spez, Richard	TX	30.0
47	Stone, John	TN	30.0
48	Valdez, F.	TX	30.0
49	Sedman, Harold	TX	25.0
50	Brennan, Pat	MA	20.0
51	Crum, Roger	HI	20.0
52	Davin, Joe	CA	20.0
53	Freshwater, Ted	NC	20.0
54	Gonzalez, Rinaldo	TX	20.0
55	Guzzie, Jim	AR	20.0
56	Hermickson, Paul	CT	20.0
57	Letter, Fred	NJ	20.0
58	Lucht, Jim	WI	20.0

MEN'S 40 +

1	Krivsky, Jay	PA	50.0
2	Dario, Mas	NJ	30.0
3	Kroll, George	PA	20.0
4	Seamans, Ken	CA	20.0
5	Will, Harry	TX	20.0
6	Biffenbach, Buddy	PA	15.0
7	Bagby, Dick	TX	10.0
8	Howard, Gibbs	PA	10.0
9	Livingston, Jake	PA	10.0
10	Rasmussen, Dave	CA	10.0
11	Snowberger, Cam	PA	10.0
12	Sloyos, Al	PA	10.0
13	Fawcett, Fred	TX	8.0
14	Wayne, Mark	CA	8.0
15	Dunbar, Bob	CA	5.0
16	Smith, John	TX	5.0
17	Pennell, Barrie	CA	3.0
18	Chapin, Mickey	CA	3.0
19	Perritt, Buzz	CA	3.0
20	Sehon, Jim	CA	3.0

MEN'S 45 +

GRAND MASTER NATIONAL CHAMPIONS

This system was devised to honor our National Champions. Based on tournaments since 1968, the following players have achieved Grand Master National Champion status and have been awarded the Gold Points accompanying their listings. Gold Points are permanent awards and can be accumulated over a lifetime of play.

MEN TOTAL POINTS

1.	Bud Muehleisen	8500
2.	Ike Gumer	5250
3.	Jim Austin	4500
4.	Charlie Brumfield	3500
5.	Myron Roderick	3500
6.	Gene Grapes	3250
7.	Marlowe Phillips	3250
8.	Pete Talbot	3020
9.	John Dunlap	3000
10.	Keith Dunlap	3000
11.	John Egerman	3000
12.	David Gross	3000
13.	Bill Schmidtke	3000
14.	Bill Sellars	3000
15.	Floyd Svenson	3000
16.	Fred Vetter	3000
17.	Irving Zeitman	3000
18.	Charlie Garfinkel	2750
19.	Jeff Kwartler	2750
20.	Bob McNamara	2750
21.	Al Schattner	2750
22.	Randy Stafford	2750
23.	Mike Luciw	2600
24.	Charlie Wickham	2530
25.	Bob Adams	2500
26.	Ed Andrews	2500
27.	Wayne Bowls	2500
28.	Doug Cohen	2500
29.	Giles Coors	2500
30.	John Fazio	2500
31.	Craig Finger	2500
32.	Kal Gladstone	2500
33.	Sergio Gonzalez	2500
34.	Mike Gora	2500
35.	Don Green	2500
36.	John Halverson	2500
37.	Scott Hawkins	2500
38.	Mark Hegg	2500
39.	Jerry Hilecher	2500
40.	Marty Hogan	2500
41.	Bob Kraut	2500
42.	Chuck Lake	2500
43.	Jeff Larsen	2500
44.	Mike Levine	2500
45.	Carl Loveday	2500
46.	Ed Lowrance	2500
47.	John Lynch	2500
48.	Mark Malowitz	2500
49.	Luis Miranda	2500
50.	Cal Murphy	2500
51.	Lindsey Myers	2500
52.	Gerry Price	2500
53.	Matt Rudich	2500
54.	David Simonette	2500
55.	Steve Smith	2500
56.	Glen Turpin	2500
57.	Richard Walker	2500
58.	Jim White	2500
59.	Joe Wirkus	2500
60.	Mike Zeitman	2500
61.	Joe Zelson	2500
62.	Jerry Zuckerman	2500

63.	Robert Adams	2250
64.	Stan Berney	2250
65.	Jerry Bilsky	2250
66.	Jeff Bowman	2250
67.	Dave Charlson	2250
68.	Dan Cohen	2250
69.	Ray Crowley	2250
70.	Jim Cullen	2250
71.	Vince Cutshall	2250
72.	James DeVito	2250
73.	Mark Domangue	2250
74.	Don Erickson	2250
75.	Carey Finn	2250
76.	David Fleetwood	2250
77.	Gene Gibbs	2250
78.	Chuck Hanna	2250
79.	Milt Harris	2750
80.	Eric Hinds	2250
81.	Allan Hyman	2250
82.	Jeff Larson	2250
83.	Dennis Majher	2250
84.	Hank Marcus	2250
85.	Craig McCoy	2250
86.	Dean Nichopolous	2250
87.	John Parks	2250
88.	Dave Peck	2250
89.	Ken Porco	2250
90.	Stan Rizzio	2250
91.	Mike Romano	2250
92.	George Rudysz	2250
93.	Steve Serot	2250
94.	Steve Strandemo	2250
95.	Pete Tashie	2250
96.	Jim Thoni	2250
97.	Bill Thurman	2250
98.	Steve Trent	2250
99.	Don Wallace	2250
100.	Stan Wright	2250
101.	Mike Yellin	2250

WOMEN

1.	Peggy Steding	4000
2.	Jan Pasternak	3250
3.	Barbara Faulkenberry	3000
4.	Carol Frenck	3000
5.	Linda Hogan	3000
6.	Linda Siau	3000
7.	Janet Marshall	2750
8.	Donna Allan	2500
9.	Liz Alvarado	2500
10.	Sheryl Ambler	2500
11.	Martha Byrd	2500
12.	Fran Cohen	2500
13.	Delaninie Comer	2500
14.	Stacy Fletcher	2500
15.	Carolyn Ghelardini	2500
16.	Sue Graham	2500
17.	Sarah Green	2500
18.	Ann Gorski	2500
19.	Tammy Horrocks	2500
20.	Carmenza Jond	2500
21.	Noelle Kunding	2500
22.	Barbara Leavitt	2500
23.	Leslie Lindsog	2500
24.	Sandy McPherson	2500
25.	Mona Mook	2500
26.	Karin Walton (Trent)	2500
27.	Hope Weisbach	2500
28.	Lynn Wojek	2250
29.	Karen Borga	2250
30.	Sue Carow	2250
31.	Mary Ann Cluess	2250
32.	Kristen Conrad	2250

33.	Fran Davis	2250
34.	Sally Disenza	2250
35.	Candi Gavin	2250
36.	Diane Green	2250
37.	Nancy Hamrick	2250
38.	Jennifer Harding	2250
39.	Kimberly Hill	2250
40.	Meg Hooper	2250
41.	Linda Lavene	2250
42.	Elaine Lee	2250
43.	Janell Marriott	2250
44.	Melanie Mobley	2250
45.	Debbie Vinson	2250
46.	Kathy Williams	2250
47.	Cynthia Wilson	2250

31.	Bitgen, Floret	PA	30.0
32.	Cashin, Deborah	OH	30.0
33.	Clarkin, Val	PA	30.0
34.	Dicker, Marsha	OK	30.0
35.	Eberli, Arleeta	PA	30.0
36.	Farrell, Sue	PA	30.0
37.	Guerra, Irma	TX	30.0
38.	Hardwick, Tracy	TN	30.0
39.	King, Peggy	TN	30.0
40.	Litt, Mara	NY	30.0
41.	Marquis, Lora	RI	30.0
42.	Martin, Melany	MA	30.0
43.	Neisen, Sherri	NC	30.0
44.	Roussseau, Jeanine	MA	30.0
45.	Sawyer, Kathy	AR	30.0
46.	Smith, Charlotte	AL	30.0
47.	Smouse, Mindy	PA	30.0
48.	Smythe, Gail	MA	30.0
49.	Stengle, Midge	SD	30.0
50.	Tennant, Kathy	CO	30.0
51.	Thriller, Renee	CA	30.0
52.	Walton, Carla	TX	30.0
53.	White, Ellen	MA	30.0
54.	Williams, Brenda	FL	30.0
55.	Adler, Heather	CT	20.0
56.	Akin, J	TX	20.0
57.	Barham, Wanda	CO	20.0
58.	Bokorin, Donna	FL	20.0

WOMEN'S 30 +			
1.	Katz, Nancy	PA	50.0
2.	Pallas, Debbie	NY	50.0
3.	Strandaskov, Karen	NJ	40.0
4.	Dionisio, Rose	PA	30.0
5.	Vanoke, Mary	NJ	20.0
6.	Castles, Isabel	PA	20.0
7.	Ferris, Holly	CA	20.0
8.	Kinglsey, Alison	NJ	20.0
9.	Carpenter, Pam	PA	15.0
10.	Schafftenberger, Marilyn	NJ	15.0
11.	Baumgardner, Pennie	PA	10.0
12.	Burkholder, Judy	PA	10.0
13.	Giannini, Charlotte	CA	10.0
14.	Kepler, Jeanne	PA	10.0
15.	Kinderman, Connie	PA	10.0
16.	Lynch, Bonnie	CA	8.0
17.	Nickolich, Elizabeth	NJ	8.0
18.	Calvin, Cyndi	CA	5.0
19.	Rawley, Gisela	NJ	5.0
20.	Bilecci, Cathy	CA	3.0
21.	Comune, Bette	NJ	3.0
22.	Craig, Vicki	CA	3.0
23.	Kaleo, Marj	NJ	3.0
24.	Konieczne, Bobbi	CA	3.0
25.	Nadelman, Rita	NJ	3.0
26.	Ulloa, Terry	CA	3.0

WOMEN'S 35 +			
1.	Ragoe, Faith	TX	20.0
2.	Seamans, Donna	CA	20.0
3.	Hernandez, Shirley	CA	10.0
4.	Storey, Suzanne	TX	10.0
5.	Schneider, Amy	TX	8.0
6.	Smead, Shirley	CA	8.0
7.	Brown, Karla	CA	5.0
8.	Mitchell, Bonnie	CA	3.0
9.	Ramsell, Sylvia	CA	3.0

AARA AFFILIATE COURT CLUBS

If you're traveling farther than 75 miles from your home court, the following affiliate court clubs will honor your AARA (IRA) card. Please call ahead for house rules and guest fees.

Listing Key: wlr-women's locker room, mlr-men's locker room, ws-women's sauna, ms-men's sauna, ww-women's whirlpool, mw-men's whirlpool, wsr-women's steam room, msr-men's steam room, tc-tennis court, sp-swimming pool, r-restaurant, b-bar, sb-snack bar, ps-pro shop, er-exercise room, n-nursery.

ALASKA

Anchorage Racquet Club
700 South Bragman
Anchorage, AK
wlr, mlr, ws, ms, w/mw,
tc, ps, er

ARIZONA

Metro Athletic Club
4843 N. 8th Place
Phoenix, AZ 85014
Call Darlene 602-264-1735
wlr, mlr, ws, ms, w/mw, msr,
sp, r, b, ps, er, n

CALIFORNIA

Fairfield Court Club
1471 Holiday Lane
Fairfield, CA
wlr, mlr, ws, ms, ww, mw, b,
sb, ps, er, n

Valley Court Club
11405 Chandler
N. Hollywood, CA 91601
wlr, mlr, ws, ms, ww, mw,
sb, ps, er

Marin Racquetball Club
4384 Bel Marin Keyes Blvd.
Novato, CA 94947
wlr, mlr, ws, ms, w/mw, r, b,
ps, er, n

Sun Oaks Racquet Club
3452 Argyle Road
Redding, CA 96002
wlr, mlr, ws, ms, ww, mw, tc, sp, sb,
ps, er, n

Sacramento Court Club
947 Enterprise Dr.
Sacramento, CA 95825
wlr, mlr, ws, ms, ww, mw, b,
sb, ps, er, n

Sacramento Handball/Racquetball Club
14th & H Streets
Sacramento, CA
wlr, mlr, ws, ms, ww, mw,
wsr, msr, tc, sp, r, b, sb, ps, er, n

Racquetball Sportsworld
20 E. San Joaquin St.
Salinas, CA 93901
408-757-8331
wlr, mlr, ws, ms, ww, mw, wsr,
msr, sb, ps, er, n

CONNECTICUT

Racquetball Spa
500 Kings Highway Cut-Off
Fairfield, CT 06430
203-366-7888
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, ps, er, n

Southport Racquet Club
226 Old Post Road
Southport, CT 06490
wlr, mlr, ws, ms, ps, n

Center Court Health and Racquetball Club
234 Route 83
Vernon, CT 06066
203-875-2133
wlr, mlr, ws, ms, ww, msr, sb,
ps, er, n

FLORIDA

Sportrooms of Coral Gables
1500 Douglas Road
Coral Gables, FL 33143
305-443-4228
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, sb, ps, er, n

Sportrooms of Hialeah
1900 West 44th Place
Hialeah, FL
305-557-6141
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, b, sb, ps, er, n

Jacksonville Racquetball Club
6651 Crestline Dr.
Jacksonville, FL 32211
904-724-6994
wlr, mlr, ws, ww, mw, msr, b,
sb, ps, er, n

Kendall Racquetball and Health Club
10631 SW 88th Street
Miami, FL 33176
305-596-0600
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, b, sb, ps, er, n

Sportrooms of Sabal Chase
10680 SW 113 Pl.
Miami, FL 33176
305-596-2677
wlr, mlr, ww, mw, wsr, msr, r, b,
sb, ps, er, n

Sportrooms of Plantation
8489 NW 17th Ct.
Plantation, FL 33322
305-472-2608
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, b, sb, ps, er, n

HAWAII

The Courthouse Racquetball Club
45-608 Kam Highway
Kaneohe, HI 96744
wlr, mlr, ws, ms, ww, mw, sb,
ps, er, n

ILLINOIS

Court Club of C'oeale
Old Rt. 13 East
Carbondale, IL 62901
wlr, mlr, ws, ms, tc, r, b,
ps, er, n

MASSACHUSETTS

Boston Tennis Club
653 Summer Street
Boston, MA 02210
617-269-4300
wlr, mlr, ws, ms, ww, mw, tc, r,
b, sb, ps, er, n

Mid-Cape Racquet Club
193 White's Path
South Yarmouth, MA 02664
617-394-3511
wlr, mlr, ws, ms, tc, r, b, sb,
ps, er, n

MINNESOTA

Exercise Dynamics
Old Highway 71 North
Bemidji, MN 56601
218-751-8351
wlr, mlr, ws, ms, ww, ps, er

NEW JERSEY

The Racquet Ball Club
19 East Frederick Place
Cedar Knolls, NJ 07927
wlr, mlr, ws, ms, ps, er, n

Racquetline Court Club
17-10 River Road
Fair Lawn, NJ 07410
wlr, mlr, ws, ms, msr

King George Racquetball Club
17 King George Rd. (US 22 West)
Greenbrook, NJ 08812
201-356-6900
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, ps, er, n

Racquetball 23 and Spa
318 Route 23
Pompton Plains, NJ 07444
201-839-8823
wlr, mlr, ws, ms, msr, ww, mw,
r, ps, er, n

Ricochet Racquet Club
219 St. Nicholas Avenue
South Plainfield, NJ 07080
201-753-2300
wlr, mlr, ws, ms, ww, mw, ps, er, n

The Court House
20 Milburn Avenue
Springfield, NJ 07081
201-376-3100
wlr, mlr, ws, ms, ps, er, n

What's Your Racquet
1904 Atlantic Ave.
P.O. Box 1402
Wall, NJ 07719
wlr, mlr, ws, ms, ww, mw,
wsr, msr, tc, sp, b, sb, ps,
er, n

NEW YORK

21st Point Club
McKown Road off Western Avenue
Albany, NY 12203
wlr, mlr, ws, ms, ww, mw, r, b, sb, ps, er, n

Point Set Tennis and Racquetball Club
225 Howells Rd.
Bay Shore, NY 11706
wlr, mlr, ws, ms, tc, sb,
ps, er, n

The King's Court
Racquetball Club
4101 Avenue V
Brooklyn, NY 11234
212-338-3300
wlr, mlr, ws, ms, tc, sb, ps, er, n

The Pelham Racquetball and Health Club
6 Pelham Parkway
Pelham Manor, NY 10803
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, b, sb, ps, er, n

OREGON

Eastern Oregon Sports
366 S.E. 5 St.
Ontario, OR 97914
wlr, mlr, ws, ms, ww, mw, sp, r,
sb, ps, er, n

PENNSYLVANIA

The Supreme Courts
90 West Chestnut St.
Washington, PA 15301
wlr, mlr, ws, ms, ww, mw,
ps, er, n

Indian Springs Golf and Racquet Club
949 Church St.
Landisville, PA 17538
wlr, mlr, ws, ms, ww, mw, wsr, msr,
tc, r, sb, ps, er, n

SOUTH CAROLINA

Charleston Racquet
Nautilus Center
1642 Highway 7
Charleston, SC 29407
803-571-1020
wlr, mlr, ws, ms, msr, tc, sb,
ps, er, n

TEXAS

Killeen Athletic Club
405 South 2nd
Killeen, TX 76541
wlr, mlr, ws, ww, mw, msr, sp,
sb, ps, er, n

UTAH

The Court Club
120 W. Hilton Inn Dr.
St. George, UT 84770
wlr, mlr, ws, ms, ww, mw, tc,
sp, r, sb, ps, er, n

WEST VIRGINIA

Charleston Racquet Club
P.O. Box 3328
Hillcrest Drive
Charleston, WV 25332
wlr, mlr, ws, ms, tc, r, b, er, n

For more information on how to list a court club on this page, call Cheryl at 901-345-8000.

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3313 New Coach Ln.
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and
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904-378-5093

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Ray Mitchell
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801-262-9414 (Office)

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303-598-0963

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Base Naval de Rota
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901-761-1172

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Executive Director
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Vanier City, Ontario
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613-745-1247

SAUDI ARABIAN RACQUETBALL ASSOCIATION
Donald Chambers
CRS, Inc.
c/o College of Minerals
Chairan, S.A.

EGYPTIAN RACQUETBALL ASSOCIATION
Abdel-Fattah Batawi
11 Rashdan Street
Dokki, Cairo
Egypt
843-141

Scorecard

RACQUETBALL welcomes all tournaments to report their results. Please list all rounds of each event. Scorecard will report as many rounds of each tournament as space allows.

For reasons of space and clarity, tournament results submitted for listing in "Scorecard" should be arranged as shown in the example below. Entries using this format stand a better chance of being included in the "Scorecard" section.

Men's Open
Semifinals: John Smith over Peter Smith 21-7, 21-15;
John Doe over Peter Doe 21-20, 21-13.
Finals: John Smith over John Doe 21-20, 13-21,
21-16.

Tennessee Turkey Shoot Supreme Courts Nashville, Tennessee November 21-23

Men's A:
1st: John Dunlap; 2nd: Bryce Anderson.
Men's B:
1st: Mike Tuminello; 2nd: Dan Phillips.
Men's C:
1st: Rick Hudson; 2nd: Mike Dixon.
Men's Novice
1st: Jeff Jenkins; 2nd: Larry Pitts.
Men's Seniors
1st: Luke St. Onge; 2nd: Ron Stevens.
Men's Masters
1st: Bill Roy; 2nd: William Tanner.
Jr. Vets
1st: Emile Catignari; 2nd: Larry Liles.
Women's A
1st: Sharon Fanning; 2nd: Marie Copley.
Women's B
1st: Suzanne Briggs; 2nd: Marcy Anderson.

Pennsylvania State Police Anniversary Alpha Club September 12-13 Shiremanstown, Pennsylvania

Men's Open
1st: Bernie Howard; 2nd: George Jackson; 3rd: Bob Welborn; 4th: Wayne Canfield.
Men's Open Doubles
1st: Bernie Howard-Terry Clemens; 2nd: Bob Lipski-Carl Kochis; 3rd: Bob Aaronson-Tom Swinart; 4th: Pat Lavelle-Ron Haberstron.
Women's Open
1st: Trudy Schell; 2nd: Carol Webb.

American Cancer Society Benefit Off-Keys Racquetball Club October 17-19 Doylestown, Pennsylvania

Men's Open
1st: Jim Cascio; 2nd: Scott Ryan; 3rd: Bruce Becker; 4th: Jim Young.
Men's B
1st: Brian Hill; 2nd: Gannotti; 3rd: Bill Montanari; 4th: Jeff Miller.
Men's C
1st: Gene Dougherty; 2nd: Jim Curtis; 3rd: Bill Mac-Cready; 4th: Mike Hartwick.
Men's Novice
1st: Steve Aiken; 2nd: Randy Berlew; 3rd: Ralph Rambo; 4th: John Blumenstein.
Men's Open Doubles
1st: Bob David-Bruce Becker; 2nd: Dave Hottenstein-Jim Young; 3rd: Tom Young-Scott Ryan; 4th: Bill Johns-Lonnie Allgood.
Men's Seniors (35 plus)
1st: Ray Jean; 2nd: Dario Mas; 3rd: Frank Town; 4th: Mike Kitchen.
Women's Open
1st: Dotty Fischl; 2nd: Star Fisher; 3rd: Connie Grazier; 4th: Kathy Pinto.
Women's B
1st: Nancy Katz; 2nd: Betsy Heptfinger; 3rd: Joan Aichlele; 4th: Kathy Cascio.
Women's C
1st: Jane Ricketts; 2nd: Carol Hupson; 3rd: Mary West; 4th: Pat Valmore.
Women's Novice
1st: Pat Soprenuk; 2nd: Sue Farrell; 3rd: Treasa Held; 4th: Pat Kitchen.

Fog City Classic Cal-Courts October 30-November 2 Eureka, California

Open Mixed Doubles
1st: M. Mook - E. Martin.
Open Men's Doubles
1st: Price-Sullivan; 2nd: Contrenas-Haworth.
Women's B
1st: D. Nagel; 2nd: K. Baker.
Men's B
1st: Steve Boyne; 2nd: Tim Nowell.
Women's Open
1st: Jan Mathews; 2nd: Donna Myer.
Men's Open
1st: Gerry Price; 2nd: Joe Sullivan.
March of Dimes Benefit
Greenfield Court Club
October 24-26
Lancaster, Pennsylvania

Men's Open
1st: Judd Grosshans; 2nd: Junior Powell; 3rd: Jay Krevsky; 4th: Joe McAndrews.
Men's B
1st: Bill Redday; 2nd: Phil Overton; 3rd: Scott Martin; 4th: Charlie Koch.
Men's C
1st: Barry Frank; 2nd: Randy Laird; 3rd: Mike Pijar; 4th: Harry Fishel.
Men's Seniors (40 plus)
1st: Jay Krevsky; 2nd: Dario Mas; 3rd: George Kroll; 4th: Bud Delfinbaugh.
Men's Open Doubles
1st: George Ruckno-Joe McAndrews; 2nd: Joe Ross-Roy Stryker; 3rd: Bob Lee-Dan Miller; 4th: Tom Burkholder-John Dorshiemor.
Women's Open
1st: Cindy Baxter; 2nd: Marcy Lynch; 3rd: Pat Dorshiemor; 4th: Molly O'Brien.
Women's B
1st: Susan Givler; 2nd: Sherry Miller; 3rd: Marcy Rueben; 4th: Samantha Brem.
Women's C
1st: Claudia Sanger; 2nd: Jody Conrad; 3rd: Pam Lichty; 4th: Jeanie Kepler.
Women's Seniors (30 plus)
1st: Nancy Katz; 2nd: Rose Donahue; 3rd: Isabel Castles; 4th: Pam Carpenter.
Women's Open Doubles
1st: Pat Dorscheimer-Mary Musewicz; 2nd: Molly O'Brien-Linda Kennedy; 3rd: Rose Donahue-Sue MacLennan; 4th: Joanne Hughes-Pam Carpenter.

Rick Cerone Lite Beer Grand Prix King George Racquetball Court October 16-18 Greenbrook, New Jersey

Boys 13-and-under
1st: Chris Cirillo; 2nd: Jim Salvato; 3rd: Rick Vazzano; 4th: Pete Appel.
Women's Seniors (30 plus)
1st: Debbie Pallas; 2nd: Karen Standskov; 3rd: Mary Vanore; 4th: Marellyn Schaffenberg.
Men's Masters (50 plus)
1st: Fred Weber; 2nd: Gabe DiDairo; 3rd: Saal Lesser; 4th: Dave Haber.
Men's Seniors (30 plus)
1st: Fred Letter; 2nd: Bill Wela; 3rd: Frank Monticello; 4th: Mel Fine.
Men's Masters (45 plus)
1st: Richard Pete Talbot; 2nd: Fred Weber; 3rd: Fred Howlett; 4th: Stuart Freeman.
Women's Open
1st: Maryann Cluess; 2nd: Karen Borgia; 3rd: Pam Perrot-

ty; 4th: Karen Kimerling.
Men's Open
1st: Jim Cascio; 2nd: Charlie Horton; 3rd: John Bierman; 4th: John Peterson.

Lite Beer / Penn Super Racquetball Championship Racquet Club October 24-26 Monroeville, Pennsylvania

Women's C
1st: Janis Gibson; 2nd: Kathy Fulmer; 3rd: Bobbie Bollinger; 4th: Mary Emanuele.
Women's Novice
1st: Karen Kljucaric; 2nd: Arieeta Ebert; 3rd: Jaclyn Gawlas; 4th: Sheila Edmunds.
Men's (35 plus)
1st: Tony Gentile; 2nd: Ken Baron; 3rd: Bela Molnar; 4th: Ron St. Clair.
Men's Novice
1st: James Ebert; 2nd: Robert Asbury; 3rd: Randy Eyock; 4th: John Flora.
Women's B
1st: Linda Montgomery; 2nd: Cathy Cronin; 3rd: Candy Eazor; 4th: Jan Titchworth.
Men's Open
1st: Ken Goldberg; 2nd: Adam Schwartz; 3rd: Kevin Pillion; 4th: Jeff Shearer.
Men's B
1st: Robert Steding; 2nd: Bill Morosky; 3rd: David Moites; 4th: Bob Becker.
Men's Masters
1st: Al Schaltner; 2nd: Eugene Erwine; 3rd: Jack Gartley; 4th: Bob Hahn.
Men's C
1st: Tom Weber; 2nd: Larry Bach; 3rd: Barry Neff; 4th: Kenneth Toy.
Women's Open
1st: Jan Titchworth; 2nd: Linda Montgomery; 3rd: LaRue Ann Jones; 4th: Lynn Ross.

Octoberfest Open Fox Racquetball Club October 24-26 Trevose, Pennsylvania

Men's Open
1st: Jim Young; 2nd: Scot Ryan; 3rd: Ray Jeans; 4th: Lonnie Allgood.
Men's B
1st: Jim Worthington; 2nd: Joe Borcich; 3rd: Jim Collins; 4th: Dave Hamilton.
Men's C
1st: Ed Capolupo; 2nd: Ed Stemp; 3rd: Jay Mayfield; 4th: Tom Kiraly.
Women's B
1st: Lynn Kulp; 2nd: Kathy Casey; 3rd: Cindy Greenfeder; 4th: Dorie Reilly.
Women's C
1st: Pat Soprenuk; 2nd: Sandy Crawford; 3rd: Peg Vees; 4th: Ronnie Borcich.
Men's Open Doubles
1st: Jim Young-Ray Jeans; 2nd: Tom Young-Scott Ryan; 3rd: Billy Johns-Lonnie Allgood; 4th: Barry McCutcheon-Chris McCutcheon.

1980 Oregon YMCA Championship Tournament Albany YMCA October 17-19 Albany, Oregon

Men's C
1st: Mike Groff; 2nd: Don White.
Women's C
1st: Bobby Todd; 2nd: Kay Hopkes.
Men's Novice
1st: Gordon Walker; 2nd: Dave Wheeler; 3rd: Jeff Prunk; 4th: Bruce Beane.
Men's B
1st: Dave Zajicek; 2nd: Wayne Hyde; 3rd: John Fisher; 4th: Dave Walter.
Men's A
1st: Chris Rudolf; 2nd: John Mistkowi; 3rd: Glen Lasken; 4th: Bill O'Brien.
Women's B
1st: Kathy Wilson; 2nd: Katherine Bryant; 3rd: Laura Hyde.

1st Annual State Halloween Tournament Andy Valley Racquetball October 31-November 2 Lewiston, Maine

Men's Open
1st: Steve Dubord; 2nd: Randy Olson; 3rd: Steve Trenholm; 4th: John Bouchard.
Men's B
1st: Tom Fournier; 2nd: Marc Bourque; 3rd: Steve Cox; 4th: Jim Hood.

Men's C

1st: Jeff Hayward; 2nd: Roger LeClair; 3rd: Alec Stevens;
4th: Dale Tilton.

Men's Novice

1st: Jeff Gray; 1st: Chester Fossett; 3rd: Bruce Lewis;
4th: Mark Buker.

Women's Open

1st: Marsha Giglio; 2nd: Sherrie Thomas; 3rd: Donna
Giroux.

Women's C

1st: Rachel Dufour; 2nd: Christy Bruillard; 3rd: Frankie
Campbell; 4th: Margret Donovan.

**National Seniors (35 plus) Invitational
Court House Racquetball Club
November 7-9
Jackson, Mississippi**

1st: Jim Austin
2nd: Jay Schwartz
3rd: Roger Wehrle
4th: Tom McKie
5th: Joe Icaza
6th: Wallace Hardy
7th: Jeff Leon
8th: Steve Squire
9th: Charles Wickham
10th: Jim Jordan
11th: Paul Henrickson
12th: Luke St. Onge
13th: Chuck Miner
14th: Bill Masucci
15th: George Tashie
16th: Don Luenke
17th: Ed Lane
18th: Al Bullock
19th: Pat Welsh
20th: George Blasingame
21st: Pete Singer
22nd: Willie Daniel
23rd: Ron Jeter
24th: George Akers

**Lite/Penn Series For Multiple Sclerosis
Continental Racquetball Club
October 31-November 2
Houston, Texas**

Men's Open

1st: Tommy Gautreau; 2nd: Marc Auerbach; 3rd: David
Pearson; 4th: Berry Watson.

Men's B

1st: Israel Garza; 2nd: Armado Trevino 3rd: Bill Gough;
4th: Ron Dunner.

Men's C

1st: Joey Young; 2nd: Bob Jones; 3rd: Rick Urban; 4th:
Dan Byron.

Men's Novice

1st: Bob Kolb; 2nd: Tom Gibson; 3rd: Lionel Tamez; 4th:
John Bass.

Men's Seniors

1st: Bob Hill; 2nd: Richard Speer; 3rd: Tom Chodosh; 4th:
Jerry Myers.

Men's Masters

1st: John Ohlweiser; 2nd: Joseph Lambert; 3rd: Ben
Voorhies, Jr.; 4th: Bob Ristau.

Women's Open

1st: Joann LaPointe; 2nd: Becky Bludau; 3rd: Janice
Segall; 4th: Beverly Branch.

Women's B

1st: Jolyne Rotenberry; 2nd: Nidia Blasingame; 3rd: Ed-
na Sanchez; 4th: Linda Wilson.

Women's C

1st: Sally Grant; 2nd: Helen Moore; 3rd: Melonie Milner;
4th: Babette D'Antoni.

Women's Novice

1st: Liz Holland; 2nd: Carla Walton; 3rd: Karin Schelle;
4th: Debbie Fischer.

**Head Fall Classic
Warwick Playoff Club
October 31-November 2
Warwick, Rhode Island**

Men's A

1st: Dennis Aceto; 2nd: Joe Chabot; 3rd: Manny Pita; 4th:
Al Lavalee.

Men's B

1st: Roy Simon; 2nd: Brian Couture; 3rd: Bob Fornier;
4th: Norma Taylor.

Men's C

1st: P. J. Allen; 2nd: Dan Vest; 3rd: Peter Lash; 4th: Norm
Vadenais.

Men's Novice

1st: Ken Pearsall; 2nd: Joe Zone; 3rd: Dave Myer; 4th:
Jack Gallogly.

Men's Seniors

1st: Rene Depot; 2nd: Howie Coleman; 3rd: Dennis
Culberson; 4th: Mike Bleeker.

Men's Open Doubles

1st: Manny Pita-Rene Depot; 2nd: Dennis Aceto-Bob
Fisette; 3rd: Cal Steere-Jim Wade; 4th: Mike Chabot-
Joe Chabot.

Boys 15-and-under

1st: Ralph Grillone Jr.; 2nd: Alan Dogan; 3rd: Scott Cor-
deiro; 4th: Keith Melanson.

Women's B

1st: Donna McGaskill; 2nd: Judy Leerer; 3rd: Sharon
Culberson; 4th: Diane Demers.

Women's C

1st: Janet Kurucz; 2nd: MaRcia Feole; 3rd: Carmen
Mycroft; 4th: Ann Drescher.

Women's Novice

1st: Barbara Gazzero; 2nd: Lorna Marquis; 3rd: Debra
Sanders; 4th: Ann Assumpico.

**1980 Saluki Open
Southern Illinois Racquetball Championship
International Recreation Sports Center
October 19-21
Murphreysboro, Illinois**

Men's C

1st: Jim Bilek 2nd: Jim Cohen; 3rd: John Lipe; 4th: Bill
Lang

Women's B

1st: Debbie Sossong; 2nd: Jackie Smith 4th: Lori Ward.

Men's B

1st: Bill Bonow; 2nd: Bill Lewis; 3rd: Daryl Cooperrider;
4th: John Montalbano.

Women's Open

1st: Martha Nance; 2nd: Kim Drader; 3rd: Mary Credille;
4th: Patti Lewis.

Men's Open

1st: Bill Howk; 2nd: Dave Walls; 3rd: Roger Uytelbroek;
4th: Dave Logan.

**1st Annual Autumn Fest Open
October 10-12
Winsocket, Rhode Island**

Men's A

1st: Mike Chabot; 2nd: Bob Fisette; 3rd: Cal Steere; 4th:
Dennis Culberson.

Men's B

1st: Will Verhoeff; 2nd: John McGuigan; 3rd: Vincent
Desanto; 4th: Marty Perreira.

Men's C

1st: BoB Fournier; 2nd: John Powers; 3rd: Dave Mason;
4th: Don Choquette.

Men's Novice

1st: Paul Boucher 2nd: Rick Reeves; 3rd: Dennis Gavin;
4th: Joe Sinko.

Women's C

1st: Diane Demers; 2nd: Debra Labrecque; 3rd: Jeanne
Bissant; 4th: Lise Picard.

Women's Novice

1st: Rose Ciucci; 2nd: Ellen White; 3rd: Denise
Lamoreaux; 4th: Carol Marchand.

**1980 AARA State Doubles
The Courtrooms
Ft. Lauderdale, Florida
October 31-November 2**

Mens' Open

Finals: Fred Calabrese-Bill Simon over Matt Mathews-
Van Dubolsky 21-18, 21-14.

Third: Shawn Brown-Jeff Bales over Sergio Gonzales-
Bubba Gautier 13-21, 21-16, 15-14.

Women's Open

Finals: Diane Green-Nancy Hamrick over Audrey Simton-
Kathy Fergers 21-7, 21-10.

Third: Mary Ann Livingston-Tracy Watkins over Sue
Goebel-Mickie Lewis 21-3, 21-10.

Men's Seniors 30 Plus

Finals: Gary Biederman-Jeff Leon over Van Dubolsky-
Errol Potter 21-19, 21-18.

Third: John Drew - Mike Winslow over Frank Blackard -
Craig Shaak 21-5, 17-21, 15-10.

Men's B

Finals: Mitch Campbell-Mark Barrett over M. Espinosa-R.
Montejo 21-4, 21-16.

Third: Guillermo Lopez-John Erhing over Barry Koran-
Lewis Levinter 21-12, 18-21, 15-12.

Men's C

Finals: Ed Dale-Terry Koukovlis over Jim Brall-Steve
McKlavzina 21-14, 15-21, 15-9.

Third: Jack Sussman-Harvey Sussman over Jeff
Weinstein-Mark Caulfield 21-10, 21-13.

Men's Seniors 35 Plus

Finals: John Borque-Orrie Cherasia over Fred Blaess-
Jeff Leon 21-16, 21-18.

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Third: Frank Blackard-Graig Shaak over Frank Brownlow-Julio Paccid 12-21, 21-14, 15-6.

Women's B-C

Finals: Donna Bolotin-Becky Rush over Sue Goebel-Mickie Lewis 13-21, 21-4, 15-2.

Third: Cindy Watson-Christine Struther over Susan Schwartz-Annette Dosorney 21-4, 21-9.

Boy's Juniors 13-and-under

Finals: John Rowlee-Benny Lee over Bump Blaess-Rich Potter 21-17, 21-9.

Third: Jeff Wallace-James Lorello over Oscar Gonzales-David Eller 9-21, 21-18, 15-12.

Finally's/Metro Club Open
Arlington Heights Court House
Arlington Heights, Illinois
October 24-26

Men's Open

1st: Dave Negrete; 2nd: Jack Newman; 3rd: Bob Deuster; 4th: Jim Scheyer; Consolation: Keith Vanderveen.

Men's A

1st: Jim Babbitt; 2nd: Jerry Belcaster; 3rd: Neal Scheyer; 4th: Mike Frintner; Consolation: Craig Steichen.

Men's B

1st: John Negrete; 2nd: Scott Martin; 3rd: Jim Jeffers; 4th: Rick Farmer; Consolation: Bob Bergstrom.

Men's C

1st: Todd Dalman; 2nd: Dave Jones; 3rd: John Reichwein; 4th: Scott Schinto; Consolation: Elliott Newman.

Men's D

1st: John Novi; 2nd: Chris Farmer; 3rd: Mike Saltzman; 4th: Bob Cornwell; Consolation: John Cole.

Men's Seniors

1st: Barry Siegel; 2nd: Ron Paul; 3rd: Ron Johnson; 4th: Barry Buske; Consolation: Steve Cohen.

Women's C

1st: Donna Radeke; 2nd: Sandy Peterson; 3rd: Ree Keca; 4th: Barb Blitzen; Consolation: Debbie Lome.

Women's D

1st: Barb Solomon; 2nd: Carolyn Wedekind; 3rd: Pat Franklin; 4th: Randi Cohan; Consolation: Meg Kilton.

Greenfield March of Dimes Open
Greenfield Court Club
Lancaster, Pennsylvania
October 24-26

Men's Open

1st: Judd Grosshans; 2nd: Junior Powell; 3rd: Jay Kreusky; 4th: Joe McAndrews.

Men's B

1st: Bill Redcay; 2nd: Phil Overton; 3rd: Scott Martin; 4th: Charles Koch.

Men's C

1st: Barry Frank; 2nd: Randy Laird; 3rd: Mike Pijar; 4th: Harry Fishel.

Men's Open Doubles

1st: Ruckno-McAndrews; 2nd: Joe Ross-Roy Strucker; 3rd: Burkholder-Dorsheimer; 4th: Bob Lee-Dan Miller.

Women's Open

1st: Cindy Baxter; 2nd: Marcy Lynch; 3rd: Pat Dorsheimer; 4th: Molly O'Brien.

Women's B

1st: Susan Givler; 2nd: Sherry Miller; 3rd: Marcy Reuben; 4th: Samantha Brem.

Women's C

1st: Claudia Sanger; 2nd: Jody Conrad; 3rd: Pam Lichty; 4th: Jeanne Kepler.

Men's Seniors 40 plus

1st: Jay Krevsky; 2nd: Mas Dario; 3rd: George Kroll; 4th: Buddy Diffenbach.

Women's Seniors 30 plus

1st: Nancy Katz; 2nd: Rose Donahue; 3rd: Isabel Castles; 4th: Pam Carpenter.

Women's Open Doubles

1st: Musewicz-Dorsheimer; 2nd: O'Brien-Kennedy; 3rd: MacLennan-Donahue; 4th: Hughes-Carpenter.

The Sport's Center Classic
The Sport Center
Fayetteville, North Carolina
October 31-November 2

Men's B

1st: Ron Renn; 2nd: Emmet Wood.

Men's C

1st: Ubaldo Cruz; 2nd: Ken Updike.

Women's Open and B Combined

1st: Malia Nieves; 2nd: Sue Graham.

Women's C

1st: Betsy Fonke; 2nd: Patricia Holt.

Men's Masters and Seniors Combined

1st: Ted Freshwater; 2nd: Cary Mendelson.

Men's Open

1st: Jim Bailey; 2nd: Fernando Avalos.



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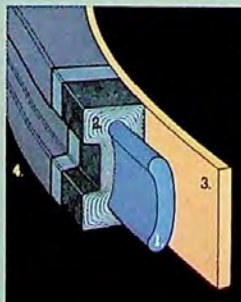
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Point Five: Winning Points. The popularity of the 250G among knowledgeable players points to just one thing: performance. Its innovative features add up to surer passes, harder kills, fewer skips, more points game after game and match after match. And that's the whole point of a racquetball racquet.

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