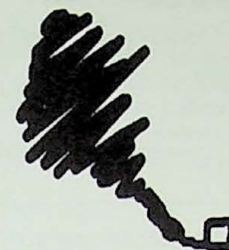




Florida Racquetball News



A Publication of the Florida Racquetball Association * January 2001
PO Box 4163 Apopka, FL 32704 * 407-263-6278

2001 F. R.A. State Singles Championship Tournament Information

When: February 16-18, 2001

Where: Quadrangle East Athletic Club
*954-753-8900

2160 University Drive
Coral Springs, FL 33071

Entry Info: Phone entries will **NOT** be accepted. Mail your entry (application enclosed in this newsletter issue) to the above address. All entries must be received by Friday, Feb. 9, 2001. Entries may be faxed in with valid Credit Card. On line registration is also available.

(see enclosed entry form for details)

Entry Fee: *Fees per person / per division
Adults \$45 (1 division) + \$25 (2nd division)
Juniors \$35 (1 division) + \$15 (2nd division)

Starting Times: Call 954-753-8900 ext 510 or www.racquetball-online.com
Times will be available **after 6pm**, Tuesday February 13th.

Divisions of Play:

***Mens & Womens Skill Categories :**

Open, A, B, C, D, Novice.

***Mens & Womens Age Categories:**

24 & under, 25+, 30+... up to 75+.

***Mens & Womens Age/Skill Categories:**

24- B, 30+B, 40+B, 50+B, 60+B.

***Junior Divisions:** 8 & under ... to 18-

**Your entry has been inserted into this publication - Mail it in TODAY!.*

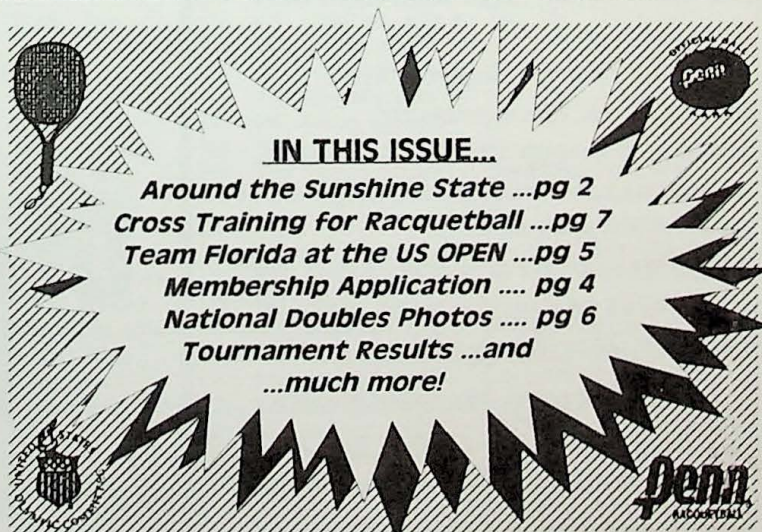


Harvey Sussman, Brad Litchfield, Paul Metlin and Don Burt
Four members of Team Florida in Baltimore, Maryland.

Something to think about...

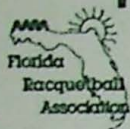
"Of all the lessons we must learn, few are more important than those we learn from exercise and sport. They teach us to perfect and protect our health; to respect our own capabilities and those of others; and to accept excellence as our standard of performance,"

President Gerald Ford.



IN THIS ISSUE...

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Team Florida at the US OPEN ...pg 5
Membership Application pg 4
National Doubles Photos pg 6
Tournament Results ...and
...much more!



Florida Racquetball Association Board of Directors



Ken Arrowsmith 813-909-4490
karrow909@aol.com
Karen Bouchard 727-734-3418
blgmama92@aol.com
Laura Brandt 954-252-5173
frapres@aol.com
Tom Davis (Secretary) 727-867-2626
tdavis@appliedfibersystems.com
Frank Dispenza 305-251-2591
sponge3000@aol.com
Van Dubolsky (Treasurer) ... 352-395-5356
van.dubolsky@santafe.cc.fl.us
Pete Fisklo 813-985-8611
pfisklo1@tampabay.rr.com
Bill Herr (President) 407-263-6278
bherr87270@aol.com
Geoff Hunter 941-591-8709
naplesfitness@mindspring.com
Mary Lyons 904-241-6789
fralyons@cybermax.net
Judd Martin 941-646-6505
Judd.martin@vacationclub.com
Guy Meadows 407-649-4821
guyrmead@aol.com



FRA to "Spread" the BIG events in 2001

With the number of court clubs available to host State & Regional Championship tournaments shrinking, the FRA has decided to "Spread the Wealth" - so to speak. The 2001 Calendar features State and Regional Championship tournaments in Coral Springs, Orlando, Clearwater and Ormond Beach. An FRA spokesperson has said that hosting these "bigger" events around the state will allow local players from all areas of the state to compete without having to travel quite so far. The FRA acknowledges that these State & Regional events usually draw big numbers of players and thus may be forced to begin play earlier - possibly on Thursdays. We hope that players will support this move and continue to support all FRA tournaments.

Have you got any racquetball news?

E-mail Mary at: fralyons@cybermax.net

Benefits of Regular Exercise:

**Exercisers perform significantly better on measures of reasoning, working memory, reaction time and vocabulary than non-exercisers.*

**Physically fit men die four times less and physically fit women die 16 times less often from cancer than unfit men & women.*

**Regular exercise helps reduce systemic arterial blood pressure.*

**Men and women who remain physically active into old age are not likely to suffer from osteoporosis.*

**Regular exercise typically causes more continuous and restful sleep.*

Get fit, live longer...

Play more racquetball!

Racquetball is... Fitness and Fun...

... rolled into one!



OFFICIAL BALL OF THE IRT/WIRT.

FRA SINGLES RANKINGS * FRA SINGLES RANKINGS * FRA SINGLES RANKINGS * FRA RANKINGS *

* Girls 10 & under

- 1 150 Hunter, Paige
- 2 100 Parrish, Sarah

Junior 8 & under

- 1 350 Hunter, Matthew
- 2 150 Scondras, James
- 3 145 Creaney, Chris
- 4 50 Kirkland, Tyler
- 5 45 Forrest, Ben

Junior 8 Multibounce

- 1 350 Hunter, Matthew
- 2 150 Kirkland, Tyler
- 3 150 Creaney, Chris
- 4 150 Scondras, James
- 5 100 Forrest, Ben

Junior 10 & under

- 1 260 Lopez, Carlos Jr.
- 2 150 Slocum, Harrison
- 3 150 Rosenman, David
- 4 105 Parrish, Sarah
- 5 100 Scondras, Pete Jr.
- 6 100 Hunter, Matthew
- 7 75 Pfahler, Cameron

Junior 12 & under

- 1 325 Parrish, Tim
- 2 187 Lopez, Carlos Jr.
- 3 175 Dubolsky, Mitchell
- 4 150 Slocum, Harrison
- 5 105 Kovalick, Marc
- 6 100 Scondras, Pete Jr.
- 7 95 Rosenman, David
- 8 50 Marseco, Michael
- 9 50 Hunter, Geoffrey Jr.
- 10 50 Rosenman, Larry
- 11 52 Abrams, Marc
- 12 30 Levy, Sean

Junior 14 & under

- 1 400 Slocum, Brad
- 2 330 Parrish, Tim
- 3 150 Zahner, David
- 4 150 Flink, Kevin
- 5 150 Massong, Kiel
- 6 100 Kovalick, Marc
- 7 75 Soto, Steven
- 8 60 Goldenberg, Josh
- 9 30 Quiones, Marc
- 10 30 Zutel, Freddy

Junior 16 & under

- 1 550 Burris, Clay
- 2 300 Klein, Craig
- 3 195 Davison, Bill
- 4 175 Slocum, Brad
- 5 100 Meadows, Justin
- 6 100 Zahner, David
- 7 50 Massong, Kiel
- 8 30 Marseco, Michael
- 9 25 Elmore, Brandon
- 10 20 Cendoya, Anthony

Junior 18 & under

- 1 150 McElhiney, Matt
- 2 100 Harmon, Mike
- 3 80 Goldenberg, Sean

MENS-OPEN

- 1 447 Fontana, Matt
- 2 325 Metcalf, Aaron

Mens Open - Continued

- 3 310 Hansen, Tim
- 4 245 Forrest, Randy
- 5 220 Balmori, Fabian
- 6 200 Alonso, Armando
- 7 125 Scargle, John
- 8 97 Morgan, Robert
- 9 95 Junkie, Julio
- 10 85 Harmon, Mike
- 11 77 Bledsoe, Jason
- 12 75 Rostran, Silvio
- 13 60 Consoli, Scott
- 14 60 Kramer, Ricardo
- 15 50 Engel, Allan

MENS-24 & under

- 1 510 Bedsoe, Jason
- 2 200 Ciguere, Paul
- 3 150 Stanford, John
- 4 150 Peek, Larry
- 5 105 Landrum, Jason
- 6 75 Litchfield, Brad
- 7 75 Feldman, Todd
- 8 50 Sussman, Ryan
- 9 50 Haughton, Brent
- 10 50 Miliffe, Kevin
- 11 50 Burns, JB
- 12 30 Best, Jeremy

MENS-25 +

- 1 350 Metcalf, Aaron
- 2 155 Nguyen, Todd
- 3 150 Balmori, Fabian
- 4 125 Friderich, Todd
- 5 120 Dispenza, Frank
- 6 110 Rubin, Scott
- 7 100 Martin, Judd
- 8 85 Ellman, Randy
- 9 60 Bledsoe, Jason
- 10 50 Martino, Mike
- 11 30 Hirvela, Loren
- 12 30 Landrum, Jason

MENS-30+

- 1 500 Levy, Dana
- 2 375 Canuel, Joe
- 3 342 Ledig, John
- 4 205 Morgan, Robert
- 5 122 Bell, Cedric
- 6 112 Lopez, Frank
- 7 100 Nichols, Charlie
- 8 92 Mitchell, Blaine
- 9 75 Soltren, Pete
- 10 60 Cole, Charles
- 11 50 Capo, Hector
- 12 50 Junkie, Julio
- 13 45 Barnhouse, Steve
- 14 30 Kemp, Adam
- 15 30 Windley, Scott

MENS-35+

- 1 825 Alonso, Armando
- 2 375 Levy, Dana
- 3 275 Morgan, Robert (O)
- 4 270 Consoli, Scott
- 5 267 Scargle, John
- 6 212 Mitchell, Blaine
- 7 210 Forrest, Randy
- 8 100 Fluharty, Terry
- 9 80 McAffee, David
- 10 50 Ganley, Vinnie
- 11 50 Einiger, Warren
- 12 42 Bell, Cedric

Mens 35+ Continued

- 13 35 Sanderson, Bryan
- 14 30 Stoner, Greg
- 15 30 Kemp, Adam

MENS-40 +

- 1 900 Hansen, Tim
- 2 417 Fluharty, Terry
- 3 350 Kirkland, Gordon
- 4 250 Pfahler, Randy
- 5 180 Scargle, John
- 6 125 Ganley, Vinnie
- 7 117 Burris, Ron
- 8 100 Arrowsmith, Ken
- 9 92 Perconti, Sal
- 10 85 Grayson, Jacky
- 11 80 Owens, Paul
- 12 75 Creaney, Bill
- 13 75 Diaz, Greg
- 14 70 Morgan, Robert
- 15 50 Murray, Mark

MENS-45+

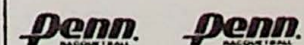
- 1 500 Layton, Mitt
- 2 450 Prater, Don
- 3 320 Perconti, Sal
- 4 275 Long, Neil
- 5 250 Talley, Bob
- 6 180 Burris, Ron
- 7 167 Crea, John
- 8 147 Marseco, Ron
- 9 125 Arrowsmith, Ken
- 10 97 Hooley, Ken
- 11 80 Creaney, Bill
- 12 50 DeRobertis, Bob
- 13 50 Corsaut, Oscar
- 14 44 Kovalick, Joe

MENS-50+

- 1 1050 Layton, Mitt
- 2 655 Prater, Don
- 3 204 Kovalick, Joe
- 4 150 Dubolsky, Van
- 5 150 Crane, Steve
- 6 125 Rowe, Tom
- 7 122 Kelleher, Jerry
- 8 105 Klinker, Larry
- 9 100 Green, John
- 10 100 Wuerffel, Jon
- 11 80 Larkin, Pat
- 12 75 Deegan, Russ
- 13 65 Burton, Joe
- 14 50 Rand, Jerry
- 15 50 Burdo, Ron

MENS-55+

- 1 665 Winslow, Mike
- 2 380 Thomas, Terry
- 3 220 Deegan, Russ
- 4 155 Kehrig, Bill
- 5 150 Shaak, Graig
- 6 105 Kozyra, Bob
- 7 100 Rand, Jerry
- 8 92 Peterson, Bruce
- 9 80 Tinny, Wayne
- 10 75 Langford, Gary
- 11 75 Pease, John
- 12 65 Davis, Tom
- 13 65 Kerwick, Frank
- 14 50 Rowe, Tom
- 15 50 Dauphinee, Mike



MENS-60+

- 1 250 Aimis, Jay
- 2 235 Puleo, Ron
- 3 200 Murgula, Tony
- 4 150 Alt, Don
- 5 150 Mojer, Mike
- 6 100 Day, Dan
- 7 95 Weins, Mike
- 8 75 Biondi, Vinny
- 9 75 Crummey, Pete
- 10 50 Glick, David
- 11 50 Mc Carthy, Robert
- 12 40 Morrison, Mike
- 13 32 Fiore, Jim
- 14 30 Weins, Joe
- 15 30 London, Shelly

MENS-65 +

- 1 450 Alt, Don
- 2 450 Turney, Milas
- 3 275 Mojer, Mike
- 4 255 Donohue, Marty
- 5 120 Weins, Mike
- 6 55 Martin, Terry
- 7 50 Dwyer, Alan
- 8 40 Healy, Mark
- 9 30 Day, Dan
- 10 25 Verweibe, Eugene

MENS-70+

- 1 425 Fugate, Stan
- 2 380 Roberts, Mal
- 3 150 Spear, George
- 4 100 Thompson, Robert
- 5 50 Lambert, Harold

MENS-75+

- 1 150 Thompson, Robert
- 2 100 Sans, Nick

MENS-80+

- 1 150 Spear, George

MENS-A

- 1 165 Ale, Thomas
- 2 155 Perez, Alain
- 3 150 Farias, Mark
- 4 150 Burns, JB
- 5 130 Ansel, John
- 6 130 Lilliquist, Derek
- 7 125 Slemp, David
- 8 117 Lopez, Carlos
- 9 100 Masachs, Jose A.
- 10 80 Garcia, Juan
- 11 75 Dispenza, Frank
- 12 75 Shupsky, Dan
- 13 70 Perez, Horacio
- 14 70 Sobel, Scott
- 15 65 Serfaty, Alberto

MENS-B

- 1 167 Sotolongo, Paul
- 2 150 Diaz de Arce, Daniel
- 3 150 Wolfe, Chip
- 4 125 Meadows, Guy
- 5 110 Klein, Craig
- 6 100 Ray, Robert
- 7 100 Yonkosky, John
- 8 90 Balestri, Lou
- 9 75 Noldberg, Jeff
- 10 70 DeWitt, Shane

Mens B Continued

- 11 67 Sheppard, Robert
- 12 67 Rodriguez, David
- 13 60 Koperman, Fabian
- 14 60 Castro, Hugo
- 15 55 Glickman, Gary

MENS-C

- 1 150 Caines, Marcos
- 2 127 Templin, Randal
- 3 100 Fairloth, Harlan
- 4 92 Unzueta, Richard
- 5 75 Fahlman, Terry
- 6 75 Massong, Kiel
- 7 60 Dredge, Allister
- 8 60 Sprosty, Terry
- 9 50 Mayhugh, James
- 10 50 Semeah, Yves
- 11 50 Rogue, Roger
- 12 50 Esker, Robert
- 13 50 Astacio, Jose
- 14 50 Alexander, J.
- 15 50 Law, Donald

MENS-D

- 1 75 Lacoparra, A.
- 2 75 Sims, Scott
- 3 75 Muniz, Sebastian
- 4 67 Bogusky, Steve
- 5 50 Formica, F.
- 6 47 Valcina, Eric
- 7 47 Goldenberg, Sean
- 8 30 Flink, Kevin
- 9 25 Elmore, Brandon
- 10 25 Grubbs, Steve
- 11 25 Sussman, Ryan
- 12 20 Babral, Joe

MENS-NOVICE

- 1 10 Goldenberg, J.



WOMENS-OPEN

- 1 400 Pfahler, Susan
- 2 340 Trimble, Jean
- 3 315 Lepow, Lori
- 4 250 Marseco, Helen
- 5 225 Cox, Sue
- 6 200 Brandt, Laura
- 7 150 Delbusto, Yesenia
- 8 110 Hann, Sue
- 9 80 Kamback, Corinne
- 10 70 Bouchard, Karen
- 11 70 Adams, Sue
- 12 50 Geels, Kathy

WOMENS-ALL AGE

- 1 50 Weins, Karen
- 2 30 Arnold, Judy
- 3 20 Pignotti, Denise
- 4 15 Andola, Claudine

WOMENS-25 +

- 1 225 Cox, Sue
- 2 200 Gomez, Vivian
- 3 150 Delbusto, Yesenia
- 4 75 Vonondarza, Ramona
- 5 50 Delgado, Isabel
- 6 50 Andola, Claudine
- 7 25 Songer, Kristan

FRA SINGLES RANKINGS * FRA SINGLES RANKINGS * FRA SINGLES RANKINGS * FRA RANKINGS

* FRA SINGLES RANKINGS * FRA RANKINGS * FRA SINGLES RANKINGS * FRA SINGLES RANKINGS

WOMENS-30 +

- 1 250 Brandt, Laura
- 2 175 Hensch, Terri
- 3 150 Scargle, Fanny
- 4 75 O'driscoll, Jodie

WOMENS-35+

- 1 505 Lepow, Lori
- 2 330 Brandt, Laura
- 3 200 Marseco, Helen
- 4 145 Karnback, Corinne
- 5 120 Hann, Sue
- 6 75 Kresa, Cari
- 7 75 Trimble, Jean
- 8 25 Serridge, Ellene
- 9 20 Watson, Jan

WOMENS-40+

- 1 350 Kresa, Cari
- 2 250 Trimble, Jean
- 3 75 Silva, Maria
- 4 75 Herr, Kassi
- 5 50 Chang, Angela
- 6 50 Matto, Ann
- 7 25 Jolliff, Laurie



WOMENS-45 +

- 1 1300 Pfahler, Susan
- 2 225 Adams, Sue
- 3 150 Weins, Karen
- 4 100 Falso, Agatha
- 5 75 Jones, Jackie
- 6 75 Bouchard, Karen
- 7 75 Arnold, Judy
- 8 50 Chang, Angela
- 9 20 Arnold, Judy

WOMENS-50 +

- 1 200 Murray, Maryjo
- 2 75 Kenyon, Jo

WOMENS-60 +

- 1 600 Kenyon, Jo

WOMENS-65 +

- 1 1350 Kenyon, Jo
- 2 100 Zenk, Ruth

WOMENS-A

- 1 255 Fasano, Nancy
- 2 250 Sanders, Diana
- 3 175 Weins, Karen
- 4 105 Martin, Darcey
- 5 70 Herr, Kassi
- 6 50 Kenyon, Jo
- 7 50 Kirkland, Lindy
- 8 50 Alonso, Barbara
- 9 30 Glansberg, Andee
- 10 30 Scargle, Fanny
- 11 30 Sanderson, Bonnie
- 12 20 Alford, Carla
- 13 20 Butler, Melody
- 14 17 Soffos, Libby

WOMENS-B

- 1 205 Avchen, Alice
- 2 200 Johns, Tami
- 3 200 Bentolilla, Eve
- 4 172 Hensch, Terri
- 5 137 Darnell, Deb
- 6 125 Arnold, Judy
- 7 100 Vonondarza, Ramona
- 8 80 Klinger, Joan
- 9 75 Jolliff, Laurie
- 10 50 Decker, Julie
- 11 30 Arnold, Judy
- 12 30 Crabb, Patricia
- 13 30 Hamilton, Nicole
- 14 25 Matto, Ann
- 15 25 Andola, Claudine

WOMENS-C

- 1 325 Matto, Ann
- 2 300 Hensch, Terri

Womens C Continued

- 3 230 Lillquist, Julie
- 4 195 Moreland, Mary
- 5 150 Andola, Claudine
- 6 100 Aguirre, Crysti
- 7 100 Vonondarza, Ramona
- 8 80 Bradshaw, Debbie
- 9 80 Bentolilla, Eve
- 10 50 Velenti, Anne
- 11 50 Zeidner, Phyllis
- 12 50 Keller, Ginny
- 13 47 Crawl, Lorraine

Womens C Continued

- 14 25 Songer, Kristan
 - 15 25 Conrad, Courtney
- ## WOMENS-D
- 1 150 Andola, Claudine
 - 2 120 O'driscoll, Jodie
 - 3 80 Kee, Alma
 - 4 75 Serridge, Ellene
 - 5 50 Keener, Linda
 - 6 50 Holland, Joann
 - 7 50 Paulk, Jana

Womens D Continued

- 8 50 Lupatin, Tiffanie
- 9 30 Costelli, Nancy
- 10 20 Kehrig, Judy
- 11 15 Nelson, Bonita
- 12 15 Coile, Connie

WOMENS-NOVICE

- 1 400 Parrish, Sarah
- 2 150 Coile, Connie



Florida Racquetball Association Tournament Ranking System

Tournament Level

	1-local	2-open	3-state	4-regional	5-invite	6-national
1st Place	30	50	150	250	300	600
2nd Place	20	30	100	150	200	400
3rd Place	15	20	75	100	150	300
4th Place	10	15	50	75	100	200
5th Place	5	10	25	50	75	100

*The FRA Currently provides all state rankings, using results provided by tournaments.

*FRA rankings reflect only points accumulated in indoor 4 wall events.

*Once a player reaches the "cut off" limit in a skill division, that player is no longer eligible to compete in that division and MUST move up to the next higher skill level. Players may NOT drop back down to a lower skill level once their ranking points drop below the cut-off limit.

Skill Division Cut Off Limits

Division	Men	Women	Division	Men	Women
A	250	400	C	150	250
B	200	350	D	100	200

*Players ranked in the top 10 in any skill level may NOT compete in a lower skill level and will NOT be listed in the rankings.

*Cut off limits apply to skill level and age+skill level divisions.

*Once a player has won a skill division in a Level 3 event, he/she may NOT compete in that skill division in future Level 1-2-3 events. He/she may compete in the Level 4 event that year but must move up following that event. This rule applies to doubles and also applies even if the player has not reached the designated cut-off limit.

**If you have any questions regarding the ranking system or your status, please put your question in writing and mail it to the FRA



SUPPORT THE FLORIDA RACQUETBALL ASSOCIATION

Mail to: Van Dubolsky C/O S.F.C.C. X-210
3000 NW 83rd St. Gainesville, FL 32606

All donations
are tax
deductable

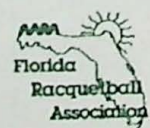
DATE _____

APPLICATION FOR COMPETITIVE LICENSE U.S.R.A MEMBERSHIP

LAST NAME		FIRST NAME		MIDDLE INIT.
ADDRESS		CITY	STATE	ZIP
BIRTH DATE MO. / DAY / YR.	HOME PHONE ()		BUSINESS PHONE ()	

- ☐ 1 Year Competitive License
with Racquetball Magazine _____ \$20
- ☐ 1 Year Junior membership with magazine _____ \$15
- ☐ 1 Year Junior membership without magazine _____ \$10
- ☐ 1 Year subscription to Racquetball Magazine _____ \$15

MEMBER



*Make checks payable and mail applications to: FRA Treasurer, at the above address.

Florida Racquetball Association

TOURNAMENT SCOREBOARD

Results from the 4th Annual Steve Chapman Memorial October 20-22nd, 2000/Quad. East Athletic Club

Mens	Winners	Runner-up	Semi-finalist	Semi-finalist
Open	Robert Morgan	Scot Consoli	German Herrera	Jason Bledsoe
A	Jose Masachs	Chris Johnson	Orlando Rosario	John Clullo
B	Mark Hillman	Shane Dewitt	Augusto Gonzalez	Mike Morrissey
C	Marcus Gaines	Marty McAteer	Robert Villanueva	Carlos Morales
D	Racundo Formica	Steve Bogusky	Joe Cabral	Erik Valencia
14& Und.	Kevin Flink	Freddy Zutel	Carlos Lopez	Marc Abrams
All Age	Jason Bledsoe	Jason Landrum	Craig Klein	Jose Maschs
35/40	Scot Consoli	Robert Morgan	Ignacio Cendoya	Bruce Devane
30/40+B	Fablan Kopetman	Glen Dollinger	Mark Hillman	Rob Jordan
45/50	Ron Marseco	Joe Kovalick	Jerry Travis	Steve Kantowitz
50+B	Randel Templin	Mike Kovack	Dean Kachel	Ed Curtis
55/60	Mike Dauphine	Bruce Peterson	Jerry Rand	Fred Stallworth
Doub.	Winners	Runner-up	Semi-finalist	Semi-finalist
A doub.	Frank Engle	German Herrera	Joe Kovalick	Bruce Devane
	Orlando Rosario	Alejandro Herrera	Bruce Peterson	Shane Dewitt
B doub.	Fred Stallworth	David Levy	Glen Dollinger	Pat Sullivan
	Neil Scher	Augusto Gonzalez	Mark Berwick	BJ Rawda
C doub.	Allister Dredge	John Montalvo	Carlos Morales	Erik Valencia
	Larry Moratis	John McCullough	Luis Gomez	Unzuetao
Womens	Winners	Runner-up	Semi-finalist	Semi-finalist
Open	Helen Marseco	Laura Brandt	Eve Bentiolla	Sue Hann
C/D	Mary Moreland	Lorraine Crawl	Jodi O'Driscoll	Connie Colie
All Age	Sue Hann	Laura Brandt	Judy Arnold	Eve Bentiolla

Results from the 2000 Holiday Cash Classic December 8- 10, 2000/Orlando Fitness & Racquet Club

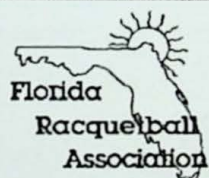
Mens	Winners	Runner-up	Semi-finalist	Semi-finalist
Open	Armando Alonso	Tim Hansen	Matt Fontana	Jeremy Best
A	Mark Farlas	Ron Malsel	James Russell	Alberto Seraty
B	Chip Wolfe	Harlan Faircloth	Dee Parrish	Robert Sheppard
C	Donald Law	Javier Camacho	James Mayhugh	Juan Munoz
Jr 14-	Michael Marseco	Timmy Parrish		
Jr 10-	Tyler Kirkland	Sarah Parrish	Chris Greaney	Ben Forrest
24/25+	Judd Martin	Loren Hirvela	John Ledig	Mike Harmon
30+	Joe Canuel	Cedric Bell	Frank Lopez	John Ledig
35+	Vinnie Ganley	Scot Consoli	Blaine Mitchell	Mike Colon
40+	Ken Hendricks	Paul Owens	Randy Forrest	Terry Fluharty
45+	Bill Greaney	Don Prater	John Crea	Ron Marseco
50+	Jon Wuerffel	Don Prater	Ed Storey	Joe Kovalick
55+	Mike Winslow	Terry Thomas	David Cuevas	Frank Kerwick
60+	Pete Crummey	Ron Puleo	Gary Gullikson	
65+	Mike Mojer	Marty Donohue	Harold Hilles	Mark Healy
A Doub	Ross/Ross	Wolfe/Lillquist	Burt/Lopez	Avelar/Sotolongo
B Doub	Vittitoe/Meadows	Sussman/Litchfield	Bissell/Thompson	Kirkland/Faircloth
30/45	Kirkland/Smith	Morgan/Mervin	Ross/Ross	Greaney/Hendricks
50/55	James/Mojer	Wueffel/Larkin	Adler/Borgon	Thomas/Hodgson
Womens	Winners	Runner-up	Semi-finalist	Semi-finalist
Open	Helen Marseco	Jean Trimble	Lori Lepow	Laura Brandt
A	Nancy Fasano	Darcey Martin	Carla Alford	Bonnie Sanderson
B	Julie Decker	Nicole Hamilton	Kim Leech	Judy Arnold
C	Julie Lillquist	Claudine Andola	Mary Moreland	Lynn Ivanek
35/40+	Laura Brandt	Sue Hann	Corinne Kamback	Charlotte Brown
Open Dub	Butler/Marseco	Sanderson/Hann	Trimble/Lepow	
A/B Dub	Alford/Leech	Lillquist/Decker	Jolliff/Stein	
Mixed B	Wuerffel/Noyes	Kirkland/Jolliff	James/Arnold	Cole/Andola

Results from all 2000 tournaments are complete.

*Results from the Quad West Winter Classic

Not reported as of 01/01/01

The F.R.A. Rankings are
sponsored by
Penn Racquetball



USRA

Team Florida Scores BIG at the 2000 US Open Racquetball Championship

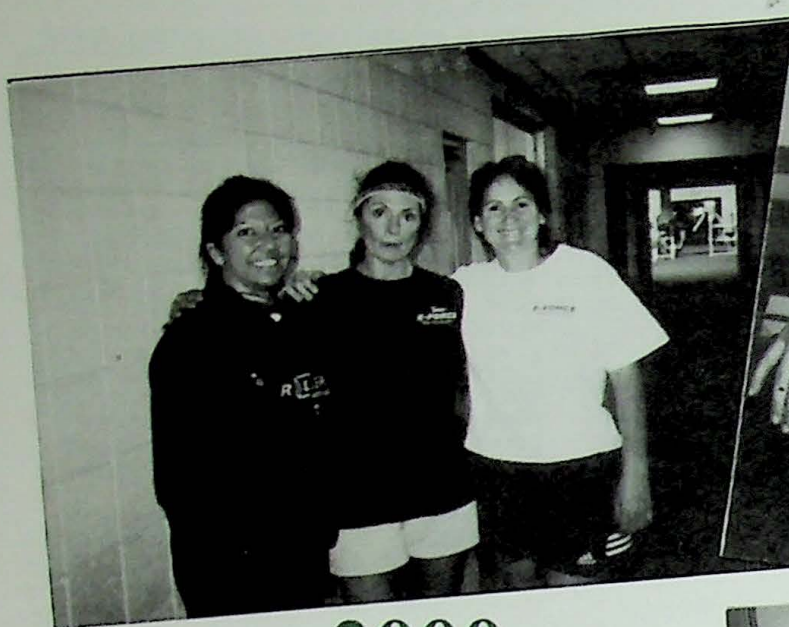
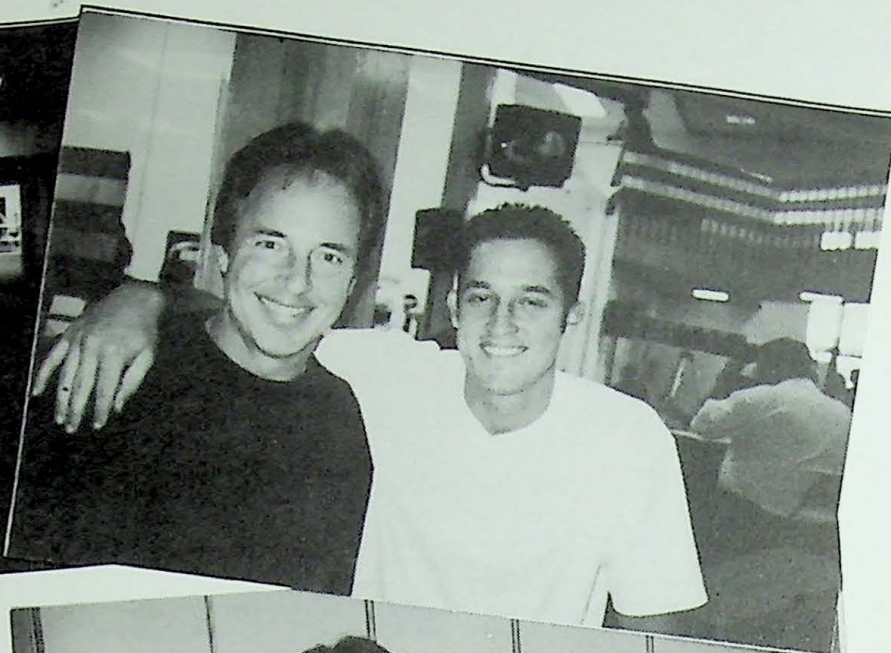
The tournament was hosted by three fine court clubs in Memphis, Tennessee on November 15-19, 2000. As usual Team Florida players turned out **BIG**. Over 40 players from the Sunshine State attended this prestigious annual event. The tournament features the very best of Professional racquetball - both IRT (Mens Pro Tour) and the new LPRA (Ladies Pro Tour) as well as amateur divisions from 19+ to 85+ in singles and this year offering doubles and mixed doubles competition.

Team Florida finalists included: **Tim Hansen** - 1st in Men's 40+, **Mitt Layton** who finished 1st in both the Men's 45+ AND 50+ divisions -- *unbelievable!* **Vivian Gomez** - 1st in the Women's 25 A/B. **Jean Trimble** came up just short in the 45+ and had to settle for 2nd place then teamed with **Randy Forrest** and captured another silver medal in the Mixed 40+ division. **Gordon Kirkland** teamed up with **Scot Consoli** and dominated the Men's 30+ Doubles while Tim Hansen paired up with **Teddy Koukoulis** and took 2nd place in the Men's 35+ division.

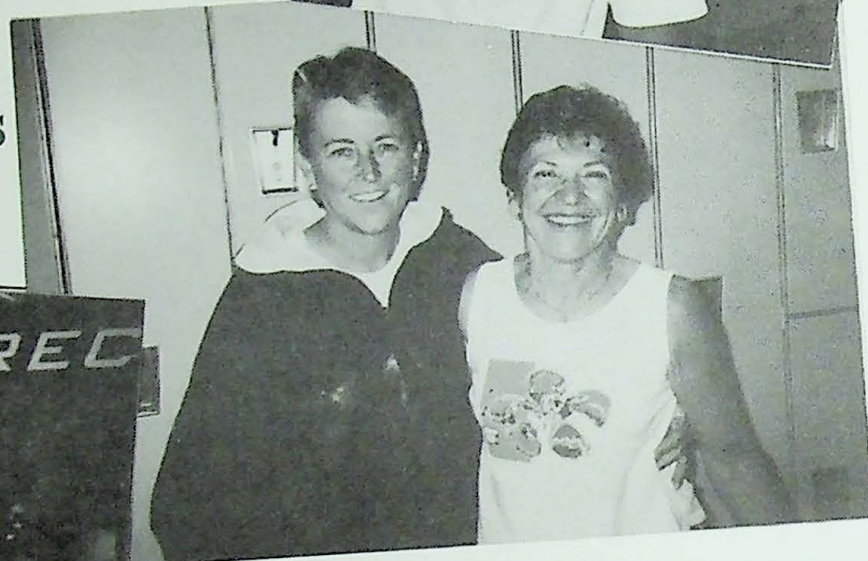
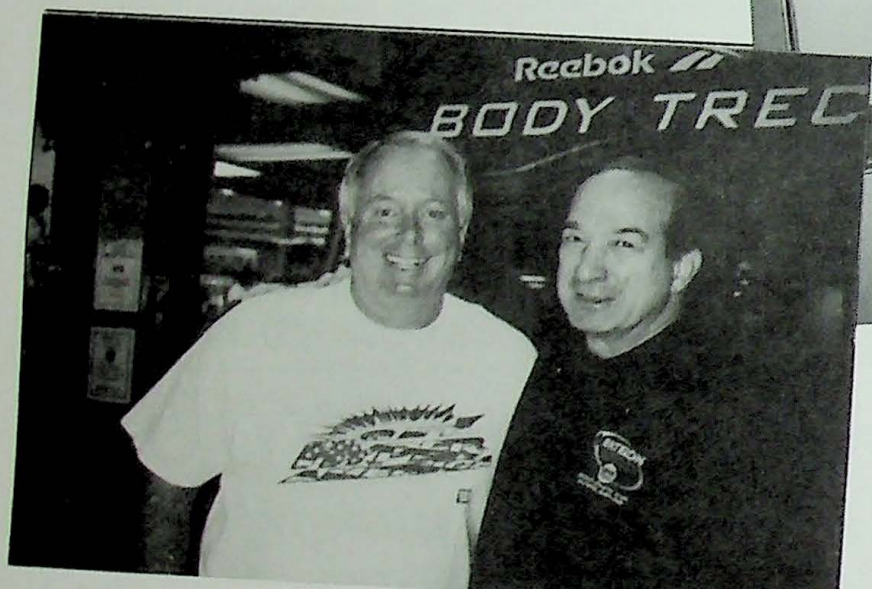
Congratulations to all who played and especially to those who finished on top!

*Check out photos of **Team Florida** at the US Open at www.racquetball-online.com

5



2000 U.S. National Doubles Championships



Team Florida Scrapbook

Top Left: Agatha Falso & Eileen Tuckman pose with Malia Bailey

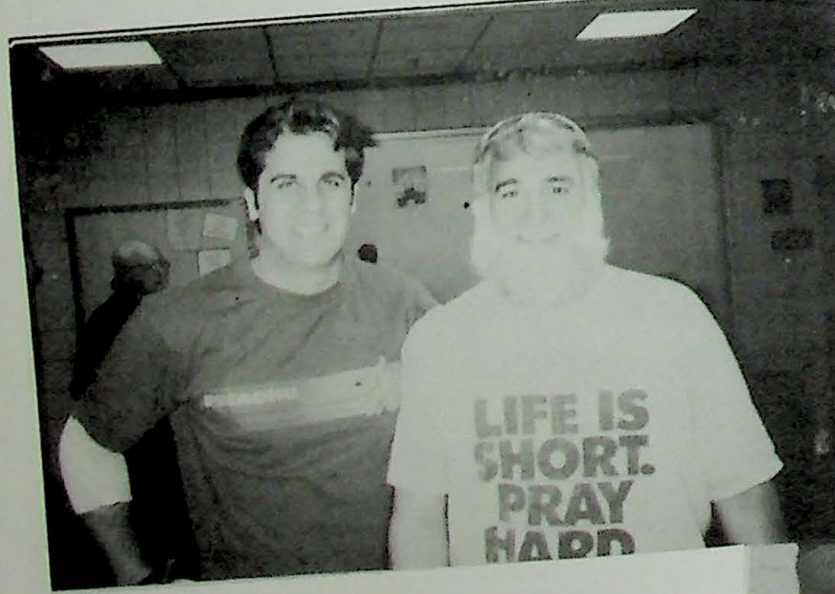
Top Right: Marc & JB Burns

Center Left: Jack Ross & Jerry Davis

Center Right: Mary Lyons & Jo Kenyon

Bottom Left: Andrew Goldman & Sal Perconti

Bottom Right: Gordon Kirkland & Tim Hansen



Running as a Cross-Training Method for

Championship Racquetball

by Karen Bouchard *AmPRO Professional*

I began running 15 years ago for the only reason that any mother of two very young children would - to lose weight. With a three and a half year old daughter and a one and a half year old son and working part time, I wasn't able to get to the club to play racquetball every day. A friend of mind talked me into (and this took some serious talking!) going out and running with her. Back then, I found



I could get in a phenomenal workout in just 10 minutes because that's about how long it took me to run one mile. I'll never forget how proud I was of being able to run a whole mile without stopping! Four times around the highschool track - many

times with the kids in the middle of the field with their toys - and I had gotten a great workout. I found then, just as I still find today, that running is a perfect cross-training alternative to racquetball: 1) It's inexpensive and easy to learn - all you need is a good pair of shoes and decent clothing and everyone knows how to run (left foot - right foot - left foot...) 2) It's a flexible method of training - you can run at your own pace any time of the day, with or without company. 3) It's the most efficient path to cardiovascular fitness that there is - intermixed with racquetball, what could be better? 4) It's the most accessible of all aerobic sports - no matter where you are you can always find a place to run. Once I ran 77 times around the track on top of a cruise ship during a family vacation (this rates as the single most unique run of my 15 year running career). 5) It's the best method of stress reduction in existence - 30 minutes of running after a rough day and I promise you will be a new person!

From the early days of gasping my way through one mile I gradually increased my distance to 1.5 miles .. to 2 miles... to 4 miles... and eventually on up to my current level. To date I have run 5 marathons (4 Disney World Marathons and 1 Boston Marathon). While I would never recommend the marathon for everyone, I would certainly encourage any racquetball player to try shorter distances of 2-3 miles - (unless you have a knee problem). Every day that I don't play racquetball, I go out and run one of my several routs which range from 3.5 to 7 miles with a 10 mile run every Saturday morning. I don't run for a couple of days before the 10 miler so that my legs are fresh for that day and if I do run the following day, it will be at a very slow pace. During the week I try to get in one or two 5-7 mile runs.

It is very important to listen very closely to your own body - it will tell you when to take a rest and when to run hard. In time, you will find your conditioning improving quickly and your legs, feet and lungs getting stronger. Your ability to stay in those long rallies will be improved. Running may not make you more able to beat Sudsy Monchik or Jackie Paraiso but it should give you a bit of an edge on your club's Challenge Court!

***Become a better Racquetball player and
Enjoy your run!***



Note: As with any exercise program, you should consult with your physician before you begin a running program.



AMERICA'S #1 SELLING BALL.

Karen Bouchard - Member of Team Ektelon



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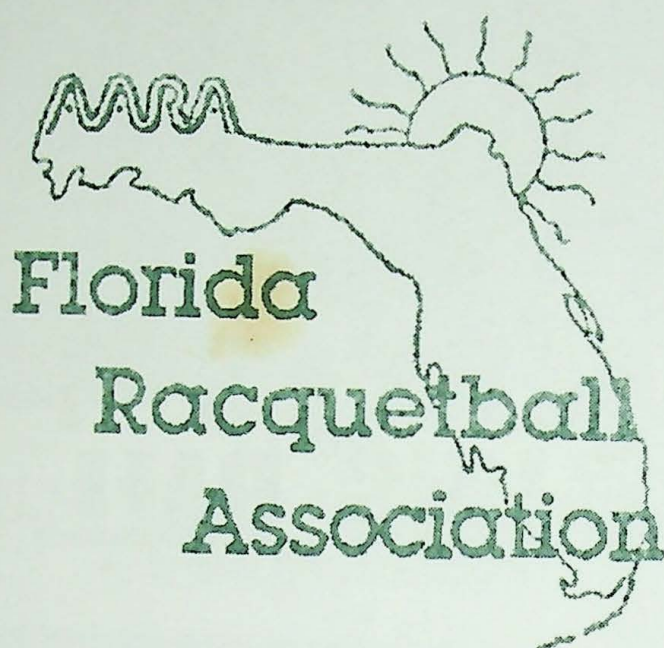
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**2001 Florida Racquetball Association Calendar of Events**

<i>Date</i>	<i>Level</i>	<i>City, Site/ Tourn. Director</i>	<i>Date</i>	<i>Level</i>	<i>City, Site/ Tourn. Director</i>
January 26-28	2	Ormond Beach, Omega 40 The Hog Classic Tourn. Director: Nick Xynidis 904-672-4044	July 13-14	2	Orlando, Orlando Fitness & Racquet Club Doubles or Nothing Tournament Tourn. Director: Mike Mojer 407-645-3550
February 3	1	Clearwater, Quadrangle West Athletic Club 1 Day State Singles Warm-up Tournament Tourn. Director: Ken Hooley 727-535-4901	July 27-29	2	Clearwater, Quadrangle West Athletic Club Quad West Summer Classic Tourn. Director: Ken Hooley 727-535-4901
February 16-18	3	Coral Springs, Quadrangle East Athletic Club 2001 FRA State Singles Championship Tourn. Director: Fred White 954-753-8900	August 17-19	3	Ormond Beach, Omega 40 2001 FRA State Doubles Championship Tourn. Director: Bill Herr 407-880-7790 x552
February 23-25	2	Miami, University of Miami Tourn. Director: Lynne Olvey 305-854-5154	September 21-23	4	Clearwater, Quad West Athletic Club 2001 Regional Doubles Championship Tourn. Director: Ken Hooley 727-535-4901
March 16-18	2	Ormond Beach, Omega 40 St. Patty's Day Classic Tourn. Director: Nick Xynidis 904-672-4044	October 12-14	2	Orlando, Sanlando Park 2nd Annual Sanlando Junior Benefit Tourn. Director: Lori Lepow 407-880-7790 x552
April 6-8	4	Orlando, Orlando Fitness & Racquet Club 2001 Regional Singles Championship Tourn. Director: Bill Herr 407-880-7790 x552	December 1-3	2	Clearwater, Quadrangle West Athletic Club Quad West Winter Classic Tourn. Director: Ken Hooley 727-535-4901
April 27-29	2	Clearwater, Quadrangle West Athletic Club Quad West Spring Classic Tourn. Director: Ken Hooley 727-535-4901	December 7-9	2	Orlando, Orlando Fitness & Racquet Club OFRC Holiday Cash Classic Tourn. Director: Mike Mojer 407-645-3550
May 11-13	2	Orlando, Orlando Fitness & Racquet Club Spring Fling Cash Classic Tourn. Director: Mike Mojer 407-645-3550			
June 14-17	3	Orlando, Orlando Fitness & Racquet Club 2001 Sunshine State Games Tourn. Director: Mary Lyons 904-241-6789			



**Tournament Information provided is subject to change.
Please contact the Tourn. Director for more information.**