

RACQUETBALL

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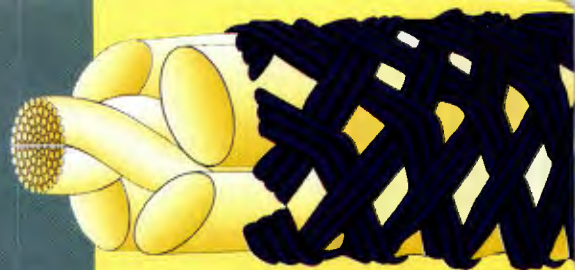
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from the editor

Good intentions ... we're full of them. But, like any service organization with a loyal following, the AARA still receives its share of criticism. Despite how much we *do* manage to accomplish, it's often "but what have you done for me lately?" And it's no different at the state level, where our valuable cadre of volunteers are held accountable for everything from not being able to find someone to play next Tuesday to seeing too many players take up court time on challenge night.

That's one reason why we set aside one weekend each January to renew our ties with those volunteers, share our many trials and tribulations, enjoy safety in numbers, and search for meaning and direction for the coming year. At the annual Leadership Conference, we unveil new programs and dissect old ones. Find out what's new in New Jersey, and offer a global perspective in return. Learn what works, and what doesn't. In a nutshell ... we brain-storm until we're brain-dead.

And we all come out of it feeling pretty darn good about what we do, and why we do it. Here are some of the things we'll be feeling good about in 1996 ...

The U.S. Open

Look for references to this major new event throughout this issue. The AARA has committed to hosting the racquetball equivalent of the USTA's U.S. Open for tennis – featuring both the men's and women's pro tours, and a full amateur draw. Scheduled for November of this year, the event offers unlimited opportunities for visibility, marketing/PR, and exposure for racquetball.

The Internet

The AARA, the International Racquetball Federation, and RACQUETBALL Magazine will all debut home pages on the Internet in 1996, with plans to hyperlink with the U.S. Olympic Committee cyberspace later in the year. When everything is up and running, options for information retrieval, e-mail and communications with the national office will be expanded plenty-fold.

Public Relations

In an on-going effort to inform and educate, we've dedicated space in each upcoming issue to a "behind the scenes" profile of an AARA department and its staff. We open with "Membership Services" on page 52. Take a look, and get to know ... Kevin Joyce.

So, we're off and running once again. Try to keep up ...



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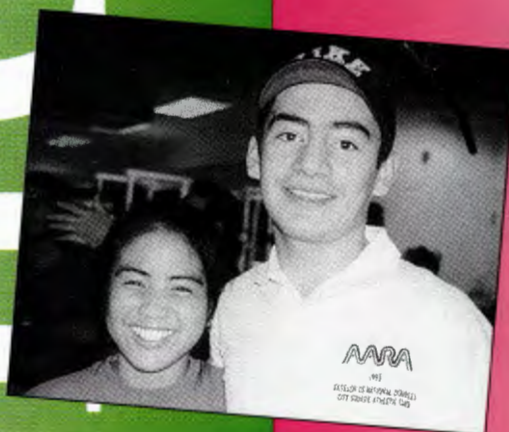
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PHOTOS

This page: (top) Lynn Adams Clay tries to get daughter Kristin to smile for the camera at national doubles; (middle) Juniors Vanessa Tulao and Javier Moreno at national doubles; (bottom) Cheryl Gudinas and Michelle Gould pose in front of the new WIRT logo in Baltimore.

ON THE COVER

A fictional graph illustrates our feature story "State of the Industry" by Brad Patterson (on page 8).



reader forum

PRO or Con?

We are writing in response to the article by Tom Slear in the September/October issue. Mr. Slear does a good job of detailing many of the problems professional racquetball faces as it tries to gain a larger share of the sports audience. However, many of these issues are not solely attributed to the professional aspect of the sport. These problems are faced on a daily basis by everyone interested in moving racquetball to the next level in the sporting community.

For instance, how do you attract major sponsors to the sport? How do you present the sport to possible sponsors with limited avenues for future growth? And how do you gain acceptance as a full-status Olympic sport with a small player base and no viewer figures, especially now that racquetball is competing with an ever-growing pool of larger, big money sports?

Building a self-sustaining image and presenting that image to the world may be the initial step in answering some of those questions. Which is exactly what Mr. Marcus and Mr. McKinnis are trying to accomplish. So what if racquetball airs at 1:00 a.m. on ESPN (actually that's one of ESPN's higher rated time slots)? At least it's a first step, and a much needed first step at that.

Amy Wishingrad, Penn Racquet Sports
Kevin Brandt, TBWA
Chiat/Day



PLAYING HURT

I read with keen interest Dr. Rainey's article in the November/December issue, which related to "playing hurt." I have been trying for some time now to find out if it is possible to compete (to me, you can't just play racquetball — you must compete — if you are the least bit competitive by nature) in racquetball if you've had a TKR, or total knee replacement.

I had this done in June and, although it feels good, the knee is still pretty weak. The doctor who did the surgery said "no more sports that involve twisting or turning" (as in racquetball, basketball, etc.)

My feeling is that once my knee, and all the surrounding muscles get stronger through exercise, that it would seem possible to back on the court. Or am I just kidding myself? Have there been others who have had this surgery who are still competing?

I would really like to get back into the game, but I don't want to mess up my knee again. I would certainly appreciate it if you could forward this to Dr. Rainey, or to an orthopaedic doctor who is into sports injuries.

It is difficult standing around and watching tournaments when you want so much to be out there ...

Dennis Hagerty
Gamerco, New Mexico

ALOHA

Many thanks for printing my letter and Mr. Ho's photo in the just published magazine. This was definitely one of those cases of "better late than never." I hope it brings some pride to Mr. Ho's family, and reminds the many Hawaii players to take their rightful place on the racquetball stage.

Haven't had a chance yet to thoroughly read all the articles of the latest issue, but want to tell you the magazine is visually quite attractive and the "Playing Hurt" article couldn't be of more interest to most of your readers (especially this one.)

Steve Kohn
Wahiawa, Hawaii

MORE JUNIOR EMPHASIS

First let me thank you for the first class job you are doing. I look forward to receiving your magazine as do many of my racquetball members. I would like to second the opinion of Harvey Brannigan when he wrote his "fault-finding" letter in the November/December issue. It truly is amazing what can happen if you promote our great sport to junior players. We currently have 25 juniors, ranging from 6 to 14 years of age on our junior racquetball team. These juniors have taken racquetball as a very serious, but fun, team sport. They have brought enthusiasm, sportsmanship, hard work and wonderful attitudes to our racquetball program. It has become an epidemic that has infected our adult members. I echo Harvey and applaud all of those who take the time to introduce our game to kids.

Kevin McKenzie
Cedardale Athletic Club
Haverhill, Massachusetts

WIDER AUDIENCE

I enjoy your magazine and wanted to give you an idea. People's interest in magazines are *directly related to their relevance*. Although that may seem obvious, I thought you might consider expanding your statistical profile in more of the amateur realm. Your professional coverage is necessary, and understood. But I wonder if you're able to start providing more amateur relevance.



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... reader forum

This is what I mean; hypothetically if a magazine such as yours could list the top ten racquetball players in every club in the nation, readership would skyrocket, but of course that is not feasible. But expanding the concept is what I'm suggesting.

I'm guessing that one of your highest read features (if not the highest) is your national rankings. What about listing clubs and their top amateurs, or local tournament results? Don't look at this as everyone wanting their name in your publication, but rather a way to accommodate clubs themselves in the effort. Having their name listed could be an incentive ... some ideas off the top of my head are:

Selecting a state(s) for each publication to feature and give more amateur rankings ...

Selecting an age group(s) in each publication and featuring more statistical profiles ...

Soliciting clubs to have members vote for their top players ...

Feature a profession and solicit the top players (amateurs) around the country who are, as an example, teachers, police, homemakers, sales people, etc. ...

Letting players list their playing level and club affiliation for a fee.

That's my idea: expand your features so that more people (by the hundreds) could see their name in print. Thanks for the time and keep up the good work!

Steve Conn
Grayslake, Illinois

AN UNEXPECTED TREAT

At our regional tournament, I competed in the 60+ bracket and was eliminated early, which was expected. But I was able to watch some amazing athletes compete against each other all week-end. Four of the courts have glass walls so the matches can be viewed by others and this is where my story really begins.

Several youngsters (6-10 year olds) would wait outside these courts with racquet in hand and as soon as a match was over and before the next began, they would scurry on the court and begin to hit the ball around. It was their moment in the spotlight.

I have heard of God referred to as the "Hound of Heaven." These kids were the "Hounds of the Court." It was fun to watch them draw near to the court as each match drew to its conclusion.

Competing in the tournament was a 70 year old man from Norwood, New York who has been National Champion in his age bracket several times. A phenomenal athlete and an even nicer person. I had a chance to talk with him. He takes great joy in the sport but more so in the people he meets.

Late Sunday afternoon on one of the courts without viewing glass, or observers, I found this National Champion hitting a ball around with one of the "Court Hounds." The young boy had a smile on his face dimmed only by the smile of the older man.

I thought of how this small boy must be feeling to be playing with a National Champion. I wondered how the older man felt playing with the young boy.

Did he think of his own youth and maybe wish he had some of it back? If only I could keep my knowledge and have your wonderful, young, quick legs. Did he remember when he was young and someone older took the time to play with him? If I was that age again, would I make some different choices?

As the young boy would hit the ball, the older man would expertly smack it right back to him always making sure he didn't have to run too far for it and would be able to return it without too much difficulty. All the time encouraging and complementing his young opponent's efforts. This went on for about five minutes and then they had to leave the court because of a scheduled match. They left the court with the older man's arm on the young boy's shoulder. I'm not sure, but I think God smiled.

As I stood in complicity, the scenario was played out with only a single bystander. That was too bad. For here was the true essence of the sport - for all sports. What occurred there was really important.

All those players that cursed the referees, argued over their calls, and were upset when they lost should have been privileged to see what I saw.

Somehow I related to both the boy and the older man. Youth lost, and old age closing in.

The young boy will no doubt always remember when he hit around with a National Champion. The older man can only hope for a few more years to play the game. I witnessed life being played out on the racquetball court.

Age giving way to youth. Youth learning, age teaching. One's journey just beginning, The other's slowly ebbing. What a treat!

I walked away with smile on my face, and a tear in my eye...

Tom Filiatreau
Clifton Springs, New York

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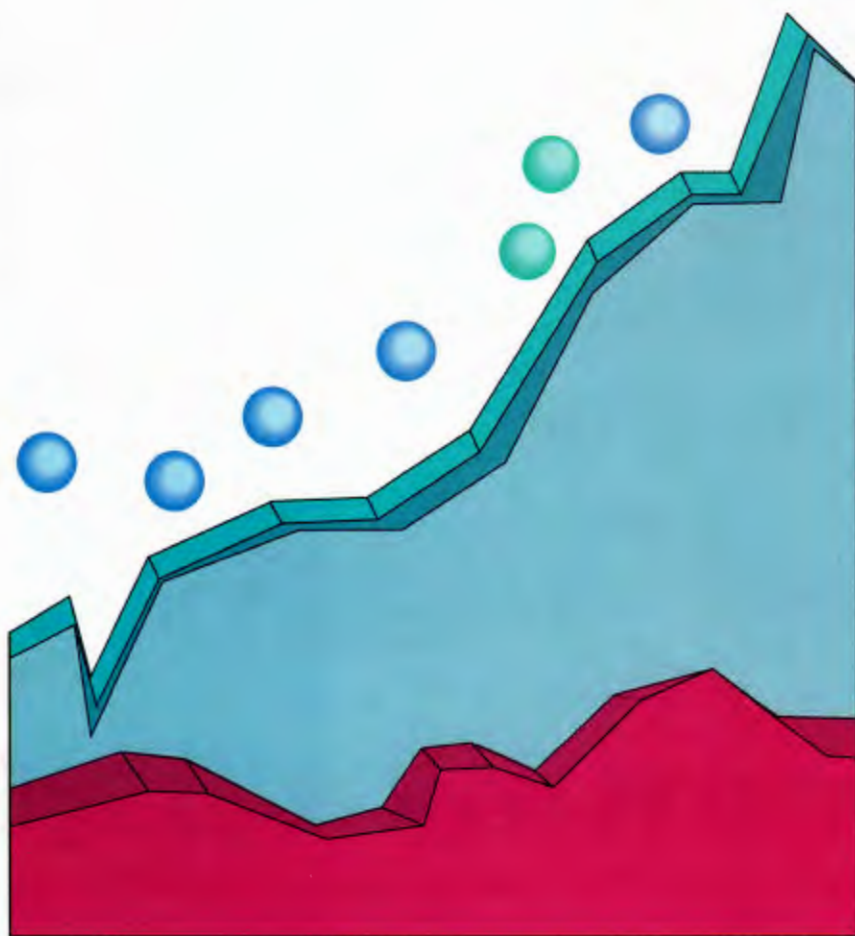
racquetball

at the Crossroads

By Brad Patterson

Where is the sport of racquetball heading? Ask twenty individuals from various segments of the racquetball industry that open-ended question, and you'll get roughly twenty different opinions.

And that's what we did. What follows is an overview of racquetball as a sport and as an industry, with opinion by some of the key "movers-and-shakers" in the business. We asked them whether they considered racquetball to be a "growth category" in 1996 and their prognosis for the sport as we head toward the year 2000.



8 There are currently 7.7 million racquetball players and there are 1.7 million "frequent participants" ... v

THE SPORT AT A GLANCE

There are currently 7.7 million racquetball players in the United States. This figure comes from a nationwide study of various sports and recreational activities conducted for the Sporting Goods Manufacturers Association by American Sport Data, Inc. In this study, 'participants' are defined as anyone six years of age and older that took part in a particular activity during the past year.

At the height of the racquetball boom in the early 1980's, there were approximately ten million participants (that figure comes from a consensus of independent research studies). In 1987, there were 10.4 million participants – a figure which declined each year until 1994 – and now holds steady in the 7-8 million range.

A more important statistic from the study is that there are 1.7 million "frequent participants" in the sport. 'Frequent' is, of course, a subjective definition, but in the ASD research, that description applies to anyone who participates in a sport or activity 25 or more times per year. And it is those frequent participants – like so many of you reading this magazine – that make the sport and the industry strong. They buy the newest racquets, break and replace strings, wear out shoes, purchase numerous cans of balls, belong to clubs and play in tournaments.

Some other interesting findings from the participation study include the fact that the average participant played racquetball 19.5

"We at Ektelon firmly believe that racquetball can be a core sport/program offered through health clubs, YMCA's, colleges and universities for many years to come. The issue in our mind is how do we more effectively promote the sport to our main business partners (health clubs) while at the same time stimulating new users/consumers to try racquetball. We know that the sport is fantastic for three primary goals that both consumers and clubs share:

- *One can get a fantastic total body workout in a very short amount of time;*
- *People have fun doing it! It is never accused of being boring or repetitive like some machines;*
- *It is a sport of a lifetime that can be enjoyed by all ages, both genders and families.*

"We believe that if racquetball is properly marketing and promoted toward these three points (its competitive selling propositions versus other activities in and outside of clubs), racquetball can even begin to show some sustainable growth in the near and longer-term future."

... Rob Ahrensdorf

times in 1994; 24 percent of all participants have played racquetball for 10 years or more; and, finally, more than half of the frequent participants are between the ages of 18 and 34.

What does all this mean? It means that racquetball is not dead or dying. It means that the sport has a solid core of loyal participants, many of whom are young, which tends to generate optimism about the future of the sport.

Yet the challenges are many. The sport must work to retain its new players. Throughout its history, racquetball has had no trouble bringing in new players. But keeping those players involved has been a different story. The rate of attrition seems to have slowed, but the sport still must make it easier for individuals to stay with the game.

Racquetball is still a "pay as you play" sport. Instead of apologizing for that, we need to capitalize by helping clubs profit from racquetball. The Racquetball Industry Initiative, established early in 1995, is designed to convince

s in the U.S. ... a more important statistic is that
ho routinely fill thousands of courts per week.

All of us who play the game know racquetball's inherent advantages ...

It's a great workout in a short amount of time • One can become somewhat proficient almost immediately • It's a "compact" activity, meaning the action takes place in a controlled area and little time is needed to get to the court • It is relatively affordable and accessible •

club owners that tearing out courts isn't in their best interest.

"We need to educate the health club owners across the country about what a great sport racquetball is, for both their club members and their bottom line," said Rob Ahrensdorf, Director of Marketing for Ektelon and the Chairman of the Racquet Sports Committee of the Sporting Goods Manufacturers Association.

Luke St. Onge, Executive Director of the American Amateur Racquetball Association, has long observed that racquetball brings members to the clubs. "When someone wants to play racquetball, they have to go to a club," points out St. Onge. "There really is no other place for a person to play. That is a plus for the club."

A major project of the Racquetball Industry Initiative is the production of a video designed to educate club owners and managers on the many advantages of having racquetball courts in their facilities. The second phase of the initiative is a workbook which explains how to put together the components of a successful and profitable racquetball program.

The most positive aspect of the RIA effort, according to most observers, is that it is being funded primarily by the industry members.

Companies and organizations within the sport have stepped up and contributed financially to this effort. Modeled after a similar, ongoing effort in tennis, this combined effort will focus on the marketing of the sport as a whole, rather than earlier efforts aimed at marketing a particular product or tournament.

"I think it is important that those companies involved in racquetball are taking a pro-active role in the sport's future," said St. Onge.

Perhaps the biggest challenge for the sport of racquetball is how to position itself among the growing numbers of recreational options available to the average American in the 1990's. This is no different than the challenges facing tennis, in-line skating, the bicycle industry, the outdoor industry or the video game industry.

But think about this ... no one has dramatically altered racquetball since the height of its popularity to make it less appealing to the recreational or competitive athlete. It is not any more difficult to play. In fact, it can be argued, the game is easier to play than it was 15 years ago because of modern racquet technology.

The simple fact is: there are just so many more things for people to do today than there were in the late 70's and early 80's. Then there was

no in-line skating, power walking, or street hockey. Basketball wasn't as popular as it is now, and you certainly couldn't watch "extreme games" on television. Aerobics classes were in their infancy.

Plus, competition doesn't come only from active recreational pursuits either. Sales of gardening supplies have risen exponentially since 1980. At the height of racquetball's popularity, there was no ESPN to speak of (*gasps from a younger crowd that cannot imagine a world without 24 hour sports*), no MTV (*more gasps*), no CNN and no Blockbuster Video. The only video games were in the arcade and dinosaurs like Space Invaders and Pac-Man were your choices.

Yes, the country has changed a great deal. Racquetball simply must keep pace as far as marketing its many benefits. The competition for Americans' leisure time is cutthroat (racquetball pun intended).

As you will read in the following comments from individuals involved in the industry, there is optimism from those intimately involved in the sport. There are some great challenges, but the future of racquetball looks bright.

[Editor's Note: An effort has been made to quote those who responded as close to verbatim as possible. In some instances, a quote may have been edited due to space limitations.]

"We had no hesitation in entering the market ..." • Hi-Tec •

Arnie Berman • Hi-Tec Indoor Sports U.S.A., Inc.

"In 1994, it was decided that Hi-Tec should take a closer look at the U.S. indoor shoe market. Hi-Tec was already the number one selling hiking boot in the U.S. and had been for several years. We were the number one indoor shoe manufacturer worldwide in all categories, and it seemed like a very logical progression if it could be justified." • "We looked at the demographics for squash, badminton and in particular, racquetball. We soon established that for us this would be a perfect niche market. The question was, were the indoor categories going to continue to decline? An in-depth study provided us with all the answers. Not only were the sports showing good growth, but all the professional and amateur associations were implementing new and adding to existing programs that had such good incentives, it seemed, that given the right backing, it had to succeed. We had no hesitation in entering the market and felt so strongly about the present and future of the indoor category that we added the new "Adrenalin RQ" mid-top, to the line, as a further show of our confidence. We vigorously pursued and secured our current status as official supplier, as well as official sponsor and official shoe of the U.S. National Racquetball Team."



**Ron Grimes
E-Force**

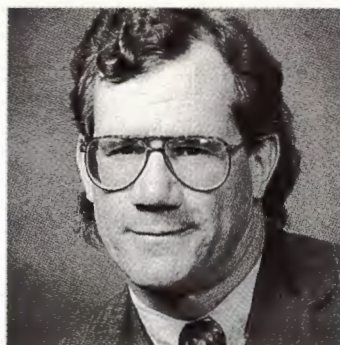
"Yes, we think racquetball will be a growth category in 1996. We believe competition brings out the best in everyone and is best for everyone. The racquetball industry is just now beginning to experience real competition after many years of market dominance by just one company. As organizations and companies compete, the result will be a more vibrant industry that more completely promotes the many positive benefits of racquetball." • "As we approach the year 2000, racquetball will grow. Health and fitness has evolved from a good idea to an integral part of the American culture. Racquetball uniquely meets our health and fitness needs. It can enjoyably be played by beginners and open players alike. It is competitive, social and provides a fast, thorough workout. No other activity accomplishes all of this!"

**"The ingredients are right for racquetball to gain ground on other participatory sports."
•Penn•**



Lawrence Adams
Lawrence Adams, Inc.

"We introduced our first racquetball product – the Mastery of Racquetball® video/workbook instructional program – at the 1995 Ektelon AARA National Singles Championships last May. Racquetball definitely represents an exciting new direction and growth opportunity for our company." • "From our perspective, programs that build involvement and personal improvement at the grass roots level are pivotal to the health and well-being of the sport as we approach the threshold of the year 2000."



Steven J. Crandall
Ashaway

"Ashaway is bullish on racquetball as a growth sport because of the Racquetball Industry Initiative, which has been designed to expand the game to more players and more clubs. In addition, the AARA has been putting together some great programs to promote the sport and make the game more visible. Finally, professional racquetball is getting some long overdue television exposure which can't but lead to increased participation at the recreational level." • "Ashaway sees racquetball continuing to expand as we approach the year 2000. The two key aspects to this expansion will be the re-emergence of racquetball as a vital activity at athletic clubs and a change in the image of racquetball by players of all ages as a fun, exciting sport. All levels of the racquetball community need to work together to foster these developments through product development and promotion, increased recreational and competitive programming, and positive grass roots advertising and promotion. If we all work together with a unified message, we can definitely make a difference."



Amy Wishingrad
Penn Racquet Sports

"Penn has seen an upswing in racquetball sales in recent months and we are attributing this to a minor resurgence in the sport. We believe this trend should continue through 1996 as the sport continues to gain momentum as an invaluable cross-training tool and is rediscovered as a great overall fitness activity." • "We are optimistic about the future of the game as we get closer to the year 2000. The ingredients are right for racquetball to gain ground on other participatory sports. There is renewed excitement in both the mens' and womens' professional tour. The amateur ranks are flourishing with grass roots programs such as the clinician tours and high school leagues and tournaments. And, the AARA and IRT are joining forces to push racquetball to the next level with events like the 1996 U.S. Open tournament. If these programs perform as expected, racquetball could be on the verge of a major comeback."



Rob Ahrens
Ektelon

"Unfortunately, racquetball equipment sales are not 'lighting up' key retailers' cash registers. Recent sales reports from the largest chain customers in the country (which make up a large percentage of the business) show that their racquetball category sales range anywhere from 5-20 percent down." • "Yet, SGMA data shows that the market for racquetball play is not declining as it has in the recent past, and in fact, is even increasing among certain age and user groups. In addition, with the efforts of Ektelon, along with other manufacturers and associations, the RIA (Racquetball Industry Association) is working to unify our sport behind the marketing of "racquetball" to court clubs and ultimately, the consumer. Ektelon has had good success with the Ektelon/AARA Mixer Series bringing racquetball to the fitness consumer, and plans to continue this in 1996 as well." • "As a consequence, Ektelon believes that the prospects for racquetball's immediate future are somewhat encouraging. We are predicting market sales being flat to down 5 percent in 1996 (which compares very favorably to the racquet sales decline of 25 percent or more in each of the last two years)."



Doug Ganim, Marketing Consultant—Leader Sports Products & Tacki-Mac

"I see racquetball as a fairly flat market in 1996, and the sport being pressured to bring new players to the game. At the same time, I am optimistic about the industry's ability to re-stimulate growth. The renewal of professional racquetball, the Racquetball Manufacturers Initiative, and the AARA's new marketing-oriented approach to promoting the sport are all developments which I feel hold quite a bit of promise." • "I believe there is a significant chance that racquetball will be able to follow in the footsteps of other recent sports success stories such as volleyball, in-line skating, ice skating and soccer. Specifically, I think pro racquetball will continue to move into the national television spotlight and begin to serve as a stimulant for new participation in the sport. Attracting outside the industry sponsorship dollars and including the sporting goods retailers in the promotional campaign could result in a major increase in racquetball's popularity, similar to what we experienced in the late 70's."

**John Weaver
ProKennex**

"ProKennex racquetball views the category in different segments. While we believe the overall racquet categories will be flat or even with the previous two years, we see a growth in our high performance, more technologically advanced racquet categories. We also see the accessory categories (eyewear, gloves, after-market grips and balls) as slight growth categories for 1996. With racquet sports trending downward over the past 24 months and consumers bent on economy with quality, we believe that the core plus fringe players will continue to seek innovative equipment and invest in 1996." • "As a primary manufacturer and having a management team with its roots bred in racquetball, ProKennex, obviously, is very bullish on the sport. We believe that the meteoric growth in the late 1970's will not be realized again. However, the core values and philosophies of the sport remain unchanged. These are the health benefits, the psychological benefits, as well as the cultural core of racquetball will not diminish. The industry has awakened and embarked on a comprehensive, cooperative PR campaign that should keep the sport in a modest

**"We are very optimistic that a U.S. Open racquetball event will generate great, nationwide interest."
•Spalding•**



**Norm Peck
Wilson Racquetball**

"At the present time no, we do not see racquetball as a growth category. The sport must focus its efforts to attract new players and retain its existing base through grassroots marketing efforts. We must return the focus of the industry to the court club. Teaching professionals must be trained, directed and compensated to build the core number of players within their individual clubs. National broad-based marketing of the sport will not attract new players into the game. Racquetball is a participant sport, not a spectator sport." • "As we approach the year 2000, Wilson will focus the marketing efforts of the company to build the player base at the clubs. The sport is at a crossroads. We are competing for time and dollars with many other leisure activities. We must sell the sport to individuals through one-on-one encounters, and work to retain these new participants. Club owners must be convinced of the vitality of the sport as well as the business potential. If manufacturers and associations will commit to developing and supporting racquetball at the grass roots level, the industry will prosper."

**Ian Arthur
Head Sports**

"We definitely think racquetball is a growth category for 1996. Racquetball has made great strides in marketing itself. Head will continue its very aggressive positioning in racquetball and we expect another outstanding year of growth." • "As we approach the year 2000, Head sees the potential of racquetball expanding internationally as well as in the U.S. through more television coverage and media exposure."

growth phase. The commitment to build detailed consumer association and manufacturing alliances will be our primary objective for the next five years. This includes supporting and building the game at every level; the professional, the elite (pros and better players), grass roots and institutional levels of play. We do recognize that without a concerted, united campaign to elevate racquetball, the efforts will, more than likely, be fruitless."

Doug Smith
Network Marketing

"I thought you'd never ask ... I feel racquetball has reached a critical point in its existence. Whether it grows, remains stable, or slows depends on what I feel are some key issues to be dealt with immediately. If these are ignored, racquetball will slowly die, but if approached quickly efficiently and intelligently, racquetball will not only survive, but prosper. Some of these key issues include:

... Harmony between the IRT, AARA and WPRRA (now WIRT); this seems to be falling into place with the merging of the IRT and WPRRA and talk of a major, all-inclusive tournament on the docket for November, 1996.

... Bring the baby boomers back to the court; these are the players that created and were the driving force behind racquetball in the 1970's.

... Educate the clubs on how they can make money on racquetball; The AARA is working on this, and has to keep at it, novice get-togethers, freebie nights for beginners, free lessons...all result in memberships.

... Keep up the great work and play on the IRT pro tour -- rivalries between Cliff, Andy, Mike (Ray and Guidry), Tim Drew and Aaron are super. And now the influx of the 'kids' (Suds, John and Jason) bodes well for the future of the IRT. Now we have to get the fans to come back, so TV will want to air it and the sponsors will pay the big bucks and we can jump-start racquetball and get it back where it belongs - as a major participation sport.

John Hooghe
Transition Racquet Sports

"Yes, racquetball is a growth category in 1996. That is the reason we are the official racquet of the AARA. That has been a help to us. We're developing new products and our business has been good and we look forward to that continuing in 1996."

• "I see racquetball growing as we get closer to the year 2000. In my opinion, it has to be advertised somehow on television ... no products, per se, but the sport in general. I'd like to see the AARA promote the sport with public service announcement type messages mentioning aerobic and excitement aspects of the game. That kind of thing will touch people in a lot of ways. You could show the top players in the game as well as older players and recreational players and promote the fitness aspects of the sport. That is the way I see that we can really promote the sport and help it grow toward 2000."

"I like to think racquetball is about to rebound. I think the reality that we are in serious trouble has hit home. I see a sincere interest among the IRT, the AARA, WIRT, state organizations, manufacturers and clubs to work together so by the year 2000 racquetball will once again be a prominent sport. If we all follow some of the guidelines mentioned above, I feel this will be accomplished."



Jeff Miller • Spalding Sports Worldwide

"At Spalding, we feel the category will be flat to slightly up next year. Retailers are very cautious in both tennis and racquetball and are probably not going to expand wall space until they see real growth numbers -- not estimated figures on the number of participants, but actual dollar sales. Participation will creep up as IHRSA becomes more involved in communicating the benefits of our product, racquetball, to its clubs and all their members." • "Additionally, the men's pro tour will continue to create visibility for the sport and the re-structured women's pro tour should catch the interest of many women who might not understand the benefits of our great sport. We are very optimistic that a U.S. Open racquetball event will generate great, nationwide interest." •

"Generally, we see racquetball growing slightly each year up toward the magical year 2000. We are, however, optimistic that continued growth in the men's and women's pro tours along with an annual U.S. Open racquetball event could bring in a

Bill Bishop • Forten Corporation

"I think that racquetball will see some growth in 1996. I see positive steps being taken in an effort to grow the sport. I feel this effort will be rewarded, I think the results will be minimal during 1996. However, I think that long term growth can be

sustained with a very strong commitment and not too lofty expectations."

• "It is difficult to forecast where racquetball will be as we approach the year 2000. I think it will be healthier. I don't think it will see a dramatic increase in popularity, however." • "In order for there to be a dramatic increase in popularity, I would recommend that considerable focus be placed on selling the need for prospective players to dedicate themselves to the enjoyment of developing into a more self-reliant person through the racquetball experience. Perhaps parents should be encouraged to be more enthusiastic about the reward of growth of individual self reliance in their offspring rather than competition for a team position."

major sponsor and create an image of racquetball that is appealing to a larger audience. With this in mind, it is very possible that we could see exceptional growth in racquetball as we enter into the new century."

So, there you have it ... the proverbial "cautious optimism" that exists in the industry. When some companies such as Wilson and Dunlop make major efforts to get into the sport, the management at those companies obviously must think of racquetball as a growth category.

One could conclude that our sport is indeed at a crossroads, but the future does look bright. Arguments could be made that the sport is maturing, and should not be prone to the wild fluctuations of participation that has marked its short history.

Some other encouraging signs include ... sales of racquetball racquets, down for several quarters, were up through the first six months of 1995 including a 25 percent increase in wholesale dollars ...

... The men's professional tour seems poised to showcase the top athletes in our sport via television to a new audience – a younger audience – that has never seen the sport played at the highest level ...

... The continuing efforts of the AARA – working to get racquetball on the Olympic agenda, putting together the first true U.S. Open of racquetball, making available programs and playing options for the elite and recreational player alike – are certainly helping grow the game.

Yes, some good things are happening to racquetball. Stay tuned – the remainder of the 1990's should truly be exciting times for our sport.

VESTED INTERESTS >>>

In addition to manufacturers and distributors – which have the most invested in seeing an increase in participation – there are also other "vested interests" in the sport. We queried top management at the American Amateur Racquetball Association, the International Health Racquet and Sportsclub Association, the pro tours, and court builders about their impressions:

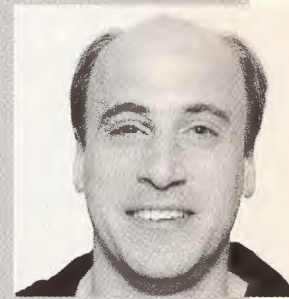
Luke St. Onge • Executive Director, AARA

We at the AARA are excited about the prospects for 1996. For the first time in 18 years there is true, unified promotion going on in our sport under the Racquetball Industry Association. Its initiatives will begin to bear fruit as the associations, manufacturers, court club owners and players work towards expanding the player base. • As we head toward a new century, the potential for racquetball to become competitive with all of the other leisure-fitness activities is tremendous. As court club owners recognize the financial benefits – as well as the fitness benefits – of the sport we will continue to see an intelligent, systematic growth. The collective efforts of the industry for the sport spells success as we enter the 2000's.



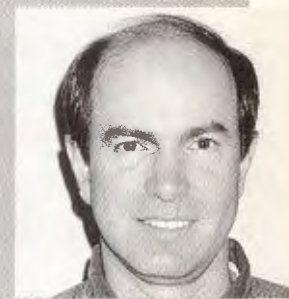
Hank Marcus • Commissioner, IRT/WIRT

Professional racquetball has shown tremendous growth over the last five years and both IRT and WIRT see 1996 as a chance to market that excitement. Interest in the tours will continue as television becomes an integral part of our events and telecasts grow in numbers and improve in quality. • The outlook for IRT and WIRT as we head toward the next century is one of unlimited potential. IRT Properties will attempt to mirror the type of excitement that NBA or NFL Properties have done for the larger sports. IRT and WIRT see the U.S. Open Racquetball Championships and its partnership with the AARA as a great new perspective on the future of racquetball as a sport.



Randy Stafford • The Court Company

The number of racquetball courts being built in 1996 is about equal to the last several years. We continue to see racquetball courts being built at the healthy rate currently being experienced. This is because courts are built in many various sectors of our economy. For instance, colleges, YMCA's, military bases, clubs, residences, community centers, hotels hospitals, apartments, and others. There will always be some sectors building courts to continue the growth of racquetball.



John McCarthy • IHRSA

There is nothing wrong with the sport. Wherever racquetball is aggressively promoted and programmed, it is seeing dramatic success. Like anything else – tennis, basketball, whatever – racquetball must be promoted in a proactive fashion or it will fall behind. I think the court club program will show some real positive results for clubs this year. • There is no doubt that racquetball is an integral part of the mix as far as physical fitness is concerned. The Surgeon General's report that is due out in 1996 stresses that 'physical activity' is important to a better quality of life. Racquetball qualifies exceptionally well. I think racquetball will continue to be a part of the physical fitness program for a great many Americans by the year 2000.



5x gould

plus

1x gudinas

In their first title attempts as teams, Michelle Gould and Cheryl Gudinas, and Adam Karp and Bill Sell, won the open divisions of the Ektelon AARA U.S. National Doubles Championships in late October. Gould won her fifth doubles title and Gudinas her first with a straight game win over defending champions Jackie Gibson and Joy Mackenzie. Adam Karp and Bill Sell paired to win a third national doubles title for Sell and a first for Karp. A seasoned international competitor at age 36, the left-handed Sell and current U.S. Olympic Festival singles champion Karp, 23, defeated the #4 seeded team of south-paw Todd O'Neil and Derek Robinson.

For their wins, each pair was appointed to the 1996 U.S. World Championship team, which will defend the U.S.' claim to the world cup at the VIII World Championships next August in Phoenix, Arizona. But, if these same winners re-qualify at National Singles in May, the second place doubles finishers (who

also qualified for the U.S. Team for making the final) could still be named to the world squad.

Women's Open Shake Up

Heading into the doubles championship, the women's open division had been in turmoil. Injuries, in-fighting between former partners, last-minute substitutions and strained friendships all combined to shake up the draw and liven up any predictions. Compared to last year, twins Jackie Gibson and Joy Mackenzie were the



ABOVE: GOULD (L) & GUDINAS;
BELOW: SELL (L) & KARP. PHOTOS: JIM HISER



1x karp

plus

3x sell

January - February 1996

**WORLD DOUBLES
TEAMS NAMED**
*First-time partnerships
earn gold ...*

only team to hold steady in the top seed position as the defending champions, but their odds went down when Joy sustained a knee injury only weeks before the event. The same ACL knee ligament tear forced Susan Pfahler to drop out of the open draw altogether, leaving her '94 silver medalist teammate Mary Lyons in search of a partner – and moving last year's bronze medal team of Elaine Hooghe and Kerri Stoffregen into the #2 spot. When '94 fourth place finishers (and '93 champions) Laura Fenton and Michelle Gould opted to split up, they also scrambled for the next seed – with Gould and new partner Cheryl Gudinas claiming the #3 spot, while Fenton and former champion Malia Bailey moved into the #4 seed position.

Still, the new match-ups and seedings held steady on the court, with no early upsets as all four top teams advanced into the semi-final with only one close call. It was Hooghe and Stoffregen who were taken to the wire by the tall, blond team of Holly Gray and Kersten Hallander in their quarterfinal. Serving for the match at 10-10, Hallander and Gray succumbed to the classic "mine ... no yours" down-the-middle error, off a back wall set up. Both Kersten and Holly watched each other expectantly, then helplessly, as neither of them swung at the shot. After the sideout Elaine Hooghe closed out the tiebreaker with a gutsy backhand rollout.

In the semi-final playoff for U.S. National Team spots, Gibson and MacKenzie went to their first tiebreaker against Malia Bailey and Laura Fenton after losing the first game 15-13, then rallying to take the second 15-3 and the third 11-6. Gould and Gudinas eliminated

DOUBLES RETURN TO PHOENIX

With just over 600 players on this year's roster, the Ektelon AARA U.S. National Doubles Championships marked its 28th year at the City Square Sports Club in Phoenix, Arizona, October 18-22. The event qualified a total of eight players to the U.S. National Racquetball Team and named the doubles teams for the 1996 World Championships. Silver medalists Jackie Gibson & Joy Mackenzie and Todd O'Neil & Derek Robinson were appointed to the U.S. Team and join a pool of athletes from which the U.S. World Team will be selected. Open division champions Michelle Gould & Cheryl Gudinas and Adam Karp & Bill Sell have earned spots on the world squad outright, either as doubles teams, or as singles contestants if they qualify again at the National Singles in May. A total of 45 divisions were played out in open and "A" skill levels, plus age and mixed doubles divisions from 19+ to 80+.

Hooghe and Stoffregen in straight games of 15-8, 15-8 to extend their U.S. team appointments by another year.

No strangers ...

The "final-four" in the women's open couldn't claim a single surprise about anyone on the court. Due to "the twin thing" Jackie and Joy anticipate more about each other than most. And Jackie and Michelle were former partners, and held the '90 and '91 national doubles titles together. Long-time U.S. team members Michelle and Cheryl played off in the finals of the '95 national singles, then decided to team up for the first time to take a shot at a doubles title. Game plans were no mystery for anyone ... it was going to be close, one way or another.

Heading into their final Michelle Gould had been confident, but wary. "Cheryl is a great singles player, and though we've never played together in doubles, she's been very impressive so far. But we're playing against a team from the same city who know each other beyond well ... they're really the only team in the entire draw with such an obvious advantage."

The twins earned the advantage of first serve and opened with Joy posting the first two points with high z-lobbs into the right glass wall to

Cheryl, but the lead wouldn't last. Through a series of hinders and sideouts, Michelle powerhoused her way into the game by single-handedly earning the first nine points with rally-ending shots, shared between forehand and backhand. For her efforts, she wore a high bruise on the left leg from a return of serve by Jackie, and a very clear imprint of a racquet frame — complete with strings — lower on the same leg. Stepping in to help out, Cheryl put away two forehands down the line on the glass to take the score to 13-6 before Joy led a six-point charge.

With only the slightest reduction in her speed due to the knee brace, Joy picked up the pace. With her forehand, she rolled out a pinch, then snuck in a cross court pass to the left for points seven and eight. With her backhand, she pinched the other side then shot straight down the middle for points nine and ten. Impatient by then, Jackie crossed over to the right to shoot her own forehand pinch, then pulled out an extraordinary backhand rollout from the last square foot of back-court floorspace. The final sideout saw the defending champs back in the game at 12-13, but only as long as it took Cheryl to put away her second pair of forehand points with clean passes down the line and cross court to close out game one, 15-12.



From Jackie

I wanted to share a little insight about how I felt this year. Joy and I have made it to the finals ever since we've played at Nationals four years ago. But, this year

was a special one. This tournament brought about challenges we have never faced before. Months ago we were excited to return as reigning champions and we felt ready as ever to clinch the title again. But, three weeks prior to the tournament, Joy blew her knee out. After a doctors examination and a MRI, she was diagnosed with a completely torn ACL (the ligament that holds the knee together). Joy had planned to start playing on the pro circuit this year and was excited to travel with me. Nevertheless, she was now questioning if she would even go to National Doubles.

For three weeks she stayed off her knees and only did exercises in the pool to keep the weight off the injury. Practicing was a bit of a challenge and Joy was apprehensive about moving around. So, she didn't practice because she didn't want to injure her knees any further.

Joy decided that she would give it a try, wear a brace and schedule the surgery immediately after. We went into the tournament with the hopes that Joy would be able to play well enough to qualify for the U.S. Team and, with the help of her faith and courage, we did.

I can't begin to tell you how proud I am of Joy. It took a great deal of strength mentally and physically to play through the fear of further injury and the endurance of all the pain. No one could ask for a better partner, sister, but most of all, a friend. She didn't have to go to Nationals, but her devotion, perseverance, and fortitude brought her there. I'll miss having her at tournaments these next months to come, but I know she'll be back stronger, better and with more appreciation of the sport.

In the photo above, that's Joy on the left.

In game two, Michelle and Cheryl chose nothing but offense to put a limping, worn-out Joy and frustrated Jackie on the ropes. Michelle and Cheryl went for the bottom board on everything, scoring the majority of points for both teams — their own 15, plus five skipped shots for points to their opponents. That, combined with points 1, 2 and 5 on forehand winners by Jackie, comprised the entire 15-8 final score in game two.

"I knew that Jackie and Joy would make a lot more precise shots which is always a big issue," said Michelle, "but as long as we could keep them in the back of the court and keep them out of control up the center, I thought we'd be fine. And I really wanted to get that title back." Mission accomplished, with a career count of national doubles titles placing Michelle Gould in the lead with five, followed by Jackie Gibson with three and one each for Cheryl Gudinas and Joy MacKenzie ... with many more opportunities to come.

Old & New in Men's Open

The men's open draw always offers a surprise or two, with new players and former greats re-grouping and switching among themselves right up to the last minute. But it pays to have staying power where seedings are concerned. Last year's silver medal team of Doug Ganim and Eric Muller — who boast five world doubles titles with other partners, and as a team in '92 — claimed the #1 spot ahead of national singles champion Michael Bronfeld and long-time partner Bobby Rodriguez in the #2 spot. Former pro and world doubles champion Dan Obremski and U.S. team member Dan Fowler teamed up for the first time to claim the #3 seed, while current U.S. Olympic Festival doubles champion Todd O'Neil and '94 USOF singles champion Derek Robinson shared the #4 seed position.

Tough Early Rounds

As early as the first round it was tough going for at least one of the top-seeded teams as Dan Obremski and '95 national singles silver medalist Dan Fowler were pushed to an 11-6 tiebreaker by Californians Rafael Fillippini and Alvaro Beltran. Two other tiebreakers were logged in the round of 32, with the Orlando, Florida pair of Gordon Kirkland and Scot Consoli taking an upset win over '95 U.S. Olympic Festival athletes John Amatulli and Mike Johnston. Former national junior team member James Mulcock and partner Jeff Mayorga also slipped into the sixteens with a narrow 11-10 victory over USOF doubles champion Mike Locker and teammate Kevin Graham.

More big names fell in the round of sixteen, with upset wins by Jimmy Lowe/Jason Thoerner over former world singles

champion Chris Cole and '90 national doubles champ Jimmy Floyd; and another advance by Mulcock/Mayorga in straight games over the ill-fated #3 seeded team of Obremski and Fowler.

It gets ugly right here ...

"When the tough get going," they say. But it was more than just tough going in the upset quarterfinal between top seeded '92 world champions Doug Ganim/Eric Muller and the Florida team of Tim Hansen and James Lorello. The former national doubles champion Hansen and current Men's 25+ national singles champion Lorello reportedly stooped to a disquieting display of court antics which including goading and shoving their opponents, along with football-style, congratulatory belly-bumping between rallies. Although good-natured off the court, the pair's behavior prompted courtside commentary that ranged from simply "embarrassing" to "can't this be stopped?" Fortunately, it was over quickly, in two games of 15-8, 15-8, to Hansen and Lorello.

Muller, who was taking the week off from his first term at Harvard Law School to compete in Phoenix, was the most affected by the tirades, during and after the match. "It took all the fun out of the game," recalled Muller "it's just not racquetball. But it makes me want to get back and hit the books."

Controversy also hovered around the #2 seeded team of Michael Bronfeld and Bobby Rodriguez, whose 11-10 loss to Adam Karp and Bill Sell was decided on an encroachment call by referee Rich Clay:

Early in the tiebreaker, Clay had called encroachment on Michael for trying to return a serve on the fly ... with his feet behind the line, but reaching into the safety zone with his racquet. Then, at 10-10 in the tiebreaker, on the same serve - a high z-lob into center court - Clay repeated the encroachment call.

"He pulled the ball from the right to the left, pulled it all the way into the left corner which indicated to me that he had to reach in order to hit that ball in that direction and that's why I called encroachment," said Rich. On appeal, one line judge agreed and the other disagreed, so the call stood and the match was over.

"Most of the time Michael short-hopped those serves ... he really only had five or so that he took on the fly," recalled Clay, "but he has incredibly good timing (on the short-hop) ... the minute it hit the floor he stepped into the zone and took the shot. But this was one of the few times that he took it on the fly and that made the difference."

Just a *little* pressure on the ref, but he took it well. "It was certainly no fun ... I don't like having to make any kind of call like that, but it really shouldn't matter if it's the first point of the game or the last point in the game. The rules are the rules. You'll see it in any professional sport - it could be the fourth down, the final play of the game, and you have to call pass interference or something like that. It happens. Unfortunately the timing was awful."

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But from another perspective entirely, Adam Karp recalled his own version of events "Even without that call," said Karp "I was able to end the rally with a winner, so it wouldn't have mattered. I played out the return and it was over."



Robinson (left) & O'Neil. Photo: Jim Hiser

Finally ...

To reach the men's open final and qualify for the U.S. Team, Todd O'Neil and Derek Robinson had eliminated Hansen and Lorello in straight games of 15-7, 15-14, while Adam Karp and Bill Sell had logged a quick 15-2, 15-3 win over Scott Reiff and Alan Engel. The shake-out extended current U.S. Team appointments for last summer's U.S. Olympic Festival champions Karp and O'Neil, and ended a short, three-month hiatus for Robinson, but it had been a longer wait for Sell.

For Bill Sell, who last qualified for the team in 1992, getting back on the squad was an added bonus. "The U.S. Team is a very unique experience and actually stepping off it for a while makes you see what it's all about all over again. I'm excited about making the U.S.

Team, but really I'm more excited about winning this championship and getting back to the Tournament of the Americas in Colombia next spring."

Even more important, it was a World Team spot on the line for the winners, as the two lefty-righty teams squared off for the final.

It was deja vu on the left side, since southpaws Sell and O'Neil had been in the same spot, with different partners, in 1992. Then it had been Sell and Joel Bonnett who defeated O'Neil and Jimmy Floyd. It took only a half hour to establish a similar pattern as Sell and Karp won the first game 15-10.

The second was much more of a struggle. At 6'4" Derek Robinson's wingspan makes him a bit difficult to pass, even more difficult to move and almost impossible to get around. But early in the second game, Adam devised a plan - step on him. Several skirmishes later, the personable Robinson appealed to referee Jim Hiser with the complaint "I could get to that shot if he wasn't standing on my foot." But it wouldn't last long since standing is not one of the things Adam does best ... he dives.

"I'm a control player and he's just pure speed," said the elder Sell, who claims over a decade more experience than his 23-year-old partner. Still, Karp knows the trade-off, "Bill knows how to play the game and he's got the head for it. I don't have the head, I've got the shots. He tells me what to do and I do it."

Before long, Bill was telling Adam to get them off point four, as Todd and Derek made a steady bid for points until they lead at 10-4, then 13-5.

But the comfortable eight point lead soon dissolved as a time out and a new ball changed the tempo. It was Sell who jump-started the recovery with a down the line rollout for point six, echoed by Adam on the right for point seven, then a quick save and dumped shot down the middle by Bill to go to 13-8. After a non-scoring sideout, Adam took over again with one backhand winner and three forehand points to his credit before Derek added a single skipped forehand to tie the game at 13 and take their second time out.

A blistering short-hop return of serve by Derek was appealed as encroachment, to no avail, returning the service advantage to O'Neil and Robinson. Derek answered with a diving forehand cross court pass that cracked out just beyond Bill's reach to go to 14, where the pressure cooker atmosphere lead to a mad scramble to win either the next point for the game or the next two rallies for a sideout. Todd's next forehand pinch attempt skipped in, but Bill's did not ... sideout. Another forehand pinch by Sell tied the score at 14-14, but it was still far from over. Two more sideouts apiece gave each team four more chances to win, until Adam laid in a forehand that forced Todd to dive for one last cross court pass. Though he got his racquet on the ball, it dropped in short by a scant one inch ... for game, match and world team spot to Karp and Sell.

All the Rage ...

Gone are the days when open players would focus on only the "main event" team qualifying divisions. And more recently, gone are the days when those same athletes wouldn't even consider mixed doubles as a viable second division.

A professional racquetball player, Cliff Swain, is shown in a dynamic pose, holding a racquetball racket. The background is a warm, brownish-orange color. The player is wearing a light blue shirt and dark shorts. The racket is black with a white grid pattern.

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... mixed bag

This year teams like Elaine Hooghe & David Hamilton, Malia Bailey & Jimmy Lowe, Laura Fenton & Derek Robinson, Michelle Gould & Eric Muller, Cheryl Gudinas & Dave Johnson and Lynn Adams Clay & Jim Carson proved that the mixed open division is a growing commodity, with plenty of talent.

Just ask Eric Muller, who won the division with Michelle Gould. "Michelle's great ... even better than a lot of left side players that I've been on the court with. She hits great serves. She hits good shots. What more could you want?"

Apparently not much, since the two won their final over Malia Bailey and Jimmy Lowe in straight games of 15-5, 15-7, after a series of tough matches. Not a bad run for the "rookie" Muller, who admitted "This is the first year I've played. Last year it seemed like it wasn't as big and now there are a lot of players from both open divisions. We were playing good teams really right from the beginning."

Clockwise from lower left: Rex Benham & Lola Marcus (50+); Lisa Calitri & Robert Schulsinger (A's); Lisa McLaws & Brian Mirich (19+); Shelley Ogden & Mike Stephens (45+); Jane Kirchhoff & Ralph Reeb (A's); Linda Miller-Maliff & Les Dittrich (45+). Photography thanks to tournament desk staffers Margo Daniels, Van Dubolsky & Mary Lyons.



January - February 1996

results ...

MEN'S OPEN: Bill Sell (Huntington Beach, Calif.)/Adam Karp (Santa Ana, Calif.) def. #4 Todd O'Neil (Dallas, Texas)/Derek Robinson (Indianapolis, Ind.) 15-10, 15-14; **MEN'S A:** Myron Hicks (Tucson, Ariz.)/Don Ottasen (Phoenix, Ariz.) def. John Bulinski (Santa Fe, N.M.)/Phil Cohen (Phoenix, Ariz.) 15-10, 15-9; **MENS 19+:** Jason Thoenner (Jacksonville, Fla.)/Steven Shapiro (Marietta, Ga.) def. Christian Guerra (El Paso, Texas)/Mario Lozoya (El Paso, Texas) 15-13, 15-7; **MEN'S 25+:** Billy Perrone (Hutchinson, Kan.)/Brad McCuniff (Cedar Falls, Iowa) def. Jeff Bell (Tucson, Ariz.)/Darin Decesare (Phoenix, Ariz.) 15-7, 10-15, 11-9; **MEN'S 30+:** Robin Dixon (Grand Terrace, Calif.)/Steve Lerner (Riverside, Calif.) def. Rick Besouzek (Omaha, Neb.)/Bruce Erickson (St. Louis, Mo.) 15-10, 15-7; **MEN'S 35+:** Dave Peck (Austin, Texas)/Evan Terry (Glendale, Ariz.) def. Mike Richter (Hamilton, Mt.)/Dean Sowards (Mead, Wash.) 15-5, 15-2; **MEN'S 40+:** Troy Stallings (Eden Prairie, Minn.)/Glen Withrow (Minneapolis, Minn.) def. Dave Kovanda (Worthington, Ohio)/Ron Woolard (Dublin, Ohio) 6-15, 15-7, 11-8; **MEN'S 45+:** Jim Bailey (Norfolk, Va.)/Ed Remen (Sterling, Va.) def. Steve Meltner (West Hartford, Conn.)/Ralph Worthington (Burke, Va.) 15-6, 15-3; **MEN'S 50+:** Jerry Davis (Shaker Heights, Ohio)/Jack Ross (Miami, Fla.) def. Tom McKie (Garland, Texas)/Craig Olsen (Grand Island, Neb.) 15-14, 15-13; **MEN'S 55+:** Jerry Davis (Shaker Heights, Ohio)/Jack Ross (Miami, Fla.) def. Lee Graff (Albany, Ore.)/Thomas Pennick (La Mesa, Calif.) 15-14, 15-13; **MEN'S 60+:** Paul Banales (Phoenix, Ariz.)/Tom Moore (Arcadia, Calif.) def. Don Alt (Dublin, Ohio)/Otis Chapman (Cleveland, Ohio) 15-6, 15-4; **MEN'S 65+:** Dean Adirth (Vancouver, B.C.)/Duncan Stockwell (Vancouver, B.C.) def. Malcolm Roberts (Melbourne, Fla.)/Victor Sacco (Norwood, N.Y.) 15-12, 15-13; **MEN'S 70+:** Ivan Bruner (Madison, Wis.)/Victor Sacco (Norwood, N.Y.) def. Jack Gushue (Horseheads, N.Y.)/Dick Kincade (Divide, Colo.) 15-12, 15-6.

WOMEN'S OPEN: #3 Michelle Gould (Boise, Idaho)/Cheryl Gudinas (Chicago, Ill.) def. #1 Jackie Gibson/Joy Mackenzie (San Diego, Calif.); **WOMEN'S A:** Sandra Cabrera (Elk Grove, Calif.)/Mary Rossi (Acampo, Calif.) def. Kim Cameron (Fremont, Calif.)/Bev Supanick (Bakersfield, Calif.) 15-12, 15-7; **WOMEN'S 19+:** Rachel Gellman (Albuquerque, N.M.)/Lourdes Garcia Sanders (Greeley, Colo.) def. Diane Gronkiewicz (Griffith, Ind.)/Holly Desportes (Sterling, Va.) 13-15, 15-13, 11-2; **WOMEN'S 25+:** Chau Phan (Reseda, Calif.)/Dina Moreland (Claremont, Calif.) def. Lydia Hammock (San Diego, Calif.)/Mary Rossi (Acampo,

Calif.) 15-3, 15-10; **WOMEN'S 30+:** Kersten Hallander (Jacksonville, Fla.)/Dori Moss (Plantation, Fla.) def. Chris Evon/Terri Graham (San Diego, Calif.) 9-15, 15-11, 11-4; **WOMEN'S 35+:** Mary Lyons/Susan Morgan Pfahler (Jacksonville, Fla.) def. Carla Hiatt (Lincoln, Neb.)/Linda Moore (Madison, Neb.) 15-4, 15-10; **WOMEN'S 40+:** Julie Jacobson (Verona, Wis.)/Nancy Kronenfeld (Parkridge, Ill.) def. Connie Martin (Gresham, Ore.)/Donna Severson (Aloha, Ore.) 2-15, 15-14, 11-4; **WOMEN'S 45+:** Shelly Ogden/Gerri Stoffregen (Cincinnati, Ohio) def. Nidia Funes (Novato, Calif.)/Merjean Kelley (Palo Alto, Calif.) 15-10, 15-8; **WOMEN'S 50+:** Jo Kenyon (Tallahassee, Fla.)/Lola Markus (Park Ridge, Ill.) def. June Kaval (Duxbury, Mass.)/Trish Moore (San Jose, Calif.) 15-8, 15-4; **WOMEN'S 55+:** Susan Embry (Valley Center, Calif.)/Nancy Martin (La Jolla, Calif.) unchallenged; **WOMEN'S 60+:** Jo Kenyon (Tallahassee, Fla.)/Lola Markus (Park Ridge, Ill.) unchallenged.

MIXED OPEN: Michelle Gould (Boise, Idaho)/Eric Muller (Cambridge, Mass.) def. Malia Bailey (Norfolk, Va.)/Jimmy Lowe (Ft. Knox, Ky.) 15-5, 15-7; **MIXED A:** Connie Fall (San Francisco, Calif.)/Jack Abramo (San Francisco, Calif.) def. Jane Kirchhoff (Pataskala, Ohio)/Ralph Reeb (Gahanna, Ohio) 13-15, 15-9, 11-7; **MIXED 19+:** Lisa McLaws (Union City, Calif.)/Brian Mirich (Sunnyvale, Calif.) def. Holly Desportes (Sterling, Va.)/Ray Maestas (Las Vegas, N.M.) 13-15, 15-7, 11-3; **MIXED 25+:** Lisa McLaws (Union City, Calif.)/Brian Mirich (Sunnyvale, Calif.) def. Sandra Cabrera (Elk Grove, Calif.)/David Garcia (Saratoga, Calif.) 15-13, 14-15, 11-6; **MIXED 30+:** Lynn Skadeland (Williston, N.D.)/Jon Martin (Gresham, Ore.) def. Karen Holden (Novato, Calif.)/John Winings (Galt, Calif.) 8-15, 15-8, 11-7; **MIXED 35+:** Chris Evon (San Diego, Calif.)/Bill Lyman (Berwyn, Ill.) def. Linda Moore (Madison, Neb.)/Craig Olsen (Grand Island, Neb.) 15-3, 15-4; **MIXED 40+:** Elaine Dexter (Dublin, Calif.)/David Azuma (San Ramon, Calif.) def. Leslie Pawka/Mike Pawka (San Diego, Calif.) 15-6, 15-2; **MIXED 45+:** Shelley Ogden (Cincinnati, Ohio)/Mike Stephens (Ada, Mich.) def. Geri Stoffregen (Cincinnati, Ohio)/Jim Hiser (Colorado Springs, Colo.) 15-7, 6-15, 11-8; **MIXED 50+:** Nidia Funes (Novato, Calif.)/Denis Lose (Palo Alto, Calif.) def. Trish Moore (San Jose, Calif.)/Stan Gardner (San Jose, Calif.) 15-11, 15-13; **MIXED 55+:** Jo Kenyon (Tallahassee, Fla.)/Ron Maggard (Lake Tapawingo, Mo.) def. Helen Dunsmoore/Jack Dunsmoore (Boise, Idaho) 15-3, 15-1; **MIXED 60+:** Jo Kenyon (Tallahassee, Fla.)/Ron Maggard (Lake Tapawingo, Mo.) def. Lola Markus (Park Ridge, Ill.)/Jack Dunsmoore (Boise, Idaho) 15-14, 8-15, 11-9.

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seemed as though Tim was in control much of the match. After the win, it was obvious that Sweeney had regained his stature as a tour competitor.

HALLOWEEN CLASSIC

Woodfield Athletic Club: Chicago, Illinois

By Jim Hiser

The Negrete brothers did it again. Considered by many of the touring pros as the most entertaining stop on the tour, this year's 10th annual Halloween Classic once again lived up to its reputation. Not only does the event always seem to inspire some of the younger players to unexpected feats of performance, but the always friendly and open-hearted Chicago crowds made the entire weekend a rewarding and enjoyable experience for amateurs and pros alike.

The 32's

Playing in Chicago puts you in Tim Sweeney country. And due to the "Woodfield Halloween Curse," if you are a top seed and draw Mr. Sweeney in the early rounds you are hexed indeed. Two years ago, the unseeded Mr. Sweeney surprised everyone and won the event. This year Tim had been concentrating on school work and really had played in only one major event – the Pan Am Games, where he won a gold medal in doubles. So no one really knew how he was playing or even if he could be competitive at the professional level. The question was soon answered.

Unseeded and forced to qualify, Tim drew the #1 seed – unquestionably one of the most dominant forces in pro racquetball – Cliff Swain. But supported by friends and family, Tim rapidly showed everyone he was ready for Mr. Swain. Whether it was the home court advantage, a desire to prove himself in front of his local fans, or the infamous "Woodfield Curse," many players agreed that it was the best they had seen Tim play in many years. Keeping Cliff off balance with his powerful drive serve, Tim capitalized on weak returns. Although Cliff did take the second game, it still

The 16's

Without recapturing the intensity of the preceding day's victory, Sweeney did continue his winning streak by defeating #16 seeded Dan Fowler. Tim's serve was not as dynamic as it had been in the Swain match, but his determination enabled him to sneak out a four game victory. Some of the pressure of performing in front of friends and family and the fatigue of not competing for months was beginning to show.

In his round of 16 match, John Ellis' many hours spent with a personal psychological trainer was beginning to pay off. Never had John appeared so relaxed and never had he seemed to enjoy playing so much. Two other round of 16 players also displayed why they would be forces to reckon with in the near future – one even with a loss, the other with a win. Former World Junior champion Jason Mannino continues to amaze everyone with his remarkable recovery after a near-fatal car accident. After defeating U.S. team member Derek Robinson in the 32's, Jason lost the next round but not before pushing Andy Roberts to four games. Louis Vogel dominated a struggling Tim Doyle in another 16's battle, where Vogel's blistering drive serve and Doyle's lower back problem proved to be too much for Tim to handle.

The Quarterfinals

It was younger talent on the tour that finally caught up with Tim Sweeney, as John Ellis continued to ease his way through the draw with an almost effortless three game victory over Sweeney. The stress and obvious effort expended by Sweeney in his earlier matches had taken its toll. With little zip on the ball and even less court speed, Sweeney could not equal Ellis's desire to reach the quarterfinals.

In this round, Drew Kachtik once again proved that his diving ability and never-say-die attitude forces opponents to make almost perfect shots to win. A perfect behind-



Negrete brothers (l-r): Dennis, John & Dave. Photo: Jim Hiser.

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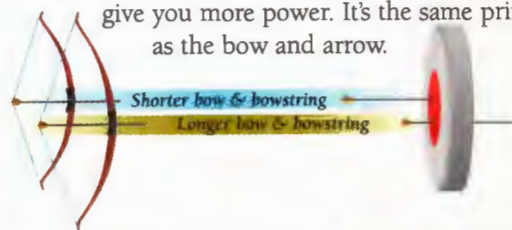
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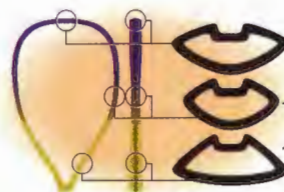
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ADVANCING IN CHICAGO

Round of 16

Tim Sweeney def.....	Dan Fowler 2-11, 11-5, 12-10, 15-13
John Ellis def.....	Woody Clouse 11-5, 11-5, 11-4
Drew Kachtik def.....	Brian Rankin 11-2, 11-4, 11-8
Mike Ray def.....	Mike Engel 11-9, 11-6, 6-11, 11-0
Mike Guidry def.....	Mike Ceresia 13-11, 11-8, 11-3
Sudsy Monchik def.....	Adam Karp 11-7, 11-7, 8-11, 11-9
Louis Vogel def.....	Tim Doyle 2-11, 11-7, 11-6, 11-5
Andy Roberts def.....	Jason Mannino 11-7, 10-12, 11-4, 11-2

Quarterfinals

John Ellis def.....	Tim Sweeney 11-5, 11-4, 11-2
Drew Kachtik def.....	Mike Ray 12-10, 6-11, 11-9, 14-12
Sudsy Monchik def.....	Mike Guidry 13-11, 16-14, 11-3
Andy Roberts def.....	Louis Vogel 7-11, 10-12, 11-9, 11-5, 11-2

Semifinals

John Ellis def.....	Drew Kachtik 11-6, 11-7, 5-11, 12-10
Sudsy Monchik def.....	Andy Roberts 14-12, 11-3, 14-12

Final

John Ellis def.....	Sudsy Monchik 8-11, 11-9, 11-9, 11-2
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Sudsy celebrates a good point in front court (left), Ellis moves back into receiving position. Photo: Jim Hlser.

Vogel's inconsistency and charged ahead to win the next three games and the match.

the-back ceiling ball followed by a weak ceiling ball return by Mike Ray ended the match with a 14-12 fourth game victory for a determined Drew.

Although ranked #3, Mike Guidry is one of the most underrated players on the tour. Few spectators seem to truly appreciate his tremendous speed and retrieving ability, not to mention his uncanny ability to kill the ball on the run. Matched up against Sudsy Monchik, Guidry was forced to go speed-for-speed and power-for-power. The first game was a see-saw battle, with Monchik seemingly stunned at times by some of Guidry's gets, but eventually outlasting Mike 13-11. At the end of the first game a fellow player observed that Mike was a much better player if he won the first game. Although the second game also went into overtime, Mike's unforced errors on lob serves at 13 and 14 gave Sudsy the 14-12 victory. The third game verified the previous forecast as Sudsy rumbled over Mike 11-3.

It's possible that Louis Vogel is still trying to figure out how he lost to Andy Roberts in their quarterfinal match. Effectively mixing deceptive jam serves with 170 mph drive serves, Louis dominated games one and two. Even an inspired between-game pep talk by Andy's father didn't seem to get Andy going as he fell behind 4-1 in the third. But just when it seemed Vogel was about to burst the bubble of Andy's new #1 ranking (obtained following Cliff's first round loss), Louis undertook the almost unbelievable feat of serving nine consecutive faults. All that remained of the match was for Louis to get his serves in, but he just couldn't do it. Roberts, known as one of the most intelligent players on the tour, immediately capitalized on

The Semis

Rookie vs. veteran, youth vs. experience, power vs. quickness — it was all there between Sudsy Monchik and Andy Roberts. From the outset, crowd expectations were satisfied as Roberts took an 8-7 lead in game one. Monchik pressured Andy's forehand by continually drive serving to the right and, although the serves came off the back wall with good pace, Andy struggled to make effective returns. The combination of infamous Woodfield court hinders and Monchik's blistering power were undoubtedly factors in Roberts' struggle and Monchik survived game one 14-12. Game two was all Monchik as he drove both forehand and backhand serves in with consistency for a game score of 11-3.

What happened in game three might not have been believed — except that it had happened only one week earlier. Ahead 10-1, yes 10 to 1, Andy Roberts lost a major game lead for the second week in a row, then the match 14-12. It became the question of the day ... how could one of the game's most dominant stars lose games with 10-1 leads two weeks in a row? Perhaps the answer lies in Sudsy's comment after the match. "All I needed was to relax and not rush. I knew there was no clock and if I just made a few shots I could get back in the game." The talent of the players at this level is so overwhelming that no lead is ever safe. As Doug Ganim said after his humiliating defeat to Andy Roberts in the 32's, "The pro game is another world. They're just so good it is hard to believe." What Andy Roberts now believes is just how good Sudsy really is.

In the other semifinal, the youth, speed and retrieving ability of John Ellis seemed to intimidate Drew Kachtik at times. Earlier matches against Mike Ray and Mike Engel hadn't offered that particular experience. But after John controlled games one and two, Drew rebounded in game three with an 11-5 victory. Then, shaken up after bouncing off the wall on a patented Kachtik dive, Drew's consistency seemed to improve. In game four a "finals omen" appeared, as inconsistent officiating seemed to affect Drew with lapses of concentration and moments of extreme frustration.

The pro "no linesman" rule does not permit appeals and grants the official the final word. To officiate the world's fastest game, from an almost impossible angle, on a court with less than ideal surfaces, is an impossible task, and puts enormous pressure on the officials – a factor that would re-appear in the finals. Ellis took advantage of the situation, and Drew's momentary lapses, to advance into his first pro finals with a 12-10 victory.

The Final

The dream match up. Two former junior national champions, two Pan American gold medalists, two of the game's most powerful players, two of the fastest athletes on the tour, and two of the tour's most charismatic personalities would face off in their first pro final against each other. What more could the avid racquetball enthusiast want?

As expected, Monchik started out quickly, hit good drive serves and went out to an 8-2 lead. Although Sudsy had the lead and seemed in control, by looking at the players, the unaware spectator would assume the opposite. Ellis seemed calm, fully confident and relaxed, even smiling at the crowd. Sudsy, on the other hand, seemed entirely focused, but nervous and somewhat tense. Was the pressure of playing his best friend – combined with the fact that Ellis' coach was none other than Ruben Gonzales, Sudsy's longtime mentor – too much for Monchik to handle? So early in his professional career? Not in the first game, as Monchik went on to win game one 11-8.

Spectres of the semifinal officiating upheaval were about to appear. Ahead in game two at 8-6, Sudsy hit a perfect forehand kill shot that was called a skip. After a bit of discussion, Sudsy accepted the referee's call and walked back to receive. Then a double-bounce get by Ellis upped the score to 8-7.

Again amazed by the call, Sudsy expressed his discontent, then obviously lost concentration and eventual control

of the game, losing 11-9. If Sudsy had been able to appeal – had the call been overturned and resulted in a 9-6 lead – would that lead have been enough to maintain Sudsy's confidence and clinch the victory? Of course no one knows, but it was clear to most of the gallery that the officiating had a tremendous effect on the game's outcome. In game three Sudsy again blew a 5-1 lead, losing to Ellis 11-9. In all fairness, it's important to note that game three saw as many calls favor Monchik as game two had for Ellis. But it was Ellis's much-improved mental skills and confidence that kept him in the game. Although frustrated himself, John actually laughed off many of the calls and seemed to get tougher.

Sudsy responded in the opposite way and his frustration was evident in game four as he lost 11-2. Ellis's many months of physical training, rehabilitating his sprained ankle and mental training had finally paid off with his first tour victory. John had always shown promise, but numerous outside influences and an inability to maintain focus had resulted in less than spectacular performance. A new environment, personal guidance and a new-found confidence should continue to maintain Ellis in the top ranks of professional racquetball.

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VCI CHALLENGE CUP #1

IRT takes Montreal, by Darrin Schenck

The IRT heads north of the border twice a season, and this year's trip to Montreal had a few familiar faces missing. Due to the amateur national doubles championships held the same weekend, the following notables were missing in action ... Adam Karp, Dan Fowler, Derek Robinson, Todd O'Neil, Scott Reiff, and Kelly Gelhaus, who will be out until January due to an ankle problem.

With this list of IRT regulars missing from the draw, there were more opportunities for local players to take their shot at the pros. Mike Green played a good match against Josh Messina and eventually won 11-7 in the fourth. Sherman Greenfeld advanced past Jeff Hanno, while Mike Ceresia was the benefactor of a no-show by Dan Llacera.

The sixteens held true to form with the exception of Tony Jelso knocking off #8 seed Drew Kachtik in three, and Andy Roberts taking out Mike Engel in three. Some tough matchups in the quarters included #4 seed Mike Ray beating #5 seed Sudsy Monchik 11-8, 11-2, 15-13. John Ellis, seeded #6, also pulled a minor upset, defeating #3 Mike Guidry in five fast-paced games of 11-9, 11-3, 3-11, 8-11, 11-6.

In a recent trend, this event matched Cliff Swain with nemesis Mike Ray again. In the last two events, Ray has un-seated the world's number one player and had hopes of a third straight victory in Montreal. Cliff played the big points tough and ended Ray's streak, winning 12-10, 12-10 11-4.

Ellis and Roberts are the David and Goliath match-up on tour. Both are big hitters, but with Ellis being the much faster of the two you'd think he would have the edge. But Andy's near perfect footwork and shot-making proved too much for John as he fell 11-3, 6-11, 11-2, 11-9.

As so often happens, number one met number two in the finals. Cliff had not dropped a game in this event, and Andy was looking sharp as well. The match was tight from the start, with Cliff taking an early lead in the first and trying to close the game out quickly. Andy battled back to 9-9, but Cliff shut the door on a comeback and won 11-9. Game two was much the same, with Cliff taking an early lead and Andy trying to close the gap. Cliff took game two 11-9. Roberts jumped out to a huge 10-3 lead in the third, and the match seemed destined for at least four

IRT IN MONTREAL: VCI #1

Round of 16

Cliff Swain def. Dave Sable 11-1, 11-2, 11-6
Tony Jelso def. Drew Kachtik 11-8, 11-7, 11-1
Sudsy Monchik def. Sherman Greenfeld 11-8, 11-7, 11-5
Mike Ray def. Mike Green 11-8, 11-5, 11-4
Mike Guidry def. Mike Ceresia 7-11, 10-12, 11-3, 11-7, 11-6
John Ellis def. Jason Mannino 11-8, 11-4, 5-11, 12-10
Mike Engel def. Louis Vogel 11-9, 8-11, 2-11, 11-5, 11-8
Andy Roberts def. Sean Graham 11-3, 11-5, 11-3

Quarterfinals

Cliff Swain def. Tony Jelso 11-6, 11-8, 11-6
Mike Ray def. Sudsy Monchik 11-8, 11-2, 15-13
John Ellis def. Mike Guidry 11-9, 11-3, 3-11, 8-11, 11-6
Andy Roberts def. Mike Engel 11-5, 11-7, 11-9

Semifinals

Cliff Swain def. Mike Ray 12-10, 12-10, 11-4
Andy Roberts def. John Ellis 11-3, 6-11, 11-2, 11-9

Final

Cliff Swain def. Andy Roberts 11-9, 11-9, 12-10

games if not more. But a twist to the plot was added by tour referee Dave Sable who, from a difficult viewing angle, missed a skip that would have given Roberts game three with a comfortable margin. Cliff battled back, and using momentum from the crowd, pulled out game three in an exciting come-from-behind fashion 12-10. VCI Challenge Cup #1 to Cliff Swain!

STRONG FUNDS PRO-AM

The Pro's return to Milwaukee after seventeen years! Roberts takes over the number one spot, and some new faces in some new places at the West Allis Athletic Club in early November.

The first round had two forfeits, some local favorites and twelve year old Cory Martin playing the new #1 Andy Roberts. Tim Sweeney made the trip from Chicago hoping to ride the wave of the previous week's success in his hometown. But things didn't go quite as planned, as he lost to Dan Fowler in five. Other locals included Ryan Homa, Josh Hawkins, John Amatulli, Tony Molinaro, Alex Weis, Kevin Graham, John and David Negrete, Eugene Coyle, Buzz Sawyer and Jim Ellenberger. A few of the locals managed to win a game against a top player, but none saw the second round.

The round of 16 produced an upset by Derek Robinson, playing some top-level racquetball to beat the #3 seed, Mike Guidry, in three straight. The sixteens also matched Jason

IRT IN MILWAUKEE: STRONG FUNDS PRO-AM

Round of 16

Andy Roberts def.Dave Sable 11-4, 11-4, 11-3
 John Ellis def.Brian Rankin 11-8, 3-11, 11-5, 11-6
 Tony Jelso def.Louis Vogel 5-11, 11-5, 11-1, 10-12, 11-7
 Mike Ray def.Dan Fowler 4-11, 11-2, 11-7, 11-4
 Derek Robinson def.Mike Guidry 11-6, 11-6, 11-9
 Jason Mannino def.Adam Karp 8-11, 11-5, 11-5, 7-11, 11-6
 Sudsy Monchik def.Mike Engel 11-6, 12-10, 12-10
 Cliff Swain def.Darrin Schenck 11-3, 11-1, 11-0

Quarterfinals

John Ellis def.Andy Roberts 11-2, 6-11, 12-10, 7-11, 11-1
 Mike Ray def.Tony Jelso 12-10, 11-9, 6-11, 11-4
 Jason Mannino def.Derek Robinson 7-11, 4-11, 12-10, 11-9, 11-5
 Cliff Swain def.Sudsy Monchik 11-3, 11-4, 11-2

Semifinals

John Ellis def.Mike Ray 11-5, 2-11, 11-8, 2-11, 11-2
 Cliff Swain def.Jason Mannino 11-5, 11-5, 11-3

Final

Cliff Swain def.John Ellis 6-11, 11-0, 11-6, 11-4

Mannino and Adam Karp, with Mannino winning in the fifth, 11-6. Ellis took out Rankin in four, Jelso beat Vogel in five, Ray got past Fowler in four, Roberts beat Sable in four and Swain cruised past Schenck in three to advance into the quarterfinals.

The quarters matched an injury-slowed Sudsy Monchick with man-on-a-mission Cliff Swain, with Swain prevailing in three. With the #3 seed ousted by Robinson in the preceding round, someone was due to make the semis for their first time. Robinson took a two game lead over Mannino, but Jason battled back and won the third 12-10, and eventually won the match in five. The ever-steady Mike Ray beat Tony Jelso in four, and red hot John Ellis continued his recent high level of play to defeat #1 seed Andy Roberts in a see-saw battle that went to 11-1 in the fifth.

The Saturday afternoon semis pitted John Ellis vs. Mike Ray and Jason Mannino vs. Cliff Swain. The capacity crowd thoroughly enjoyed the high level of play, cheering throughout each match. Ellis and Ray played a back-and-forth match, each taking turns dominating play and controlling the pace of the match. Ellis won the war, taking out Ray and advancing to his second final in two weeks.

Cliff Swain knew, with the quarterfinal loss suffered by Roberts, that a win at West Allis would put him back on top. But playing Jason Mannino in the semis was no easy task. Jason is known for getting to everything and making you hit extra shots seemingly every rally. But sometimes that's not enough, as was the case this day, and Cliff won in three games.

The finals in Milwaukee had the #8 seed John Ellis and the #2 seed Cliff Swain facing one another. Each player had something to prove, Ellis hoping to follow up his win in Chicago, and Cliff wanting to regain the number one spot. Ellis started out hot, winning the first game 11-6, but was shut down in the second by Swain 11-0. Ellis never quite got back on track, as Swain won the next two games 11-6 and 11-4 to regain the #1 ranking on the International Racquetball Tour.

IRT UPDATE

W+IRT = WIRT! The International Racquetball Tour™ recently announced a partnership with the former Women's Professional Racquetball Association to form the WIRT. Under the direction of Hank Marcus, named as Executive Director of the new association, the Women's International Racquetball Tour will join with the men's professional tour to consolidate the uppermost level of the sport and the finest athletes in racquetball. The WIRT will share the same goals as the IRT, foremost being the advancement of the sport led by a strong pro organization.

Top women's player Michelle Gould shares the enthusiasm of the tour's leadership and "looks forward to competing side-by-side with the men at the events which will showcase the entire professional level, like the Pro Nationals in Las Vegas." The men's tour's Andy Roberts sums it up with "this is a great opportunity for both the men and women to bring their collective energy and efforts together to lead the sport to new and higher levels of fan enthusiasm."

The Women's International Racquetball Tour has eight events scheduled for the 1995-96 season and will join with the International Racquetball Tour for events which will bring the finest female and male athletes in racquetball together. For further information regarding the Women's International Racquetball Tour please contact Hank Marcus at 503/639-3410 or Steve Lerner at 614/847-0884.

THANKS: Thanks go to our "gracious hosts" in Montreal, and to Michele Gagnon and the crew at Nautilus Las Salle Club for running a smooth event ... Thanks to all the fans who came out to cheer on the pros at West Allis in Milwaukee. An enthusiastic crowd always pushes the players to try harder and play better and the verbal support is greatly appreciated. Congratulations to Keith Nygren for running a great show all weekend, and special thanks to Strong Funds for sponsoring this event.

pro file: wirt

BALA PRO-AM IN L.A.

By Cheryl Gudinas

The WIRT was glad to return to California to kick off its 1995-96 season at the Bala Pro-Am, hosted by Racquetball World of Canoga Park. It was a great way to begin what is already proving to be a successful tour season!

Although a few of the regular tour players were noticeably absent ... Marci Drexler, Robin Levine (shoulder surgery), and Laura Fenton ... the Bala Pro-Am welcomed newcomers Vicki Aguilar, and Dina Moreland, plus returning "veterans" Dana Sibell-Anderson, Dee Ferriera-Worth and Jackie Paraiso-Gibson. With a couple of the top four missing, the draw opened up a bit and became very interesting.

Round of Sixteen

Facing #3 seeded Lynne Coburn, Jackie Gibson continued her smart play by serving well and using all the angles to advance to the quarters in straight games of 11-2, 11-8, 11-8. Up-and-comer Tammy Brockbank eliminated #7 seeded Kim Machiran, and didn't appear to miss many shots

at all. Michelle Wiragh and Anita Maldonado played a barn burner, with Wiragh escaping the upset in a fifth game win, 11-9! Whew! Equally exciting was the match-up of Dina Moreland with #4 seeded Chris Evon. Chris appeared a bit stymied early, and Dina didn't miss while taking the first 11-8. But this match would go back and forth, as these two flip-flopped games until Chris's mental toughness and great shot-making ability enabled her

to run off 22 points to Dina's last five, in games four and five. Evon won the match, and held on to the #4 spot, 8-11, 11-6, 5-11, 11-3, 11-2.

Quarterfinal

The quarters found Michelle Gould advancing in three easy games over a struggling Michelle Wiragh, 11-3, 11-0, 11-0. Chris Evon appeared to find her shots again quite nicely, but dropped one game to Marcy Lynch en route to her victory. On the bottom half of the draw, #6 seeded Amy Kilbane would be defeated by Gibson, who obviously was back on track after her absence.

In the last quarterfinal, Brockbank started out hot and killed her way to an 11-4 first game win over #2 seeded Cheryl Gudinas, who watched in awe as Tammy couldn't miss a backhand. In the second game, Cheryl finally found an effective serve to shift the momentum to her favor, and win it 11-5. In the third, Gudinas moved out to an early lead and, appeared to have the game in control, but agreed to play a rally over due to a missed call by the referee. Following the re-played rally, Brockbank regained her confidence and made her move, chipping away at Gudinas' big lead, but still losing 11-8. The match went to Gudinas in four, after Brockbank seemed to lose her focus and missed some easy shots.

Semifinals

In the semis, Gudinas faced Gibson, who had quietly made her way through the draw to the final four spot. There, Cheryl could not get going, and struggled to find a serve that Jackie would not attack offensively. Gibson selected the cross court roll-out as her shot of choice for the match, and kept her opponent guessing. Again Jackie advanced without losing a game, 11-7, 11-3, 11-6.

On the top half it was the predictable #1 vs. #4. Michelle Gould appeared to be right on track to start but, never to be counted out, Chris Evon would hang around in the

WIRT IN LOS ANGELES: BALA PRO-AM

Round of 16

Michelle Gould def. Vicki Aguilar 11-0, 11-1, 11-0
Michelle Wiragh def. Anita Maldonado 12-10, 7-11, 8-11, 12-10, 11-9
Marcy Lynch def. Janet Myers 11-5, 8-11, 11-3, 11-3
Chris Evon def. Dina Moreland 8-11, 11-6, 5-11, 11-3, 11-2
Jackie Gibson def. Lynne Coburn 11-2, 11-8, 11-8
Amy Kilbane def. Diane Gronkiwicz 11-6, 11-0, 11-5
Tammy Brockbank def. Kim Machiran 11-5, 11-3, 12-10
Cheryl Gudinas def. Lorraine Galloway 11-6, 11-5, 11-5

Quarterfinals

Michelle Gould def. Michelle Wiragh 11-3, 11-0, 11-0
Chris Evon def. Marcy Lynch 11-4, 6-11, 11-5, 11-6
Jackie Gibson def. Amy Kilbane 11-6, 11-3, 11-6
Cheryl Gudinas def. Tammy Brockbank 4-11, 11-5, 11-8, 11-4

Semifinals

Michelle Gould def. Chris Evon 11-6, 11-9, 10-12, 11-3
Jackie Gibson def. Cheryl Gudinas 11-7, 11-3, 11-6

Final

Michelle Gould def. Jackie Gibson 11-1, 11-3, 11-3

first, losing 11-6, then really push Gould in the second. Chris was able to move Michelle out of center court, and used the corners at the right times to keep the game lively. But Michelle took a time out in an attempt to regain focus, and did so, recovering to take the second 11-9. Chris did not let that close loss affect her though, and used her quickness to get to Michelle's serves and move her into deep court once again. The left corner pinch continued to work well for Chris, and the crowd was excited to see her push the match to another game. In the fourth and final game, Gould got her serve back on track, and Chris appeared to let down a bit as Gould put to rest any notions the crowd may have had for a fifth game tiebreaker.

The final

Word was out around the club that Jackie Gibson, playing as well as she had so far, might be able to make the first final of the season very exciting. An old rivalry from a few years ago, Gould and Gibson know each other's games very well. But Gould would appear intense and focused from the start. With her serve going in better than it had all tournament, she denied Gibson any momentum. Michelle's patented drive serves, backhand splats and straight in rollouts would put an end to any thought of an upset. Gould took an easy, straight game win to open the season, 11-1, 11-3, 11-3.

GOULD CAPTURES INAUGURAL WIRT TITLE

By Jen Yokota & Cheryl Gudinas

Baltimore was the site of the first official Women's International Racquetball Tour [WIRT] stop, and with that landmark came many other exciting first occurrences. But it was far from a first for Michelle Gould, who was able to continue the same winning ways she had enjoyed on the former WPRA tour. She captured the AllSport WIRT Championship titles in both singles and doubles, pairing with recent national doubles co-champion Cheryl Gudinas to take the doubles victory.

Doubles

The doubles competition kicked off with exciting action on Thursday night with the team of Amy Kilbane and Holly Gray defeating Tammy Brockbank and Dina Moreland in three tough games of 11-8, 11-9, 11-10. In the other match-up that evening, the team of Anita Maldonado and Lisa Calitri were also able to defeat Sam Phillips and Carol Clements in straight games with scores of 11-3, 11-10, 11-3.

In the semifinals, Maldonado and Calitri ran into top seeded Gould & Gudinas. The underdogs' strategy going in was "to keep the ball away from Michelle," they echoed. They followed through with this by serving only once in the match to Gould. However, Gudinas took control and kept the ball out of reach of the diving opponents to log a straight game win for the "G-Force." In the bottom bracket, the #2 seeded team of Michelle Wiragh and Lorraine Galloway knew they were not in for an easy ride in facing Kilbane & Gray. The match was even until Kilbane/Gray

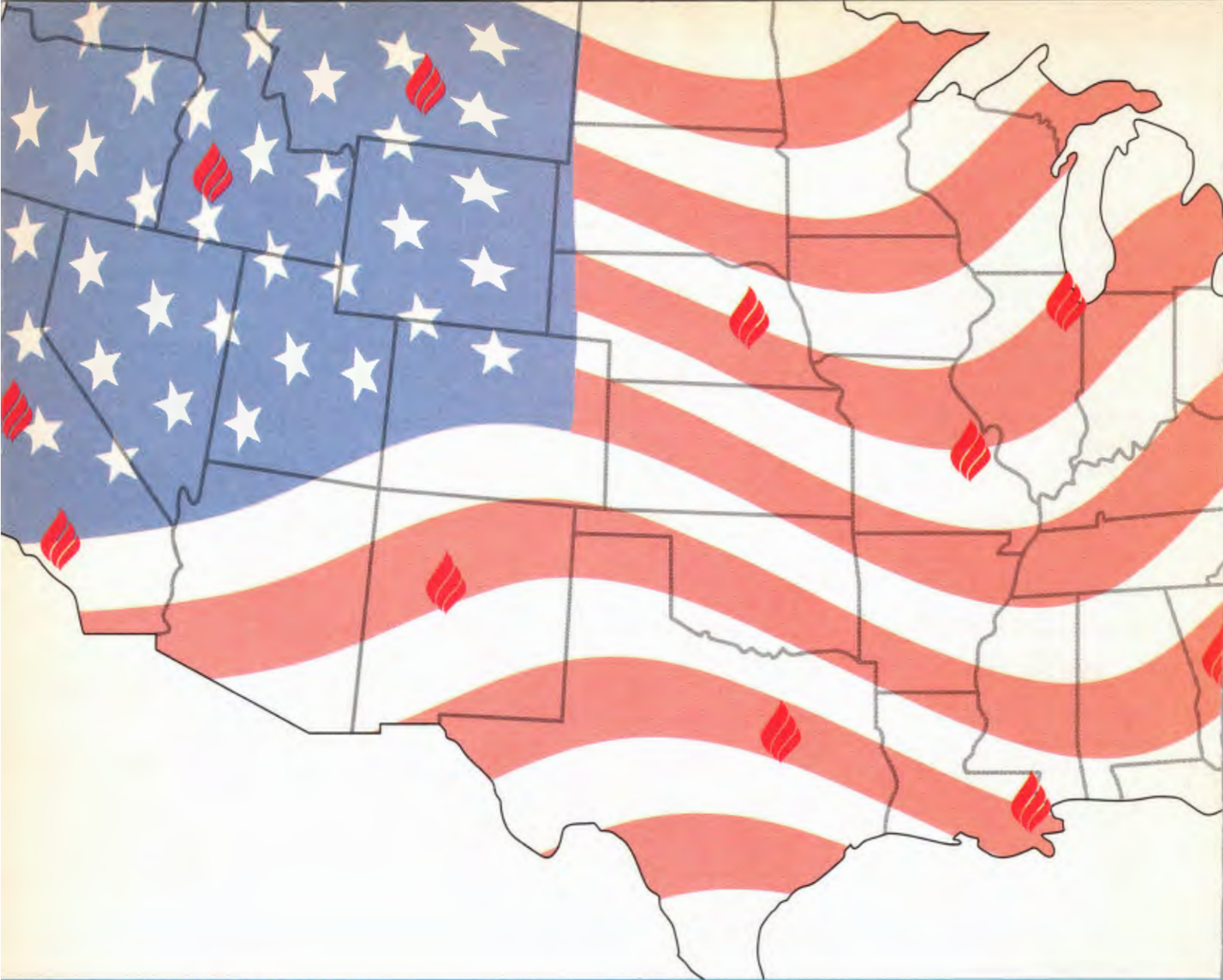
took over to win the third and fourth games. Kilbane recalled, "We tried to hit the ball too hard, but came out successful anyway."

The final looked to be an exciting match-up of two relatively new teams. The "G-Force" handled Kilbane/Gray easily in the first, winning 11-5 with good serves, and Gould's shot-making, which gave the tournament-hot Kilbane few opportunities to shoot. In the second game, Gould/Gudinas went out to an early lead, but Kilbane/Gray battled back to 9-9, when a questionable call seemed to cost them their



Doubles winners Gould/Gudinas (left) and Gray/Kilbane.
Photo: Courtesy WIRT.

Continued on Page 62 62



ADULT REGIONALS*

*Where noted, selected sites will host both adult and junior metro events on the same weekend.

March 8 - 10
Hall of Fame Fitness Center
Canton, Ohio
[Adult & Junior Region #9]
Contact: Doug Ganim
614-890-6073

March 15 - 17
South Hampshire Racquet
Club—St. Louis, Missouri
[Adult & Junior Region #6]
Contact: Jim Murphy
314-353-1500
Jen Yokota
314-921-7933

March 22 - 24
South Florida Racquet &
Health Club
Ft. Lauderdale, Florida
Contact: Mary Lyons
904-270-2224 (FRA)

March 29 - 31
What-A-Racquet
Daly City, California
Contact: Dave George
415-994-9080

April 12 - 14
Sports Courts of Lincoln
Lincoln, Nebraska
[Adult & Junior Region #11]
Contact: Linda Moore
402-454-2765

The Court House
Jackson, Mississippi
Contact: Chris Baker
601-932-4800

Track & Racquet Club
Fayetteville, New York
Contact: Steve Gloss
315-446-3141

April 18 - 21
Tom Young's Athletic Club
Albuquerque, NM
[Adult & Junior Region #12]
Contact: Gary Mazaroff
505-266-8960

Executive Health & Sports
Center—Manchester, NH
Contact: Bill Gargan
603-434-7875

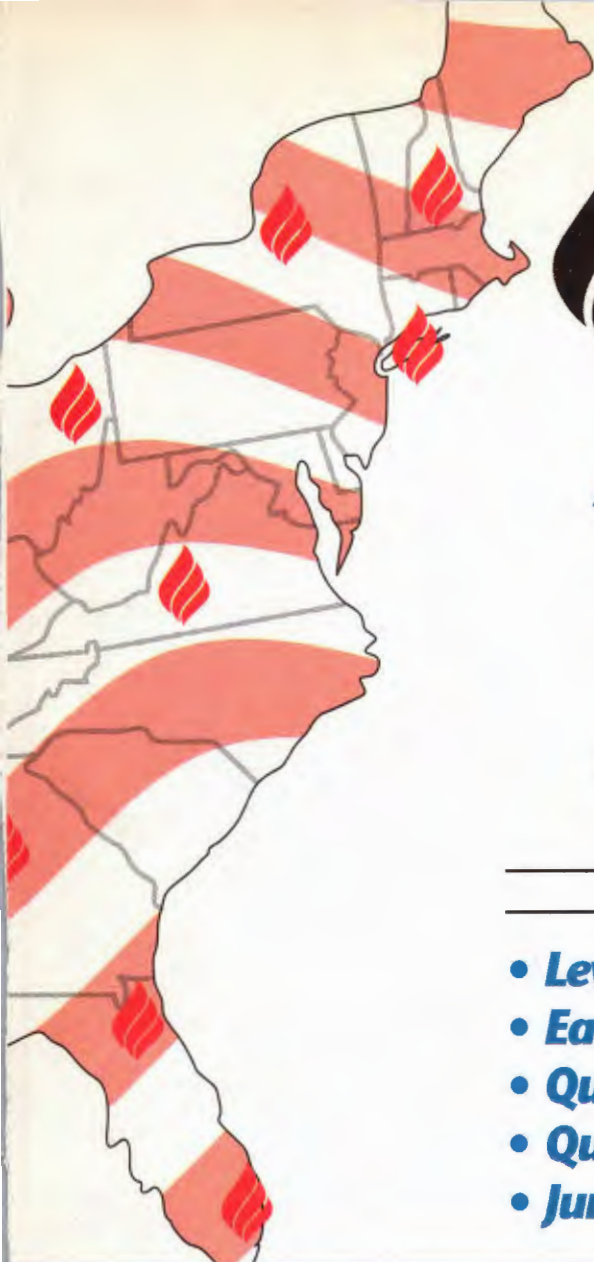
Maverick Athletic Club
Arlington, Texas
Contact: Bob Sullins
817-275-3340

Glass Court Swim & Fitness
Lombard, Illinois
Contact: Geoff Peters
312-935-9685

April 19 - 21
King George Racquetball
Club In Greenbrook, NJ &
Racquets Club in Warren, NJ
[Adult & Junior Region #2]
Contact: Lisa Gaertner
201-444-0859

Billings Athletic Club
Billings, Montana
[Adult & Junior Region #13]
Contact: Steve Pinnow
406-245-6204

The Tournament House
Riverside, California
Contact: Robin Dixon
909-682-7511



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Southern Athletic Club
Atlanta, Georgia
Contact: Liz Lyon
770-923-5400

Jacksonville, Florida
Contact: Mary Lyons
904-270-2224 (FRA)

April 25 - 28
The Court House
Boise, Idaho
Contact: Helen & Jack
Dunsmoor @
208-336-6567

April 26 - 28
Roanoke Athletic Club
Roanoke, Virginia
Contact: Molly O'Brien
410-263-7100

EXCLUSIVE JUNIOR REGIONALS

February 16-18
Greenbriar Athletic Club
Indianapolis, Indiana [JR Region #10]
Contact: Diane Taylor
317-257-3261

March 23 - 24
Garden Health & Fitness
Monterey, California [JR Region #14]
Contact: Margo Daniels
408/372-7224

March 30 - 31
Downton Health & Racquet
New Haven, Conn. [JR Region #1]
Contact: Juliet Campbell

May 10 - 12
Northeast Racquetball Club
Columbia Heights, Minn. [JR Region #11]
Contact: Lois Kollodge
612-421-8608

May 17 - 19
Sunset Athletic Club
Portland, Oregon
[Junior Region #15]
Contact: John Giunta
503-244-9659



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– Sharon Rummel
California State Assoc. President



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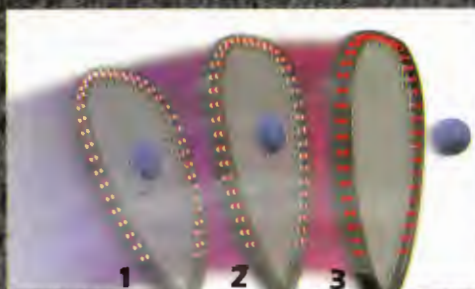
—John Ellis
World Champion

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—Marty Hogan
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**PERFORMANCE SERIES:
MENTAL TOUGHNESS – PLAYING
UNDER PRESSURE**

By Michelle Gould



Have you ever been in the position of playing against someone you know you should beat? In a big tournament? With spectators? In that situation, how many times did you end up losing?

Thinking back, do you suppose that you might have allowed negative thoughts to enter your head? You know, like ... *"I should be beating this person ... I know I am a better player, how can I be losing? ... All of my friends are watching me ... They'll tease me if I don't win ... How will I ever be able to live this down?"*

Someone once told me, "you become what you think about." Your brain doesn't distinguish between positive and negative information. If you are thinking negative thoughts, you'll produce a negative outcome. The facts are simple: if you want to play your best, you must think positive thoughts.

Playing under pressure can be difficult — unless you understand why it happens and how to deal with it. The only real pressure on anyone to succeed in this world comes from within. If you choose not to let others put pressure on you, they can't. Often others don't mean to put unnecessary pressure on you; they are trying to be supportive and show you they have faith in your skills. Keep that in mind when you feel pressure from others to play well. Then stay in control of your thoughts, keep them positive in nature, and be prepared to deal with anything. Just do your best and you'll maximize your chances of victory!!

For me, people have come to expect me to win tournaments. When I arrive at an event, people make comments like, "Here to win another one, huh?," and "When are you going to let someone else win?" Then it becomes my job to keep things in perspective, with the key being to realize that those are other people's expectations, not mine. I know I can lose a match at any time. I know that it doesn't matter whether I am a better overall player than someone else — what matters is how well I play on that day.

Anyone can have a great day, or an awful day. We must accept this as a certainty and move on. Stay

focused on preparing for every match by following your regular routine. If negative thoughts come into your head, push them out and move on. One of the reasons we play this game is for the intensity of the actual competition. We thrive on it. If you knew that you would always face the same challenges and win matches easily, what would be the point in playing?

At the national singles championships in Houston a few years ago, a defending champion was feeling the pressure of being the #1 seed. He put so much pressure on himself to succeed that he failed. Afterwards, one of his first comments was how glad he was that the pressure was gone and he could go back to being himself again. He was actually relieved he had lost. What this person didn't realize is that he, and no one else, controlled his destiny. He allowed everyone else's expectations to become his own. He put so much pressure on himself not to lose, he could no longer just play his game and give the optimum performance that brought him success in the first place.

So, here are a few suggestions for dealing with pressure. Play the ball, not the opponent. This doesn't mean that you shouldn't have a game plan for your opponent, this means take the focus off them and put it back on yourself and the ball. Consider it a compliment when other people tell you that they think you should beat your opponent easily. Just remind yourself that anyone can win on any day, and that you must still prepare in the same manner you do for any other match. When negative thoughts come into your head (and believe me, they will), you have to **stop**, push them out (take a time out if necessary), and fill your head with positive information.

And remember to have fun!! Just go out there and play and let the rest take care of itself. Last, but not least, keep things in perspective. If you lose to someone you should beat, so what?! Remember that racquetball is a game, not your life! It is fine to be upset for a little while, but try and remember what is important in life: family, faith, and your health. You won't lose any of these from one terrible racquetball match. Life always goes on ... ready or not!!!

AMPRO TIP: ON ADVERSITY AND MAKING A COMEBACK

By Fran Davis, Assistant U.S. National Team Coach & Diana McNab, U.S. National Team Sports Psychologist

Have you ever had a major injury or disappointment in your life that altered your plans for competing in racquetball? I think most of us, in our playing careers, have sustained injuries like sprained ankles or tendinitis and have bounced back quickly and easily. But how many of you have faced a life threatening situation, surgery, or severe back problems that have kept you from playing for months, a year, or even longer?

If this hasn't happened to you, you are one of the fortunate ones. My own experience of tearing the rotator cuff in my right shoulder (I am right-handed) dramatically affected my ability to teach clinics and camps for over a year. After twelve months of rehab, things are back to normal for me, but here are some other prime examples of athletes who have faced adversity and staged successful comebacks:

Jason Mannino

Adversity – on the evening of July 26, 1993, Jason was in a car accident that almost claimed his life. He broke three vertebrae in his lower back, two ribs and his pelvis.

Comeback – 17 months after his car accident Jason won the Boy's 18 and under title at the World Junior Racquetball Championships. He's now active on the men's pro tour.

John Ellis

Adversity – dislocated his shoulder and had to withdraw from the '92 World Championships in Montreal.

Comeback – he won the gold medal in the '95 Pan American Games in Buenos Aires, Argentina, and won his first pro stop in Chicago, November, 1995.

Andy Roberts

Adversity – knee operation

Comeback – he has achieved his highest pro ranking ever, see-sawing back and forth in the #1 spot with Cliff Swain.



Andre Agassi

Adversity – wrist surgery

Comeback – he has achieved his highest pro ranking ever, #1, since his comeback in 1994 when he won the U.S. Open after being ranked only #20.



Monica Seles

Adversity – stabbed in the back

Comeback – she won her first tournament, the Canadian Open, after being out for over two years. She then preceded to make it to the finals at the U.S. Open before losing to Steffi Graf.

These people know what it means to overcome adversity and come back a better and tougher competitor than when they left.

At this point Diana and I would like to take you through the seven psychological steps of injury or major disappointment taken from Elizabeth Kubler-Ross:

1. Denial – "This didn't, or isn't, happening to me."
2. Anger – "Why did this happen to me?" (Jason Mannino – "I don't know if I am being punished!")
3. Frustration – "What am I going to do?" "How am I going to get through this?" (You're overwhelmed)
4. Bargaining – "Okay God, if I do this rehab then good things will happen to me!"
5. Depression – All this emotion turns inward and you fall apart. (Jason Mannino – "I would lie awake all night in the hospital and consider suicide.")
6. Self-discovery process – "Who am I?" "What are my values and priorities?"
7. Self-actualization – Take action.

Now that we have clearly stated these seven psychological stages one goes through when they are injured, we can now take you through the rehabilitation process. When you have decided to start and take action, this is the process your mind needs to be doing in order to promote healing:

1. Self-acceptance – "Okay, I am injured!" You accept it and forgive yourself.
2. Incorporate All Senses – See, touch, feel, taste, sound – "I am present to my injury."
3. Pranayama Breathing – (Nostril breathing). Close your eyes and do pranayama breathing and instruct your body to be relaxed - muscular relaxation.
4. Visualization Healing Process – a) see your body repairing itself – tendons or ligaments in the injured joint coming together, bones knitting, muscles growing stronger; b) see yourself totally healed the way you want to play.
5. Affirmation Statements – "I feel better than ever!" "I am totally healed!" "I am stronger than ever!" "Every day I am getting healthier!"

The above rehabilitation process is totally orchestrated by you and should be done three times a day:

- First thing in the morning in the alpha state
- Last thing at night before you go to bed
- 10 to 20 minutes during the day when you can find a moment to relax.

There should be only positive self-talk and positive self-imagery which would affect the end result in a very positive way ... absolutely no negativity allowed!

The process of healing not only the body, but the mind and spirit as well, begins with ...

- a healthy visualization
- a recovery diet
- a rehab program
- the belief system that I'm going to be better than ever. Think it ... live it ... believe it!!!

In order for any of this to work the athlete must be 100% committed and believe "I can do this!"

All of the players mentioned in the beginning of this article had to overcome adversity, including myself, and it was no easy task for any of us. But because we were 100% committed and believed we could do it, we did and so can you!!!

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Photo by John Foust

Wilson.

RACQUETBALL

GAME PLAN: Physical Conditioning

By Robin Levine



I've often been asked what is the best way to train for racquetball. Since players' needs vary and their "available" time varies, no one program is right for everyone. Three training techniques which will benefit you are aerobic conditioning, anaerobic conditioning, and weight training.

It is important to understand the difference between aerobic and anaerobic exercise. Aerobic exercise is any exercise which raises your heart rate for a sustained period of time. Two examples are running and bicycling. Anaerobic exercise involves start and stop actions. Two examples are racquetball and sprints.

Although racquetball is basically anaerobic, the game's fast pace and sustained rallies often boost your workout into the aerobic category. So, aerobic workouts are also excellent for the endurance and stamina required for racquetball. By doing aerobic exercise, you will be able to play longer without feeling exhausted late in the match. Remember to raise your heart rate for a sustained period of time in whatever aerobic activity you choose. A good goal to shoot for is 35 minutes, five times a week.

Racquetball is a burst sport, so your first couple of steps are the most important.

Training anaerobically can be done by playing racquetball, running sprints of short distances (40 yards), or doing something that would simulate a rally in racquetball. Basically, it's raising your heart rate in spurts, with rest in between. Racquetball is a burst sport, so your first couple of steps are the most important. Anything speed-oriented is a good anaerobic workout for racquetball. Court sprints, hill sprints and bike sprints are all excellent to increase your burst speed. The key is to go all-out for 20-30 seconds, then rest for 20-30 seconds. Repeat up to ten times. Remember, the key is to simulate a racquetball rally. An equally important aspect of

speed training is rest. Letting your body recover and repair is as crucial as the workout itself. So if you train on Monday and Tuesday, rest your body on Wednesday.

Thirdly, muscle development through weight training is also beneficial. Weight training for racquetball is different than weight training for bulk. In racquetball, you want to have the same muscle endurance in your sixth match as you did in your first match. Have you ever experienced spaghetti arm? Your arm feels like a limp noodle and you just can't get the same power anymore. By weight training for endurance, you can eliminate spaghetti arm. That means you lift light weights and do a high number of repetitions.

By doing a structured and consistent regimen of aerobic training, anaerobic training, and weight training, you will be able to play longer and feel better.

For instance, when you lift for bulk, you lift enough weight so that by your sixth repetition you are starting to really strain to lift the weight. You max out on the eighth rep. When lifting for muscle endurance, you lift less weight, so you don't max out until the 16-20 repetition. As I mentioned before, everyone is different, and so are their needs. The best method for starting a weight training program is to consult a trainer at your club. Explain to the trainer that you want a program that specifically targets the muscles used for racquetball. You should be getting a complete workout with emphasis on those muscles.

By doing a structured and consistent regimen of aerobic training, anaerobic training, and weight training, you will be able to play longer and feel better. Happy training!

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AMERICA'S MOST WANTED: Time to Get Ready for the Second Half!

By Jack Newman



The first half of the 1995-1996 racquetball season is over, and we've also just recovered from the holidays. Now we have the dilemma of being out of shape and trying to prepare physically and mentally for the all-important "second half" ... which leads to state, regional and national championships! We need to get our game ready fast so that we can peak in time for the big events. This article will help you take the necessary steps to prepare for that second half.

The first thing we need to realize is that we do not need to peak in January. We want to slowly improve our game so that we are ready to win the big games later in the season. This reminds me of pro football where the teams jockey for their playoff position all season, with the all important goal of winning the Super Bowl. In order to begin the process of preparing for the second half we must first get ready physically. Cardiovascular conditioning must start immediately. We need to lose the excess weight we all gain by eating and drinking during the holidays. I recommend 20-30 minutes each day to get back into racquetball shape. This will put us in the shape we need to make it through the next few months.

We need to get our game ready fast so that we can peak in time for the big events.

Step two is to get back into our regular practice sessions. Usually during the holidays, we do not get to play as much as we would like. I actually think this is good since it gives your body and mind the rest needed to resume the second half. Now is the time we need to go to the club and practice by ourselves. This will allow us to get our timing back and work out any kinks we may have in our games.

Step three is to sign up for a league. By playing in a racquetball league you get a consistent weekly match against a variety of different game styles and players. As I have said in previous articles, it's important to

get into a league with players who are better than you. These games help you experiment under match conditions so that you can use what you learn later on in tournaments.

Step four is to sign up for the first tournament of the year. The first tournament will be a great gauge to judge where you are in your quest for those big titles at the end of the year. Don't put too much importance on those first few tourneys, since we do not want to peak too early.

... experiment under match conditions so that you can use what you learn later on in tournaments.

Step five is to get professional help to work on the weaknesses in your game. This can be accomplished by taking a lesson from a top instructor in your area. These lessons will accelerate your improvement, since the teaching pro is an expert at finding weaknesses and showing you how to improve them. Another choice is to spend a weekend at a racquetball camp. There you can receive the benefits of videotape analysis of your game while you work with the world's best instructors who have vast experience in helping players improve. Another advantage of a camp is that it condenses all this into one weekend. You'll also find other players that are working on the same goals as you, which makes for an excellent learning atmosphere.

In closing, do not delay getting ready for the second half. We all worked hard early in the season, so don't neglect that effort. By following all the steps outlined above you should be well on your way to winning those state, regional and who knows, maybe a national championship. If you are interested in improving your game at one of our "America's Most Wanted Racquetball Camps" or purchasing our instructional video "Play Like The Pros" call us for information at 800/ROLLOUT.

NUTRITIONAL TRAINING: Carbohydrate Loading

By Marcy Lynch



Depletion of the body's energy stores (called glycogen) is a major cause of fatigue during exercise. A well recognized practice, commonly known as carbohydrate loading, is a popular method of maximizing glycogen stores. Carbohydrate loading is a common topic among athletes, and there is a lot of misinformation regarding carbohydrate loading and how it can help you to achieve maximum performance.

In the past, carbohydrate loading involved a week-long regimen including an exhaustive bout of exercise followed by three days of carbohydrate depletion intake. Recent studies indicate that the depletion phase offers no additional performance benefits and may actually hinder performance.

Today, experts agree that the most effective way to prepare for a major endurance event is to eat a consistent daily diet that is 65-70 percent carbohydrate while resting the muscles to allow them to store the carbohydrate and glycogen. It has been recommended that one to two days of rest or very light activity before an intense workout or event can improve performance.

Pre-Exercise Meal

During exercise, your body relies on blood glucose, pre-existing glycogen and fat stores. Although the pre-exercise meal does not contribute immediate energy for exercise, it can provide energy when you exercise longer than an hour. The

carbohydrate in the meal can elevate blood glucose to provide energy for the exercising muscles.

Athletes often train or compete in the morning without eating. This overnight fast can lower energy stores and can impair performance. This is especially true if you attempt to train or compete in a prolonged endurance event that relies heavily on blood glucose.

You may have been discouraged from eating in the morning prior to exercise or competition. It's usually advisable to eat two to four hours before exercise to allow adequate time for the stomach to empty. The rationale is that if any food remains in the stomach at the start of exercise, you may become nauseated or uncomfortable when blood needed to digest the food is diverted from the stomach and intestines to the exercising muscles. So, rather than

HOW TO BREAK A RADAR GUN.



Until they start posting speed limits in racquetball courts, you'll keep looking for more speed. Well, here it is. If you want less speed, play croquet.

Created for and with the help of the professional players of the IRT.

getting up at the crack of dawn to eat, many people who exercise or compete in the morning simply forgo eating altogether before their activities.

It's important to experiment with different eating regimes during training, rather than right before competition. You may find that you only need a small carbohydrate snack such as a carb drink and a sports bar, or perhaps juice and toast prior to an early morning workout. Some people prefer to drink liquids instead of eating foods. A carb drink and/or a light protein snack would be a good choice.

How many grams of carbohydrate should you consume in the pre-exercise meal? Experts suggest one to four grams of carbohydrates per kilogram of body weight, consumed one to four hours prior to exercise. The amount of carbohydrates consumed should be reduced the closer you get to the exercise session.

Pre-exercise Snack

(30 minutes to one hour before exercise) – You may have also been instructed to avoid high-carbohydrate meals immediately before exercising. The concern is that carbohydrates may elevate blood insulin at the start of exercise, resulting in subsequent hypo-

glycemia and fatigue during exercise.

Actually the insulin and glucose responses are short-lived and probably won't harm performance, although a few athletes may be sensitive to a lowering of blood glucose. In any case, remember to always test the effectiveness of the pre-exercise meal or snack during training – not before an important competition.

Eating carbohydrates prior to exercise can help restore sub-optimal liver glycogen levels, which will help performance during prolonged exercise. If muscle glycogen levels are also low, the pre-exercise meal or snack can help increase them as well. This is where an IDN glycoBar or PowerBar can come in handy.

Carbohydrate Intake During Exercise

Consuming carbohydrates during longer exercise sessions (generally longer than 60 minutes) can enhance endurance by providing glucose for the muscles to use when glycogen stores have dropped to low levels.

The liver generally supplies glucose to maintain blood sugar levels for proper functioning of the central nervous system. As the muscles run out of glycogen, they will begin to take up some of the blood glucose, placing strain in the liver glycogen stores. The longer the exercise session, the greater the utilization of blood glucose by the muscles for energy.

Blood glucose can be drawn from liver glycogen, muscle glycogen stays in the muscle and cannot provide glucose to the blood.

BE FAST, OR BE GONE.



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

The Official Ball of the AARA.

When the liver glycogen is depleted, the blood glucose drops. While few athletes experience symptoms typical of low blood sugar (dizziness, nausea, confusion, and partial blackout), you may experience local muscular fatigue and may need to reduce your exercise intensity.

You can experience improved performance by consuming carbohydrates during exercise. Carbohydrates broken down to glucose can help endurance due to the maintenance of blood glucose levels. Dietary carbohydrates supply glucose for the muscles at a time when glycogen stores are diminished. Thus, carbohydrate utilization and ATP production can continue at a high rate and endurance is enhanced.

How many carbohydrates should you consume during exercise to improve endurance? Research suggest you should take in 15 to 30 grams of carbohydrate every half hour (30-60 g/hr). This amount can be obtained through either carbohydrate-rich foods or fluids.

Carbohydrate Intake After Exercise

The recovery of glycogen stores following strenuous exercise is important to minimize fatigue associated with repeated days of heavy training. If you consume 70 percent of your calories as carbohydrates you will more readily replace muscle glycogen stores during successive days of hard workouts.

The time period in which carbohydrates are consumed relative to exercise is also important. Studies show that the most rapid glycogen repletion occurs immediately following exercise. If you wait two to four hours after exercise you may decrease the rate of glycogen repletion.

This means that delaying carbohydrate intake for too long after exercise will reduce muscle glycogen storage and impair recovery. However, you may find you're not hungry after exercising. If this is the case, you can consume a high-carbohydrate drink, such as IDN Sportalyte or Twin Label Ultra fuel. This will also aid rehydration.

How many carbohydrates should you consume following exercise? The available evidence suggests that after heavy exercise, eating 50-75 grams of carbohydrates within 15-30 minutes of exercise, followed by an additional 50-75 grams every two to four hours thereafter can greatly increase glycogen replenishment. The first carbo-

hydrate intake could be a high-carbohydrate beverage and the following intake could be a high carbohydrate meal.

These recommendations are for heavy exercise, but for lower intensity exercise the principles apply as well. Carbohydrate intake immediately following any intensity helps your body replenish lost energy stores.

For more information or for questions related to nutrition and performance, call Marcy Lynch at The Nutrition Helpline, 800/473-9743.

[Article excerpted by author, from The Sports Nutrition Handbook, Interior Design Nutritionals]

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RACKET STRINGS

MAINS & CROSSES:

Thin and Loose, or Thick & Tight?

By Steve Crandall

In previous columns we've looked at string gauge (or thickness) and string tension, and saw how these qualities work independently. Now we're going to put them together to see how gauge and tension relate to one another. The topic is complex enough to need two columns to cover completely, so we will begin the discussion here and finish up in the next issue.

As we have already seen, strings at low tension provide more power than strings at high tension. Many people think it works the other way around, but you know better. At lower tension, a string can stretch more when it hits the ball. Stretch and rebound – called the trampoline effect – provides the power. On the other hand, tight strings remain flatter when you hit the ball, providing better control.

Thinner strings are naturally more elastic than thicker ones, which is why they tend to be more powerful than thick strings: more stretch equals more power. But here's where it gets tricky: stringing a racquet with a 15 gauge (thick) string at 36 lb. of tension stretches the string just a little. Stringing the same racquet with 18 gauge (thin) string at 35 lb. of tension stretches the string a lot ... maybe close to its maximum elongation.

This results in "relative tension," by which a thin string is effectively "tighter" than a thick one at the same pound-tension. They are both held under the same amount of force, but the thinner one is stretched further, so it feels and plays as if it's tighter. (This assumes that all other things are equal: identical racquets, string construction, temperature, etc.)

String thickness and construction affect how your racquet performs and how well you play. Finding the right tension for a given string is partly a matter of understanding string dynamics—and partly trial and error.
Photo: Thomas Rankin Associates.



Of course, all other things are never really equal, so treat this as a general rule, not holy doctrine.)

Thick strings of 16 or even 15 gauge have been the norm in racquetball, but recently there's been a trend toward thinner strings of 17 or 18 gauge, in the pursuit of greater power. If you're considering making the change, you'll have to make some adjustments in your stringing habits.

Say you've been relatively happy playing a 16 gauge string at 35 lb. If you now put 18 gauge string in the same racquet at 35 lb., you'll probably lose power rather than gain it. Why? Because the thin string is too stiff at 35 lb. You'll want to reduce the tension to 25 or 30 lb. to provide enough flexibility to equal, or hopefully exceed, the power that you got from the thicker string.

Once you've found the tension at which your racquet generates maximum power for a particular string, you may want to tune the racquet further to suit your style of play. By reducing the tension a few pounds, the string will be less prone to breakage. By raising the tension a couple of pounds, you'll stiffen the string bed: it will remain flatter when you hit the ball, and you'll gain control

Steve Crandall is Vice President of Sales & Marketing for Ashaway Racket Strings.





changing times

by Luke St. Onge

It's often said that the only constant in life is change, and I often quote a variation in Spanish, that sounds like "Las Cosas Cambian" ("things change"). They certainly do in racquetball, and here's a recap of the things that have happened over the past year:

The AARA ...

... Long time employees of the AARA, John and Rose Mooney have announced their retirement effective January 1, 1996 ... The AARA expanded its sponsorship package and now has 12 official product sponsors versus the two sponsors that supported the organization in the 80's and early 90's ... Racquetball is on the Internet, with plans in place for official home pages for the AARA, the IRF and *RACQUETBALL Magazine*. Over 6000 racquetball conversations occur weekly over the internet. Try it, you'll be amazed at the activity and have a lot of fun ... Promotional tours to help other countries promote and develop racquetball are made in Europe, Asia, and the Americas.

The Industry ...

... The racquetball industry bonded together to address the three priorities of the promotion of the sport: 1) Convincing court club owners and managers in the profitability of the sport, then maintaining their interest at a high level; 2) Developing a major promotional program which would place a programmer/instructor in every court club through the AARA AmPRO program and sponsored player programs; 3) The inaugural U.S. Open - the Super Bowl of racquetball - featuring the men's and women's pros, \$50,000 in prize money, television and a large amateur draw ... A 3% growth in the participation of the sport is shown in 1994 based on figures by the Sporting Goods Manufacturer's Association ... There are more manufacturers in the sport promoting their products than at any other time in the history of our young sport ...

1500 new courts were built in the United States in 1995 - up 800 from 1994.

The Pros ...

... The women pros sign on as part of the men's IRT. They are now called the WIRT ... The men's pro tour secures a series that is shown on ESPN I and II.

International ...

... The International Racquetball Federation now has 91 member countries ... The World Championships

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return to the United States after a 10 year absence ... Racquetball finally made its debut in the Pan American Games last March.

Changes yes. Some good, some not so good, but the sport is on a mission. The unification of the sport is well under way as the AARA, IRT, WIRT, RIA, SGMA and the Court Club Owners (IHRSA) join together in a common cause to promote our game. There's no telling what we can accomplish when we all work together and have a passion for a common goal.

AARA NEWSBRIEFS ...

WILSON SIGNS ON AS OFFICIAL GLOVE OF THE AARA: "We are most pleased to have Wilson as the official glove of the AARA," stated Luke St. Onge, AARA Executive Director. "The Wilson name speaks for itself in the sporting goods industry." Wilson joins the Licensed Products Division of the AARA which now has eight product lines.

E-FORCE NAMED TITLE SPONSOR OF INTERCOLLEGIATE REGIONAL AND WORLD CHAMPIONSHIPS: Successful negotiations between the AARA and E-Force have named E-Force as the official title sponsor for eleven premier intercollegiate regional and national championship events. Ten E-Force Regionals will begin in February of 1996 and culminate at the E-Force World Intercollegiate Championships to be held at Los Caballeros Sports Village in Fountain Valley, California April 10-4.

"We are glad to have E-Force involved with one of our premier event series and programs," commented Luke St. Onge, "It's exciting to see E-Force assume a role in promoting such a vital program for our sport."

MASTERY OF RACQUETBALL™ ADOPTED AS OFFICIAL INSTRUCTIONAL PROGRAM FOR COLLEGES AND UNIVERSITIES: The AARA has designated Mastery of Racquetball™ as an official racquetball instruction program and has adopted the video/workbook package as its exclusive instructional curriculum at the college level.

"Mastery of Racquetball is by far the most comprehensive resource for self-instruction and for teaching that's been developed for the sport. It's the first in-depth package that has been offered to the college market, and we're very excited about our close association with this program," said Luke St. Onge.

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SEEKING ATHLETES

Uruguay, Vietnam and Nicaragua are seeking countrymen to compete in the 1996 IRF World Championships August 9-17 in Phoenix, Arizona. If you carry a passport from Uruguay, please contact: Gustavo Farell, Tel & Fax: 915/543-3213; or if you are a citizen of Vietnam or Nicaragua, please contact: Gary Mazaroff @ Tel: 505/266-8960, Fax: 505/256-1380.

RACQUETBALL CANADA UPDATE

Here is a brief update of Canadian Racquetball:

- a strong contingent of players will represent Canada at the Junior World Championships
- The national office will relocate in January to a site to be named later in '96
- the national team 'monitoring event' will be the Pacific Open in Vancouver, February 14-18
- the National team has begun preparation for both the Tournament of the Americas in Cali, Columbia and the World Racquetball Championships in Phoenix, Arizona
- the Canadian National Championships will be held in Montreal at the end of May
- Racquetball Canada has plans to produce a new newsletter aptly named "Canadian Racquetball," which will provide a broad spectrum of information including happenings on the Canadian and international racquetball scenes.

MAZAROFF TRAVELS TO GUAM

Former U.S. National Team Coach and '96 Hall of Fame inductee Gary Mazaroff traveled to Guam from November 25th to December 3rd in follow-up to the summer Far East tour of the U.S. National Team. The trip provided a series of clinics and exhibitions to a receptive contingent of racquetball athletes on the island, and was highlighted by: hosting the first AMPro Teaching certification outside the United States; presenting a seminar at a U.S. military installation; conducting youth clinics for island youngsters between 8 and 17 years of age; lecturing to 64 classes filled with over 1700 public school students at four separate schools; touring sporting goods outlets to determine the need for equipment; training potential Guam National Team coaches; and responding to a positive media presence after the team trip in July.

A letter of thanks from the Guam Department of Education cited "It is through the unselfish efforts of world renowned athletes and dynamic professionals such as yourself that our youth are able to find role models who help to promote the healthy and active lifestyle. By sharing your dreams, experiences and successes in the sport of racquetball, you've provided our youths with live testimonial of how, with hard work and dedication, they can make their dreams a reality while having fun and staying fit."

IRISH OPEN

The 15th Annual Irish Open Racquetball Championships will be held February 16-18 at Tralee Regional Sports and Leisure Centre in Tralee, Ireland. The entry deadline is February 2 and inquiries should be addressed to either Mr. Tommy King, 18 Cahermoneen, Tralee, Co. Kerry, Ireland or Mr. Bertie O'Connor, 10 Glenard, Monavally, Tralee, Co. Kerry, Ireland, or phone 353 66 25421 or 353 66 23041 or fax 353 66 21608 for further information or entry forms.

EUROPEAN CHAMPIONSHIPS HELD IN DUBLIN

The 8th European Racquetball Championships were held in Ireland from October 28 to November 4. This was the first time that the championships have been held in Ireland and in addition to the open team events, the European Racquetball Federation successfully twinned the 5th European Masters Championships with the larger overall championship.

The event was formally opened by Government Deputy Mildred Fox and Michael Murphy, President of the Racquetball Association of Ireland. Tournament play began on October 29 with masters events being played in Dublin and open team competition remaining in Arklow.

Following the presentation of team awards at the dinner banquet on

November 1 (over 180 people attended), the singles and doubles events in all divisions were completed over the remaining four days in Arklow. The competition, which surprisingly had no German entry, drew teams from France, Holland, Great Britain, Holland, Switzerland and Ireland.

TEAM RESULTS

Men's Team

1. Great Britain, 13 pts.
2. Ireland, 11 pts.
3. Holland, 10 pts.
4. France, 6 pts.
5. Belgium, 3 pts.
6. Switzerland, 2 pts.

Women's Team

1. Ireland, 13 pts.
2. Great Britain, 6 pts.
3. Holland, 5 pts.

Combined Team Championship

1. Ireland
2. Great Britain
3. Holland

INDIVIDUAL RESULTS

Men's Individual

1. A. Kane, Great Britain
2. M. Van Der Holst, Holland
3. G. Shaw, Great Britain
4. N. O'Callaghan, Ireland

Women's Individual

1. K. Curran, Ireland
2. G. Byrne, Ireland
3. W. Hackett, Great Britain
4. C. Morrissey, Ireland

Men's Doubles

1. A. Kan/G. Shaw, Great Britain
2. N. O'Callaghan/M. Lynch, Ireland
3. J. Gannon/W. Lawrence, Ireland
4. M. Van Der Holst/J. Vink, Holland

Women's Doubles

1. W. Hackett/A. Gourley, Great Britain
2. D. Wannee/P. Van Pelt, Holland
3. K. Curran/C. Morrissey, Ireland
4. P. O'Brien/G. Byrne, Ireland

MASTERS RESULTS

Men's Team

1. Ireland, 15 pts.
2. Ireland "A", 11 pts.
3. France, 9 pts.
4. Holland, 6 pts.
5. Great Britain, 3 pts.
6. Switzerland, 2 pts.

Men's 30+ singles

1. S. O'Hagan, Ireland
2. T. Walsh, Ireland
3. P. Siberil, France
4. B. Chambrelent, France

Women's 30+ singles

1. B. Redmond, Ireland
2. A.M. O'Sullivan, Ireland
3. L. Kavanagh, Ireland
4. S. Neary, Ireland

Men's 35+ singles

1. B. Walsh, Ireland
2. S. Watters, Ireland
3. J. McGarvey, Ireland
4. R. Lewis, Great Britain

Men's 45+ singles

1. P. Duignan, Ireland
2. M. Murphy, Ireland
3. J. Commerford, Ireland
4. P. Kennedy, Ireland

Men's doubles

1. T. Walsh/Comerford, Ireland
2. Watters/McGarvey, Ireland
3. B. Walsh/K. Kennedy, Ireland
4. M. Kaiser/B. Hutter, Switzerland

Women's doubles

1. Neary/O'Sullivan, Ireland
2. Redmond/Kavanagh, Ireland
3. A. Davy/P. Davy, Great Britain



INTERNATIONAL RACQUETBALL FEDERATION

EVENT CALENDAR: January-February-March 1996

Jan 20-21	Leinster Open	Dublin	Ireland
Jan 27-28	16th German Nationals	Hamburg	Germany
Feb 03-04	Munster Open		Ireland
Feb 09-12	Keystone Pro Am	Winnipeg	Canada
Feb 16-18	15th Tralee International	Tralee	Ireland
Feb 16-18	Valentine Special	Wiesbaden	Germany
Feb 16-19	Championnat Provincial en Double	Quebec	Canada
Feb 23-24	9th Antwerp Open	Antwerp	Belgium
Mar 01-03	U.S. National High Schools	Missouri	USA
Mar 02-05	Championnat Regional en Simple & Double	Quebec	Canada
Mar 02-05	Championnat Regional en Simple & Double	Quebec	Canada
Mar 03-05	Masters Open	British Columbia	Canada
Mar 09-19	Senior Cup	Winnipeg	Canada
Mar 15-17	18th Dutch Open	Zwijndrecht	Netherlands
Mar 15-17	Castlebar Open	Castlebar	Ireland
Mar 30-31	Cavan Open	Cavan	Ireland

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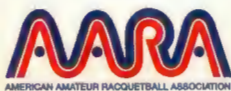


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BEHIND THE SCENES: MEMBERSHIP

By Becky Maxedon

With the new year, we here at *RACQUETBALL Magazine* thought it might be interesting to profile an AARA department in each issue over the coming year. Each division serves a specific purpose and administers to a different segment of the AARA membership and racquetball community. We hope that by the end of the year, you'll have gained a fuller knowledge of what we do here in Colorado Springs — or at least be able to put names with faces when you're on the phone.

Since one of our primary functions is to service our competitive licensed members, we begin with a profile of the Membership Services Department and its director, Kevin Joyce.

In August of 1991, Kevin came to the AARA from the United States Olympic Committee's Administration Office in Colorado Springs. Since his arrival, Membership Services have taken on a new sense of purpose.



"I have told many people that working for the U.S. Olympic Committee gave me the opportunity to service and support all of the NGBs. And there wasn't another sport that I would have considered working for than racquetball," recalled Kevin. "At the time I started

the job, you had a young non-Olympic sport with a lot of dynamics, a great publication and a strong membership base. Great qualities that many National Governing Bodies are still striving to achieve."

Some of you may have seen Kevin at national championships or spoken with him about tournament sanction-

ing or ranking information, but Kevin's realm of responsibility as Director of Membership Services covers a lot more ground than that.

Charged with development and assistance to all state affiliated associations, Kevin strives to improve daily operations of those organizations by enhancing communication and efficiency. "What I enjoy most is supporting the variety of people that volunteer on the various state boards around the country. I welcome their telephone calls and suggestions."

Kevin oversees all tournament sanctioning and monitors the state rebate program. In support of all sanctioned events, Kevin administers pre-event programs, plus supervises data input of membership applications, tournament results and the official event calendar. In this capacity, Kevin coordinates with the USOC mail and reproduction center to process all routine reprographic materials, including the monthly newsletter "WALLPAPER" which he writes and distributes with other information vital to the operation of the state organizations.

As if that's not enough, Kevin also administers the AARA's insurance program and acts as the association's insurance risk manager, assisting in athlete injury cases.

Kevin also heads up the AARA Scholarship Program and reviews preliminary scholarship applications in order to present them in their best light to the Board of Directors for their final selections. In conjunction with coordinating and supervising scholarship fundraising, Kevin is able to determine how many individual awards can be made to deserving athlete scholars.

Kevin is also responsible for gathering and coordinating all materials for two annual AARA Board of Directors meetings. He not only must prepare his own membership, sanctioning and renewal reports, but must compile all other reports into an efficient format that helps the Board move through their agenda.



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Part 2 Forehand: principles, how to execute an arsenal of 12 different shots. Practice drills. (40 mins.)

Part 3 Backhand: principles & confident execution of 11 different shots. Practice drills. (45 mins.)

TAPE 2: 1 HOUR 23 MINUTES

Part 4 Serve & Service Return: mechanics & strategies of a variety of winning serves & service returns. Practice drills. (33 mins.)

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While all this takes up quite a good portion of Kevin's schedule, he often gets a break ... to start thinking about designs for new membership cards, renewal notices, the Penn and Ektelon State Racquetball Programs and the next national event that he must get ready for.

Kevin coordinates all adult and junior regional events, as well as the set up and administration of the registration desk at the national tournaments. Once there, he organizes the silent auctions plus oversees the order, delivery and preparation of all event medals and awards for presentation.

"Preparing for the national doubles or singles always leads to some stressful situations. There are so many things that go into making these events happen. If the ball drops, somebody better be there to catch it or it could be disastrous."



Between Kevin and distribution coordinator, Dave Totura (pictured at left), several near-disasters have been averted in getting all the sound and score-keeping equipment, medals, souvenir shirts and other necessary tournament gear delivered to both major and

minor events. Because, you see, Kevin is also in charge of all AARA shipping and receiving – a feat which requires a coordinated effort between sanctioning, data entry and distribution functions.

Mail order merchandising also falls to distribution, along with the major task of inventory control. Orders are processed, and each item from t-shirts and sweat-shirts to instructional videos must be accounted for. Silent auction items including racquets, special USOC purchases and donated, autographed memorabilia generate funds for the scholarship program and the Olympic Dream – so keeping track of them is an important part of Dave's work.

As a team, Kevin and Dave place great emphasis on getting tournament materials and monthly updates out to your local state association in the most timely manner possible.

Kevin has always been involved with sports in some capacity. His degree from Robert Morris College is in Business Administration with emphasis in Sports Management. While still in his native Pittsburgh, Kevin volunteered for several sporting events and worked as a youth baseball and basketball coach. Now, after a busy work week, Kevin likes hiking, skiing, fishing, camping and climbing the many Colorado 14,000 ft. high peaks, or "fourteeners" (pictured below).



Kevin cites his greatest challenge as, "Recruiting volunteers that are willing and capable of organizing racquetball at the state level and keeping them active." "The true leaders in our sport are at the state and regional level. Often, their efforts and commitment go without a thank you or a pat on the back."

He takes these, and many other, challenges seriously and says, "Our members come first, as they are the backbone of the AARA. Any letter, request or gripe from a member must be addressed properly."

Kevin is always available and it seems that every time we pass his office, he's on the phone taking care of some bit of membership business. With our new phone system in place, you can reach him at 719/635-5396 extension 23.

TIME CAPSULE: January/February, 1986

The year began with a flurry of activity surrounding the U.S. National Team and its invitational tour of the Far East through Japan and Korea in January of 1986.

The main topic of discussion in racquetball was the implementation of a mandatory eyewear rule. Articles and letters were written advocating mandatory eyewear on every court in the land. As we know, the mandatory eyewear rule did become official, and anyone not wearing proper, approved eyewear may not compete ... or even warm up ... at a sanctioned event a decade later!

The battle for the number one pro ranking was fought in Tempe, Arizona in January. Marty Hogan, Gregg Peck and Mike Yellen came into the 1986 Arizona/Head Pro Am ranked one-two-three, but for the first time in years they were all so close in point standings that any one of them could have taken over the top spot with a victory. The problem was no one had given Bret Harnett a copy of that script. He exploded past Gregg Peck in the semifinals and Mike Yellen in the finals to win his second ranking tournament of the 1985-86 season. Harnett defeated Yellen by a score of 11-9, 11-9, 11-5.

Photo above: "Yellen readies a fore-hand drive against Hogan in the semifinals. Despite stepping on Marty's foot, Mike hit a winner."
[National Racquetball, 1986]



AARA NATIONAL RANKINGS FEBRUARY, 1986

MEN

1. Ed Andrews
2. Andy Roberts
3. Fred Calabrese
4. Aaron Katz
5. Tim Hansen
6. Charlie Nichols
7. Dan Obremski
8. Joey Cline
9. Jim Hamilton
10. Scott St. Onge

WOMEN

1. Cindy Baxter
2. Terry Latham
3. Chris Evon
4. Crystal Fried
5. Nan Higgins
6. Mary Dee
7. Mona Mook
8. Cindy Doyle
9. Trina Rasmussen
10. Kaye Kuhfeld

MEN'S PRO RANKINGS JANUARY, 1986

1. Marty Hogan
2. Gregg Peck
3. Mike Yellen
4. Bret Harnett
5. Jerry Hilecher
6. Ruben Gonzalez
7. Cliff Swain
8. Gerry Price
9. Dave Peck
10. Mike Ray

WOMEN'S PRO RANKINGS JANUARY, 1986

1. Lynn Adams
2. Vicki Panzeri
3. Caryn McKinney
4. Terry Gilreath
5. Marci Drexler
6. Laura Martino
7. Lisa Alvarado
8. Fran Davis
9. Bonnie Stoll
10. Janell Marriott



Clockwise from top left:
Tricia Boots, Kori Grasha,
Kim Russell, John Stanford.

SCHOLARSHIP WINNERS ANNOUNCED

TRICIA M. BOOTS

Tricia is a third year student at Duquesne University in Pittsburgh, Pennsylvania, where she is in a five year Physician Assistant Masters degree program. She is 20 years old and graduated from Riverside High School in the top ten percent of her class.

Tricia took up racquetball while at Duquesne but soon discovered that there weren't any programs or activities for racquetball players. She took it upon herself to start leagues and plan tournaments. She now runs a league with forty-four players, organizes two schoolwide tournaments per year, gives beginner lessons and arranges for advanced lessons, plus conducts clinics to promote the sport.

Besides being Director of Racquetball at Duquesne, Tricia is a member of the Physician Assistants Club, the president and the physician assistant representative of the Dean's Advisory Board and a member of campus ministry. She attained the Dean's list both semesters this year earning a 3.721 and a 4.0. Once a week she volunteers her time in Recreation Therapy at Mercy Hospital in Pittsburgh.

After graduation, Tricia plans to become a family practice physician assistant in the Pittsburgh area and to continue to participate in racquetball.

KORI GRASHA

Kori Grasha, a current member of Junior Team USA, is a first year student at Canisius College in Buffalo, New York. Kori is 18 years old and has received a Dean's Scholarship based on both her academic and athletic achievements.

Her racquetball skills and achievements have steadily improved, since her father began teaching her at the tender age of 6.

"I have learned many things about goals and dreams from playing racquetball and have learned that I can achieve anything I put my mind to and that the only limits I have are the ones that I set for myself," Kori stated in her application essay.

KIMBERLY ANN RUSSELL

Kim Russell isn't a newcomer to the racquetball scene. Many of you watched or read about her stints on the U.S. National Racquetball Team and her win in the Women's 25+ division at the Ektelon AARA U.S. National Singles Championships in Houston this year.

Kim is attending the nurse anesthesia program at the University of Tennessee at Chattanooga. A practicing surgery nurse for four years since earning her nursing degree from the University of Kentucky, Kim's new personal goal is to become a nurse anesthetist.

Kim is 27 years old and plans to continue competing in racquetball, the sport she loves, as well as pursue her personal and career goals.

JOHN STANFORD

John Stanford is a first year student at Florida State University in Tallahassee, Florida. He is 18 years old and has been playing racquetball "since birth," as he states in his biographical essay. "On the twelfth day of my life, my father laid me on the court at the Florida State Championships and introduced me as the newest player on the block," John states.

John has participated in all major junior events since he was 10 years old and feels that he will continue to compete and enjoy racquetball for a long time.

While attending Melbourne High School in Melbourne, Florida, John participated in Spanish Club, All-County golf team, Melbourne High golf team, the Paw Club (honors club), Young Life and the Model Student Senate, to mention only a few of his many activities.



**JACKIE PARAISO
GIBSON HONORED
BY WOMEN'S
SPORTS
FOUNDATION**

At its recent annual banquet, the Women's Sports Foundation honored Jackie Paraiso Gibson as a

top-ten finalist for the WSF "Sportswoman of the Year" award. Although she didn't nab the award, Jackie had a great time rubbing elbows with some of the greatest female athletes in the U.S., and received a grant to do some very special work with children.

"I flew to New York straight from the women's pro tournament and was honored to be in the presence of such great celebrities. It was even more of an honor to be selected as one of the finalists for Athlete of the Year. I also won an award of "Outstanding Achievements in Women's Sports," for my contributions to racquetball (clinics, tours, and speaking engagements Joy and I did at various events and schools). Joy and I are going to be working with children who have contracted HIV through clinics and other events with the funds we received."

**TRIBUTE TO BOB
CROWE: 1944-1995**
By Rita Balock



A practice partner is worth his weight in gold when it comes to racquetball. Someone content to drill over and over, week after week, month after month,

year after year. I had such a partner, and so did others at the Sagebrush Athletic Club in Havre, Montana.

A southpaw, nonetheless, notorious for bodying opponents out of center court position ... A student, as well as a teacher, of the game ... A sportsman on and off the court.

Racquetball lost one of its truest friends on July 20, 1995 in Bob Crowe, 51, who fell victim to a heart attack while reading the newspaper.

One day earlier, Crowe was heckling Beth (Evans) Buchanan from his pickup window as she jogged during a visit from her far North Alaska home.

Typical Crowe.

Just like his way of sliming you with a sweat-dripping hug after a match; followed by a Coca-Cola Classic cool down with a towel draped around his neck.

Crowe and I rarely missed our Sunday morning court at 11.

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MOONEY'S RETIRE. Long-time staffers John and Rose Mooney retired from the AARA on January 1 after nine years of service. Budget re-allocations and re-structuring at the national office factored into the couple's decision to "take it easy" in 1996. Best of Luck! Photo: Jen Yokota.

Serve cutoffs were learned and rallied out.

Body position on drive serves improved – stay low through the entire motion, reminded Crowe, again and again.

Forehand, backhand serves were overplayed.

There were no easy rallies. Shots were on the run. And, oh how Crowe cranked that wide forehand swing, controlling the court with his body. The pass rode the wall. Back to the service box.

Forty minutes later, a quick drink.

TOO MANY T-SHIRTS? Here's an idea sent in by Women's 30+ national champion Karen Sobotta – who collects tournament shirts at an alarming rate. Her mom took seventy of her event t-shirts and constructed a very special keepsake quilt.



Then, we'd close with 20 minutes of game simulation. Crowe would tell me to pick a number between 1 and 15. That was my score. The goal, 15. Crowe's score, 0.

Mentally, Crowe knew I was weak. He'd seen my chokes at tournaments. Big leads, but no big finishes. He was making me tougher. Play hard and smart, focused, no easy points.

Crowe's patience and perseverance made me a better player.

It's been three years since I moved to Coeur d'Alene, Idaho. I have plenty of opponents, but no practice partner.

Crowe's impact, though, is still with me.

Now, I am the retriever. I teach those same drills as racquetball instructor-coordinator at the Sta-Fit Athletic Club. The more advanced the player, the harder I push.

In matches, I remind myself to stay low through my drive serve. I take my time, think, finish.

My heart stopped in shock and sadness when I learned of Crowe's unexpected passing.

But, I sincerely believe racquetball made Crowe's most recent years happy ones.

What a bonus so many of his Montana Racquetball Association and Canadian friends (85) played Havre's Summer Sizzler in mid-June. The camaraderie and hospitality were unbelievable. Indeed thankful he was one of my opponents after I arrived at the club 50 minutes late for that match. There was no forfeit.

We played and laughed. Crowe's team won, but we had fun. I got slimed ... I was home again.

COACHES GET NO RESPECT

By Katherine Grill

"You know, a little weight training could really help your game."

I opened my eyes to see Coach Bob, cool and composed, leaning over my prostrate body. I had just collapsed after a totally pathetic racquetball performance. I squinted my eyes and made a Herculean effort to reach my towel six inches away.

"Strength training. Definitely," he repeated.

Every once in a while, Coach Bob looks like a guru. Not often. He smiles too much to look truly mystical. But this was one of those times. His expression was grave, and at that moment, I felt he'd given me a transcendental truth of the racquetball universe. Without hesitation, I crawled to my checkbook.

I showed up for my first training session full of nervous energy. I didn't like failing in front of Bob. It probably hails back to something primeval: don't show weakness in front of anyone who can beat the snot out of you on or off the court.

Coach Bob told me to warm up, which I did. I jumped rope until I was sweaty and breathless and generally ready to play a match. But as I put the rope away, Coach Bob shook his head. "Two minutes does not constitute a warm-up," he said bluntly. Then he supervised as I jumped for another five.

Then began the real work. "We're going to build base strength first, then move on," he said. I nodded sagely as if I were an informed consumer. In actual fact, he could have proposed injecting my muscles with chicken fat, and I wouldn't have known to object. Complain? Yes. Object? No.

I approached the leg extension machine as I would a canny opponent. I've got your measure, I thought. I can handle you. But before I could even sit down, Bob began to change things. He added two seat pads and a back pad. Now, I am not a small woman by any means, so I must conclude that standard strength equipment is designed for men the size of the Jolly Green Giant. When I sat down, I looked

like a Munchkin trying to leg lift Dorothy's house. Not the most inspiring sight in the world.

"It's for proper alignment and muscle isolation," said Bob.

Again, I gave him the learned nod as I memorized these mystic words. Then, per Bob's instructions, I lifted the weight for a slow count of ten, held for one, and managed to smile as the weight went crashing down on the back two. Oops.

"That's fine, Kathy. No control on the way down." Little did I know then how evil those five words are.

Repetition 3: My legs shake, but I still handle it with a smile. After all, if you don't breathe, then no one knows a mere forty pounds is killing you.

Rep 5: Unable to keep from breathing loud and hard, I choose to stop altogether. "Breathe!" Coach Bob orders. I am so startled by his tone that I hastily gulp down everything but my tonsils.

Rep 7: I give up trying to be macho. I sound like a freight train on overdrive and have recruited every muscle including the sphincter to get those weights up another half inch. I doesn't work. Bob beings his motivation techniques. "Come on! Dig in!" I glare at him and, in anger, push the weights to the top.

"One more."

"One more!" I gasp, outraged. Clearly, I had not yet learned the cardinal rule of weight lifting: If you have the breath to object, you can lift more.

And yes, I did it, but the thoughts that went running through my mind are not printable. Especially when Coach Bob said, "Well, I guess we're upping that weight next time."

This is the pattern that continued throughout the rest of the course. By the time I finished, I crawled to my towel, six inches away, and swore eternal vengeance on the creator of strength equipment, Coach Bob, and the guy who tripped over me on his way to the bicep machine.





LIKE MOTHER, LIKE DAUGHTER. Spotted at national doubles, these two young ladies were the center of attention – on the basketball court! Kristin Clay (left) and Kelani Bailey ditched moms Lynn Adams-Clay and Malla Bailey just long enough to pose. Photo: Jen Yokota.

On the up side, I noticed results within a week. Yes, indeed, I no longer puffed when carrying the laundry upstairs. I no longer looked feeble when dragging in the groceries. In fact, I wasn't even prostrate at the end of a long day of children, car pools, and racquetball.

So ... no one ever thought to help me with the laundry, the groceries, or the children.

In short, I decided this entire experience was a wash. Especially since I had yet to impress Coach Bob with my amazing strength. I never failed to fail, as the saying goes. With each machine, each weight, he demanded one more rep than I could humanly provide, forcing him to support the weight while I gasped and strained to keep myself upright.

"Definitely, a waste," I said one day after collapsing while trying to lift my water bottle.

"But, Kathy," responded Bob, "I explained the whole program to you at the beginning."

I frowned, vaguely recalling something about slow twitch and fast twitch muscle fibers. I hadn't really listened at the time, being too intent on saying things like, "This will help my racquetball game, right?"

But it will help my game, right?"

Bob sighed, no doubt realizing that in coaching as in life, timing is everything. "Are you ready to listen now?" he asked.

I nodded, once again opening my mind to the mystical orb of fitness knowledge.

"We build strength by pushing your muscles past fatigue to failure. If you ask a muscle to do one more rep than it can possibly perform, it will adapt to handle the load for the next time."

I blinked, comprehension slowly seeping in. "You mean," I gasped, "that the whole point is for me to fail?"

"Uh..." responded the mystical orb.

"You mean I'm supposed to look like an incompetent weakling?"

"Uh..."

"You mean, I paid good money for you to help me destroy my own self confidence?"

"But you've more than doubled the amount of weight you can lift!"

It's a good thing I didn't have anything in my hands at that moment because I would have cheerfully dropped it on his head. "And it hasn't even helped my racquetball game," I bellowed as I grabbed my towel and stomped out.

That's what I said, and I meant it. Until the tournament, that is. Until I was well into the fifth hour of straight play against opponents who would have buried me a month ago.

My saving grace? I could run without exhaustion. And I had a serve that seemed to explode off my racquet at the speed of light. Until that day, I had relied on a soft game, lobs and gentle pokes that sometimes worked, sometimes not.

That day, I discovered a power that I didn't know I possessed. A power that I hadn't possessed until after three weeks of strength torture devices.

Have I continued with my training? You bet. Have I apologized to Coach Bob? Well, a girl's got to keep her pride somehow. Of course, I have thanked him. And I have pulled out my checkbook for another round.

WHAT I LEARNED ...

1. *Forget what your mother said about not breathing heavy in public. Keep breathing — loud and hard. With luck, you'll blow the weight up another inch.*
2. *Coaches get no respect. Minimize their frustration and your pain by having your training explained clearly. There are lots of different methods of teaching and skill acquisition. Try to understand what you're doing before you heap coals on yourself for failing to lift an immovable object.*
3. *Play with a partner. Not only will this motivate you when you'd rather just drink beer, but they can spot you. After all, the sphincter muscle won't help if your biceps give out in the middle of a rep. Besides, what fun is there in lifting if there isn't at least a chance that you'll drop the weight on someone?*

EKTELON MIXER SERIES A SUCCESS

The Ektelon AARA Mixer Series was a huge success across the country, with 1224 individuals introduced to the sport for the first time. Of that number, over 600 are continuing to play racquetball in an organized fashion — either weekly or in beginner leagues. The pilot program will continue to expand over the coming year, with the primary objective of introducing "first-timers" to the sport, or re-introducing the game to anyone who hasn't played in the preceding six months. By targeting fitness enthusiasts, the program intends to show the sport's value as a way to get an excellent full-body workout.

The mixer program included a bonus pool program for successful organizers who included local coordinators Kelley Beane of Manchester, New Hampshire; Roz Petronelli of North Easton, Massachusetts; Sue Giliberti of Pembroke Pines, Florida; Jennifer Mayadas of Chappaqua, New York and regional coordinators Lorraine Galloway of Jamaica Estates, N.Y.; Mary Lyons & Susan Morgan Pfahler of Jacksonville, Florida; and Geoff Peters of Chicago.

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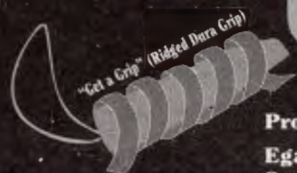
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Continued from Page 33

momentum. This loss seemed to take a bit out of them for the third game, and the G-Force got back on track with an effective half-lob to Gray's forehand and effective drive serves to Kilbane's backhand, and they closed the match with an 11-6 win. The title was yet another to add to Gould's career record, but the first pro win for Gudinas.

Singles

In the singles competition, upsets and tough serving were the main features of the division. The first exciting match-up was Tammy Brockbank against Amy Kilbane. In their last meeting at the '95 amateur national singles, Brockbank had soundly defeated Kilbane. But here, Amy was able to capitalize on Tammy's errors, by forcing weak returns and sneaking in a few aces, to take the first two games easily, with identical scores of 11-3 in both. Brockbank finally relaxed in the third game, while Kilbane let up, and Tammy was pleasantly surprised to win it 11-8. But Amy got back to business in the fourth, capturing her first victory over Brockbank a final score of 11-7.

The next exciting match featured Anita Maldonado playing veteran Chris Evon. In the first, Evon led 6-2 before Maldonado came back to gain her own 8-6 lead, but stall as Evon recovered for the 11-8 win. Maldonado then dominated the second game with key serves and took it 11-

6. Evon jumped to a 3-0 lead in game three, but Maldonado came back again and went up 5-3 on an avoidable hinder. Evon eventually led 7-6, but Maldonado took the game with accurate passes and aggressive shooting. Game four was all Evon as she never let Maldonado in, winning 11-1. The tiebreaker was a toss-up to the crowd. Evon had momentum and experience, while Maldonado could never be counted out. Anita took the lead with a couple of perfect touch shots, but Evon replied with effective z-serves to jump to an 8-5 lead. At that point, Maldonado took a timeout and later recalled, "I said to myself to just go for it!" Returning to the court with her usual fired-up aggressive nature, she ran off three consecutive points, and closed out the match with two forehand kills for the points to win it. This would put Maldonado into her first quarter-final in her short career on the tour.

Two other tour regulars, Lorraine Galloway and Kim Machiran, also made their first career leaps into the quarters. Galloway advanced by defeating Marcy Lynch with consistently strong drive serves. Lynch captured the first game on the strength of her own service game, but Galloway ran away with the next three. Machiran had it tougher against Michelle Wiragh, who took a 9-3 lead in the first game before Kim battled back with drive serves to win 11-9. Machiran got the lead in the second, but Wiragh turned the tables and fought back to win 11-10. Machiran added near-perfect z-serves to take a quick 5-0 lead and eventually the game, as she retained the momentum to capture a tough 11-10 victory.

WIRT IN BALTIMORE: ALLSPORT

Round of 16

Michelle Gould def.	Doreen Fowler 11-2, 11-1, 11-3
Kim Machiran def.	Michelle Wiragh 11-9, 10-12, 11-6, 12-10
Amy Kilbane def.	Tammy Brockbank 11-3, 11-3, 8-11, 11-7
Anita Maldonado def.	Chris Evon 8-11, 11-6, 11-8, 1-11, 11-8
Lynne Coburn def.	Lisa Calitri 11-1, 11-4, 11-2
Lorraine Galloway def.	Marcy Lynch 4-11, 11-2, 11-9, 11-0
Molly O'Brien def.	Dina Moreland 11-7, 11-2, 3-11, 11-6
Cheryl Gudinas def.	Janet Myers 11-4, 12-10, 11-1

Quarterfinals

Michelle Gould def.	Kim Machiran 11-3, 11-3, 11-1
Amy Kilbane def.	Anita Maldonado 11-3, 11-0, 11-1
Lynne Coburn def.	Lorraine Galloway 11-0, 11-2, 5-11, 11-3
Cheryl Gudinas def.	Molly O'Brien 11-5, 12-10, 11-6

Semifinals

Michelle Gould def.	Amy Kilbane 11-0, 11-5, 11-4
Cheryl Gudinas def.	Lynne Coburn 7-11, 11-1, 11-1, 11-5

Final

Michelle Gould def.	Cheryl Gudinas 11-5, 11-0, 11-9
--------------------------	---------------------------------

Top seeded Michelle Gould advanced easily over Doreen Fowler, while Cheryl Gudinas had to come back from her second game deficit to Janet Myers to win in three. Home-club favorite Lynne Coburn controlled her match against Lisa Calitri with her deceptive, low "prayer" serves. And tournament director Molly O'Brien advanced with her four-game win over Dina Moreland.

Quarterfinals

In the quarterfinal round, Michelle Gould continued her dominance by defeating Kim Machiran 11-3, 11-3, 11-1. Machiran was able to stay neck-and-neck with Gould at the start of each game, but Gould's accurate shooting and irretrievable cross-court kills were too much for Machiran. Number two seed Gudinas defeated Molly O'Brien by scores of 11-5, 11-10 and 11-6. Maldonado against

Kilbane appeared to be one of the more interesting matches, but didn't end as exciting as had been anticipated. Maldonado struggled with a severe headache going into the match. Her troubles just got worse as Kilbane turned up her game a notch, served incredibly well and capitalized on nearly every opportunity given to her, to take the match 11-3, 11-0, 11-1.

Semifinals

The first semifinal pitted hometown Coburn against Gudinas. The two stayed close up to 7-7 in the first game, before Coburn went ahead to take four straight points to win it. To get them, her forehand serves were accurate and included two aces to the right. Then, she closed out the game with a great diving get that she was able to flick into the left corner. Gudinas jumped to a 7-0 lead in the second game with a mixture of hard z-serves to Coburn's forehand along with her trademark "angel" lob serves to the backhand. All Coburn could do was put up a return followed by a Gudinas kill, and eventually only earned only a single point. Game three was also another quick one for Gudinas as she led 10-0 off the lob serves and ended rallies with touch shots and backhand pinches. Down 10-0, Coburn rolled a kill shot off the back wall, then gained a point off her serve, but Gudinas took the game. In the fourth, Coburn returned to the forehand z-serve, but Gudinas' mental toughness and focused intensity aided her comeback to take the game and match.

In the other semi, Gould faced Kilbane, who was on a streak and looked for a strong performance. Gould quickly ended

that streak by defeating Kilbane 11-0, 11-5, 11-4, recalling, "She had been playing so well in the tournament. You never really know what to expect when playing Amy, but I knew I had to be prepared."

Final

The final was set to be a face-off between doubles partners Gould and Gudinas. Gudinas found herself in her second pro final in the same weekend, and Gould was in her usual element. Game one started off neck-and-neck to 4-4 when Gould got on a roll with backhand splats and cross-court kills, along with her consistently strong serving. Gould carried the momentum into the second game, serving especially well, and kept Gudinas off balance. Gudinas could never get going and lost 11-0. In game three, Gudinas shot out to a quick 6-1 lead by keeping Gould guessing on the serves and forcing her to chase down a few jam serves. At 6-4, Gudinas took a timeout, but couldn't start it up again until she was down 10-6. After three easy points, Gudinas found herself with an uncharacteristic set-up to her backhand by Gould, but skipped it into the left corner, the shot that had worked all game for Gudinas. She ultimately dropped the game 11-9.

Regarding her match with Gudinas, Gould said, "It was a relaxing atmosphere because we're such good friends."

After having won the first two stops of the season, Gould stated, "It was very important to do well in the first few tournaments to take some of the pressure off for the remainder of the season."



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pro rankings & calendar



**INTERNATIONAL
RACQUETBALL
TOUR**

Supports Fibromyalgia Research

IRT RANKINGS

1. Cliff Swain.....2671
2. Andy Roberts.....2564
3. Mike Ray.....1922
4. Mike Guidry.....1862
5. Sudsy Monchik.....1761
6. Drew Kachtik1649
7. John Ellis1401
8. Tim Doyle1086
9. Louis Vogel.....992
10. Aaron Katz.....987
11. Woody Clouse839
12. Adam Karp.....831
13. Jason Mannino.....728
14. Mike Engel670
15. Tony Jelso.....661
16. Brian Rankin654
17. Kelly Gelhaus567
18. Eric Muller.....520
19. Dan Fowler484
20. Mike Ceresia392
21. Todd O'Neil.....354

VCI CHALLENGE CUP SERIES

BONUS POOL: Points earned in the VCI Challenge Cup events only:

1. Cliff Swain.....1,000
2. Andy Roberts750
- 3T. Mike Ray500
- 3T. John Ellis.....500
- 5T. Sudsy Monchik300
- 5T. Mike Engel.....300
- 5T. Tony Jelso300
- 5T. Mike Guidry.....300

PENN GLOVE BONUS POOL:

Includes finishes in all IRT stops by all those players wearing Penn gloves, official glove of the IRT. Last season's winner: Tim Doyle.

1. Louis Vogel
2. Woody Clouse
3. Dan Fowler
4. Brian Rankin
5. Todd O'Neil
6. Mike Engel

HEAD ATHLETIC BONUS

POOL: The official clothing and footwear of the IRT offers the largest bonus pool in racquetball history. Last year's winner: Cliff Swain.

1. Cliff Swain
2. Sudsy Monchik
3. Mike Ray
4. Louis Vogel
5. Mike Engel
- 6T. Dan Fowler
- 6T. Adam Karp
8. Brian Rankin

SPALDING POWER SERVE:

The official racquet of the IRT offers a bonus pool to hardest hitting players throughout the season.

1. Sudsy Monchik164 mph
2. John Ellis.....161 mph
3. Tim Doyle.....157 mph
4. Andy Roberts156 mph
5. Louis Vogel155 mph
6. Cliff Swain153 mph
7. Woody Clouse...145 mph
8. Tony Jelso142 mph

TACKI MAC BONUS POOL:

1. Sudsy Monchik
2. John Ellis
3. Mike Ray
4. Louis Vogel
5. Woody Clouse
- 6T. Brian Rankin
- 6T. Mike Engel



**WOMEN'S
INTERNATIONAL
RACQUETBALL
TOUR**

Supports Fibromyalgia Research

WIRT RANKINGS

1. Michelle Gould.....1863
2. Cheryl Gudinas1163
3. Marci Drexler929
4. Robin Levine.....914
5. Lynne Coburn863
6. Chris Evon.....763
6. Amy Kilbane.....763
8. Marcy Lynch663
9. Kim Machiran477
10. Jackie Gibson427
11. Lorraine Galloway ..413
11. Anita Maldonado ...413
11. Michelle Wiragh413
14. Tammy Brockbank..329
14. Laura Fenton.....329
14. Molly O'Brien329

IRT SCHEDULE

JANUARY

January 17-21
Hampton In Pro Classic
Racquet Club of Memphis
Memphis, Tennessee

January 31-February 4
VCI Challenge Cup Series #3
-presented by VW Credit, Inc.
@ Southern Athletic Club
Atlanta, Georgia

FEBRUARY

February 14-18
Shop n' Save Pro-Am @
Racquet Club of Pittsburgh
Monroeville, Pennsylvania

MARCH

March 6-10
CCFA Pro-Am Shootout
Downtown YMCA
Houston, Texas

March 13-17
Saskatoon MetLife Classic @
River Racquet Athletic Club
Saskatoon, Canada

March 27-31
Samba Pro-Am @ Planet
Fitness
Phoenix, Arizona

APRIL

April 10-14
VCI World Doubles
Championships
presented by VW Credit, Inc.
@ Schoeber's Athletic Club
Pleasanton, California

April 24-28
IRT Professional Nationals
The Sporting House
Las Vegas, Nevada

MAY

May 1-5
Cameron Springs Indianapolis
Open @ Greenbriar Athletic
Club-Indianapolis, Indiana

May 15-19
Pro World Championships at
the Bay @ Bayhill Athletic
Club-Milpitas, California

JUNE

June 5-9
IRT Tourney of Champions @
Multnomah Athletic Club
Portland, Oregon

IRT INTERNATIONAL EVENTS
January: Paris, France
January: Hamburg, Germany
July: Tokyo, Japan

WIRT SCHEDULE

January 12-14
Executive Health & Sports
Manchester, New Hampshire

February 1-4
Chancellor's-Houston, Texas

March 18-21
TBA-Syracuse, New York

May 2-5
National Championships
Merritt Athletic Club
Baltimore, Maryland





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MEN

Men's Open

1. Dan Fowler, MD
2. Doug Ganim, OH
3. Mike Locker, MN
4. Jimmy Lowe, KY
5. Michael Bronfeld, CA
6. Tony Boscia, CO
7. Matt Fontana, FL
8. Chris Cole, TX
9. Mike Johnston, MI
10. Jeff Wilson, NM

Men's A

1. Rocky Carson, CA
2. Mike Nigro, CO
3. Ed Fink, TX
- 4T. Brandon Henline, GA
- 4T. Ryan Staten, KS
6. Alex Spaeth, IL
- 7T. Ryan Braley, WY
- 7T. Rob Connelly, MA
- 7T. Andrew Haywood, TX
- 7T. Jack Long, TX

Men's B

1. Rob Teren, OH
2. Bill Groombridge, CA
3. Stephen Lewis, WA
4. Ken Fairchild, NJ
5. Jeffrey Gal, NY
6. Doug Brehm, TN
7. Dave Oettel, CO
8. Rich Book, IL
9. Tim Franklin, OH
10. Rich Behrens, CO

Men's C

1. Mark Sandoval, CO
2. Glen Childers, TX
3. Adam Buchanan, CO
4. Preston Gaster, NC
- 5T. Frank Senger, NY
- 5T. Freling Smith, NY
7. Michael Brister, TX
8. Tim O'Neil, NH
- 9T. Joseph Austin, Jr., LA
- 9T. Germain Carrasco, VA

Men's D

1. Marc Schnittker, CO
2. Jodie Hittle, ME
3. Mike Matheson, CO
- 4T. Edwin Negron, AK
- 4T. Jay Retkevich, NH
- 6T. David Leon, GA
- 6T. Jim Lucci, IL
- 8T. Terry Ahearn, AK
- 8T. Augusto Gonzales, FL
- 8T. John Odell, NM

Men's Novice

1. Scott Granta, NY
2. Stephen Mykalcio, NY
3. Gennaro Izzo, NY

4. Gary Perkins, FL
5. Michael Myers, MO
6. David Gagnon, NH
- 7T. Alfi Azpiazu, FL
- 7T. Brian Griswold, GA
- 7T. Mark Lentz, FL
- 7T. John Lindsey, TX

Men's 19+

1. Shane Wood, MA
2. Brian Fredenberg, TX
3. Brian Pointelin, MO
- 4T. Matt Fontana, FL
- 4T. Scott Grunin, MA
6. Matt Adesso, OH
- 7T. Jason Armbrecht, NC
- 7T. Aaron Metcalf, FL
9. Ray Maestas, NM
10. Mike Dennison, OH

Men's 25+

1. James Lorello, FL
2. Jeff Bell, AZ
- 3T. Rob French, IA
- 3T. Wayne Sweatt, NC
5. John Davis, LA
6. Damon Currier, ME
7. Michael Kord, VA
8. Oscar Alvarez, FL
9. Thomas Miller, Jr., MD
10. Scott Krouse, ME

Men's 30+

1. John Amatulli, IN
2. Dave Peck, TX
- 3T. Dave Cardillo, NY
- 3T. Bruce Erickson, MO
- 3T. Jim Jeffers, MN
6. Rob French, IA
7. Curtis Winter, FL
8. Jim Grant, MA
- 9T. Armando Alonso, FL
- 9T. David Lockridge, GA

Men's 35+

1. Mitch Smith, PA
2. Bill Lyman, IL
3. Mike Martinez, CA
4. Dave Peck, TX
5. Joe Hassey, AZ
6. Tim Armstrong, KS
7. Troy Stallings, MN
8. Ed Shivokevich, NY
9. Gene Couch, FL
10. Dave Eagle, OH

Men's 40+

1. Ed Garabedian, PA
2. Gary Mazaroff, NM
3. David Nowack, MO
4. Philip Parker, MA
5. Gene Couch, FL
6. Randy Stafford, TN
7. Gregg Mandell, IL
8. Mitt Layton, FL
- 9T. Issac Laughinhouse, MA
- 9T. Tim Lavo, MN

Men's 45+

1. Mitt Layton, FL
2. Greg Hasty, IL
3. Jim Bailey, VA
- 4T. Johnny Northern, MI
- 4T. Frank Rusch, IL
6. Doug Dickman, MO
- 7T. Tim Lavo, MN
- 7T. Dominic Palmieri, OH
9. Mike Murphy, CA
10. Frank Ciociola, NY

Men's 50+

1. Ray Huss, OH
2. Ron Johnson, IL
3. Horace Miller, IL
4. Tom McKie, TX
5. Russ Deegan, FL
6. William Copeland, CO
- 7T. Dan Jones, GA
- 7T. Craig Olsen, NE
- 9T. Terry Albright, MO
- 9T. Joe Gellman, NM

Men's 55+

1. Rex Lawler, IN
2. Ron Hutcherson, IN
- 3T. Dario Mas, DE
- 3T. Jim Wilking, UT
5. Bobby Sanders, OH
6. Gordon Kelly, MI
7. Richard Valleroy, MO
8. Joe Mulkerrin, VA
- 9T. Charlie Garfinkel, NY
- 9T. Michael Jackson, CT

Men's 60+

1. Jerry Holly, CA
2. Paul Banales, AZ
3. Otis Chapman, OH
4. Charlie Gunn, IN
5. Art Johnson, CO
6. Jack Dunsmoor, ID
7. Don Alt, FL
8. Hugh Morrison, IL
- 9T. Don Alt, OH
- 9T. Rex Benham, AR

Men's 65+

1. John Bogasky, VA
2. Joe Lambert, TX
- 3T. Barney Friesth, SD
- 3T. John O'Donnell, IL
5. Verlyn Dunn, ID
- 6T. Herb Nathan, FL
- 6T. Mal Roberts, FL
8. Victor Sacco, NY
9. Bob Englund, MN
10. Richard Davis, TX

Men's 70+

1. Richard Davis, TX
2. Jack Gushue, NY
3. Victor Sacco, NY
- 4T. Tony Duarte, CA
- 4T. Simon Wiederman, TX
6. Arpad Toth, NH

7. Robert McAdam, TX
8. Bill Gencarella, CA
- 9T. Earl Acuff, NC
- 9T. Chuck Bellows, NC

Men's 75+

1. Earl Acuff, NC
2. Charles Russell, CA
3. Allen C. Shepherd, MD
4. Luzell Wilde, UT
5. Andy Trozzi, MA
- 6T. Cam Snowberger, PA
- 6T. George Spear, FL
8. Charles Estram, MA
9. Henry Ponowy, MO
10. Fred Felton, TX

Men's 80+

- 1T. John Pearce, TX
- 1T. Allen C. Shepherd, MD
3. Jack Daly, VA
4. Harry Steinman, MD
5. Steve Ordos, MN

Men's 85+

1. Ralph Hoyle, NY

WOMEN

Women's Open

1. Laura Fenton, MA
- 2T. Malia Bailey, VA
- 2T. Holly Gray, AZ
4. Lorraine Galloway, NY
5. Lisa Hjelm, CA
- 6T. Michelle Gould, ID
- 6T. Cheryl Gudinas, IL
8. Karin Sobotta, WA
9. Amy Kilbane, OH
10. Kerri Stoffregen, OH

Women's A

1. Erika Juhl, DE
2. Sadie Gross, SD
3. Esmeralda Berrich, CO
4. Beth Neff, WA
5. Karen Green, MI
6. Donna McGatha, MO
7. Linda Leasure, FL
8. Candy Masson, GA
9. Holly Shulman, GA
10. Joanna Boyte, NC

Women's B

1. Esmeralda Berrich, CO
2. Carmen Alatorre-Martin, VA
3. Rhodell Eppenger, AK
4. Angela Burth, VA
5. Carol Zimlinghaus, CO
6. April Settell, CO
7. Ann Doucette, ME
- 8T. Sandra Eppert, TX
- 8T. Karen Morris, AR
10. Kim Brackett, NH

Women's C

1. Anita Antony, CO
2. Angela Burth, VA
3. Julie Dale, AK
- 4T. Megan Bals, NE
- 4T. Cheri Prickett, AR
- 4T. Lorene Stadig, CO
7. Gale Mills, AR
8. Gina Fulner, TX
9. Lorna Deily, NY
10. Chris Fouts, FL

Women's D

1. Gina Fulner, TX
2. Crystal Winfrey, OH
3. Vicki Leetch, AR
4. Linda Demro, CA
- 5T. Camille Hatcher, SC
- 5T. Robin Paris, NH
- 7T. Toby Brandtman, CA
- 7T. Jacqueline Duprey, KS
- 7T. Kassi Herr, FL
- 7T. Terry McKeever, ME

Women's Novice

1. Susan Wells, TX
2. Jean Biggs, NY
- 3T. Melissa Danile, MI
- 3T. Yvonne Ghilardi, NH
- 3T. Kassi Herr, FL
6. Joan Weiss, NY
7. Alanna Sultar, CT
8. Cari Mitlitsky, NY
- 9T. Jennifer Annett, NY
- 9T. Beth Atkinson, MA

Women's 19+

1. Tammy Brockbank, ID
2. Kerri Stoffregen, OH
3. Rachel Gellman, NM
- 4T. Aimee Roehler, PA
- 4T. Jen Yokota, MO
6. Marni Shute, WY
- 7T. Britt Engle, FL
- 7T. Amy Kilbane, OH
- 7T. Julie Taylor, UT
10. Catherine Basa, NC

Women's 25+

1. Kim Russell, GA
- 2T. B.J. Ehrgott, CT
- 2T. Doreen Fowler, MD
4. Michelle Wiragih, MD
- 5T. Rosemary Anderson, NC
- 5T. Kelley Beane, NH
- 5T. Kathy Bowden, NE
- 5T. Petty Clark, MN
- 5T. Lorraine Galloway, NY
- 5T. Kaye Hastings, MI

Women's 30+

1. Karin Sobotta, WA
2. Kersten Hallander, FL
3. B.J. Ehrgott, CT
4. Lorraine Galloway, NY
5. Kim Machiran, MO
6. Debbie Tisinger, CA

rankings ... rankings

- 7T. Kelly Kirk, MN
7T. Phyllis Morris, TX
9T. Jan Curtis, GA
9T. Stacy Sour, CO

Women's 35+

1. Debbie Tisinger, CA
2. Mary Lyons, FL
3. Roz Petronelli, MA
4T. Kelly Kirk, MN
4T. Janet Tyler, FL
6. Linda Moore, NE
7. Carol Bastien, IL
8. Carol Kriegler, MN
9. Marianne Walsh, UT
10. Carol Frenck, VA

Women's 40+

1. Susan Pfahler, FL
2. Renee Fish, FL
3T. Laura Patterson, MI
3T. Joanne Pomodoro, MA
5. Janet Myers, NC
6. Mary Bickley, PA
7. Brenda White, IL
8. Debbie Chaney, IN
9. Vicki Luque, GA
10. Karen Bouchard, FL

Women's 45+

1. Shelley Ogden, OH
2. Terry Ann Rogers, CA
3. Donna Ebner, MO
4. Merjean Kelley, CA
5. Linda Miller-Moliff, IN
6. Mary Jo Murray, FL
7T. Judy Sands, IL
7T. Grace Touhy, IL
9. Jean Heckman, NY
10. Gwen Benham, AR

Women's 50+

1. Nancy Butts, WI
2. Sharon Hastings-Weity, OR
3. Nidia Funes, CA
4. Gerri Stoffregen, OH
5. Mildred Gwinn, NC
6. Pat Tarzon, IL
7T. Helen Dunsmoor, ID
7T. Rose Hernandez, UT
7T. Gail Schaefer, MD
7T. Rose Stoltmann, WI

Women's 55+

1. Kathy Mueller, MN
2. Helen Dunsmoor, ID
3. Jo Kenyon, FL
4T. Marion Crawford, NY
4T. Annabelle Kovar, NE
6T. Marion Johnson, TX
6T. Sylvia Sawyer, UT
8T. Sue Carow, IL
8T. Sue Embry, CA
10. Mary Walker, CA

Women's 60+

1. Jo Kenyon, FL
2. Cleata Ching, PA
3. Mary Walker, CA
4. Lola Markus, IL
5. B.G. Bailey, TN
6. Mary Low Acuff, NC
7T. Jane Graham, GA
7T. Peggy O'Brien, Ireland
9. Reta Harring, WI

Women's 65+

1. Reta Harring, WI
2. Mary Low Acuff, NC
3T. Rebecca Dixon, OH
3T. Bridin Ui Mhalogan, Ireland

Women's 70+

1. Mary Low Acuff, NC
2T. Marilyn Cuned, MN
2T. Marion Russell, CA
4. Ruth Crosson, CO

Women's 75+

1. Mary Low Acuff, NC
2. Eleanor Quackenbush, OR

BOYS

Boy's 8 & Under

1. Matthew Hammond, OH
2. Andrew Grissom, CA
3. Sean Baker, TX
4. Jonathan Dawson, OR
5. Charlie Pratt, OR
6. David Lewis, CO
7. Andrew Ortiz, MD
8. Justin Erdman, OH
9. Garrett Stone, MN
10. Ross Williamson, KS

Boy's Multi-bounce

1. Matthew Hammond, OH
2. Charlie Pratt, OR
3. Nick Arturo, OR
4. Connor Wheeler, CO
5. Sean Baker, TX
6. Jonathan Brittain, OR
7. Scott Rieders, OR
8. Paul Bennett, UT
9. Alex Petak, TX
10. Cody Drago, OR

Boy's 10-

1. Brandon Shoemaker, OH
2T. Jon Hellner, OR
2T. Steven Klaiman, TX
4. Geoffrey Mora, CA
5. Peter Oakes, OH
6T. Bernard Dorman, CA
6T. Dain Taylor, IN
8. Roylee Luna, NM
9. Blake Vonkaenel, NE
10. Ej Basta, MO

Boy's 12-

1. Jack Huczek, MI
2. Trevor Crowe, OR
3. Joel Worthington, KS
4. Adam Taylor, IN
5T. Nathaniel Dehmer, MN
5T. Matthew McElhiney, FL
7. Bart Crawford, OR
8. Patric Mascorro, TX
9T. Ashley Conway, NC
9T. Joe Roth, PA

Boy's 14-

1. Ryan Staten, KS
2. Shane Vanderson, OH
3. Justin Carey, NY
4. James Ford, WY
5. Jeffrey Garner, AL
6T. Matt Gehling, MD
6T. Stephen Lewis, WA
8. Adam Tueller, UT
9T. Philip Hammond, OH
9T. Josh Tucker, MO

Boy's 16-

1. Abe Valdez, OR
2. Rocky Carson, CA
3. Willie Tilton, CO
4. Erin Brannigan, ID
5. Matt Davenport, MO
6T. Shawn Fry, NC
6T. Paul Strike, OH
8. Rick Corbridge, UT
9. Mike Eller, VA
10. Brit Berkey, IN

Boy's 18-

1. Eric Storey, IN
2T. David Hamilton, OH
2T. John Stanford, Jr., FL
2T. Shane Wood, MA
5. Bucky Freeman, TX
6T. Bryan Berkey, IN
6T. Aaron Granberg, WI
8. Jed Bhuta, AL
9. Craig Donaldson, MO
10. Jesse Keaveny, AK

GIRLS

Girl's 8 & Under

1. Kelley Fisher, OH
2. Brandi Hanson, OR
3. Lindsay Fuller, TX
4. Ashley Mora, CA
5T. Katie Lyons, FL
5T. Molissia Martin, WI
7. Nikki Winfrey, OH

Girl's Multi-bounce

1. Kelley Fisher, OH
2. Kimberly Walsh, UT
3. Molissia Martin, WI
4T. Dianne Meyer, OR
4T. Dominique Winfrey, OH
6T. Alison Bertagnoli, WI
6T. Elizabeth Ferguson, OR
6T. Jamie Lipman, TX
6T. Ashley Murphy, MO
10. Katie Ferguson, OR

Girl's 10-

1. Kimberly Irons, OH
2. Adrienne Fisher, OH
3. Derae Darling, OR
4. Lindsay Deutsch, TX
5. Jesi Fuller, NM
6. Melissa Holden, CA
7. Kastle Arturo, AK
8. Brandi Hanson, OR
9. Trinity Garcia, CA
10. Leslie Luna, NM

Girl's 12-

1. Melanie Mueller, CO
2. Molly Law, CO
3. Kristen Walsh, UT
4T. Eve Bateman, PA
4T. Keely Brannigan, ID
6T. Heather Holden, CA
6T. Crystal Winfrey, OH
8. Krystal Csuk, IL
9. Jeni Fuller, NM
10. Natasha Elmore, MN

Girl's 14-

- 1T. Sara Borland, IA
1T. Brooke Crawford, OR
3. Leisa Marquart, NE

- 4T. Melanie Mueller, CO
4T. Kristen Walsh, UT
6T. Davina Bloom, LA
6T. Meghan Guardiani, MA
6T. Lindsay Sears, IN
6T. Jennifer Swallow, PA
10. Jennifer Bennett, UT

Girl's 16-

1. Erin Frost, OR
2. Vanessa Tulao, TN
3. Katie Gould, MO
4T. Melisa Boyd, UT
4T. Colleen Maginn, WI
6. Meadow Krantz, MN
7T. Jill Brittain, OR
7T. Liana Kerwood, OR
9T. Dionna Brown, CA
9T. Bobbie Ross, NC

Girl's 18-

1. Sadie Gross, SD
2. Rhonda Rajsich, AZ
3. Shannon Feaster, DC
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• ProKennex • Spalding • Wilson •

JANUARY

January 19

Cash Open @ Track & Racquet-Akron, OH
216/644-0356

Frostbite Shoot-Out
Pottstown HC
Pottstown, PA
610/326-6216

Head RB Tour All
Doubles @ Midtown AC
Cincinnati, OH
614/890-6073

Host Lions @ Park Center
Club-Boise, ID
208/343-2288

Iron Range Open
Supreme Court FB&F
Virginia, MN
218/749-8318

Killshot Classic VIII
World Gym-Gretna, LA
504/362-7122

Midwest Senior/Masters
YMCA Jefferson City
Jefferson City, MO
314/761-9000

NYC Winter Classic
Series #2 @ BQE F & RB
Club-Woodside, NY
718/726-4343

Sports Barn Senior RB
Classic @ Sports Barn
Chattanooga, TN
615/266-1125

Sunshine Classic
Athletic Express
Gaithersburg, MD

Superbowl Open @ West
Lane RC-Stockton, CA
209/472-2100

Ball Breaker @ The Court
House-Laramie, WY

NY State Doubles
Colonie Court Club
Albany, NY
518/459-4444

26th Peter Cornell Open
Downtown YMCA
Richmond, VA
804/644-9622

January 24

Alaska Open @ Alaska
AC-Anchorage, AK
907/562-2460

January 25

National Women's
Senior/Masters @ Royal
AC-Burlingame, CA
415/697-9162

Superbowl at Riverpoint
Sports & Wellness
Albuquerque, NM
505/262-1911

January 26

Best of the Best
Health Experience AC
Vancouver, WA
360/696-9841

Break the Blues
Racquet's Edge
Essex Jct., VT
802/879-7734

Classy 100/Festival
Foods Open @ Nautilus
F&RC-Erie, PA
814/868-0072

Coors Light Winter Open
Royal Court of Kearney
Kearney, NE
308/236-5110

Hall of Fame ProAm
Northeast RC
Columbia Heights, MN
612/572-0330

Hy-Miller Open @ Bay-
winds AC-Sandusky, OH
216/626-6250

Metroplex Racquetball
Champ. @ Maverick AC
Arlington, TX
817/275-3348

Northwest AC Winter
Classic-Springdale, AR
501/756-6920

Smash and Splash
Green River RC
Green River, WY

Winter Chiller
Healthquarters
Manchester, MO
314/391-6363

14th Summit City Open
Summit City CC
Ft. Wayne, IN
219/485-1671

ORA Intercollegiate Dbls.
Baldwin-Wallace College
Cleveland, OH
216/826-2286

7th Bell Socialization
Yorktown R& FC
York, PA
717/848-5767

January 27

Racquetball One
National H & RC
Petoskey, MI
616/554-4820

January 30

Orem Fitness Center
Open-Orem, UT
801/229-7451

FEBRUARY

February 2

February Fever
South Hampshire
St. Louis, MO
314/353-1500

Fitness Classic @ Fitness
Inc.-Pocatello, ID
208/233-8035

Ground Hog Open
Brockton AC
Brockton, MA
508/588-3444

Hastings YMCA Open
Hastings, NE
402/463-3139

Head RB Tour @ Gene
Weiss Racquettime
Cleveland, OH
614/890-6073

Icicle Open @ Allentown
RC-Allentown, PA
610/821-1300

Valentine's Day Open
Racquets Four Sports
Ctr.-Indianapolis, IN
317/783-5411

Rochester AC ProAm
Rochester, MN
507/282-6000

Scottsbluff YMCA Open
Scottsbluff, NE
308/635-2318

Snowdown Festival
Durango SC
Durango, CO
303/259-2579

Stratford AC Open
Stratford, CT
203/381-0629

Waycross SC Winter
Open-Cincinnati, OH
513/742-1700

Westmoreland County
Open @ Westmoreland
AC-Greensburg, PA
412/832-7050

Winter Breaker Classic
Omega 40
Ormond Beach, FL
904/441-8467

16th Annual T & R Open
@ Track & Racquet Club
Fayetteville, NY
315/446-3141

February 3

4th Annual Shootout
The Conditioning Spa
Greeley, CO
970/352-0974

February 9

Decathlon AC ProAm
Invitational
Bloomington, MN
612/854-7171

Fairbanks Ice Fog Classic
Alaska AC-Fairbanks, AK
907/456-1914

Fitness Barn Open
The Fitness Barn
Valparaiso, IN
219/762-3191

Harbor Square AC
ProAm-Edmonds, WA
206/778-3546

Johnny Hennen
Challenge Cup @ Sports
Barn-Chattanooga, TN
615/266-1125

Little Rock Winter Open
Little Rock AC
Little Rock, AR
501/868-7815

Old South Classic
Fitness USA
Raleigh, NC

Orlando F&RC City
Championship
Orlando, FL
407/645-3550

St. Valentine's Day
Massacre @ Sports
Courts of Lincoln
Lincoln, NE
402/475-5686

Sweetheart Doubles
Sawmill AC
Columbus, OH
614/889-6798

Valentine Double Trouble
@ Alpha RC
Mechanicsburg, PA
717/763-7800

Valentines Invitational
Windham, ME
207/892-3231

3rd Winter Open
American Family Fitness
Richmond, VA
804/330-3400

February 10

2nd Total Sports
Total Sports
Harrison Twp., MI
810/463-2000

February 13

St. Valentine's Day
Massacre @ Redwood
Multi-Purpose Center
West Valley, UT
801/974-6923

February 15

Valentine Doubles Tune-
up @ The Alaska Club
Anchorage, AK
907/337-9550

Wilson Series @ Denver
Sporting Club
Greenwood Village, CO
303/779-0700

February 16

Camp Confidence Tourn.
All American AC
Baxter, MN
218/829-6453

Cedardale AC Open
Haverhill, MA
508/373-1596

Greenbriar AC Classic
Indianapolis, IN
317/257-3261

calendar

Head RB Tour @ Huber Heights AC-Dayton, OH
614/890-6073

Lou Clavaloux Open
Hammonassette H & RC
Madison, CT
203/882-8782

Nashville City Championships
Nashville, TN
615/331-1923

Northwest Clubs ProAm
Burnsville RS & HC
St. Louis Park, MN
612/546-6554

Riverside W&F Shoot Out
Newport News, VA
804/875-7525

Spalding/IRT
Meadowlands Open
Classic AC-Lyndhurst, NJ
201/444-0859

St. Valentine's Day
Massacre @ Idaho Fall
RC-Idaho Falls, ID
208/522-2712

St. Valentine's Day Rac
Attack @ Woodcreek AC
Tyler, TX-903/561-6800

Missouri State Singles
Ballwin R & F
Ballwin, MO
314/391-8087

Iowa State Singles
Riverfront YMCA
Des Moines, IA
515/961-8039

Junior Regional #10
Greenbriar AC
Indianapolis, IN
317/257-3261

February 17
"No CryBabies" Warmup
Quadrangle AC
Clearwater, FL
813/535-4901

Racquetball One
Grand Rapids MAC
Grand Rapids, MI
616/554-4820

7 Up Racquetball Classic
Reno AC-Reno, NV
702/788-5588

February 23
Grand Island YMCA
Open-Grand Island, NE
308/384-8181

Grip It & Rip It
Supreme Court RB & F
Virginia, MN
218/749-8318

NYC Open/Series #3
BQE F & RB C
Woodside, NY
718/726-4343

Snowball Fest
Champions FC
Waterville, ME
207/873-0571

Special K RB Series
Wales AC-Massillon, OH
216/729-8032

St. Valentine's Day TMT
Boyertown YMCA
Boyertown, PA
610/369-1011

The Wurst Tournament
The Athletic Club
New Braunfels, TX
210/620-6123

Tornado Alley RB Classic
Wichita Falls YMCA
Wichita Falls, TX
817/761-1000

Washington State
Singles @ Bally's Total
Fitness-Lynnwood, WA
206/639-2585

February 24
Sandy's Camera/Kodak
Royal OJRA State H.S.
Champ. @ Courtsports
AC-Eugene, OR
541/687-2255

February 28
Silver Racquet ProAm
Alaska AC
Anchorage, AK
907/562-2460

American Fork FC Open
American Fork, UT
801/763-3084

MARCH

March 1
Ball Buster @ Fitness,
Inc.-Pocatello, ID
208/233-8035

JANUARY 25-28

FEBRUARY 15-17

MARCH 01-03

APRIL 01-07

APRIL 10-14

APRIL 18-21

APRIL 18-20

U.S. National Women's Senior/Master Championships @ Royal Athletic Club: Burlingame, California
U.S. National Masters Singles Invitational @ Planet Fitness: Tempe, Arizona
ProKennex U.S. National High Schools @ South Hampshire Racquet Club: St. Louis, Missouri
Tournament of the Americas in Cali, Colombia
E-Force AARA World Intercollegiates @ Los Caballeros Sports Village: Fountain Valley, California
Ektelon AARA Regional Qualifying Series - Nationwide
NMRA Golden Masters Singles/Doubles @ The Sports Barn: Chattanooga, Tennessee

Courtesy Sports Elite
Men's Pro @ Gold's Gym
Dewitt, NY

Dedham Racquettime
Spring Splat
Dedham, MA
617/326-2900

End of Winter
Invitational
White Bear R&S
White Bear Lake, MN
612/426-1308

Omni 41 S & FC Open
Schererville, IN
219/865-6969

Ozark Club Open
Ft. Smith, AR
501/646-4022

ProKennex Open
Continental AC
Columbus, OH
614/548-4955

Spalding/IRT New Jersey
State Singles @ King's
Court-Lyndhurst, NJ
201/444-0859

15th Adirondack Open
Glens Falls YMCA
Glens Falls, NY
518/793-3878

Connecticut State Singles
@ Downtown H &
RC-New Haven, CT
203/882-8782

Tennessee State Singles
Downtown YMCA
Nashville, TN
615/254-0631

U.S. High School
Nationals @ South
Hampshire RC
St. Louis, MO
314/353-1500

Vermont State Singles
Racquet's Edge
Essex Jct., VT
802/879-7734

7th Tampa Sports
Central City YMCA
Tampa, FL
813/229-9622

March 2
Grand Island YMCA JR
Grand Island, NE
308/381-0110

March 7
North Jeffco RB Ctr.
March Madness
Arvada, CO
303/431-9004

March 8
Arthritis Foundation TMT
@ Central Penn FC
Harrisburg, PA
717/564-4171

ISU Classic @ Indiana
State University
Terre Haute, IN
317/255-2569

Northwest Open
Bellingham AC
Bellingham, WA
360/676-1800

Quad West Spring
Classic @ Quadrangle
AC-Clearwater, FL
813/535-4901

Saint Patrick's Festival
Clovis Community
College-Clovis, NM
505/769-4153

West James Courts Open
St. Charles, MO
314/441-0006

Adult/Jr. Regional #9
Hall of Fame FC
Canton, OH
614/890-6073

Maine State Doubles
Racquetball International
Windham, ME
207/892-3231

Wilson MN Doubles
Tournament
Northeast RC
Columbia Heights, MN
612/572-0330

March 12
Luck of the Heights
Cottonwood Hts. RC
Salt Lake City, UT
801/943-3190

March 13
Ribelin Lowell State Dbls.
The Alaska Club
Anchorage, AK
907/337-9550

March 15
Boise Open @ Court
House-Boise, ID
208/377-0040

Green Mountain Open
Racquet's Edge
Essex Jct., VT
802/879-7734

Killshot for Cancer
Waverly Oaks AC
Waltham, MA
508/626-1281

Spalding/IRT Luck O'the
Irish @ Tilton AC
Pleasantville, NJ
201/444-0859

St. Paddy's Day Open
Riverview RC
Eastlake, OH
216/942-5613

13th Ann. Benefit for
UCP @ Suburban R & SC
St. Cloud, MN
612/251-3965

Adult/Jr. Regional #6
South Hampshire
St. Louis, MO
314/353-1500

New York State Singles
Colonie Court Club
Albany, NY
518/459-4444

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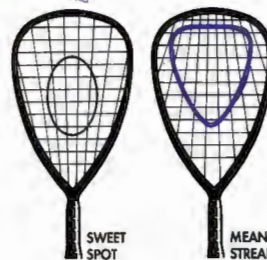
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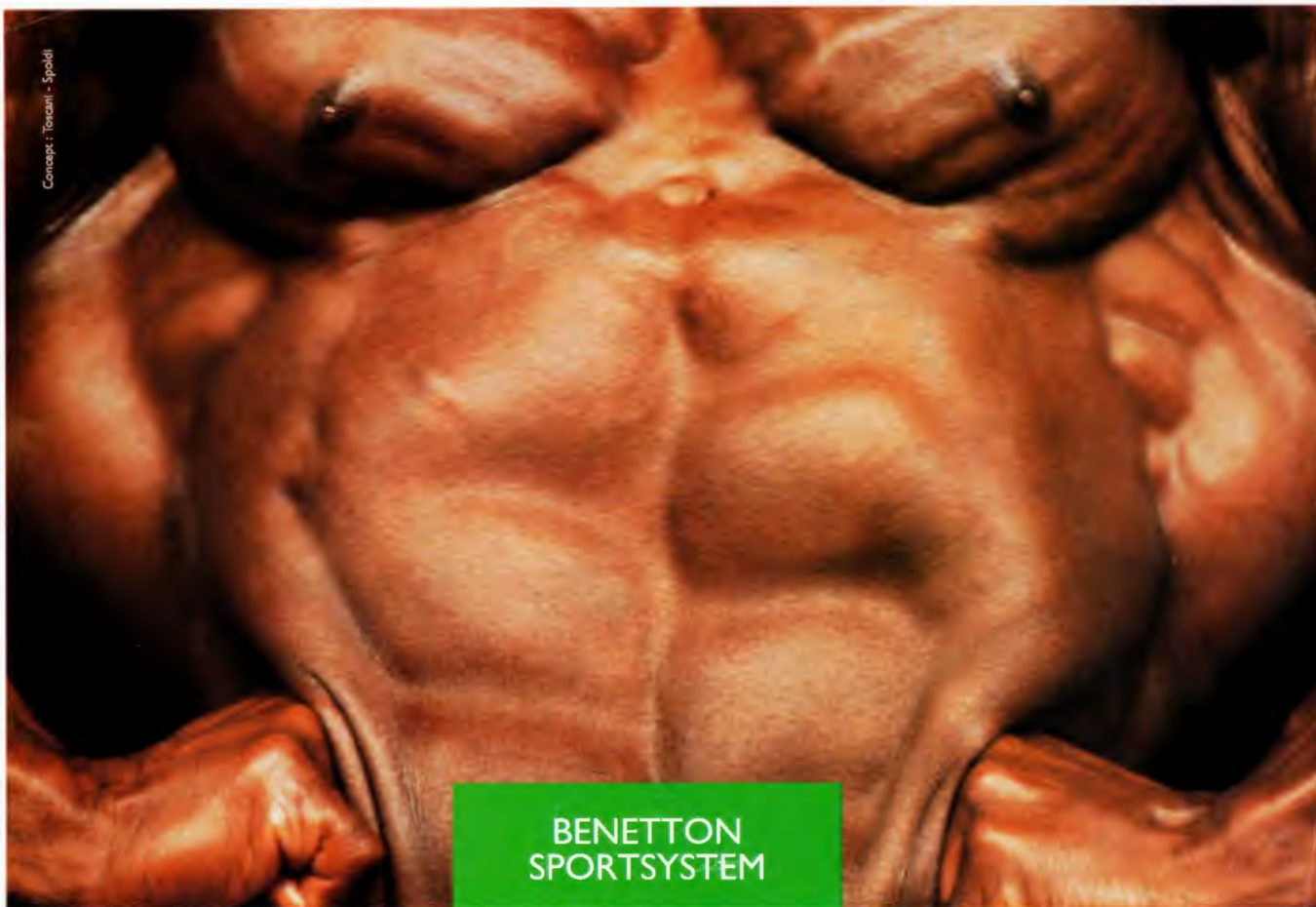
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