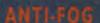


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FROM THE EDITOR

By Linda Mojer

But what about my points? Shouldn't I be ranked somewhere? How come I'm not seeded?

Now I'm the first to admit that, very early in my education, I bought into the notion that girls

weren't good at math, and I obligingly hated every minute of arithmetic, fractions, new math (!), algebra, geometry, calculus and trigonometry. But now that I'm over it, I can balance my checkbook to the penny and I know that imaginary numbers (and deposits) don't count ... you can only add numbers that are there ...

So you won a tournament, expected to move up in the rankings and the numbers just aren't there? In concept, each time you reach a quarterfinal round, or higher, you earn points toward a current 12-month season record. If you compete in a lot of sanctioned events, you can break into the national top-ten and be listed in the magazine. If you don't, you can be a national champion and still not be #1. Either way, you only get your points in sanctioned events when the official results are submitted to the national office.

It's part of the tournament director's job (see page 72) to get those darn details taken care of. If you've won an event, the national office staff can't take your word for it over the phone, no matter how trustworthy you are (plus, it wouldn't be fair to your fellow winners). But we want to! Here's what you could be missing:

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4 = Regional Championship	250.	150	. 100	75 5	0
5 = National Invitational	300.	200	. 150	. 100 7	5
6 = National Championship	600.	400	. 300	. 200 100	*
*In draws of 48 or more at a nation	ial ch	ampion	ship, th	ne 9-16th	
place finishers receive 50 points.		•	•	C 2.16	

So get the credit your deserve for your wins by making sure that your name is spelled correctly, and that the results get sent in to the national office. But, I'll still let the computer crunch the numbers, thank you very much ...

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ON THE COVER

America's finest: Finalists in men's and women's open qualified for the World Championships and the Pan American Games. They are: Michael Bronfeld & Michelle Gould (back row) and John Ellis & Robin Levine. See page eight

for their finishes! Photo: Steve Lerner.

contents



Vol.5, No.4 July-August 1994

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reader forum

FRANNIE-BALL, EH!?!?

I enjoy reading my *RACQUETBALL Magazine* and wish the AARA could afford to publish every month. Reader Forum is especially interesting and at times controversial to say the least.

Everyone is certainly entitled to their opinions, be they astute or ignorant, yours truly included. Interpretation simply means that there is ignorance somewhere (which has a cure called knowledge). Before making my point, I would like to offer the follow:

Do you crowd the plate with a Roger Clemens pitching?

Do you cut block a Lawrence Taylor?

Do you errantly leave the ball up, and then plant yourself in front of

Do you errantly leave the ball up, and then plant yourself in front of an Egan Inoue return?

Sure, there is sportsmanship and then there is ignorance, or in the examples above – Stupidity!!!

To accost Fran Davis is simple ignorance. Her accomplishments go without saying, and stand alone without prejudice. Her tireless work, rigorous schedule and training regimen are only a part of what Fran is all about. She promotes racquetball to everyone from juniors to seniors. She teaches winning because she is a winner and knows what it takes. She knows the rulebook and applies her knowledge. She is tough, but fair. I respect her for a vast knowledge and ability to teach as well as her many achievements. For the good of our youth, our organization and our future, I hope Fran Davis will be around to teach for another twenty years. (Thanks, Coach ... and I do mean thanks.)

Joe Woods College Station, Texas

In the last issue, Fran Davis responded to criticism of her PARI Tip. Her response missed the point being made or perhaps she didn't mean what she wrote in #9 of her game plan; I quote: "9. Emotional State. Most players are too emotional and lose control. Find out what gets to them and annoy them. Get under their skin by holding your racquet up for 10 seconds before the serve, or take your full 10 seconds to put the ball in play while serving, or hit high to their

backhands, or bounce the ball excessively before serving or whatever effects their emotions adversely."

Her response was: "I in no way advocate cheating, breaking the rules, or unsportsmanlike behavior as [was] apparently interpreted from the article. I also never proposed nor endorse 'a win at any cost philosophy'."

The major question here is one of sportsmanship. Webster defines a

sportsman as one who is fair, generous, a good loser, and a graceful winner. Are we being fair and generous if we use "legal" means to "get under someone's skin?" Sure it's legal to raise one's racquet for 10 seconds but the 10 second rule was brought about to give both parties time to be ready to play without delaying the game. I doubt if its purpose was to "get under the skin of the other player."

I think where she really crossed the line was to recommend "bouncing the ball excessively." Excessive means to exceed the usual, proper, or normal. If (as a natural part of your game) you bounce the ball a lot, it's not excessive nor unsportsmanlike. However, if you do it to irritate the opponent, then it's clearly unsportsmanlike. I doubt if the referees would have the nerve to call it since they rarely invoke any of the technical fouls which are common in many matches.

Racquetball is somewhat unique among sports. Because of the small area, high speeds and poor positioning of the referee, it's probably the only game where the players can see the play better than the referee. How many times has a double bounce been missed by the referee when the player knows it bounced twice but keeps silent? Racquetball should continue its move to less refereeing and more sportsmanship. I would suggest that referees, when used, should be there to enforce "sportsmanship," the time elements, short serves, and foot faults during the serve.

> Michael Neeser Reno, Nevada

I am writing in response to the two letters in the Reader Forum regarding Fran Davis. Apparently her critics strongly disagree with the lesson on how your opponent's emotional state plays a part in formulating a game plan. Thank you for allowing Fran to respond to these attacks on her philosophy of sportsmanship and fair play. I ask that you consider printing this response as well.

I have been a student of Fran's for over five years. Through her tutelage I have become one of the top women's open and 30+ division players in my state and region. At no time has she told me to "win at all costs." What she does teach is to "find my opponent's weaknesses and exploit them." If my opponent has a weak backhand, am I showing poor sportsmanship by hitting shots that angle towards her backhand? If my opponent is unable to control her emotions under pressure, what rule am I breaking by holding my racquet up for ten seconds between rallies or by hitting shots during rallies that frustrate her?

According to Webster's definition of "sportsman;" "n.2. one who plays fair and can lose without complaint or win without gloating." The word "fair" as applied to this situation means; "adj. 6. just and honest 7. according to the rules."

Fran teaches and preaches "play fair, play safe and have fun." In order to make lessons more personal and easier to relate to, Fran often shows how situations in racquetball can parallel situations which arise in our daily lives. To her critics, if you thought that a family member, friend or business associate misunderstood something you said, would you want that person to confront you with the misunderstanding or confront anyone and everyone else about the situation?

Gentlemen, my point is simple "Treat others as you would have them treat you." Before you judge someone for their words, be sure you understand what is being said.

Jessica Hadler Akron, Ohio

OBJECTION!

Having just returned from the regional tournament in Arlington, I would like to recommend that we add a new class of play to racquetball tournaments. We now have age and skill level classifications for both men and women. I would name the new classification the lawyers' class. The players who spend most of the match arguing with the referee could all play in this class. The referee would be a lawyer with absolutely no knowledge of racquetball. The players would be judged entirely on the

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merits and zeal of their arguments with no consideration given to their playing skills. This would be the one event in which men and women of all ages could compete evenly.

The tournament would benefit in three ways. The other matches would proceed at a much faster rate. It would be a lot easier to get people to agree to referee the other matches. This special event would bring a lot of new spectators to the tournament. These would be the people who will go anywhere to hear a good argument. Some of these new spectators would become interested in the sport of racquetball.

Ed Perry Austin, Texas

DISBELIEVER

Recently I renewed my membership in order to compete in the 70+ category in the Florida Singles in Sarasota.

I find your comments if true, incredible. I cannot believe that any non-AARA member would be allowed to compete. If this is a common practice it seems to me it would be very easy to uncover by requiring the membership ID card be shown whenever the court assignment for a match was made.

And in the event all else failed it would seem to me that if somebody did slip through and win a division they would, upon discovery, be disqualified for any prize, medal, points, or recognition and other players who were AARA members would move up accordingly.

It's just possible I misinterpreted your editorial. In any event I'd appreciate your comments either directly or in the magazine.

Ben Weisbach Bradenton, Florida

[Editor's Note: Not only did you get it right, but your response is just what I hoped more people would express. If more diligent competitors insisted that their opponents be AARA members in good standing before taking to a court, the situation would correct itself in short order.]

CORRECTION

The University of Northern Colorado at Greeley was inadvertantly omitted from the National Intercollegiate Championship results in the last issue. The three woman team of Melinda Henderson, Jenny Meyer and Tracey Stevens tied with the Baldwin Wallace women's team with 1700 points for fourth place, and boosted the combined, overall position of the school to #8. The UNC men 's team squeeked into the top-20, with a #19 finish.

NATIONAL DOUBLES DATES

Dates listed in the last calendar for the National Doubles Championships in Jacksonville were incorrect. The tournament will begin on Wednesday, October 19, and conclude on Sunday, October 23.



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UPSETS IN OPEN

By Jaime Guerra

In the upset of the decade, an irrepressible Robin Levine shocked five-time national women's open champion Michelle Gould, and Mike Bronfeld out-manuevered defending champion John Ellis in the men's open finals of the Ektelon AARA U.S. National Racquetball Championships on Memorial Day at the Houston Downtown YMCA.

Interviews after their semi-final wins were an omen of things to come. Both Levine and Bronfeld were pictures of confidence, while Gould and Ellis appeared tentative. Levine gave credit to Malia Bailey for getting her ready for the finals with a tough match. "Malia helped me reach my peak. I'm definitely ready," she said.

Gould said "I'll have to play real well tomorrow to win. I think it'll come out to who has the better day."

Bronfeld said he had also benefitted from a tough draw and had improved with every match he played. "I have met guys who hit the ball hard. I'm used to the fast pace of John's shots and the one-serve rule helps me. I feel certain that I can take him." said Bronfeld.

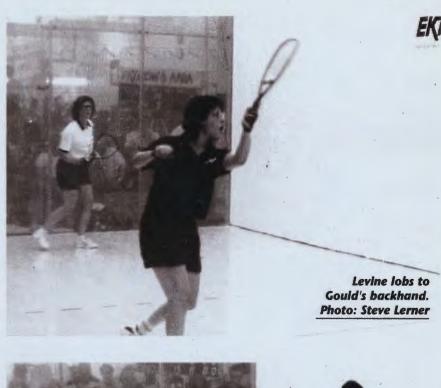
Ellis said he was looking forward to the rematch with his good friend Mike, but that victory depended on who was on that day. "It will be a good match. Mike and I usually go to a tiebreaker," he said.

Gould's defeat ended the most impressive championship reign in the history of racquetball. No man or woman had won more than four open championships and only Hall of Famer Peggy Steding (1973-75) had won three titles consecutively. Gould was not only going after a sixth consecutive title, but was undefeated. She had not lost a single game in her five-year reign, and in only three games had her opponents scored in double figures.

But all things must come to pass and early in the first game it became obvious that Gould was not the dominant champion of preceding years. Abandoning her trademark drive serve, Gould used a well-placed lob along the right hand glass sidewall to aggravate the left-handed Levine, who skipped six returns, including the game winner. Still, Gould had to overcome her own string of unforced errors to win the first game 15-9.

In the second game, Gould jumped to a 6-1 lead although her shots lacked their characteristic precision. Gould look bewildered as she skipped four backhands in a row, was often out of position and hit her shots high and into center court. A relentless Levine pounced on every opportunity to pull even at seven. While Levine's confidence grew and her game improved, Gould's continued to deteriorate. In one rally, Gould forced Levine to hit five consecutive shots into the back wall, but she was not only unable to capitalize on the ensuing setups, she skipped the last one. With drive serves to Michelle's forehand and diving winners, the scrappy Levine went on to win 15-11.

In the tiebreaker, Gould got off to a 6-0 lead and suddenly went cold again as the persistent Levine kept pecking away and scored eight unanswered points. Returning to the lob serve, Gould forced a pair of skipped returns on either side, then regained the lead at 9-8 on her last good shot, a forehand cross court that Robin nearly retrieved as it rolled out from the left sidewall. Predictably rooting for the upset, the crowd turned on the ref for not calling a hinder. At 9-9, Gould skipped a backhand return on a drive serve to put Robin in the lead, then dodged the bullet with a hinder call on a forehand that again stirred up the crowd. Gould then called a timeout but could not regroup and the game ended 11-9 on another skip on a forehand setup.





"The key was that I never gave up," recalled the new champion "I played real smart and made adjustments when I needed to. I mixed my serves and shots well." All agreed that Levine had played exceptionally well throughout the six-day tournament.

Gould, always a lady, praised her opponent profusely and said that this may be her last amateur nationals for some time. She is turning pro, leaving behind an amateur record that may never be equalled.

In many ways, the men's final was a replica of the preceding

For its 12th consecutive year, the Downtown Houston YMCA hosted the Ektelon AARA U.S. National Singles Racquetball Championships, sponsored by Penn Racquet Sports, over a long Memorial Day weekend. During the six-day tournament, over 1200 matches in 26 title divisions were played by the 650+ entrants, including the open division Olympic Festival and U.S. Team qualifier.

In the U.S. Team qualifying round, all eight men's and women's open semifinalists earned repeat appointments to the squad. The top three in men's open switched positions slightly from '93, with Bronfeld and Ellis exchanging the #1 and #2 spots, and Tim Sweeney staying in #3 over Doug Ganim, who regained his '92 singles spot. In women's open, Robin Levine jumped from #3 to #1 with her win over Michelle Gould, followed by first-time semifinalist Cheryl Gudinas in #3 over '93 finalist Malia Bailey. The top two in each division are guaranteed spots at the upcoming World Championships in San Luis Potosi, Mexico, this August and at the Pan American Games in Buenos Aires, Argentina, next spring.

Competition for spots on the U.S. Olympic Festival roster went deeper into each open draw, with a playoff of the top 16 to all but complete the St. Louis lineup. The final two spots will be taken by the Junior Olympic champions, who will be named just prior to opening ceremonies. The confirmed Festival roster, including doubles, intercollegiate and singles qualifiers will be:

MEN'S ROSTER:	HOMETOWN
Mike Bronfeld	Sacramento, Calif.
Chris Cole	Flint, Mich.
John Ellis	Stockton, Calif.
Jeff Evans	Kirkland, Wash.
Dan Fowler	Silver Spring, Md.
Doug Ganim	Columbus, Ohio
Egan Inoue	Honolulu, Hawaii
Tony Jelso	
Sudsy Monchik	Staten Island, N.Y.
Eric Muller	
Brian Rankin	Lakeland, Fla.
Scott Reiff	Coral Springs, Fla.
Derek Robinson	Kennewick, Wash.
Bobby Rodriguez	Denver, Colo.
Tim Sweeney	
PLUS Junior Olympic Winner	

WOMEN'S ROSTER:	HOMETOWN
Kim Allen	Ruston, La.
Malia Bailey	Norfolk, Va.
Lynne Coburn	
Chris Evon	
Laura Fenton	Leominster, Mass.
Jackie Paraiso Gibson	San Diego, Calif.
Cheryl Gudinas	
Kersten Hallander	
Elaine Hooghe	
Robin Levine	
Mary Lyons	
Joy Paraiso MacKenzie	
Linda Moore	
Kerri Stoffregen	
Jen Yokota	
PLUS Junior Olympic Winner	

COACHING STAFF: Jim Winterton, Syracuse, N.Y.; Fran Davis, San Francisco, Calif.; Jerry Hilecher, Los Angeles, Calif.; Gary Mazaroff, Albuquerque, N.M.; Rex Lawler (mgr), Lafayette, Ind.

women's final. Ellis opened with a pair of ace drive serves to the right and left, then jumped to a 9-0 lead and was leading 11-2 before an erratic Bronfeld settled down and began mixing power and control with great retrieving to pull up to 9-12. Ellis went on to win 15-9 despite six unforced errors and signs that his game was not at its best.

In the second game, Ellis drove in four aces and held a 7-4 lead before Bronfeld began serving his own ace drives to the backhand and spinning in z-serves to both sides. With strings of eight and three unanswered points, Bronfeld closed out the

second game with a final ace to the backhand to win 15-8.

The tiebreaker was all Bronfeld. With an erratic Ellis trying to shoot everything, Bronfeld moved up a step in center court where he had complete control – retrieving or re-killing any kill attempts that Ellis didn't skip. Three drives to Ellis' backhand resulted in skipped returns, but Bronfeld's mastery in rallies was complete when he won the game-ending appeal for an 11-2 victory.

Jaime Guerra is a copy editor and racquetball writer for the Houston Chronicle.

psets were the order of the day in Houston, not only in the open divisions, but in most – with only five defending champions holding onto their '93 titles. Tom Travers kept his Men's 40+ crown with a 15-4, 15-5 win over Davey Bledsoe, and the AARA's Male Age Group Athlete of the Year Ron Galbreath earned his fourth consecutive Men's 50+ title with a win over Brad Parra in another straight game match of 15-10, 15-2.

Newly inducted Hall of Famer Jo Kenyon earned her seventh national singles title and second consecutive women's 60+ championship with a win over Mary Walker. Defending world champion Chip Parmelly also came away with a seventh national wheelchair title with a win over Gary Baker.

Earl and Mary Low Acuff added titles to their career records with an unchallenged defense by Mary Low in women's 65+/70+ and a bronze in women's 60+ plus a new win for Earl in Men's 75+, following '84 wins in both 60+ and 65+, and 70+ victories in 1989, '90 and '92.

In one of the largest draws of the tournament, Men's A finalists Jim Secondiani and David Sparling quickly advanced from unseeded positions to battle for top honors. Secondiani took out top-seeded Jim Brane in his second round, then blasted through four more without dropping a game. Sparling went up against #6 seed Dave Barnes in his second round for his only tiebreaker, then won the next three to reach the final. Fresher by one match, Sparling took a straight game win of 15-7, 15-11 over Secondiani for the non-championship – but hard-fought – title.

In another good-sized draw for Women's A, Ann Hemphill worked her way from her #14 seed position into the final against returning player Julie Murphy. Both players advanced through four rounds, with Murphy defeating #1 seed Claudia Andrade in the semifinal and Hemphill taking out #3 seeded Tracey Smith in her second round. After dropping out of the Women's 35+ consolation round to conserve her energy, Hemphill's strategy paid off with a 4-15, 15-7, 11-6 tiebreaker win.

They had a year to think about it ...

In remaining age divisions, each winner had placed in the top eight or better in last year's championship. Trading his bronze for a gold in Men's 19+, Brian Fredenberg took a straight game win over Rich Baer, who had taken Egan Inoue to a tiebreaker in his first round of open. Tony Boscia moved up one spot over last year with his win in Men's 25+ over David Cardillo, who had also played well in his first round of open, with a straight game win over Bill Sell.

In Men's 30+, Armando Alonso also exchanged a '93 bronze for a gold, with a 15-14, 15-6 win over defending champion Jimmy Lowe. A quarterfinalist last year, Dave Schwent made a major leap into the Men's 35+ winner's circle with his 15-5, 15-7 victory over Tim Armstrong, who had knocked out defending champion Dave Peck in their semifinal tiebreaker. Dave Kovanda moved up a notch in Men's 45+ with a 15-8, 15-11 win over Tim Lavoi, who had edged out defending champion Johnny Hennen in an 11-10 semifinal tiebreaker.

Bobby Sanders announced his return to competition, with a 15-9, 15-10 win in Men's 55+ over Hall of Famer Charlie Garfinkel. Sanders moved into the new division after holding three consecutive 50+ titles in 1988, '89 and '90. In one of the few tiebreakers in the finals, Don Alt moved from #3 to #1 with a 15-12, 11-15, 11-4 win over defending champion Paul Banales. Unseeded John Bareilles took his first national title in Men's 70+ with his straight game win over top-seeded Nick Sans, and John Pearce traded up to a gold in Men's 80+ over Harry Steinman.

In a rematch of their intercollegiate national final earlier in the season, Amy Kilbane turned the tables on Ohio neighbor and U.S. Team member Kerri Stoffregen, with a 15-14, 15-9 win in Women's 19+. In a repeat of their first round in open, played only days earlier, Kim Russell avenged her loss of an Olympic Festival opportunity against defending Women's 25+ champion Kersten Hallander in straight games of 15-3, 15-5. Hallander still had a good weekend, and had been only points away from a U.S. Team spot in her quarterfinal tiebreaker against Cheryl Gudinas, after eliminating #4 seeded new mother Jackie Paraiso Gibson in the preceding round.

Karin Sobotta moved into the spotlight from her #2 finish last year, with a tiebreaker win over Mary Bickley in Women's 30+, who had eliminated defending champion Laura Fenton in their semifinal. In Women's 35+, Marcy Lynch took her first national title after back-to-back tiebreaker wins over top-seeded Susan Morgan Pfahler in the semis, and Linda Moore in the final. Janet Myers reclaimed her



Kenyon with outgoing president Keith Calkins. Photo: Mary Lyons.

'92 title in Women's 40+ with a 15-6, 15-3 win over Nancy Lee Jensen.

The only dual title winner of the event, Gerri Stoffregen, also reclaimed a '92 title in the Women's 45+ final over defending champion Agatha Falso, then made her mark on a new division with another upset over Sharon Hastings-Welty in Women's 50+. In their on-going Women's 55+ rivalry, Kathy Mueller wrested this year's crown from Jo Kenyon in an 11-10 tiebreaker.

In the state team competition, Ohio won its first team championship, narrowly edging out long-time winner Florida with a one-point margin of 105 to 104. California was a close third with 101 points, followed by: 4. New York (59), 5. North Carolina (58), 6. Texas (57), 7. Pennsylvania (51), 8. Minnesota (40), 9. Illinois (38), and 10. Maryland (29).

KENYON'S SPEECH INSPIRES

At her induction into the AARA Hall of Fame, a very nervous Jo Kenyon delivered what many thought was one of the best acceptance speeches in recent years. We've reprinted it here.

"For reasons which will soon become obvious, I plan to keep my remarks brief ... public speaking is not my forte.

First, I'd like to say that this is one of the proudest moments of my life. I believe there is no greater accolade for any athlete in our sport than induction into the AARA Hall of Fame, and I consider this to be the pinnacle of my racquetball experience. To be recognized along with legends like Charlie Brumfield and Peggy Steding, as well as the founder of racquetball, Joe Sobek, is indeed an honor I will always cherish.

As I gratefully accept this induction into the Hall of Fame, I would like to express my appreciation to the

following people for making this dream come true:

To the AARA Board of Directors for selecting me for this honor and for supporting me in my efforts to promote women's racquetball ... To all the coaches, teachers, trainers and instructors who worked with me, for their patient and invaluable guidance ... To the staff of the first elite racquetball training camp who initially motivated me to become 'the best I could be' ... To my sponsor 'Wilson,' who provides me with superb racquets and to 'Lacers,' who string them to give me the performance I strive for.

To the Florida Racquetball Association for providing me with unlimited resources to learn, improve and compete; for opening doors which allowed me to become involved in every facet of the racquetball community; and for their leadership, encouragement, and continual support which has always inspired me to "do better." I am truly proud to be a part of 'Team Florida.'

To my parents who passed along the 'right stuff' and showed me the 'right way.'

And finally, to my #1 fan, my husband Bob, for his constant encouragement and unwavering support – and for always being there when I needed him.

Racquetball has truly changed my life. It has given me direction, taught me discipline, indoctrinated me with health and fitness and helped me to develop confidence and self esteem. It has helped me to grow not only as an athlete, but also as a person. It has instilled in me the principles of good sportsmanship and fair play and reinforced my strong desire to excel. And most important, it has fostered extraordinary friendships that I will treasure for life.

As you probably realize by now, I love this sport of racquetball and I am most grateful for what it has done for me. So, in closing tonight, I want to sincerely thank my fellow players and all of you, my friends, for being such an unforgettable and important part of this most wonderful moment of my life. Thank you."





Did You have a
GoodTime?
Clockwise from
upper left...

Jeannie Nicholas: Houston,
TX
So far it's a lot
of fun. For me
it's great competition. I
like it. It's a lot of fun, and I'll
keep playing.

MEN'S OPEN: #2 Mike Bronfeld (Sacramento, Calif.) def. #1 John Ellis (Stockton, Calif) 9-15, 15-8, 11-2; MEN'S A: David Sparling (Daly City, Calif.) def. Tim Secondiani (Beverly, Mass) 15-7, 15-11; MEN'S 19+: #1 Brian Fredenberg (Dallas, Texas) def. Rich Baer (Lake Ronk, N.Y.) 15-9, 15-13; MEN'S 25+: #1 Tony Boscia (Denver, Colo.) def. David Cardillo (Liverpool, N.Y.) 15-12, 15-5; MEN'S 30+: #3 Armando Alonso (West Palm Beach, Fla.) def. #1 Jimmy Lowe (Ft. Knox, N.Y.) 15-14, 15-6; MEN'S 35+: #3 Dave Schwent (Hazelwood, Mo.) def. #4 Tim Armstrong (Overland Park, Kan.) 15-5, 15-7; MEN'S 40+: #1 Tom Travers (Westlake, Ohio) def. #3 Davey Bledsoe (Atlanta, Ga.) 15-4, 15-5; MEN'S 45+: #2 Dave Kovanda (Columbus, Ohio) def. Tim Lavoi (Clear Lake, Minn.) 15-8, 15-11; MEN'S 50+: #1 Ron Galbreath (New Wilmington, Pa.) def. #2 Brad Parra (Atwater, Calif.) 15-10, 15-2; MEN'S 55+: Bobby Sanders (Cleveland, Ohio) def. Charlie Garfinkel (Buffalo, N.Y.) 15-9, 15-10; MEN'S 60+: #2 Don Alt (Dublin, Ohio) def. #1 Paul Banales (Phoenix, Ariz.) 15-12, 11-15, 11-4; MEN'S 65+: #1 Joe Lambert (Dallas, Texas) def. Bob Englund (Minneapolis, Minn.) 15-8, 15-7; MEN'S 70+: John Bareilles (Oakton, Va.) def. #1 Nick Sans (Garden Grove, Calif.) 15-2, 15-9; MEN'S 75+: #1 Earl Acuff (Asheville, N.C.) def. #2 Allen Shepherd (Rockville, Md.) 15-8, 15-10; MEN'S 80+: #1 John Pearce (Waco, Texas) def. #2 Harry Steinman (Baltimore, Md.) 15-2, 15-6; WHEEL-CHAIR OPEN: #1 Chip Parmelly (Diamond Bar, Calif.) def. #2 Gary Baker (Indianapolis, Ind.) 15-2, 15-4.

Dale Dodds: Cincinnati, OH
This is my first tournament
and I'm loving it. It's been
fantastic. I've learned a lot,
witnessed all the big-time
stars...feeling a part of the
show now. I'll come back year
after year.

Tonda Davis: Rolla, Missouri
I've enjoyed it. At first I was
really overwhelmed and then
when I played in a couple of
divisions I thought well, as long
as I got more than one
point I'd feel alright and I
got more than one point,
so...I feel good.

WOMEN'S OPEN: #3 Robin Levine (Sacramento, Calif.) def. #1 Michelle Gould (Boise, Idaho) 9-15, 15-11, 11-9; WOMEN'S A: Ann Hemphill (Fosters, Ala.) def. Julie Murphy (Dallas, Texas) 4-15, 15-7, 11-6; WOMEN'S 19+: #2 Amy Kilbane (Rocky River, Ohio) def. Kerri Stoffregen (Cincinnatti, Ohio) 15-14, 15-9; WOMEN'S 25+: #3 Kim Russell (Marietta, Ga.) def. #1 Kersten Hallander (Jacksonville Beach, Fla.) 15-3, 15-5; WOMEN'S 30+: #2 Karin Sobotta (Kennewick, Wash.) def. #4 Mary Bickley (Pittsburgh, Pa.) 12-15, 15-13, 11-0; WOMEN'S 35+: #4 Marcy Lynch (North Wales, Pa.) def. Linda Moore (Madison, Neb.) 3-15, 15-8, 11-9; WOMEN'S 40+: #1 Janet Myers (Charlotte, N.C.) def. Nancy Lee Jensen (Lincoln, Neb.) 15-6, 15-3; WOMEN'S 45+: #2 Gerri Stoffregen (Cincinnatti, Ohio) def. #1 Agatha Falso (Boca Raton, Fla.) 15-6, 15-10; WOMEN'S 50+: #3 Gerri Stoffregen (Cincinnatti, Ohio) def. #1 Sharon Hastings-Welty (Corvallis, Ore.) 15-6, 15-10; WOMEN'S 55+: #2 Kathy Mueller (St. Cloud, Minn.) def. #1 Jo Kenyon (Ft. Lauderdale, Fla.) 11-15, 15-3, 11-10; WOMEN'S 60+: #1 Jo Kenyon (Ft. Lauderdale, Fla.) def. #2 Mary Walker (Canoga Park, Calif.) 15-2, 15-4; WOMEN'S 65+/70+: Mary Low Acuff (Asheville, N.C.) unchallenged.

Rich Clay: Chicago, IL

It's been fantastic. It's been
run perfectly. It's the best
tournament of the year. I can't
wait to get down here each year.
I've had a wonderful time. It's
intense. Everybody that comes
down here is a great player so
it's a lot of fun.

Josee Moore: Melbourne, FL It is really nice. I really like it. Excellent competition. A lot of fun.

CONSOLATIONS -- MO: David Hamilton (Ohio); MA: Mark Van der Veen (Md.); M19+: Jeff Huang (N.Y.); M25+: Bryan Londo (Calif.); M30+: Walter Schramm (N.Y.); M35+: Ken Adebiyi (Texas); M40+: Mike Wolfe (Calif.); M45+: Don Scales (Texas); M50+: Mike Jackson (Conn.); M55+: Mike Jackson (Conn.); M65+: Mal Roberts (Fla.); M70+: Cam Snowberger (Pa.); WO: Lauren Sheprow (Fla.); WA: Bev Supanick (Calif.); W19+: Monique Flaherty (Calif.); W25+: Susan Kallman (Ohio); W30+: Naomi Morgan (Texas); W35+: Karen Bakke (N.D.); W40+: Lisa Goldman (Ariz.); W45+: Shelley Ogden (Ohio); W50+: Annabelle Kovar (Neb.);



Dick Melhart: Vancouver, WA Great! I've been here 10 times or so. I wouldn't come back if I didn't enjoy it.



VIVA LAS VEGAS!

CFC MORTGAGE PRO-AM, THAT IS

By Jack Newman & John Gillooly

matches each year.

The Sporting House exhibition court is one of a kind on our tour with a unique perspective for the crowd as they get a frontal view of the action. But, this court is even more unique to the players as every year numerous upsets occur on this famed court. But even in the land of gambling, wagers against Swain were still few and far between.

Round of Thirty-two

Upsets started in the round of 32's with Louis Vogel defeating #13 seed and last year's runner-up Aaron Katz in four close games. Egan Inoue was a no-show for the second straight tournament, forfeiting his match to Mike Engel. Scott Reiff showed his potential, handling Dave Johnson in three straight games. The biggest upset found up-andcoming Adam Karp defeating #7 seed Jack Newman in four games, for his first round of 32 loss in four years. The Canadian battle found Mike Ceresia defeating a struggling Roger Harripersad in four games. Another huge upset found #9 seed John Ellis showing his inconsistency as fellow Californian and former top-eight player Steve Lerner defeated him in five games.

Round of Sixteen

The round of sixteen always has many exciting matches and Las Vegas was no exception. Mike Guidry continued his unbelievable roll as he defeated Louis Vogel in four games. Drew Kachtik kept up his late season charge by avenging an earlier season loss to Mike Engel. Tim Doyle and Scott Reiff staged a classic serve and shoot battle in their five game match, won by Doyle. Bret Harnett kept his hopes alive for a hometown victory by edging out Adam Karp in five games. Ruben Gonzalez continued his domination over Woody Clouse in four games, and Andy Roberts was able to handle Ceresia in the same way. Mike Ray finally got to a quarterfinal by defeating Steve Lerner in three games, and Cliff Swain defeated a feisty Sudsy Monchik in four.



Guidry dives for a forehand against Swain in the Las Vegas semi-finai. Photo: John Gillooly

Quarterfinals

The quarters took rare shape with seven of the top eight seeds advancing in a tournament that usually sees numerous upsets. The first match up was a Texas-sized battle for the number four ranking with Guidry vs. Kachtik. Mike was able to overcome his nemesis and win the match in three straight games. Tim Doyle spoiled the party for the home crowd, defeating Harnett in four games. Andy Roberts moved on against Ruben Gonzalez after Ruben injured himself on a dive and forfeited the second game. Cliff Swain was able to handle a determined Mike Ray in a four game victory to continue his roll.

Semifinals

The first semifinal featured the ongoing rivalry between Tim Doyle and Andy Roberts. Both play the serve and shoot style and

were determined to end the season with the No.2 ranking. As usual, the two went up and back to tie the match at 2-2, before Andy pulled away in the fifth to move on to the finals with an 11-6 victory. The next semifinal match saw the continuous battle of the lefties, Swain vs. Guidry. Guidry won an early season battle but since then, Swain has won at least five matches. His win streak continued as he stomped on Mike in three straight games.

The finals had #1 vs. #2, Swain vs. Roberts. Like so many others, Andy has also been stuck in the losers column against Swain all season. This match would be no different as Swain continued his tour domination, winning in three straight games, as Roberts was visibly limping due to a chronic knee injury. This injury would later keep Roberts out of the next event.

ADVANCING IN LAS VEGAS: CFC Mortgage Pro-Am

Round of Sixteen	
Cliff Swaindef.	Sudsy Monchik 11-3, 2-11, 11-4, 11-2
Mike Raydef.	Steve Lerner 11-8, 11-6, 11-6
Drew Kachtik def.	Mike Engel 11-9, 11-5, 11-1
Mike Guidry def.	Louis Vogel 9-11, 11-6, 11-8, 11-1
Tim Doyle def.	Scott Reiff 9-11, 11-3, 11-5
Bret Harnett def.	Adam Karp 7-11, 11-8, 11-5, 6-11, 11-8
Ruben Gonzalez def.	Woody Clouse 11-1, 6-11, 11-2, 11-0
Andy Roberts def.	Mike Ceresia 11-3, 11-1, 6-11, 11-6
Quarterfinals	
Cliff Swaindef.	Mike Ray 11-7, 5-11, 11-8, 11-2
Mike Guidrydef.	Drew Kachtik 13-11, 11-8, 11-6
Tim Doyle def.	Bret Harnett 11-5, 4-11, 11-7, 11-7
Andy Roberts def.	Ruben Gonzalez 11-6, 11-4, 11-4
Semifinals	
Cliff Swaindef.	Mike Guidry 11-5, 11-4, 11-3
Andy Roberts def.	Tim Doyle 6-11, 11-9, 11-8, 6-11, 11-5
Finals	
Cliff Swaindef.	Andy Roberts 11-7, 11-7, 11-6

THE IRT ON ESPN!

Lights, camera and action!
The IRT was again picked up
by ESPN at the final tournament in the VCI Challenge
Series, May 4-8 at the
Burnsville Racquet, Swim
and Health Club as part of
an AARA Regional event.
This combination brought
more than 300 participants
to this event, along with
Cliff Swain out to win his
fifth straight event, and two
noticeable absentees.

Last year's finalists, #2 Andy Roberts and #7 Jack Newman, would not be on

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hand to seek a finals rematch.
Andy is battling ongoing knee
problems and could be facing
surgery, while Jack and his wife
Christy gave birth to a baby boy
the night before the event.
Unfortunately, this was to be
Jack's last pro tour event as he is
retiring to take on a career as a
financial advisor with Prudential
Securities and continue his
America's Most Wanted Camp
Series.

Preliminaries

The round of 32 saw some exciting early round matches, with Sudsy Monchik continuing his assault on the tour with an easy three game win over former AARA champion Chris Cole. Canadian national champion Sherman Greenfeld showed his unique gamestyle by dismantling Egan Inoue in three straight games. Dan Obremski came back to play and came back in his match to overcome a 2-0 deficit to Brian Rankin and pull out his match in five games. Roger Harripersad broke out of his season slump with a win over Scott Reiff in five close games. Bret Harnett was able to erase a 2-1 deficit and come back against Eric Muller and win in five.

Round of Sixteen

The round of sixteen saw many good matches as players battled for a chance to make the ESPN telecast of the quarterfinals. Always one for the cameras, Ruben Gonzalez defeated Aaron Katz in three straight games, but Drew Kachtik had the task of holding off the tour's brightest star, Sudsy Monchik. In an up and down match filled with 11-1 and 11-2 games, Drew held off Sudsy in the tiebreaker to win 11-2 and advance against Gonzalez.



Swain and Doyle battle it out in the Minneapolis final.

Photo: John Gillooly

Mike Guidry held Mike Ceresia to only five points in his three straight victory. Mike Ray and Sherman Greenfeld staged a classic control battle with Mike coming back from a 2-1 deficit to beat Sherman 11-2 in the tiebreaker. John Ellis took out Dan Obremski in three straight games to advance, while Tim Doyle took his place in the final eight by beating Roger Harripersad in four. The battle of the lefties saw Woody Clouse make his first quarter in a long time by easily defeating a disappointing Bret Harnett in four games. It is hard to believe that Bret was #1 only five years ago as he is mired in a season long slump. Cliff Swain looked in serious jeopardy as he found himself behind 2-0 to Dan Fowler. Dan had pushed him to five games earlier in the season, but Cliff was motivated by the ESPN spot and cranked it up to win the next three games to advance.

Quarterfinals

The quarters opened with a rematch of last year's diving pair, Kachtik vs. Gonzalez. This time Drew was able to move on after falling behind 2-0, then rallying to defeat Ruben in five games. Another battle of the lefty Mike's (Guidry vs. Ray) was a seesaw match in which Mike Ray was able to prevail in five games to advance to his first semifinal in a long time. Tim Dovle and John Ellis wowed the crowd with 180 mph shots and serves as they went the five game limit. Doyle continued his best season ever with the advance over Ellis. Swain was able to defeat Woody Clouse in three straight games, setting the stage for the final four.

Semifinals

The first semi featured a potentially great match up between power and control, with Doyle vs. Ray. These two almost always go five games, but not this time.

ADVANCING IN BURNSVILLE: VCI Challenge

Round of Sixteen	
Cliff Swaindef.	Dan Fowler 7-11, 4-11, 11-2, 11-5, 11-4
Woody Clouse def.	Bret Harnett 11-7, 11-13, 11-0, 11-4
Ruben Gonzalez def.	Aaron Katz 11-9, 11-5, 11-9
Drew Kachtik def.	Sudsy Monchik 11-5, 1-11, 11-2, 3-11, 11-2
Mike Guidry def.	Mike Ceresia 11-3, 11-0, 11-2
	Sherman Greenfeld 13-11, 6-11, 8-11, 11-4, 11-2
Tim Doyledef.	Roger Harripersad 11-5, 8-11, 11-4, 11-2
Quarterfinals	
Cliff Swaindef.	Woody Clouse 11-9, 11-7, 11-6
Drew Kachtik def.	Ruben Gonzalez 4-11, 6-11, 11-5, 11-7, 11-6
Mike Ray def.	Mike Guidry 11-9, 6-11, 11-5, 8-11, 11-9
Tim Doyledef.	John Ellis 11-9, 6-11, 5-11, 11-2, 11-1
Semifinals	
Cliff Swain def.	Drew Kachtik 11-8, 5-11, 8-11, 11-2, 11-7
Tim Doyledef.	Mike Ray 11-1, 11-6, 11-4
Finals	
Cliff Swaindef.	Tim Doyle 7-11, 11-7, 11-5, 11-6

When a power player is on they are unstoppable, and Doyle served Ray off the court in three straight games. Drew Kachtik was on his way to stopping the Swain train, jumping out to a 2-0 lead and finding himself one game away from victory. This seems to be where Swain likes to be as he put it all together to win the next three games and move to the finals.

Final

Again we had #1 vs. #2 in the finals for the ESPN cameras. Tim Doyle, one of the only players to defeat Swain this season, looked good in his 11-2 first game win. But a few tough calls

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Here are some quotes from well known players who assisted me in the evaluation of some of FORTEN's new products."

"The best I've ever worked with!" - Michelle Gould, four times National Pro-Champ, on Pro's Choice - John Boudman



"I'm crushing the ball!!" - Sudsy Monchik, World Junior Champ, on The Boss

"Such controlled power, I love It!!" - Craig Rappaport, US Jr. Olympic Team, on Pro's Choice

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seemed to shake Doyle as he spent the next three games arguing and losing all three by the same 11-6 margin. Swain won his fifth straight stop and earned the VCI championship. The only tournament left is the Nationals in Portland the first week in June. Can someone stop Swain? (Look for the late breaking answer, up next...)

IRT UPDATE

By Hank Marcus

MONCHIK SOCKS & ROCKS IRT ... Nineteen-yearold Sudsy Monchik almost passed up the CFC Grand Nationals after a tough week and disappointing quarterfinal loss at the amateur nationals just days before in Houston. Now he is the toast of professional racquetball after blasting through the draw to capture the final pro event of the season, with a four game win over Drew Kachtik, 11-4, 11-6, 8-11, 11-7. Monchik, who had only played six professional events in his career, used his devastating serve and all around game to beat tour veterans Mike Ray, Egan Inoue, Tim Doyle and Kachtik to win the Nationals. In a season dominated by Cliff Swain, Monchik reinforced that the tour's new generation of players like Doyle, Guidry and Ellis are here to stay. Full coverage of the CFC Grand Nationals will appear in the next issue.

VCI & SPALDING TEAM UP TO SUPPORT FIBROMYALGIA RESEARCH ... The VCI/Spalding speed gun contest held at IRT events has not only been a hit with players and spectators, everyone wins in this contest where amateur players and spectators make a \$5.00 donation for three shots, with prize money awards to the top three finishers. The money collected is split between a local charity and IRT's charity, Fibromyalgia Research. This program has been really popular and continues to grow. Thank you to everyone who has helped make this successful.

THANKS ... Special thanks to Peggy Clark and everyone involved with the Minnesota Racquetball Association who made the final VCI Challenge Cup event such a success. The finals were filmed by ESPN for telecast in July. The beautiful Burnsville Club, part of the Northwest Racquet, Swim and Health Clubs is a tremendous facility and Ron Strom and his staff were great.

pro rankings

WORLD RACQUET SPORT ASSOCIATION FINAL 93-94 RANKINGS

(AFTER PORTLAND)
TRANSCOASTAL INTERNATIONAL RACQUETBALL TOUR

1. Cliff Swain, 10.23 2. Tim Doyle, 8.77 3. Andy Roberts, 8.44 4. Drew Kachtik, 8.00 5. Mike Guidry, 8.00 6. Mike Ray, 7.74 7. Ruben Gonzalez, 7.73 8. Jack Newman, 7.52 9. John Ellis, 7.33 10. Woody Clouse, 7.08 11. Sudsy Monchik, 7.01
2. Tim Doyle, 8.77 3. Andy Roberts, 8.44 4. Drew Kachtik, 8.00 5. Mike Guidry, 8.00 6. Mike Ray, 7.74 7. Ruben Gonzalez, 7.73 8. Jack Newman, 7.52 9. John Ellis, 7.33 10. Woody Clouse, 7.08 11. Sudsy Monchik, 7.01
3
4
5. Mike Guidry, 8.00 6. Mike Ray, 7.74 7. Ruben Gonzalez, 7.73 8. Jack Newman, 7.52 9. John Ellis, 7.33 10. Woody Clouse, 7.08 11. Sudsy Monchik, 7.01
6. Mike Ray, 7.74 7. Ruben Gonzalez, 7.73 8. Jack Newman, 7.52 9. John Ellis, 7.33 10. Woody Clouse, 7.08 11. Sudsy Monchik, 7.01
7
8
9
10 Woody Clouse, 7.08 11 Sudsy Monchik, 7.01
11Sudsy Monchik, 7.01
12 Dan Obresmki, 6.45
13 Bret Harnett, 6.44
14 Egan Inoue, 6.35
15T Aaron Katz, 6.30
15T Dan Fowler, 6.30
17 Todd O'Neil, 6.22
18 Mike Ceresia, 6.17
19 Dave Johnson, 6.07
20T Scott Reiff, 6.06
20T Louis Vogel, 6.06
22 Adam Karp, 6.04

23T.	Tim Sweeney, 5.98
	Marty Hogan, 5.95
	Mike Engel, 5.87
26T.	Sherman Greenfeld, 5.87
	Chris Cole, 5.82
	Steve Lerner, 5.76
	Brian Rankin, 5.72
	Jim Cascio, 5.69
32	Tony Jelso, 5.68
	Mike Yellen, 5.67
	Eric Muller, 5.64
	Dave Simonette, 5.56
	Michael Bronfeld, 5.53
	Brian Hawkes, 5.53
	Joey Paraiso, 5.49
	Gerry Price, 5.48
	Doug Ganim, 5.47
	Joel Bonnett, 5.45
	Jeff Evans, 5.45
	Corey Brysman, 5.43
45	Vince Kelley, 5.42
46	Aaron Embry, 5.33
	,







SPALDING.



VCI CHALLENGE CUP SERIES:

Based on results in the six VW Credit, Inc. events in Montreal, Baltimore, Dallas, Atlanta, Los Angeles, and Minneapolis.

1	
2	Tim Doyle
	Andy Roberts
	Drew Kachtik
	Mike Guidry
	Mike Ray
	Ruben Gonzalez
	Jack Newman

Final Penn Glove Bonus Pool:

Official (Glove IRT Tour
1	Cliff Swain
2	Tim Doyle
3	Mike Guidry
4	Woody Clouse
5 Rog	ger Harripersad
	Dan Fowler
7	Louis Vogel
8	Dave Johnson

Final Head Anatom Bonus Pool:

Official Shoe IRT To	ur
1 Mike F	lay
2 Bret Harn	ett
3 Dan Obrem	ski
4 Woody Clou	ıse
5 Dan Fow	ler
6 Mike Cere	sia
7 Scott Lipare	elli
8 Jason Krikori	an

Final BI RAK IT Standings:

Official II	RT Tour Cross
Training	Maria Maria
1 V	Voody Clouse
2	Mike Brady
	Aaron Katz
4	Drew Kachtik
5T	Mike Ray
5T	Vince Kelley
7	John Ellis
8St	idsy Monchik

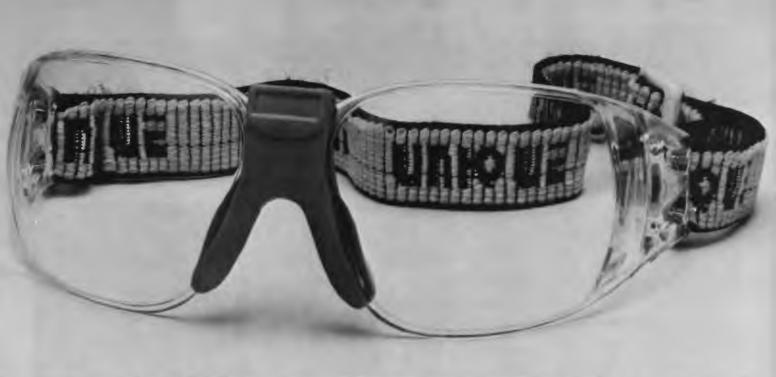


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THE PIZZA HUT RACQUETBALL CHALLENGE

GOULD STOPS DREXLER - WINS AGAIN!

By Chris Evon

For the first time since 1985, Sportslife Club Cobb hosted the 10th annual Pizza Hut Racquetball Challenge in Atlanta, in early April. The event not only brought in the top women pros in the country, but top amateurs as well, as they competed in an AARA regional event to qualify to participate at the AARA National Singles in Houston.

The event got underway Thursday with an Ektelon clinic at Emory University by Cheryl Gudinas. Thursday night Chris Evon presented the Penn Pro clinic for club members and tournament participants. Later that evening pro players were matched up with a local male player or tournament sponsor. The teams played in a single elimination draw throughout the evening with Joe Icaza and Marci Drexler earning "bragging rights" over Caryn McKinney and Stu Hastings.

Early Rounds

In the round of 32 most of the top seeds advanced, with the exception of #7 seed Ellen Crawford, who fell victim to tournament director and unseeded Caryn McKinney. McKinney has dropped in the WPRA ranking because of her choice to only attend a few stops this season, but in each appearance she has managed to blast through the draw with no less than a quarterfinal finish. This tournament was no exception as she advanced to the quarters before being stopped by #1 seed Michelle Gould. Karen Key was also handed an early loss by strong upand-comer Michelle Wiragh.

Round of Sixteen

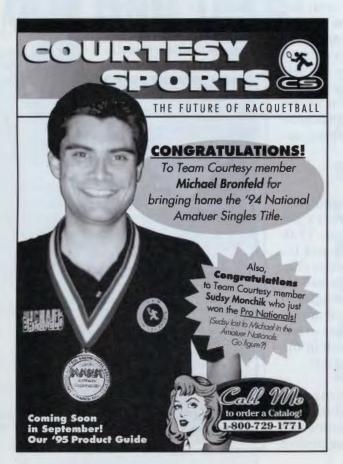
In the round of 16, McKinney continued to make her dominance known by ousting local club pro Kim Russell. McKinney's job wasn't easy as Russell took the first and third games, 11-0. McKinney won the second and fourth fairly easily, 11-5 and 11-3 respectively, before the real battle began. In a tiebreaker that lasted nearly an hour, both players feebly held on to the lead for short periods of time. Russell seemed to have the advantage and the momentum late in the game, making every forehand opportunity that came her way. McKinney's experience and poise would eventually pay off, allowing McKinney to take the match in the only "super tiebreaker" of the tournament, winning 13-11!

Robin Whitmire owned the comeback match of the tournament as she upset #5 seed, Molly O'Brien in five games to advance to the quarterfinals. O'Brien dominated Whitmire for game one and put the pressure on O'Brien by changing to a more aggressive

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Marci Drexler shoots a backhand against Michelle Gould. Photo: Molly O'Brien.



style of play, running down every ball, and ending rallies early. Whitmire took advantage of O'Brien's tentative play and lack of confidence, and winning the third game 11-7, and going on to win the match 11-9, 11-1.

The Quarters

Michelle Gould continued her long winning streak over McKinney by defeating her 11-3, 11-0, 11-10 and advancing to the semi-final round. No.6 seeded Lynne Coburn was finally able to take revenge against a hot Cheryl Gudinas, winning in three straight, 11-2, 11-4, 11-5. Robin Levine kept Robin Whitmire off balance with powerful serves and shoulder high kills, winning 11-4, 11-1, 11-1 and #2 seed, Marci Drexler, eliminated Laura Fenton, 11-4, 11-3, 11-7.

The Semis and Finals

Michelle Gould advanced to the final round by stopping Lynne Coburn in three games. Before the finals, Gould had not dropped a game, and only McKinney was able to score as many as ten points against her. In an exciting match between southpaws Robin Levine and Marci Drexler, Drexler once again negated Levine's powerful game style with her front court dinks and overhead reverse pinches. Levine has yet to beat Drexler this season.

In front of the typical capacity crowd in Atlanta, Michelle Gould and Marci Drexler put on a show full of everything that makes up a great racquetball match. Gould started out in control, but Drexler made it known early that this was not going to be an easy match for the defending champion. After the first two games went in Gould's favor, 11-9, 11-4, the crowd only wanted one thing – a tiebreaker! The players obliged and continued to entertain the spectators point after point. Gould's intensity and ability to kill the ball from anywhere had people in awe. But Drexler always counter-punched with incredible gets and amazing racquet control.

Drexler controlled the third and fourth games, 11-2, 11-4, with serves that wouldn't allow Gould to hit as accurately as she is accustomed. Keeping Gould cold and pressuring her with a serve and shoot style of play was just what Drexler needed to give her a chance at an upset. But the momentum turned in Gould's favor, and Drexler failed to capitalize on the strategy that got her to the tiebreaker. Gould switched to a slower lob serve which frustrated Drexler and forced her to hit right back to Gould. The slower game proved beneficial for Gould as she took control and the tiebreaker 11-3!

THE WPRA NATIONAL **CHAMPION AND #1 PLAYER** ... MICHELLE GOULD!

The All Sport WPRA National Championships were once again held at the exquisite Merritt Athletic Club in Baltimore. The tournament marked the end of the WPRA season and was the final event of the amateur Ektelon Championship series. The event not only crowned the national champion, but also recognized the achievements of both the pro and the amateur players. A special touch to the tournament was a silent auction hosted by Frances Coburn to raise money for the WPRA and for the U.S. Olympic Dream. The auction was a huge success thanks to the efforts of a very dedicated group of individuals!

Early Rounds

In the biggest draw of the season, the round of 32 saw some upsets from veterans as well as rookies on the tour. Janet Myers upset Karen Key in a close battle, 11-8, 9-11, 11-7, 11-7. Michelle Wiragh, who just came off a successful tournament in Atlanta. beat Dee Ferreira-Worth 11-3, 11-10, 11-7, and Kersten Hallander ousted Lorraine Galloway 4-11, 11-4, 11-7, 11-7. The biggest upset of the weekend, however, was unseeded Caryn McKinney taking out #2 seed, Marci Drexler in three straight games. McKinney's controlled style of play and strategic



Amy Wishingrad of Penn Racquet Sports (left) presents Michelle Gould with a check for winning the Penn bonus pool this season. Photo: Molly O'Brien.

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ADVANCING IN BALTIMORE

Round o	of Si	xteen
---------	-------	-------

Mound of Sixteen	
Michelle Gould def	Robin Whitmire 11-5, 11-4, 11-1
Laura Fenton def	Ellen Crawford 11-8, 9-11, 11-4, 11-6
	Janet Myers 11-8, 11-6, 11-3
Cheryl Gudinas def	
	Marcy Lynch 11-8, 11-4, 11-0
Kersten Hallander def	
Roz Olson def	
Caryn McKinney def	Kim Machiran 11-5, 11-4, 11-0
Quarterfinals	
Michelle Gould def	Laura Fenton 11-8, 11-3, 11-4
Lynne Coburn def	Cheryl Gudinas 11-5, 10-11, 11-10, 11-10
Robin Levine def	Kersten Hallander 11-1, 11-0, 11-1
Caryn McKinney def	
Semis	
Michelle Gould def	Lynne Coburn 11-0, 11-9, 11-0
Robin Levine def	Caryn McKinney 11-9, 11-9, 5-11, 11-10
Finals	
Michelle Gould def	Robin Levine 11-2, 11-7, 11-5

mindset exploited
Drexler's weaknesses
and raised her frustration level enough to
keep her from playing
the type of game that
makes her so successful. McKinney was
able to advance to the
semi-finals before
losing to Robin
Levine.

The Round of Sixteen

In the round of 16, Kersten Hallander continued to prove that she is capable of competing with the best by upsetting #6 seed Molly O'Brien 11-7, 11-9, 11-3. Hallander was abruptly stopped in

the quarters by a more powerful and precise Robin Levine. Roz Olson upset #7 seed Chris Evon 11-10, 11-9, 11-3, before falling to Caryn McKinney.

The Quarters and Semis

Michelle Gould's opponent in the quarters was her amateur national doubles partner, Laura Fenton. Gould proved too strong for Fenton as she eliminated her in three straight games, 11-8, 11-3, 11-4. In the semis Gould disappointed the Baltimore crowd by stopping hometown favorite Lynne Coburn from reaching the finals.

In the preceding round, Coburn met up with rival Cheryl Gudinas in a match that could have gone to either player. After Coburn took the first game 11-6, each game went down to the wire, with one point margins for each win. Gudinas took the second game and Coburn, spirited by an energetic fan club, took the next two and the match!

Robin Levine, for only the second time in her career, was able to out play a determined Caryn McKinney. Levine struggled but held on to win the match 11-9, 11-9, 5-11, 11-10 and earn her way to the final match of this National Championships.

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DOUBLES:Round of Sixteen Worth/Robson def. Crawford/Galloway 11-8, 1-11, 11-7, 10-11, 11-8 Lynch/O'Brien def. Metzold/Wiragh 11-9, 11-8, 11-2 Olson/Evon def. Brockbank/Key 11-8, 11-5, 9-11, 11-6 Quarterfinals Gould/Fenton Gould/Fenton def. Russell/Gudinas 6-11, 6-11, 11-4, 11-7, 11-8 Lyons/Pfahler def. Lynch/O'Brien 8-11, 11-7, 11-8, 11-10 Drexler/Levine def. Olson/Evon 11-6, 11-7, 11-5 Semis Gould/Fenton def. Adams/McKinney 11-7, 11-6, 11-7 Drexler/Levine def. Lyons/Pfahler 11-4, 11-6, 11-4 Finals Drexler/Levine def. Gould/Fenton 7-11, 11-4, 11-0, 11-8

1994 WPRA Awards ...

Player of the Year: Marci Drexler Steding Cup: Molly O'Brien Most Improved: Cheryl Gudinas Sportsmanship: Janet Myers



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The Finals!

Michelle Gould took home her fifth WPRA national title by defeating Robin Levine 11-2, 11-7, 11-5. Levine looked as if she was going to turn the match around in the second game but the intensity and determination of Gould only let Levine's hope linger for a short time. Gould clearly dominated the tour again this season, losing only to Marci

Drexler and rarely dropping a game to other competitors. Gould's titles and records are admired by players and spectators alike. This event not only crowns Michelle with the national championship, but she also finishes as the WPRA overall champion!

Doubles!

Eleven teams made up of the best women players in the country also competed for the WPRA National Doubles Title throughout the weekend. Lynn Adams came out of retirement to team up with "ex-rival" Caryn McKinney. The veteran team made it to the semis before being stopped by the #1 seeded team of Michelle Gould and Laura Fenton. Former national amateur champions Susan Morgan-Pfahler and Mary Lyons also made it to the semis before dropping to #2 seeded Marci Drexler and Robin Levine.

Drexler and Levine made life interesting for their opponents as a lefty-lefty team. These two players love to keep things moving fast and prefer overheads and low percentage kills to ceiling balls, and their crazy, yet intense style, threw off the more precise and predictable approach of Gould and Fenton. While Gould and Fenton took the first game 11-7, Drexler and Levine cruised through the next three 11-4, 11-0, 11-8 and took home their first pro national doubles title!



NUTRITION AND PERFORMANCE:THE CRITICAL EDGE

By Marcy Lynch, C.N.C.

In the first article of this series I talked about the importance of mineral nutrition and the chelation process which is necessary to bring those minerals into the body.

In this article, I will focus on one particular mineral called chromium.

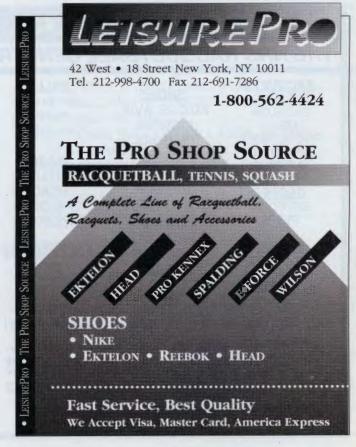
Only 5% of us get enough chromium. One reason is because we don't eat enough of the few foods that supply it (spinach, collard greens, brewer's yeast and molasses). Another reason is that the refined carbohydrates we eat use up available chromium in the metabolic process. As a result, many of us are lacking the energy we could have and here's why.

Chromium is a mineral and as I mentioned in the last article, minerals are not easily absorbed by the body. "Chelation" (in particular, branched chain amino acid chelation) is necessary for absorption and utilization. Chromium helps to regulate blood sugar levels by controlling the insulin response to blood sugar. Let me give you an example. Let's say you eat a candy bar. Candy is a refined carbohydrate and sends blood sugar soaring. The pancreas secretes insulin in order to control the blood sugar and a resultant over abundance of

insulin occurs. The struggle to regulate sugar levels stimulates the adrenal gland to produce adrenaline. The rush of adrenaline gives a quick energy boost and a resultant fatigue reaction soon thereafter.

You can see how this would wreak havoc with athletic performance or energy levels in general. Chromium regulates the release of sugar into the blood stream and the insulin response, therefore preventing adrenal involvement. Energy is not only more consistent, it can be sustained, maintained and recreated without exhausting the adrenals or the pancreas. Chromium has also helped diabetics, hypoglycemics and people with chronic fatigue syndrome.

Another benefit of chromium when combined with the amino acid L-carnitine/L-tartrate is that it mobilizes fat stores and promotes lean muscle mass. L-carnitine combined in the chromium picolinate crosses the fat cell membrane and literally carries





Jackie & Thomas Gibson with newborn daughter Danielle.

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the fat into the mitochondria or working part of the cell to be burned. In so doing, lean muscle is preserved.

The importance of this to athletic performance is huge. Imagine burning more fat to fuel your workouts and sparing the muscle. Not only will your workouts take less out of you but your recovery rate will drastically decrease. Also, body fat stores may be dramatically reduced.

Interior Design Nutritionals offers the only product on the market to utilize branched chain amino acid chelates, a patented process that guarantees the absorption of minerals up to 300 times that of other products. In particular, Metabotrim combines chromium chelate, chromium picolinate and L-carnitine/L-tartrate. I've taken Metabotrim for nine months and have decreased my body fat with an actual decrease in activity level. My body weight has remained the same, however, which means my muscle to fat ratio has increased!

For research documentation of this article, more information, or answers to any other questions regarding nutrition, call the Nutrition Help Line at 215/361-5789.

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1 — THE GAME

Rule 1.1 TYPES OF GAMES

Racquetball may be played by two or four players. When played by two it is called singles and when played by four, doubles. A non-tournament variation of the game that is played by three players is called cutthroat.

Rule 1.2 DESCRIPTION

Racquetball is a competitive game in which a strung racquet is used to serve and return the ball.

Rule 1.3 OBJECTIVE

The objective is to win each rally by serving or returning the ball so the opponent is unable to keep the ball in play. A rally is over when a player (or team in doubles) is unable to hit the ball before it touches the floor twice, is unable to return the ball in such a manner that it touches the front wall before it touches the floor, or when a hinder is called.

Rule 1.4 POINTS AND OUTS

Points are scored only by the serving side when it serves an irretrievable serve (an ace) or wins a rally. Losing the serve is called a sideout in singles. In doubles, when the first server loses the serve it is called a handout and when the second server loses the serve it is a sideout.

Rule 1.5 MATCH, GAME, TIEBREAKER

A match is won by the first side winning two games. The first two games of a match are played to 15 points. If each side wins one game, a tiebreaker game is played to 11 points.

Rule 1.6 DOUBLES TEAM

(a) A doubles team shall consist of two players who meet either the age requirements or player classification requirements to participate in a particular division of play. A team with different skill levels must play in the division of the player with the higher level of ability. When playing in an adult age division, the team must play in the division of the younger player. When playing in a junior age division, the team must play in the division of the older

(b) 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. The team must notify the tournament director

of the change prior to the beginning of the match.

Rule 1.7 CONSOLATION MATCHES

(a) Each entrant shall be entitled to participate in a minimum of two matches. Therefore, losers of their first match shall have the opportunity to compete in a consolation bracket of their own division. In draws of less than seven players, a round robin may be offered. See Rule 5.5 about how to determine the winner of a round robin event.

(b) Consolation matches may be waived at the discretion of the tournament director, but this waiver must be in writing on the

tournament application.

(c) Preliminary consolation matches will be two of three games to 11 points. Semifinal and final matches will follow the regular scoring format.

2 — COURTS AND EQUIPMENT

Rule 2.1 COURT SPECIFICATIONS

The specifications for the standard four-wall racquetball court

(a) Dimensions. The dimensions shall be 20 feet wide, 40 feet long and 20 feet high, with a back wall at least 12 feet high. All

surfaces shall be in play, with the exception of any gallery opening or surfaces designated as court hinders.

(b) Markings. Racquetball courts shall be marked with lines 1 1/

2 inches wide as follows:

 Short Line. The back edge of the short line is midway between, and is parallel with, the front and back walls.

Service Line. The front edge of the service line is parallel with, and five feet in front of, the back edge of the short line. 3. Service Zone. The service zone is the five-foot area

between the outer edges of the short line and service

line.

4. Service Boxes. The service boxes are located at each end of the service zone and are designated by lines parallel with the side walls. The edge of the line nearest to the center of the court shall be 18 inches from the nearest side wall.

5. Drive Serve Lines. The drive serve lines, which form the drive serve zone, are parallel with the side wall and are within the service zone. The edge of the line nearest to the center of the court shall be three feet from the nearest side wall.

Receiving Line. The receiving line is a broken line parallel to the short line. The back edge of the receiving line is five feet from the back edge of the short 15 3. 5' 7. 5' 6. 15 20'

line. The receiving line begins with a line 21 inches long that extends from each side wall. These lines are connected by an alternate series of six-inch spaces and six-inch lines. This will result in a line composed of 17 six-inch spaces, 16 six-inch lines, and two 21-inch lines.

7. Safety Zone. The safety zone is the five-foot area bounded by the back edges of the short line and the receiving line. The zone is observed only during the serve. See Rules 4.11(k) and 4.12.

Rule 2.2 BALL SPECIFICATIONS

(a) The standard racquetball shall be 2 1/4 inches in diameter; weigh approximately 1.4 ounces; have a hardness of 55-60 inches durometer; and bounce 68-72 inches from a 100-inch drop at a temperature of 70-74 degrees Fahrenheit.

(b) Only a ball having the endorsement or approval of the AARA

may be used in an AARA sanctioned tournament.

Rule 2.3 BALL SELECTION

(a) A ball shall be selected by the referee for use in each match. During the match the referee may, at his discretion or at the request of a player or team, replace the ball. Balls that are not round or which bounce erratically shall not be used.

If possible, the referee and players should agree to an alternate ball, so that in the event of breakage, the second ball can

be put into play immediately.

Rule 2.4 RACQUET SPECIFICATIONS

(a) The racquet, including bumper guard and all solid parts of the handle, may not exceed 21 inches in length.

The racquet frame may be any material judged to be safe.

(c) The racquet frame must include a thong that must be securely attached to the player's wrist.

(d) The string of the racquet should be gut, monofilament, nylon,

graphite, plastic, metal, or a combination thereof, providing the strings do not mark or deface the ball.

(e) Using an illegal racquet will result in forfeiture of the game in progress or, if discovered between games, forfeiture of the preceding game.

Rule 2.5 APPAREL

(a) Lensed Eyewear Required. Lensed 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 foul and the player will be charged with a timeout to secure eyewear. The second infraction in the same match will result in immediate forfeiture of the match. (See Rule 4.18(a)(9). Note: A list of approved eyewear is available by writing the AARA National Office. The AARA recommends that players select eyewear with polycarbonate plastic lenses with 3-mm center thickness.

(b) Clothing and Shoes. The clothing may be of any color; however, a player may be required to change wet, extremely loose fitting, or otherwise distracting garments. Insignias and writing on the clothing must be considered to be in good taste by the tournament director. Shoes must have soles which do not

mark or damage the floor.

(c) Equipment Requirements During Warm-up. Approved eyeguards must be worn and wrist thongs must be used during any on-court warm-up period. The referee should give a technical warning to any person who fails to comply and assess a technical foul if that player continues to not comply after receiving such a warning.

3 — OFFICIATING

Rule 3.1 TOURNAMENT MANAGEMENT

All AARA sanctioned tournaments shall be managed by a tournament director, who shall designate the officials.

Rule 3.2 TOURNAMENT RULES COMMITTEE

The tournament director may appoint a tournament rules committee to resolve any disputes that the referee, tournament desk, or tournament director cannot resolve. committee, composed of an odd number of persons, may include state or national officials, or other qualified individuals in attendance who are prepared to meet on short notice. The tournament director should not be a member of this committee.

Rule 3.3 REFEREE APPOINTMENT AND REMOVAL

The principal official for every match shall be the referee who has been designated by the tournament director, or his designated representative, and who has been agreed upon by all participants in the match. The referee's authority regarding a match begins once the players are called to the court. The referee may be removed from a match upon the agreement of all participants (teams in doubles) or at the discretion of the tournament director or his designated representative. In the event that a referee's removal is requested by one player or team and not agreed to by the other, the tournament director or his designated representative may accept or reject the request. It is suggested that the match be observed before determining what, if any, action is to be taken. In addition, two line judges and a scorekeeper may also be designated to assist the referee in officiating the match.

Rule 3.4 RULES BRIEFING

Before all tournaments, all officials and players shall be briefed on rules as well as local court hinders, regulations, and modifications the tournament director wishes to impose. The briefing should be reduced to writing. The current AARA rules will apply and be made available. Any modifications the

tournament director wishes to impose must be stated on the entry form and be available to all players at registration.

Rule 3.5 REFEREES

(a) Pre-Match Duties. Before each match begins, it shall be the duty of the referee to:

1. Check on adequacy of preparation of court with respect to cleanliness,

lighting and temperature. 2. Check on availability and suitability of materials—to include balls, towels, scorecards, pencils and timepiece—necessary for the match.

3. Check the readiness and qualifications of the line judges and scorekeeper. Review appeal procedures and instruct them of their duties, rules and local regulations.

4. Go onto the court to introduce himself and the players; brief the players on court hinders, local regulations, rule modifications for this tournament; explain misinterpreted rules.

5. Inspect players' equipment; identify the line judges; verify selection of a primary and alternate ball.

6. Toss coin and offer the winner the choice of serving or receiving.

(b) Decisions. During the match, the referee shall make all decisions with regard to the rules. Where line judges are used, the referee shall announce all final judgments. If both players in singles and three out of four in a doubles match disagree with a call made by the referee, the referee is overruled (with the

exception of technical fouls and forfeitures).

Protests. Any decision not involving the judgment of the referee will, on protest, be accorded due process as set forth in the by-laws of the AARA. For the purposes of rendering a prompt decision regarding protests filed during the course of an ongoing tournament, the stages of due process will be first to the tournament director and second to the tournament rules committee. In those instances when time permits, the protest may be elevated to the state association and then to the National Board of Directors in the manner prescribed in the by-laws.

(d) Forfeitures. A match may be forfeited by the referee when:

1. Any player refuses to abide by the referee's decision or engages in

unsportsmanlike conduct.

2. Any player or team who fails to report to play 10 minutes after the match has been scheduled to play. (The tournament director may permit a longer

delay if circumstances warrant such a decision.)

(e) Defaults. A player or team may be forfeited by the tournament director or official for failure to comply with the tournament or host facility's rules while on the premises between matches, or for abuse of hospitality, locker room, or other rules and procedures. (f) Spectators. The referee shall have jurisdiction over the spectators, as well as the players, while the match is in progress. (g) Other Rulings. The referee may rule on all matters not

covered in the AARA Official Rules. However, the referee's ruling

is subject to protest as described in Rule 3.5(c).

Rule 3.6 LINE JUDGES

(a) When Utilized. Two line judges should be used for semifinal and final matches, when requested by a player or team, or when the referee or tournament director so desires. However, the use of line judges is subject to availability and the discretion of the tournament director.

(b) Replacing Line Judges. If any player objects to a person serving as a line judge before the match begins, all reasonable effort shall be made to find a replacement acceptable to the officials and players. If a player objects after the match begins, any replacement shall be at the discretion of the referee and/or tournament director.

(c) Position of Line Judges. The players and referee shall designate the court location of the line judges. Any dispute shall

be settled by the tournament director.

(d) Duties and Responsibilities. Line judges are designated to help decide appealed calls. In the event of an appeal, and after a very brief explanation of the appeal by the referee, the line judges must indicate their opinion of the referee's call.

(e) Signals. Line judges should extend their arm and signal as follows: (i) thumb up to show agreement with the referee's call, (ii) thumb down to show disagreement, and (iii) hand open with paim facing down to indicate "no opinion" or that the play in question wasn't seen.

(f) Manner of Response. Line judges should be careful not to signal until the referee acknowledges the appeal and asks for a

ruling. In responding to the referee's request, line judges should not look at each other, but indicate their opinions simultaneously in clear view of the players and referee. If at any time a line judge is unsure of which call is being appealed or what the referee's call was, the line judge should ask the referee to repeat the call and

the appeal.

(g) Result of Response. If both line judges signal no opinion, the referee's call stands. If both line judges disagree with the referee, the referee must reverse the ruling. If one line judge agrees with the call and one disagrees, the referee's call stands. If one line judge agrees with the call and one has no opinion, the call stands. If one line judge disagrees with the referee's call and the other signals no opinion, the rally is replayed. Any replays, with the exception of appeals on the second serve itself, will result in two serves.

Rule 3.7 APPEALS

(a) Appealable Calls and Non-Calls. In any match using line judges, a player may appeal only the following calls or noncalls by the referee: skip ball; fault serve, except screen serves; out serve; double bounce pickup; receiving line violation; and court hinder. At no time may a player appeal a screen serve, a hinder call (except court hinders), a technical foul, or other discretionary call of the referee.

(b) How to Appeal. A verbal appeal by a player must be made directly to the referee immediately after the rally has ended. A player who believes there is an infraction to appeal, should bring it to the attention of the referee and line judges by raising his nonracquet hand at the time the perceived infraction occurs. The player is obligated to continue to play until the rally has ended or the referee stops play. The referee will recognize a player's appeal only if it is made before that player leaves the court for any reason including timeouts and game-ending rallies or, if that player doesn't leave the court, before the next serve begins.

(c) Loss of Appeal. A player or team forfeits its right of appeal for that rally if the appeal is made directly to the line judges or, if the appeal is made after an excessive demonstration or complaint. (d) Limit on Appeals. A player or team may make three appeals per game. However, if either line judge disagrees (thumb down) with the referee's call, that appeal will not count against the threeappeal limit. In addition, the game-ending rally may be appealed even if the three-appeal limit has been reached.

Rule 3.8 OUTCOME OF APPEALS

(a) Skip Ball. If the referee makes a call of "skip ball", the call may be appealed. If the call is reversed, the referee then must decide if the shot in question could have been returned had play continued. If in the opinion of the referee, the shot could have been returned, the rally shall be replayed. However, if the shot was not retrievable, the side which hit the shot in question is declared the winner of the rally. If the referee makes no call on a shot (thereby indicating that the shot did not skip), an appeal may be made that the shot skipped. If the no call is reversed, the side which hit the shot in question loses the rally

(b) Fault Serve. If the referee makes a call of fault serve, the call may be appealed. If the call is reversed, the serve is replayed, unless if the referee considered the serve to be not retrievable, in which case a point is awarded to the server. An appeal may also be made if the referee makes no call on a serve (indicating that the serve was good.) If the no call is reversed, it will result in second serve if the infraction occurred on the first serve or loss

of serve if the infraction occurred on the second serve. (c) Out Serve. If the referee makes a call of out serve, the call may be appealed. If the call is reversed, the serve will be replayed, unless the serve was obviously a fault in which case the call becomes fault serve. However, when the call is reversed and the serve is considered an ace, a point will be awarded. An appeal may also be made if the referee makes no call on a serve (indicating that the serve was good.) If the no call is reversed, it results in an immediate loss of serve.

(d) Double Bounce Pickup. If the referee makes a call of two bounces, the call may be appealed. If the call is reversed, the rally is replayed, except if the player against whom the call was made hit a shot that could not have been retrieved, then that player wins the rally. (Before awarding a rally in that situation, the referee must be certain that the shot would not have been retrieved even if play had not been halted.) An appeal may also be made if the referee makes no call thereby indicating that the get was not two bounces. If the no call is reversed, the player who made the two bounce pickup is declared the loser of the rally.

(e) Receiving Line Violation (Encroachment). If the referee makes a call of encroachment, the call may be appealed. If the call is overturned, the service shall be replayed. An appeal may also be made if the referee makes no call. If the appeal is successful, the server is awarded a point.

(f) Court Hinder. If the referee makes a call of court hinder, the rally is replayed. If the referee makes no call and a player feels that a court hinder occurred, that player may appeal. If the appeal is successful, the rally will be replayed.

Rule 3.9 RULES INTERPRETATIONS

If a player feels the referee has interpreted the rules incorrectly, the player may require the referee or tournament director to show him the applicable rule in the rulebook. Having discovered a misapplication or misinterpretation, the official must correct the error by replaying the rally, awarding the point, calling sideout or taking whatever corrective measure necessary.

4 — PLAY REGULATIONS

Rule 4.1 SERVE

The player or team winning the coin toss has the option to either serve or receive at the start of the first game. The second game will begin in reverse order of the first game. The player or team scoring the highest total of points in games 1 and 2 will have the option to serve or receive first at the start of the tiebreaker. In the event that both players or teams score an equal number of points in the first two games, another coin toss will take place and the winner of the toss will have the option to serve or receive.

Rule 4.2 START

The server may not start the service motion until the referee has called the score or "second serve". The serve is started from any place within the service zone. (Certain drive serves are an exception, see Rule 4.6.) Neither the ball, nor any part of either foot may extend beyond either line of the service zone when initiating the service motion. Stepping on, but not over, the lines is permitted. When completing the service motion, the server may step over the service (front) line provided that some part of both feet remain on or inside the line until the served ball passes the short line. The server may not step over the short line until the ball passes the short line. See Rules 4.10(a) and 4.11(k) for penalties for violations.

Rule 4.3 MANNER

After taking a set position inside the service zone, a player may begin the service motion—any continuous movement which results in the ball being served. Once the service motion begins, the ball must be bounced on the floor in the zone and be struck by the racquet before it bounces a second time. After being struck, the ball must hit the front wall first and on the rebound hit the floor beyond the back edge of the short line, either with or without touching one of the side walls.

Rule 4.4 READINESS

The service motion shall not begin until the referee has called the score or the second serve and the server has visually checked the receiver. The referee shall call the score as both server and receiver prepare to return to their respective positions, shortly after the previous rally has ended.

Rule 4.5 DELAYS

Except as noted in Rule 4.5(b), delays exceeding 10 seconds

shall result in an out if the server is the offender or a point if the receiver is the

(a) The 10 second rule is applicable to the server and receiver simultaneously. Collectively, they are allowed up to 10 seconds, after the score is called, to serve or be ready to receive. It is the server's responsibility to look and be certain the receiver is ready. If the receiver is not ready, he must signal so by raising his racquet above his head or completely turning his back to the server. (These are the only two acceptable signals.)

(b) Serving while the receiving player/ team is signalling not ready is a fault

serve.

(c) After the score is called, if the server looks at the receiver and the receiver is not signalling not ready, the server may then serve. If the receiver attempts to signal not ready after that point, the signal shall not be acknowledge and the serve becomes legal.

Rule 4.6 DRIVE SERVICE ZONES

The drive serve lines will be three feet from each side wall 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 drive serve zone. Violations of this rule, either called or not called, may be appealed.

(a) The drive serve zones are not observed for crosscourt 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.

The drive serve 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.

Rule 4.7 SERVE IN DOUBLES

(a) Order of Serve. Each team shall inform the referee of the order of service which shall be followed throughout that game. The order of serve may be changed between games. At the beginning of each game, when the first server of the first team to serve is out, the team is out. Thereafter, both players on each team shall serve until the team receives a handout and a sideout.

(b) Partner's Position. On each serve, the server's partner shall stand erect with back to the side wall and with both feet on the floor within the service box from the moment the server begins the service motion until the served ball passes the short line. Violations are called foot faults. However, if the server's partner enters the safety zone before the ball passes the short line, the server loses service.

Rule 4.8 DEFECTIVE SERVES

Defective serves are of three types resulting in penalties as follows:

(a) Dead-Ball Serve. A dead-ball serve results in no penalty and the server is given another serve (without canceling a

prior fault serve).
(b) Fault Serve. Two fault serves result in an out (either a sideout or a handout.) (c) Out Serve. An out serve results in an out (either a sideout or a handout.)

Rule 4.9 DEAD-BALL SERVES

Dead-ball serves do not cancel any previous fault serve. The following are dead-ball serves:

(a) Ball Hits Partner. A serve which strikes the server's partner while in the doubles box is a dead-ball serve. A serve which touches the floor before touching the server's partner is a short serve.

(b) Court Hinders. A serve that takes an irregular bounce because it hit a wet spot or an irregular surface on the court is a dead-ball serve. Also, any serve that hits any surface designated by local rules as an obstruction.

(c) Broken Ball. If the ball is determined to have broken on the serve, a new ball shall be substituted and the serve shall be replayed, not canceling any prior fault serve.

Rule 4.10 FAULT SERVES

The following serves are faults and any two in succession result in an out:

(a) Foot Faults. A foot fault results when: 1. The server does not begin the service motion with both feet in the service zone.

2. The server steps completely over the service line (no part of the foot on or inside the service zone) before the served ball crosses the short

3. In doubles, the server's partner is not in the service box with both feet on the floor and back to the side wall from the time the server begins the service motion until the ball passes the short line. See Rule 4.7(b).

(b) Short Service. A short serve is any served ball that first hits the front wall and, on the rebound, hits the floor on or in front of the short line either with or without touching a side wall.

(c) Three Wall Serve. A three-wall serve is any served ball that first hits the front wall and, on the rebound, strikes both side

walls before touching the floor.

(d) Ceiling Serve. A ceiling serve is any served ball that first hits the front wall and then touches the ceiling (with or without touching a side wall).

(e) Long Serve. A long serve is a served ball that first hits the front wall and rebounds to the back wall before touching the floor (with or without touching a side wall).

(f) Out-of-Court Serve. An out-of-court serve is any served ball that first hits the wall and, before striking the floor, goes out of the court.

(g) Bouncing Ball Outside Service Zone. Bouncing the ball outside the service zone



In a game where serves have been clocked at over 180 mph, that rule applies equally to players and balls. Any questions?

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as a part of the service motion is a fault serve.

(h) Illegal Drive Serve. A drive serve in which the player fails to observe the 17-foot drive service zone outlined in Rule 4.6.

(i) Screen Serve. A served ball that first hits the front wall and on the rebound passes so closely to the server, or server's partner in doubles, that it prevents the receiver from having a clear view of the ball. (The receiver is obligated to place himself in good court position, near center court, to obtain that view.) The screen serve is the only fault serve which may not be appealed.

(j) Serving before the Receiver is Ready. A serve is made while

the receiver is not ready as described in Rule 4.5.

Rule 4.11 OUT SERVES

Any of the following serves results in an out:

(a) Two Consecutive Fault Serves. See Rule 4.10.

Failure to Serve. Failure of server to put the ball into play

(c) Missed Serve Attempt. Any attempt to strike the ball that results in a total miss or in the ball touching any part of the server's body. Also, allowing the ball to bounce more than once during the

(d) Touched Serve. Any served ball that on the rebound from the front wall touches the server or server's racquet, or any ball intentionally stopped or caught by the server or server's partner. (e) Fake or Balk Serve. Any movement of the racquet toward the ball during the serve which is noncontinuous and done for the purpose of deceiving the receiver. If a balk serve occurs, but the referee believes that no deceit was involved, he has the option of declaring "no serve" and have the serve replayed without penalty.

(f) Illegal Hit. An illegal hit includes contacting the ball twice, carrying the ball, or hitting the ball with the handle of the racquet or part of the body or uniform.

(g) Non-Front Wall Serve. Any served ball that does not strike the front wall first.

(h) Crotch Serve. Any served ball that hits the crotch of the front wall and floor, front wall and side wall, or front wall and ceiling is an out serve (because it did not hit the front wall first). A serve into the crotch of the back wall and floor is a good serve and in play. A served ball that hits the crotch of the side wall and floor beyond

the short line is in play. (i) Out-of-Order Serve. In doubles, when either partner serves out of order, the points scored by that server will be subtracted and an out serve will be called: if the second server serves out of order, the out serve will be applied to the first server and the second server will resume serving. If the player designated as the first server serves out of order, a sideout will be called. The referee should call no serve as soon as an out-of-order serve occurs. If no points are scored while the team is out of order, only the out penalty will have to assessed. However, if points are scored before the out of order condition is noticed and the referee cannot recall the number, the referee may enlist the aid of the line judges (if they are being used) to recall the number of points to be

deducted. (j) Ball Hits Partner. A served ball that hits the doubles partner while outside the doubles box results in loss of serve.

(k) Safety Zone Violation. If the server, or doubles partner, enters into the safety zone before the served ball passes the short line, it shall result in the loss of serve.

Rule 4.12 RETURN OF SERVE

(a) Receiving Position

1. The receiver may not enter the safety zone until the ball bounces or

crosses the receiving line.

On the fly return attempt, the receiver may not strike the ball until the ball breaks the plane of the receiving line. The receiver's follow-through may carry the receiver or his racquet past the receiving line.

3. Neither the receiver nor his racquet may break the plane of the short line, except if the ball is struck after rebounding off the back wall.

4. Any violation by the receiver results in a point for the server.

(b) Defective Serve. A player on the receiving side may not intentionally catch or touch a served ball (such as an apparently long or short serve) until the referee has made a call or the ball has touched the floor for a second time. Violation results in a

(c) Legal Return. After a legal serve, a player on the receiving team must strike the ball on the fly or after the first bounce, and before the ball touches the floor the second time; and return the ball to the front wall, either directly or after touching one or both side walls, the back wall or the ceiling, or any combination of those surfaces. A returned ball must touch the front wall before touching the floor.

(d) Failure to Return. The failure to return a serve results in a point

for the server.

(e) Other Provisions. Except as noted in this rule (4.12), the return of serve is subject to all provisions of Rules 4.14 through

Rule 4.13 CHANGES OF SERVE

(a) Outs. A server is entitled to continue serving until:

1. Out Serve. See Rule 4.11.

2. Two Consecutive Fault Serves. See Rule 4.10.

3. Ball Hits Partner. Player hits partner with attempted return. 4. Failure to Return Ball. Player, or partner, fails to keep the ball in play as required by Rule 4.12(c).

5. Avoidable Hinder. Player or partner commits an avoidable hinder which

results in an out. See Rule 4.16.

(b) Sideout. In singles, retiring the server is a sideout. In doubles, the side is retired when both partners have lost service, except that the team which serves first at the beginning of each game loses the serve when the first server is retired. See Rule 4.7.

(c) Effect of Sideout. When the server (or serving team) receives a sideout, the server becomes the receiver and the receiver

becomes the server.

Rule 4.14 RALLIES

All of the play which occurs after the successful return of serve is called the rally. Play shall be conducted according to the

following rules:

(a) Legal Hits. Only the head of the racquet may be used at any time to return the ball. The racquet may be held in one or both hands. Switching hands to hit a ball, touching the ball with any part of the body or uniform, or removing the wrist thong results in a loss of the rally

(b) One Touch. The player or team trying to return the ball may touch or strike the ball only once or else the rally is lost. The ball may not be carried. (A carried ball is one which rests on the racquet long enough that the effect is more of a sling or throw than

(c) Failure to Return. Any of the following constitutes a failure to make a legal return during a rally:

1. The ball bounces on the floor more than once before being hit.

The ball does not reach the front wall on the fly.

3. The ball caroms off a player's racquet into a gallery or wall opening without first hitting the front wall.

4. A ball which obviously does not have the velocity or direction to hit the front

wall strikes another player.

- 5. A ball struck by one player on a team hits that player or that player's
- 6. Committing an avoidable hinder. See Rule 4.16.

7. Switching hands during a rally.

- 8. Failure to use wrist thong on racquet.
- 9. Touching the ball with the body or uniform.

10. Carry or sling the ball with the racquet.

(d) Effect of Failure to Return. Violations of Rules 4.14(a) through (c) result in a loss of rally. If the serving player or team loses the rally, it is an out. If the receiver loses the rally, it results in a point for the server.

(e) Return Attempts. The ball remains in play until it touches the floor a second time, regardless of how many walls it makes

contact with - including the front wall.

1. In singles, if a player swings at the ball and misses it, the player may continue to attempt to return the ball until it touches the floor for the second

2. In doubles, if one player swings at the ball and misses it, both partners may make further attempts to return the ball until it touches the floor the second time. Both partners on a side are entitled to return the ball.

Out of Court Ball

1. After return. Any ball returned to the front wall which, on the rebound or the first bounce, goes into the gallery or through any opening in a side wall shall be declared dead and the server shall receive two serves.

2. No Return. Any ball not returned to the front wall, but which caroms off a player's racquet into the gallery or into any opening in a side wall either with

or without touching the ceiling, side wall, or back wall, shall be an out for the player failing to make the return, or a point for the opponent.

(g) Broken Ball. If there is any suspicion that a ball has broken during a rally, play shall continue until the end of the rally. The referee or any player may request the ball be examined. If the referee decides the ball is broken the ball will be replaced and the rally replayed. The server will get two serves. The only proper way to check for a broken ball is to squeeze it by hand. (Checking the ball by striking it with a racquet will not be considered a valid check and shall work to the disadvantage of the player or team which struck the ball after the rally.)

(h) Play Stoppage

1. If a foreign object enters the court, or any other outside interference occurs, the referee shall stop the play immediately and declare a dead-ball hinder.

2. If a player loses any apparel, equipment, or other article, the referee shall stop play immediately and declare an avoidable hinder or deadball hinder as described in Rule 4.16(i).

(i) Replays. Whenever a rally is replayed for any reason, the server is awarded two serves. A previous fault serve is not considered.

Rule 4.15 DEAD-BALL HINDERS

A rally is replayed without penalty and the server receives two serves whenever a dead-ball hinder occurs.

(a) Situations

1. Court Hinders. The referee should stop play immediately whenever the ball hits any part of the court that was designated in advance as a court hinder (such as a door handle). The referee should also stop play (i) when the ball takes an irregular bounce as a result of contacting a rough surface (such as court light or vent) or after striking a wet spot on the floor or wall and (ii) when, in the referee's opinion, the irregular bounce affected the rally. A court hinder is the only type of hinder that is appeal-able. See Rule 3.7(a).

2. Ball Hits Opponent. When an opponent is hit by a return shot in flight, it is a dead-ball hinder. If the opponent is struck by a ball which obviously did not have the velocity or direction to reach the front wall, it is not a hinder, and the player who hit the ball will lose the rally. A player who has been hit by the ball can stop play and make the call though the call must be made immediately and acknowledged by the referee. 3. Body Contact. If body contact occurs which the referee believes was sufficient to stop the rally, either for the purpose of preventing injury by further contact or because the contact prevented a player from being able to make a reasonable return, the referee shall call a hinder. Incidental body contact in which the offensive player clearly will have the advantage should not be called a hinder, unless the offensive player obviously stops play. Contact with the racquet on the follow-through normally is not considered a hinder.

4. Screen Ball. Any ball rebounding from the front wall so close to the body of the defensive team that it interferes with, or prevents, the offensive player from having clear view of the ball. (The referee should be careful not to make the screen call so quickly that it takes away a good offensive opportunity.) A ball that passes between the legs of the side that just returned

the ball is not automatically a screen. It depends on the proximity of the players. Again, the call should work to the advantage of the

offensive player.

5. Backswing Hinder. Any body or racquet contact, on the backswing or on the way to or just prior to returning the ball, which impairs the hitter's ability to take a reasonable swing. This call can be made by the player attempting the return, though the call must be made immediately and is subject to the referee's approval. Note the interference may be considered an avoidable hinder. See Rule 4.16.

6. Safety Holdup. Any player about to execute a return who believes he is likely to strike his opponent with the ball or racquet may immediately stop play and request a dead-ball hinder. This call must be made immediately and is subject to acceptance and approval of the referee. (The referee will grant a dead-ball hinder if it is believed the holdup was reasonable and the player would have been able to return the shot, and the referee may also call an avoidable hinder if warranted.)

7. Other Interference. Any other unintentional interference which prevents an opponent from having a fair chance to see or return the ball. Example: When a ball from another court enters the court during a rally or when a referee's call

on an adjacent court obviously distracts a player. (b) Effect of Hinders. The referee's call of hinder stops play and voids any situation which follows, such as the ball hitting the player. The only hinders that may be

called by a player are described in rules (2), (5), and (6) above, and all of these are subject to the approval of the referee. A dead-ball hinder stops play and the rally is replayed. The server receives two serves. (c) Avoidance. While making an attempt to return the ball, a player is entitled to a fair chance to see and return the ball. It is the responsibility of the side that has just hit the ball to move so the receiving side may go straight to the ball and have an unobstructed view of the ball. In the judgment of the referee however, the receiver must make a reasonable effort to move towards the ball and have a reasonable chance to return the ball in order for a hinder to be called.

Rule 4.16 AVOIDABLE HINDERS

An avoidable hinder results in the loss of the rally. An avoidable hinder does not necessarily have to be an intentional act and is the result of any of the following:

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

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(b) Stroke Interference. This occurs when a player moves, or fails to move, so that the opponent returning the ball does not have a free, unimpeded swing. This includes unintentionally moving the wrong direction which prevents an opponent from making an open offensive shot.

(c) Blocking. Moves into a position which blocks the opponent from getting to, or returning, the ball; or in doubles, a player moves in front of an opponent as the player's partner is returning the ball. (d) Moving into the Ball. Moves in the way and is struck by the

ball just played by the opponent.

(e) Pushing. Deliberately pushes or shoves opponent during a

rally.

(f) Intentional Distractions. Deliberate shouting, stamping of feet, waiving of racquet, or any other manner of disrupting one's opponent.

(g) View Obstruction. A player moves across an opponent's line

of vision just before the opponent strikes the ball.

(h) Wetting the Ball. The players, particularly the server, should insure that the ball is dry prior to the serve. Any wet ball that is not corrected prior to the serve shall result in an avoidable hinder

against the server.

Apparel or Equipment Loss. If a player loses any apparel, equipment, or other article, play shall be immediately stopped and that player shall be called for an avoidable hinder, unless the player has just hit a shot that could not be retrieved. If the loss of equipment is caused by a player's opponent, then a dead-ball hinder should be called. If the opponent's action is judged to have been avoidable, then the opponent should be called for an avoidable hinder.

Rule 4.17 TIMEOUTS

(a) Rest Periods. Each player or team is entitled to three 30second timeouts in games to 15 and two 30-second timeouts in games to 11. Timeouts may not be called by either side after service motion has begun. Calling for a timeout when none remain or after service motion has begun, or taking more than 30 seconds in a timeout, will result in the assessment of a technical

foul for delay of game.

(b) Injury. If a player is injured during the course of a match as a result of contact, such as with the ball, racquet, wall or floor, he will be awarded an injury timeout. While a player may call more than one timeout for the same injury or for additional injuries which occur during the match, a player is not allowed more than a total of 15 minutes of rest during a match. If the injured player is not able to resume play after total rest of 15 minutes, the match shall be awarded to the opponent. Muscle cramps and pulls, fatigue, and other ailments that are not caused by direct contact on the court will not be considered an injury.

(c) Equipment Timeouts. Players are expected to keep all clothing and equipment in good, playable condition and are expected to use regular timeouts and time between games for adjustment and replacement of equipment. If a player or team is out of timeouts and the referee determines that an equipment change or adjustment is necessary for fair and safe continuation of the match, the referee may award an equipment timeout not to exceed 2 minutes. The referee may allow additional time under

unusual circumstances.

(d) Between Games. The rest period between the first two games of a match is 2 minutes. If a tiebreaker is necessary, the rest period between the second and third game is 5 minutes.

(e) Postponed Games. Any games postponed by referees shall be resumed with the same score as when postponed.

Rule 4.18 TECHNICAL FOULS AND WARNINGS

(a) Technical Fouls. The referee is empowered to deduct one point from a player's or team's score when, in the referee's sole judgment, the player is being overtly and deliberately abusive. If the player or team against whom the technical foul was assessed does not resume play immediately, the referee is empowered to forfeit the match in favor of the opponent. Examples of actions which may result in technical fouls are:

1. Profanity.; 2. Excessive arguing.

3. Threat of any nature to opponent or referee.

Excessive or hard striking of the ball between rallies.

5. Slamming of the racquet against walls or floor, slamming the door, or any action which might result in injury to the court or other players.

6. Delay of game. Examples include (i) taking too much time to dry the court,

(ii) questioning of the referee excessively about the rules, (iii) exceeding the time allotted for timeouts or between games, or (iv) calling a timeout when

7. Intentional front line foot fault to negate a bad lob serve.

8. Anything considered to be unsportsmanlike behavior.

9. Failure to wear lensed eyewear designed for racquet sports is an automatic technical foul on the first infraction and a mandatory timeout will be charged against the offending player to acquire the proper eyewear. A second infraction by that player during the match will result in automatic forfeiture of the match.

(b) Technical Warnings. If a player's behavior is not so severe as to warrant a technical foul, a technical warning may be issued without point deduction. (c) Effect of Technical Foul or Warning. If a referee issues a technical foul, one point shall be removed from the offender's score. If a referee issues a technical warning, it shall not result in a loss of rally or point and shall be accompanied by a brief explanation of the reason for the warning. The issuing of the technical foul or warning has no effect on who will be serving when play resumes. If a technical foul occurs between games or when the offender has no points, the result will be that the offender's score will revert to minus one (-1).

5 — TOURNAMENTS

Rule 5.1 DRAWS

(a) If possible, all draws shall be made at least 2 days before the tournament commences. The seeding method of drawing shall be

approved by the AARA.

(b) At AARA National events, the draw and seeding committee shall be chaired by the AARA's Executive Director, National Tournament Commissioner, and the host tournament director. No other persons shall participate in the draw or seeding unless at the invitation of the draw and seeding committee.

(c) In local and regional tournaments the draw shall be the

responsibility of the tournament director.

Rule 5.2 SCHEDULING

(a) Preliminary Matches. If one or more contestants are entered in both singles and doubles, they may be required to play both singles and doubles on the same day or night with little rest between matches. This is a risk assumed on entering two singles events or a singles and doubles event. If possible, the schedule

should provide at least 1 hour between matches.

(b) Final Matches. Where one or more players has reached the finals in both singles and doubles, it is recommended that the doubles match be played on the day preceding the singles. This would assure more rest between the final matches. If both final matches must be played on the same day or night, the following procedure is recommended that: (1) The singles match be played first and (2) A rest period of not less than 1 hour be allowed between the finals in singles and doubles.

Rule 5.3 NOTICE OF MATCHES

After the first round of matches, it is the responsibility of each player to check the posted schedules to determine the time and place of each subsequent match. If any change is made in the schedule after posting, it shall be the duty of the committee or tournament director to notify the players of the change.

Rule 5.4 THIRD PLACE

Players are not required to play off for 3rd place. However, for point standings, if one semifinalist wants to play off for third and the other semifinalist does not, the one willing to play shall be awarded third place. If neither semifinalist wishes to play off for 3rd then the points shall be totaled, divided by 2, and awarded evenly to both players.

Rule 5.5 ROUND ROBIN SCORING

The final positions of players or teams in round robin competition is determined by the following sequence: a. Winner of the most matches; b. In a two way tie, winner of the head-tohead match; c. In a tie of three or more, the player who lost the fewest games is awarded the highest position.

(1) If a two way tie remains, the winner of the head-to-head match is awarded

the higher position.

(2) If a multiple tie remains, the total points scored against each player in all matches will be tabulated and the player who had the least points scored against him is awarded the highest position.

Note: Forfeits will count as a match won in two games. In cases where points scored against is the tiebreaker, the points scored by the forfeiting team will be discounted from consideration of points scored against all teams.

Rule 5.6 TOURNAMENT MANAGEMENT

In all AARA sanctioned tournaments, the tournament director and/or AARA official in attendance may decide on a change of court after the completion of any tournament game, if such a change will accommodate better spectator conditions.

Rule 5.7 TOURNAMENT CONDUCT

In all AARA sanctioned tournaments, the referee is empowered to forfeit a match, if the conduct of a player or team is considered detrimental to the tournament and the game. See Rules 3.5(d) and (e).

Rule 5.8 PROFESSIONAL

A professional is defined as any player who has accepted prize money regardless of the amount in any professional sanctioned (including WPRA and IRT) tournament or in any other tournament so deemed by the AARA Board of Directors. (Note: Any player concerned about the adverse effect of losing amateur status should contact the AARA National Office at the earliest opportunity to ensure a clear understanding of this rule and that no action is taken that could jeopardize that status.)

(a) An amateur player may participate in a professional sanctioned tournament but will not be considered a professional (i) if no prize money is accepted or (ii) if the prize money received remains intact and placed in trust under AARA guidelines.

(b) The acceptance of merchandise or travel expenses shall not be considered prize money, and thus does not jeopardize a

player's amateur status.

Rule 5.9 RETURN TO AMATEUR STATUS

Any player who has been classified as a professional can recover amateur status by requesting, in writing, this desire to be reclassified as an amateur. This application shall be tendered to the Executive Director of the AARA or his designated representative, and shall become effective immediately as long as the player making application for reinstatement of amateur status has received no money in any tournament, as defined in Rule 5.8 for the past 12 months.

Rule 5.10 AARA ELIGIBILITY

(a) Any current AARA members who has not been classified as a professional (See Rule 5.8) may compete in any AARA sanctioned tournament.

(b) Any current AARA member who has been classified as a professional may compete in any event at an AARA sanctioned tournament that offers prize money or merchandise.

Rule 5.11 DIVISIONS

(a) Open Division. Any player with amateur status.(b) Adult Age Divisions. Eligibility is determined by the player's age on the first day of the tournament. Divisions are:

19+-Junior Veterans 55+ - Golden Masters 25+-Junior Veterans 60+-Senior Golden Masters 65+ - Veteran Golden Masters 30+ - Veterans 35+-Seniors 70+-Advanced Golden Masters 40+ - Veteran Seniors 75+ - Super Golden Masters 45+ - Masters 80+ - Grand Masters 50+ - Veteran Masters

(c) Junior Age Divisions. Player eligibility is determined by the player's age on January 1st of the current calendar year. Divisions are:

18 & Under 16 & Under

14 & Under

10 & under 8 & under 8 & under Multi-Bounce

12 & Under

Rule 5.12 DIVISION COMPETITION BY GENDER

Men and women may compete only in events and divisions for their respective gender during regional and national tournaments. If there is not sufficient number of players to warrant play in a specific division, the tournament director may place the entrants in a comparably competitive division. Note: For the purpose of encouraging the development of women's racquetball, the governing bodies of numerous states permit women to play in men's divisions when a comparable skill level is not available in the women's divisions.

Rule 5.13 AARA REGIONAL CHAMPIONSHIPS

(a) Adult Regional Tournaments

1. Regional tournaments will be conducted at various metro sites designated annually by the AARA and players may compete at any site they choose. 2. A person may compete in any number of adult regional tournaments, but may not enter a championship (no skill designation) division after having won that division at a previous adult regional tournament that same year.

3. A person cannot participate in more than two championship events at a

regional tournament.

4. Any awards or remuneration to an AARA National Championship will be posted on the entry blank.

(b) Junior Regional Tournaments All provisions of Rule 5.13(a) also apply to juniors, except:

1. Regional tournaments will be conducted within the following regions which

are identified for the purposes of junior competition:

Maine, New Hampshire, Vermont, Region 1

Massachusetts, Rhode Island, Connecticut

New York, New Jersey Region 2

Pennsylvania, Maryland, Virginia, Delaware, D.C. Region 3

Region 4 Florida, Georgia

Region 5 Alabama, Mississippi, Tennessee Region 6 Arkansas, Kansas, Missouri, Oklahoma

Region 7 Texas, Louisiana Region 8 Region 9 Wisconsin, Iowa, Illinois West Virginia, Ohio, Michigan

Region 10 Indiana, Kentucky

Region 11 North Dakota, South Dakota, Minnesota, Nebraska Arizona, New Mexico, Utah, Colorado Region 12

Montana, Wyoming California, Hawaii, Nevada Region 13 Region 14

Region 15 Washington, Idaho, Oregon, Alaska Region 16 North Carolina, South Carolina

2. A person may compete in only one junior regional singles and one junior regional doubles tournament each year.
3. Rules 5.13(a)(3) may not apply if tournaments (singles/doubles or adults/

juniors) are combined.

Rule 5.14 U.S. NATIONAL SINGLES AND DOUBLES CHAMPIONSHIPS

The U.S. National Singles and Doubles Tournaments are separate tournaments and are played on different dates. Consolation events will be offered for all divisions.

Competition in an adult regional singles tournament is required to qualify for the National Singles Championship. Current National Champions are exempt from qualifying for the next year's championships.

(b) The National Tournament Commissioner may handle the rating of each region and determine how many players shall

qualify from each regional tournament.

(c) If a region is over subscribed, a playoff to qualify players in a division may be conducted the day prior to the start of a National Championship.

Rule 5.15 U.S. NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS

It will be conducted on a different date than all other National Championships and generally subject to the provisions of Rule 5.14.

Rule 5.16 U.S. NATIONAL INTERCOLLEGIATE CHAMPIONSHIPS

It will be conducted on a different date than all other National Championships. Consolation events will be offered for all divisions.

6 — EIGHT AND UNDER MULTI-BOUNCE **MODIFICATIONS**

In general, the AARA's standard rules governing racquetball play will be followed except for the modifications which follow.

Rule 6.1 BASIC RETURN RULE

In general, the ball remains in play as long as it is bouncing. However, the player may swing only once at the ball and the ball is considered dead at the point it stops bouncing and begins to roll. Also, anytime the ball rebounds off the back wall, it must be struck before it crosses the short line on the way to the front wall, except as explained in Rule 6.2.

Rule 6.2 BLAST RULE

If the ball caroms from the front wall to the back wall on the fly, the player may hit the ball from any place on the courtincluding past the short line-so long as the ball is bouncing.

Rule 6.3 FRONT WALL LINES

Two parallel lines (tape may be used) should be placed across the front wall such that the bottom edge of one line is 3 feet above the floor and the bottom edge of the other line is 1 foot above the floor. During the rally, any ball that hits the front wall (i) below the 3-foot line and (ii) either on or above the 1-foot line must be returned before it bounces a third time. However, if the ball hits below the 1-foot line, it must be returned before it bounces twice. If the ball hits on or above the 3-foot line, the ball must be returned as described in the basic return rule.

Rule 6.4 GAMES AND MATCHES

All games are played to 11 points and the first side to win two games, wins the match.

7 — ONE-WALL & THREE-WALL MODIFICA-**TIONS**

In general, the AARA's standard rules governing racquetball play will be followed except for the modifications which follow.

Rule 7.1 ONE-WALL

There are two playing surfaces the front wall and the floor. The wall is 20 feet wide and 16 feet high. The floor is 20 feet wide and 34 feet to the back edge of the long line. To permit movement by players, there should be a minimum of three feet (six feet is recommended) beyond the long line and six feet outside each side line.

- (a) Short Line. The back edge of the short line is 16 feet from the wall.
- (b) Service Markers. Lines at least six inches long which are parallel with, and midway between, the long and short lines. The extension of the service markers form the imaginary boundary of the service line.
- (c) Service Zone. The entire floor area inside and including the short line, side lines and service line.

(d) Receiving Zone. The entire floor area in back of the short line, including the side lines and the long line.

Rule 7.2 THREE-WALL WITH SHORT SIDE WALL

The front wall is 20 feet wide and 20 feet high. The side walls are 20 feet long and 20 feet high, with the side walls tapering to 12 feet high. The floor length and court markings are the same as a four wall court.

Rule 7.3 THREE-WALL WITH LONG SIDE WALL

The court is 20 feet wide, 20 feet high and 40 feet long. The side walls may taper from 20 feet high at the front wall down to 12 feet high at the end of the court. All court markings are the same as a four wall court.

Rule 7.4 SERVICE IN THREE-WALL COURTS

A serve that goes beyond the side walls on the fly is an out. A serve that goes beyond the long line on a fly, but within the side walls, is a fault.

8 — WHEELCHAIR MODIFICATIONS

Rule 8.1 CHANGES TO STANDARD RULES

In general, the AARA's standard rules governing racquetball play will be followed except for the modifications which follow.

(a) Where AARA rules refer to server, person, body, or other similar variations, for wheelchair play such reference shall include all parts of the wheelchair in addition to the person sitting on it.

(b) Where the rules refer to feet, standing or other similar descriptions, for wheelchair play it means only where the rear wheels actually touch the floor.

(c) Where the rules mention body contact, for wheelchair play it shall mean any part of the wheelchair in addition to the player.

(d) Where the rules refer to double bounce or after the first bounce, it shall mean three bounces. All variations of the same phrases shall be revised accordingly.

Rule 8.2 DIVISIONS

(a) Novice Division. The novice division is for the beginning player

who is just learning to play.

(b) Intermediate Division. The Intermediate Division is for the player who has played tournaments before and has a skill level to be competitive in the division.

(c) Open Division. The Open Division is the highest level of play

and is for the advanced player.
(d) Multi-Bounce Division. The Multi-Bounce Division is for the individuals (men or women) whose mobility is such that wheelchair racquetball would be impossible if not for the Multi-Bounce Division.

(e) Junior Division. The junior divisions are for players who are under the age of 19. The tournament director will determine if the divisions will be played as two bounce or multi-bounce. Age divisions are: 8-11, 12-15, and 16-18.

Rule 8.3 RULES

(a) Two Bounce Rule. Two bounces are used in wheelchair racquetball in all divisions except the Multi-Bounce Division. The ball may hit the floor twice before being returned.

(b) Out-of-Chair Rule. The player can neither intentionally jump out of his chair to hit a ball nor stand up in his chair to serve the ball. If the referee determines that the chair was left intentionally it will result in loss of the rally for the offender. If a player unintentionally leaves his chair, no penalty will be assessed. Repeat offenders will be warned by the referee.

(c) Equipment Standards. In order to protect playing surfaces, the tournament officials may not allow a person to participate with black tires or anything which will mark or damage the court.

(d) Start. The serve may be started from any place within the service zone. Although the front casters may extend beyond the lines of the service zone, at no time shall the rear wheels cross either the service or short line before the served ball crosses the short line. Penalties for violation are the same as those for the standard game.

(e) Maintenance Delay. A maintenance delay is a delay in the progress of a match due to a malfunction of a wheelchair, prosthesis, or assistive device. Such delay must be requested by the player, granted by the referee during the match, and shall not exceed 5 minutes. Only two such delays may be granted for each player for each match. After using both maintenance delays, the player has the following options:

Continue play with the defective equipment.
 Immediately substitute replacement equipment.

3. Postpone the game, with the approval of the referee and opponent.

Rule 8.4 MULTI-BOUNCE RULES

(a) The ball may bounce as many times as the receiver wants though the player may swing only once to return the ball to the front wall.

(b) The ball must be hit before it crosses the short line on its way

back to the front wall.

(c) The receiver cannot cross the short line after the ball contacts the back wall.

9 — VISUALLY IMPAIRED MODIFICATIONS

In general, the AARA's standard rules governing racquetball play will be followed except for the modifications which follow.

Rule 9.1 ELIGIBILITY

A player's visual acuity must not be better than 20/200 with the best practical eye correction or else the player's field of vision must not be better than 20 degrees. The three classifications of blindness are B1 (totally blind to light perception), B2 (able to see hand movement up to 20/600 corrected), and B3 (from 20/600 to 20/200 corrected).

Rule 9.2 RETURN OF SERVE AND RALLIES

On the return of serve and on every return thereafter, the player may make multiple attempts to strike the ball until (i) the ball has been touched, (ii) the ball has stopped bouncing, or (iii) the ball has passed the short line after touching the back wall. The only exception is described in Rule 8.3.

Rule 9.3 BLAST RULE

If the ball (other than on the serve) caroms from the front wall to the back wall on the fly, the player may retrieve the ball from any place on the court—including in front of the short line—so long as the ball has not been touched and is still bouncing.

Rule 9.4 HINDERS

A dead-ball hinder will result in the rally being replayed without penalty unless the hinder was intentional. If a hinder is clearly intentional, an avoidable hinder should be called and the rally awarded to the nonoffending player or team.

10 — NATIONAL RACQUETBALL ASSOCIA-TION OF THE DEAF [NRAD] MODIFICATIONS

In general, the AARA's standard rules governing racquetball play will be followed except for the modifications which follow.

Rule 10.1 ELIGIBILITY

An athlete shall have a hearing loss of 55 db or more in the better ear to be eligible for any NRAD tournament.

11 — WOMEN'S PROFESSIONAL RACQUET-BALL ASSOCIATION [WPRA] MODIFICATIONS

In general, the AARA's standard rules governing racquetball play will be followed for competition on the Women's Professional Racquetball Association tour, except for the modifications which follow:

Rule 11.1 MATCH, GAME, SUPER TIEBREAKER

A match is won by the first side winning three games. All games, other than the fifth one, are won by the first side to score 11 points. The fifth game, called the super tiebreaker, is won by the first side scoring 11 points and having at least a 2-point lead. If necessary, the game will continue beyond 11 points until such time as one side has a 2-point lead.

Rule 11.2 APPEALS

There is no limit on the number of appeals that a player or team may make.

Rule 11.3 SERVE

The server may leave the service zone as soon as the serve has been made.

Rule 11.4 DRIVE SERVICE ZONE

The server may begin a drive serve anywhere in the service zone so long as the server is completely inside the 17-foot drive service zone when the ball is actually contacted.

Rule 11.5 RETURN OF SERVE

The receiver may enter the safety zone as soon as the ball has been served. The served ball may not be contacted in the receiving zone until it has bounced. Neither the receiver nor the receiver's racquet may break the plane of the short line unless the ball is struck after rebounding off the back wall. On the fly return attempt, the receiver may not strike the ball until the ball breaks the plane of the receiving line. The receiver's follow through may carry the receiver or the racquet past the receiving line.

Rule 11.6 AVOIDABLE HINDER

An avoidable hinder shall be called when one of the following occurs:

(a) The player's movement or failure to move interferes with their opponent's opportunity to take an offensive shot. The player is entitled to a free, unimpeded swing on their shot. The player should not be blocked by the opponent, preventing their getting to or returning the ball for an offensive shot.

(b) Any other action or conduct described in Rules 4.16(d) through 4.16(i).

Rule 11.7 TIMEOUTS

Each player or team is entitled to two 30-second timeouts per game.

Rule 11.8 TIME BETWEEN GAMES

The rest period between all games will be 2 minutes except that a 5-minute rest period will be allowed between the fourth and fifth games.

Rule 11.9 EQUIPMENT TIMEOUTS

A player does not have to use regular timeouts to correct or adjust equipment provided that the need for the change or adjustment is acknowledged by the referee as being necessary for fair and safe continuation of the match.

12 — TRANSCOASTAL INTERNATIONAL RAC-QUETBALL TOUR [Men's Professional] MODI-FICATIONS

In general, the AARA's standard rules governing racquetball play will be followed for competition in the Transcoastal International Racquetball Tour, except for the modifications which follow:

Rule 12.1 GAME, MATCH

All games are played to 11 points, and are won by the player who scores to that level, with a 2-point lead. If necessary, the game will continue beyond 11 points, until such time as one player has a 2-point lead. Matches are played the best three out of a possible five games to 11.

Rule 12.2 APPEALS

The referee's call is final. There are no line judges, and no appeals may be made.

Rule 12.3 SERVE

Players are allowed only one serve to put the ball into play.

Rule 12.4 SCREEN SERVE

Screen serves are replayed.

Rule 12.5 COURT HINDERS

No court hinders are allowed or called.

Rule 12.6 OUT OF COURT BALL

Any ball leaving the court results in a loss of rally.

Rule 12.7 BALL

All matches are played with the Penn Pro ball.

Rule 12.8 TIMEOUTS

Each player is entitled to one 1-minute timeout per game.

Rule 12.9 TIME BETWEEN GAMES

The rest period between all games is 2 minutes.

RULE CHANGE PROCEDURES

To ensure the orderly growth of racquetball, the AARA has established specific procedures that are followed before a major change is made to the rules of the game. Those procedures are:

1. Rule change proposals must be submitted in writing to the

AARA National Office by June 1st.

The AARA Board of Directors will review all proposals at its October board meeting and determine which will be considered.

3. Selected proposals will appear in RACQUETBALL Magazine—the official AARA publication—as soon as possible after the October meeting for comment by the general membership.

4. After reviewing membership input and the recommendation of the National Rules Committee and National Rules Commissioner, the proposals are discussed and voted upon at the annual Board of Directors meeting in May.

5. Changes approved in May become effective on September

1st. Exception: changes

in racquet specifications become effective 2 years later on September 1st.

September 1st.

Proposed rules that are considered for adoption in one year, but are not approved by the Board of Directors in May of that year, will not be considered for adoption the following year.

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PLAYING SMART

Ektelon's Top Pros and **Amat**eurs Talk Racquetball



So many things to remember, so little time! But just keep in mind – whether you're a novice, a tournament player or a pro – racquetball can be more enjoyable when you take the time to work on your game. This issue features newly crowned national champion Robin Levine, with tips guaranteed to improve your passing game. You can't hit kill shots all the time – even pros know that. So the next best thing is to have your passing shots play an integral role in your game plan. 1992 pro national champion Drew Kachtik will also discuss proper court positioning. Floor strategy is crucial to your game – where you stand is as important as how you hit the ball!



THE PASSING GAME

By Robin Levine 1994 Amateur National Champion

Ektelon-sponsored Robin Levine, currently #3 on the WPRA rankings, is ready to shake up the women's pro tour with her athletic game style. A powerful lefty, she goes for broke with her shots, then follows up with enough intensity for three players. Levine is a definite crowd pleaser, bringing animation and remarkable skill to the game. Her recent amateur nationals win will take her to the World Championships in Mexico this August, where she is certain to impress.



for thrills and chills, but the pass is a much better all-around offensive weapon. Because you have a larger target area on the front wall, you can turn to the pass in more borderline situations. If you're offbalance or on the run, or if your opponent is controlling center court and has you deep in the back court, you can still make an offensive return rather than having to fall back on a ceiling ball or garbage shot.



Of course, there are plenty of players who are able to kill the ball off-balance, on the run or standing on their heads (it seems to be a prerequi-

site for the higher levels of competition). But that doesn't change the fact that the percentages favor the pass in those situations – and the percentages have a way of catching up with you eventually!

The pass is an end run around your opponent. Your goal is to get the ball past them, keeping it low enough so it doesn't rebound off the back wall to give away a set-up. Once that is accomplished, recoveries are rare. Your opponent will be left scrambling after the ball and the only return, if any, will be so weak you should have a chance to vent your killer instinct.

There are three types of passes: down-the-line, cross-court and wide-angle cross-court. They are more or less self-explanatory, but let's look at the guidelines for choosing which to use.

In general, you should go to a pass only if your opponent is in the forward two-thirds of the court. If they are deep in the back court, you don't want to pass back to them when you could use a pinch or kill. In most passing situations, your opponent will be either in front of you or next to you. The only exception is when they are trapped against a side wall while you are shooting. But that is a lapse on their part anyway, and you could do just about anything and get the point.

For the sake of simplicity, let's assume that you and your opponent are both right-handed and playing good position. The pass you choose then depends on the positioning of you both. If you are side-by-side in center court, you can hit either a backhand or forehand down-the-line, depending on whether your opponent is to your left or right.

For the forehand, contact the ball thigh-high or lower (the lower the better), but make sure that it doesn't contact the front wall higher than three feet from the floor. Concentrate on racquet control and ball placement. The idea is to have the ball hug the side wall on the way back. You want it to take its second bounce right before it reaches the back wall. If it comes off the back wall, your opponent may have a down-the-line opportunity of their own.

The determining factors, of course, are the ball's height off the front wall and its pace. If you hit the ball very hard, you must make your contact point on the front wall lower. If you don't have a lot of power in your shots, your contact point will need to be higher on the front wall.

Your approach to the backhand pass is similar to the forehand pass. The difference is that it is more difficult to use your wrist on the backhand side to compensate for poor body positioning, thus making the shot a little tougher to execute.

The most common mistake players make on the backhand side is to step forward for the shot just like a forehand. But the body mechanics are different and, just as you have to adjust your grip for a backhand shot, you also have to adjust your ap-

proach to compensate for the difference between an open and closed swing.

The proper footwork for a shot that goes straight down-the-line is to step diagonally toward the side wall by stepping slightly diagonally on your backhand shot. You also have the option of turning your down-the-line into a cross-court pass.

Try the cross-court if your opponent is crowding over to your side of the court, anticipating a down-the-line ... or if they are playing in a closed forward stance (both feet planted, toes facing the front wall). That leaves a wide shooting area for you, and makes it tough for your opponent to turn, pivot and retrieve a cross-court shot from a closed stance.

The above strategies also apply if you are behind rather than next to your opponent – with one exception. If you are behind an opponent who is planted smack in center court, they may be able to cut off passes on either side. That isn't true of every player, but someone with good lateral movement like my Ektelon teammate Michelle Gould will cut off and kill the normal pass.

That's when you should deliver your cross-court passes with a little wider angle to get around your opponent. The wide-angle cross-court rebounds off the front wall and into the side wall about even with your opponent before continuing on into the back court. If the ball strikes the side wall behind them, its angle will be similar to a normal cross-court and they may be able to cut it off. If the ball strikes too far ahead, it will be angling toward them on the rebound.

The correct wide-angle shot travels in somewhat of a semicircle just out of your opponent's reach. One of the advantages of shooting from behind your opponent is that you have better view of their position and where they are leaning – while they have a poor view of your position. The disadvantage is that their low shots have a better chance of success since they are closer to the front wall. A good passing game helps you turn that around by keeping your opponent on the move, first from one side of the court, then to the other, then up and back if you throw in a few pinches.

If you work it right, your opponent will spend the match working a lot harder than you are. And that can make the crucial difference in game three.



FLOOR STRATEGY

By Drew Kachtik '92 Pro National Champion

Ektelon's Drew Kachtik - the 1992 pro national champion - blazed to the top of the men's pro circuit with a reputation for quickness and retrieving prowess. Consistently placing in the top five of the men's pro rankings, Kachtik also

spends time promoting the sport of racquetball and serving as a club racquetball pro.

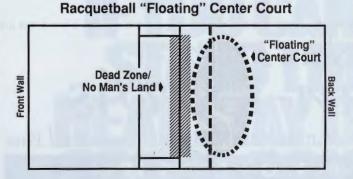
n area crucial to the success of your racquet Laball game is floor strategy you can win or lose a game based on improper court positioning. The key to winning a rally is maintaining center court position. If you're out of position, you won't even have a chance to use some of your best shots.

Center Court Position

Where exactly is center court? If you look at the diagram on this page, you'll see that center court is an area mostly behind the five-foot line. In fact, the pros like to call it the "floating center court" because you move around in that sphere, depending on where the ball is.

See the area in front of the five-foot line? That's the dead zone, or "no man's land." Play this area, and passing shots and ceiling balls will shoot by, putting you on the defense. By standing in the center court area, you give yourself the best chance to get to most of the balls, most of the time. On any given shot you are just a few quick steps away. In no man's land, you're a good five or six steps away from balls going into the back court.

Remember, you can't get all the balls all the time. So put yourself in the best position to get most of them. There is a tendency among racquetball players to stand around flat-footed when the other person is hitting the ball. If you could sprint a 50-yard dash with a running start, wouldn't you be faster



than starting from a stopped position? If you keep your feet moving and stay up on your toes, you'll reach the ball quicker, and get more shots.

Strategy Tips

The Serve: The first opportunity you have to dominate center court is right after the serve. A common error is not getting out of the box fast enough. Serve, then get out of the service box and into center court position as soon as you hit the ball. This way, you'll be in position to get a higher percentage of returns. I use a lob serve frequently to get me out of the service box faster, and give me time to plan my next shot.

Return of Serve: When covering your opponent's offensive shot attempts, remember that your coverage will depend upon how high the ball is hit into the front wall. Don't get too close to the front wall - you'll be closer to left-up kill shots, but could end up losing the match in other ways. Playing in no man's land forces you to react faster - but not as accurately - as you shoot difficult half-volley shots and miss wide-angled passing shots, down-the-line passes and ceiling balls. But if you do find yourself out of position, be aggres-

> sive. Don't wait for your opponent to make a mistake, and don't assume that they will automatically make their shot. Be on your toes, ready to move and anticipate that you will get another chance at the ball.

The Rally: After you hit, watch

the ball and study your opponent's intentions as they go to hit. Usually you can tell by your opponent's body stance or court position what shot they will attempt. By anticipating the next shot, you'll cover the court more efficiently with less frantic efforts as the competition heightens.

The key to winning a racquetball match is maintaining center court position. Just stay on your toes, keep moving and think fast!



PARI TIP: PRACTICE TO IMPROVE, PLAY TO WIN!

By Fran Davis U.S. National Team Assistant Coach

As some of you already know, I recently moved from New Jersey to San Francisco. After the move, one of my goals was to start playing tournaments again, after retiring from the women's pro tour over five years ago. It's amazing some of the things you forget, then remember, when you resume practicing and training with a purpose.

t What A Racquet Athletic Club in Colma, California, I am not only the best female player in the club, I am one of the best players in the club. Every time I step off the court after a game I am asked the same two notorious questions, "Did you win? What were the scores?"

I am sure all of you, no matter what level you play, can relate to these two questions. I usually respond with, "It really doesn't matter who won or what the scores were because I'm just working on my game and practicing my shots. It really only matters in a tournament or in a league match when it counts." After we talk for a few minutes, they begin to understand the concept a little bit more of "practice to improve, play to win."

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Today I want to delve into this concept, since it is so vital to the progress of your game and in reaching your goals. If you want to get better and move up in level, practice, not only playing, is a must. But we are so brainwashed into winning, even when we practice.

Now take a few minutes to examine two other sports, baseball and football, that very closely follow this concept of "practice to improve, play to win." Take a look at a baseball team going into spring training or a football team going into summer camp.

To Practice to Improve ...

Baseball has batting practice, pitching practice, infield practice, outfield practice – all to work on parts of their game.

Football has quarterback practice, running practice, offensive practice, defensive practice, field goal practice – to work on parts of the game.

Both sports have practice games and scrimmages among themselves to work out the bugs and finalize plays.

Both sports have pre-season exhibition games to put it all together, work out any last minute weaknesses and finalize their game plans and strategies.

To Play to Win ...

Both sports have their regular season games that count and they play to win.

Finally, both sports have their post season play-off games that count and they also **play to win** the World Series or the Super Bowl.

Racquetball should be no different ...

Practice is often overlooked or ignored because people think of practice as one dimensional (drop and hit) and they get bored. People often feel guilty or pressured by other club members to play instead of practicing.

Here are a few tips on practicing that will get rid of some of the old myths and will shed a whole new light on the subject of practicing to improve, playing to win:

PRACTICE

Always have a purpose or an objective ... see the AARA videotape "Practice Drills/Winning at Racquetball" for more details.

- 1) Alone Drills crawl, walk, then run
 - a) Drop and Hit stationary
 - b) Toss, turn and hit stationary
 - c) Toss, turn, shuffle and hit beginning of moving drills
 - d) Step up and hit slight movement
 - e) Step up, run and hit more movement.

Change the height and speed of the ball, as well as your distance from the front wall to vary the drills.

- 2) Partner Drills
 - a) Set each other up
 - b) Set each other up and play out the point

IF YOU CAN'T STAND THE HEAT, STAY OUT OF THE COURT.



But if you like it hot, play the Penn Ultra Blue Racquetball. And if your opponent objects, hey, just point out that the door's not locked.

The Official Ball of the AARA.

c) One person serves and the other person returns the serve

Change the height and speed of the ball, as well as your distance from the front wall to vary the drills.

- 3) Playing Games Still Drilling. You are playing, but you have a specific purpose in mind, *regardless* of the score. Pick one offensive shot and one defensive shot to work on.
- 1x per week play someone one level below you so you can work on your game
- 1x per week play someone equal to you so you can see what is working
- 1x per week play someone one level above you so you can test your skills and minimize your mistakes because they make you play harder.

Play games with objectives ...

- a) Serve an entire game, score on every rally (works on your serving game)
- b) Receive serve an entire game, score on every rally (works on your receiving game)
- c) Receive a bonus point for making the specific shot you are working on. For example if you are working on a pinch shot:
- 1) If you end the rally on a pinch shot and you are serving you receive one point for ending the rally and one bonus point, so a total of two points

are scored for you.

2) If you end the rally on a pinch shot and you are *not* serving, it's side out plus one bonus point, so you add a total of one point to your score.

Play games with no score ... just a set period of time, so there is no pressure to win.

Play games with winning in mind when you are getting close to a tournament so you can begin to simulate a tournament situation. If you need to add an incentive then play for a soda, or lunch, or dinner, do whatever it takes to motivate yourself to play as if you were in a tournament.

As you can see practice does not have to be one dimensional or boring, but it can be diverse, challenging, thought provoking, competitive and quite a lot of fun – all with improvement as the end result, not winning.

The concept "practice to improve, play to win" can have some dramatic effects on your game. Just remember there is a time and place for everything – practice has its place – winning has its place – and you need both to succeed. The more you believe in the concept, "practice to improve, play to win" the more often you will reach your goals. Good Luck!



AGGRESSIVE SERVE RETURN

By Jack Newman

Unmistakably the biggest difference between the top amateurs and the pros is the ability to diffuse their opponent's serve. The serve is the only free shot in racquetball and if you don't stay aggressive on the return, you'll have no chance to win the match. The battle of server vs. returner is one of the most interesting, and one of the toughest shots in racquetball is being able to take a lob serve and return it offensively. This article will describe the technique and strategy involved in short-hopping and fly-killing the lob serve.

The goal of the server is to force a defensive or weak return from their opponent. The lob serve is an excellent choice in making the returner hit a defensive shot. But when I am returning lob serves I try to put the shoe on the other foot. The receiver's goal is to force the server out of center court. You can do this with a ceiling ball on the return, but you are not able to create any offense and the server is allowed a comfortable rhythm. We want you to be aggressive and attack the lob serve, by either short-hopping or fly-killing the return.



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Before we get into the technique and strategy of an aggressive serve return, it is important to have a complete understanding of the five-foot line. This rule is often misunderstood so here is a brief explanation. If the receiver wants to strike the ball on the fly, all parts of the body and racquet must remain behind the line until the ball crosses the line. The only time the line can be crossed on a flykill is on the follow-through after the ball is struck behind the line. If a receiver wants to return the serve on a short bounce, they cannot move into the 5-foot zone until the ball bounces. Once the ball bounces, the five-foot line is no longer in play and you can go into the zone, but timing is crucial. If you violate the five-foot line it is an automatic point for the server.

The strategy involved in aggressive serve return is to realize you only need to move the server out of the front court with your return. The best shots you can use when short-hopping or fly-killing is to hit angles with your passes.

Don't try to hit perfect kills on the return. Remember your opponent is in the front court. If you try



to bring the ball down low the server will probably get the shot in the front court. It is also difficult to short-hop the ball and by trying to hit low, there is a large risk of skipping. Your strategy is to hit the ball two to four feet high on the front wall with a pass shot (down-the-line, crosscourt, or angle pass) to diffuse the lob server.

By putting pressure on the lob server with an aggressive return, you should be able to control the match.

Technique in cutting off lob serves is a very difficult and advanced skill. The key on cutting off a lob is to get yourself set up properly. You need to get your body turned to the side-wall as quickly as possible. This will allow you to be able to best control this difficult shot. When taking the ball on a short-hop you must keep your eye on the ball and not look up at the front wall. The biggest problem in short-hopping the ball is that we look up at the front wall, which causes the ball to skip or be left up. You should take a compact swing and make sure to follow through. If you are going to take the ball on a fly make sure to get the ball to drop lower. Don't take a fly kill up at your shoulder, let the ball drop down to waist level or lower.

If you follow these techniques and practice hard, you can become an aggressive serve returner.

CREATING A TRAINING PROGRAM

FOR ADVANCED PLAYERS ONLY By Scott Phelps U.S. Team Speed Coach

ost players serious about their sport will reach a point where pure enjoyment of the sport is not their only goal. You get an incredible urge to win all the time. It's the feeling of knowing you were the best on that day at that time. Improving your skills to make sure that you can either stay at that level or (in most cases) stepping up to the next level becomes a priority. What you need is a training program that outlines



your goals and how you plan to achieve them.

Training programs can be simple or complex, but they must have an objective. If you want to play better you need to define what that means. Identify where you need improvement. Your

serve? Footwork? Lobs? Let's take footwork for example. This will be easy for me since my profession is teaching people to have better footwork and body control. Let's break footwork down. There are several areas that need attention. Speed, lateral motion, linear motion (forward and backward) and change of direction are key elements of your game which are influenced by your footwork. Next, identify how to work on these individual elements in order to achieve your goal of better footwork.

First you need flexibility. In order to cover more of the court you need to be more flexible. This will allow your muscles to explode and release the energy you need to move efficiently and quickly. I recommend a variety of dynamic flexibility drills like the following:

Flexibility:

1. Ankle Flips - Lock your knees and using just your front foot, spring off your toes down the length of the court. This will help your ankles and calf muscles to understand how to push off better.

2. Knee Hugs - Walk the length of the court lifting and hugging one knee at a time up to your chest. Keep your hips and chest tall.

3. High Knee Skip – Skip, bringing your knees up to your chest as you move the length of the court.

4. Butt Kicks – Keeping your knees pointed down, gently kick your buttocks with your heels while slowly running down the court.

5. Russian March – Stand tall with your arms straight out in front of you. Walk, gently kicking your hands with your feet while you stay standing tall. Try to keep the legs as straight as you can. These are just a few things that will get you warm and start you stretching, as well as teach your

muscles a full range of motion. Next you'll need to do some stationary stretches for added flexibility.

Now you need to address your linear movement skills. Here I would find two or three drills that can easily be done on the court that will enhance your forward explosive movements. Plyometrics are a very good method to improve explosive movement. Plyometrics are jump training to enhance the stretch reflex of your muscles.

Linear Drills:

- 1. Forward Quick Jumps From your service recturn position do three jumps forward, springing off your toes.
- 2. One foot Hops Do one foot hops down the length of the court. Make sure to work both legs evenly.
- 3. Box or Step Jumps At heights of 12" do two foot jumps or one foot hop up onto the box or step. Do this for three sets of 10 reps.

Another method of working on linear explosion is a drill called Ball Drops. Simply start with an athlete in serve-receive position and a partner at the service line with a ball held out at shoulder height. When the ball is dropped the receiving athlete explodes forward to get the ball before it bounces twice.

Next let's look at your lateral skills. Here you need to do drills that focus on your skills moving sideways. The emphasis needs to be on good quick movement from the front of the foot as you move. Do not let your heels touch the ground as you're moving to get into position. Remember your heel acts as a brake when you're trying to accelerate and get to position on the court.

Lateral Drills:

1. Sideways Hops – Hop on one foot in a single direction as you move the length of the court. Then go back with the same foot. This will help develop an outside and inside pushing action with the foot. Make sure you work both feet equally for balance.

2. Line Jumps – Using the service line as your marker, jump from one service line to the other, touching the lines with your feet. Start with your left foot on one line, jump to the other line landing with the right foot and controlling your body. Then jump back to your left. There is no cross-over involved in this drill.

3. Ball Drop – Face a side wall with a partner about five yards away, holding out a ball at shoulder height. When the ball is dropped, cross-over and sprint to the ball, catching the ball before it bounces twice.

Next let's work on change of direction. The key here is quick motion. The longer the foot is in contact with the ground the slower you will be. Therefore we need to emphasize quick change of direction.

Change of Direction:

- 1. Line Jumps Two foot jumps done side to side across a line. This is done extremely fast and for 10 touches (each time the feet land is one touch).
- 2. Line Hops Same as above working only one foot at a time.
- 3. Line Shuffles Using the service lines, shuffle over and back as quickly as possible for three reps (over and back is one rep). Do three sets.
- 4. Line Cross-overs Again using the service lines, starting on one side explode and cross-over and touch the other line then immediately cross-

over and come back to the original start position. Do this over and back three times. Do three sets.

This is just a brief outline of the things you can do for footwork and speed development to meet your goals of playing consistently at your level or reaching a higher level of play. Simply pick one or two drills from each category and practice them two or three times per week. Stay with three sets so you maintain quality at all times.

You must evaluate all aspects of your game and then develop a consistent training program to improve your target areas. Address specific problems and find specific solutions in a manner similar to what I have done with the area of footwork. I know this will help you with your game.

I appreciate those of you who have called me to inquire about more information. Tim Doyle and I have just finished a new video that covers speed and explosion training for racquetball, and we are excited about the results. If you are interested please call 800/255-9930 for more information, and good luck with your training and your tourneys!



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RB: NOTES

By Luke St. Onge

OLYMPIC FUTURE ...

During the Nationals I was asked numerous times about our chances of making the Olympic Program in the year 2000 in Sydney, Australia. By the time you read this, the International Olympic Committee's

program commission will have made its first public report to the IOC's Executive Board. Following are excerpts from this report, which appeared in the Colorado Springs Gazette Telegraph on Sunday, May 30:

"If the International Olympic Committee's program commission had its way, the 2000 Games would not include several sports now on the Olympic program, and many other sports would have fewer events.

Sports that would be eliminated, based on a vote last fall by the program commission, include modern pentathlon (17 for withdrawing, 3 for keeping, 1 undecided), softball (18-3), baseball (17-3-1), boxing (12-9) and synchronized swimming (18-3).

Virtually all artificial team events would be eliminated. Equestrian's team dressage (20-1), team jumping (18-3), and three-day event (19-2) would be gone. So would fencing's men's team epee (18-2-1), women's team sabre (18-2-1), women's team foil (18-2-1), and men's team foil (18-2-1).

Men's and womens' team events in gymnastics (19-2) and archery (20-1) also would be cut. Other sports, including track and field, rowing, wrestling, canoeing, swimming and shooting would lose events.

Also, triathlon (8-11-2) didn't have enough votes to make the Olympic program. The program commission also failed to reach a consensus on taekwondo (9-11-1) or qolf (10-10-1).

Although the program commission's vote was non-binding, it did under-score the IOC's thinking as it attempts to trim the Olympic program."



The bottom line is that the Olympic Games have outgrown themselves and giantism is governing future programs. Simply put, in order for a new sport to be placed on the program, an existing sport must be eliminated ... which poses a major problem for the IOC as new sports representing over 600 million athletes worldwide continue to lobby to gain admittance.

We can't predict the final outcome, but we do know we have not lost our enthusiasm for the Games. And it is that enthusiasm that assures us that the question is no longer if we will be in the Games, but when.

NOTES FROM NATIONALS ...

This was the 12th year at the Houston Downtown YMCA, which really looked good ... Entries were slightly off from 1993, but room counts and spectators were up. Seems less people want to lose in the first round in age divisions and are saving themselves for the Skill Level Nationals ... The Silent Auction (with over 240 items) brought in over \$7,000 this year. Olympic Team apparel from Barcelona and Lillehamer, along with a signed Magic Johnson basketball pushed it over the top ... The AARA issued over 25 VIP credentials for the first time seems that the sport is getting more sophisticated.

PEOPLE WATCHING ...

Pro tour players Mike Ray (Spalding), Cliff Swain (Head), Tim Doyle (E-Force), Marci Drexler (Ektelon) and Caryn McKinney (Spalding) were all in attendance ... Enrique Villegran, President of the Mexican Racquetball Federation, was on hand taking notes for the Worlds which will be held to San Luis Potosi, Mexico, in August ... Lynn Adams observed how great it was for the sport to have someone like astronaut Allen Shepard competing, but after a few days we let her in on the "not!" ... Top people in the tennis departments of Head, Spalding and Prince huddled together at the Spalding party - racquetball makes strange bedfellows! ... Bill and Mary Walker worked non-stop selling raffle tickets for the World Seniors

Benefit in Albuquerque, New Mexico ... Wow! Dave Peck lost 25 pounds and looks 10 years younger.

SOCIALIZING ...

The well-attended Spalding party on Thursday night was even better than last year's (if possible) and was followed the next night by a jam-packed Penn/Ektelon party ... Hospitality was excellent this year and all players got more than their money's worth with meals on all six days, plus parties on Thursday and Friday and a full banquet on Saturday. Souvenir baggage tag, towel from Penn, and Earthmonster sweatshirts rounded out the package – quite a bargain for \$60!

COURTSIDE ...

The AARA scoreboards definitely enhanced the overall competition. In fact, many of the open players used the scoreboards as reference during the games ... OOPS – the six back courts (north forty) weren't lined correctly, but were recovered by Saturday ... There was little or no breakage of the Penn ball, which continues to set the industry standard ... A lot of fun was had by players trying out the new Ektelon racquets for prizes ... Athletes who didn't make the U.S. World or Pan Am Team in Houston will have another chance in St. Louis, where the U.S. Olympic Festival singles winners will automatically earn a spot.

AWARDS BANQUET ...

Everyone seemed to like the new layout for the banquet. No head table and two podiums helped the program run quickly and smoothly ... Moving acceptance speeches by Hall of Famer Jo Kenyon and Athlete of the Year John Ellis illustrated just how the sport transcends the court and truly changes lives ... A story in itself, the recognition of Annie Muniz as the John Halverson Award winner gave a new and special meaning to the award ... When Margo Daniels resigned from the AARA Board to accept the National Tournament Director's position she worried about losing touch with her constituents - but a standing ovation at the banquet proved her wrong ... Florida took a third award with the Joe Sobek award going to FRA president Mary Lyons ... Julee Nicolia's presentation of the Presidential Award to absentee Washington leader Tammy Fromel was classic ... Each year we say that Jim Hiser's slide show can't get any better - but it did! (Fireworks at the end sent several people scurrying for the exits).

AARA: NEWS

BOARD MEETING HIGHLIGHTS ...

Congratulations to new board members Mike Arnolt (Ind.), Sharon Rummel (Calif.), Tim Storey (Utah) and Carlton Vass (S.C.) ... Officers elected to three year terms: Van Dubolsky (Fla.), President; Mike Arnolt (Ind.), Vice President: Marta Groess (Minn.), Secretary; Otto Dietrich (Ga.), Treasurer; Doug Ganim (Ohio), Athlete Representative ... Coaches selected for the Olympic Festival: Jim Winterton, Fran Davis, Jerry Hilecher and Gary Mazaroff ... Chris Cole was selected as the new Junior Team coach, and will select his own assistant coach ... Outgoing board members Mike Arnolt, Margo Daniels and Carol Pellowski received plaques in appreciation of their service, and the slide show segment honoring outgoing President Keith Calkins chronicled how he presided over the greatest growth of the AARA. We're going to miss him ...

The financial statement as of May 15 shows the AARA with a net worth of \$111,000 ... The Board empowered the AARA Executive Committee to approve all sponsorship packages ... Approved 94-95 budget ... Approved Van Dubolsky as Team Leader and John Foust as Team Manager for the 1995 Pan American Games ... Approved a task force on adult metro regionals to report back at the October board meeting on a total reorganization of the metro regional concept ... Approved WRSA, Hex, EarthMonster and Penn contracts ... Approved a collegiate task force with Neil Shapiro as chairman ... Accepted in concept the AARA's High Performance and Grant procedure program as requested by the U.S. Olympic Committee ... Appointed a task force to investigate the reorganization of the annual Leadership seminar, now that the USOC will be charging \$30 per day ... The next scheduled meeting of the AARA Board of Directors will be October 6-8 in Colorado Springs.

AARA ENDORSES NEW RATING SYSTEM ...

The AARA has endorsed an outstanding new computerized rating system developed by World Racquet Sports Association of clubs and association. WRSA is headquartered at The Racquet Club of Memphis, Tennessee and is also the official rating system of the professional International Racquetball Tour. "The WRSA system is designed to add new

rating accuracy, fun and excitement for all skill level players in any recreational, league or tournament match," says Luke St. Onge, AARA's Executive Director.

Use of the system (which utilizes numerical ratings for skill levels rather than the traditional Open, A, B, C, D) assures players of more competitive matches within their skill level. Ratings are extended to two decimal places, for example 3.82, and are adjusted after each match, based upon the exact score and the rating difference of the players. Highly skilled players enjoy the new sense of competition created by having their rating adjusted after each match - every point counts. Novice and less skilled players enjoy that same sense of competition, but with players of equal ability. Use of numerical ratings allow tighter grouping of players so they are no longer intimidated by players of higher skill levels. The result is more play and more fun in all skill level.

For a FREE demonstration diskette of this exciting new rating system, contact World Racquet Sports Association at 800/946-9772.

CLUBS OF THE YEAR ANNOUNCED ...

From a field of 400 active court clubs, the AARA named not one, but three "clubs of the year." The Southridge Athletic Club in Greenfield, Wis., the Waukesha Athletic Club in Waukesha, Wis. and What a Racquet Athletic Club in Daly City, Calif. all shared this year's honor. Each of the three enroll over 350 players in league programs, and share a philosophy of "the players come first." The annual award is presented by the AARA's court club program.

GOLDEN MASTERS IN BALTIMORE

By Dick Kincaid

The Merritt Athletic Club in Baltimore, with John Bareilles and staff, did another outstanding job with the Golden Masters, where competition was great in all divisions.

The 70 and 75 age groups were unbelievable compared with just a few years ago. This will be the trend in the future; as our veteran Masters and Golden Masters move up, they will bring ever-improving levels of play to each older age group.

Charlie Garfinkel of Buffalo won the 55s over a strong field of 20 players, followed by Rex Lawler in second, Joe Jackman, third and Dario Mas, fourth. Don Alt again won the 60s, with Richard Jones, second. David Weinberg edged his doubles partner Dan Llacera for third.

Robert Johnson journeyed all the way from California to go undefeated in the 65s. Mal Roberts was second, Dick Kincade third and Dorn Romic, from Georgia, fourth. In the 70s Nick Sans eked out a win over host John Bareilles. It was good to have many-time national champion Gene Grapes return and take third in the 70s. Earl Acuff dominated the 75s, followed by Charles Russell, Ralph Greco and Harry Steinman. Earl is truly amazing, giving the top players in the 70s and 65s all that they could handle.

Seven women played a round robin, ranging from Marion Crawford in the 55s to Mary Low Acuff and Eleanor Quackenbush in the 70s. The order of the round robin finish was 1) Marion Crawford (55s); 2) Jo Kenyon (60s); 3) Lola Markus (60s); 4) Mary Low Acuff (70s); 5) Reta Harring (65s); 6) Dorothy Vezetinski (65s); and 7) Eleanor Quackenbush (70s).

Paul Banales again demonstrated that he is one of the finest doubles players in the country. He teamed with Ron Puccuck to win the 55's and with Norm Goldetsky to win the 60's. In the 55's Lee Graff/Tom Penick were second, Ron Maggard/Rex Lawler third and Mel Goldstein/Victor Rosenburg, fourth.

We were all happy to see Otis Chapman playing with partner Don Alt after an injury forced Otis to retire some three years ago. Otis is one of those unique individuals who adds to everyone's pleasure just by being there. Otis and Don were second in the 60s, followed by Mel Goldstein/Gene Flick and Dan Llacera/David Weinberg.

Mal Roberts and John Bareilles won again in the 65 doubles, beating out many-time champions Ivan Bruner and Chet Howard. Jack Gushue and Dick Kincade were third and Jim Vitkus and Wendell Hildebrandt were fourth.

Saal Lesser returned after a bout with cancer to team with Nick Sans to win the 70s. It was good to see Saal back, playing and winning. Earl Acuff and Charles Russell were second, followed by Les Skelton and Sam Caiazza.

The awards dinner at the Ramada was excellent and fun. John Bareilles had door prizes for everyone. For those who are interested in sharing the camaraderie, sportsmanship and genuine fun of these events, contact Paul Banales, NMRA, 4201 N. 83rd Drive, Phoenix, Arizona 85037.

Upcoming tournaments are the Masters Singles/Doubles, July 27-30 in Minneapolis, the Masters Singles in February, 1995 in Phoenix, and the Golden Masters Singles/Doubles in Pittsburgh next April.

METRO ADULT & JUNIOR REGIONAL RESULTS

The following results were compiled from those regional tournament reports completed and received at the AARA National Office by June 5. If space allows, later results may appear in an upcoming issue.

BIRMINGHAM, **ALABAMA/JUNIORS**--B16-: Jed Bhuta; B14-: Jeffrey Garner; B12-: Tyler Massey; B10-: Steven Buschbom; B8-: Marshall McDade.

PHOENIX, ARIZONA--MO: Evan Terry; M19+: Pat Gonzales; M25+: Larry McGuffin; M30+: Evan Terry; M35+: Joe Hassey; M40+: Alex Cooley; M45+: Alex Cooley; M50+: Lynn Corbridge; M55+: Len Corte; M60+: Roy Wheeler; M65+: Halford Price; M70+: Irving Shuman; WO: Holly Gray; W19+: Rachel Gellman; W25+: Bev Supanick; W30+: Paula Cheslick; W35+: Cheryl McConaghy; W40+: Norma Bilbo; W45+: Paula Sperling.

PHOENIX, ARIZONA/JUNIORS--B18-: Eric Storey; B16-: Travis Morphew; B14-: Willie Tilton; B12-: Jordan Fought; B10-: Nathan Brandt; B8-: Evan Ussery; B8-Multi: Evan Ussery; G18-: Catherine Tellier; G16-: Melisa Boyd; G14-: Becky Dolloff; G12-: Becky Dolloff; G10-: Molly Ann Law; G8-: Leslie Luna; G8-Multi: Jessica Fuller; Doubles: B18-: Choukalas/Zamorano; B16-: Holbrook/Smith; B12-: Fought/Markins; B10-: Luna/Bodman; G12-: Dzbanko/Dolloff; G10-: Fuller/Law.

FAYETTEVILLE, ARKANSAS--MO: Bruce Erickson; MA: John Hill; MB: Matt Bolson; MC: Donald Riley; MD: Rod Miller; MNOV: Glen Kersten;

M19+: Charlie John; M30+: Kevin Thiessen; M35+: Mike Sole; M40+: Dan Sublett; M45+: Dan Davis; M50+: Jerry McKinnis; M60+: Rex Benham; WO: Becky Rush; WA: Jill Rhodes; WB: Jill Rhodes; WC: Karen Morris; WD: Rose Maddan; WNOV: Rose Maddan; W35+: Therese Lewis.

SOLANO, CALIFORNIA--MO: Michael Bronfeld; MA: Mark Salinas; MB: Craig Ryan; MC: Darren Lynch; M19+: Toby Devore; M25+: Bryan Londo; M30+: Steve Wattz; M35+: Steve Wattz; M40+: Dave Holland; M45+: Ed Ritner; M50+: Brad Parra; M55+: Ken Moore; M60+: Ken Moore; M75+: Charles Russell; WO: Jody Zogg; WA: Nancy Rocks; WB: Kasey Clark-Bishop; W19+: Lisa McLaws; W30+: Louise Winters; W35+: Fran Davis; W40+: Bertha Corona; W60+: Nidia Funes.

NORTHERN CALIFORNIA/JUNIORS--B18-: Shawn Royster; B16-: Hal Spangenberg; B14-: Adam Waldman; B12-: Greg Mandella; B10-: C.J. Nelson; B8-: Geoffrey Mora; B8-MB: Geoffrey Mora; G18-: Allison Cremo (uncontested); G16-: Erica Daniels (uncontested); G14-: Dionna Brown; G12-: Marsha Smith (uncontested); G10-: Heather Holden; G8-: Melissa Holden; G8-: Ashley Mora.

FOUNTAIN VALLEY, CALIFORNIA--MO: Tony Jelso; MA: Gregg Solis; MB: Paul Bryant; MC: Adrian Valentine; M19+: Adam Karp; M25+: John Ivers; M30+: Greg Freeze; M35+: Mike Martinez; M40+: Leo Gurnoe; M45+: Jim Carsum; M50+: Luis Guerrero; M55+: Jack Howard; M60+: Gene Stull; M70+: Nick Sans; WO: Joy Mackenzie; WA: Chau Phan; WB: Cana Seright; W19+: Jill Crouse; W



30+: Debbie Tisinger; W35+: Debbie Tisinger; W45+: Jeanette Williams; W55+: Mary Walker.

SOUTHERN CALIFORNIA/JUNIORS--B18-: Shai Mahzuri; B16-: Rich Wagner; B14-: Nick Puz; B12-: Zak Miller; B10-: Bernie Dorman.

JACKSONVILLE, FLORIDA--MO: Tim Hansen; MA: Andy Lombana; MB: Joe Heard; MC: Jeff Joyce; MD: Steve Fleishman; M19+: Mike Peyton; M25+: Curtis Winter; M30+: Paul Owens; M40+: Van Dubolsky; M45+: Graig Shaak; M19-50+B: Harvey Sussman; M19-40+ C: Don Dorhn; WO: Diane Green; WA: Supen Dunn; W25-40+: Susan Pfahler; W30-40+ B: Nancy Thoerner; B18: John Stanford; B10-14: David Rulz.

FT. LAUDERDALE, FLORIDA--MO: Brian Rankin; MA: Dennis Rivad; MB: Carlos J. Lopez; MC: Armin Cardenas; MD: Ed Day; MNOV: Greg Albert; M19+: Matt Fontana; M25+: Oscar Alvarez; M30+: Armando Alonso; M35+: Sal Perconi; M40+: Tom Ray; M45+: Steve Chapman; M50+: Jack Ross; M55+: Don Alt; M60+: Don Alt; M65+: Marvin Rosenberg; M70+: Fred Rappoport; AGE B; M19+: Luis Sanchez; M25+: Sheldon Johnson; M30+: Michael Fields; M35+: Hassan Amini; M40+: Don Prater; M45+: Jerald Bird; M50+: Vinny Biondi; M55+: Herb Rough; WO: Mary Lyons; WB: Vivian Mortimer; WD: Fran Outten; WNOV: Natasha Bethell; W25+: Josee Moore; W30+: Janet Tyler; W35+: Mary Lyons; W40+: Agatha Falso; W45+: Jessica Schrier; W50+: Jessica Schrier; W55+: Jo Kenyon; W60+: Jo Kenyon; AGE B; W25+: Fran Outten; W30+: Geri Goldfine: W35+: Renee Fish.

MARIETTA, GEORGIA--MO: Jason Thoerner; MA: Taylor McDaniel; MB: David Smith; MC: Robert Jordan; MD: Derek Cochran; M19+: Jason Thoerner; M25+: David McAffee; M25+B: Scott Panyi; M25+C: Doug Oates; M30+: Steve Lerner; M35+: Mike Kane; M35+B: Lenny Biggs; M40+: Mike Kane; M40+B: Steve James; M45+: Jay Schwartz; M50+: Ron Clark; M55+: Ron Clark; M60+: Jim Railey; B18-: Derek Cochran; WO: Cheryl Gudinas; WA: Gladys Leonard; WB: Victoria Carpenter; WC: Monika Lockridge; WD: Michelle Oaks; W30+: Lorraine Galloway; W35+: Kathy Treadway; W40+: Janet Myers.

CHICAGO, ILLINOIS--MO: Brad McCunnif; MA: Herb Walberg; MB: T.J. Ferro; MC: Ozzie Moran; MD: Mike De Gaetano; M19+: Jim Ellenberger; M25+: John Negrete; M30+: Bill Lyman; M35+: Andy Pitock; M40+: Gregg Mandell; M45+: Herb Grigg; M50+: Erhard Greenwald; M55+: Ron Rainey; M60+: Bert Shulimson; M65+: Donald Grieve; M70+: John Stewart; WO: Dawn Gates; WA: Rhonda Fercomo; WB: Julie Smith; WC: Carrie Jaskier; WD: Barb Carrington; W19+: Cara Pellowski; W25+: Megan O'Malley; W30+: Brenda White; W35+: Janet Insko; W40+: Laurel Davis; W45+: Bev Powell; W50+: Marilynn Fisher.

MILLBURY, MASSACHUSETTS/JUNIORS--B18-: Shane Wood; B16-: Nathan Gagne; B14-: Mike Torrey; B12-: Dan Olson; B10-: Garrett Olson; G18-: Stephanie

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Torrey; G16-: Diane Torrey; G14-: Megan Guardiani; G12-: Carie Olson; G10-: Carie Olson.

MICHIGAN/JUNIORS--MA: Jeff Deslippe; MB: Ron Klicki; MC - Ken Watson; MD: Vince Shoemaker; B14-: Billy Barker; B12-: Philip Hammond; B10-: Jack Huczek; WO: Betty Ann Gilliland.

BURNSVILLE, MINNESOTA--MO: Chris Cole; MA: Bob Babcock; MB: Todd Pederson; MC: Wes Goth; MD: €had Gilbert; MNov: Troy Shafford; M19+: Tony Molinaro; M25+: Dave Werschay; M30+: Greg Hayenga; M30+B: Pat Campagna; M35+: Greg Hayenga; M35+B: Gary Jones; M40+: Harral Chastain; M40+B: Al Olson; M45+: Tim Lavoi; M45+B: Steve Bell; M50+: Ron Rainey; M50+B: Joe Schuler; M55+: Jerry McKinnis; M60+: Barney Friesth; M65+: Barney Friesth; M80+: Steve Ordos; WO: Dana Sibell; WA: Vallana Perrault; WB: Karina Odegard; WC: Julie Solberg; WD: Julie Solberg; W19+: Cara Pellowski; W25+: Lisa Heilman; W30+: Lori Harper; W30+B: Karen Eiden; W35+: Kelly Kirk; W35+B: Pam

Moreland; W40+: Darcy Chastain; W45+: Karen Ziegler; W55+: Kathy Mueller; W65+: Phyllis Melvey; Doubles: MA: Niles/Niblick; MB: Accad/Stalka; WA: Nima/Whipps; Mixed: Harvey/Rokser.

BURNSVILLE, MINNESOTA/ JUNIORS--B18-: Andy Gross; B16-: Sam Ryder; B14-: Blake Silha; B14-B: Andy Babinchak; B12-: Jason Jansen; B10-: Cory Martin; B8-: Alex Roske; G18-: Andrea Beugen; G16-: Sadie Gross; G12-: Karina Odegard; G10-: Megan Stone; Doubles:

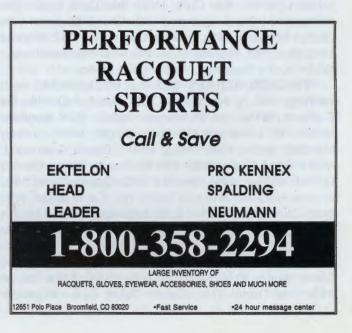
B18-: Pellowski/Graham; 14-: Larson/Hahne; B10-: Sauter/Harper; Mixed16-: Chastain/Gross.

ST. LOUIS, MISSOURI--MO: Derek Robinson; MA: Jim Brane; MB: Grant Barker; MC: Bobby Bolin; MD: Eric Levin; M19+: Brett Parker; M25+: Kevin Vugteveen; M30+: Brad Morse; M35+: Dave Schwent; M40+: Jim Brane; M45+: Doug Dickman; M50+: Gerald Beattle; M55+: Don Maxey; M60+: Don Maxey; M65+: Don Hughes; B18-: Tom Helfrich; B14-: Ryan Staten; B12-: Grant Barker; B10-: El Basta; B8-: Chris Howard

WO: Jen Yokota; W19+: Jen Yokota; W25+: Kim Machiran; W40+: Sue Dipiano; W18-: Christy Gould; G14-: Katie Gould; G12-: Emily Basta.

LINCOLN, NEBRASKA--MO: Ryan Davis; MA: David Guentert; MB: David Bartscher; MC: Rick Ellingson; MD: Mark Sandoval; M19+: Ryan Davis; M25+: Brad McCunniff; M30+: Rob French; M35+: Tim Armstrong; M40+: Doug Reiber; M45+: Rich Bocanegra; M50+: Obed Oas; M55+: Obed Oas; M60+: Red Horton; M80+:





Wyman Woodyard; B18-: Todd Criger; B16-: Gabe Oas; B14-: Ryan Staten; B12-: Marc Berger; B10-: Jake Kavan; B8-: Blake Von Kaenel; WO: Nancy Lee Jensen; WA: Jean Brown; WB: Julie Duca; W19+: Lourdes Garcia; W40+ Nancy Lee Jensen; G16-: Jennifer Liakos; G14-: Leisa Marquart; G12-: Sara Brushahan.

GREENBROOK, NEW JERSEY--MO: Tom Montalbano; MA: Jim Lamperti; MB: Junior Alicea; MC: Mike Walsh; MD: David Finn; MNOV: Robert Stavick; M19+: Dave Cardillo; M25+: Sharlesh Patel; M30+: Bill Serafin; M35+: Jim Young; M40+: Tom Jaklitsch; M45+: Mark Daugle; M50+: Les Barbanell; M55+: Lou Berson; M60+: Martin Silverstein; M65+: Harry Friedman; M70+: Bob Keough; B18-: Brian Siegel; B16-: Ben Williams; B14-: Dan Gottlieb; B12-: Scott Fisher; B10-: Joshua Epstein; B8-: Rick Rodriguez; WO: Marcy Lynch; WA: Wendy Smith; WB: Johnni Hill-Hudgins; WD: Michael Marie Hill; WNOV: Alice Murphey; W19+: Beth Katz; W25+: Lorraine Galloway; W30+: Lisa Gaertner; W35+: Gail Potvinski; W40+: Helen Thomas; W45+: Michael Marie Hill.

SYRACUSE, NEW YORK--MO: Dave Cardillo; MA: Dave Nocilly; MB: Garrett Evers; MC: Duane Eskierka; MCC: Paul Cote; MNOV - Earl Tewksbury; M19+: Peter Morgan; M25+: Dave Cardillo; M30+: Joe Mootz; M30+ INT: Mike Andreassi; M35+: Don Mayer; M40+: Fred Klemperer; M40+ INT: Steve Webster; M45+: Bruce Shafer; M50+: John Mootz; M55+: Charles Garfinkel; M60+: Victor Sacco; M65+: Victor Sacco; M70+: Jess Nero; B16-: Kori Grasha; B14-: Kylie Drake; B12-: Dan Klemperer; WO: Ellen Crawford; WA - Sandy McCarthy; WC: Cathy Rossi; WNOV: Stacey Brown; W25+: Doreen Metzeld; W45+: Dianne Nero; W55+: Marion Crawford. DOUBLES; MO: Mootz/Dautrich; MC: Markham/ Williams; WO: DuFresne/McCarthy; WC: Gotte/Sanderl

CHARLOTTE, NORTH CAROLINA--MO: Jason Armbrecht; MA: Joseph Yu; MB: Mike Ginn; MC: Tim Clinard; MD: Robin Mathers; MNov: Jonathon Brinson; M19+: Chris Thomas; M19+B/C: John Hammond; M25+: Alah Sheppard; M25+B/C: Doug Brehm; M30+: David Garner; M30+B/C: Andy Jackson; M35+: Reed Noble; M35+B/C: Gregory Locke; M40+: Mike Dimoff; M40+B/C: Alan Porter; M45+: Gary Biedermann; M45+B/C: Robert Rossi; M50+: Ted Freshwater; M50+B/C: Stephen Uhlin; M55+/60+/65+: Luther Green; JrA/B: Jason Payne; JrC/D/E: Jonathan Brinson; B18-: Jason Armbrecht; B14-: Ashley Conway; B12-: Ashley Conway; B10-: Scott Conway; B8-: Chris Humphrey; WO: Debra Bryant; WB: Lori Cornett; WC: Marie Fulmer; WD/E: Bobbie Ross; W25+/30+/35+: Debra Bryant; W19+/25+/30+/40+B/C: Lori Cornett.

COLUMBUS, OHIO--MO: Doug Ganim; MA: Ernie Sankoe; MB: Shawn Huss; MC: Jonathan Lichniak; MD: Jack Huczek; MNOV: Todd Wilson; M19+: Matt Adesso; M19 B/C: William Turk; M25+: Mark Isley; M30+: Jim Hamilton; M30 B/C: Terry Wisler; M35+: Greg Hodges; M40+: Ron Woolard; M40 B/C: Jerry Happy; M45+: Doug Toth; M50+: Bobby Sanders; M50 B/C: Charles Herrera; M55+: Dave

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TOURNAMENT VENUES

HEADQUARTERS Ramada Classic Hotel 6815 Menaul Blvd. NE Albuquerque, NM 87110 505/881-0000 HOST CLUBS Tom Young's Athletic Club 2250 Wyoming Blvd. NE Albuquerque, NM 87112 505/298-7661 Midtown Athletic Club 4100 Prospect Avenue NE Albuquerque, NM 87110 505/888-4811

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SANCTIONING AND RULES

Sanctioned by the IRF (International Racquetball Federation), AARA (American Amateur Racquetball Association), and National Seniors Council. Players must present proof of membership with their International Association; otherwise, AARA membership (\$20.00 for 12 months) is required for participation in this

IRF rules unless otherwise specified. Round-robin format for qualifying rounds Wednesday through Saturday. Matches consist of 3 games to 11 points. Matches are self-officiated. One tourney of 3 games to 11 points. Matches are self-officiated. One tourney point earned for each game point scored, 3 points earned for each game won, and 7 points earned for each match won. Top 8 qualifiers in each age group earn berths in the Sunday Championships Medal Round. Flight winners are guaranteed a berth. Sunday playoff matches consist of 2 out of 3 games to 11 points with finals 2 out of 3 games to 15 points and an 11-point tiebreaker (single elimination). No consolation matches will be scheduled. For more information, call GARY MAZAROFF, TOURNAMENT DIRECTOR, at 505/266-8960. ENTRY FEES AND DEADLINE

\$100 per player, \$150.00 total for Husband/Wife team, \$40.00 for non-playing spectator (includes meals and banquet). Make checks payable to: World Senior Racquetball Championships (WSRC). \$5.00 processing fee for VISA and Mastercard payments. ALL FEES MUST BE PAID IN U.S. CURRENCY. All registration forms and fees must be received at the WSRC office no later than AUGUST 1, 1994. Enter early to guarantee a space. Entries are limited to the first 400. ABSOLUTELY NO REFUNDS AFTER AUGUST 1, 1994. First match time will be available at registration on Tuesday. August 30. Tournement along heads. \$100 per player, \$150.00 total for Husband/Wife team, \$40.00 for AUGUST 1, 1994. First match time will be available at registration on Tuesday, August 30. Tournament play begins Wednesday, August 31, 1994, at 7:00 AM. ALL PLAYERS MUST CHECK IN AT REGISTRATION PRIOR TO PLAYING FIRST SCHEDULED MATCH.

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REGION 10/JUNIORS--B18-: David Hamilton; B16-: Mark Bailey; B14-: Shane Vanderson; B12-: Shane Vanderson; B10-: Andrew Woolrich; B8-: Matthew Hammond; B8- multi-bounce: Matthew Hammond; G14-: Lindsay Sears; G12-: Kim Irons; G10-: Crystal Winfrey.

PORTLAND, OREGON/JUNIORS--B18-: Shane Dodge; B16-: Abe Valdez; B14-: Jesse Keaveny; B12-: Mitch Williams; B10-: Bart Crawford; B8-: Tyler Hollingsworth; B8-Multi: Dan Sheppick; G18-: Tammy Brockbank; G16-: Erin Frost; G14-: Jill Brittain; G12-: Kristina Matchett; G10-: Janet Olsson.

CHALFONT, PENNSYLVANIA--MO: Dan Fowler; MA: David Meagher; MB: Mike DiSora; MC: Justin Carey; MNOV: Sean Dannas; M19+: Dan Fowler; M25+: John Barrett; M30+: Robert House; M35+: Mitch Smith; M40+: Russ Montague; M45+: Ron Galbreath; M50+: Junior Powell; M55+: Dario Mas; M60+: Ira Blank; M70+: Cam Snowberger; M18-: Chris George; B16-: Jonathan Foye; B14-: Justin Carey; B12-: David Foye; B10-: David Foye; B8-: Shane Karmelin; B8 & under multi-bounce: Shane Karmelin; WO: Molly O'Brien; WA: Shari Coplen; WB: Erika Juhl; WC: Paula Furey; W 25+: Mary Bickley; W30+: Mary Bickley; W35+: Sandy Keeler; W55+: Cleata Ching; W60+: Cleata Ching; W18-: Shannon Feaster; G16-: Allison Siegel; G14-: Eve Bateman; G12-: Eve Bateman; G8 & under multi-bounce: Allison MacWade.

WARWICK, RHODE ISLAND--MO: Sean Graham; MA: Joe Connelly; MB: John Lewis; MC: Mark Bouchard; MD: Steve Erdos; MNov: Greg Roberts; M19+: Tom Fuhrman; M25+: Dave Barnes; M30+: Bobby Habb; M35+: Randy Olson; M40+: Dave Betti; M45+: Steve Meltsner; M50+: George Kittrell; M55+: Mike Jackson; M60+: Chris Doyle; M65+: Carl Buschnek; M70+: Kevin Jones; M75+: Andy Trozzi; WO: Lorraine Feeney; WA: Carole Kaslick; WB: Deb Bristow; WC: Tracy Parfenchuck; WD: Joanne Laselle; W19+: Ann Dugan; W25+: Kelly Beane; W30+: B.J. Ehrgott; W35+: Roz Petronelli; W40+: Joanne Pomodoro; W50+: Key Halverson; W55+: Joann Jones; W70+: Joann Jones.

ARLINGTON, TEXAS--MO: Bill Parodi; MA: Jaime Alexander; MB: Jody Morris; MC: Glen Childers; MD: Glen Childers; MNOV: Frank Serra; M19+: Brian Fredenberg; M25+: James Minkel; M30+: Mark Hickey; M35+: Kenny Adebiyi; M40+: Carlos Flores; M45+: Chris Kinkade; M50+: Bob Lindsey; M55+: Joe Lambert; M60+: Joe Lambert; M65+: Richard Davis; M70+: J.W. Studak; M80+: John Pearce WO: Chalie Renken; WA: Debbie Spicia; WB: Christy Walker; WC: Pontiee Hoskins; W19+: Pam Smith; W25+: Stacy Sour;

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MEN'S DIVISIONS: OpenJr. Vet - 19+ _Jr. Vet - 25+ _Seniors 30+ _Seniors 35+ _Seniors 40+ _Masters 45+ _Masters 50+ _Golden Masters 55+ _Golden Masters 65+ _Golden Masters 70+ _Golden Masters 75+	WOMEN'S DIVISIONS: OpenJr. Vet - 19+ _Jr. Vet - 25+ _Seniors 30+ _Seniors 35+ _Seniors 40+ _Masters 45+ _Masters 50+ _Golden Masters 55+ _Golden Masters 60+ _Golden Masters 70+ _Golden Masters 70+ _Golden Masters 75+	Open Mixed 194 Mixed 254 Mixed 304 Mixed 404 Mixed 454 Mixed 504 Mixed 554 Mixed 604 Mixed 704 Mixed 704 Mixed 754
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MEN'S DIVISIONS: OpenJr. Vet - 19+Jr. Vet - 25+ _Seniors 30+ _Seniors 40+ _Masters 45+ _Masters 50+ _Golden Masters 55+ _Golden Masters 60+ _Golden Masters 70+ _Golden Masters 70+ _Golden Masters 75+ _Golden Masters 80+ _Men's A	WOMEN'S DIVISIONS: OpenJr. Vet - 19+Jr. Vet - 25+ _Seniors 30+ _Seniors 35+ _Seniors 40+ _Masters 45+ _Masters 50+ _Golden Masters 55+ _Golden Masters 60+ _Golden Masters 60+ _Golden Masters 70+ _Golden Masters 75+ _Golden Masters 80+ _Women's A	OpenMixed 19-4Mixed 25-4Mixed 30-4Mixed 40-4Mixed 45-4Mixed 50-4Mixed 60-4Mixed 65-4Mixed 70-4Mixed 75-4Mixed 80-4
MEN'S DIVISIONS: OpenJr. Vet - 19+Jr. Vet - 25+Seniors 30+ _Seniors 35+ _Seniors 40+Masters 45+Masters 50+Golden Masters 55+Golden Masters 60+Golden Masters 65+Golden Masters 70+Golden Masters 75+Golden Masters 80+Men's A ENTRY FEES AND P.	WOMEN'S DIVISIONS: OpenJr. Vet - 19+Jr. Vet - 25+ _Seniors 30+ _Seniors 35+ _Seniors 40+ _Masters 45+ _Masters 50+ _Golden Masters 55+ _Golden Masters 60+ _Golden Masters 65+ _Golden Masters 70+ _Golden Masters 75+ _Golden Masters 75+ _Golden Masters 80+ _Women's A	OpenMixed 19-4Mixed 25-4Mixed 30-4Mixed 35-4Mixed 40-4Mixed 50-4Mixed 55-4Mixed 60-4Mixed 65-4Mixed 70-4Mixed 80-4Mixed 80-4Mixed A
MEN'S DIVISIONS: OpenJr. Vet - 19+ _Jr. Vet - 25+ _Seniors 30+ _Seniors 35+ _Seniors 40+ _Masters 45+ _Masters 50+ _Golden Masters 55+ _Golden Masters 60+ _Golden Masters 70+ _Golden Masters 70+ _Golden Masters 75+ _Golden Masters 80+ _Men's A ENTRY FEES AND P. First event (per player)	WOMEN'S DIVISIONS: OpenJr. Vet - 19+Jr. Vet - 25+Seniors 30+Seniors 35+Seniors 40+Masters 45+Masters 50+Golden Masters 55+Golden Masters 60+Golden Masters 60+Golden Masters 70+Golden Masters 75+Golden Masters 80+Women's A AYMENT: (\$60.00)	OpenMixed 19-4Mixed 25-4Mixed 30-4Mixed 35-4Mixed 40-4Mixed 50-4Mixed 55-4Mixed 60-4Mixed 65-4Mixed 70-4Mixed 80-4Mixed 80-4Mixed A
MEN'S DIVISIONS: OpenJr. Vet - 19+ _Jr. Vet - 25+ _Seniors 30+ _Seniors 35+ _Seniors 40+ _Masters 45+ _Masters 50+ _Golden Masters 65+ _Golden Masters 65+ _Golden Masters 70+ _Golden Masters 70+ _Golden Masters 80+ _Men's A ENTRY FEES AND P. First event (per player) Second event (per player)	WOMEN'S DIVISIONS: OpenJr. Vet - 19+ _Jr. Vet - 25+ _Seniors 30+ _Seniors 35+ _Seniors 40+ _Masters 45+ _Masters 50+ _Golden Masters 55+ _Golden Masters 60+ _Golden Masters 65+ _Golden Masters 70+ _Golden Masters 70+ _Golden Masters 80+ _Women's A AYMENT: (\$60.00)	OpenMixed 19-4Mixed 30-4Mixed 35-4Mixed 40-4Mixed 50-4Mixed 50-4Mixed 60-4Mixed 65-4Mixed 70-4Mixed 70-4Mixed 80-4Mixed A
MEN'S DIVISIONS: OpenJr. Vet - 19+ _Jr. Vet - 25+ _Seniors 30+ _Seniors 35+ _Seniors 40+ _Masters 45+ _Masters 50+ _Golden Masters 55+ _Golden Masters 60+ _Golden Masters 70+ _Golden Masters 70+ _Golden Masters 75+ _Golden Masters 80+ _Men's A ENTRY FEES AND P. First event (per player)	WOMEN'S DIVISIONS: OpenJr. Vet - 19+ _Jr. Vet - 25+ _Seniors 30+ _Seniors 35+ _Seniors 40+ _Masters 45+ _Masters 50+ _Golden Masters 55+ _Golden Masters 60+ _Golden Masters 65+ _Golden Masters 70+ _Golden Masters 70+ _Golden Masters 80+ _Women's A AYMENT: (\$60.00) _(\$30.00) _(\$15.00)	Open Mixed 194 Mixed 254 Mixed 304 Mixed 404 Mixed 454 Mixed 504 Mixed 554 Mixed 604 Mixed 654 Mixed 704 Mixed 754 Mixed 804

MAIL COMPLETED ENTRY AND FEES TO: AARA NATIONAL DOUBLES -- 1685 W. UINTAH,

COLORADO SPRINGS, COLORADO 80904-2921

ENTRIES MUST BE POSTMARKED BY WEDNESDAY, OCTOBER 5, 1994

October 19-23 RACQUETPOWER Jacksonville, Florida

U.S. TEAM AND U.S. OLYMPIC FESTIVAL QUALIFIER: Winning teams in men's and women's open will be appointed to the U.S. National Racquetball Team for one year. Semi-final finishers in men's and women's open will qualify for the 1995 U.S. Olympic Festival in Denver, Colorado.

ENTRY FEE: \$60.00 first event per player (includes referee fee), \$30.00 second event per player. Two division limit.

ENTRY DEADLINE: October 7, postmarked no later than October 5, 1994. IF any entries are accepted after the deadline an additional \$15.00 late fee will be assessed. All entries are FINAL, with absolutely no refunds after the deadline date.

AARA MEMBERSHIP: Non AARA members should add \$20.00 for a one-year competitive license membership. (Note: If you have recently joined the AARA and have not received your membership card, you must present your receipt copy of the membership application or a cancelled check upon registration.)

STARTING TIMES: Will be available after 5:00 pm on Monday, October 17. Call 904/268-8888. PLAY BEGINS:

Men's Open, A, 19, 25, 30, 35, 40+
Men's 45, 50, 55, 60, 65+
Women's Open, A, 19, 25, 30, 35, 40+
All Mixed Divisions
Men's 70, 75, 80+
Wed. 10/19
Thu. 10/20
Thu. 10/20
Fri. 10/21
Fri. 10/21
Fri. 10/21

OFFICIATING: \$5.00 will be paid for every match you referee. Director of Referees: Otto Dietrich, AARA National Rules Commissioner.

OFFICIAL BALL: Penn Tournament

DRUG TESTING: Random testing will be performed. For more information about specific medications call the Drug Hotline at 1-800-233-0393.

TOURNAMENT DIRECTOR: Margo Daniels, AARA National Tournament Commissioner, 1685 W. Uintah, Colorado Springs, CO 80904-2921. PH: 719/635-5396.

LODGING: Holiday Inn/Baymeadows Rd. (\$49.00/night, 1-4 per room), 904/737-1700. Homewood Suites (\$70.00/night, 1-2 Bdr. suites), 904/733-9299. Both hotels are located five miles form the club, at I-95 and Baymeadows Rd. Shuttle service will be provided from hotels to host facility hourly. Airport transportation must be arrainged prior to arrival - Airport is 20 miles from club (\$8.00 per person -3 or more in van, \$22.00 per person, 1-2 in van).

UNITED AIRFARE DISCOUNT: United offers you 5% off any published United fare regardless of cost. Phone United's toll-free number at 800/521-4041, daily between 8:30 am and 8:00 pm ESTand use AARA account number 547 KL. IATIONAL DOUBLES CHAMPIONSHII

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FREE CATALOG

MICHAEL'S 2368 Dixie Highway Ft. Mitchell, KY 41017 (606) 341-1174 Janice Chayt; W50+: Linda Perry.

LUFKIN, TEXAS/JUNIORS--B18-: Mark Bloom; B16-: Mark Bloom; B14-: Elan Levy; B12-: Nick Laird; B10-: Jim Gooden; B8-: Michael Kamin; B8-Multi: Michael Goodwyn; Doubles: B18-: Long/Bowman; B10-: Gooden/Robbins.

TUMWATER, WASHINGTON--MO: Jeffrey Evans; MA: Chris Clogston; MB: Scott Rossmiller; MC: Mark Robert; M19+: Chanin Kleushthong; M30+: David Elleby; M35+: Ellis Walthow; M40+: Steven Neighbors; M45+: Dennis O'Brien; M50+: Dennis O'Brien; M55+: Charles Hammon; M60+: George Sherman; WO: Karin Sobotta; WA: Kerri Wethington; WB: April Schwoebell; W30+: Karin Sobotta; W40+: Patti Nishimura.

CASPER, WYOMING--MO: Tony Boscia; MA: Roge Cureton; MB: Neil Fehres; MC: Andi Anderson; M19+: Mike Donovan; M25+: Dan Hugelen; M30+: Chuck Garten; M35+: Rich Tarde; M40+: Terry Hill; M45+: Marc Miller; M50+: Ron Bender; M55+: Bryon "Andi" Anderson; M70+: Don Goddard; B18-: Adam Smith; B14-: CJ Rigdon; B12-: Donnie Williams, Jr.; B10-: Calvin Knaur; B8-: Matthew Knaur; WO: Kayla Harvey; WA: Joan Gunnerson; WB: Jennifer Reiser; WC: Diane Greene; W19+: Leslie Parrott; W30+: Joan Gumerson; W35+: Tia McKinsey; G18-: Kayla Harvey; G16-: Jennifer Deak; G14-: Melisa Boyd; G12-: Casey Pachter.

CLASSIFIED

National Elite Camp Applications

If you placed in the quarterfinals or better in your regional championship, you are eligible for a spot at the AARA Elite Training Camp July 29-August 4. Applications were available at the regional sites, but if you missed them, you can call the national office at 719/635-5392 to receive a copy. This year's camp will be limited to 42 athletes, and will be the tenth annual camp of its kind. For many of the instructors, it will be their last, so alumni of previous camps are encouraged to apply.

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RB:PEOPLE

LYONS SURPRISED BY JOE SOBEK AWARD

At the AARA annual Awards Banquet, Florida Racquetball Association president Mary Lyons was asked to introduce Hall of Fame inductee and fellow Floridian Jo Kenyon to the assembled guests. Earlier in the program, Lyons' doubles partner Susan Morgan Pfahler had graciously accepted the Peggy Steding Award as the female age group athlete of the year. As Lyons patiently "held her horses" for the remainder of the program, she was surprised by an unrecognizable photo of herself under the heading "Joe Sobek Award Winner." When called to the podium, she did a double-take on the photo, then accepted the award for outstanding contributions to the sport from a fourth Floridian, newly appointed AARA Board of Directors President Van Dubolsky.

IN ABSENTIA PRESIDENT

It took an entire year for Pennsylvania Racquetball Association President Julee Nicolia to live down her nap through the 1993 awards banquet, where she was honored with the annual "Presidential Award" in absentia. This year, Nicolia was tapped to accept the award for the next absentee recipient, Tammy Fromel of the Washington Racquetball Association. Julee delivered an entertaining acceptance speech for her colleague, which explained her own mysterious disappearance last year, to a point, then challenged the men to get their associations in shape and win some awards!

JOHN HALVERSON FAIR PLAY AWARD GOES TO MUNIZ

Texas Amateur Racquetball Association President Annie Muniz was honored with the annual John Halverson Fair Play Award in Houston, where her outstanding dedication and perseverance was recognized by both the board of directors and the assembled guests. Although reluctantly, Muniz is much admired and respected by all who know her.

JACK & CHRISTY NEWMAN CELEBRATE NEW ARRIVAL

Jack Newman and wife Christy celebrated the birth of their first child, Mitchell Zachary on May 3. Mitchell weighed in at 6lbs., 7oz., and 19" with both he and his mother coming home in excellent health.

Newman has also announced that he will be joining Prudential Securities in Chicago as a financial advisor. These personal and professional changes have prompted Newman to retire from competition on the International Racquetball Tour effective immediately, ending a professional career ranked #7 and following a victory at the Pittsburgh stop last February. Newman will now focus his attention on the America's Most Wanted Racquetball Camp series, travelling to

instruct an estimated 30 camps each year and promoting the new "Play Like the Pros" video. It is also anticipated that Newman will return to amateur status and compete occasionally both in the Chicago area and nationally in age division competition.

WESTPHAL'S SHOES IN THE SPOTLIGHT!

Lake Westphal of Sun City, Arizona was recently featured in an article in the Arizona Republic of Phoenix. Westphal sported a pair of shoes that truly set him apart from the other in his age division of 70+. The article states, "Unusual shoes and wicked serves led Lake Westphal, 71, to second place in the 1994 National Masters Tournament last month in Las Vegas."

Westphal had been playing handball for 27 years when he developed some medical problems and a surgeon friend suggested racquetball and he's been playing ever since. Westphal indicates in the article that he never thought anything could replace handball for him, but says "It (racquetball) is a lot more fun because I could pick up games travelling. Now it's just a way of life as far as I'm concerned. I've advocated it for years."



Jack, Christy & Zachary Newman. Photo: Steve Lerner



Westphal & friends.
Photo by Nancy Engebretson, courtesy Phoenix Gazette



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C. Heather grey *jersey knit shorts* with Racquet Warrior logo (M,L,XL) \$20.90 Now \$15.00

D. Maya print *knit shorts* (S,M,L,XL) \$24.90 Now \$20.00

E. Maya print workout pants (S,M,L,XL) \$29.00 Now \$24

Not shown—Heavyweight 100% cotton t-shirt, white with Racquet Warrior logo (L,XL) \$15.90 Now \$10.00 • Matching Maya print headband w/velcro closure \$8.00 • Matching Maya print tie-on headband \$6.00 • Iron on Racquet Warrior logo patch \$3.00.

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G. USA RACQUETBALL POLO SHIRTS All cotton, with tri-color embroidery. (S,M,L,XL) Colors: Navy, Pink, White, Blue & other assorted colors. \$29.00

H. RACQUETBALL TRAVEL BAG (shown lower right). The same bag used by members of the U.S. National Racquetball Team, of tough cordura nylon. \$39.00

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AND COMING SOON ... ADVANCED RACQUETBALL (Available June 1)

Learn your Lessons III – Advanced Racquetball will offer much more than the typical instructional video, investigating the psychology of winning athletes, speed training techniques of world champions and the on- and off-court preparations required to maintain peak perfor-







RACQUETBALL

MEN

Men's Open
1. Michael Bronfeld, CA
2. Jimmy Lowe, KY
3. Rich Baer, NY
4. Doug Ganim, OH
5. John Ellis, CA
6T. Dan Fowler, MD
6T. Sean Graham, CT
8. Dave Cardillo, NY
9. Dan Llacera, DE
10. Sudsy Monchik, NY

Men's A
1. David Sparling, CA
2. Jaime Alexander, TX
3. David Meagher, MD
4T. Chris Clogston, WA
4T. Tim Secondiani, MA
6. Shishir Mohan, NJ
7T. Earl Haskins, CO
7T. Herb Walberg, IL
9. Danny Davis, AR
10. David Guentert, KS

Men's B
1. Grant Barker, MO
2. Jody Morris, TX
3. Gary DePicciotto, NY
4. John Lewis, CT
5T. Mike Disora, PA
5T. Jason Jansen, ND
5T. Kurt Mason, KY
8T. T.J. Ferro, IL
8T. Scott Rossmiller, WA
10. Vic Corey, NC

Men's C
1. Justin Carey, NY
2. Mike Walsh, NJ
3. Cliff Slinkard, AR
4. Bernard Pucci, CT
5. Mark Robert, WA
6. Mark McNabney, IN
7. Glen Childers, TX
8. Duane Eskierka, NY
9T. Bobby Bolin, MO
9T. Tim Clinard, NC

Men's D
1. Glen Childers, TX
2T. Steve Erdos, CT
2T. Rod Miller, AR
4. Chad Gilbert, ND
5. Mark Sandoval, CO
6T. Ray Cruz-Solano, IL
6T. Philip Hammond, OH
8. Derek Cochran, GA
9T. Sam Hood, AR
9T. Leo Tardif, NJ

Men's Novice
1. Glen Kersten, AR
2. Sean Dannas, PA
3T. Steve Klaiman, TX
3T. Frank Serra, TX
5. Earl Tewksbury, NY
6T. Greg Albert, FL
6T. Billy Barker, OH

6T. Jonathan Brinson, NC

6T. David Leon, GA

6T. Greg Roberts, MA

Men's 19+

1. Brian Fredenberg, TX

2. Bob Horner, MO

3. Tim Sweeney, MO

4. Brett Parker, MO

5. Craig Rappaport, PA

6. Jason Thoerner, FL

7T. Rich Baer, NY

7T. Pat Gonzales, AZ
7T. Troy Moore, KY
7T. Scott Reiff, TN

Men's 25+
1. Dave Cardillo, NY
2. Tony Boscia, CO
3T. Jim Jeffers, IL
5. David McAfee, FL
6. Dan Hugelen, MT
7T. Brad McCunniff, IA
7T. Dave Werschay, MN
9. Chris Rine, NJ
10. Oscar Alvarez, FL

Men's 30+

Men's 30

Men's 30+
1T. Armando Alonso, FL
1T. Jimmy Lowe, KY
3. Bill Serafin, NJ
4. Bill Lyman, IL
5. Greg Freeze, CA
6. Greg Hayenga, MN
7. Joe Mootz, NY
8. Kevin Thiessen, AR
9. Bill Sell, CA
10. Steve Lerner, OH

Men's 35+

1. Mitch Smith, PA
2. Dave Schwent, MO
3. Jim Young, PA
4. Tim Armstrong, MO
5. Nathan Deer, IN
6. Andy Pitock, IL
7T. Mike Martinez, CA
7T. Keith Tidd, OH
9. Mitch Posner, NJ
10. Randy Olson, ME

Men's 40+
2. Walter McDade, TN
2. Tom Travers, OH
3. Mitt Layton, FL
4. Gregg Mandell, IL
5. Dan Sublett, AR
6. Tom Ray, FL
7. Mike Kane, TN
8T. Ed Garabedian, PA
8T. Dave Holland, CA
10. Davey Bledsoe, GA

Men's 45+
1. Tim Lavoi, MN
2. Barry Berger, AZ
3. Dave Kovanda, OH
4. Frank Ciociola, NY
5. Skip Deal, CA
6. Dan Davis, TX
7. Gene Ezell, TN
8. Doug Dickman, MO
9. Mark Daigle, NY
10. Tim Scott, CA

Men's 50+
1. Brad Parra, CA
2. Ron Johnson, IL
3. Ray Huss, OH
4. Jerry Davis, OH
5. Les Barbanell, NJ
6. Ron Galbreath, PA
7. Luis Guerrero, CA
8. Lynn Corbridge, UT
9. John Mootz, NY
10. Dennis O'Brien, ID

Men's 55+
1. Dario Mas, DE
2. Bobby Sanders, OH
3. Charlie Garfinkel,
NY
4. Rex Lawler, IN
5. Ken Moore, CA
6. Lee Graff, OR
7. David Jordan, NJ
8. Dan Day, FL
9. Len Corte, AZ
10. Paul Becker, MI

Men's 60+
1. Don Alt, OH
2. Rex Benham, AR
3. Paul Banales, AZ
4. Ken Moore, CA
5. Bert Shulimson, IL
6T. Norm Goldetsky,
MN
6T. Red Horton, CO
6T. Bud Moretz, IL
6T. Frank Trask, ME
10. John Bogasky, VA

Men's 65+
1. Joe Lambert, TX
2. Mal Roberts, FL
3. Barney Friesth, SD
4. Philip Oziuk, IL
5. Donald Grieve, IL
6. Bob Englund, MN
7T. Jack Güshue, NY
7T. Glenn Melvey, ND
9. Richard Davis, TX
10. Robert Johnson, CA

John Bareilles, VA
 Earl Acuff, NC
 Don Goddard, MT
 Cam Snowberger, PA
 Jess Nero, NY
 C. Allen Shepherd, MD
 J. W. Studak, TX
 Lake Westphal, AZ
 Edward Busigo, FL

Men's 70+ 1. Nick Sans, CA

1. Earl Acuff, NC
2. Charles Russell, CA
3. C. Allen Shepherd,
MD
4. Andy Trozzi, MA
5. Harry Steinman,
MD

MD Jerome Singer, CA 7T. Ralph Greco, OH 7T. Charlie Russell, CA 9. George Spear, NY 10. Fred Felton, TX Men's 80+
1. John Pearce, TX
2. Harry Steinman, MD
3T. Steve Ordos, MN
3T. Wyman Woodyard, NE
5. Howard Hesse, AZ
6. Jack Daly, VA

WOMEN

Women's Open
1. Lorraine Galloway, NY
2. Dana Sibell, MN
3. Cheryl Gudinas, IL
4. Robin Levine, CA
5. Elaine Hooghe, OH
6. Lisa Hjelm CA
7. Marcy Lynch, PA
8. Karin Sobotta, WA
9. Laura Fenton, MA
10. Leesa Smith, ME

Women's A
1T. Ann Hemphill, AL
1T. Wyllis Lea SummersViorine, OH
3. Wendy Smith, NJ
4. Pam Benson, MN
5. Julie Murphy, TX
6. Sandy McCarthy, NY
7. Vallana Perrault, MN
8. Lisa Calitri, NJ
9T. Jennifer Bailey, TN
9T. Chau Phan, CA

Women's B
1. Jennifer Reiser, MT
2. Julie Duca, CO
3. Jill Rhodes, AR
4T. Erika Juhl, DE
4T. April Schwoebell, WA
6. April McAfee, FL
7T. Teresa Buck, AR
7T. Catherine Muller, NY
9. Dana Seright, CA
10. Carolyn Leech, OH

Women's C
1. Karen Morris, AR
2. Cheri Prickett, AR
3. Paula Furey, MD
4. Cathy Rossi, NY
5T. Maria Fulmer, NC
5T. Diane Greene, WY
5T. Pontiee Hoskins, TX
5T. Monika Lockridge, GA
5T. Tracy Parfenchuck, MA
5T. Maggi Rausch, OH

Women's D
1. Barb Carrington, IL
2. Rose Madden, AR
3. Cindy Lyster, TN
4. Michael Marie Hill, NJ
5T. Joanne Louiselle, CT
5T. Michelle Oaks, GA
5T. Fran Outten, FL
5T. Bobbie Ross, NC
5T. Gail Rutschilling, OH
5T. Lynn Slaughter, FL

NATIONAL RANKINGS

Women's Novice
1. Rose Madden, AR
2. Sue Forsberg, NH
3. Pam Potter, FL
4T. Natasha Bethell, FL
4T. Stacey Brown, NY
4T. Mary Lauer, MI
4T. Alice Murphey, NJ
8T. Laurie Gordon, CT
8T. Debbie Robertson, AR
10 Monica Hernandez, AR Monica Hernandez, AR

Women's 19+ Amy Kilbane, OH Kerri Stoffregen, OH Rachel Gellman, NM Jen Yokota, MO Cara Pellowski, WI Andrea Beugen, MN Lourdes Garcia, CO Beth Katz, NY Elkova Icenogle, MA 10. Jill Crouse, CA

Women's 25+ Kim Russell, GA Lorraine Galloway, NY Josee Moore, FL Kersten Hallander, FL Megan O'Malley, IL Allison Wohl, MO Pat Bornhorst, OH Debra Bryant, NC Anthnita Dickerson, MI Ellen Crawford, VA

Women's 30+ Karin Sobotta, WA Mary Bickley, PA BJ Ehrgott, CT Mary Lyons, FL Janet Tyler, FL Pat Bornhorst, OH Paula Cheslik, AZ Kim Machiran, MO Gerri Stoffregen, OH Louise Winter, CA

Women's 35+
1. Linda Moore, NE
2. Susan Pfahler, FL
3T. Marcy Lynch, PA
3T. Debbie Tisinger, CA Kathy Treadway, TN Mary Beke, AZ Kelly Kirk, MN Cheryl McConaghy, NM Janet Insko, MI Mary Lyons, FL

Women's 40+ 1. Janet Myers, NC 2. Sue Dipiano, MO Laurel Davis, IL Nancy Lee Jensen, NE Joanne Pomodoro, MA Janet Insko, MI Renee Fish, FL Darcy Chastain, MN Norma Bilbo, AZ

Debbie Chaney, IN

Women's 45+
1. Gerri Stoffregen, OH
2. Agatha Falso, FL
3T. Bev Powell, IL
3T. Merijean Kelley, CA
5. Sharon HastingsWelty, OR
6. Paula Sperling, NM
7. Pat Tarzon II

Pat Tarzon, IL Shelley Ogden, OH Linda Miller, IN Michael Marie Hill,

Women's 50+
1. Sharon HastingsWelty, OR
2. Nidia Funes, CA
3T. Mildred Gwinn, NC
3T. Gerri Stoffregen, OH
5T. Jessica Schreier, FL
5T. Mary Willerscheidt,
MN

MN

Kay Halverson, CT Marilyn Fisher, IL Sylvia Sawyer, UT Linda Perry, TX 10.

Women's 55+ Kathy Mueller, MN Marion Crawford, Jo Kenyon, FL

Jo Kenyon, FL
Joanna Raida, PA
Jean Tull, VA
Mary Walker, CA
Helen Dunsmoor, ID
Annabelle Kovar, NE
Cleata Ching, PA
Pete Jones, CT

Women's 60+ Women's 60+
1. Jo Kenyon, FL
2. Lola Markus, IL
3. Mary Walker, CA
4. Mary Low Acuff, NC
5. Cleata Ching, PAP
6. Phyllis Melvey, ND
7T. Mary Jo Krete, AR
7T. Jane Peterson, FL
7T. B.G. Railey, TN
10. Rosemary Ferris, CO

Women's 65+
1. Reta Harring, WI
2. Mary Low Acuff, NC
3. Phyllis Melvey, ND
4. Dorothy Vezetinski,

Women's 70+ 1. Mary Low Acuff, NC Eleanor Quackenbush, OR Pete Jones, CT

Women's 80+ Zelda Friedland, NM BOYS

Boy's 8 & Under Matthew Hammond, OH Tyler Hollingsworth, OR Alex Roske, MN Jeremy Robbins, TX Marshall McDade, Michael Kamin, TX 6T.

Steven Klaiman, TX Geoffrey Mora, CA Shawn Spindler, IN Chris Howard, OK 10. Multi-Bounce

Matthew Hammond, OH Dan Sheppick, OR Geoffrey Mora, CA Brandon Shoemaker, OH Shawn Spindler, IN Michael Goodwyn,

Shane Karmelin, PA Jeremy Robbins, TX Marshall McDade,

Jonathan Brittain,

Boy's 10-Joshua Epstein, NY Jim Gooden, TX Jack Huczek, MI Andrew Woodrich, Dain Taylor, IN Steven Klaiman, TX David Foye, MD Trevor Crowe, OR Jake Kavan, NE

10. Scott Conway, NC Boy's 12-Scott Fisher, NY Shane Vanderson,

Philip Hammond, OH Jason Jansen, ND Grant Barker, MO Greg Mandella, CA Seth Taylor, IN Mitch Williams, OR Dan Olson, ME Joel Worthington, KS

Justin Carey, NY Shane Vanderson, Ryan Staten, KS Dan Gottlieb, NY Jeffrey Garner, AL Brent McDade, TN Mitch Williams, OR Philip Hammond,

Brit Berkey, IN David Liakos, NE

Boy's 16-Mark Bailey, IN
Brandon Terry, OR
Asher Friend, NY
Jed Bhuta, AL Troy Heurung, MN Paul Strike, OH Shane Wood, MA Abe Valdez, OR Mark Bloom, LA Jonathan Foye, MD

David Hamilton, OH Shane Wood, MA Brian Siegel, NJ Tom Helfrich, MO Jason Armbrecht,

Mark Bloom, LA Todd Criger, NE Eric Storey, UT Shane Dodge, ID Brandon Terry, OR 6T.

GIRLS

Girl's 8 & Under Kimberly Irons, OH Melissa Holden, CA Taryn McDonough,

Adrienne Fisher, OH Jesi Fuller, NM
Leslie Luna, NM
Lindsay Fuller, TX
Ashly Mora, CA
Jamie Campain, CO Alyssa Lambrecht,

Multi-Bounce 1. Kimberly Irons, OH 2T. Allison MacWade, PA

Ashly Mora, CA
Adrienne Fisher, OH
Kelly Fisher, OH
Melissa Holden, CA
Deidra Kamin, TX
Lindsay Fuller, TX Taryn McDonough,

Marcella Moreno, Mex.

Girl's 10-Crystal Winfrey, OH Kimbewrly Irons, OH Megan Stone, MN Janet Olsson, OR Heather Holden, CA

Molly Law, CO Carie Olson, ME Danniele Johnson, 8T. Marielly Ramos, Mex. 10. Amy Jo Hollingsworth,

Kimberly Irons, OH Kristina Matchett, OR Kristina Matchett, O.
Eve Bateman, PA
Emileigh Basta, MO
Keely Brannigan, ID
Niecie Strand, MN
Crystal Winfrey, OH
Sara Brushahan, NE
Casey Painter, WY Casey Painter, WY

Girl's 14-S 14-Katie Gould, MO Melisa Boyd, UT Lindsay Sears, IN Leisa Marquart, NE Jill Brittain, OR Eve Bateman, PA Becki Bowman, IN Vanessa Tulao, TN Brooke Crawford, OR 10. Dionna Brown, CA

Sadie Gross, MN Erin Frost, OR Shannon Feaster, DC Snannon Feaster, I Alison Siegel, NJ Erica Daniels, CA Jennifer Doak, WY Jennifer Liakos, NE Diane Torrey, MA Debra Derr, FL Christina Lewendal,

Girl's 18-S 18Shannon Feaster, DC
Tammy Brockbank, ID
Sadie Gross, MN
Andrea Beugen, MN
Christy Gould, MO
Vanessa Tulao, TN
Allison Cremo, CA
Shannon Feaster, DC Shannon Feaster, DC Erin Frost, OR Kayla Harvey, WY

WHEELCHAIR

Chip Parmelly, CA Gary Baker, IN Steve Kuketz, MA Mark Shepard, OH Les Gorsline, WI Audie Kemp, IN Marc Fenn, IN Jeannie Nichols, TX 9. Mike Bond, FL 10. Joe Soares, FL

RANKINGS DATED **JUNE 8, 1994**

RACQUETBALL

JULY

July 15 Firecracker R/B Tourney Sports Club of Asheville Asheville, NC 704/252-0222

Kill Shot Classic #6 World Gym, Gretna, LA 504/362-7122

YMCA Summer Open YMCA of Central Kentucky Lexington, KY 606/254-9622

3rd Gatorade Summer Splash @ Tampa Interbay YMCA, Tampa, FL 813/839-0210

July 16 Commonwealth Games Lancerlot Family & Fitness Vinton, VA 703/981-0205

July 21 Georgia State Games Sportslife Club Cobb Atlanta, GA 404/636-7575

July 22
Quad West Summer Sizzler
Quadrangle Athletic Club
Clearwater, FL
813/535-4901

The Summer Games Classic Athletic Club Lyndhurst, NJ 201/444-0859

July 22-24 U.S. National Skill Level Championships City Square Sports Club Phoenix, AZ 3rd Steve Powers Memorial Bally's Holiday Spa Falls Church, VA 703/573-0660

July 27 International Master Invitational @ Northwest Rac., Swim & Health Club St. Louis Park, MN 612/535-3571

July 29
Ballard Open
Olympic Athletic Club
Seattle, WA
206/783-0427

Bluegrass State Games Univ. of KY/Seaton Center Lexington, KY 606/288-6011

Hawaiian Open Racquet Time Monroeville, PA 412/873-1911

14th Cystic Fibrosis Courts Plus New Bern, NC 919/633-2221

AUGUST

August 4 Meadow City Champs Wilson Center NMHU Las Vegas, NM 505/454-0146

August 5 Pro/Am Cash Midsummer Shootout @ Orlando Fitness & Racquet Club Orlando, FL 407/645-3550 August 6 Nutmeg State Games NEHR @ Newington Newington, CT 203/248-6634

August 12 Doubles Only Open Nautilus, Erie, PA 814/868-0072

Killshot IV Phoenix Fitness & Racquet Club, Selma, AL 205/875-7500

Summer Sizzler Northeast Racquetball Club Colonial Heights, MN 612/572-0330

August 12-20 VII World Championships San Luis Pososi, Mexico

August 14 Utah State Junior Championships @ Redwood Multi-Purpose Center West Valley, UT 801/974-6923

August 19
Tournament of Champions
USA Fit. & Racquetball Ctr.
Closter, NJ
201/444-0859

Georgia State Doubles Southern Athletic Club Lilburn, GA 404/923-5400

August 26 Beach Party Open NEHR @ Newington Newington, CT 203/248-6634

NATIONAL CALENDAR

Caliente Open The Racquet Center No. Hollywood, CA 818/760-2303

11th Rockin' Rollout Maryland Farms Athletic Club, Brentwood, TN 615/373-5120

Alabama State Doubles Sportslife, Birmingham, AL, 205/870-0144

August 31
IRF World Senior R/B
Championships
Tom Young's Athletic
Club, Albuquerque, NM

SEPTEMBER

September 2 Stockton Pro/Am West Lane Racquet Stockton, CA 95210

September 9
Pro Kennex Grand Prix #1
Fremont Schoebers
Fremont, CA
419/968-7970

3rd Jesse James Days Northfield Total Fitness Northfield, MN 507/645-9378 September 16
Pete Peterson Classic VI
Northeast Racquetball Club
Colonial Heights, MN
612/572-0330

CARA State Doubles Los Caballeros Sports Village, Fountain Valley, CA 714/546-8560

Kentucky State Doubles Downtown YMCA Louisville, KY 502/587-2352

September 22
David Gries Memorial
Downtown YMCA
Birmingham, AL
205/428-8729

September 23 Apple Open Spa Fitness Watsonville, CA 408/722-3895

Harbour Island Open Harbour Island Athletic Club, Tampa, FL 813/229-5062

Connecticut State Doubles NEHR @ Bristol Bristol, CT 203/248-6634

September 30 Cool Cucumber Lakeland YMCA Lakeland, FL 813/644-3528

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GUEST EDITORIAL: THE JOB THAT ATE MY BRAIN...

By Mary Lyons Florida Racquetball Association President & '94 Joe Sobek Award Winner

as a 10 year veteran of the tournament director business there are a few things that I think all tournament players should know.

Contrary to popular belief, nobody in the business of organizing and running tournaments is getting rich! There are innumerable hours of pre-event planning and scheduling, preparation and mailing of applications, planning, shopping and scheduling of meals, ordering and printing souvenir shirts as well as the many details which are involved with staffing and operating the host club throughout the event.

As the tournament approaches, providing reliable information and processing entries becomes an all-consuming, next-to-impossible chore. Once the deadline has passed and final entries are taken, the "wailing and gnashing of teeth" by late-comers begins and last minute accomodations are made. A dozen or more draws are compiled by consulting rankings, determining fair seedings, and positioning players from the same area away from each other in the first round. Then the court planning, scheduling of match times and distribution of starting times is at the top of a long list of duties which much be performed. And that's just for the competition ...

Meals must be confirmed, large draw sheets prepared, air conditioners and courts checked ... on and on and on ... all before the first players even arrive at the club. It's no wonder that tournament directors tend to be a bit "touchy" when special requests are made! But with good preparation, barring electrical fail-

ures and other natural disasters, things should run fairly smoothly during the event. Sure, there are always those little changes and pesky problems which must be handled. But they are, in the greater scheme of things, minor in nature.

After all goes well and exhausted players are driving home, the clean-up begins ... tables, banners, chairs, draw sheets and leftover trophies are among the items which must be cleaned up and put away.

But it's still not over. Final results must be compiled and, along with AARA membership forms and fees, sent to the state association for processing. Vendors, staff and club rental fees must all be paid and thank you notes sent to all sponsors and helpers. By then it's time to begin planning the next tournament!!!

As you can see, there is a great deal that goes on behind the scenes before and after the actual tournament that ensures its success. Unfortunately, after all of the bills are paid, a tournament director can expect to net a grand total of fifty to seventy-five cents per hour worked!

So why do we do it? I cannot speak for other tournament directors around the country, but I can say that I fell in love with our sport as a player first and I hope to be able to give others a chance to "fall" as I did for this great game -- the sport of racquetball.

So, the next time you play in a tournament, take a moment to think of all the work that goes into the event for the pleasure that you get out of it and if you can, try to make it just a little bit easier for that hard-working tournament director. I know that he or she would surely appreciate it!



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