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Fitness Issue:

Avoiding Injury
Conditioning
Nutrition
Stretching

AARA

Nationals:
Year of Upsets

Canadian
Nationals:
Champs of the North

WPRA:
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Off The Wall

by Joe Massarelli



Welcome Our New Editor!

When the telephone rang in my office over a year ago, at the other end was Sigmund Brouwer, our Canadian editor. Well, I'm technically incorrect when I say that. Actually, he wasn't our Canadian editor at the time of his phone call. He was a contributing editor who had written for the magazine regularly.

"Hi, Joe," he started in his typically Canadian accent. "I know we've never met, but I have contributed articles from time to time. After reading your recent editorial about how the magazine was expanding its editorial base by focusing on regular departments by the AARA, RMA and WPRA, I thought you might be interested in a Canadian column."

Little did I realize at the time that racquetball was so big in Canada. In a few minutes, Sig explained where the sport was and who was participating in it all across the country. And, while the professional level of play may be not as far along as its U.S. counterpart, explained Brouwer, it was certainly growing at a faster rate than in the United States.

Our relationship since that call has been nothing but excellent. Not only does Sig provide an interesting and professionally prepared Canadian Report each month, he has covered several tournaments in Canada and the United States as well. His writing style and his expert knowledge of the game qualify him well to not only report about the sport, but to also opine about it and the players — both professional and amateur.

We're pleased to tell our readers that Sig Brouwer is now the editor of *National Racquetball*. Let us give you a brief glimpse of his varied and interesting background.

Sig will be 29 on August 8, so we can safely say he has a "few" good playing years left! He graduated from Calvin College in Grand Rapids, MI with a Bachelor of Business Economics degree in 1982.

More recently — this year to be exact — he received his Bachelor of Journalism Honors degree from Carleton University in Ottawa, Ontario.

His writing experience ranges from literary journals through retirement publications to racquetball magazines. He has traveled the width and breadth of both countries. And, just last year he completed a two and a half month bicycle trip across Canada. He earned his keep during the trip by writing weekly free-lance columns for two newspapers.

Sig opted for racquetball after a brief stint of semi-pro hockey where he played for the U.S. Continental League. That was after being co-captain of his college hockey team for three years.

But racquetball is his first love. In 1983, he received a gold medal for his performance at the Canada Winter Games in Chicoutimi, Quebec where Wayne Davidson of Edmonton, Alberta was his doubles partner. They must be a good team because he and Davidson are two time winners of the Alberta Open Doubles Championships. Sig also was the reigning champ of the 1984 Klondike Canadian Open Amateur tournament.

"Of course," quips Sig, "competitive racquetball has its thrills and horrors. My greatest thrill was beating Steve Keeley for third place and \$50 in a Michigan tournament. I actually won on a coin flip. Steve didn't want the money badly enough anyway!"

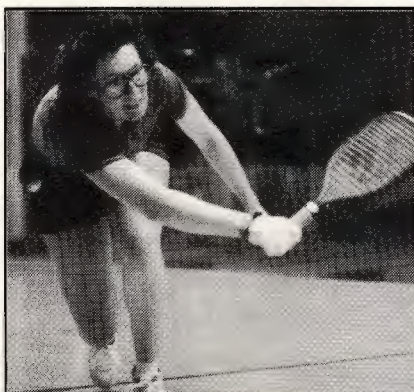
His really bad experience was watching doubles partner, Brad Kruger, punch the side wall in frustration during the 1985 Canadian Nationals semi-final match. "He broke three knuckles and we lost anyway," chuckled Brouwer.

We are proud to have Sig serve as our editor. We hope you will enjoy his continuing contributions to the sport and to *National Racquetball*. ○





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On the cover: Elizabeth Page, wearing an AARA sweatshirt from the Houston Nationals, is a model from Ottawa, Canada.

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HEAD
RACQUET SPORTS

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Level Is Better

It's Sunday morning and I just got back from a long run. What I observed was typical for this time of year: people going to church, people mowing their lawns, beautiful flowers blooming and baseball diamonds packed with players and spectators. Yes, it's that time of year again.

Everywhere you turn, you see little leagues, lassie leagues, softball teams representing a local store, and just friendly pick-up games at the local school field. Every night you see or hear a professional baseball game on TV or radio. In all newspapers and on all newscasts there are the scores, predictions and statistics. It's called Baseball Fever — as players, spectators, coaches or sports writers, we are all part of this craze.

So it's good to use baseball to help our racquetball. Imagine standing at homeplate (see figure A) and setting up to hit a pitch thrown by Tom Seaver. The swing in baseball or softball is the exact motion of hitting a forehand in racquetball (see figure B).

If you swing the bat up, you will hit a pop-up. If you swing the bat down, it will result in a ground ball. If

you swing the bat level, the result will be a line drive.

It's the same in racquetball. If you swing the racquet up, it leaves a set-up. Swing down and it will skip. But if you swing your racquet level, you will hit a good, low, offensive shot (kill, pinch, or pass) that will score a point or end the rally.

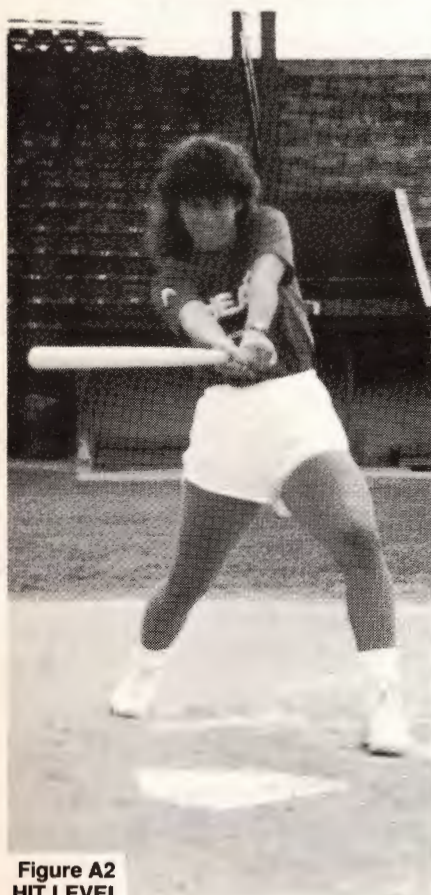
Use this same principle for an effective backhand. Just become a switch hitter in baseball against Tom Seaver (figure C) and you'll have as good a backhand as forehand (figure D).

Remember if you have trouble with your stroke, just close your eyes, see yourself at the batter's box, the bases are loaded, it's the bottom of the ninth, and your team is down by a run. Tom Seaver pitches a fast ball over the plate, and you stop and swing to the roar of the crowd for a double and the winning run! Remember, **level** pays off. ○

*Instructional Tips provided by
Fran Davis and Jim Winterton*



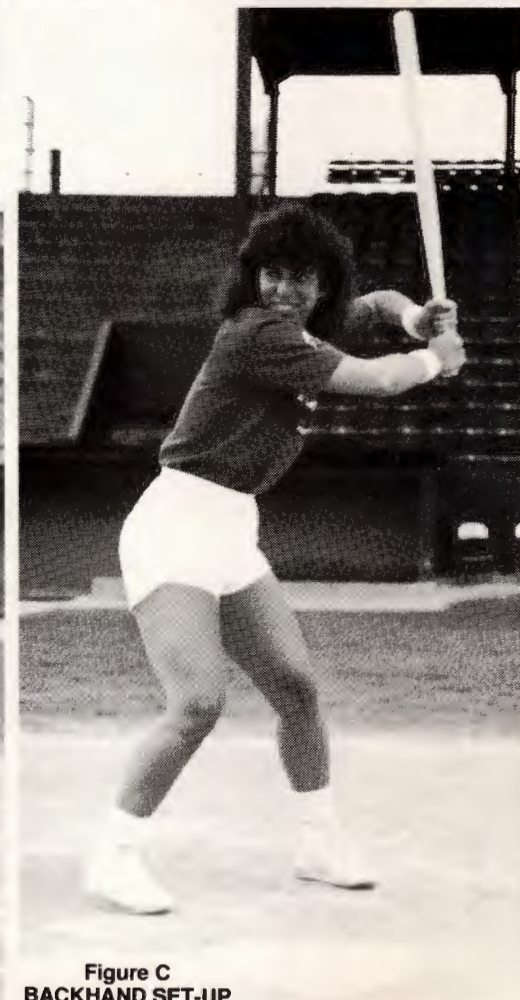
**Figure A1
SETTING UP**



**Figure A2
HIT LEVEL**



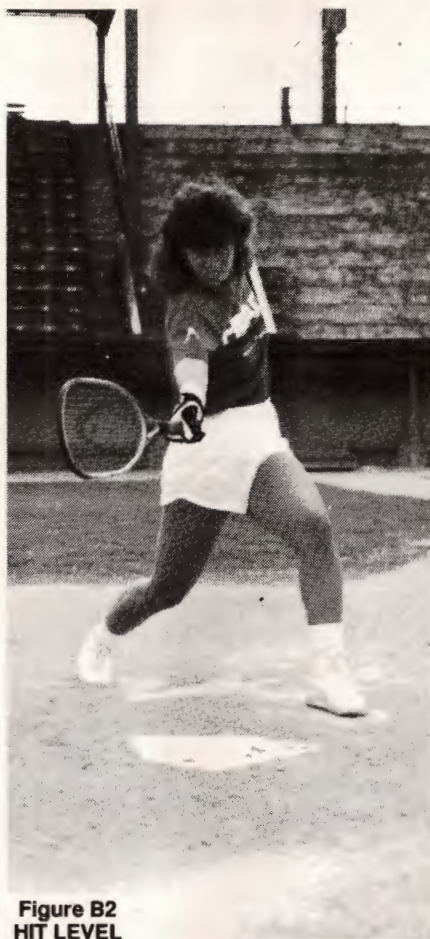
**Figure A3
FOLLOW THROUGH**



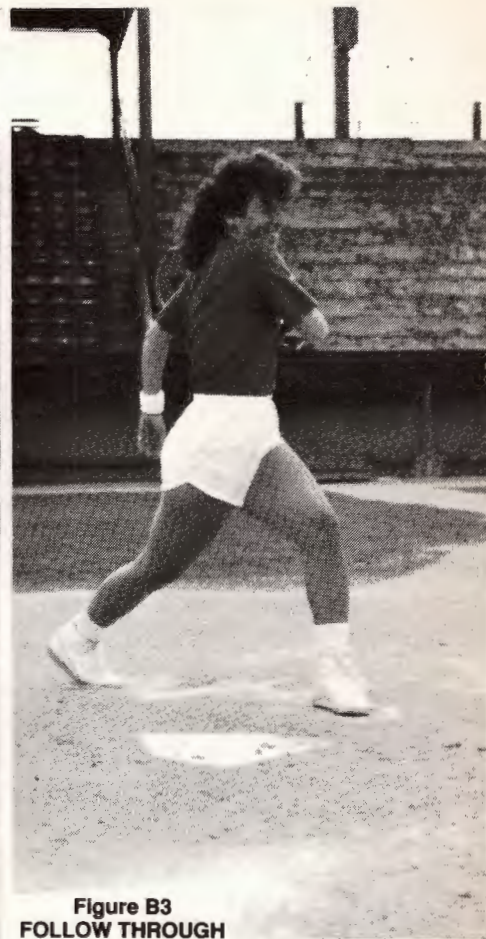
**Figure C
BACKHAND SET-UP**



**Figure B1
SETTING UP**



**Figure B2
HIT LEVEL**



**Figure B3
FOLLOW THROUGH**



**Figure D
BACKHAND SET-UP**

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Off Court Fitness

by Jean Sauser



Don't Diet — Part II

Last month we discussed why deprivation diets (diets that severely limit the number of calories you eat), don't work. Now let's take a look at another popular form of deprivation that's currently sweeping the nation. That is, diets that don't allow you to eat certain types of food.

How do they make up for this? By allowing you to eat only a specific type of food until it is literally coming out of your ears. (If you're lucky, that will be the only place. I've seen some pretty gruesome diets in my time.)

Diets that require you to starve yourself on a daily basis fail, and all you can eat diets (but only certain foods) won't work either.

One good example of how to fail on an overabundance of one substance diet, is the ever popular high protein, low complex

be due to a loss of body water.

This is caused by the high protein consumption you are forcing your body to endure. To get rid of the extra protein, your body excretes it in your urine. In fact, most high protein diets encourage you to drink plenty of water but they don't bother to tell you that it is literally to prevent dehydration!

It's been proven that any time you swing the pendulum of your diet to high protein, low complex carbohydrate, what really happens is that your body does not get enough glucose. Glucose is an energy producing substance which your brain, muscles and other body parts need to function properly.

Complex carbohydrates provide the major source of glucose for your body; protein doesn't. On a high protein, low complex

loss succeeds on the drawing boards, but fails miserably when put into use. Your body doesn't understand the high protein

The next time you are tempted by an all ice cream diet, you should know it is the wrong track.

weight loss theory. It only understands that you've manipulated that all important balance of protein, complex carbohydrates and fat, and it compensates for your mistake in its own way.

The moral of this story is that you should beware of any diet that tells you to eat only one type of food, because your body will compensate in ways that are, in the long run, detrimental to you.

There really is a proven balance of protein, complex carbohydrate and fat that enables your body to function at its best on a daily basis. That balance is approximately 65% complex carbohydrates, 15% protein and 25% fat.

You must also eat the right foods to get the maximum benefit out of that balance. This will ensure that your body will get its proper nutrients (vitamins and minerals) found in fruits, vegetables, lean meats, not cookies, steak and ice cream.

The next time you find yourself on an all ice cream diet, you should know you are on the wrong track. Worse still, as de-

(continued on page 39)

... most high protein diets encourage you to drink plenty of water daily, without bothering to mention the reason is to prevent dehydration.

carbohydrate diet. Its strategy involves eating lots of protein and virtually no complex carbohydrates so that you never feel hungry while you lose weight.

The problem is, most sources of protein (red meats), have a very high fat content. You may be eating fewer calories and staying full longer the way the diet claims, but the initial weight loss you experience from this diet will

carbohydrate diet, your body will use the small amount of glucose the protein provides within a few hours. Then, because you haven't eaten enough complex carbohydrates, it will go looking for more glucose on its own. Where does it find more glucose? In your muscles. Your body begins to feed on itself!

The big picture is that another brilliant concept of weight

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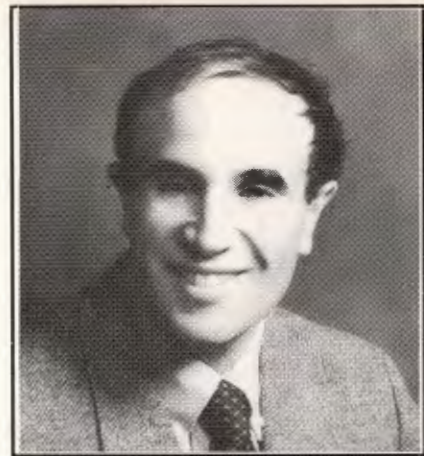
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Conditioning For Racquetball

by Harvey S. Kohn, M.D.



Dr. Kohn is an orthopedic surgeon at the Sports Medicine and Knee Surgery Center in Milwaukee, WI. He is an avid, competitive tennis player as well as a marathon runner and an enthusiastic racquetball and squash player.

Most racquetball players, prior to the season, or prior to a specific tournament or match, consider two things — playing well and winning. One more thing should be given equal priority, and that is **avoiding injuries**.

By adding this third ingredient, you should be able to play up to your potential, thus making your playing time more enjoyable.

A conditioning program for racquetball should begin a full six to eight weeks prior to the intended season. This should include:

- 1) A general conditioning program.
- 2) A specific conditioning program for racquetball.
- 3) A weight training program.
- 4) Careful attention to equipment.
- 5) A properly balanced nutrition program.

Preseason general conditioning is designed to develop cardiovascular fitness to better tone your heart and circulatory system. This translates to less fatigue during a tough match on the court, and less chance of injury. Such a program should include at least three workouts per week, each of 30 to 45 minutes duration, with your heart rate at approximately two-thirds of maximum during workout time (consult workout charts or your physician for the maximum heart rates in your age category).

This is accomplished by either jogging, riding a bike (outdoor, indoor trainer, or exercise bike) cross country skiing, swimming, or jumping rope. An added benefit of jumping rope is that it adds an element of quickness to your foot movements, so important in racquetball movements.

Specific conditioning program — Racquetball requires not only cardiovascular fitness, but also repetitious stop and go movements with change of directions on the court. Therefore, any con-

ditioning program for racquetball should embody both of these elements. Off the court, one can perform wind sprints in addition to a running program to develop muscles for racquetball. On the court drills may consist of 2 on 1, in which the single person must chase all of the shots of the two players.

Weight training program — It has been proven time and time again that a weight training program, specific to each individual racquet participant's needs will enhance not only his strength, power and endurance on the court, but should decrease the rate of upper, as well as lower extremity, injuries. Such a program can be carried out with either free weights or Isoflex exercise tubing, which can be used at home. Specific workouts can be designed for the individual with either a Nautilus or Universal type of exercise equipment found at all fitness and many racquetball clubs. The work on Universal/Nautilus should be supervised, graduated, and progressive. With a basic knowledge of anatomy and a little imagination, all large muscle groups can be worked out. Sessions should range between 15 and 30 minutes, and no individual muscle group should be worked out more than three times per week. Each program should begin with some light calisthenics and five minutes of stretching to promote flexibility of the individual muscle groups to be worked on that day. This session should end with a light stretching program and a cool-down period followed by a warm shower.

Equipment — Although equipment does not "make the player", it should compliment your individual racquetball style, thus enhancing your potential on the court. In general, a "stiffer" racquet is recommended for a power game, whereas a more "flexible"

or composite racquet is for players who like more "touch and spin". All racquets should be tried, or demo'd, before purchasing, and no racquet should be bought which doesn't "feel right", despite the number of endorsements it has had either from your friends or the manufacturer.

Proper shoe gear will avoid tendinitis problems to the lower leg such as shin splints or ankle sprains. Shoes should be supportive, specific to racquetball activities, have good heel counters and mid sole support and can be purchased in high top styles if you have a propensity for ankle sprains.

Nutrition — Within the last five years enough information has been available to make recommendations for proper nutrition and eating habits. Most athletic participants will find that a diet high in carbohydrates, low in fat and processed foods will enhance their performance on the court, as well as their general performance in life. Heavy cuts of meat are de-emphasized, whereas pasta, whole grain foods, fruits and vegetables are recommended. Pre-match snacks can be whole grain food, fruit, or yogurt without giving you a "full or bloated" feeling.

Avoiding injuries — The long term steps as outlined

above, as well as good moves during the game, help to prevent on-court injuries.

Use orthodox stroke techniques to avoid shoulder, elbow and wrist problems. If you think of the thousands of times you swing hard over the course of a season, it is not hard to understand why proper and efficient strokes are crucial to avoiding injuries. Check with your local pro for help if you need it.

Stretch, stretch, stretch. Cold muscles and tendons pop and tear instead of giving like warm muscles. Stretch your shoulders, elbows and wrists, before play. Stretch the front and back thigh muscles. Stretch the calf muscles. And, when

stretching, do it slowly. Jerking the muscles does more damage than good.

Finally, to avoid injury, there is no substitute for using common sense. Many problems are brought on or perpetuated by playing too many tough matches in a row, playing when tired, or playing hurt. Fatigue and pain are part of the body's warning system, so listen to the warnings.

Injuries can be avoided by a sensible, preseason conditioning program such as the one in this article. If you design your preparation and playing times carefully, and start now, by the time autumn tournaments begin, you can be close to playing at your real potential — and lasting all season. ○

Three Simple Stretches For Upper Body Happiness — And Why

by Dr. D. Ziegenfuss

Dr. Ziegenfuss practices chiropractic and sports medicine in Bethesda, MD

You played a super game. Your opponent was tough but you were tougher. Why is it that the next day you are not feeling so "tough"? Instead, you are aching all over and feeling quite sore.

Chances are, the culprit was lack of upper body stretching. Here are some basics in muscle and spinal anatomy, as well as easy to follow stretches to avoid the "aches". As you stretch you will feel the exact location of each muscle!

The *trapezius muscle group* is located in the upper back area. This muscle group is responsible for head extension, and shrugs the shoulders.

To stretch the "traps", place your chin to your chest and turn your shoulders in a circular motion. Do it slowly and with continuous pressure. This will help you get the full range of motion to loosen the trapezius muscles, as well as the *rhomboids*, which are located between the shoulder blades and pulls the wingblade bone towards the spinal column.

The *quadratus lumborum* form the back abdominal wall between

the pelvis and the rib cage (lower back). It is the muscle that makes for sideways bending.

To get this muscle ready before a game, reach for the ceiling with both hands, and bend to the left and then to the right. Be sure to do this slowly, and make sure to bend sideways, not forward or backward. Done properly, this will also loosen the upper back muscles called *latissimus dorsi*, which internally rotate the arm; when the arms are out to the side, these muscles are the ones that pull it back towards the body. As well, the sideways stretching will loosen the *glutius maximus*, the large fleshy muscles located in the buttocks which extend and rotate the thighs.

The *psaos major* runs from the pelvis down to the thigh bone. It flexes the thigh and rotates it inward.

To properly stretch this muscle, place your hands on your hips and legs shoulder width apart, and bend backwards from the waist. Again, do this exercise slowly. This stretch will also help loosen the *rectus abdominis*, a paired band of muscles extending from the bottom of your rib cage

(continued on page 41)

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The Year Of The Upset

DP, PENN and the Houston YMCA host an exciting AARA National Championships

by Sigmund Brouwer

Nobody could ask for more excitement. The subtle buzzing of the racquetball grapevine hummed a message to bring them in from every corner of the tournament. Egan Inoue had faltered.

It was only the quarter finals. Inoue, number two seed, 1986 World Champion, and finalist in a pro stop only the month before, would be going to a tiebreaker. With an 8-0 lead and 234-feet-per-second serves, he had still been denied his victory in game one. Empty space in the gallery quickly disappeared.

Under pressure, Inoue recovered. He rode his serve to an almost effortless win in game two, and kept riding it to a 10-7 tiebreaker lead, almost making his opponent's first game victory look like an aberration. And then, no matter what anyone might say, Inoue did not falter again, did not choke.

Each time his opponent took the serve, Inoue stood tall and won it back. With the pressure of his ranking, the incredible grittiness of his opponent, and a crowd hot with the taste of upset, Inoue did not crumple.

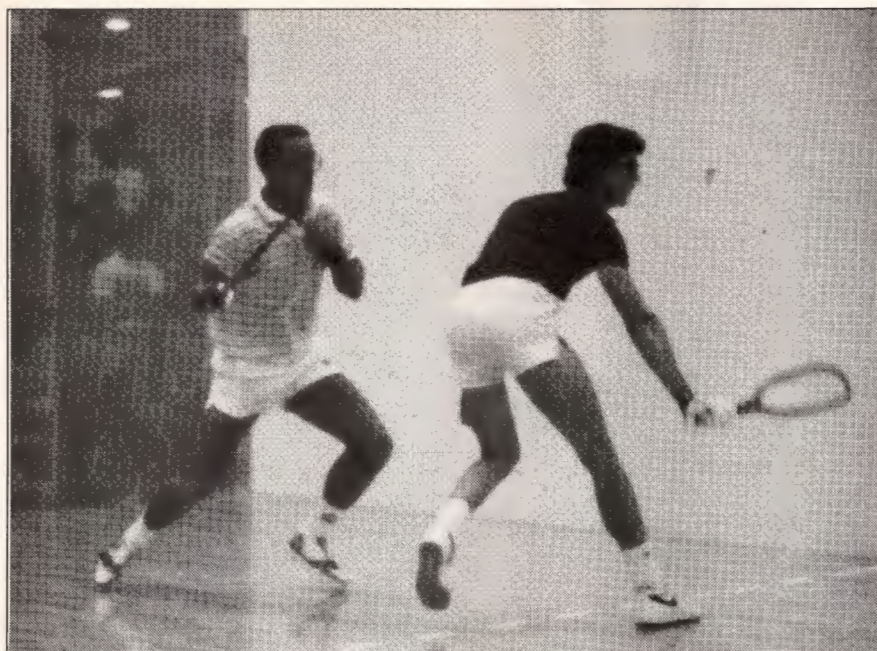
But his opponent did not either.

As slowly as any score can move with one point earned every three or four serves, his opponent reached ten. There it was — the classic ten-ten tiebreaker moment. And still Inoue stood tall.

They traded serves. Then, with Inoue facing death point, his opponent served low and hard, the perfect serve. Inoue stretched, flipped out his racquet, and hesitated after the get. The rally continued, long and painful. Inoue



Jim Casio is jubilant over his triumphant victory.



Jim Casio (right) and Andy Roberts (left) battling it out on the court.

finally hit the winning shot to get the serve back. And his first get was appealed.

For every person among the spectators to swear Inoue made the get, there would be another to say he did not — that was the kind of decision that had to be made.

By then, it was obvious the winner of this match would have a good chance of becoming the 1987 U.S. Amateur Champion; every eye in the crowd watched the thumbs of two very lonely linesmen.

One thumb went down. Finally, the second went down as well. Pennsylvania's Jim Casio, number six seed, had just advanced to the semifinals. For Egan, it meant a long flight back to Hawaii.

In fact, they might call the 1987 AARA Nationals in Houston the "year of the upset". The number 19 and 20 seeds were two of the other semifinalists in men's open. In women's open, none of the top four made it past the semifinals, and seeds 10 and 13 were the finalists.

Steve Strandemo called it best. In Houston to watch and help old students, he said, "The tournament is a great big machine. Every hour it churns, it eliminates a few more, then continues. Shifting, changing, always

churning."

Churn it did. With nearly 950 competitors in 26 events, the tournament began on May 21 and ended four days later. The champions in the various events included repeat winners. Bill Land (men's 30+), Craig Kunkel (men's 35+), Victor Sacco (men's 60+), Luzell Wilde (men's 65+ for third consecutive year), Allen Shepherd (men's 70+), and Judi Schmidt (women's 45+) all took home national championships again.

But the tournament was not all racquetball. Little things, like the Saturday night banquet auction for the U.S. National Team that raised nearly \$2000, a draw schedule that was *ahead* most of the tournament, and the warmth of awards ceremonies during the Monday finals, made the tournament successful.

And the matches made the tournament exciting.

For a long while, Egan Inoue had looked invincible. Knowledgeable spectators, able to compare his serve to Marty Hogan's, all estimated the his serve to be "at least" 15 miles per hour faster. That puts the ball into the 160 mph range, or an incredible 234 feet per second.

Casio later said he knew the only chance he had for winning was to somehow get the ball into

(continued on the next page)

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**Egan Inoue
and the serve
that roars.**

play. Unlike some, who tried to mount an offensive against Inoue's serve, and unlike most, Cascio managed to return the cannons with precise ceiling balls, often while barely managing to get a racquet to the ball.

On the other side of the draw, Andy Roberts of Tennessee, seeded number one, was invincible. No player really pushed him until the finals, but what a finals it became.

After Jim Cascio out-gritted Egan Inoue, he had to face Lance Gilliam (seeded 19th) of Texas. Andy Roberts played California's Bill Sell (seeded 20th) on the other side.

It was no surprise when Andy Roberts defeated Bill Sell. The surprise was Sell's resiliency. Whenever Roberts eased his attack, Sell bounced back like a sapling in strong wind, hitting effective splats and deceptive passes.

The other semifinal was Jim Cascio. He went another tie-breaker against hometown favorite Lance Gilliam. Gilliam played a sullen racquetball, often appealing shots without bothering to check the linesmen for results. The tie-breaker was not close, as Cascio refused to let down after his incredible quarter final victory.

The men's finals was a storm of racquetball.

Andy Roberts plays low to the ground, bracing like a tank to hit every shot. Jim Cascio, in contrast, often hits while in the flow of his motion. Roberts makes his incredible gets by sound positioning, Cascio guesses soundly with one or two steps of anticipation.

In attitude, it seemed a mismatch. Roberts plays with the fury of a drill sergeant, Cascio with the detached concentration of a math professor addressing a chalkboard of calculus.

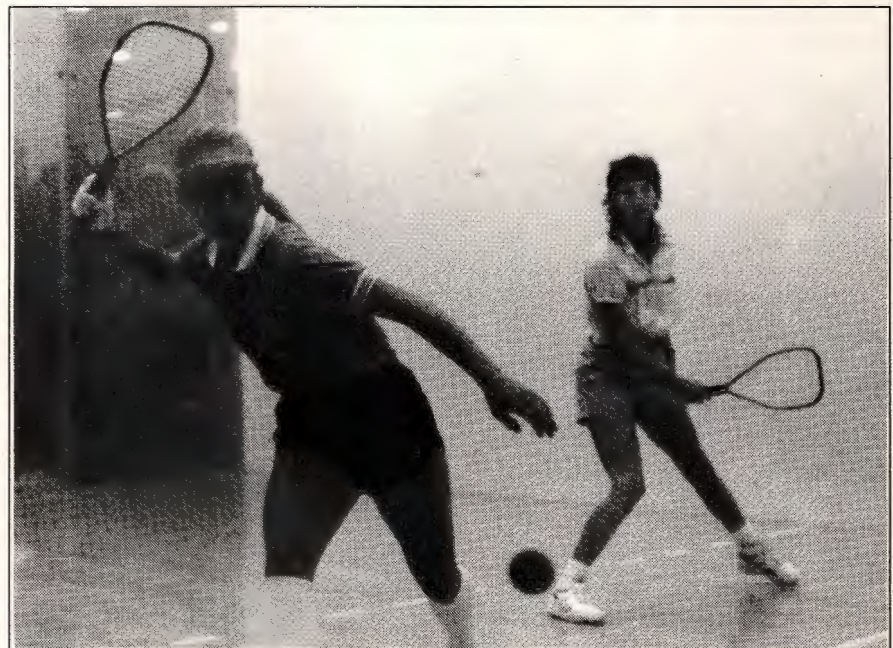
What it came down to was returns. Cascio had two things to frustrate Roberts, the same two things that kept him in the match against Egan Inoue two rounds earlier. Cascio gets to nearly everything, and his ceiling ball, even while diving is almost faultless.

Cascio made get after get to stay in rallies and finally hit the winning shot. That is what won him the match, and the championship.

Cascio won the first game 15-9, and then the second, even though down a big handful of points, 15-12. It made Roberts number two at the AARA Nationals for the second time in two years.

The women's final, crisp and beautifully methodical, was a good and educational contrast to the savage power of the men's event.

The 1987 U.S. Women's National Champion came out of an equally tough quartet in the semifinals. Surprisingly, Cindy Baxter, as number one seed and defending champion, was the only one of the top four to make it



Kaye Kuhfeld (left) crosses over to rip a shot down-the-line in the finals match with Diane Green (right).

that far. Her opponent was Diane Green (seeded 13th) from Florida. Kaye Kuhfeld (seeded 10th) of Indiana played Dottie Fischl (seeded 6th) of Pennsylvania.

The year of the upset continued. Diane Green played the type of ball that made defending champion Cindy Baxter look conscious of her pre-Christmas knee problems. In the middle of one game, Baxter uncharacteristically tried two overheads from mid-court and dumped them nearly into her feet. Green won in straight games.

Kuhfeld won the first game of her semifinal match, then found a way to stop Dottie Fischl's momentum to rescue the match in the tiebreaker.



Kaye Kuhfeld found that the bigger the crowd, the lonelier the time out.

The women's finals played to a full crowd. Kuhfeld made what appeared to be an innocent mistake with a 7-6 lead in the first game — she double faulted. Green took the mistake and ran with it, scoring eight points in

eight rallies, then capped the streak with a game winner shortly after that. Game one to Green, 15-7.

Kuhfeld never seemed to recover. Green, her face set in determined concentration, kept pushing and pushing hard. She stalled briefly in the second game, but 15 points later she stopped Kuhfeld at 10, to take the 1987 Amateur Title. And to prove it was no fluke, she won the wo-



The concentration never ended for Diane Green.

men's 25+ crown as well.

That was the tournament. National winners in 24 events, and the new National Singles Champions, Jim Cascio and Diane Green. "The big machine" took five days, but it finally quieted, leaving in its silence the empty courts of the YMCA, paper and tossed towels on the hardwood floors, and 365 days until the rumbling begins again.

(Results can be found on page 40)

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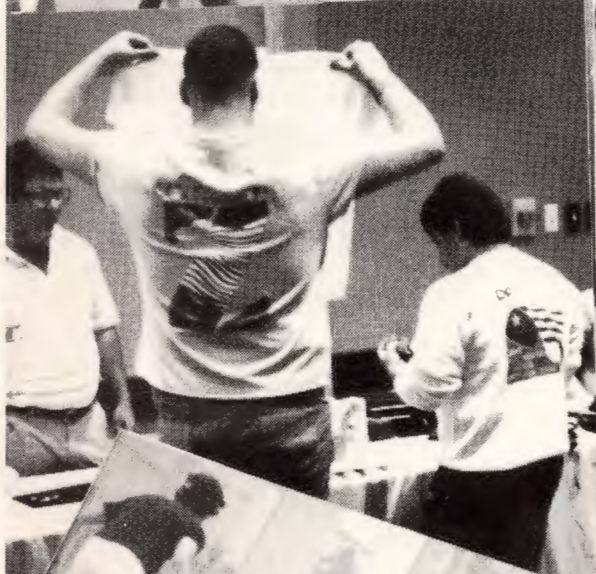
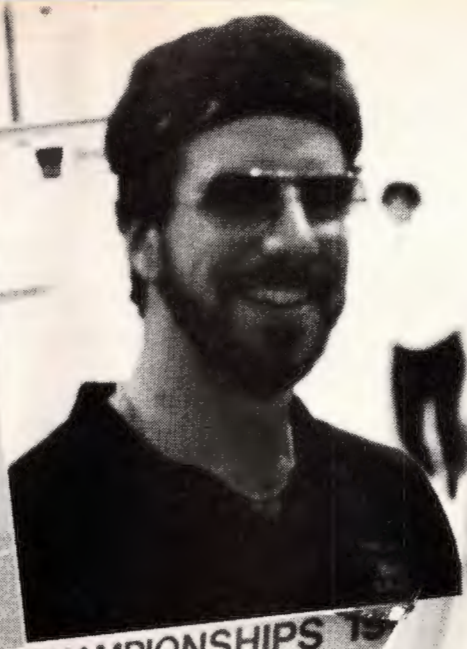
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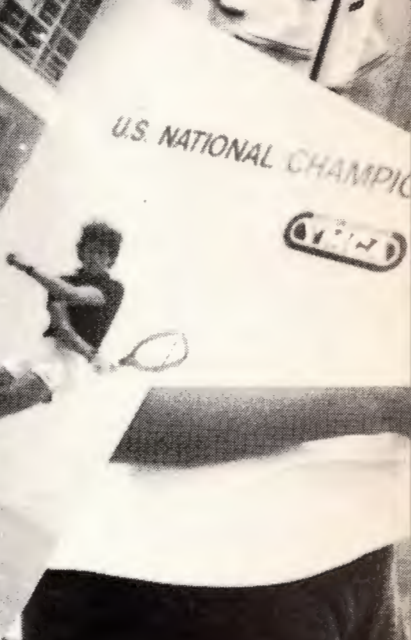
AARA National Championships

Montage by Joe Massarelli





S. NATIONAL CHAMPIONSHIPS 19



Reaching The Thrill Of Victory Through The Agony Of Da Feet

by Brad Kruger

"Most Americans are arthritic, have hemorrhoids, stink and are psychotic . . . people do it to themselves." — Jack LaLaine, *Playboy* interview

If anyone should take the blame for the fitness craze, it should be Jack LaLaine, whose crusade has brought pleasure-through-pain into the lives of millions, and millions into the bank accounts of Jack LaLaine Health Spas. The key to his success is simple: massive promotions, and a personal relationship with his body that borders on psychosis.

Who but Jack LaLaine likes the pain of working out, and working out hard? But as LaLaine has proven, times have changed . . . the fitness boom has burrowed its way into the racquetball court. More and more, top players are adjusting to the ever-changing concepts of conditioning for racquetball. "You don't play racquetball to get into shape," as the bumper sticker reads, "you get into shape to play racquetball." Even if you're not chasing a pro career, proper conditioning will give your game a booster shot.

"Exercise programs should stimulate movements of the activity for which training is designed, whenever possible," wrote George B. Dintiman in *Sprinting Speed*, about "specificity" in conditioning programs. In other words, a conditioning program must have actions closely related to those in an actual game situation. For example, in training for racquetball, running windsprints would be better than, say, striking a punching bag.

The drills of this article, are the conditioning drills that follow the movements of racquetball closely, the "specifically designed" exercise routines employed by the games' top speed demons. And if motivation is slightly lacking, repeat aloud these words of Nietzsche: "That which does not kill me makes me stronger." The words won't make your workout any easier, but it's a great deal more impressive than stringing

together obscenities. And, seriously, the drills improve your game tremendously.

Scurrying

A day does not pass in California without the senses being assaulted by television, radio, newspapers and even word of mouth about the guy. Life seems empty until LaLaine's dated ad comes on TV, and Christy Brinkley shimmies out of one of his swimming pools in a tight swimsuit. It's an avalanche of good that makes you feel rotten.

The most "specific" of drills, scurrying is reserved for those of you who wake up to read signs taped to the bathroom mirror that say, "His physical presence intimidated his foes, his raw talent bedazzled them."

If memory serves correctly — and please correct me if I'm

or until one of you drops. Then take a breather and do it again.

Score loses its importance after the two minute mark!

The objective is to return the ball to the front wall as soon as you can, and hit some good shots in the process, while literally working your butt off.

Pan Drills

If you don't believe just how wonderful fitness is, there is always Jack LaLaine, who despite his plus-70 years, would love nothing more than the opportunity to show you just how out of shape you are. For one recent birthday celebration, LaLaine pulled a yacht across a channel of water, swimming with the tow rope clenched in his teeth.

Anyone who has trained under the watchful eye of pro coach Carl Loveday has been

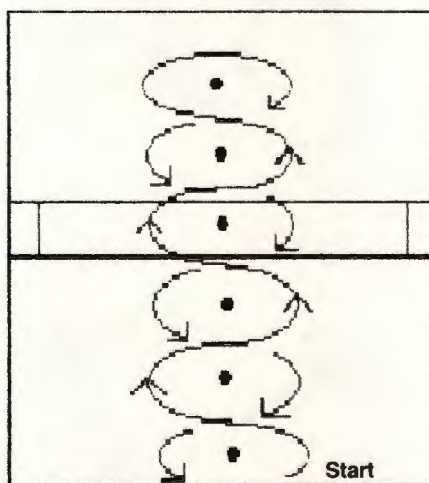


Diagram 1

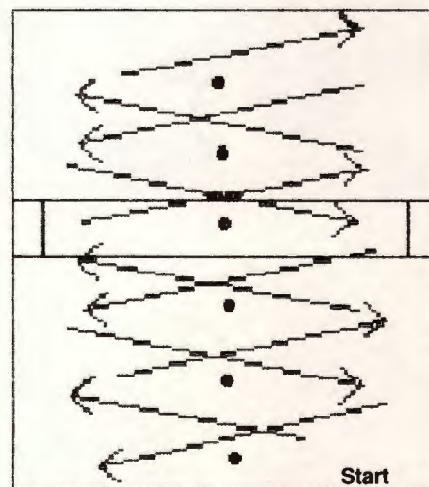


Diagram 2

wrong — the phrase "scurrying" first appeared in the book *Helter Skelter*, which is appropriate, considering the drill takes an average pain factor and raises it to the power of ten.

A favorite drill of five-time National Champion Charlie Brumfield, scurrying is accomplished on the court with a playing partner and a stopwatch. Essentially, you play a frantic game of no-bounce racquetball (i.e. no limit on ball bounces) for about five minutes,

subjected to the infamous "pan drills". And undoubtedly they also have reaped the rewards.

Taking less than 20 minutes, on average, the pan drills will show an improvement in footwork within two weeks. On the physical conditioning side, pan drills improve agility, strength, and endurance. On the mental side, they develop an inner toughness.

To begin, place six small objects about five feet apart down

the center of the racquetball court (see diagram 1). Players **weave** in and out of the stationary objects. Loveday says to struggle through each drill until you feel a slight burning sensation in the thigh muscles — then attempt one last rep. If you don't collapse on the floor from exhaustion — or even if you do — take a short breather, congratulate yourself, and move on to the next drill.

Pan drills can be done in the following variations:

1) **Quick, quiet, short steps.** Imagine you are at football training camp, at the obstacle course, and you are running through 10 or 12 lined-up tires. You probably feel like a barefoot gorilla on scorching hot pavement. Well, believe it or not, you have just mastered the first pan drill. Staying up on the toes, knees slightly bent, step as quickly as possible.

2) **Quick, noisy, short steps.** Almost the same as number one, this time, when you change weaving directions, make as much noise as you can — not the crunching sound of the heel

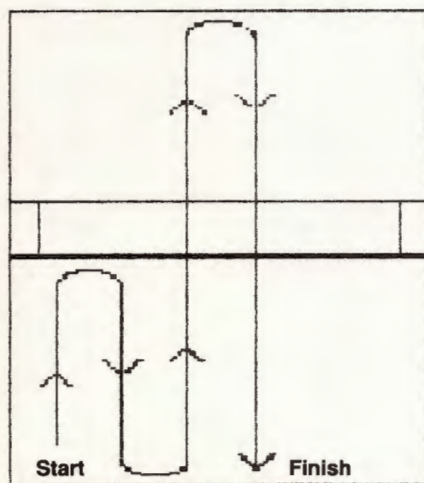


Diagram 3

driving into the floor, but the squeaking noise cause by friction between your sole's rubber and the court floor.

3) **Shoulder-width hop.** With feet spread shoulder-width apart, hop up and down the court, one foot on each side of the pans. This strengthens the groin and stomach muscles.

4) **High knee-ups.** Lift your knobbies as high as you can, weaving through the objects at a snail's pace. If your knees don't

go as high as you thought they would, lean back a little, or tilt your pelvis upward. Once again, stay on your toes. This drill is only recommended if you have strong knees. If you even fear knee problems, sit this drill out.

5) **Four-step shuffle.** The weav-

"... taking less than 20 minutes, on average, the Pan Drills will show an improvement in footwork within two weeks."

ing changes slightly for this drill (see diagram 2). Facing the front wall, at point A, begin by shuffling four steps diagonally to the left, then to the right, and so on until you reach point B. Slide your feet heel-to-heel like lazy jumping jacks. At point B, turn around and shuffle back in the same manner.

6) **Number one done backwards.** There are a few other notes. While working your way through the pans, try to raise your racquet hand high in the air. This helps recreate a game situation; it trains and strengthens your arm for racquet preparation.

For maximum efficiency, do these drills every second day for the first two weeks, and then once a week to maintain your highly developed footwork.

Line Drills

LaLaine should be stripped raw, painted with honey and strapped onto a red ant hill under the desert sun. The only problem is that LaLaine would undoubtedly survive such a challenge . . . and repeat the feat on television for his next birthday. LaLaine jams guilt down your throat, whether you're hungry or not, until the only way to get rid of the bad taste is to sweat it out . . . here's another drill.

"The body is still the fortress from which we all do battle." Jerry Hilecher said that a few years ago, and while I'm not sure if Jerry does this drill, his point, though stated more eloquently than I would have put it, is well taken.

The line drill, originally developed in football and basketball training camps, improves forward and backward mobility.

Working with another person, player A begins with his back against the back wall. He sprints to the short line, returns to the

back wall, then sprints to the front wall and again to the back wall (see diagram). In relay fashion, player B then sprints the same pattern, while player A catches his breath. When player B returns, player A is off again. How many? Clench your teeth

and aim for about 10 each.

Each of the three types of drills will improve your endurance, mobility and agility on the racquetball court.

Important

In conclusion, try not to kill yourself with these drills. Not that I've got anything against fitness fanatics (or "body Nazis" as Hunter S. Thompson so aptly put it), but remember that quasi-masochists have a habit of gracing the sidelines with injuries.

And only use these drills for advanced conditioning. If you are totally out of shape (ignore Jack's nasty comments about Americans), check with a doctor for any problems that might develop before starting a more gradual way to get your body ready for these hard conditioning drills. An incident with a typical Body Nazi made that very clear to me.

She was one of those fitness freaks who leave biogenetic engineers staring in disbelief, and her voice sang out, "no pain, no gain!" without breathing hard even though she had been doing sit-ups for fifteen minutes.

I set my sights on 45, and strapped myself onto the sit-up board, then tried to keep pace with her. After the the 30th sit-up, my memory draws a blank, except remembering somehow screaming "Forty-five" through a locked jaw and cramped neck muscles. Then I collapsed.

For the first time, the android beside me slowed. "You know," she said, her forehead wrinkling into concern, "You ought to take it a little easier. If you wear out your body, where are you going to live?"

"No pain, no gain," I wheezed, with my lungs on fire, adding, "I want to look as healthy as possible when I die." ○

Adams Captures Honda Scooter Classic

I guess you could say it was just one of those days.

It was a Lynn Adams/Caryn McKinney final at the Honda Scooter Classic in Ohio, with Lynn claiming her fourth victory of the season. However, both players came off the court shaking their heads in disappointment over the caliber of play in the finals. "This was definitely a match of mistakes," exclaimed Caryn. "If there are two players in the game who don't skip the ball very often, it's Lynn and I. Unfortunately, that wasn't the case today."

Game one started with Lynn Adams fired up and ready to go. She scored six quick and well-executed points. It looked as if she was on her game and it might be a fast match. But Caryn was not intimidated. She played slow, steady racquetball and managed to hold off Lynn's initial burst for a while, but eventually lost 11-4.

The second game was a different story. Caryn capitalized on an abundance of errors by Adams and displayed some beautiful shot-making with her backhand.

Caryn's use of the soft, wide angled pinch on the backhand side scored many points and proved very frustrating for Lynn. McKinney took game two, 11-7.

Game three looked like it would be an easy victory for McKinney. As she accumulated points on Adams' skipped balls and missed shots until she held a 7-2 lead. But if there is one thing you can count on when Adams is on the court, it's the fact that she never gives up. Sure enough, with an intensity that has surprised many opponents, Adams came roaring back. She talked to herself, the ball, the walls, and the floor — all in an effort to pump some life back into her failing game. She cranked up the power in her serves and was rewarded with a couple of aces and weak returns. Lynn turned those weak returns into points and suddenly she was back in the game, the score tied at 7-7.

McKinney tried to slow the pace and cool down the red-hot Adams, but her time outs were to no avail. Adams continued her march to win the game, 11-7.

Game four looked like a repeat of game three. Adams went back to sleep and uncharacteristically skipped easy forehand set-ups to help McKinney to a 4-0 lead. Then equally uncharacteristically, McKinney returned the favor with several missed shots and the score was tied at 4-4. But Caryn is a tough competitor and she came through with a burst of inspired play. She shot a beautiful forehand pinch from deep left court to go up 5-4, followed by a soft, wide angle pinch with her backhand to make the score 6-4. A quick ace to Adams backhand, and a flat forehand kill on the next rally gave her an 8-4 lead, but that's as far as she got.

Adams woke up and realized she was very close to having to play a tiebreaker and she wanted no part of it. "When Caryn and I played in Philadelphia, I let my concentration wander and I ended up playing a tiebreaker that never should have happened. I lost that match and no matter what the circumstances, I don't like to lose. I wasn't going to take a chance on that happening again," said Adams.

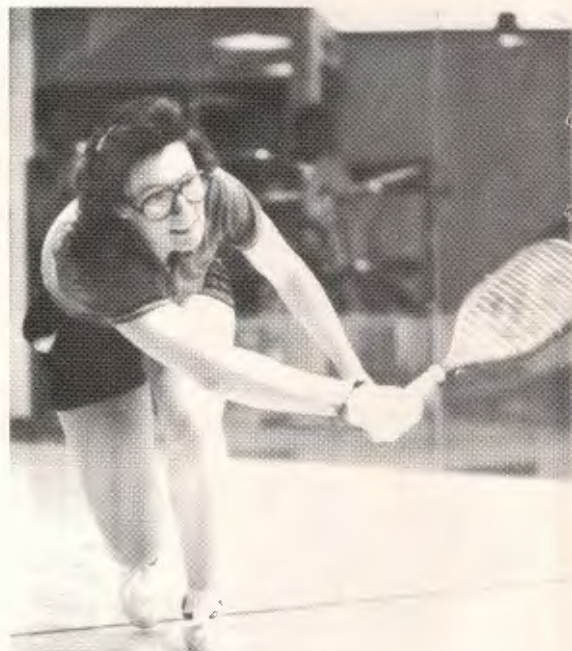
Lynn put on a show for the next five points and demonstrated why she is the best female racquetball player in today's game. She flat rolled three shots from deep court, made an off-speed backhand pinch from mid-court and topped it off with an ace serve to McKinney's backhand for a 9-8 lead. McKinney had one more chance to score when Adams skipped a kill attempt, but was unable to keep her serve. Adams scored her finals points on two forehand skips by McKinney to take the game 11-8 and the championship final.

"It would have been nice to have played better, but there is a degree of satisfaction in winning a tournament when I'm not play-

ing my best. This was the first time that both Caryn and I struggled with our games at the same time. Oh, well. I guess it was just one of those days," said Adams with a big smile.

The road to the finals was tough for Adams, while McKinney was totally in control. McKinney's semifinal opponent was the young rookie, Joy Paraiso.

Joy beat Cindy Doyle in the Round of 16 and pulled another upset over Fran Davis in the quarter finals. But she hit the wall — alias Caryn McKinney — in the semifinals. Paraiso looked a little nervous while Caryn virtually flowed around the court. The first game score of 11-0 reflected the



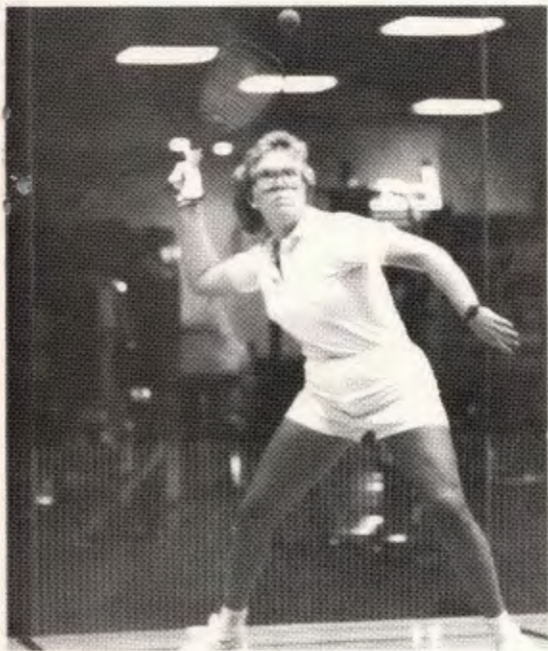
Lynn Adams maintained her #1 status in Ohio.

demeanor of both players. Games two and three saw Paraiso feeling more comfortable, but when Caryn is confident, it's tough to stop her. She maintained control and took both games by scores of 11-6, 11-6.

On the other side of the draw, a red hot Marci Drexler was determined to reach the finals and go for her second win of the season. Marci has shown an abundance of new-found con-

fidence in herself as a player and it's showing on the court. She isn't easily distracted or thrown off her game. This budding maturity is spelling trouble for her opponents.

Game one of the Adams/Drexler semifinal may be one of the longest games on record! The score remained 0-0 for at least eight to 10 minutes. Both players were determined to keep the other from scoring and the level of play was high. Drexler finally broke the ice and scored the first point on an amazing backhand splat. Not to be outdone, Adams came right back, took the serve away from Drexler and ran four points. Lynn maintained control and went ahead with an 8-3 lead. She kept Marci off balance with an arsenal of serves and shots. The 8-3 lead, however, wasn't enough to hold back Drexler's abilities. She came alive and absolutely stunned the crowd with amazing gets, perfect pinches,



Full concentration is required by Caryn McKinney in the finals.

and flat kills. Marci tied the game at 8-8 as Adams appeared tense and tight. Lynn was able to rally back for a 10-8 lead, but let a precious game point setup go by. Drexler seized the opportunity by winning game one, 11-10.

Game two was vintage Lynn Adams. Obviously miffed at herself for letting game one get away, Lynn went to work. She slowed the game down, serving lobbs to both sides. Drexler could

not make the adjustment to a different pace. Game two 11-0.

Game three was almost a carbon copy of game one. Adams took the lead at 10-8 and had her chance to win the game, but couldn't capitalize. Drexler saw the opening and rushed in to win game three, 11-10, and take the match advantage, 2-1.

Game four was a tense affair. Drexler was grinning with confidence and her shots flowed from her racquet. She was in control of this game and at 7-3 it looked as if she was finally going to beat Adams for the first time. As is characteristic, Lynn paced the court, talking to herself. The crowd wondered what she was saying to herself. "People always ask me that," Lynn later laughed. "It's different depending on the situation, but it's always encouraging and I say it over and over. It helps me focus everything I've got on that moment."

Whatever it was, it worked, and Adams was able to pull out of the hole point by point, until she had an 8-7 lead. Drexler was livid, talking and berating herself for letting Adams back in the game. "Don't you want to win?" she yelled at herself. This was just the opening Adams needed as she extended her lead to 10-7. Drexler was able to score only one more point and game four went to Adams, 11-8.

The crowd was anticipating a bang-up tiebreaker. Adams had the serve and from the first point, with an intensity everyone could feel, she ran off eight straight points. Only one point came from a Drexler skip, the other seven were shots that Adams put away. Marci got the serve back on an Adams skip and scored four quick points. It looked as though it was going to be a tough tiebreaker, but Adams had a different idea. She regained the serve and finished off the game with two pinches in the forehand corner and a Drexler miss. Game five, 11-4, and match to Adams.

An excited and tired Adams summed up her feelings, "You lose matches by playing it safe. It felt so good letting loose and the shots I made in the tiebreaker were from going for it!"

The caliber of play in the men's and women's open divisions was extremely high, to say

the least. After several rounds of intense play, Cindy Baxter had to forfeit her finals to Mary Dee due to an injury. In the men's open, Andy Roberts played a strong game to defeat Dan Obremski in the finals. It was Roberts' first win over Obremski.

The Pro/Am Mixed Doubles was a wild and wooly event that everyone enjoyed! It was a blind draw, so no one knew who they would be playing alongside. Some notable match-ups included Jennifer Harding and Kelvin Vantreas and Andy Roberts and Sandy Robson.

When the dust cleared and it came down to the finals, only the teams of Fran Davis/Charlie Nichols and Sandy Robson/Andy Roberts remained standing. In one of the most exciting matches of the tournament, the two teams stood toe-to-toe and battled it out for the \$1,000 first place prize. Both Davis and Robson played excellent doubles, putting away shots and making gets that had their partners amazed! In the end, Robson and Roberts proved too strong as they defeated Davis and Nichols in the tiebreaker, 11-3.

The WPRA would like to thank the beautiful Westerville Athletic Club in Ohio for hosting the event and Honda Scooter for sponsoring their first Honda Scooter Racquetball Classic. Denny Vincent, the promoter of the tournament, was pleased with how it all turned out. "Our goals for this event were to increase the awareness of racquetball in the Ohio and surrounding areas; to promote Honda Scooters and the WPRA; to show off the Westerville Athletic Club, and to have fun. I'm proud to say that we accomplished these goals!"

A unique aspect of the tournament was the Honda Scooter Hard Hit Contest, which was held as a benefit for the Central Ohio Lung Association and raised close to \$1,000. Honda donated three scooters for the men's division winner, the women's division winner, and the winner of the drawing of all participants. Dan Obremski won with a hit of 151 mph and Cindy Doyle took the women's division with a 113 mph shot. The third scooter went to Jennifer Jenkins.

(Results can be found on page 41)

Hypnosis - Get The Most From Your Mind (And Your Game)

by A.L. Frank

Have you ever wondered what makes one player a winner time after time, especially when his or her opponents seem to be equally matched? And how many times has that thought crossed your mind — the one that says you could have won by playing just a little better, just a little harder, or if only during the game you hadn't . . .

So what is it that makes champions, and what is it that stops most of us from becoming champions? Call it winning ways.

Winning ways are characteristics we all can obtain, and hypnosis is one method through which athletes can reach their potential. And, as this article shows, hypnosis is not a crazy, mystic, or difficult process.

Dr. G. Thomas Tait of Pennsylvania has worked extensively with athletes, using hypnosis to help them perform better. He is associate professor of Health, Physical Education and Recreation at the Pennsylvania State University. Dr. Tait has also been head coach for the championship varsity volleyball team at the university.

He says, "Hypnosis, with post-hypnotic suggestions (suggestions made during hypnosis that will be in effect during the fully conscious state), helps you perform closer to your body's limits. I have seen dozens of cases where athletes have gained enough confidence to be consistent winners in their chosen field. And, at the same time, they have been able to improve themselves in their academic and business lives."

"By use of post-hypnotic suggestions, athletes permit themselves to change their thinking about things like confidence or learning skills.

"It's like the goal kicker who has three seconds to make a game-winning field goal. The coach is counting on him, the fans are screaming, and the other

team has a 'do or die' desire to prevent him from performing at his optimum. But he manages to concentrate and make the kick that wins the game. He is thinking the right kind of thoughts, and knows he can do it, regardless of the outside distractions and influences. That is what we try to accomplish with post-hypnotic suggestions for athletes."

The Winning Ways

Here are the secrets of champions, the extras that provide their motivation, and let them consistently be just a little better than their competition.

- champions believe totally in themselves and in their ability to win.
- their concentration and focus during the match is absolute.
- consciously or sub-consciously, they use the techniques of visualization and relaxation before the event.
- they analyze their previous losses carefully to spot and refine their techniques, improve their strategy and boost their performance levels.
- they minimize and forget past defeats, and look forward to future challenges.
- if they lose, they never consider themselves as beings losers.
- they have clear-cut goals.

The winning ways may seem like a lot of work just to win a game of racquetball, but once you have recognized the negative things that hold you back, and make corrections, there's nothing hard about maintaining these traits. It's not much different than the positive attitudes that most people use in their business or social lives.

The Limitations We Place Upon Ourselves

Dr. Tait says few athletes reach their potential, and that winning ways fight the limitations.

"Every athlete has a physiological limit, beyond which they

are not capable of going," says Dr. Tait. "However, most never even come close to that limit. Athletes reach a *psychological* barrier that denies them the chance to perform at their maximum ability. Overcoming the psychological barrier through the use of hypnosis will permit the body to work at its peak."

Sometimes the mental barriers occur when athletes are not able to handle the pressure in a competitive situation. They also deny their possibilities by remembering past failures when they weren't fast enough, strong enough, or experienced enough to win. These roadblocks overshadow any positive suggestions, and there is no change in the athletes' expectations, so they play racquetball according to their negative thoughts, and make no gains.

Hypnosis changes that self-defeating pattern.

What Hypnosis Is - Really

There is no doubt hypnosis is misunderstood. As a stage act it is magical and nearly unbelievable. Yet coaches often give their teams pep talks to "pump" athletes into a positive mental attitude for that extra edge over opponents. And pep talks are a legitimate form of mass hypnosis, with easily understood effects.

Some people, when they think of hypnosis, mistakenly equate a hypnotic state of sleep. In reality, under hypnosis, a person enters a light trance but remains fully alert. Imagination is heightened and limits of performance are exaggerated and accepted as possible.

A psychiatrist, Dr. Herbert M. Spiegel, who is associated with Columbia University, compares hypnosis to being engrossed in a good movie. "You lose awareness of noises and distractions around you," he says. "And when the movie is over, you

often feel a need to readjust to reality."

Dr. Spiegel tells his patients to think of themselves as an engine having eight cylinders that is only running on one or two of the cylinders. He tells them to use hypnosis to start using more of the cylinders.

For those who worry about the myths of hypnotism. People don't do or say anything to embarrass themselves, and there is not even the slightest chance of going into never-never land and not returning while under hypnosis. In fact, hypnotism is such a good tool, most medical doctors are trained to use it in the treatment of their patients.

"You are not making a person into a non-person a super human during hypnotism," says Dr. Tait. "You are helping them to become more the person they really are by taking away some of the things that hide a their ability.

Hypnotism And Athletes

Dr. Tait explains what happens when hypnosis is used to help athletes improve their skills.

"I tell the athletes in hypnotic state the same things I would tell them if they were fully awake. I tell them they are strong enough, fast enough, and have enough experience to get the job done.

"The athlete accepts and believes these ideas. When they come out of the hypnotic state, they have enough self-assurance to perform better."

He says it helps eliminate the negative thoughts that plague all competitors by replacing them with the positive thoughts and ideas that make winners out of losers.

Getting Hypnotism Anywhere But On A Stage Show

All right, you've decided that you're interested in trying hypnosis to improve your game. What does it cost? How many times must a person see a hypnotist? Is there some way to do it yourself? And where can you find a competent hypnotist that you can trust?

Fees vary, but usually run between \$35-\$100, and a hypnotist who charges the least is probably just as competent as one who charges the most, so shop

around. If the hypnosis is done by a medical doctor, dentist or psychiatrist (and in some cases, a licensed psychologist), the cost may be covered by health insurance.

You can tell the hypnotist what suggestions you want presented while in the hypnotic state. Include the areas in which you feel you need help. The best thing to do is to write down the things you want help with before you go to your first session. The

hypnotist will discuss the procedure with you to overcome any fears you might have. Ask the hypnotist to give you detailed information on self-hypnosis so you can reinforce the suggestions after the sessions are ended. Learning self-hypnosis is not difficult, and the ability can be maintained indefinitely.

Harold Crasilneck, Ph.D., a Dallas-based psychologist and president of the American Society

(continued on page 38)

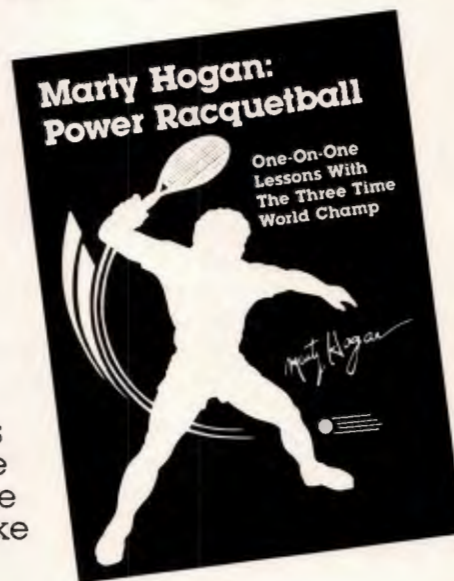
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Champions of the North

The Canadian Nationals

by Bill Houldsworth

Racquetball is important to Canadians. They take it seriously. A clue to this was the tournament program of the 1987 Canadian National Racquetball Championships in Edmonton, Alberta. Among other things, the program was 32 pages long, and contained nine letters of greetings from various V.I.P.s to the 425 competitors. One letter was from the Prime Minister of Canada, Brian Mulroney. Another was from the premier of the province of Alberta, Don Getty. Imagine that, greetings from two of the most politically powerful men in Canada for the racquetball players at the nationals. It says a lot about the sport.

Of course, just to make sure things stayed in perspective the first letter of greeting in the program was from the Canadian Racquetball Association president, Dan Stone.

On the other hand, perspective could be difficult to maintain if you had to face what the tournament organizers did. It snowed.

Not only did it snow, but it dumped six inches of snow. Of course, it was only May 18. By the end of the tournament, it was so hot that the organizers had to find portable fans to make the three-hour men's open finals match bearable. But that wasn't bad compared to losing one of the three tournament site clubs to a power failure on the opening morning of the event.

On the courts the open divisions went just about as planned with top womens seed Heather Stupp of Montreal defeating Saskatoon's Linda Ellington and Hamilton's Sue MacTaggart to reach the finals after having a bye in the first round. Number two seed Carol Dupuy of Calgary also had a rather easy trip to get to the

finals as she defeated Toronto's Dawn Stewart, Quebec's Suzanne Robert and Toronto's Cathy Nichols to face Stupp in the finals.

In the finals Stupp took command from the opening serve as she defeated Dupuy 11-2, 11-3, and 11-4 to win her second women's championship. Stupp, who finished fourth in the 1986 World Championships, won her first national championship at the tender age of 17 in 1981 in Lethbridge. In womens battle for third place, MacTaggart edged Nichols 11-1, 10-11, 11-6 and 11-6.

As with the womens division the mens top seeds all advanced as scheduled, meeting in the semifinals. Top seed Sherman Greenfeld of Winnipeg defeated Chris Aasen and then fellow Manitoban Dwayne Kohuch. In an exciting match Greenfeld edged number three ranked Paul Shanks from Calgary three games to one.

In the other semifinal, number two seed Roger Harripersad of Calgary lost to former World Amateur Champion Ross Harvey of Montreal. Harvey the number four seed in the division, had advanced to the semifinal by defeating fellow national training squad members Joe Kirkwood and Martin Gervais. In the Gervais match Harvey actually won on a default because Gervais misread the draw sheets and missed the match by two hours. Harvey was willing to play the match later in the day but Gervais' appeal was turned down by the appeal committee. Harripersad had advanced to the semifinal by defeating 1986 Canadian National Team member Glen Collard three games to one in the quarter finals, having already defeated Glen's twin brother George in the round of sixteen.

In the semifinal match between Harripersad and Harvey,

Harvey came out on top three games to one in an exciting display of racquetball. In many ways it was a classic confrontation in Canadian racquetball as Harriper-



CRA President Dan Stone with Sherman Greenfeld the Men's Open winner.

sad, th 1985 CPRO winner had edged Harvey, the former World Champion, in the individual event at the 1986 World Championships in Orlando. Harvey gained a certain amount of revenge for the loss in Orlando as he moved onto play Greenfeld in the final.

With portable fans running in

an attempt to keep the temperature down, the players started the grueling three hour match before a standing room only crowd. The game was played as a racquetball finals should be played. Both players went all out to capture the Canadian title yet both showed respect for each other. In a match that could have gone either way Greenfeld emerged victorious with an 11-8 tie-breaker win. A well played match, before an extremely appreciative crowd has to be considered one of the highlights of the 1987

instead returning home to Calgary with his family giving Shanks third spot on a default.

On the minds of many people during the week of the Nationals was who would make the 1987 National team and represent Canada at the Pan Am Championships in September in Colorado Springs.

It was definitely a tough week for coaches Monique Parent and Ron Pawlowski but as time wore on the picture became a little clearer. It is important to note that the Nationals is only one of a series of three tournaments which includes Classic in Winnipeg and the Southeque tournament in Hull, Quebec. For 1987-88 the C.R.A. is expected to add a fourth event as they prepare for the World Championships in Hamburg, West Germany.

National Team Chairman Yvan Girardin announced the following players as members of the 1987 Canadian National Racquetball Team:

Women

Lisa Devine*
Carol Dupuy
Sue MacTaggart
Carol McFetridge*
Cathey Nichols
Heater Stupp

Men

Sherman Greenfeld
Ross Harvey
Roger Harripersad
Joe Kirkwood*
Paul Shanks
Greg Starodub*

**doubles pairings*

The 1987 Nationals will be remembered for the snow on the first day and the super banquet on the last day. Hats off to the Edmonton Organizing Committee for a job well done. Racquetball players in Canada are already making plans to attend the 1988 Nationals to be held in Victoria, British Columbia, May 24-28. ○

(Results can be found on page 40)



CRA President Dan Stone with Heather Stupp, the Women's Open winner.

Nationals in Edmonton. In a show of appreciation, both Greenfeld and Harvey acknowledged the crowd for their cheering through the three hour match.

The match for third place between Shanks and Harripersad was the match that wasn't as Harripersad chose not to play,

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Caryn McKinney

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Premium Fuel For Maximum Energy

by Gigi Horn

*Gigi Horn has a master's degree in exercise physiology and nutrition. She is the author of **Feelin' Good**, a fitness and nutrition source book. Presently, she is Director of Athletics at Brookhaven Country Club in Dallas, Texas.*

Would you like to . . . have more energy? . . . recover faster between workouts? . . . lose body fat?

Did you know . . . your food choices become the body's fuel? . . . many athletes overlook the contribution lifestyle nutrition (daily food choices) will make to their sports performance?

Maximum energy requires premium fuel. The food we eat supplies calories (energy) to the body. The number of calories needed every day depends on your age, sex and activity level. The kind and amount of food (carbohydrate, protein, fat) eaten affects your energy level.

By learning to "eat the numbers" training athletes and weekend warriors can make a difference in performance. Balancing food choices supplies sufficient nutrients and energy for even the most intense activity level. Gain an edge by supplying your body with premium fuel for premium energy.

Carbohydrates

Complex carbohydrates must be supplied in sufficient amounts because they are premium fuel and provide quick, usable energy to the body. The goal is to eat an efficient "mix" of fuel and spend total calories this way:

- 60-65% complex carbohydrates
- 10-15% protein
- 20-25% fat

The body begins breaking down carbohydrates in the mouth and they are digested in less than half the time it takes the body to digest fat or protein sending fuel to the muscles via the circulatory system much more quickly.

The fiber in complex carbohy-

drates acts like a broom, scraping the sides of the intestines and sweeping them clean as it is processed and promoting normal intestinal functioning.

Complex carbohydrates must not be confused with simple carbohydrates (sugar) which cause the blood sugar level

to rise and fall rapidly, suddenly providing the body with energy. The body reacts by releasing more insulin to package up the excess sugar.

Often leaving a sluggish feeling. It's the complex carbohydrates that give us energy to train and improve. In the muscle, carbohydrate energy is called glycogen, and it is the main source of the body's fuel.

Protein

Protein is an essential nutrient for building, maintaining and repairing body tissues. It is an important part of body hormones, enzymes and fluids. There are twenty-two amino acids and nine are considered essential.

Foods which contain all nine are considered complete proteins. Examples include meat (beef, pork, lamb), poultry, fish, eggs and milk (yogurt, cheese). A serving size of 4-6 ounces per day is adequate for most people.

Vegetable sources of protein include beans, seeds and legumes. They are a less concentrated source of protein because they are low in one or more amino acids. Incomplete proteins may be combined to form complete proteins. For example, beans and rice together make a complete protein.

The most common sources of protein have a larger percentage of calories in fat than in protein. Red meat, pork, peanuts and cheese fall into this category.

Excessive amounts of protein can actually hurt an athlete's performance as a great deal of the body's energy is required to break it down into usable energy. Sometimes diminished performance, fatigue, tissue dehydration result from excessive protein intake.

Training athletes and weekend warriors can make a difference in performance by learning to "eat the numbers."

Fat

Fat is an important nutrient to the body because it aids in the absorption of fat soluble vitamins, protects bones, muscles and organs, provides warmth and aids in the functioning of the nervous system. Excess fat calories usually end up stored in and around the body's organs and directly under the skin.

Fat contains nine calories per gram as compared to carbohydrate and protein at four calories per gram which makes it a very concentrated source of calories. Fat calories add up quickly and are often consumed in too large a percentage.

In fact, the average American consumes 42% of their calories in fat, much more than the 20-25% recommended by experts. It's no wonder so many individuals "don't have energy" and accumulate excess body fat while others experience staleness in training and need increased recovery time between workouts or racquetball matches.

Fat takes a considerable amount of time and energy to digest and draws energy and water from the muscles to the stomach in the process.

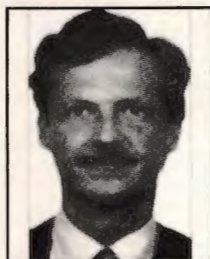
So remember to "eat the numbers" and you'll find your energy level consistently high, thereby effortlessly helping your game.

Check the chart to compare the amount of calories, fat, vitamins and minerals in your favorite foods.

(see chart on next page)

<u>Nutrient</u>	<u>Food Sources</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fat Grams</u>	<u>Major Vitamins & Minerals</u>
Complex Carbohydrates 4 cal/gm	Grains				Grains
	Whole wheat bread	1 slice	61	0.8	B Vitamins
	Shredded wheat cereal	2/3 cup	110	1.0	Potassium
	Spaghetti, cooked	1 cup	155	0.6	Magnesium
	Rice	1 cup	223	0.2	Phosphorus
	Fruits				Fruits & Vegetables
	Banana	1	101	0.2	Vitamin A
	Apple	1	96	1.0	Vitamin C
	Orange	1	64	0.3	Potassium
	Raisins	1 tbsp.	26	0.0	Magnesium
	Vegetables				Iron
	Potato	1	145	0.2	
	Green Beans	1 cup	35	0.2	
	Broccoli	1 cup	48	0.6	
	Corn	1 cup	130	0.8	
Protein 4 cal/gm	Beef				Beef & Poultry
	Hamburger	6 oz.	372	19.2	B Vitamins
	Brisket	6 oz.	725	66.0	Potassium
	Sausage Biscuit, McDonalds	1	582	39.5	Iron
	Poultry				
	Chicken, white, no skin	6 oz.	174	3.6	
	Turkey, white, no skin	6 oz.	299	6.6	
	Fish				Fish
	Tuna, water packed	6 oz.	216	1.4	Magnesium
	Red Snapper	6 oz.	159	1.5	Phosphorus
	Dairy				Dairy
	Whole milk	1 cup	159	8.5	Vitamin A
	Skim milk	1 cup	88	0.2	B Vitamins
	Whole fat yogurt	1 cup	140	7.7	Vitamin D
	Nonfat yogurt	1 cup	100	0.4	Calcium
Fat 9 cal/gm	Whole fat cottage cheese	1 cup	239	9.5	Phosphorus
	Nonfat cottage cheese	1 cup	180	2.0	
	Oils				Oils
	Oil - safflower, olive	1 tbsp.	120	13.6	Vitamin E
	Butter	1 pat or tsp.	34	3.8	
	Cheddar cheese	1 oz.	113	9.1	Egg
	Egg	1	82	5.8	Vitamin E
	Whole milk ice cream	1 cup	255	14.0	Iron
	Salad dressing, thou. isl.	3 tbsp.	240	24.0	Peanuts
	Peanuts	1 cup	842	71.7	Vitamin E
Alcohol 7 cal/gm					Magnesium
	Beer				
	Beer	12 oz.	160	0.0	
	Light beer	12. oz.	100	0.0	
	Wine	4 oz.	97	0.0	
	Champagne	4 oz.	84	0.0	
	Hard liquor	1.5 oz, shot	112	0.0	

Association Roundup



Jim Hiser



Caryn McKinney



Luke St. Onge

AARA

by Luke St. Onge

It is my pleasure to report to you an overview of the AARA Board of Directors meeting held in conjunction with the U.S. National Singles Championships in Houston, TX.

Since my involvement in the sport, I have attended many board meetings, none of which had the significance for the future of racquetball as this one. I will outline the highlights of the meeting and in future issues will cover in detail the full impact of these decisions.

1. Agreed in concept (final details to be worked out) to enter into a multi-year agreement with Ektelon as the Official Racquet of the AARA.

2. Effective December 1, 1987, lens eyewear for racquet sports will be required to be worn in all AARA sanctioned events.

3. Effective September 1, 1987 a screen serve will be considered a fault serve.

4. The three foot drive serve rule was adopted which places the AARA in line with the current pro rule on drive serve.

5. Established 75+, eight and under rules, and mixed doubles for juniors as championship events.

6. Realigned Region 13, Montana into Region 15 and Wyoming into Region 12 on a year trial basis.

7. Voted the 1988 Nationals to Houston and offered the 1988 Doubles to Merritt Athletic Club, Baltimore, MD.

8. Voted to make regional participation mandatory for competing in Nationals. A person must physically play in the regionals to qualify, not just enter.

No excuses other than sickness or personal tragedy will be accepted. This covers adult and junior regionals.

9. Voted the following awards:

a) John Halverson Award: Connie Peterson, Martin, OR

b) Male Athlete of the Year: Egan Inoue, HI

c) Female Athlete of the Year: Cindy Baxter, PA

d) Presidential Award: Les Ditrach, MN

10. Appointed Larry Liles, Memphis, TN, Head Coach of the U.S. Team; Mary Dee, Manchester, NH, and Gary Mazaroff, Albuquerque, NM as assistant coaches. ○

RMA

by Jim Hiser

What Happened to the Nationals?

Whatever happened to the nationals? For years racquetball has floundered, with various organizations and sponsors claiming their own "nationals". Last season, Ektelon, DP, WPRA, and AARA all held their own nationals. This season, A'ME-Head, City Federal, WPRA, and AARA will again advertise their events as the National Championships.

Much of this repetition comes because racquetball has too many independent organizations governing the sport. With so many tournaments, the title of National Champion seems to lose its significance. Was last years' "real" National Champion the winner of the Ektelon Nationals or the DP Nationals?

In the past, the amateurs did

not want to share their limelight with the professionals, the women separated to gain their acceptance, and although the men professionals played out their tournaments, they never really had their own Nationals. The men, instead, based their National Champion on the player who gained the most points over the season. While it seems the fairest way of determining the champion, that has no aura of a real national championship event.

Wouldn't it be nice to have one grand finale — one event at the end of the season with all the amateurs and professionals (men and women) participating at one time?

Don't get me wrong. The need for the other events still exists, but the title of the "Nationals" should be reserved for one most prestigious event.

Recently, proposals have been presented to bring all the organizations together for one final event. Even though there is still some resistance, the possibility of having that one final event each year as **THE** National Championships is coming closer to reality.

One guaranteed way of attracting everyone to a single event is to have a large corporate sponsor underwriting some of the costs of the event. So ears on everybody. If any enthusiastic entrepreneur would like to be recorded in racquetball history as the innovator of the sports most prestigious event, please step forward... ○

Comments from the WPRA appear on page 39.

Letters to the Editor

Congratulations Ruben

I've been wanting to write this note just to congratulate Ruben Gonzalez for the professional and honest way he plays the sport of racquetball.

I am from the Dominican Republic, and maybe that is why I can identify with Ruben rather than with other pro players. I hope that other players, pro's and non-pro players, will learn from people like Gonzalez and Harnett, also, that it takes more than being a good player to win a tournament, it takes honesty and respect for the other players.

Christian A. Hozim, Dallas, TX

Racquetball International

I recently went to a tournament in Bellingham Washington and had a chance to watch some very talented players. It was the seventh tournament that I had attended since I picked up the sport just three years ago. My mother and father had come with me because I was always telling them that the display of sportsmanship was so high. As we walked into the club I saw a young kid playing and he was wearing a "team Ektelon" shirt. Generally the sponsored players seem to be very well behaved so I sat my parents down in front of the glass court to watch their first game of racquetball. No sooner had we sat down than the youngster began yelling obscenities and flipping off the walls. That one person, ruined the sport for my parents and certainly didn't enhance it for anyone else who was there. I think that Ektelon giving out their sponsorships to promote the sport is a great idea and it is too bad that every now and then they come up with a bad apple. Luckily the weekend was salvaged as I did talk my parents into watching the final match between Woody Clouse and Greg Bowland, their display of checked emotions and high intensity was as good as any I've seen. My sincere thanks goes out to those two gentlemen for promoting the sport in that manner.

Mike Frisbee, Pullman, WA

Dear Mike,

Neither myself nor any sponsor likes to hear about the kind of conduct you describe in your letter. Unfortunately this type of behavior still occasionally occurs, and when it does I encourage referees and tournament directors to handle the situations accordingly.

Perhaps your letter will awaken players to the impact their antics may have upon the people watching. The Professional Players Association and the RMA have implemented strict fines and guidelines regarding such behavior, with the intent of eliminating these types of outbursts.

Since fines are impractical at the amateur level, the responsibility for control usually lies with the referee. So often one's peers allow unsportsmanlike behavior far beyond that outlined in the rulebook. Stricter enforcement of the rules may help reduce such problems. — **Jim Hiser**

More on Amateurs

I think your magazine is good, but it could be a whole lot more interesting if your writers would get out among the clubs and write about the people (players) out there instead of the pros.

For example, how about a story on Steve Lerner's dad, Vance, and his Air Force buddies who started racquetball in the Riverside, CA area by building three clubs. I am sure there are many great people of "little" national fame to write about.

The story of the Good Ole Boys (May, page 31) was okay, but I'm sure that their racquetball strategy could teach us more than making fun of their stiff joints. I'll bet they have some good "sea" stories to tell! Go back and ask how they got started, or how they won or lost the close ones.

Ted Thee, Vista, CA

Editor's note: We'd love to have newsworthy stories about amateur and/or any other players, for that matter. Special interest features about handicapped players, the military, or youngsters on the

move have and will continue to appear regularly. And, by the way, Lou Kaplan says the Good Ole Boys can spin a few yarns, but we can't print them!

Information Needed

Congratulations to *National Racquetball* and Pat Gerity for the fine cover article on wheelchair players in your April issue. It's time to provide coverage for our dedicated wheelchair athletes. They work just as hard to perfect their games as the able bodied racquetball population and are faced with many more handicaps than just being confined to wheelchairs. Many facilities are constructed so as to be totally inaccessible to the disabled, while others may provide access to only portions of the club. It's hard to be determined to learn racquetball or to be competitive at a tournament when you're not even sure you can get to the court for your first match.

As a member of the AARA national board of directors I serve as National Commissioner for the Disabled and I am currently compiling a list of wheelchair players and the clubs nationwide which are accessible to wheelchair athletes. (Accessible in this instance means providing access for entry by wheelchair to the facility, courts, locker rooms, etc.)

I would appreciate any and all replies from your readers about such clubs. Please forward club names, addresses, phone numbers and pro/manager name if possible. I would also be happy to hear from any wheelchair players who are not currently on our mailing list. When our directory is ready we will forward copies to all respondents.

Thanks again for your excellent coverage of the wheelchair competition in Pittsburgh.

Judi Schmidt, AARA Commissioner for the Disabled

Editor's note: Anyone interested in supporting this worthy effort can write the magazine, or Judi directly at 1970 Cattlemen Road, Sarasota, FL 33582. ○

What's The Call

by Michael Arnolt



Questions from the 1987 U.S. National Singles Championships

Technical Or Point?

Q: *More than ever, players are pushing the 10-second rule clearly past the allowed 10 seconds to control the tempo of the game. In the same match, I was forced to charge the server and the receiver with a violation. I called a sideout against the server, and later a point against the receiver. Were they the right calls?*

A: Whew! The answers are clear, Ref, but the situation certainly is a touchy one. For the record, you made the correct calls. While the time lapse could be considered a delay of game resulting in a technical, the specifics are covered under Sec 3, 2.E., P. 10 of the rulebook.

Application of this rule, as I said, is touchy. Since refs most often aren't wearing watches, the best way is to get into the habit of counting 1,001, 1,002 . . . etc. after calling the score. Obvious delays should first result in warnings to the violators in the form of a question: "Excuse me receiver, are you calling a timeout?"; or a simple statement: "Excuse me server, let's start play."

Above all else, good judgement must prevail. Two or three delays for a couple of seconds in a game is one thing, but continual four or five second delays are not acceptable.

judgement is the best you can ask for.

What About the Bounce?

Q: *A right-handed player attempting to get a better angle on a cross-court lob serve bounced the ball outside the service zone before making contact. I called it an out serve. Was that correct?*

A: Unfortunately for the player, it's too late to ask for a clarification of your call. The correct call, instead, was fault serve. This was covered in a previous column, but I think it is worth repeating. the intent of the rule (see Sec. 3, 2.B and 2.C) is that the bouncing of the ball is part of the serve and must take place within the service zone.

An Observation. . .

The sportmanship exhibited during the U.S. National Singles was at an extremely high level for a tournament of this magnitude. The leading examples were those men and women whose names frequently appear in the line scores of professional tournaments. There were six women and four men among the top 25 in the WPRA and RMA rankings, and all of them retained their amateur status to attempt to qualify for the U.S. National Team.

There is no doubt, too, that the excellent court demeanor can be attributed in part to the quality of officiating that also rose for this tournament. That, like the sportmanship, was apparent. However, lest we think everything went perfectly, it's worth noting that one game ended with the score of . . . 15-minus 2. ○

Matter of Judgement

Q: *Despite two or three of my warnings, the server continued to serve without checking the receiver. The receiver had his racquet raised, so it was a dead-ball serve. I had to call two technicals on the server for delay of game. I know I made the right call, but I felt badly after the match. Was I too picky?*

A: Rather than get into a dissertation, I will confirm what you already know. You seem to have given sufficient warning and used good judgement, so it's not "too picky". Much like the reply to the question on the application of the readiness (10-second) rule, good

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New Rule Changes

Report from Michael Arnolt, AARA Rules Commissioner

Mandatory lensed eyewear is a reality in racquetball.

Following a May meeting of the AARA Board of Directors prior to the U.S. National Championships in Houston, that rule, along with screen serves becoming a fault, and a new drive serve rule, has been enacted by the AARA. The eyewear statute is effective Dec. 1, 1987, while all other rules go into effect on Sept. 1, 1987.

Definitive explanations of these rules appears at the end of this report.

Mandatory eyewear

The approval of the mandatory lensed eyewear rule was a direct response to years of eye injury studies in racquet sports, the potential for liability if a player is injured when not wearing eyeguards or when wearing open eyeguards, the 82 percent vote in favor by the AARA membership, and the unanimous recommendation of the National Rules Committee.

The eyeguard rule will affect all tournament players, and may extend to all club players, the YMCA, Armed Forces and others as the threat of liability increases. The rule is expected to be approved by the U.S. Squash Racquets Association and the International Amateur Racquetball Federation, which governs worldwide competition and is recognized by the International Olympic Committee. The Canadian Racquetball Association already has that rule in place.

Basically, the rule means that all players, whether or not they use corrective lenses, will be required to wear lensed eyewear designed for racquet sports. (This has already been in effect for juniors and players under 19, and will continue for them.)

Screen serve as fault

No longer will the intentional or unintentional screen serve lead to the referee's call to "play it

over". And in the club play, the server won't be able to turn to the receiver after a screen serve and say, "I'm sorry".

On September 1, the screen serve will be a fault. In tournament play, it will be the only fault serve which may not be appealed. This change was endorsed unanimously by the AARA Board, by a 5-2 vote in favor by the Rules Committee, and by nearly 70 percent of the AARA membership voters.

Just like the current rule, the screen serve call in tournament play must be made by the referee, although the receiver is encouraged to call the infraction to the referee's attention by raising his non-racquet hand.

In non-tournament play, the call must be made by the receiver — not the server — but the receiver cannot ask for the screen after clearly making an attempt to play the ball.

Drive serve rule

The three-foot drive zone, similar to that used currently by

the International Mens' Professional Racquetball Organization, was approved after considerable debate. While the AARA Board was clear in its support of the principles of the rule, the debate had to resolve whether to make the zone three, or four feet from the side wall.

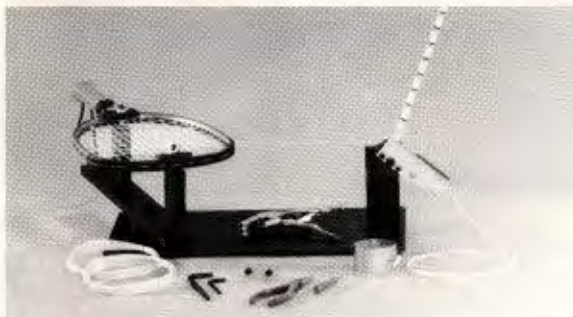
The Rules Committee voted 4-2 in favor of the three-foot line, with one abstention, while the national membership vote gave 74 percent approval.

The drive serve rule will prevent a player from standing next to the wall and serving a drive serve down that side. The rule will not affect a cross-court serve, or any other serve. A violation of the new rule will be appealable.

Because this zone may remain an issue, it would be wise to set the three-foot lines on the court floor with tape. The total time needed to make the change is less than three minutes per court; the equipment needed is a yardstick, pencil, scissors or razor blade, and red plastic tape.

(continued on page 38)

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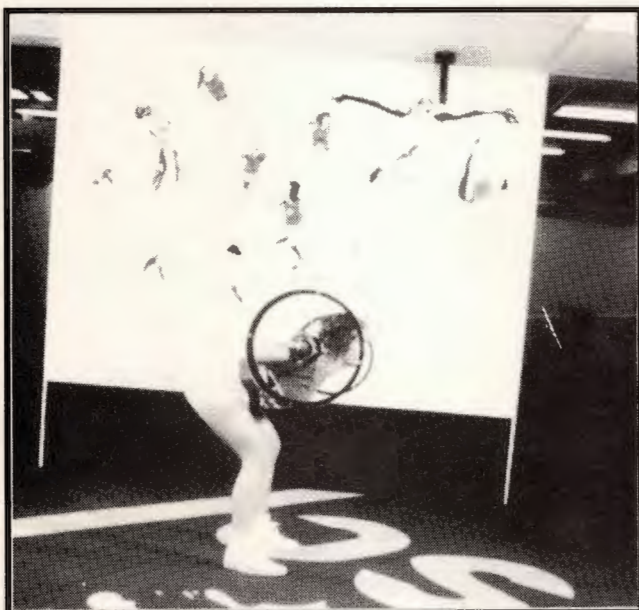
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Now, the National Strength and Conditioning Association has produced a comprehensive videotape covering all aspects of "Techniques for Free Weight Training." The all-color, 20-minute tape examines 22 major lifts and assistance exercises for all body parts. Male and female athletes perform variations of the bench press and squat, analyze the actions of the power clean, and concentrate on power-building exercise for explosive sports performance.

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The price of the tape is \$29.95. Members of the NSCA pay \$19.95. Telephone orders, Master Card or Visa are accepted. For membership information or to order the "Techniques for Free Weight Training" videotape in VHS or Beta, call (402) 472-3000 or write: Training Video, NSCA, P.O. Box 81410, Lincoln, NE 68501.



Product Showcase

RACQUET SPORTS

Weight Training Routine

PRE-WEIGHTS WARM-UP

Always warm up the muscles with some form of mild rhythmic exercise before weight training.

Some suggested pre-weight warm-ups are:

- Jog lightly for 5 to 8 minutes or
- Do 50 four-count jumping jacks or
- Jump rope for 5 to 8 minutes

Routine developed by
Louise Chouinard

DIRECTIONS FOR EXERCISES

1. Do the exercises in the order shown.
2. Study the position of each figure carefully before performing each exercise.
3. Lift smoothly on a 2 second count, then pause and return to the starting position on a 4 second count.
4. Start from fully stretched position and end in fully contracted position.
5. NEVER JERK OR SNAP THE WEIGHT from one position to another.
6. When an exercise is done to both sides of the body, complete the repetitions to one side and then repeat to the other side.

TRAINING TIPS

1. Check with your health care professional before beginning this or any other exercise program.
2. When heavy weight exercises cause some soreness by wind can cause you if necessary.
3. Breathe when performing the lifting phase of the exercise, inhale when lowering the weight.
4. Protect your lower back from strain whenever possible by bending knees, tightening abdominal muscles and flattening the back arch.
5. Always allow one day of rest (no weight training) between workouts so that muscle tissue has sufficient time to repair.



(HAMSTRINGS-QUADRICEPS)
BUTTOCKS

(Push forward) In position shown, push off forward leg to return



(UPPER-TORSO-ABDOMINALS)
Hanging from the fixed support, pull

down knees to chest and lower



(BUTTOCKS-QUADRICEPS)
HAMSTRINGS

(With feet of shoulder width, lower

body to position shown, knees, neck

up and back straight)



(CALVES)
With knees straight, rise up on toes

as high as possible and return until

knees touch floor

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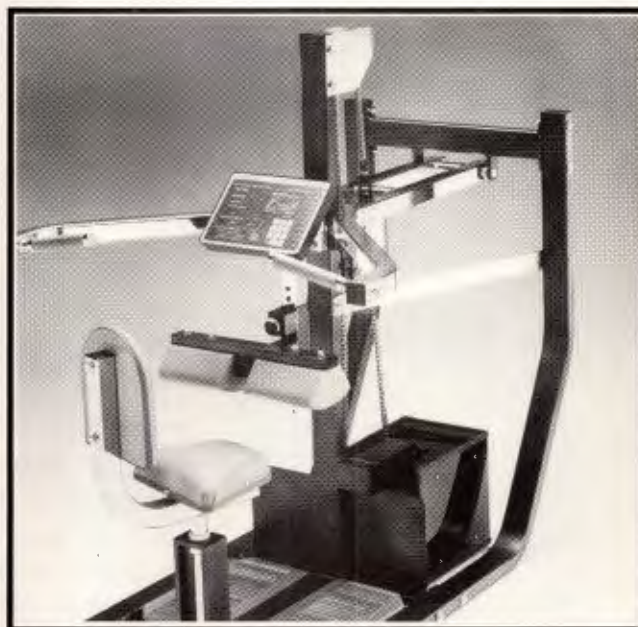
Pictured is Model CFS-1600, Shoulder Press/Lat Pull-down, which offers variable resistance in two directions. This "push-pull" concept allows the user to perform both a shoulder press and lat pulldown exercise in the same repetition.

For additional information on this and Paramount's complete line of fitness products, please contact the Sales Department at 6450 East Bandini Blvd., Los Angeles, CA 90040, phone (213) 721-2121.



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Sport-specific weight training routines in large, laminated wall chart and smaller pad format are available for 17 different activities — 13 different sports: racquet sports, baseball, basketball, football, soccer, cycling, triathlon, running/jogging, and wrestling, plus routines for women's fitness, young athlete, over forty, and women's shape-up with dumbbells. Charts are designed to be large, visual instructional aids. Pads contain the workout on one side and a workout log on the reverse side, with space for instructors to add comments and recommendations. The log includes space to record the amount of weight and number of repetitions for three sets of each exercise. The series comes in two different forms: free weight and machine weight routines. Charts sell for \$10 and pads, which contain 25 identical tear-off sheets, sell for \$4.95. Information or catalog may be requested by writing: Stretching Charts, Inc., P.O. Box 44646, Dept. A, Tacoma, WA 98444 or by calling (206) 537-5682.



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Canadian Report

by Sigmund Brouwer



A Tale of Two Nationals

I knew I was going to miss the Canadian Nationals in Edmonton, Alberta this year, to attend the AARA Nationals in Houston, TX, which ran during the same week in May. So long before the deadline for this column, and long before either Nationals, I decided to write about the *differences* between the Canadian and American Nationals.

But going to Houston made me realize at least one thing. Racquetball is destined for international greatness, simply because the sport is such a terrific glue. Some, especially after an average national tournament, might be tempted to call it Crazy Glue, but it is a glue.

And there went my column idea.

Racquetball, you see, is the kind of glue that makes you feel at home at any tournament. There is a comforting sameness. The people are different (down right individual!), but when thrown together for major tournaments, from country to country, the same atmosphere crackles with excitement, pathos, joy, camaraderie and that great feeling of tiredness and anticipation from milling around the courts during the matches.

Granted, not everything was the same in the Canadian and American Nationals.

Houston and Edmonton may share a heritage of oil derricks and frontier courage, but Houston was hot.

Edmonton, much to the chagrin of the organizers who insisted a reference to snow be

cut from a pre-tournament article in their amateur racquetball magazine, experienced a blizzard that dumped several inches of yes, snow, during the week of the tournament.

But the tournaments have a lot in common. Both have the crazy individuals (Ed Remen from Virginia versus Joe Morin from Edmonton, Alberta — ho ho if they ever got together!) that give the zing to racquetball tournaments you might not find at, say, squash or tennis events.

... the atmosphere crackles with excitement, pathos, joy, camaraderie and that great feeling of tiredness and anticipation.

At one Canadian Nationals, a certain fellow insisted on playing in skin-tight nylon swimming trunks. At the AARA Nationals this year, a man from Chicago strutted his stuff in purple Spandex.

I was relieved to discover that Americans can be just as silly away from the tournament site as Canadians. ("Silly translates to doing things you generally would not do in your home town, like elevator rides with someone nobody will believe is your sister or just a friend.)

The Americans were a class act during their racquetball matches. I am proud that any visitor to the Canadian Nationals would

say the same thing about our matches.

To my surprise, the AARA Nationals had a Saturday night banquet. And to the surprise of those beside me at the banquet table, the Canadians have a Saturday night banquet as well.

Since the Canadian tournament ends on the Saturday, Canadians have the luxury of presenting awards to the winners in front of a huge appreciative crowd at their banquet. It's nice.

But the Americans, have something equal to that. Jim Hiser puts on a terrific slide show to music. He takes hundreds of photos during the tournament until Saturday, then spends all of that day arranging the slides for the show that night. It works, and works well.

All in all, it was hard to tell I was in a different country during the tournament. That bodes well for international racquetball.

In fact, the only time I felt different, as a Canadian, from the hundreds of Americans, was for a brief time at the Saturday night banquet. While introducing the US National Team as the 1986 World Champions, the speaker must have forgotten to mention that those team members were actually co-champions and shared the World Champion title with the Canadian National Team.

Naturally, I pointed that out to the people sitting nearby, but I guess with the lights down and a spotlight on the American flag they couldn't hear me. ○

Passing Shots

by Norm Blum



Is it choking when money is on the line, and a pro skips the ball at 10-10 in the tiebreaker as a plum comes off the back wall? Mike Yellen, who has won more than his share of tiebreakers with the number-one-ranking-position hanging over his head, says people have a misconception of "choking". Missing an easy shot is a sure sign of choking. Yellen says, "To me, choking is when a player is in control of a match because of his good play, and then changes his game, because he isn't used to the situation of being ahead. He'll play too defensively or offensively and it starts feeling tight around the neck because of the position he's in." . . . Yellen and Marty Hogan will be featured in a fashion magazine this fall . . . Hardest jobs Yellen and Hogan have are playing in exhibitions against local talent. If they go all out, they'll dust their opponents in minutes. Both are pros at exhibitions and know how to put on a good show, though . . . Most common question asked at exhibitions: Will racquetball ever be on TV? . . .

The official line from Ektelon higher-ups is that the ESPN ratings of the Ektelon Nationals had nothing to do with its decision to cancel the tournament. They say it's just a matter of transferring available money from one project to another. An Ektelon spokesman wouldn't release the ratings, labeling it as "proprietary information".

Instructional tape? — The reason there aren't too many racquetball videotapes on the market is cost. Production costs can run in excess of \$20,000 and consumers won't pay the resulting \$50

for a tape . . . Luke St. Onge says AARA membership numbers 35,000, more than three times what it was five years ago . . . Tournament directors should be careful about scheduling tournaments on the major holidays . . .

Have you ever noticed that open players always score well on video games? . . . When Mike Yellen first started playing he didn't wear a glove. Instead, he hung a

don't cause much concern for Penn's Dick Robeson. "I'm neutral on the subject. We have pressureless balls so they don't lose pressure or bounce," Robeson said. . . . There's a reason ball manufacturers want the level of play to increase. Intermediate level players and above are more prone to buy balls on a regular basis. People who play once a month are the ones who use the same

Have you ever noticed that open players always score well on video games?

hand towel from his shorts to take care of the perspiration . . . Clever name given to a racquetball tournament: Talk Is Cheap Racquetball Tournament.

Flash me — There are flashers in Charleston, SC. No, not the kind you are thinking about. A fellow came up with the idea of using flash cards as a coaching tool. If your opponent is usually playing in front court, the sign "Ceiling Ball" will be flashed to you between points. There are signs for "pinch", "pass", "dive", and "move your feet". It's a cute idea, but your opponent doesn't have to be an espionage expert to steal the signals . . .

I think the Women's Professional Racquetball Association is pretty sharp. They send a letter to all WPRA members urging them to send "thank you" letters to the sponsors and clubs that made their event successful. Those kinds of little things like result in invitations back. . . .

Ball Savers, designed to preserve the life of racquetballs,

ball over and over again. . . With eyeguards now required at AARA sanctioned tournaments, it should be interesting to see who grabs the largest share of the market.

Does racquetball learn from its mistakes? At the AARA Southeastern Regional Singles Championships in Atlanta, players were subjected to all-night play. The question is: why hold the event at an eight-court facility when more than 300 players are expected? If I had to play at 3:30 a.m., it certainly wouldn't encourage me to enter another tournament . . .

Charge it — want an instant conversation piece? The AARA reached an agreement with Visa to have its logo on the credit card (National Racquetball, June issue). Best part of the deal is that a portion of each purchase goes to AARA membership development . . .

Don't leave your racquet in the car. If you do, then don't be surprised if the strings break more often than you expect . . .

(continued on page 39)

New Rule Changes

(continued from page 31)

Other changes; rejected rule proposals

Two other rules passed at the meeting. One involved the changing or doubles team partners, and the other was a clarification of mens' and womens' play in regional and national tournaments.

Two proposals were rejected by the board. The controversial suggestion to make out-of-court balls a point or loss-of-serve instead of the current replay was not approved despite an endorsement by the Rules Committee. The membership vote only favored it by a 55-45 percent margin.

The resolution to change the current receiving line was also turned down. The proposal would have disallowed the receiver to break the plane of the receiving line on the follow-through during service return. Sixty-two percent of the AARA membership favored the change, but the rules committee opposed it 5-2.

Rule Change Definitions

Lensed eyewear required. Lens eyewear designed for racquet

sports is required apparel for all players. The protective eyewear must be worn as designed and may not be altered. Players who require corrective eyewear also must wear lensed eyewear designed for racquet sports.

Failure to wear protective eyewear will result in a technical and the player will be charged with a timeout to secure eyewear. The second infraction in the same match will result in a forfeit.

Note: The AARA recommends that players select eyewear with polycarbonate plastic lenses with 3mm center thickness.

Screen serve is a fault serve. Any serve which, in the opinion of the referee, is a screen serve also is a fault serve. The call, or non-call, may not be applied.

Drive service zones. The drive serve lines will be three feet from each sidewall in the service box, dividing the service area into two 17 foot service zones for drive serves only.

The player may drive serve to the same side of the court on which he is standing so long as the start and finish of the service motion takes place outside the

three-foot line. The call, or non-call, may be applied.

a) The drive serve zones are not observed for cross-court drive serves, the hard-Z, soft-Z, lob or half-lob serves.

b) The racquet may not break the plane of the 17-foot zone while making contact with the ball.

c) The three-foot line is not part of the 17-foot zone. Dropping the ball on the line or standing on the line while serving to the same side is an infraction.

Doubles team changes. A change in playing partners may be made so long as the first match of the posted team has not begun. For this purpose only, the match will be considered started once the teams have been called to the court.

Division competition. Men and women may compete only in events for their respective sex during regional and national championships. If there aren't a sufficient number of players to warrant play in a specific division, players may compete in a comparably competitive division selected by the tournament director. ○

Hypnosis

(continued from page 23)

of Hypnosis, suggests clients should be wary of any hypnotist who is not licensed in other areas of patient treatment. His advice is to see professionals in medicine, psychology, psychiatry or dentistry because they have training in hypnosis and can offer treatment with competence. Dr. Crasileck recommends staying clear of those who claim to treat only with hypnosis.

Use The Best Of Hypnotism For Racquetball — Even Without Sessions

These tips can help you increase your racquetball skills, whether or not you try hypnosis, and are the methods used by consistent winners.

1) **Keep a written log of your mental attitudes.** Some athletes keep a log of their wins, their losses, time spent in training. But it's important to include com-

ments about how you were thinking before, during, and after the game. By referring to these notes, it is possible to spot a pattern of mental attitudes that helped when you won matches.

2) **Set goals.** Too often players go onto the court thinking they have little chance of winning. At best, they hope they won't be beaten too badly. Set yourself the goal of winning, and chances are the negative thoughts won't hold you back.

3) **Eliminate the negative thoughts.** Plan on playing the best game ever. Plan on making outstanding gets, during the game. Think positively and you'll come out on top more often.

4) **Practice relaxing.** If you tense up, the positive attitudes get lost in the tension. Spend a few minutes before each game doing some deep breathing to relax your body and mind. Tension doesn't win games. Concentration wins games and concentration is easiest when you are

relaxed.

5) **Visualize.** Visualize your shots. Run a picture through your mind of hitting your best forehands, your best backhands. Then your body will respond to the images. Visualize yourself as a winner.

Players who continually win, do it not only through skill and training, but through a conviction that they are good at what they do. They combine their mental and physical abilities to perform at their optimum. And hypnosis, whether in session with doctors, or as a form of self-belief, is part of the winning process.

If you want to give it a try, you can get a list of qualified hypnotists in your area by sending a self-addressed stamped business size envelope to either of the following organizations:

- American Society of Clinical Hypnotists, Suite 336, 2250 East Devon Avenue, Des Plaines, IL 60018.

- Society for Clinical Experimental Hypnosis, 128-A King's Park Dr., Liverpool, NY 13090. ○

Association Roundup

(continued from page 37)

WPRA

by Caryn McKinney

For the past three years, I have had the pleasure of serving as the president of the WPRA. With the assistance of the other members of the WPRA Board of Directors, I have worked to develop our tour and the sport of racquetball. During this time, the WPRA has been looking for an individual or company to take the WPRA and racquetball, and successfully market them both. For those of you who read last month's column, you know that the WPRA believes it has found that combination.

John Samford, and his company, Media West Communications, will now represent the WPRA as commissioner. In light of the transition, this column will start coming to you from John's office. He will have the most up-to-date information concerning the status of the WPRA, new projects and promotions, tour and event sponsorships, and general racquetball news.

I have enjoyed writing to you each month and appreciate those of you who have taken the time to let me know that you read this column. Thank you very much. And please feel free to contact either myself or the WPRA office whenever you have specific problems or concerns.

This is the new office location: **WPRA, c/o Media West Communications, 3825 Green Oaks Blvd., Suite 400, Arlington, TX 76016, phone (817) 654-2277.** ○

Passing Shots

(continued from page 31)

In football, assistant coaches often leave to become head coaches elsewhere. Well, a similar thing has happened in racquetball. Jack Nolan, who assisted Steve Strandemo at some of his camps, is starting his own academy. He's promising at least five "name" instructors at each session. It's a lofty idea, but what happens if a session has only 12 people? That will put a dent in the old cash flow . . . I don't know

about you, but I always wondered why some racquets are sized super-small, extra-small and small. In the old days, racquets were sized small, medium and large. The answer? Players expressed interest in smaller racquets, so a new series of size names had to be added to meet the consumers' demand . . . Is there a faster ball on the market than the RAM? . . . Ben-Gay has supplied the AARA with samples to give out to players. At the Intercollegiates, the players made some snide comments when they were given the product. But by the end of the tournament, most were thankful for the complimentary "heat". . .

Things I like: Being able to get a court at prime-time without having to call three days in advance, dads who let their eight-year-olds compete in tournaments without coaching them every point, and successful junior programs . . . **Things I dislike:** people who don't show up for their prime-time court, people who steal tournament shirts, and players who hang around the tournament desk bugging the tournament director. ○

Off Court Fitness

(continued from page 6)

scribed here, your body will know it before you do. Human nature being what it is, you will probably get fatter after a one kind of food diet due to the fact that you're twice as likely to gorge yourself on the forbidden foods you were trying to miss. You'll be lucky if the only consequence is simply regaining the weight you lost, with a few extra pounds added, when you go off your diet. In these types of diets, your health stands to suffer most.

Why jeopardize your health only to fail? Covert Bailey says it best in his book *Fit or Fat*, "Diets Don't Work." That's chapter two.

Gigi Horn, *National Racquetball's* resident nutritionist puts it into even better perspective. "I tell my students that diet is a four letter word," she says.

Take a tip from these two experts. Use a sensible plan of aerobic exercise and good nutrition under the supervision of an expert. Try it, and you won't ever have to diet again. ○

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1987 AARA National Championship Results (Houston)

Women's Open

- 1 Diane Green, FL
- 2 Kaye Kuhfeld, IN
- 3 Dottie Fischl, PA
- 4 Cindy Baxter, PA

Women's B

- 1 Lollie Butler, TX
- 2 Jessica Heller, OH
- 3 Kathy Vetort, TX
- 4 Patricia Horvath, PA

Women's 19+

- 1 Sheri Anderson, MI
- 2 Kersten Hallander, FL
- 3 Teri Selby, AZ
- 4 Janet Burke, MA

Women's 25+

- 1 Diane Green, FL
- 2 Chris Evon, IL
- 3 Robin Whitmire, GA
- 4 Gail Woods, LA

Women's 30+

- 1 Susan Morgan, FL
- 2 Gail Woods, LA
- 3 Diane Adams, CO
- 4 Linda Wright, NE

Women's 35+

- 1 Eileen Tuckman, FL
- 2 Irene Chmura, MI
- 3 Nancy Kronenfeld, IL
- 4 Grace Touhy, IL

Women's 40+

- 1 Judi Schmidt, FL
- 2 Agatha Falso, FL
- 3 Brigitte Hartz, MI
- 4 Mimi Kelly, MA

Women's 45+

- 1 Judi Schmidt, FL
- 2 Mildred Gwinn, NC
- 3 Marion Johnson, TX
- 4 Sylvia Sawyer, UT

Women's 50+

- 1 Kathy Mueller, MN
- 2 Mary Walker, CA
- 3 Jo Kenyon, FL
- 4 Shirley Elgaway, FL

Women's 55+

- 1 Claire Gautreau, TX
- 2 Mary Lou Acuff, VA
- 3 Julia Atherly, FL

Women's 60+

- 1 Betty Stone, TX
- 2 Mary Lou Acuff, VA
- 3 Claire Gautreau, TX

Women's 65+

- 1 Mary Lou Acuff, TX

Wheelchair Open

- 1 Chip Parmelly, CA
- 2 James Golden, TX
- 3 John Foust, CO
- 4 Gary Baker, WV

Wheelchair Intermediate

- 1 John Contreras, TX
- 2 Steve Jared, TX

Men's Open

- 1 Jim Cascio, PA
- 2 Andy Roberts, TN
- 3 Lance Gilliam, TX
- 4 Bill Sell, CA

Men's B

- 1 Nick Rallis, MI
- 2 Brian Buckalew, GA
- 3 Rick Kline, SD
- 4 John Raleigh, NH

Men's 19+

- 1 Mike Bronfeld, CA

- 2 Bobby Rodriguez, CO
- 3 Charlie Nichols, FL
- 4 Joe Cline, NJ

Men's 25+

- 1 Tim Hansen, FL
- 2 Brian Sheldon, TN
- 3 Larry Fox, MI
- 4 Michael Hollenback, CA

Men's 30+

- 1 Bill Land, LA
- 2 Bobby Corcoran, AZ
- 3 Stu Hastings, MI
- 4 Randy Stafford, TN

Men's 35+

- 1 Craig Kunkel, CA
- 2 Dave Kovanda, OH
- 3 Ed Remen, VA
- 4 Herb Grigg, IL

Men's 40+

- 1 John Hennon, TN
- 2 Craig Kunkel, CA
- 3 Herb Grigg, IL
- 4 Ed Remen, VA

Men's 45+

- 1 Roger Wehrle, GA
- 2 Ron Galbreath, PA
- 3 Charlie Garfinkel, NY
- 4 Jack Ross, FL

Men's 50+

- 1 Bob Wetzel, CA
- 2 Sonny Marcus, FL
- 3 Skip Elman, MA
- 4 Barney Friesth, SD

Men's 55+

- 1 Otis Chapman, OH
- 2 Patrick Whitehill, WA
- 3 Bob Folsom, ME
- 4 Gordon Ira,

Men's 60+

- 1 Victor Sacco, NY
- 2 Saal Lesser, NY
- 3 Glenn Melvey, ND
- 4 Arthur Goss, CO

Men's 65+

- 1 Luzell Wilde, UT
- 2 Earl Acuff, VA
- 3 Arthur Goss, CO
- 4 Nick Sans, FL

Men's 70+

- 1 Allen Shepherd, MD
- 2 Ike Gumer, KY
- 3 Gene Goldstein, NJ
- 4 John Pearce, TX

Women's Veteran Senior

(round robin)

- 1 Shirley Wass, B.C.
- 2 Marg Shanks, Alta.
- 3 Doris Hyrcun, Alta.

Women's Master

- 1 Ann Young, Alta.
- 2 Jean Crowston, Ont.
- 3 Bernice Bast, Alta.

Women's A Doubles

- 1 Lisa Devine, P.E.I./Carol Dupuy,
- 2 Manon Sicotte/Nadia Verilli, Que.
- 3 Monique Parent/Suzanne Robert

Women's B Doubles

- 1 Lenore Davis/Chris Webster
- 2 Jacquie Saunders, N.S./Donna Manning, Nfld.
- 3 Rita Seppanen/Susan Gardiner

Wheelchair

- 1 Bill Heindel, Man.
- 2 Jake Smellie, Man.
- 3 Mark Cormack, B.C.

Men's A

- 1 Sherman Greenfeld, Man.
- 2 Ross Harvey, Que.
- 3 Paul Shanks, Alta.

Men's B

- 1 Greg Booker, Man.
- 2 Tom O'Brien, Ont.
- 3 Jacques Demers, Que.

Men's C

- 1 Richard Kohn, Que.
- 2 Corey Osborne, Ont.
- 3 Marc Nadeau, Que.

Men's D

- 1 Doug Hill, B.C.
- 2 Dmytro Kazymyrya, Sask.
- 3 Bruce Robinson, Sask.

Men's Veteran 30+

- 1 Wayne Bowes, Alta.
- 2 Larry Greene, Que.
- 3 Brian Kowalski, Alta.

Men's Senior 35+

- 1 Cliff Hendrickson, Alta.
- 2 Rusty Rischuk, Man.
- 3 Neil Dempsey, Ont.

Men's Senior Veteran 40+

- 1 Ron Maida, N.S.
- 2 Bill Condratow, Alta.
- 3 Dave Overand, Alta.

Men's Master

- 1 Tom Holmwood, Alta.
- 2 Bill Lasseter, B.C.
- 3 Peter Silver, Que.

Men's Veteran Master

- 1 Ray Hunt, B.C.
- 2 Yvan Girardin, Que.
- 3 Tommy Marshall, Man.

Men's Golden Master (round robin)

- 1 Dunc Stockwell, B.C.
- 2 Fred Briscoe, Alta.
- 3 Jim Gamelin, Sask.

Men's Senior Golden Master

- 1 Finton Kilbride, Ont.
- 2 Ross Stevenson, Ont.
- 3 Herb Capozzi, B.C.

Men's Open Doubles

- 1 Warren Hart/Paul Shanks, Alta.
- 2 Joe Kirkwood/Greg Starodub
- 3 Martin Gervais/Simon Roy, Que.

Men's B Double

- 1 Dan Tarrabain/Ken St. Laurent
- 2 Al Doucet/Richard Larivee, Que.
- 3 Gary Erbach/David Fauth, Sask.

Men's Senior Doubles

- 1 Cliff Hendrickson/Bill Waddell
- 2 Michel Gagnon/Claude Paul
- 3 Dave Overand/Ron Pawlowski

Men's Master Doubles

- 1 Fred Briscoe/Logan Tait, Alta.
- 2 Al Holley/Mel Brown, B.C.
- 3 Peter Silver/Harold Stupp, Que.

Mixed Doubles

- 1 Ross Harvey/Heather Stupp
- 2 Larry Greene/Johanne Bolduc
- 3 Amin Visram/Razina Visram

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1987 Canadian Racquetball Championship Results

Women's A

- 1 Heather Stupp, Que.
- 2 Carol Dupuy, Alta.
- 3 Sue MacTaggart, Ont.

Women's B

- 1 June Seward, B.C.
- 2 Shelley Erbach, Sask.
- 3 Cheryl Irving, Que.

Women's C

- 1 Paula Horn, Alta.
- 2 Susan Dale, Ont.
- 3 Carrie Best, Ont.

Women's D

- 1 Danielle Levine, Man.
- 2 Myrna Orr, Sask.
- 3 Christine Beatty, Man.

Women's Veteran

- 1 Lenore Davis, B.C.
- 2 Ruth Maida, N.S.
- 3 Debbie Forgie, B.C.

Women's Senior

- 1 Jody Fry, Alta.
- 2 Karen Crawford, Alta.
- 3 Shirley Pearson, Alta.

Three Simple Stretches

(continued from page 11)

to the front of your pelvic bones, and works in your bending forward motions.

The importance of these three stretches is twofold: they loosen the muscles and **also get your spine ready for the match.**

Proper stretching will keep the spine limber and let it do two jobs that are important for your body to perform at 100 percent.

One, the spinal column is a highway for the nerves that lead to your various body organs and the muscles that you twist and bend while playing. Keeping the spine limber and flexible will aid the muscles in receiving the neces-

sary nerve supply from the brain.

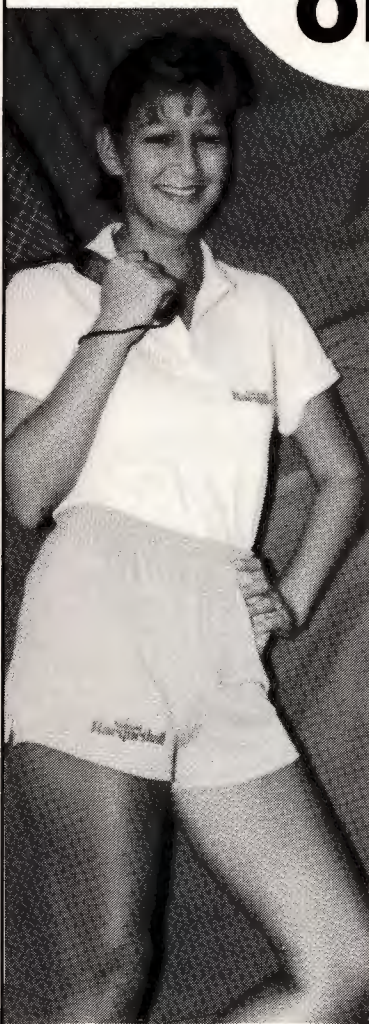
Two, the curves in the spine act as shock absorbers for the body. Every racquetball player knows how crucial that function is to the body in the sport.

In a nutshell, these stretches are what it takes to prepare your upper body for a good racquetball match:

- 1) *Chin on chest, rotate shoulders*
- 2) *Reach for the ceiling, bend sideways*
- 3) *Hands on hip, bend backwards from the waist*

So, three simple stretches. Spend just a little time before each match, and feel a difference — the next day. ○

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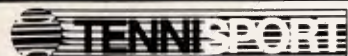
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Rankings

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

RMA Pro Racquetball Official Rankings June 15, 1987

1	M. Yellen	442
2	B. Harnett	395
3	M. Hogan	360
4	E. Andrews	306
5	E. Inoue	269
6	C. Swain	255
7	R. Gonzalez	252
8	S. Lerner	227
9	G. Peck	195
10	G. Price	178
11	D. Obremski	151
12	J. Hilecher	144
13	M. Ray	143
14	R. Harripersad	135
15	A. Gross	126
16	A. Katz	125
17	D. Peck	124
18	D. Johnson	115
19	J. Newman	93
20	D. Gross	86
21	D. Green	76
22	L. Gilliam	75
23	C. Nichols	73
24	J. Casio	71
25	B. Sell	70

WPRA Official Rankings May 10, 1987

1	L. Adams	192.00
2	C. McKinney	151.66
3	M. Drexler	144.16
4	M. O'Brien	66.66
5	T. Gilreath	62.00
6	V. Panzeri	58.00
7	K. Kuhfeld	57.00
8	F. Davis	48.00
9	M. Lynch	45.00
10	Jackie Paraiso	44.00
11	C. Evon	41.66
12	L. Alvarado	40.00
13	D. Fischl	33.00
14	Joy Paraiso	31.00
15T	M. Mook	27.00
15T	C. Nichols	27.00
15T	S. Robson	27.00
18	T. Bevelock	23.00
19	J. Harding	21.00
20T	M. Dee	20.00
20T	A. Katz	20.00
20T	J. Marriott	20.00
20T	B. Stoll	20.00
24	R. Whitmire	16.66
25	D. Fletcher	16.00

AARA National Rankings Men's Open April 20, 1987

1	Andy Roberts, TN
2	Doug Ganim, OH
3	Tim Hansen, FL
4	Kelvin Vantrease, IL
5	Joe Cline, NJ
6	Don Kelly, CO
7	Dennis Aceto, MA
8	Mike Lowe, CA
9	Tom Montalbano, NY
10	Dave Negrete, IL
11	Jamie Sumner, UT
12	Charlie Nichols, FL
13	Aaron Katz, TX
14	Sean Moskwa, IL
15	Mark Morrison, FL
16	Ruben Gonzalez, NY
17	Dan Obremski, PA
18	Vinnie Ganley, FL
19	Steve Moody, CA
20	Fred Calabrese, FL

Men's Wheelchair

1	Chip Parmelly, CA
2	Jim Leatherman, MD
3	Jim Golden, TX
4	John Foust, CO
5	Gary Baker, TX
6	Rick Benavides, TX

AARA National Rankings Women's Open April 20, 1987

1	Trina Rasmussen, CA
2	Mona Mook, CA
3	Cindy Baxter, PA
4	Mary Dee, NH
5	Chris Evon, IL
6	Elaine Mardas, OH
7	Crystal Fried, CA
8	Cindy Doyle, NY
9	Terry Latham, TX
10	Kim Despain, UT
11	Linda Diamond, FL
12	Lori Basch, FL
13	Sandy Robson, IL
14	Lisa Hjelm, CA
15	Nan Higgins, NH
16	Mary Lyons, FL
17	Janet Kelleher, NH
18	Kaye Kuhfeld, IN
19	Michelle Labonne, IN
20	Fran Davis, NJ

Women's Handicapped

1	Kathy Hagerty, AL
2	Charlotte Morris, AL
3	Bobbie Jo Almond, AL
4	Kay Cody, AL
5	Mary Lasli Dean, AL
6	Brenda Pike, AL

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Schedule of Events

1987 AARA SCHEDULE

July 9-12

Florida Sunshine
State Games
Suncoast Courthouse
2147 Pine Forest Drive
Clearwater, FL 33516

July 10-12

Redwood Empire Open
Rancho Arroyo Rac. Club
85 Corona Road
Peteluma, CA 94952
Chris Oakes
(707) 795-5461

July 10-12

White River Park
State Games
Finals - Greenbriar
1275 West 86th Street
Indianapolis, IN 46260
Mike Arnolt
(317) 776-0222

July 14-17

Steel Days
Tri-City
551 East State Street
Amer. Fork, UT 84403
Ron Peck
(801) 756-5224

July 17-19

Del Park Multiple
Sclerosis Classic
Pike Creek Court Club
4905 Mermaid Blvd.
Wilmington, DE 19808
Ed Young
(302) 239-6688

July 17-21

Pioneer Days
Deseret Gym
161 North Main
Salt Lake City, UT 84103
Marty Frustaci
(801) 359-3911

July 31-August 2

Wash. State Doubles
Pac West
5227 S. Puget Sound
Tacoma, WA 98409
Sid Williams
(206) 473-2266

July 31-August 2

Florida Racquet Journal
Richie Racquet Club
P.O. Box 1177
NPR, FL 33552
Norm Blum
(904) 296-9693

July 31-August 2

Texas Games
Championships
Riverhead Racquet Club
Fort Worth, TX
Mary Pat Sklenka

August 7-9

Tampa Bay
Tampa Bay Court House
7815 North Dale Mabry
Tampa, FL 33614
Dani Dellenini

August 8-10

Tahoe Blue Classic
South Tahoe Fitness Ctr.
2565 So. Lake Tahoe
S. Lake Tahoe, CA 95702
Ron Perceville
(916) 544-6222

August 14-16

Chevron Summer
Blowout
Tracy Racquet Club
101 So. Tracy Blvd.
Tracy, CA 95376
Chuck Ellis
(209) 836-2504

August 14-16

Doubles Warm-Up
Lakeland YMCA
3620 Cleveland Heights
Lakeland, FL 33803
Grace Page
(813) 644-3528

August 21-23

Florida State Doubles
Championship
Sarasota Bath &
Racquet Club
2170 Robinhood
Sarasota, FL 33577
Judi Schmidt
(813) 921-6675

August 21-23

Masters & Golden
Masters Invitational
National Doubles
Edison Racquetball &
Health Club
511 Old Post Road
& US 1
Edison, NJ 08812
Pete Talbot
(201) 287-4444

August 21-23

National Masters
Invitational Doubles
Greenbrook, NJ 08112
Pete Talbot
(201) 287-4444

September 17-20

Adult Region 15 Doubles
Pac West
5227 S. Puget Sound
Tacoma, WA 98409
Sid Williams
(206) 473-2266

September 17-19

Pan American Games
Point AC
2233 N. Academy Place
Col. Springs, CO 80903

September 24-26

National Women's
Invitational
Tampa Bay Courthouse
7815 N. Dale Mabry
Tampa, FL 33614
Jon Chelena
(813) 932-5321

September 24-26

Tampa Bay Open
Tampa Bay Courthouse
7815 N. Dale Mabry
Tampa, FL 33614
Jon Chelena
(813) 932-5321

September 24-26

North American 40+
Tournament
Albuquerque, NM

October 2-4

Holiday Open
Pac West
5227 S. Puget Sound

Tacoma, WA 98409
Sid Williams
(206) 473-2266

October 22-24

National Doubles
Arizona Athletic Club
1425 14th Street
Tempe, AZ 85281

October 23-25

Cool Cucumber
Lakeland YMCA
3620 Cleveland
Heights Blvd.
Lakeland, FL 33803
Grace Page
(813) 644-3528

October 30-Nov. 1

9th Annual White
Rose Classic
The Athletic Club-Sawmill
3880 Carol Road
York, PA 17402
Doe Devivo
(717) 755-0991

November 6-8

Florida State Outdoor 4
Wall Tournament
Auburndale Rec Center
202 W. Park Street
Auburndale, FL 33828
Keith Jackson
(813) 967-7265

November 13-15

Sarasota YMCA
Tournament
Sarasota YMCA
1075 S. Eucud NE
Sarasota, FL 33577

**For AARA Information
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(303) 635-5396**

**For RMA Information
contact: Jim Hiser
(313) 653-9602**

**For WPRA Information
contact: Caryn McKinney
(404) 636-7575**

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