

# RACQUETBALL

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# RACQUETBALL

Volume 13, Number 1  
January - February 2002

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*... On the cover ... Cliff Swain bears down on a backhand, and on a chance to end the season with a sixth tour win, during his U.S. OPEN final against John Ellis in Memphis. Photo: Mike Boatman.*

*... this page ... Kerri Wachtel tees off on a forehand in her semifinal match against Cheryl Gudinas. Photo: Vicki Hughes.*

## from the >>>



It seems a lot like the telephone game ... a person makes a statement at one end of the room, and by the time it gets back to its author, the "translation" no longer bears any resemblance to the original. At least one or two readers routinely misinterpret these editorials (imagine!), and where recent "buzz" about the national office is concerned, it seems that there are quite a few amusing "translations" making the rounds.

For those who follow late-breaking news online (in between print issues) at [www.racqmag.com](http://www.racqmag.com), you learned back in November that Luke St. Onge

had elected to step down as Executive Director of the USRA, effective January 1, 2002. A thorough read of the material released from the office was pretty clear about the planned administrative re-structure, and a re-distribution of duties among remaining staff (*including* St. Onge). Now, some eight weeks later, we've heard just about every conceivable misinterpretation of those facts, so here's an update that might be helpful in assuring everyone that the USRA is not going down like the Titanic.

Luke St. Onge will remain on staff, in a director's position, with responsibilities in USOC and International Relations. Remaining directors Kevin Joyce (Membership), Jim Hiser (Programs), and Linda Mojer (Communications) have taken on duties formerly handled by the ED. Kevin Joyce will now manage U.S. Team and Fundraising projects; Hiser has taken on fiduciary/budgeting responsibilities, and Mojer will direct sponsorship/marketing efforts. For the moment, a cooperative effort among the four directors will guide the business of the USRA through the close of the fiscal year (May 30).

At the same time, the USRA Board of Directors has appointed a task force to determine the association's needs, in terms of whether or not to conduct a full-scale search for an Executive Director, hire from within, or do without an ED indefinitely. While those deliberations take place, it's a pretty sure bet that the magazine will continue to be produced, national events will be hosted, membership will continue to grow, and the sport's international prominence will be assured. Over the years, St. Onge hand-selected a team that is more than capable of managing itself, and the business at hand, through just this type of transition. So, despite any and all rumors to the contrary, it's only slightly modified business-as-usual in our offices — leaving little need to run, screaming, for the exits ...

Will there be other changes? Maybe. Will they all be good? Perhaps. Should you continue to look for accurate and up-to-the-minute information in RACQUETBALL — and online at [racqmag.com](http://racqmag.com)? Absolutely. And you can start on page 46, with the first of a two-part St. Onge interview that doesn't pull any punches ... about where the sport has been, and where it's headed. Then we can start a whole new round of "the telephone game" and see where that leads us in 2002. Happy New Year!

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**DEADLINES** | Six weeks prior to issue release date.

ISSUE .....	COPY DEADLINE
January/February .....	November 15
March/April .....	January 15
May/June .....	March 15
July/August .....	May 15
September/October .....	July 15
November/December .....	September 15

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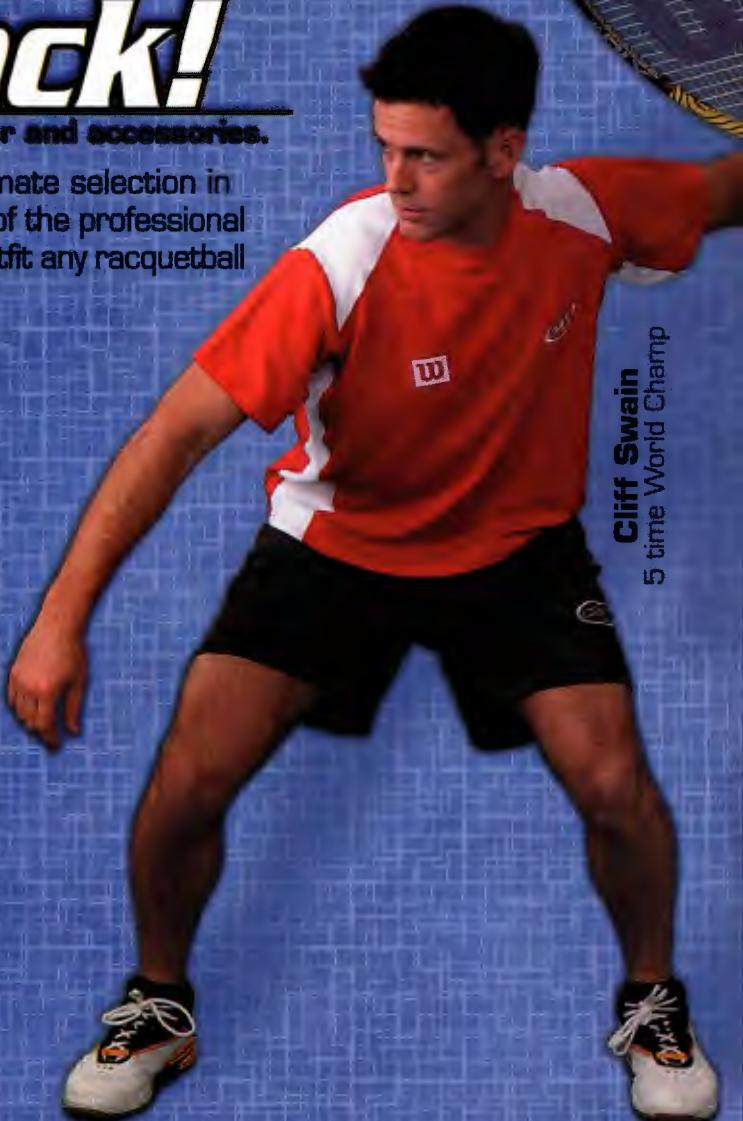
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# reader forum

## Remembrance

This year's U.S. OPEN was approximately one year after I lost my father and best friend to a year long, terrible battle with ALS (amyotrophic lateral sclerosis), better known as Lou Gehrig's disease. My father traveled with me often and these tournaments bring back many great memories but make me very sad at the same time. What gets me through these times are some of the great people that I'm fortunate enough to be around like my beautiful sisters, Nicole and Dana, my Mom, Kristina, Gerry Price, Rick Gately, Bernie and Brian Goodman, Derek Robinson, Jerry Stonehouse and Terri Graham.

Thanks to racquetball I've met some great people that I can call "friend" and John Ellis is one of them. At this year's OPEN, John broke rules and wore a shirt with my father's name on it, every match, for good luck. After our final, he donated a portion of his winnings to ALS research and I just thought everyone should know, who doesn't already, what a class act and genuinely good person he is. Racquetball is fortunate to have such an athlete, and such a man.

I miss my father every single day, but because of my great friends, family and the thousands of racquetball people who have taken the time, in one way or another, to express their sympathy for my loss I can say what Lou Gehrig himself said, "I consider myself the luckiest man on the face of the earth."

It's true what they say: "From everything bad, comes something good."

*Red Swain's son, Cliff  
Braintree, Massachusetts*

## For Art's Sake

We recently competed at the U.S. OPEN in Memphis and we had an amazing experience. We had our usual fun time of playing our matches and watching the pros go at it, but the real highlight of this year's tournament was meeting Michael Maness (pictured at right).

He joined us one evening, introduced himself and started to get to know the

others at our table. Then, without any hesitation, he began to illustrate personalized caricatures on our dinner napkins. We all had fun joking around with him and listening to some of his stories.

Without getting too personal, Michael shared some things with us that are truly miraculous in regard to his life's achievements. We were all extremely touched by his optimistic attitude and the gift of his artwork.

In closing, we want to pay Michael the highest tribute. Although we didn't win any medals this year, we came across a real hidden treasure at the U.S. OPEN. We would like to send best wishes to Michael in all his future endeavors.

*Craig Sparks & Jim Needham  
Tempe, Arizona*

## Framed!

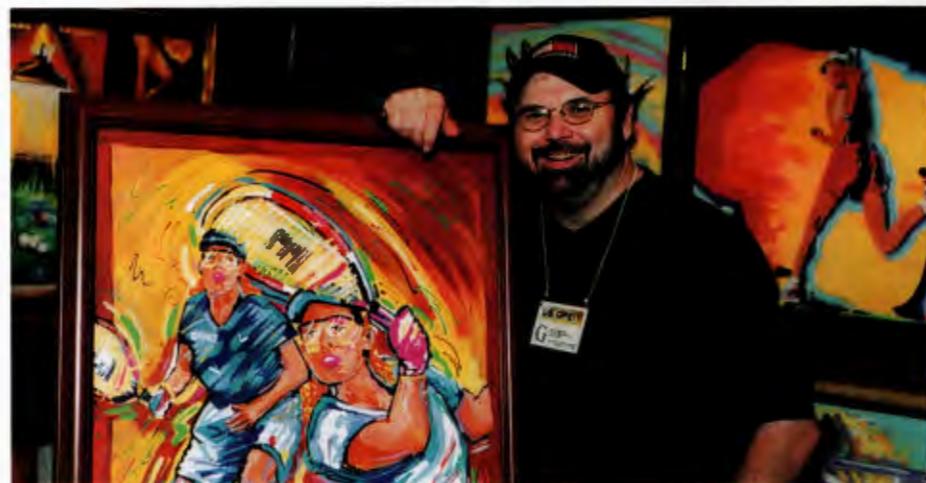
For the first time since Leroy Nieman painted Marty Hogan in the late 70's, racquetball fans now have the opportunity to take home a real artwork collector's item that someday may be worth thousands of dollars [see pgs. 32/33]!

Memphis area artist Michael Maness has produced two stunning original paintings of Sudsy Monchik, five time pro world champion and Cheryl Gudinas, three time National Singles Champion and the reigning queen of the LPRA. Both paintings were on display at the U.S. OPEN with the originals auctioned off at the Saturday evening Party with the Pro's. Over \$1,500 was raised with 100% of the proceeds

being donated to St. Jude Children's Research Hospital.

Michael Maness is a very talented and famous artist in the mid-South and has produced hundreds of masterpieces that have been sold in art galleries around the world. After having been diagnosed with terminal cancer over three years ago, he's outlived his doctor's longest predictions by suffering through three bone marrow transplants and numerous chemo and radiation treatments. His goal in life is to enjoy every minute of every day while trying to help others who are sick. That is why he has adopted St. Jude Hospital as his personal charity of choice. The work they do with terminally ill children has saved countless lives and Michael Maness has helped to raise thousands of dollars to support these efforts.

Both of the original paintings were sold to the highest bidder in Memphis, but each was also reproduced as a lithograph, in a limited printing of 150, individually numbered and autographed by both the artist and the featured athlete. The last of them can still be purchased for \$100 each (+\$10 for shipping) with a significant portion of the proceeds going to St. Jude Children's Research Hospital. While supplies last, you can order them by calling the USRA at (719) 635-5396 ext. 120 or sending a check to the USRA at 1685 West Uintah, Colorado Springs, CO 80904-2906 (be sure to include your shipping address). Don't miss this opportunity to own a piece of racquetball history. Order your special, limited edition today!



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John Ellis & Cliff Swain (foreground), focus, Vicki Hughes

## Surprises in Memphis

Dramatic sub-plots always surround the Hilton U.S. OPEN, and this year started out with a doozy ... the last-minute forfeit of defending champion Sudsy Monchik. In a freak accident, he had stepped onto a rock, twisted his body to regain his balance and broken the fifth metatarsal of his right foot in the process. It's not yet known if he will return to action this season, but his absence definitely opened several doors ...

If Cliff reached the quarterfinals or better he would reclaim the number one ranking on the IRT. If he was somehow knocked out in an early round, perhaps Mannino or Ellis could step up and lay claim to the top ranking. If that happened, it would be the first time in recent memory that someone, anyone, *other* than Cliff or Sudsy would hold the number one spot.

Some other interesting observations: four out of the last six pro stops have seen neither Sudsy nor Cliff in the finals. Last year the first eleven stops featured one or the other in the finals and between the two they grabbed ten of those titles. Also the two pro finals leading up to the Open each featured a foreign player – a phenomenon that brought an “anyone-can-win” atmosphere to the Racquet Club of Memphis. And you could count on some of that same action on the LPRA side, too.

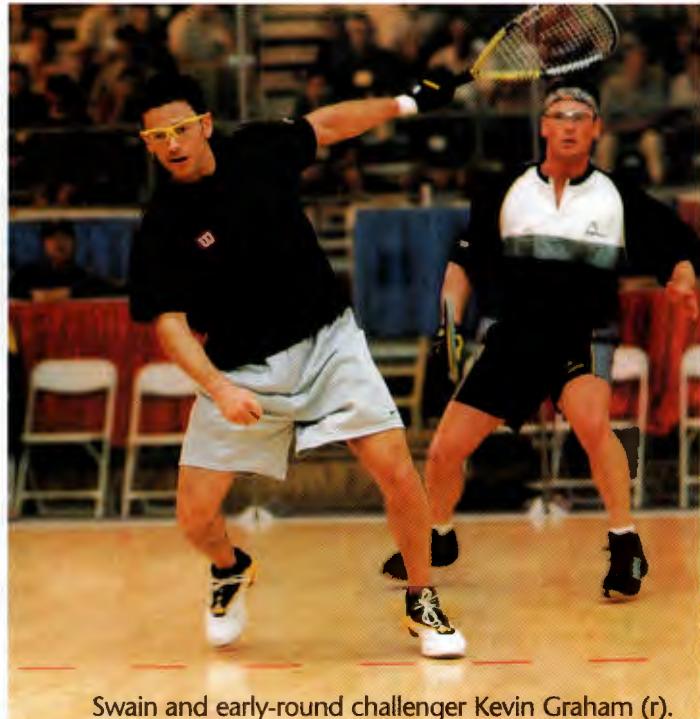
But the U.S. OPEN always raises a few more questions than it answers. Is it time for a younger generation to begin a take over? Could Rocky Carson, Alvaro Beltran, Kane Waselenchuk, or Jack Huczek break through? Or would an old favorite like Ruben Gonzalez step up to test mother time? Whose would be the Cinderella story? There's always at least one ...

### Qualifiers

Thirty-seven hopefuls bid for spots on the main IRT “big board” but only sixteen made the cut for a chance to make their lives more difficult. Many of this year's qualifiers were non-U.S. citizens, demonstrating how well the sport has developed around the world. Even two members of the U.S. OPEN staff were able to make it through the tough qualifying rounds: webmaster Willie Tilton and tournament director Pete Ulliman. The remaining qualifiers were: Cesar Carilla, Arturo Casillas, Brian Fredenberg, Charles George, Ricardo Gonzalez, Brent Hansen, Andy Hawthorne, Andres Jiminez, Jim Minkel, Fabian Parilla, Ryan Rodgers, Brent Walters, Mitch Williams and Travis Woodbury.

### Round of 64

The men's draw got underway in earnest Wednesday afternoon with the round of 64, where most of the qualifiers went out in straight games. But Ryan Rodgers started off slow against Rocky Carson, dropping the first two games 11-1, 11-7 before pulling out an 11-6 victory in game three. Carson had to step his game up a notch in the fourth game to edge out Rodgers 13-11 to



Swain and early-round challenger Kevin Graham (r).

advance. Texan Jim Minkle also refused to go away quietly, and split the first four games with Javier Moreno, before taking control of the decisive fifth game and rolling to an 11-4 victory.

One qualifier did advance into the round of 32. Iowa dairyman Brent Hansen made his way into the money round after he received the lucky bye in the top half of the draw. Scheduled to face the absent Monchik, Hansen automatically advanced. “My goal was just to qualify,” he said. “Anything after that is all good.”

Jim Frautschi battled back from a 2-0 game deficit against Brian Pointelin to move on, while Eugene Coyle and Shawn Royster gave the crowd a dynamic seesaw five-gamer that Coyle pulled out in the end. One of the more-hyped matches of the day was between close friends and doubles partners Mike Dennison and Shane Vanderson, who face off on any given Sunday in an Ohio men's open final, with either player winning. This week, it was Dennison who advanced in straight games before the two, ironically, met up again in the men's open draw where Vanderson turned it around.

### Round of 32

The round of 32 played out almost as expected, setting up the type of intriguing match-ups for which the U.S.

## 2001 Hilton 6th U.S. OPEN Championships

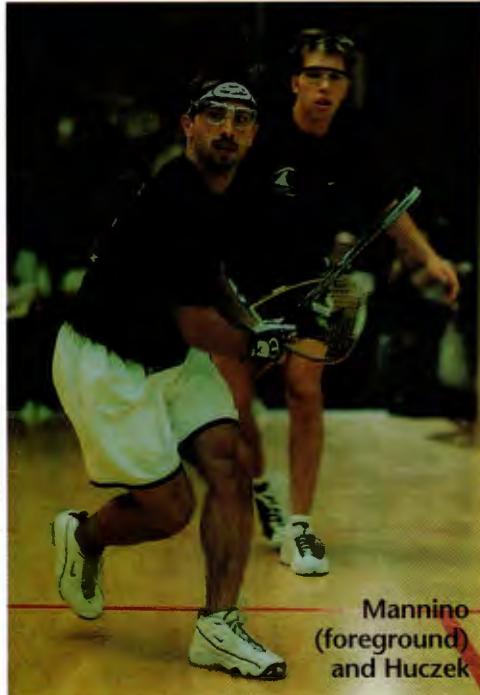
• Photos by Mike Boatman & Vicki Hughes • Coverage by Ryan John  
Additional material by Todd Boss, Woody Clouse & Jo Shattuck

OPEN is well known. Two upsets victimized current Canadian national team members. Adam Karp took out Brian Istace in four games and Woody Clouse got past Mike Green in a grueling five game tiebreak.

Green beat up on Clouse for two and a half games before Clouse, down 6-0 in the third game, found his serve. Settling down and executing a better offense, Clouse squeaked out an 11-9 win in the third followed by an 11-6 win in the fourth. Three hours after the match began, Clouse completed his comeback, 11-6, to advance into the sweet sixteen.

### Round of 16

Only five out of eight matches in the men's pro draw went the five-game distance in the round of sixteen — and two of those were narrowly decided at 12-10. Last year both Mike Locker and Alvaro Beltran surprised everyone by making it to the semifinals, but this year's lineup would only allow one of them that chance. Locker pulled out a tight first game, 11-9, only to see



Mannino (foreground) and Huczek

Beltran roll in the second, 11-4. Locker pulled out another tight game 11-7 and Beltran again replied with an 11-2 finish. The deciding game was just as close, and judging from the earlier games it would seem to be in Locker's favor. But Beltran pulled out the 12-10 game to advance.

The much-anticipated match between Mannino and youngster Jack Huczek didn't disappoint anyone in attendance. Mannino took control of the first game and looked as though he would cruise past the younger Huczek, after opening with an 11-3 win. But the USRA national singles champ kept his composure and put Mannino against the wall by taking the next two games 13-11, 11-6. "He played better than I thought he was capable of," Mannino said. "He has some great shots and doesn't miss many."

Mannino didn't miss many either, in taking the fourth game, 11-8, to force the tiebreaker. Down 4-2, Mannino had to use all of his available injury timeouts when he pulled the abductor muscles in each of his legs. After having them worked on during his 15-minute break, he came back on fire. "I told them to get me in working order and that I would win," he said. He kept true to his word and finished the match 11-6.

Another grueling five-gamer was played between Derek Robinson and Kane Waselenchuk. Big "D" won the first



**NO SUDS?** There was plenty of buzz about Sudsy Monchik in the days leading up to the U.S. OPEN. It was true that he was injured and unable to defend his title. It was not true that the injury was fake, or that he would never play again, or that he had to get a lobotomy, or any other rumor that made the rounds.

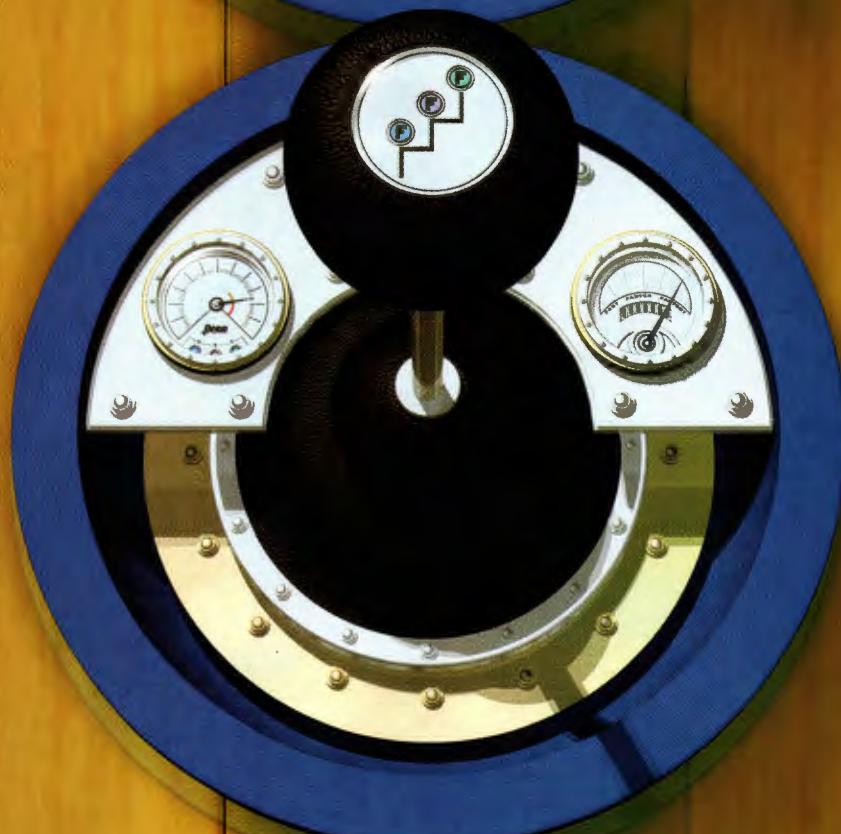
In fact, Sudsy stepped on a rock in his driveway, turned too quickly in recovering his balance, and fractured his fifth metatarsal. "I have what they call a Jones fracture," Sudsy explained. "It's a very slow-healing fracture but it's also a non-weight bearing injury. That means that I can't put any weight on it at all or it could make the recovery a lot longer."

Sudsy did make an appearance at the tournament (shown left, on crutches, at the banquet), but admitted that it was a little weird for him to sit and watch — and a little hard too. "I haven't done too much watching at the U.S. OPEN; you can just look at my record at that tournament for the proof. I trained harder for this year's OPEN than I have for the previous five. I am just real disappointed."

Sudsy was able to keep the injury in perspective, however, partly because he lives in New York, where there's been so much unrest. "I wouldn't use the word 'devastated' for how I feel. There are a lot worse things happening to other people right now. I am just in disbelief about the whole thing." Sudsy's injury will keep him sidelined for a minimum of eight weeks, making it nearly impossible for him to hold his position and reclaim the end of season IRT top ranking. But if anyone can do it ... it would be Suds.

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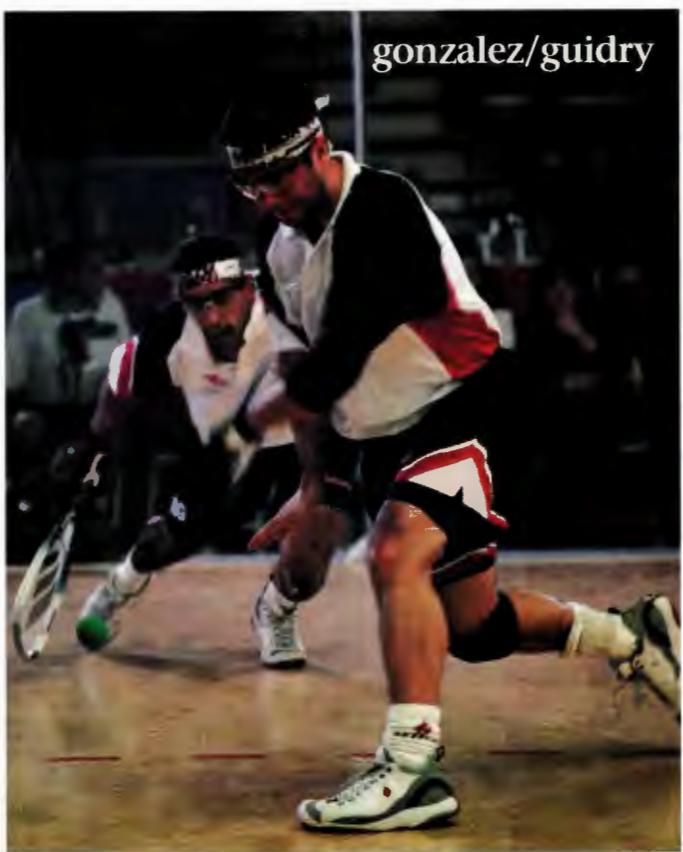


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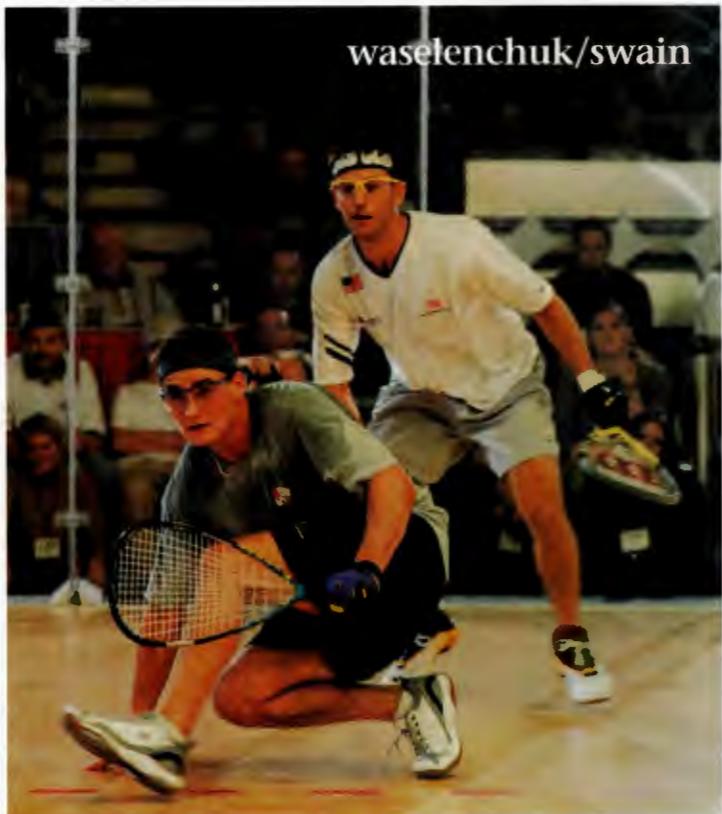
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# quarterfinals



gonzalez/guidry



waselenchuk/swain



beltran/ellis



mannino/carson

two, only to see the young Canadian recover and even things out at two-games apiece. They battled back and forth in the deciding game, until Waselenchuk pulled out the 12-10 finish. To close out the evening, Mike Guidry and Tim Doyle also went to five games, as did Rocky Carson and Woody Clouse, with Guidry and Carson advancing.

### Quarterfinals

The men's field narrowed to its final four, after the remaining top three seeds all advanced, along with the distant No.9. Former champion and No.3 seed Mannino, along with No.4 Ellis advanced easily with straight game wins over Carson and Beltran, respectively. Second seeded Cliff Swain had a tougher time in his marathon match against fellow southpaw Kane Waselenchuk.

Waselenchuk, 20, took the first game from the elder Swain, 11-7. The loss lit a fire in the 35-year old, who stormed back to take the next two games 11-1, 11-8, but the youngster was not intimidated and evened the match at two games apiece with an 11-8 win in game four. In the end experience won out as Swain ended the match with an 11-5 victory. After the match both players only had good things to say about each other, as they kidded back and forth. "Look at Cliff. What is he, 50? And he is still diving around out here more than me, and I am only 20," joked Waselenchuk. "You played good today ... dad."

Swain countered back, "It's good too see all these youngsters out here like Kane and Jack (Huczek). I just hope they can stick around for a few more years and can still play with me."

The last quarterfinal of the evening featured the truly-50-year-old Ruben Gonzalez against his doubles partner, No.9 Mike Guidry, in the spot that Monchik had been expected to reach before his injury forfeit. Guidry earned the victory in four games 11-4, 11-4, 6-11, 11-5. "Ruben is amazing," Guidry said. "I told him that I would play doubles with him until he is 90."

### Semifinals

Swain defeated Mannino in their straight games semifinal 11-8, 11-5, 11-6, to earn his spot in the final playoff. Swain was in control of the entire match. "I played terrible but Cliff had a lot to do with that," said Mannino. Then he added, tongue in cheek, "Good luck Cliff, I hate your guts." Swain countered with, "First of all ... I don't blame you."

In the other semifinal match, Guidry surprised the crowd by taking Ellis to five games but was unable to pull out the upset. Ellis won the first two games easily, 11-3, 11-5, only to see Guidry battle back to even the count at two games each by winning games three and four 12-10, 11-8. The final game was a battle that Guidry knotted at 7-7 before Ellis scored the last four points of the match for the 11-7 victory.



## semi-finals

swain/mannino



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## See the final on ESPN — February 8 @ 1:00 pm EST!

"I slowed my game up a bit in the final game," said Ellis. "I concentrated on trying to make precise drive serves, which I think put more pressure on him." Ellis didn't drive serve for much of the match until the deciding fifth game.

"I felt that I had a good tournament," said Guidry. "I just went in and tried to play every point hard."

### Finals

Through the week, Swain had appeared to raise his game to a level that fans hadn't seen from him for some time. With the number one ranking already pocketed after the semis, would he still be able to sustain that level of play for the finals? Ellis seemed pumped about his chance for a first U.S. OPEN crown. And the two are good friends, which became more obvious when Ellis came out wearing a Red Swain tournament shirt in honor of Cliff's father, who passed away last year.

Swain opened the match by dominating the first game in his classic style. His serve was on and he deftly shot the ball to an efficient 11-5 win. Ellis was equally impressive in game two when he powered himself right back into the match with an 11-7 victory.

Pivotal in a five-game match, game three often decides the outcome. Both players sensed this as they played one of the best and most exciting games of the tournament. Despite a sloppy start, with both players losing serve several times on short faults, the action began to heat up. The players exchanged points through several ties and lead changes until, down 7-6, Ellis earned four straight points to take a 10-7 lead. Though Ellis served for the game three times, he was unable to shut the door and Swain fought back to tie the score at 10-10 and eventually take the third game 12-10.

Smelling blood, Swain dominated the fourth game much as he did the first with awesome serves and precise shots. He rolled to an 11-4 win in the fourth to earn his second U.S. OPEN title and put an exclamation point behind his new No.1 ranking.

The win, coupled with Monchik's injury, puts Swain in the driver's seat for an unprecedented sixth tour championship. When asked about breaking that record and being considered one of, if perhaps not the greatest player to ever step on a court, Swain downplays it. "I'm comfortable with what I have accomplished when I lay my head down on my pillow at night ..." then adds, "Comfortable but not complacent." But when you look into his eyes and see how he was able to step up his level of play throughout the week you can definitely tell that he is thinking about it.

# **Ultimate Warriors**

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### **Kerri Wachtel**

**2001 U.S. Open Women's Pro Champion**

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**USRA**





## Wachtel's big win!

The LPRA's opening round of 32 shook out according to form, with only two minor upsets disrupting the expected advances by top-name players. Good action, and some surprising resilience among the underdogs, combined to cause the favorites some grief.

The feature match of the round was between Doreen Fowler and Adrienne Fisher. Fisher started out tough, taking the first game 15-13 over the veteran, who was playing for the glory of both herself and her injured husband (IRT Pro Dan Fowler, sidelined with a bicep injury and unable to play this year). Fowler fought back, taking the second and third games 15-10, 15-10. In game four, Fisher jumped out to a commanding 14-8 lead, but Fowler again fought back. Although the LPRA's rally scoring format makes large comebacks improbable, Fowler won seven straight rallies to put the game at 15-14, then proceeded to take the fourth, and final, game 18-16.

Last year's U.S. Open finalist Rhonda Rajsich struggled to a victory against qualifier Chris Evon, dropping the first game 15-11 before winning the next three 15-7, 18-16, and 15-12. Despite her loss, Evon expressed surprise that she had not won the match. "I felt like I should have won; I don't know how I lost."

In a south-of-the-border battle, Claudine Garcia overcame the diving acrobatics of Mexico's Claudia Corpi to win in three. Corpi extended rallies and forced ever-better shots from Garcia, but in the end Garcia's power and consistency won out.

Up-and-comer Kristen Walsh faced Elaine Albrecht and had to rely on her power game to overcome the jackrabbit-quick Albrecht in four close games. Walsh jump-started the match quickly, taking an early lead and threatening a blowout, but Albrecht fought back to make for an entertaining match. Playing a smart passing game, Albrecht forced Walsh to make effective and precise shots to move on.

Dark horse candidate Laura Fenton was stretched by former pro Brenda Poe Kyzer but eventually prevailed in four. Brenda

played well and matched the consistent Fenton shot for shot, taking the third game facing elimination before succumbing to the tour veteran.

### **Sweet 16's**

Rajsich faced Fenton in an exciting five-

game, round of 16 match. They split the first four games with Rajsich taking the first, Fenton the next two, and Rajsich the fourth. In the tiebreaker Fenton jumped out to an early lead and threatened to blow out the game, before Rajsich fought back with great gets and timely pinch shots. Rajsich also drew inspiration from a contested call midway in the game when she felt a winner by Fenton had actually been a carry. Rajsich serving at 12-13, missed an easy put-away to give Fenton match point which she won, anticlimactically 15-13, when Rajsich couldn't return a ceiling ball that took a tough bounce.

"I've been changing some things in my game for the past two weeks," admitted Rajsich, "but I wasn't comfortable with things I should have been comfortable with. I'm going through some growing pains with my game style."

In the other five-gamer of the round, former intercollegiate champion Kim Russell faced off against her current counterpart Kristen Walsh on a side court. Russell, who had advanced after a forfeit in the preceding round, could have come out rusty, but instead took the first game before Walsh settled down to win the next two. Russell came back firing to take the fourth and set up another tough tiebreak. There, Russell jumped out to a quick 8-3 lead, and Walsh fought her way back to put the match at 12-11 with more than one diving get. In the end though, Walsh's passing shots were never quite as precise as she needed them to be, allowing Russell extra shots for put-aways. At match point, Russell aced Walsh with a backhand Z-serve for the win, 15-11.

On the main court, the highlight match was between former two-time U.S. Open champ Jackie (Paraiso) Rice and Canadian Jennifer Saunders. After winning the first, Rice threatened to take a two game lead when Saunders started going for, and making, seemingly impossible shots at 8-13. Using a backhand overhand splat from 39 feet and go-for-broke service return winners off Rice's drive serve, Saunders fought back to tie the score at 15, and eventually won the second game 18-16 to even the match. Rice quickly countered with a 15-4 game three win and jumped ahead early in the next. Saunders fought back, again showing great mental toughness, to bring the game to 15-15. Rice was too tough in the end, showing why she's favored to win her third U.S. Open crown, by taking game four, and the match, 17-15.

Claudine Garcia demonstrated why she's become a threat on the LPRA tour, by absolutely ripping forehand and backhand winners in her match against veteran Dina Moreland. Moreland's drive serve usually lets her dictate the pace of play, but Garcia proved to be adept at returning it for points. Garcia



Doreen Fowler vs. Kerri Wachtel

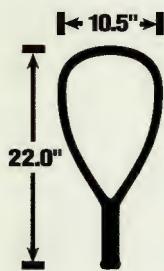


Jackie Rice vs.  
Jennifer Saunders



Denise Mock vs.  
Kersten Hallander

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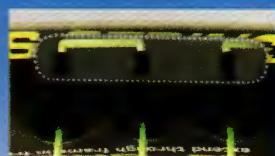
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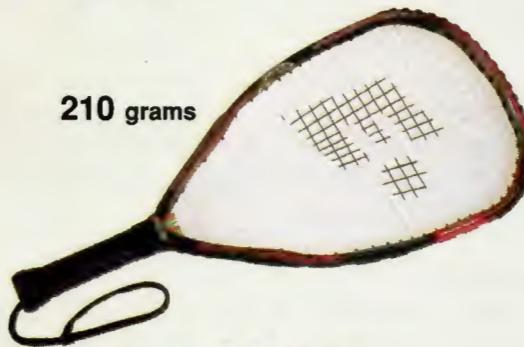
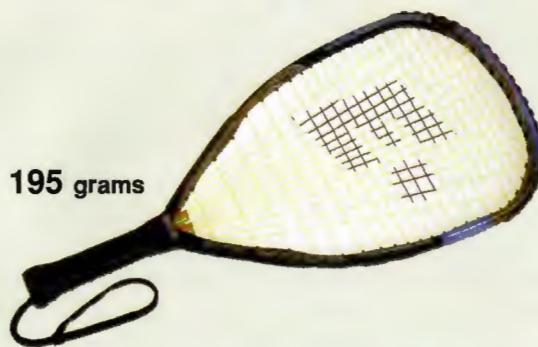
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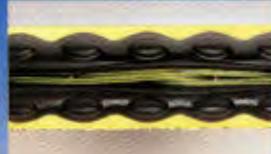
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took the first two games relatively easily, but game three was a bit tighter before she was able to pull away in the end for a 16-14 win to advance into the quarters.

The match-up between Canadian Lori-Jane Powell and Mexico's pride Susana Acosta repeated a recent meeting at the pro stop in Colorado Springs, with similar results. Powell proved to be more reliable, and powerful, than the left-hander from Chihuahua, and Powell herself admitted to having more drive this year.

"I hope to break into the top four. I've been stuck at 8 or 9 for a while and the only way for me to reach my goal is to beat Cheryl." She then added, "My big motivation is that no one thinks I can win." She would soon have her chance.

### **Quarterfinals**

Gudinas and Powell met on the stadium court, where both players started out the match conservatively and ceiling ball rallies were common until Gudinas settled down and started hitting winners consistently off short balls and setups. Powell stayed in the match, but Cheryl's power advantage and accuracy eventually won in straight games, even though the match was closer than the single-digit scores suggested.

Rice squashed any hopes by Garcia of an early upset, who showed some flashes of form that made some observers think an upset was in order. Rice made great use of the glass sidewall on the stadium court and forced errant shots from Garcia who was playing on the portable court for the first time. Down match point, Garcia made two superb diving gets to extend the rally, but Jackie's consistency paid off one last time, and she put the ball away cleanly for the 15-10, 15-7, 15-12 win.

Kersten Hallander looked very determined in her straight-game win over former doubles partner Russell

15-7, 15-10, 15-8. Hallander was able to take advantage of service mistakes by Russell for easy points, which are crucial with the LPRA's rally scoring format. Hallander hit her pinch shots consistently, displayed good power, and made some excellent overheads from both sides for winners.

Fenton came out for her match a little flat, perhaps from some time she recently took off from the tour, and was unable to counter the accuracy of Kerri Wachtel. Accurate shotmaking and an effective hard-Z serve to Fenton's backhand earned Wachtel the 15-12, 15-10, 15-7 victory and a semifinal berth.

### **Semifinals**

Rice and Hallander were set to face off in the first LPRA semifinal. Rice jumped out to an early lead in the first game when Hallander lost several points on fault serves. Down 13-6, Hallander got an unexpected bounce off the backwall and drilled a full strength shot directly into Jackie's right cheekbone. After a short injury time-out, Rice came back and rolled off two straight points to put the game away 15-7.

In the second, Rice again pulled ahead early, but Hallander fought back to 10-10, and the players then exchanged points with spectacular retrievals and phenomenal play. An out-of-court replay wasted a great rally at 14-14, and Jackie was able to squeeze out the second game 16-14.

The missed opportunity to even up the match in the second game seemed to affect Hallander, who continued to have problems with her passing shots coming off the back wall. The next game went back and forth and stayed close as Rice capitalized on some mistakes in the stretch to take the game to match point. After an appealed screen call on match point wasn't overruled, Rice took the game and match, 15-11.

### **University of Memphis Students Return • By Adam Badrian**

Eight University of Memphis students worked hard to get the attention of hometown media for players at the U.S. OPEN. Many returned for another opportunity to use the skills they'd learned in an internship program originated by the U.S. OPEN and the University of Memphis in 1996. The students generated daily press releases, and learned the ins-and-outs of a sport-related media relations operation throughout the week.

To take part, the students must be members of the Public Relations Student Society of America, and even though the tournament falls only two weeks before fall term finals, the students enjoy working closely with the players to gain experience in generating "buzz." Faculty sponsor Dr. Rick Fisher, of the University's journalism department, is one of the program founders and considers the event to be a first-rate learning experience for budding PR professionals.

This year's group was led by USRA Media/PR Manager Ryan John and local organizer Forsyth Kenworthy, and consisted of: Adam Badrian, Emily Blackwell, Melissa Diaz, Katie Flippo, Amanda Mauck, Michael Morton, Sarah Pinyan and Courtney Sikes. The group did an exceptional job, from opening rounds all the way to the finals. Congratulations!

# Hilton 6th U.S. OPEN Racquetball Championships

## The Racquet Club of Memphis, Tennessee: November 14-18, 2001

**IRT Men's Pro:** Cliff Swain (Braintree, Mass.) def. John Ellis (Stockton, Calif.) 11-5, 7-11, 12-10, 11-4

**LRA Women's Pro:** Kerri Wachtel (Cincinnati, Ohio) def. Jacqueline Paraiso-Rice, (El Cajon, Calif.) 15-13; 12-15; 15-11; 15-10

**Men's Open:** Jack Huczak (Rochester, Mich.) def. Chris Wright (Ballwin, Mo.) 15-10; 15-11

**Men's A:** Joey Lakowske (Corvallis, Ore.) def. Emil Hernandez (Venezuela) 12-15, 15-12, 11-5

**Men's B:** Andres Ramirez (Winter Park, Fla.) def. Myron Brough (Lyndhurst, Ohio) 15-12, 15-10

**Men's C:** Bryan Shaw (Bel-Nor, Mo.) def. Chris Tornatore (San Diego, Calif.) 15-13, 10-15, 11-8

**Men's D:** Tom Tierney (South Lake, Texas) def. James Thomas (Woodstock, Calif.) 15-14; 15-10

**Men's 24+:** Mitch Williams (Washington, N.C.) def. Brent Walters (Raleigh, N.C.) 15-4; 15-9

**Men's 25+:** Kyle Veenstra (Wausau, Wis.) def. Ryan Homa (Eagan, Minn.) 15-7, 15-3

**Men's 30+:** Dale Valentine (Riverside, Calif.) def. John Ledin (Orlando, Fla.) 15-4; 15-5

**Men's 35+:** Jim Minkel (Houston, Texas) def. Brad McCunniff (Cedar Falls, Iowa) 15-12; 15-8

**Men's 40+:** Tim Hansen (Boynton Beach, Fla.) def. Scott Collins, (Woodstock, Georgia) 15-8; 15-10

**Men's 45+:** Mitt Layton (Jacksonville, Fla.) def. Jim Lazar, (Brookfield, Wis.) 15-14; 13-15; 11-4

**Men's 50+:** Mitt Layton (Jacksonville, Fla.) def. David Warner (Maple Plain, Minn.) 15-8, 15-5

**Men's 55+:** Ed Remen (Apex, N.C.) def. Horace Miller (Chicago, Ill.) 15-8; 15-4

**Men's 60+:** Warren Reuther (New Orleans, La.) def. Ed Sword (Louisville, Ky.) 15-9; 15-5

**Men's 65+:** David Lund (Lansing, Mich.) def. Rex Benham (Fayetteville, Ark.) 15-7; 15-4

**Men's 70+:** Joe Lambert (Plano, Texas) def. John O'Donnell Jr. (Champaign, Ill.)

**Men's 75+:** Earl Acuff (Asheville, N.C.) def. Malcolm Roberts (Melbourne, Fla.) 15-9, 15-9

**Men's 80+:** Earl Acuff (Asheville, N.C.) def. Cam Snowberger (Myrtle Beach, S.C.) 15-4, 15-2

**Women's Open:** Lori-Jane Powell (Calgary, Alberta) def. Kim Russell (Austin, Texas) 15-10; 15-5

**Women's A:** Candi Hostovich (Arlington, Va.) def. Christine McAlpine (Burke, Va.) 15-8, 15-13

**Women's B:** Kyoko Hirobayashi (Chiba,

Japan) def. Cheryl Kirk (Naperville, Ill.) 15-8, 15-1

**Women's C:** Petra Allen (Colorado Springs, Colo.) def. Noriko Iida (Chestnut Ridge, N.Y.) 15-13, retired

**Women's D:** Viviana Reveron (Venezuela) def. Sarah Hettesheimer (Cincinnati, Ohio) 15-7, 15-7

**Women's 24+:** Rhonda Rajsich (Phoenix, Ariz.) def. Kristen Walsh (Salt Lake City, Utah) 15-12; 15-9

**Women's 25+:** T.J. Baumbaugh (McLean, Va.) def. Stephanie Munger, (Anchorage, Alaska) 15-11; 15-13

**Women's 30+:** Lorraine Galloway (Jamaica Estates, N.Y.) def. Kelley Beane (Manchester, N.H.) 15-6, 15-4

**Women's 35+:** Debra Tisinger (Simi, Calif.) def. Lorraine Galloway (Jamaica Estates, N.Y.) 15-14; 15-11

**Women's 40+:** Debra Tisinger (Simi, Calif.) def. Sherron Boyea (Elk Grove, Calif.) 15-4; 15-4

**Women's 45+:** Meena Evans (Advance, N.C.) def. Linda Moore (Madison, Neb.) 4-15; 15-2; 11-5

**Women's 50+:** Nancy Kronenfeld (Park Ridge, Ill.) def. Susan Kieffer (Nisswa, Minn.) 15-13, 15-0

**Women's 55+:** Nidia Funes (Novato, Calif.) def. CeCe Palaski (Venice, Calif.) 12-15, 15-11, 11-3

**Women's 60+:** Gail Schaefer (Randallstown, Md.) def. Lola Markus (Park Ridge, Ill.) 15-5, 15-11

### SKILL DIVISIONS

**Men's 24- A/B:** Joey Lakowske (Corvallis, Ore.) def. Cesar Castro (Venezuela) 11-15, 15-13, 11-7

**Men's 24- C/D:** Bradley Butler (Clarksville, Tenn.) def. Kyle Shawger (Zanesville, Ohio) 15-10; 15-8

**Men's 25+ A/B:** John Halpin (Mystic, Conn.) def. Augie Pasko (Clinton Twp, Mich.) 15-5; 14-15; 11-4

**Men's 25+ C/D:** Sid Harshavat (Palatine, Ill.) def. Omar Carey (Nassau) 15-3; 15-3

**Men's 35+ A/B:** David Marrero (Caguas, Puerto Rico) def. Jacob Chambers (Overland Park, Kan.) 6-16, 16-13, 11-6

**Men's 35+ C/D:** Garry Carter, (Napa, Calif.) def. Michael Berube (Parkland, Fla.) 15-10; 15-5

**Men's 45+ A/B:** David Gross (Sioux Falls, S.D.) def. Robert Franks (Trophy Club, Texas) 15-2; 15-9

**Men's 45+ C/D:** Sez Ozden (Grovetown, Georgia) def. Ray Firlie (Crownsville, Md.) 15-14; 8-15; 11-6

**Men's 55+ A/B:** Kenneth Foster (Lewisville, Texas) def. Jerald Kriger (Manassas, Va.) 15-7; 15-

**Men's 55+ C/D:** Ben Brewster (Trophy Club, Texas) def. Don Russell (Walls, Ms.) 15-11; 15-14

**Women's 24- A/B:** Kelley Fisher (Dayton, Ohio) def. Jeni Fuller (Albuquerque, N.M.) 15-12, 15-9

**Women's 25+ C/D:** Viviana Reveron (Venezuela) def. Larissa Llinas (Miami, Fla.) 15-7, 15-9

**Women's 35+ A/B:** Karen Green (Waterford, Mich.) def. Jennifer Nelson (Oronoco, Minn.) by forfeit

**Women's 35+ C/D:** Jessica Hamlin (Sunrise, Fla.) def. Lor iPowers (Lubbock, Texas) 15-8, 15-11

**Women's 45+ A/B:** CeCe Palaski (Venice, Calif.) def. Marquita Molina (Wasco, Calif.) 9-15; 15-12; 11-8

**Women's 45+ C/D:** Sue Benton (Bartlett, Tenn.) def. Connie Coile (N. Lauderdale, Fla.) 15-3, 15-0

### DOUBLES DIVISIONS

**Men's A Doubles:** Arturo Casillas (Bonita, Calif.) - David Leon (Chula Vista, Calif.) def. Joe Robert Perry (Ramer, Ala.) - Rob Ramey (Franklin, Tenn.) 15-7; 15-10

**Men's B Doubles:** David Aaronson/Joe Schmitz (Jacksonville, Fla.) def. Ronnie Hubbard/Jim Zimmerer (Cincinnati, Ohio) 15-9, 15-11

**Men's C Doubles:** William Elliott (Princeton, W.V.) - Craig Stout (Princeton, W.V.) def. Jim Gignilliat (Lake Worth, Fla.) - Steve Shapiro West Palm Beach, Fla.) 15-7; 15-4

**Men's 35+ Doubles:** Bruce Ritacco (Greer, S.C.) - Sandy Tucker (Ft. Inn, S.C.) def. Tim Hansen (West Palm Beach, Calif.) - Teddy Koukoulis (Winterhaven, Fla.) 15-3; 15-14

**Men's 50+ Doubles:** Jim Hiser (Colorado Springs, Colo.) - Ed Remen (Apex, N.C.) def. Frank Taddonio (Chandler, Ariz.) - Parris Woodbury (Arlington, Va.) 15-7; 15-5

**Women's 35+ Doubles:** Peggy Stephens (Louisville, Ky.) - Christine Wright (LaGrange, Ky.) def. Kay McCarthy (Memphis, Tenn.) - JoAnne Pomodoro (East Boston, Mass.) 15-8; 15-13

**Mixed A/B Doubles:** Jennifer Hunter (Powell, Tenn.) - Walter McDade (Hermitage, Tenn.) def. Jeff Marmer (Loveland, Ohio) - Debbie Ullman (Westerville, Ohio) 15-10; 15-1

**Mixed C/D Doubles:** Tina Davenport (Silver Spring, Md.)/Steve Johnson (Laurel, Md.) def. Chuck & Sharon Noll (Wilmington, Del.) 15-9, 15-12

**Mixed 30+ Doubles:** Brenda Kyzer (Lexington, S.C.)/Sandy Tucker (Ft. Inn, S.C.) def. John & Fanny Scargle (Oldsmar, Fla.) 15-8, 15-2

**Mixed 40+ Doubles:** Joe Ault (Franklin, Ind.) - Debra Stefanel (Middletown, Ind.) def. Sandra Kubany (Olney, Md.) - Dwayne McKnight (Spokane, Wash.) 11-15; 15-1; 11-6

**See the Pro finals on ESPN, Friday, February 8 at 1:00 pm EST!**

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In the second semifinal of the evening, a pressured top seed met up with a long time friend and rising star on the tour. Both hailing from the Midwest, Gudinas and Wachtel had played many times in the past and are quite familiar with each other's games. The question was: could Gudinas stand up to the pressure of winning her first U.S. Open title?

Wachtel jumped out early in the first game, showing no ill effects from a relative lack of experience playing on the portable court. Gudinas fought back to 9-11, showing prowess at picking off Kerri's trademark hard-Z serve to the backhand. Wachtel mixed up the serve a bit, switching to mid-lob forehand Z's to reach game point at 14-13, where she closed out the first game on an avoidable hinder.

Gudinas came out fighting in game two, using forehand drive serves into the glass. Two tough calls went against her but she kept her composure even as Wachtel fought back to even the score 10. Gudinas ran off a few quick points and took the second game 15-11 to tie the match at one game apiece. Conventional wisdom on the sidelines believed this did not bode well for the upset-minded Wachtel.



Not leaving anything to chance, Gudinas attempted to draw extra luck by petting the rabbit used in the between-games magic show by the venerable Sparkman (the resident racquetball-playing Magician who frequents the U.S. Open). The lucky charm turned out not to be, as Wachtel jumped out to an early 4-1 lead on Gudinas' serve. Wachtel began really mixing up her serve, going to a nick lob serve to Gudinas' strong backhand and took a 10-5 lead. Gudinas fought back again, closing the gap to 13-9 and then added a couple of excellent service return winners to pull within a point at 13-12 before Wachtel was able to hit two great shots for a 15-12 game three victory.

Down two games to one, Gudinas looked to even up the match by starting hot in game four, jumping to 5-0 on Wachtel's serve and threatened to blow it out.

Wachtel fought back but still was down 10-

5 when Gudinas regained the serve. Wachtel proceeded to win seven of the next nine points to close the gap 13-12. Gudinas again took to the service box to either close out the match or head home. A mistake gave Wachtel an easy setup to tie the score 13-13, then a skip to give Wachtel match point, followed by a winner after a brief rally gave Wachtel game four 15-13 and her biggest career win.

A shaken and tearful Gudinas congratulated her friend after the match, by addressing the crowd "I'm so happy for Kerri ... she's a good friend. And I'm so happy that she's not going to the next pro stop ..."

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## Finals

Rice was attempting to capture her third U.S. Open championship and inch closer to reclaiming the top ranking spot. Wachtel was attempting to capture her first pro title ever – and on racquetball's largest stage.

The first game was tight throughout, with both players playing conservatively. After two service changes the score was 5-5, after four changes 11-9. Wachtel was forced out of her trademark hard-Z serve by Rice's persistent offense attack, but had some success with a difficult nick lob serve to keep the game even. "She kept cutting off my drive Z with her forehand," explained Wachtel. "I knew I had to keep it to her backhand so I started with the lob serve." Rice regained the serve trailing 12-13 and quickly gave Wachtel a game point. At 12-14, a great rally ensued, with Rice making two diving gets to keep the match going. Wachtel took game one 15-13 on the next rally, getting a crack-out from an errant passing shot.

Rice, still showing the impact mark from the preceding day's shot to the chin, came out in game two drive serving. She knew that she needed to be more aggressive and control the flow of play. Drive serves into the glass scored her some quick points, but Wachtel's superior front-to-back movement forced Rice to take low-percentage shots. Play remained even in the second, with neither player really able to break away and take a commanding lead. Rice stretched the lead to 10-7 on Wachtel's serve after winning a terrific rally. Wachtel regained the serve down 12-13 and needed a couple of big points. But Rice got a quick service return winner for 14-12 and then a quick skip for game two, 15-12.



With the match now tied at one game each, Wachtel served first and jumped out to 5-0, marking the biggest lead of the match. Jackie fought right back though on her own serve, winning four straight points and eventually tying the game at 8-all. At 10-10, Wachtel served again and showed Rice a new service look; a backhand wallpaper serve that defied short hop returns. The serve turned out to be very effective and Wachtel took 4 of the 5 points on her serve to get a game point at 14-11. Wachtel then took game three off Rice's first serve for a 15-11 win.

Rice started the fourth with big serves to stay in the final, and Wachtel came out hot again. Up two games in the match and confident in her ability to return Rice's serves, Wachtel jumped ahead to 6-4. A strange rally followed, in which an attempted ceiling ball by Jackie looked as if it would leave the court on the fly, but instead clipped the top of the back wall of the portable court and forced Wachtel to scramble to the frontcourt just to retrieve the shot. Rice put away the pass and the crowd shared the players' amusement.

With Wachtel serving up 8-7, Rice called a carry on herself, a tough call in a crucial situation. Back on serve, Rice hit a tough shot off the back wall to get to 10-11, but Wachtel's service return game continued to score points for her. Wachtel got the serve back ahead 14-10 and needed just one point for the biggest win of her career.

A quick look into the gallery showed husband Chris Wachtel and mom Gerri Stoffregen (who had flown in from Cincinnati just for the final) looking awfully nervous as Kerri served for the championship. A quick rally, one last kill shot, and Wachtel won it all. Her amazingly consistent passing game was just too tough for the former champ to overcome. "Kerri just played awesome, she deserved to win," a dejected Rice said after the match. "She deserved to win."

"My goal this year was to win a pro stop, just one," Wachtel said upon her victory. "It just happened to come at the biggest tournament of the year. Now I am going to have to go home and re-think all of my goals."

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## Canadian Wizard

By Tom Rall

Who is Kane Waselenchuk and where did he come from? It's a question that the entire racquetball community seems to be asking. Although most have a hard time pronouncing his last name (it's Austrian and pronounced Wah-say-len-chook) they are not having any problem remembering his dynamic, southpaw court style. I recently caught up to Kane and his family, to try and fill in some blanks about this up-and-comer. The Waselenchuk's live in America's neighbor to the north, Canada, and Kane was born and resides today in Edmonton, Alberta. It's a good sized city, and a very pretty one, with a population of about 850,000. First off, I spoke to Kane's grandfather, who was all too happy to enlighten me about his very gifted grandson.

"He started playing racquetball at the age of three," John Waselenchuk began. "His father played the game and got Kane interested, and by the time he was five years old he was playing in tournaments. He won his first tournament at age five. It was only the Men's C Division, but he was only five! Also everyone he played was an adult. So that was pretty good, I thought."

I had to agree. As I listened I couldn't think of anyone I knew who had started playing racquetball that young, and certainly no one who had won a tournament! John went on to surprise me again, by stating, "As good as Kane is in racquetball, he's a far better hockey player! When he was nine, the Edmonton Oilers spotted him. Dr. Sherry, the Oilers' team physician at the time, was particularly amazed at Kane's natural abilities." Grandad wasn't amazed ... "Growing up Kane's always been good at everything in sports; that's how he is. He also loved to play baseball and was very good at that. To this day I have a garage full of bats, hockey sticks and other sporting equipment. Whenever Christmas came he never wanted toys, he only wanted sports things like a bat, or a glove, or a hockey stick. He's good in every sport he plays. Here in Edmonton he's known as a phenom."

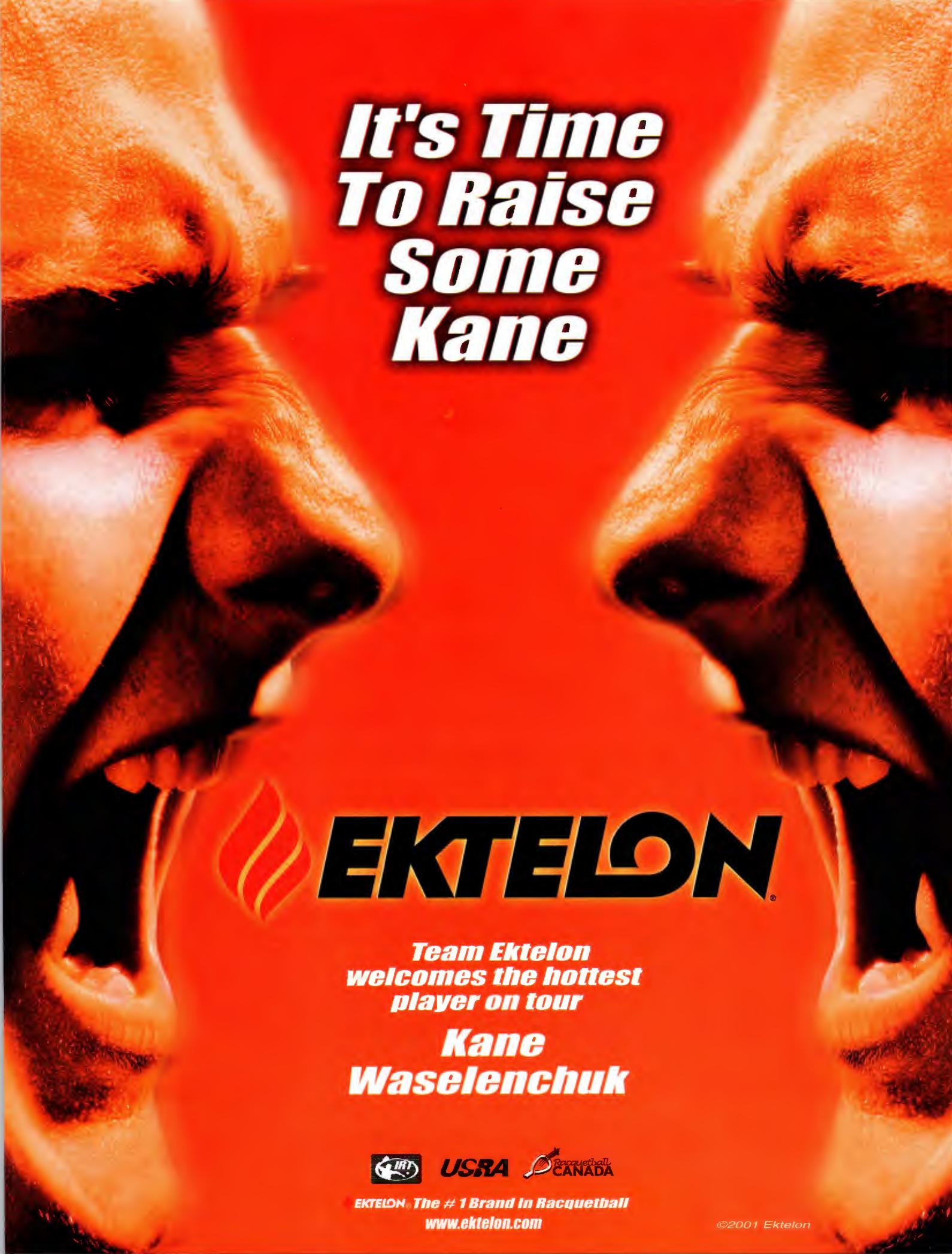
A phenom is right. In racquetball, Kane is a three-time Canadian National Champion, a member of the Canadian National Team, and recent winner of the IRT stop in Chicago. When he does lose, it's to a big gun ... like number one player in the world, Cliff Swain, in the quarters of the U.S. Open. But even that was a close five-game match, with Kane nearly donuting Swain in the first game, much to the amazement of stunned onlookers. I think that we're only just now discovering how much of a phenom Kane Waselenchuk really is.

In Edmonton, Kane lives a short five blocks from the Mayfield Inn and Suites Racquet Club — a large, very posh five-star facility complete with a hotel, restaurants and spas. Kane walks there to work out and, according to his grandfather, spends most of his days there. "He'll go there in the morning and lift weights. Then he'll come home for a little while to eat and relax. Then he's off again to the club to work out again. Sometimes he works out three times a day. He never gets tired and is very strong and fit. I think it's because he loves to work out. He also likes to run and more than once has run fifteen miles and then gone to the club to work out again." Kane might be so fit that racquetball may not be enough for him; if the Edmonton Oilers should happen to call him again, we just may see him on TV playing hockey!



Few will dispute that at the young age of nineteen Kane Waselenchuk is a player like no one has ever seen before. On the court he anticipates so well that he's often in position to retrieve a shot before his opponent even hits the ball. He is so agile that it's not uncommon for him to jump in the air, turn, and hit the ball on the way down before his feet are back on the floor. His serve is very powerful. His speed is apparent immediately to all that play him. And if that weren't enough, he doesn't seem to tire (no surprise, given his workout schedule).

His on court wizardry has earned him the nickname "The Wizard." Once you think he's done for, his sleight of hand turns it into something else. His ability to survive in



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the rally plays havoc on opponents. Once you think you've got him, he's got you! I once saw him cornered in the middle of a rally, with nowhere to go. The ball was moving so fast that everyone thought he would surely be hit. Instead he jumped in the air, did a full twist to avoid being hit by the ball, waited for it off the back wall and rolled it out for a winner! The entire gallery couldn't believe their eyes. Well, they don't call him the Wizard for nothing!



Off the court he is well liked, gracious and appreciated by everyone, with a demeanor second to none. A friend of mine, Tom Curran (left), drew Kane as a partner at the U.S. Open Benefit Doubles tournament. After introductions, according to Tom, he asked Kane what strategies he'd like to

play and what he'd like him to do. Kane smiled and said, "Let's just have some fun, OK?" They did, all the way to the finals, and it was only then that Kane mentioned something to Tom about how they should play the match. It went well. They won!

As John Waslenchuk said, "None of the success he has experienced has gone to his head. He's a very nice boy. And what's more is that he's very modest. He hangs out here with friends from both the high school and college and I don't think any of them even know he's a racquetball champion."

Now many are asking, "Does Kane have what it takes to make it to the top five?" I tend to think so (and then some), after watching him play at the U.S. Open. His performance convinced that he is here to stay, and could even pose a serious threat to the number one and two players today – Cliff Swain and Sudsy Monchik. How can I be so confident that a young, relatively new, nineteen year-old from another country could achieve such heights? Well, early rounds at the U.S. Open aside, it was watching him push Cliff Swain to five games that really convinced me. It could have gone either way in the tiebreaker, and even though he lost to Cliff (who is playing better than he has in years), the match was more evidence of just how amazing Kane really is. I'm convinced that he's more than capable of beating the top players routinely, and it wouldn't surprise me if he's in the top three within a year!

In fact, he's well on his way. He jumped from #31 in the rankings last year to #14 at the start of the season, and now holds the #10 spot after winning the recent Chicago Pro Stop and beating all the top guns in the process! To have achieved this so early in his career is more than amazing. Most players his age are just coming out of the junior ranks and struggling to break into Open or Pro divisions. Kane is already there. And he is competing as though he's been there a while. To be so good, so young, one could say that — if racquetball were music — Kane would surely be Mozart!

Kane plans to go to college. He wants to be a police officer. The chances are very good that Canada will claim him for one of their law enforcement agencies, and they'll be darn lucky to have him. But in the meantime, he wants to play racquetball on the pro tour. He plans to continue to work out with a vengeance, and doesn't think he'll slow down once he's in college. And as his grandfather reminds us, "He's the best at any sport he plays." With that in mind, I think we can look forward to seeing more of Kane's court wizardry as he climbs the rungs of the pro ladder, all the way to the top!

## **Rookie Wins in Chicago**

**By Woody Clouse**

This year's annual stop in the "The Windy City" marked the first time that tournament director Dave Negrete also had to shoulder the responsibility of IRT commissioner. The Negrete family has always represented what is right with racquetball, and this year was no exception. All 200+ participants were treated like family throughout the first tier of the IRT's Grand Slam.

The draw was the biggest and deepest of the season, with the qualifying match ups producing some of the best play. Sudsy Monchik's return was a definite buzz, as was the chase for the number one ranking. With the points from this event representing 2.5 times the value of a regular stop, it was a great opportunity for anyone to make a huge leap in the standings.

The round of 16 saw four tiebreakers, along with four upsets. The first was a bit of a shocker that put everyone to the edge of their seats as Brian Istace took a two-game lead against Cliff Swain. After squeaking out the third 11-9, Swain did an about-face and only gave up one point in the next two games. It's matches like these that make Cliff the champion that he is.

The second five gamer was simply an epic battle between two of the classiest players on the tour, with

**CONTINUED ON PAGE 49**

# • men's tour rankings • scorecard • schedule

## INTERNATIONAL RACQUETBALL TOUR SEASON RANKINGS

[Rankings dated 12/10/01 following Denver]

Points	Player	Hometown	Last Issue	Last Year
1. 3514	Cliff Swain	Braintree, MA	1	1
2. 3278	Jason Mannino	San Diego, CA	3	4
3. 2884	John Ellis	Stockton, CA	4	3
4. 2438	Sudsy Monchik	Staten Island, NY	2	2
5. 2110	Alvaro Beltran	Chihuahua, Mexico	5	12
6. 2014	Rocky Carson	Santa Maria, CA	6	7
7. 1938	Tim Doyle	San Diego, CA	7	5
8. 1894	Mike Guidry	Carrolton, TX	9	6
9. 1806	Derek Robinson	Kinnewick, WA	8	8
10. 1468	Kane Waselenchuk	Alberta, Canada	14	16
11. 1165	Jack Huczak	Rochester Hills, MI	15	18
12. 1144	Mike Green	Ontario, Canada	11	n/a
13. 1093	Dan Fowler	Rockville, MD	10	11
14. 1021	Brian Istace	Alberta, Canada	16	38
15. 899	Erin Brannigan	Sable, ID	13	15
16. 807	Chris Crowther	Riverside, CA	20	32
17. 795	Mike Locker	Minneapolis, MN	12	10
18. 772	Ruben Gonzalez	Staten Island, NY	18	20
19. 599	Javier Moreno	Memphis, TN	17	51
20. 582	Woody Clouse	Littleton, CO	25	78



## 2001-2002 INTERNATIONAL RACQUETBALL TOUR SCHEDULE & SCORECARD

New Orleans .....	Cliff Swain def. Jason Mannino.....	3-11, 11-9, 11-7, 12-10
Stockton .....	Jason Mannino def. Alvaro Beltran .....	11-2, 10-12, 11-6, 11-5
Chicago.....	Kane Waselenchuk def. John Ellis.....	11-4, 11-4, 8-11, 8-11, 11-8
Memphis.....	Cliff Swain def. John Ellis.....	11-5, 7-11, 12-10, 11-4
Denver.....	Cliff Swain def. Jason Mannino.....	3-11, 11-7, 11-8, 11-6

### 2002

January 24-27.....	Boston, Massachusetts.....	Foxwoods Pro-Am @ Ridge Athletic Club, 781-848-0800
Jan. 31- Feb. 3 .....	Coral Springs, Florida .....	Harold McKahand Memorial Pro Am @ Quadrangle, 954-753-8900
February 7-10.....	Fairfield, New Jersey .....	New Jersey Pro-Am @ Classic Athletic Club, 973-227-4000
Feb. 28 - Mar. 3 .....	San Diego, California.....	San Diego Open @ American Athletic Club, 619-477-2123
April 11-14 .....	Greensboro, NC .....	NC Open Championships @ Pyramids Wellness Center, 336-275-1391
April 25-28 .....	Las Vegas, Nevada .....	Pro Nationals @ Las Vegas Sporting House, 702-733-8999

For information concerning any IRT events, contact Dave Negrete at 630-430-1IRT [1478] or send e-mail to negretz@mindspring.com



## Seven Straight for Gudinas

By Ryan John

LPRA players traveled to the above-mile-high city of Colorado Springs for some fast paced action in the Lynmar Classic Racquetball Tournament played at the Lynmar Health and Racquet Club in November. It was the third stop of the season and the last one before the

Hilton U.S. Open, so there were some important matches (with seeding implications) for the then-up-coming "Grand Slam" event in Memphis.

The round of 32 held no surprises, with most of the top players receiving byes into the round of 16. The first match of the round, and the first with some added incentive, was between No. 8 Susana Acosta and No. 9 Lori-Jane Powell. The winner would secure their spot in the top eight for Memphis and receive the "star-treatment"

given to the top pros. Since one of the most coveted perks among the top eight is the use of a Covington Pike Toyota for the week, this match was dubbed "the car match."

In the international playoff, Canadian Powell won the first two games convincingly and looked on her way to a straight game victory until Mexico's Acosta woke up in the third. The two battled it out and played far into "overtime" until Acosta was able to string together two straight points for the 19-17 win. But perhaps the effort to win the third game took too much out of Acosta as Powell "drove" her way to a 15-8 win for the match – and the car.

Kristen Walsh began the season with a bang, making it to her debut LPRA final at the first tournament of the year. But since then she's struggled and this tournament was no exception as Dina Moreland dismissed her in four games.

Claudine Garcia continued her assault on the rankings in her rookie year on tour with a dramatic come-from-



behind victory over U.S. National team member Kim Russell. Finding herself down two games to none, the young Dominican took over the match and won the last two games decisively 15-9, 15-10.

In the quarterfinals, Gudinas and Rice stayed on a collision course set for the finals with straight game wins over Powell and Garcia, respectively. After dropping the first game to Moreland and narrowly escaping with a victory in the second, Kerri Wachtel fell into her groove and cruised in the last two games to move into the semifinals against Gudinas.

No. 3 Kersten Hallander and No. 6 Rhonda Rajsich battled it out in four tough games, later evidenced by Rajsich's wounded finger (from diving) after the match. Rajsich took the first game 15-12 only to see Hallander tie things up after the second with an 18-16 win. It was Rajsich's turn to take a long game victory in the third 17-15 and then wore down Hallander in the fourth 15-10.

The semifinals pitted the number one player in the world versus the fastest rising star on tour, Kerri Wachtel. The old friends fought back and forth in an exciting first game but Gudinas's mental toughness overcame Wachtel for a 16-14 win. Gudinas also took the second game 15-9, but Wachtel didn't give up and fought back in the third to win 15-9. Wachtel struggled again in the third only to see Gudinas step her own game up a notch and move into the finals by closing out the match 15-12.

Closing in on the U.S. Open, we were reminded of last year's awesome semifinal in which Rajsich shocked everyone (but herself) by taking out Paraiso Rice. This year, the newlywed Rice would have none of that and quickly dashed the hopes of a repeat by downing Rajsich in three straight 15-9, 16-14, 15-11.

The finals were what everyone has become accustomed to over the past year – Gudinas versus Paraiso Rice. Not that anyone would turn down a chance to see a match between these two top-caliber players ... and they didn't disappoint the packed house at Lynmar. Gudinas looked on her way to an easy seventh straight victory after winning the first two games of the match 15-13, 15-10. But Rice began to hit the kind of shots that she needed to beat Gudinas and tied the match at two games apiece, even doing Gudinas one point better 15-13, 15-9. The crowd was excited and anticipated an epic

fifth game, perhaps a preview to the U.S. Open final. What they saw was Gudinas completely taking over the game and rolling to 15-5 win.

"My ankle is getting better every tournament," Rice said referring to her off-season ankle surgery. "It just got a little tired towards the end but I think I will be in good shape for Memphis."

"I never think about it," Gudinas stated referring to her current seven tournament win streak. "Sometimes it is hard because people always bring it up but I actually approach each match thinking that I could lose no matter who I play. That way I don't get complacent and it forces me to play every point hard."



**LPRA CALENDARS** ... The women of the LPRA tour have issued their own full-color version of a 2002 "pin-up" season calendar. Call 719-635-5396, ext.129 to order yours!

### Ladies Professional Racquetball Association Season Rankings

[Dated 12/15/01, following Denver]

Points	Player	Hometown	Last Issue	Last Year
1. 487.50	Cheryl Gudinas	Lisle, IL	1	3
2. 355.50	Jackie Rice	El Cajon, CA	2	2
3. 283.00	Kerri Wachtel	Cincinnati, OH	4	23
4. 193.50	Kersten Hallander	San Diego, CA	3	6
5. 124.75	Rhonda Rajsich	Phoenix, AZ	6	4
6. 122.25	Claudine Garcia	Dominican Republic	10	n/a
7. 107.25	Lori-Jane Powell	Alberta, Canada	9	11
8. 93.75	Kristen Walsh	Salt Lake City, UT	5	15
9. 56.25	Kim Russell	Austin, TX	12	n/a
10. 44.25	Laura Fenton	Overland Park, KS	7	5
11. 39.75	Dina Moreland	Montgomery, AL	16	19
12. 36.75	Susana Acosta	Chihuahua, Mexico	8	8
13. 34.95	Jennifer Saunders	Manitoba, Canada	19	25
14. 30.75	Denise Mock	Allen, TX	13	22
15. 24.95	Doreen Fowler	Rockville, MD	14	9
16. 19.75	Joanna Shattuck	Denver, CO	15	14
17. 16.75	Elaine Albrecht	Delaware, OH	n/a	n/a
18. 15.75	Ramona Vonondarza	Venezuela	22	33
19. 14.95	Rachel Gellman	Phoenix, AZ	21	19
20. 13.95	Adrienne Fisher	Centerville, OH	23	35

## • women's tour rankings • scorecard • schedule

### 2001-2002 LADIES PRO RACQUETBALL ASSOCIATION SCHEDULE & SCORECARD

Charlotte	Cheryl Gudinas def. Kristen Walsh	15-11, 15-8, 15-12
Albuquerque	Cheryl Gudinas def. Jackie Paraiso Rice	9-15, 15-11, 16-14, 15-10
Colorado Springs	Cheryl Gudinas def. Jackie Paraiso Rice	15-13, 15-10, 13-15, 9-15, 15-5
Memphis	Kerri Wachtel def. Jackie Paraiso Rice	15-13, 12-15, 15-11, 15-10
Saskatoon	Cheryl Gudinas def. Jackie Paraiso Rice	13-15, 15-12, 15-12, 15-10
Denver	Jackie Paraiso Rice def. Rhonda Rajsich	15-10, 15-11, 15-8

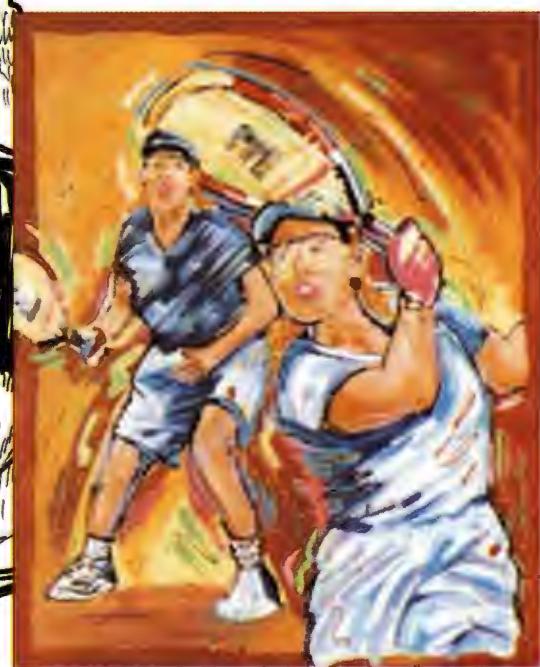
### 2002

January 18-20	Rosarito Beach, Mexico	Rosarito Beach Resort
February 15-17	Chicago, Illinois	Athletic Club of Bloomingdale, 630-893-9577
March 1-3	Minneapolis, Minnesota	Central Courts, 763-572-0330
April 12-14	San Diego, California	Sorrento Valley Racquetball & Fitness Center
May 2-4	Site TBA	Site TBA
June 21-23	McLean, Virginia	Tyson Sports & Health, 703-527-7785

\*Combined LPRA/IRT stops feature a Saturday final.

For more event details and complete tournament draw sheets online, go to [www.ladiesproracquetball.com](http://www.ladiesproracquetball.com) > "Events"





### **Limited Edition MANESS Artwork!**

Memphis artist Michael Maness crafted the original pen an ink drawing (left), along with the canvases (above) featuring Sudsy Monchik and Cheryl Gudinas, to commemorate this year's U.S. OPEN.

Limited edition lithographs of the original paintings — individually numbered and autographed by both the artist and the featured athlete — are still available for \$100 each (+\$10 for shipping), while supplies last. Order yours by calling the USRA at (719) 635-5396 ext. 121. Read more about this remarkable artist and his work on page four.

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accumulate high-level ranking points plus earn seeding consideration at "The Finals." **WAIVERS:** All legitimate waivers of qualifying competition at any of these events must be approved *prior* to the scheduled regional weekend. All waivers must be directed to — and approved by — the USRA Headquarters. Individual regional tournament directors may not approve exclusions from play, for any reason.

April 3-7	Concord Athletic Club . . . . .	St. Louis, Missouri . . . Jim Murphy . . . . .	314-842-3111
April 17-21	Spectrum Club . . . . .	Canoga Park, California . . . Deb Tisinger . . . . .	818-884-5034
	Lakewood Athletic Club . . . . .	Denver, Colorado . . . Marianne Alonzi . . . . .	303-989-5545
	Orlando Fitness & Racquet Club . . . . .	Orlando, Florida . . . Bill Herr . . . . .	407-880-7790 x552
	Southern Athletic Club . . . . .	Atlanta, Georgia . . . Ric Crosby . . . . .	770-923-5400
	Athletic Club of Bloomingdale . . . . .	Bloomingdale, Illinois . . . Dave Negrete . . . . .	630-483-6829
	Central Courts . . . . .	Columbia Heights, Minnesota . . . Dennis Ring . . . . .	952-883-2148
	Executive Health & Sports Center . . . . .	Manchester, New Hampshire . . . Kelley Beane . . . . .	603-759-2729
	Cascade Athletic Club . . . . .	Gresham, Oregon . . . Connie Martin . . . . .	503-665-4142
	Strongsville Recreation Center . . . . .	Cleveland, Ohio . . . Doug Ganim . . . . .	614-890-6073
	Racquetball & Fitness Clubs of San Antonio . . . . .	San Antonio, Texas . . . Lance Gilliam . . . . .	210-344-8596
	Tyson Sport & Health Club . . . . .	McLean, Virginia . . . Ed Willis . . . . .	703-684-4146
	Club Energize . . . . .	Gillette, Wyoming . . . Evert Shelling . . . . .	307-686-7627
April 26-28	Sportime of Syosset . . . . .	Jackson Heights, New York . . . Tom Keogh . . . . .	718-429-8489
May 2-5	Southern Athletic Club . . . . .	Oklahoma . . . Dave Watson . . . . .	918-541-0722

## other recognized qualifiers ... for seniors 45 & up

Jan. 18-20	Women's Senior/Master Championships . . . . .	Warren, Michigan . . . Diana Courtney . . . . .	810-774-6900
March 13-16	NMRA Masters Championships . . . . .	Canoga Park, California . . . Ron Pudduck . . . . .	734-426-8952

[These qualify 45+ entrants ONLY! ... 35+ & 40+ players in the preceding events must still take part in a regional qualifier — from the first group shown above — in order to compete at National Singles].

## 2002 junior qualifying

To become eligible for play in the HEAD 29th U.S. Junior Olympics [June 22-26, 2002], entrants must first compete in any Level 3 State Championship, OR in a recognized junior regional event (not offered in all areas), OR in the National High School Championships. All players must compete in (not merely enter) the qualifying state, regional or national event, plus meet all age requirements and other entry stipulations.

**Questions? Call 719-635-5396, or go to: [www.usra.org](http://www.usra.org)**

## ... qualifying tipsheet ...

<u>This Sanctioned Event</u> . . . . .	<u>Qualifies players for:</u>
State Singles Championships . . . . .	Junior Olympics
Recognized Junior Regional . . . . .	Junior Olympics
National High Schools . . . . .	junior Olympics
 National Intercollegiates . . . . .	National Singles
Regional Qualifiers . . . . .	National Singles
WSMRA Championship . . . . .	National Singles [45 & up]
NMRA Championship . . . . .	National Singles [45 & up]
U.S. Military Championships . . . . .	National Singles
 Alaska/Hawaii residents . . . . .	exempt from qualifying
Active duty overseas military . . . . .	exempt from qualifying

## 2002 ektelon adult regional qualifiers [level 4] ... nationwide

*Qualifying competition is REQUIRED to participate in the 2002 Ektelon 35th U.S. National Singles in Houston, Texas — no exceptions (regardless of age)! Whether or not you plan to go on to Houston, you'll want to take part in the largest nationwide event of the year! By doing so, you'll*

I want to switch gears and answer a question I get asked over and over again "When do you watch the ball?" It seems simple enough, but I can't stress how important it is to watch the ball at all times — during the rally, when you are returning the serve, after the serve, as well as when you are relocating out of the box into center court position.

I have played sports all my life — basketball, baseball, stickball, football — and you *never* take your eye off the ball or moving object.

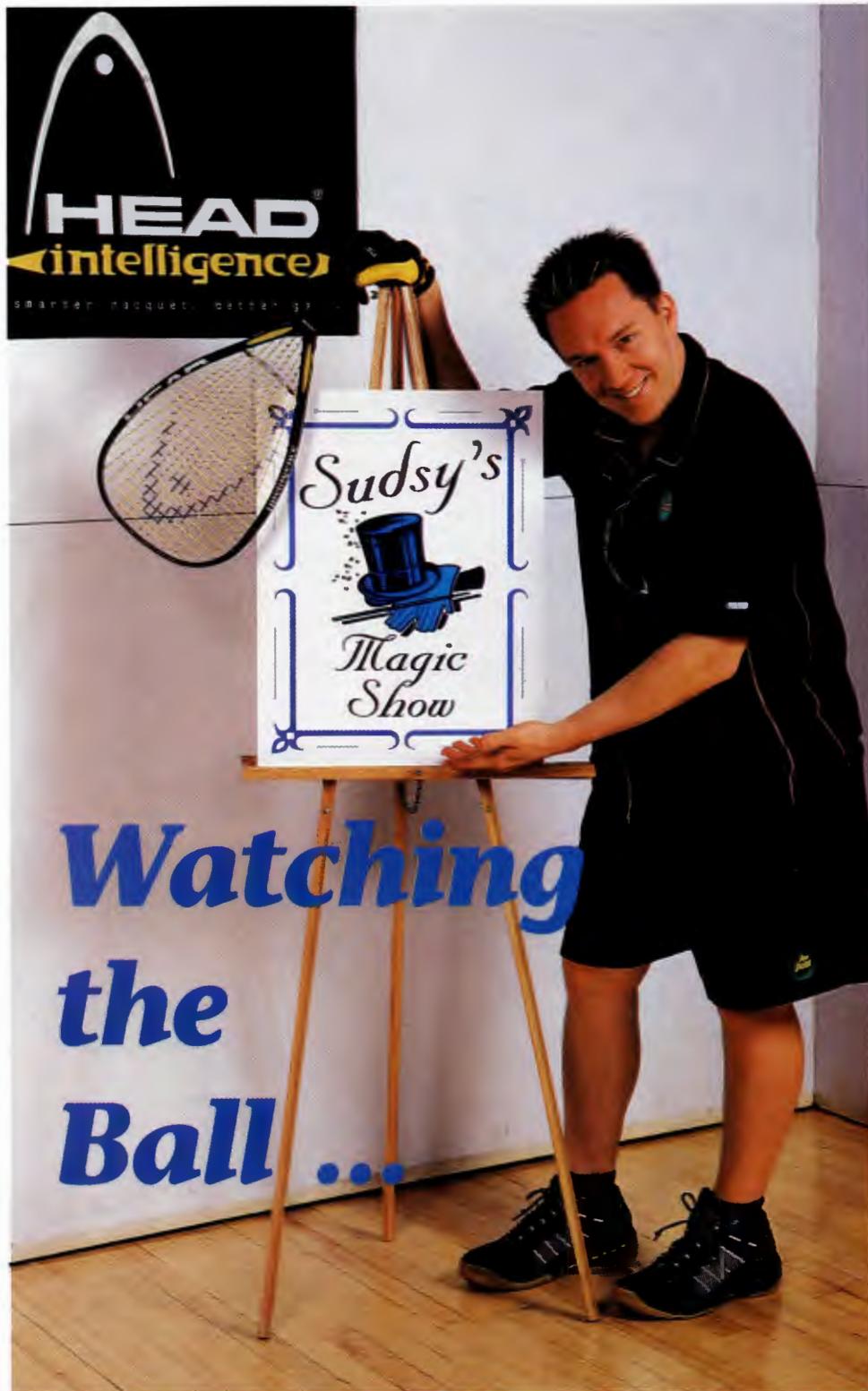
Racquetball is no different. You want to watch the ball, as well as your opponent's body position and footwork, as often and as intently as you can. Keeping your eye out for activity in front of, or behind you, will help you make a more educated guess about what your opponents are going to do next.

- if the ball is up and above their shoulders then they are probably going to hit a ceiling ball
- if the ball is knee high or lower they are probably going to hit a pass, pass-kill or kill
- if the ball is knee high and lower, but way out in front of them, they are probably going to go cross court
- if the ball is knee high and lower, but way behind them, then they will probably pinch the ball into the corner

By watching the ball and your opponent you can double your reaction time. You'll see (and react to) the ball coming off the racquet, into the front wall and then out again. If you don't, you'll only see it come off the front wall, and begin to respond late.

In today's game, the ball travels at such a fast pace (because of the oversized racquets, new speed/power technologies and the faster ball) that increased reaction time is a must.

Anyway, my advice is to concentrate on watching the ball — as consistently and often as possible — and I guar-



antee that your reaction time will improve drastically. Fran Davis taught me a clever trick that I use with my students all the time: use typewriter white out and paint two lines around the ball. It will help you learn how to track the ball a little bit better, and longer, so you can react to the ball quicker. Now let's take a look at some other tricks that I use to "watch the ball."



1.

#### TRICK #1 • During the Rally

- Head turned..eyes on ball
- Racquet up
- Legs spread, knees bent, down and ready and in good center court position (see Jan/Feb 2000).



2.

#### TRICK #2 • Returning the Serve

- Head straight ahead-eyes on the ball in your opponents hand
- Racquet up
- Legs spread, knees bent and down and ready (see Nov/Dec 1999).



3.

#### TRICK #4 • Relocating Out of the Box into Center Court

- As you are relocating out of the service box into good center court position your head is turned back as your eyes remain on the ball
- Same as Trick #1.

Once again, I want to reiterate just how important – no, make that imperative — it is to watch the ball! You'll see plenty of pictures in this magazine of me, Cliff, Jason, John, Cheryl and Jackie clearly showing us watching the ball intently the entire match.

I can attest that, by watching the ball and my opponent, I get a much better jump on the ball and even appear faster than I really am ... which is amazing, because I'm pretty fast!



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Good luck and I'll see you at one of the camps real soon!



## Winning Racquetball: Challenging the Blocks by Marcy Lynch

From previous articles, I hope you are gaining more awareness on the court and recognizing blocks to being in the ideal playing state. Now the challenge is removing those blocks and entering the state of mind referred to as 'the zone.' Self-judgment, distraction, and attachment to outcome were the three blocks I discussed in the last article.

First let's address self-judgment. One of the most immediate ways

to play better is to eliminate the negative, judgmental things you say to yourself. You've seen the competitor who acts out by yelling at him/herself on the court. There are just as many who chastise themselves internally. If you are someone who does this, does it help or hinder your game? In most instances, the judgment creates pressure to play better and anxiety if it doesn't happen. The first step to reducing or eliminating the judgmental mind is to be aware that you are doing it, even if it is silent. Then, make an off-court decision about what you will do when you make an error. What will you replace the judgment with? What will you say to yourself? How will you act? The goal is to create a mental environment that leads to a 'flow state' instead of tightness and stress. One example of a way to release judgment is to choose to remain neutral as you observe yourself and your activity on the court. Another is to accept that there may be times when you will judge yourself, but that you will recognize and let go of the judgment as soon as possible and not allow it to affect point after point. Yet another way is to choose a focus, as I will explain.

The second block was distraction. The skill that is required to combat distraction is 'focus.' Your focus is where you place

your attention. If you don't actually choose your focus, your mind is free to ramble or self-judge. One of the best ways to bring your mind into the present is to choose something on the court to pay attention to. Some examples are; watching the ball, noticing your breathing, feeling the 'pop' of contact as ball meets racquet, listening to the sound of the ball as it bounces, saying a phrase or a key word to yourself. Outside thoughts will inevitably intrude, but the skill of learning to focus is to gently encourage the mind to return to a predetermined center of attention.

The last block was attachment to outcome. Needing to win — versus wanting to win — is an important distinction here. When you 'need' to win, the pressure is enormous and the price of losing is big. The only way I know to challenge this block is to, again, do some important off-court work in terms of your thinking. It's not that you don't want to win. You will do everything you can to make it happen yet there are times when you will lose — even to those you feel you 'shouldn't' lose to. Letting go of an attachment to winning is about seeing competition as a learning experience, win or lose. Losing is never completely comfortable, but there is a lesson in every win or loss. The pursuit of that lesson is what gives a loss its meaning, however painful. Be willing to learn from both.

Paying attention to and practicing the skills in any one of these three areas will make you a tougher competitor and teach you about entering that mental space we call 'the zone'. Theoretically, it's simple. Putting theory into practice, however, is where the 'real' game is played. The exciting part of this process is that there is no end to the learning. Also, what works for me may not work for you — but the trick is to take this information and figure out what does work. I have provided some basic ways to approach the mental game as I see it. The rest is up to you! Good luck!

To subscribe to my free e-newsletter, or to schedule a "Winning Racquetball" workshop at your club, send an e-mail to [marcy@marcylynch.com](mailto:marcy@marcylynch.com), or visit [www.marcylynch.com](http://www.marcylynch.com). ©Marcy Lynch, the Fitness Coach 2001.

### AmPRO Instructor Certification Clinic Schedule

DATE	HOST CLUB	CITY/STATE	CLINICIAN	CONTACT
January 16-17	Sorrento Valley Racquet & Fitness	San Diego, CA	Gary Mazaroff	505-266-8960
January 16-18	Harbor Square Athletic Club	Edmonds, WA	Paul Reynolds	206-406-6174
January 21-22	Spectrum Canoga Park	Los Angeles, CA	Gary Mazaroff	505-266-8960
January 26-27	Center Court Fitness Center	Grand Forks, ND	Mike Locker	651-683-9218
February 27-28	Cascade Athletic Club	Portland, OR	Gary Mazaroff	505-266-8960
March 1	Multnomah Athletic Club	Portland, OR	Gary Mazaroff	505-266-8960
March 2-3	Park Place	Portland, OR	Gary Mazaroff	505-266-8960
March 9-10	Mt. Vernon Health & Racquet	Alexandria, VA	Gary Mazaroff	505-266-8960
March 11-12	Spectrum Canoga Park	Los Angeles, CA	Darryl Warren	310-530-9606
March 13-14	Tyson's Sport & Health	McLean, VA	Gary Mazaroff	505-266-8960
May 20-21	Downtown YMCA	Houston, TX	Ken Woodfin	281-434-4775
July 16-17	University of Illinois	Champaign, IL	Gary Mazaroff	505-266-8960

## ***The Lob Serve***

**By Mike Guidry**

Racquetball is a game of pure power, rocket drive serves, shoulder-high splats and photon kills ... right?? Well, on the surface it looks that way, and for the most part it is true. But does that mean that you should go for the ace every time you get in the service box? If you have ever seen Jason Mannino play, you have your answer. Jason has had a very successful pro career hitting nothing but lob serves. Drew Kachtik finished the 1992 season ranked #1 in the world hitting only lob serves. Even Cliff Swain and Sudsy Monchik hit lob serves on occasion. So, let's work on yours.

**#1: The Stance** • Since we're not really trying to disguise the serve to get an ace, you want to have a nice, relaxed stance. Stand facing the



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# performance series

sidewall with your feet shoulder-width apart. Your knees should be slightly bent so that they are not locked. Your arm should be firm at the wrist and slightly bent

**#2: The Drop and Step** • One of the most important parts of the lob serve is the drop. Many people drop the ball too low and they end up reaching down for the ball and trying to flick the serve with their wrist. Dropping the ball too low makes it very difficult to hit a consistent lob that does not come off the back wall. Make sure that you drop the ball so that it bounces almost to chest height. The step is a nice, smooth step towards the front wall that allows your shoulders and hips to open.

**#3: The Swing and Contact Point** • The swing for a lob isn't really a swing, but more of a push. The key to hitting a lob is the push from your legs. Keep your arm slightly bent and push through the ball softly with a stiff wrist. The contact point should be about chest high

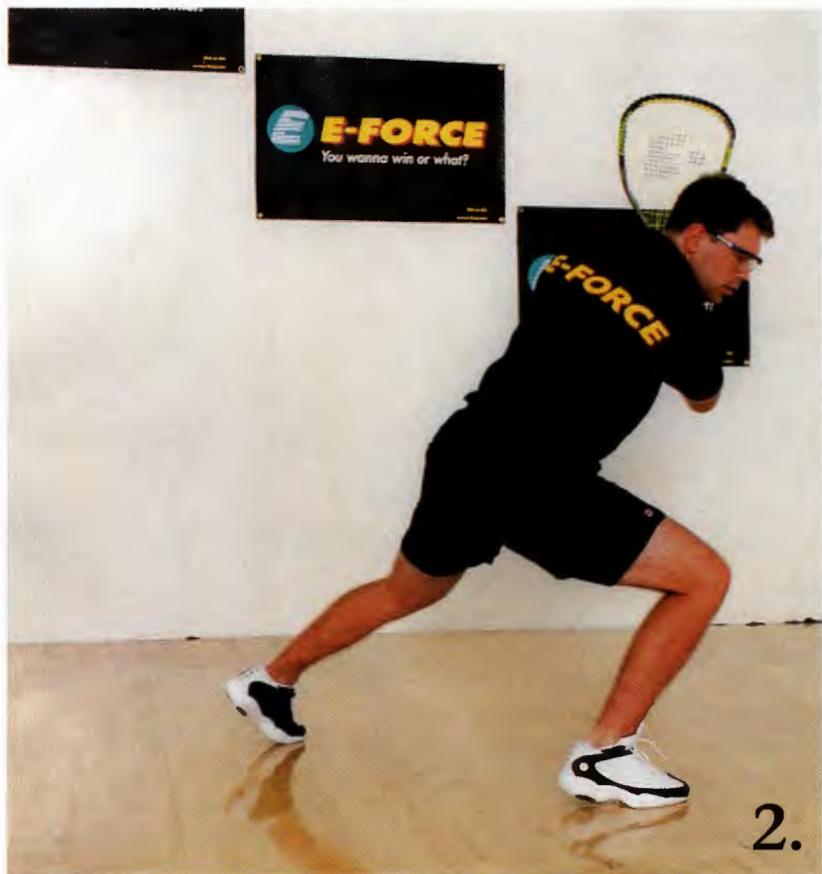
with the ball away from your body. You want to hit the ball softly and high. Use the height of the ball to get it to carry into back court.

**#4: The Follow Through** • One thing that I have observed is that many people stop their follow through. When hitting the lob, it is very important to continue the follow through on the plane of the ball to get it to carry. If you stop your swing, the ball will lose speed as well as control. Your racquet should end up high and out away from your body. Also, your body should end up facing the front wall.

The lob serve can be a very effective addition to your service game. Often it can be most effective against the power player who likes to play a fast, hard game. The lob is an effective serve because, if properly hit, it keeps your opponent in the back of the court hitting from chest high. The most important thing to remember is to always mix up your serves so that your opponent can't get a groove on one specific serve.







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3.

## Power Crossover

by Tim Doyle

Did you ever wonder why some players return serve so well? Ever wonder why down-the-line and pinch re-kills are so deadly in the pro division? It may be because of the power crossover.

What is the power crossover? The power crossover is simply lifting your opposite leg to step in the direction of the ball. The movement is the same for the power crossover from two major areas of the court; return of serve position and center court position.

A good ready position is required and feet should be at least shoulder width apart. Weight is distributed to the inside balls of the athlete's feet and the heels are slightly off the floor. This ready position gives the player a better push off — effective to both the right and left — to cover the court in the blink of an eye.

Use this movement on return of serve to attack balls quickly and take advantage of scoring opportunities. The crossover also frustrates opponents and puts more pressure on their serve. The power crossover from center court, to right and left, will help you cover down-the-line passes and pinch shots. If your opponent is off-target with their serve return, you can eat them up with the power crossover!

## Q: What is "visualization"?

**A:** Visualization is the most important mental skill that any successful top athlete, at any level, utilizes. Racquetball players like Sudsy, Cliff, Jason, John, Cheryl and Jackie all follow suit, and swear by the "art of visualization." It's defined as mental practice in your head; or simply another term for fantasy. It is quite a powerful tool.

The beauty of visualization is that your mind thinks in pictures, not words, and it actually does not know the difference between reality and a vividly imagined picture. That's why this technique (that Diana McNab, former Sports Psychologist of the U.S. Racquetball Team, introduced in 1990) is invaluable. Here's how it works:

- the picture in your mind automatically triggers neuromuscular responses which enable you to perform your skill
- the picture, therefore, should be as detailed and vivid as possible, with all the natural senses present so that the learning pattern will be more permanently imprinted
- the picture needs to be of perfect technique or of a perfect performance ... always in a positive vein

What seems amazing with visualization is that the athlete is literally practicing, mentally, with the *same* neuromuscular reaction as they do when practicing in a real situation. It is important, therefore, to visualize in the same rhythm, tempo and timing as your actual performance to keep the speed of the neuromuscular transmissions the same.

Diana McNab taught us two ways of viewing your mental picture. They

are so important to your improvement, I want to share them:

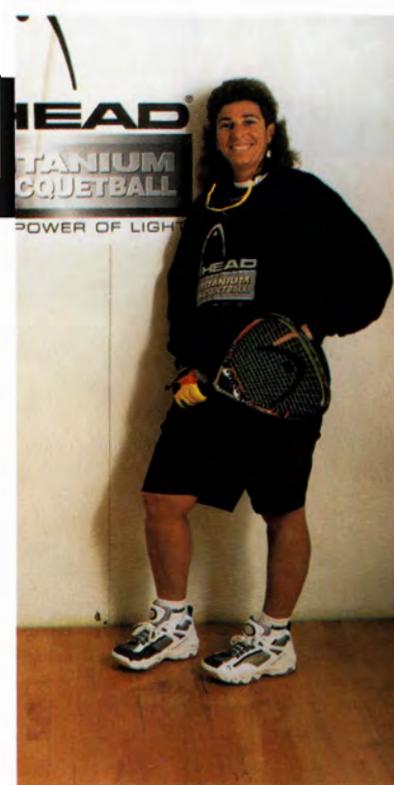
- For technical correction and skill reinforcement it is best to view yourself from the outside (as a spectator from the sidelines) ... going over each detail in your stroke.
- For tactical corrections it is best to view yourself through your own eyes ... actually seeing yourself perform.

There are two athletes who epitomize "the art of visualization": Jason Mannino and Lance Armstrong.

Mannino broke his back and pelvis in a car accident at the age of 17. At first, doctors didn't think he would live, let alone play racquetball again. But once he made it past the critical stage of living the doctor told him he'd never walk again ... once he began to walk, the doctor told him he'd have a limp ... once he walked normally, the doctor told him he'd never run again ... once he began running, the doctor told him he'd never play racquetball again.

While bedridden for four months, all he did was visualize and talk to Sudsy about racquetball. As time passed and he got some strength back he began physical therapy. With the support of family and friends, his will, his determination, his hard work ethic and the powerful tool of visualization he came back one year later to win the Boys 18 & Under Junior World Championship. He is presently on the heels of Sudsy and Cliff for the #1 pro ranking.

Lance Armstrong, three-time Tour De France winner, was diagnosed with cancer after winning his first



Tour De France. Throughout his long chemotherapy, he visualized in the hospital and at home. Within a year he slowly got back on the bike and with the support of family and friends, plus sheer will, determination, a hard work ethic and the powerful tool of visualization, he overcame all the odds and won his second Tour De France. His is an incredible story, told in the book "It's Not About the Bike, My Journey Back to Life" — I highly recommend it.

Well, both these gentlemen are 100% living proof of what visualization can do when you are unable to get to practice your sport "in the flesh." I truly think this "art of visualization" is one of the most important keys to help unlock one of the doors to your success.

Hopefully we'll see you at one of our camps sometime soon to learn firsthand all about the "Power of the Mind's Eye."

**Smarter Head, Better Game — by Fran Davis • "Visualize"**

email your questions to: [fran@frandavisracquetball.com](mailto:fran@frandavisracquetball.com)



## Training for Racquetball Part III: Conditioning

by Tim Scheett

Now that I have given you a few ideas on how to find a qualified person to assist you with your training and key concepts to remember when designing a training program (Part 1); and provided a brief overview of how to design a strength training program (Part 2) I'll now provide an overview of the final component of a complete training program specifically designed for racquetball.

The key component of any training program no matter the sport is a well designed conditioning program. As with strength training the same key concepts apply to a conditioning program. Conditioning can be done on your own, with a partner and/or under the guidance and supervision of a personal trainer or fitness consultant.

When designing a conditioning program specifically for racquetball (or any other sport) the two most important factors to keep in mind are: 1) not every individual is going to begin a conditioning program with the same basic level of fitness; thus, the program needs to take into consideration the general fitness of the specific individual and start at an appropriate level of intensity. And 2) every part of the conditioning program needs to be focused towards the specific demands of a racquetball match.

For example, I would not recommend that a racquetball player spend an hour running repeat miles, nor go run five miles every day as part of the conditioning program. This may sound contradictory to what most people have experienced in their past athletic careers; however, the vast majority of athletic coaches do not have a degree in exercise physiology and thus do not fully comprehend the concept of sport-specific training. Let's use football as an example. If you break down the game of football, the offensive and defensive linemen very rarely ever run more than 10 yards on a given play. Thus, does it make sense to spend time in a conditioning program having these athletes run repeat 100 yard sprints? No! A more practical and beneficial conditioning program would focus on having these athletes running repeat 20 yard sprints and work on explosive, power type activities which more closely mimic their

actual performance requirements during the game. The exact same principles hold true for the sport of racquetball as well.

It is generally known that most racquetball rallies last approximately 10 seconds (99% last less than 30 seconds). Thus a conditioning program should include activities designed to maximize the energy systems responsible for supplying energy during short term, highly explosive activities as well as activities designed to maximize lower body power output. Without going into great detail (*which may very well either bore you to tears or cause you to want to inflict serious harm on others - both of which are common among students studying these concepts*) the body mainly utilizes three metabolic systems to produce energy for the specific demands of various activities.

The first energy producing system is called the ATP-PC system (adenosine triphosphate-phosphocreatine system) and can only supply enough energy for activities very short in duration, typically less than 10 seconds (i.e. short sprints, jumping, bounding, throwing, etc.). The second energy producing system is called glycolysis which relies on glucose (sugar) as a fuel source and it can produce energy for moderately intense activities of about three minutes in duration; but for highly intense activities for only about 45 seconds. The third principle energy producing system of the body is called beta-oxidation and it utilizes fat as a fuel source and this energy system can theoretically supply energy for as long as there is fuel to burn.

It is important to remember that each of these systems "kick-in" as soon as any work is performed (i.e. standing up, walking, running, whatever...) but it is the intensity of the activity being performed which will dictate which energy system needs to supply the majority of energy for that activity.

For example: an Olympic sprinter can run 100 meters in 10 seconds [or less] and will predominately use the ATP-PC system to supply the majority of the required energy. However within 10 seconds the ATP-PC system will be completely depleted of its energy stores and since the Olympic sprinter needs to be able to have adequate energy to allow him to walk over to the medal stand - another energy system needs to be working to

supply that additional energy. If the ATP-PC system were capable of producing an endless supply of energy, Olympic runners would be able to run an Olympic mile in 2.5 minutes!

Research has shown that it is almost impossible to train the actual energy systems to work faster. But research also indicates that, with training, several systems in the body will adapt and these adaptations account for many of the improvements observed following a training program. Thus, a conditioning program specifically designed for racquetball needs to include specific activities which require the various energy systems and physiological systems of the body to adapt to the stressors of the conditioning program.

Now the question is: How do you select activities which will stress the necessary systems without knowing exactly what is going on within the muscle fibers and various cells of the body? Well, with most things there are several choices. 1) Enroll in a local university and get a degree in exercise physiology and then go on for your master's degree and hopefully by this point you will be able to begin to understand what is actually occurring at the cellular level in response to various exercise stimuli; or 2) engage the assistance of a personal trainer or fitness consultant who has experience with designing sport specific conditioning programs; or 3) simply sit back and watch a racquetball match from a different perspective.

If you are serious about starting a well-designed, well thought-out conditioning program I would recommend observing two players of your similar ability play a competitive game. Use a stop watch and record the amount of time their rallies take and the amount of time in between the rallies (or you can trust me and believe that the answers are about 10 seconds and 30 seconds). Now you can select ANY piece of exercise equipment (stationary cycle, stair climber, elliptical machine, treadmill, jump rope, etc.) and after a 5-10 minute warm-up of low to moderate intensity, select two intensities or levels of resistance: one very high intensity at which you will only be able to work at for no more than 30 seconds and one at a relatively low intensity.

As an easy guideline start out with 15 "cycles" and alternate exercising at the high intensity and the low intensity using a work to rest ratio of 1:3 (i.e. 10 seconds at the high intensity and 30 seconds at the low intensity). If you are just starting out you might need to adjust your work:rest ratio to 1:4 but with time you'll be able to shorten your work:rest ratio to 1:2 as well as changing your intensities. (Ok, you might be asking why 15 cycles? Well, how many points do you need to score to win a

game? However, if 15 cycles are too difficult to start with - choose less and work up to 15 work:rest cycles.)

I would suggest completing the first 15 cycles and then choosing a different piece of equipment (if you want) and repeating this two or three times. Oh - if you decide to use a treadmill - be careful ... (treadmills may not be the best choice as they take too much time to change the speed and the chance for injury is increased.) Based on personal preference, this type of training can also be done while running or cycling outside — simply alternate sprinting with slow cycling/jogging. The whole concept of this type of training is to simply mimic the on-court demands of the game through repetitive cycles of work and rest.

Additional types of training must all have a direct link to some aspect or basic requirement of the game of racquetball (foot quickness, speed, agility, power, etc.). Some basic training activities might include (based on your own level of fitness/capacity): running or sprinting up hills on bicycle, hill training on a stationary cycle or treadmill, or running stairs. Additionally, I would recommend a basic cardiovascular type of workout in conjunction with the sprint/speed work. Simply choose an exercise intensity which would elicit an increase in heart rate to about 70-80% of your maximum heart rate (see commonly posted signs in your gym or fitness center for your age-appropriate target heart rate range) and exercise for at least 20 minutes at a constant pace (this can get very complex but if you are training specifically for racquetball - just aim for the amount of time that an entire racquetball match lasts, plus a little more, and you will be okay).

If you want to get more involved and get into what can be some of the most intense and simply fun training that really works, I highly recommend incorporating plyometric training into your conditioning program. Plyometric training consists of various hopping, bounding, jumping and foot quickness drills all designed to increase the neuromuscular recruitment of muscle fibers (with plyometric training the actual number of muscle fibers recruited increases). Currently, the most creative and functionally sound collegiate and professional strength and conditioning coaches utilize plyometric training to increase both power and speed while decreasing reaction time of their athletes. A few simple plyometric drills would include hopping (1 foot) or jumping (2 feet) on and/or over a series of boxes and obstacles as quickly as possible. It is important to keep the amount of time that your feet are in contact with the floor or box to a minimum, thus altering the time it takes to change directions. Plyometric training does force you to become creative in your training. I have

personally seen or have used various items such as racquets, bags, lines on the floor, milk crates, pylons, yard sticks, ladders and rope to lay out an obstacle course to maneuver through by either hopping and/or jumping. The most important thing to remember about plyometric training is to be creative with your drills, make sure that your drills are always mimicking foot actions of the sport including forward, backward, and lateral movements (this can be done by selecting a place where two or more lines cross and simply jumping over the lines as quickly as possible in random directions), and finally, all drills need to be performed with quick foot actions to maximize agility and the ability to change directions quickly.

A few final points to keep in mind when designing a comprehensive racquetball-specific training program are: 1) the program needs to include both a strength training program and a conditioning program; 2) if you have the time to strength train 2-3 days a week and condition 2-3 days a week, you should alternate strength training days with conditioning days; and 3) if you do not have the time to do separate workouts and are going to strength train and work on conditioning on the same day, you need to strength train before you condition (i.e. lift before you run).

And finally, I know I have said this before; but it is definitely worth repeating over and over again: No matter if you decide to engage in a conditioning program on your own, with a training partner or with a professional — above all else remember: training should be fun. Otherwise ... why are you doing it?

## Trigger Points

by Aaron Haydu, D.C.



If you are reading this magazine, it's likely that you are an active and fit individual. And one thing that's common among those concerned with their health is the effectiveness of their workouts. Whether you train for fitness or competition, your muscular system needs to be healthy and efficient to maximize your athletic endeavors.

At one time I'm sure all of you have felt a tender, lumpy area deep in a muscle after a workout or during a competition. These areas of localized muscle spasms, commonly referred to as knots, are known as trigger points.

Trigger points are focused areas of irritable and contracted muscle fibers that can be found in any muscle involved in excessive activity and can occupy as much as 5-15% of the entire muscle. These areas have characteristic symptoms of localized or regional achy pain, pain referral to other body parts, spasms of adjacent muscles, and muscular weakness or decreased endurance.

Trigger points can have a significant impact on athletic performance by limiting the effectiveness of each muscle contraction. As the muscle shortens to act on a joint, all the fibers in the muscle fire simultaneously to achieve the desired action.

If a percentage of the fibers are already contracted, then the muscle is working inefficiently and cannot achieve the maximum strength that would otherwise be present in a more healthy muscle. Additionally, the trigger point has the ability to cause reflexive spasms of adjacent muscles, making them inefficient as well. This means weakness, less endurance, and thus, decreased performance.

How are trigger points treated? Often deep muscle massage is enough to relax the trigger point but occasionally a chronic or severe area would benefit from muscle release therapy and chiropractic adjustments. Moist heat therapy and sports creams can also help with pain. Prevention of trigger points is best achieved with a weight-training program, maintaining good posture, and correcting sport or exercise technique errors.

If you want a competitive edge, or just a more efficient workout, get your trigger points treated and removed from your muscles. Trust me, you'll be happy you did.

### EVENT PLANNER

#### Wilson 15th USRA National High School Championships

WHERE: Multnomah Athletic Club • Portland, OR  
WHEN: March 1-3, 2002  
DEADLINE: Fri. – February 15

#### E-Force 30th USRA National Intercollegiate Championships

WHERE: Texas A&M Univ.  
College Station, TX  
WHEN: April 3-7, 2002  
DEADLINE: Wed. – March 20

For details, go to: [www.usra.org](http://www.usra.org)

### U.S. JUNIOR TEAM STAFF

The USRA is accepting applications for Head Coach, Assistant Coach and Team Leader positions in support of the U.S. Junior Team for the 2002-2004 season. Head and Assistant coach applicants should hold applicable certifications in AmPRO instruction and Level One coaching. Team leader should have a working knowledge of U.S. Junior Team policies & procedures. Resumes must be submitted to the USRA office [Attn: Jim Hiser], no later than March 1, 2002.



Always a big fan of the "grip and grin" St. Onge (centered above) never turned down a request for a commemorative photo. Top: with Kim Russell and Kane Waselenchuk at the national office in 2002; Bottom: with a pair of singles champions in 1981.

# then & now

*After 23 years as Executive Director of this organization, why the decision to step down?*

**Luke St. Onge:** Sometimes you feel that you've — possibly — done all that you think you can do in a certain area and additional opportunities come up. I felt the time had come to take advantage of some other things.

*Are you confident in making this move, and in the ability of the remaining department heads to pick up the slack?*

Without question. I've had the opportunity to work with 28-30 National Governing Bodies within the USOC, and our staff — not just because of my involvement with them — but our staff is looked up to as one of the best, if not the best, staff within the National Governing Body operation. The way we're currently organized, with three major departments — each totally responsible for its own little economic center — we've given [each department] the ability to go ahead and continue to operate. Without question, we'll maintain our position as one of the best NGBs within the USOC.

*Many of the staff and board are active racquetball enthusiasts, rather than "corporate types." What are some of the drawbacks and advantages of that dynamic?*

I really don't see any drawbacks from somebody participating in the sport and sharing in the responsibilities of administration. The positive aspect of it is that they understand [the issues], from the player's standpoint. I think the USRA represents those players — and has a staff and a board who have an intimate knowledge of the playing aspect of it, and can keep it on the straight and narrow, and not get lost as many sports do. People are living vicariously through the administration of the sport and we are very unique in that we are still participants. Tennis is a similar type organization where, basically, everyone still plays tennis. In racquetball ... we all play the sport and we have that element that makes us unique.

*How can the sport resolve the conflict of being perceived strictly as a recreational activity, as opposed to being taken "seriously" as a major market sport?*

Well, I think that every organization continuously looks at where they're heading financially, and also at their responsibility level to the sport, philosophically. If you go back in the history of this organization, in 1978, there were four organizations fighting for governance of the sport at exactly the same time. The court clubs in this country were going through the evolutionary process of becoming full fitness clubs. Many other factors entered into it, but I think that one of the main functions of this organization — as you go back in the strategic plan and responsibilities of 10-12 years ago — was the unification of the sport, and I think we've accomplished that.

Now we have to set priorities, and the USRA has made the decision that it cannot be all things to all people. We represent competitive players, and feel that manufacturers have a responsibility for the total promotion of the sport on the grassroots level — because they have the money that they can put back into it through the Racquetball Manufacturer's Association [RMA] and AmPRO, which is now a separate entity similar to the USPTA for tennis.

*In trying to make the sport more marketable and competitive with "mainstream" sports, what do we stand to lose?*

If you focus only on the business end of it, we could be facing exactly what you might have seen happen at the USOC recently, when they hired a

# st. onge speaks out...

CEO from the private sector. That move, in a very short period of time, basically destroyed the emotional, cultural and underlying reasons that people became involved in the first place. By concentrating strictly on the bottom line, the USOC almost lost most of its volunteers and a lot of what made it a unique organization. It would be very, very sad to see the USRA leave itself to the bean counters. That kind of influence is currently being kicked around and, from my standpoint, I think that one of the things that make us unique is our people. The reason that they are part of this — both staff and volunteers — is personal. If we change that mix, it's my personal opinion that what will happen is that we will just become another run-of-the-mill organization with a limited staff and a couple of national championships — but we will not be the true governing body of the sport.

## *What do you see happening with the USRA's leadership in the coming months?*

I don't see anything [changing] if we maintain what our meeting agenda was in August. We did a strategic plan; if that is fulfilled, my shifting into the areas that I'm going into — I don't see any changes. In fact, I actually see other people rising to the occasion. I think change is good in this area — there will be new ideas; there'll be some new blood brought into it and the opportunity to excel on new proposals that are being brought forward and the ability of the people to grow — both on the board level and the staff level — so I see nothing but good come out of it.

## *As part of the strategic planning that went on this past summer, what are some of the things that will lose priority for the USRA?*

I think that you can use the analogy of a corporation that attempted to diversify and got into areas, under-capitalized, then couldn't really do them justice. So I don't think the USRA is saying that certain things aren't important, but it's going to go back and re-focus on its core programs and its core responsibilities ... to insure that there is a competitive progression from age 6 to age 80. That means from age 6 to junior, into high school, into intercollegiate, into the open or even professional — if that's where the competitive athlete's interest is — and then through a lifetime of sport that carries them to age 80, to 85 and even into their 90's.

That does not mean that any other part of the sport is not important to us, but what is important — and it's one of the reasons we are where we are — is that we never make false promises and I think that we have to be very, very careful that when we make a commitment we follow through. We [found] ourselves being thrown all different directions, with special interest groups trying to influence us, and there was no way we had the economic resources, or the staff, to be able to do it all. So I think, very wisely, we looked back to realize that we never will be all things to all people — and we're going to concentrate on our core and create that excitement within the sport that we felt when we started.

Again, it's no different than a family or corporation — you have to look at what makes you who you are.

Based on our ability to get the word out (about re-structuring) and also what AmPRO and the RMA will be doing, you will see a total and complete unification within the sport and us all working towards common goals with each of us doing what we do best. If additional monies come in at a future time, then we can generate additional programs; but we took a long, hard look at what we were doing because we weren't doing a lot of things very good. So that's how we have to handle it and I believe that the industry is accepting these facts.

## *Do you think the USRA has been over-zealous in the past?*

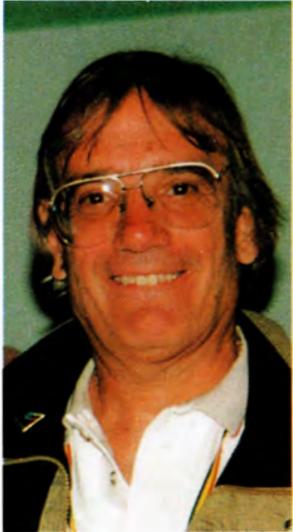
Certainly, I was ... part of my makeup is being enthusiastic and so on; looking at everything through rose-colored glasses and sometimes reality is kind of a great teacher. We thought we could do a lot of things in our progression — take a look at the tremendous development of the magazine. It is certainly a very important part of the future of the sport, as well as the future of the USRA, with the revenue it generates; it represents us not only within the sport but certainly outside the sport. The only other thing which really gets outside the sport is U.S. Open's broadcast on ESPN — outside of that we're preaching to the choir internally, and we have to continue to make that commitment to reach outside our sport - to expand it and let people know what this is all about. We've done well with the events; we've done well with memberships. Our membership is actually going up, in light of most other organization's membership numbers going down. We're far from where, maybe, we should be — but again with re-trenching and re-focusing, you're going to see a lot of changes in that area. I certainly hope so.

## *You're considered a visionary for the sport. What do you see?*

I think that is up to the leadership of this organization — certainly, as you go down the road, whoever emerges internally to become the exec of this organization and whoever is the [board] president — they have to be on the same page. They have to have a vision of what's best for the sport as it relates to the United States.

My personal opinion — which is contrary to many within the sport — is that our future is tied to international development and the ability to become an Olympic sport. I've been criticized [for this] many times, but only a very few have the ability to see what is really going to happen when this happens to us ... what's going to fall in place. The Pan Am Games rival the Olympic Games, but will never have the same respect. I think the only way to defend it is — not only will revenue flow into the U.S. operations, but will flow into all the

part I



Pressed and formal on his first day on the job in 1978, St. Onge takes on a new role in 2002, not too much the worse for wear.

international federations from the Olympic committees, because that is our responsibility [for development].

When that happens, the building of courts will take on a whole new look. Speaking domestically, certainly we have seen the downsizing of large clubs and are finding it very hard to find a place to host a very large number of players. Aside from Houston, we're almost reduced to looking at, at least, two or three clubs within a given area to hold an event. My dream and my vision of making this change is not only the international ... to become an Olympic sport because the opportunity exists now for that to happen ... but in my working in a club aspect. Within five years this club [Lynmar] will become a 14-court facility, and be geared as the premier tournament club in the United States. That's the vision we currently have, and it certainly is reachable.

#### **What was your riskiest decision?**

I think, probably, building a team that looked outside of our own market. It's the biggest trap a sport can succumb to ... that people within your sport who have the greatest passion for the sport know the best for the sport, and they really don't. They might go down and they play and come back and have an idea, or they see something happen — but it doesn't necessarily translate to the entire market that we're going after. We have to have a much larger vision of where our sport "fits."

An interesting thing is what is happening with LA Fitness. LA Fitness has recognized the importance of racquetball as part of the mix within the fitness market.

Go through all the important parts 'racquetball players have highest retention within the club' and all that aspect of it. But the bottom line is that racquetball is *part* of the fitness mix. But if you go back 12 years ago, and someone said racquetball is *part* of the fitness mix — it was blasphemy — because racquetball was an end in itself back then. Now racquetball is not an end in itself. We have to recognize changes going on

in this world, the evolution of fitness industry, and how do we fit into that? And if we come back and say 'you guys owe us something' or 'racquetball is an end in itself' — it's dead wrong. It's part of the total big picture, and we have to find out how we fit into that picture. And how we can, at that point, expand our role. We've not done a good job in that area.

#### **What do you see as your most outstanding accomplishment?**

I would say that it was being able to take the sport from the IRA, to AARA to USRA, in spite of what Dick Squires wrote [about racquetball] in 1978 (in his book *"The OTHER Racquet Sports"*). At that time, as I mentioned earlier, our organization was one of four — once it was even five — national organizations all fighting for the sport. When [Squires] kind of described each of the sports, I'll give you a quote about racquetball, which I think is kind of interesting: "today, eight years later, the IRA is just barely still functioning with a fairly feeble voice from out of the past." That's when I became involved with the IRA on a paid-staff basis, and he was actually being kind in what he was saying, at that time.

I think that it was a great opportunity to come into an organization that was basically well-founded but had the wrong people involved, and to be able to change that into a basically 'surviving' organization. In 1982-83, everyone else had fallen away because the basic principles of their organizations were flawed — ours was not. Ours represented the player, and represented the future of the sport. Then, to build a team as we went along and to grow a small operating

budget; to have the decent operating budget that we now have and to basically be the voice of racquetball in the United States, was all very exciting.

I would say that, along with the international development that I think is absolutely vital to the future of our organization, I think is absolutely critical for the fun aspect of this sport to survive. This is the thing that I think what has made us what we are today — the culture of our organization — that may be at risk. Those who come after have to be very careful to preserve it.

#### **What are you going to do next?**

Well, I will take a director's position within the USRA and I'll maintain our relationship with the United States Olympic Committee. Our biggest sponsor is the USOC, not only from the direct-dollar aspect but also from the fringes such as exposure to major corporate sponsors, many more opportunities for athletes, and access to the Olympic Training Center. We're looking at a whole new clinic process, dealing with OTCs across the United States, even creating a "university" for racquetball, not only domestically but internationally, where athletes as well as coaches will come to the United States and train for long periods of time.

As I mentioned, I'm also going to become general manager of the Lynmar Health and Racquet Club, and I will have the other side of the coin, so to speak. This opportunity came about when a good friend of mine was fortunate in acquiring the Lynmar Health & Racquet Club and our goals are to make it the very best health club in Colorado, with service to its membership as well as within five years create a 14-court facility to become the major tournament competition site in the United States. It's not that I'm going away — I think I will be focusing on two major areas that are very important for the sport and certainly for USRA. One has great economic potential, as well as visibility, and the other will become very practical as a tournament site for USRA and certainly for the international federation.

**Read the full text of this segment, online at [www.racqmag.com](http://www.racqmag.com) — Next issue: St. Onge speaks out about the pros ...!**

## Rookie Wins in Chicago ... continued from page 28

Mike Guidry receiving a donut in the fourth from Tim Doyle, only to come back to win the fifth 12-10. The thirdbreak was a seesaw affair between Derek Robinson and Woody Clouse, but Robinson made some key shots to ruin any chance of Clouse earning the upset. The last tiebreaker of the 16's saw a "present vs. future" playoff between Sudsy Monchik and rookie Jack Huczak, as they battled to a 11-7 finish, with Monchik enforcing his will when needed. But Huczak's knocking on the door is getting louder and louder.

The biggest upset of the 16's came at the expense of Jason Mannino via Kane Waselenchuk, who provided some brilliant play against a lethargic Mannino. Kane never allowed Jason a chance to build any momentum as he advanced in a not-so-close three games.

The second upset of the 16's came at the hands of another Canadian, this one by the name of Mike Green. Considering that in the preceding stop Green's opponent, Alvaro Beltran, reached the finals and Green lost in the 32's, it's clear that the IRT has gained depth. Green played huge when he had to, after losing the first he stormed back to win the next two, 12-10 each, then closed it out 11-5 in the fourth.

The last upset of the day featured a very sharp Dan Fowler defeating Rocky Carson, who seemed too willing to contribute to his own demise with a bad case of the skippies.

In the quarterfinals, a merciless Swain ousted the tired-out Mike Guidry, who simply did not have enough gas in the tank after his battle with Doyle to put up any major resistance. John Ellis did much the same with a very effi-

cient, high level of play against Derek Robinson, who was unable to get anything started in their three-game match. Then an all-Canada match-up pitted Mike Green and Kane Waselenchuk, who dominated the first and slipped by 12-10 in the second, then closed the match out in three. The last quarter of the day saw Sudsy Monchik outlast a pesky Dan Fowler. After getting zero in the first game, Fowler fought back to take game two 11-9. Sudsy came up big in the third to return the favor 11-9, and close out the fourth 11-3, seeming to get even stronger as the match came to a close.

In the semis, it would be four great players ready for some classic battles, right? Well, think again. The first match up between Swain and Ellis was a quick three-gamer, where Ellis used unimaginable power along with precise shot selection to keep Swain off balance the entire match, and win a lopsided victory of 11-3, 11-6, 11-6.

The next semi had the "Canadian Kid" face current pro champion Sudsy Monchik. After coming up big in the first to win 12-10 Kane simply took over, with an answer for everything Sudsy threw at him. It was one of those days where Kane was in a zone that he was not leaving, and the next two games ended 11-6, 11-6. For the crowd, they left knowing that the future of racquetball is going to include Kane.

The stage was set: Waselenchuk in his debut final, and Ellis trying to position himself for a shot at his first year end #1 ranking. The first

## Ektelon Signs Waselenchuk

Ektelon finalized a multi-year endorsement deal with young Canadian Kane Waselenchuk at the recent U.S. OPEN, as part of its strategy to increase brand presence at the grass roots level.

Currently ranked #10 on the International Racquetball Tour (IRT), Waselenchuk made history in October when he became the first non-U.S. player to win an IRT event while competing at the Chicago Halloween Classic tournament. En-route to the championship, he defeated the world's #1 ranked player Sudsy Monchik.

Waselenchuk also fought his way to the quarters at the U.S. Open in Memphis, where his match against #2 seeded Cliff Swain was a hard fought five-game battle that was ultimately won by the elder southpaw, Swain.

Off court, the decision to go with Ektelon was a lot easier, "I wanted to play for a company who supports me, and who consistently turns out top product," said Waselenchuk. Former pro Andy Roberts, Ektelon Promotions Manager, remarked, "Kane is, without question, physically one of the most talented players to ever play the game."

two games were an extension of Kane's match with Sudsy, he simply did not come out of the zone as he dominated 11-4, 11-4. Being a seasoned veteran, John did everything he needed to do to edge back into the match, stealing the third in an instant-classic, 14-12 war. John continued to chip away to a 11-8 victory in game four, but Kane maintained his composure and kept plugging away to fight off a determined Ellis and capture his first title, 11-8. This match proved once and for all what many of the top pros have known for a long time; Kane is the real deal, he can do it all, and he's definitely "able!"

The IRT would like to send out a special thanks to Dennis Negrete, Howard Miller, Pat Taylor, Leo Klimaitis, Matt Brown, Frank and Diane Bunker, whose support and effort makes this event extra special, every year. Thank you for everything you have done to make this event all that it is.

# rb:people & places

## Olympic Bound

On Tuesday December 11, racquetball finally made it into the Olympic games ... well sort of. U.S. National Team member and reigning U.S. National Doubles champ Kim Russell was chosen as an Olympic Torchbearer for the 2002 Winter Games in Salt Lake City and that is when she ran her leg of the relay. "There were people lined all up and down the streets," Russell said. "It was totally awesome."

A total of 11,500 Torchbearers from across the country were chosen to carry the Olympic Flame by the Salt Lake Organizing Committee (SLOC) and the presenting sponsors – Chevrolet and Coca-Cola. Russell was nominated by her University of Texas Racquetball Team members, whom she helped lead to the women's inter-collegiate title in 2001. The reason she was nominated wasn't because her team won the championships or even that she is a member of the U.S. National Team.

This year's relay theme is "inspiration" and Torchbearers were to be chosen as individuals who have inspired, who serve their community in an exemplary manner, who embody the Olympic spirit, and who have overcome adversity. The University of Texas team decided to nominate Russell because she inspired them to work harder at their game without ever making them feel down on themselves. She made them want to work hard for her.

Russell first learned that she was chosen in July. "At first I thought it was a joke," she laughed. "I called the number I was given to confirm that I was really chosen then I knew it was true." However, the SLOC wouldn't give Russell the name of the person or group that nominated her. "They said they (SLOC) couldn't give out that information so I started telling people that I was going to do it. When I told my team they started laughing and giving each other high-fives. That's when I knew it was them."



For Russell the excitement of running in the relay kept building up until she actually began to run with the flame. "I was so excited to be picked and then three weeks before I was to run with the torch I got the uniform that we wear and that just made me more excited." Russell then told of how on the bus that took her to her starting point they played the Olympic theme and reminded the Torchbearers that when they carried the flame

they were the only persons in the world that held the Olympic flame.

"It didn't seem real until I started running, people were mobbing me and asking for pictures and autographs. When I started actually running with the flame I was so excited that I took off. Then I said to myself 'Ohhh, I am going a little fast. I better slow down and enjoy it.'"

Each Torchbearer carries their own torch and at the completion of their slot segment, they light the flame of the next. Coca-Cola actually purchased Russell's torch and let her keep it as a souvenir, for which she was grateful. She was also grateful to her University of Texas racquetball team who made it possible for her to experience the thrill of a lifetime. "It was just so exciting. The most overwhelming feeling in the world."

## Racquetball Champ Gene Pare: Class Player and ... Poet?!

by Brenda J. Lee & Vaughn Johnson

Most know him as one of the club pros—an elite racquetball player, on hand to give lessons and inspire a love for the game. But when I first heard about Gene Pare, I was told, "Yeah, he's a serious poet—gives readings, has a Masters in English, no less!" So instead of my signing up for a series of lessons to improve my swing, we stood outside the courts one day and exchanged some poems for friendly feedback. I didn't



know then that Gene was already a prize-winning writer and poet; I just remember finding his work very powerful — not unlike his forehand splat!

That was several years ago, during which Gene not only followed his creative muse but racked up numerous titles playing awesome racquetball. In addition to over a dozen State and Regional

titles in both singles and doubles, Gene has won five 45+ US National Doubles Gold Medals, most recently in Las Vegas with partner Troy Stallings [above L-R: Pare/Stallings]. Sponsored by ProKennex for the past five years, Gene has marketing credits as well.

You might remember him as "the Hack" from the Courtesy Sports commercial where featured pros Jason Mannino and Sudsy Monchik trade cracks about his attire. Gene's also the originator of the once popular Courtesy Sports "Competition Is Fierce" and "Think Racquetball" T-shirts.

Adding to his achievements, Gene has just published his first volume of poetry, *Falling into Blue*. The title borrows from the last line of his poem, "Falling from the Backyard," but otherwise indulges the reader's own associations with the color blue and the idea of falling. While the book is certainly a departure from racquetball, several pieces indirectly relate to our sport, so I'm told. "Hyatt Regency, Houston," for example, came to Gene the afternoon of his National Singles 45+ finals match with Mitt Layton. (Mitt, by the way, whipped him in two.) And "Baptists in a Storm" was inspired by an incident that occurred on his way to a Sacramento tournament, driving through the rain.

But to set the record straight, Gene doesn't write poetry merely to pass the time between racquetball matches, nor is his interest in wordplay a diversionary tactic to help his "mental game." According to Gene, it started in high school "as a kid listening to music on the radio...I liked the rhyming and storytelling in songs,

and the challenge of conveying a feeling or situation with few words." He graduated from San Jose State University with a BA in English and worked in the semiconductor industry in Silicon Valley, eventually moving into technical writing and editing. In 1995 Gene decided to pursue his Masters degree. He received the Marjorie M. Follendorf, Anne Lillis, and Phelan Awards for poetry and fiction, and later he won the Mara Steffey Award for his play, *Waiting for Godiva*.

While racquetball players often let their serves and kill shots do the talking, picture this: a top-ranked Nationals champion standing before a room full of strangers baring his soul for all to hear! In fact, Gene has stood out from the crowd in a number of beat coffee houses and clubs in the Bay Area — Matisse, the Ajax Lounge, the Phoenix, the Not-Yet-Dead Poets' Society — and on radio station KKUP. "There's a certain rush, then panic," he says, "when you're called up on stage to spill your guts and risk embarrassment. Live audiences give you an immediate response; there's applause or scary silence." To promote his book, Gene plans to give some readings locally as well as tape a television segment of "Who's Cooking?" in early January.

When asked why he chose to publish the book himself, Gene smiles. "I've always thought about publishing a book of poetry or fiction. This year, when I had finished collecting, organizing, and formatting my poems and prose, I was anxious to publish and didn't want to wait months to hear from possible publishers—so I did it myself through iuniverse.com." For poetry and racquetball enthusiasts alike, you can purchase *Falling into Blue* on the Internet at any of the major book suppliers, like Amazon.com. It could very well be Gene's crowning achievement—that is, until next year's Nationals.

## Racquet for the Cure

*Host a Susan G. Komen Benefit for Valentine's Day!*

Now in its third year, the Denver-based "Racquet for the Cure" charity event for the Susan G. Komen Foundation wants the effort to "go national" in 2002. You can take part by hosting a one-day only women's invitational leading up to Valentine's Day, like the one held annually in the mile-high city, using the format that organizers share here. Or if you've already got an event scheduled for the weekend of February 14-17, you can get on board by setting up a "benefit" event (mixed doubles, pro/am, challenge a pro, raffle), with proceeds earmarked for the foundation and its work so support breast cancer awareness. It's a great cause, and an even greater excuse for having a fun, informal racquetball get together!

# rb:people & places

To begin, most of the major equipment manufacturers are willing to donate awards and balls to support this effort. Then you can fill your player packages with a variety of souvenir items and promotional giveaways (water bottles, key chains, fanny packs, samples) along with information on breast cancer research, treatment and support from the Komen Foundation. You can also find other ways to generate funds for your final event donation, from selling pink paper racquets for players to fill out and post on the club bulletin board, to corporate sponsorships with banner advertising on courts.

## All-day, one-day ...

To set up a quick, one-day "Racquet for the Cure" women's invitational, you'll want to identify the ladies in your area (the USRA can provide you with a set of labels, by gender, for your area) and send out your invitations. In cooperation with your club (most of which should waive any costs), set up your fees as a donation to the Susan G. Komen Foundation, and encourage your entrants to make note of the charitable deduction they'll be making when they attend. In Denver, local organizers have found it easy to approach surrounding businesses for tax-deductible donations of gift certificates, merchandise, hospitality and services to a "Racquet for the Cure" event. The high-visibility of the Komen Foundation and their "Race/Walk for the Cure" fundraisers nationwide makes this an easy pitch, and you'll be able to spend all day feeding and handing out freebies to your participants!

## Format

Once you've collected your entries and rounded them out to an even number (make more calls if you have to!) you'll separate your players by skill, then group them into "teams" containing Open, A, B, and C singles players, plus a doubles pairing (either a separate doubles tandem, or combine the Open/A players from each team). Throw all the "A" names in one box, all the B's in another, ... then draw one name from each box to get a set of players to compete as the pink team, the blue team, the purple team, and so on. Pin matching color ribbons or patches on the players, color-code the draw sheets to show which player is on which team and start play. The tournament desk will track points, and whichever team accumulates the most wins at the end of the day will earn the team award.

Depending on your response and the available number of court hours, you can get really creative with your

brackets. Got plenty of time? Set a drop-down out of Open, and a drop-UP from the A's to create a third "in-between" Elite division. Add a mixed doubles division to include the guys. Create another doubles draw from your B/C players. Run the whole thing as a round-robin. The key is to get in as many matches as time allows, to provide a full day of fun competition for women who might not otherwise ever get a chance to play in a regulation tournament. We found that this format brought out lots of new faces, and has helped to develop a few more tournament players who lost their jitters in a more social setting.

## Awards

After a full day of grueling competition, arrange for a nice dinner and awards ceremony for your exhausted group of ladies. Again, the Komen Foundation approach makes it simple to get donations of everything from prizes to dinner itself, and we load up the "prize table" with gloves, racquets, balls, clothing, local hotel packages (great for future tournaments), spa getaways, shopping sprees, golf outings, massages, facials, restaurant and gift certificates in all shapes and sizes. Then, starting with the lower divisions, prize winners are recognized and invited to "go and pick what you want from the table." You can also make up your own awards like best player of the day, most games played, or longest/toughest match.

## Making it up in Volume

The "big picture" is to try to get as many racquetball players as possible, nationwide, to support the work of the Susan G. Komen Foundation – on a single weekend – with either a special women's event, or a fundraiser at a full-scale tournament. Valentine's Day is a time when everyone is reminded of the special people in their lives, including cancer survivors and those we've lost. Let's try to get racquetball "on the map" for a great cause, with either a large, single donation made via the national office, or through a series of individual event donations to local chapters. It's easy and fun!

Denver's "Racquet for the Cure" event is scheduled for Saturday, February 9, at the Lakewood Athletic Club, Tel: 303-989-5545. For more information on how to set up your own "Racquet for the Cure" event, contact these local organizers, by email: Jean Gallagher, JEANG12@aol.com; Cindy Middlekauf, cemidd@hotmail.com; Missy Zantop, mzantop@flu-central.com.

## "Court-ing" Action

Wayne Ivey and Rose McCallum met for the first time at the 2000 Hilton U.S. OPEN — Wayne was on his way to warm-up for a match and Rose was working in the spa at the Racquet Club.

"I was walking by and I saw her through the window," explains Wayne. "I thought to myself 'she is the most beautiful woman I have ever seen.'" He went into the spa, introduced himself, and made small talk. Later he returned to invite her to dinner. Rose declined Wayne's initial invitation but he didn't give up. Eventually he got her to agree to lunch and they became inseparable.

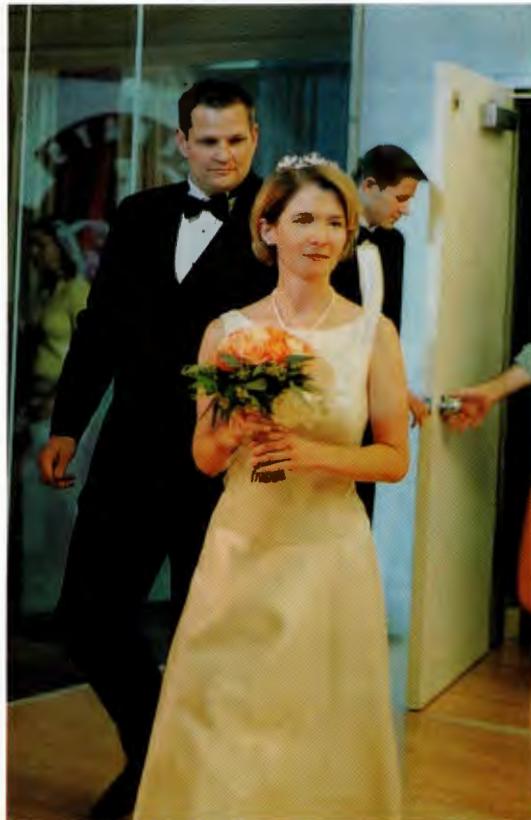
Since then the couple has been maintaining a long-distance relationship consisting of long phone calls ("I think we could do a cellular commercial," says Wayne) and trips twice a month to see each other. Knowing that they were meant for each other, they became engaged in May.

The couple decided to tie the knot where it all started — at the Racquet Club of Memphis during the Hilton U.S. OPEN. They were married on the portable court between the pro semi-final matches, with a reception during the "Party with the Pros" that evening. Afterwards, Rose plans to relocate to Orlando where Wayne currently lives and is employed as a special agent with the Florida Department of Law Enforcement.

## Far East Fan

by Yuni Cobb

Sung Won Lee is a South Korean citizen with an uncommon love for the sport of racquetball. After earning a Master's degree in physical education, Lee became a racquetball instructor at the Seoul YMCA. In 1999 he represented South Korea in the Asian racquetball tournament where he placed second in the men's open division. That was the first time in his life he realized that he needed a higher level of instruction to reach his full potential in the sport.



Through Jong Il Chun, a member of the Korean Racquetball Federation, Lee met Jim Hiser who in turn introduced him to Jim Winterton, the U.S. National team coach at that time. With interpretation help from his cousin with whom he was staying with in Los Angeles, Lee was able to exchange several e-mails with Winterton. Together they decided, because of Lee's limited English, that it would be best if Lee stayed in Los Angeles rather than move to New York to train with Winterton. On the west coast, Lee would have the support of his cousin and would be able to train with Tim Doyle.

Through Doyle, Lee learned the proper stroke mechanics, how to speed and weight train, mental aspects, and how to prepare your body before and after tournaments. Lee feels that the time he has spent training under Doyle has been very successful. He plans to take his new knowledge back to Korea and help teach the Korean National team and Korean Racquetball Association members what he has learned in the U.S.

In order to support himself and his wife while training, Lee spent all of his life savings and the couple worked as cleaners for a local bus company. Also, because of his visa limitations, Lee must return to South Korea every six months, and remain there until he is able to obtain another permit to return to the U.S. His current visa expires in January 2002, but that was after he was able to fulfill another dream by competing in the 2001 Hilton U.S. OPEN.

Lee feels that it was worth the sacrifices in order to gain the knowledge that he has about the sport. Now he is able to go home and share what he has learned to increase the quality of play in his homeland.



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**MEN**

**Men's 24-A/B**

1. Filip Vesely, NV
2. Brian Feng, TX
- 3T. Chris Coy, OK
- 3T. Marco Palacios, TX
- 5T. Joey Lakowske, OR
- 5T. Brian Montgomery, NV
- 7T. Vincent Creazzo, NY
- 7T. Mike Gaffney, PA
9. Drew Toland, AR
10. Cesar Castro, TX

**Men's 24-C/D**

1. Bryan Shaw, MO
2. Kris Robinson, KY
3. Daniel Gutierrez, TX
4. Joseph Lee, LA
- 5T. Bradley Butler, TN
- 5T. Aaron Johnson, MO
- 5T. Kyle Shawger, OH
- 8T. Chris Grider, TX
- 8T. Soria Limbert, VA
- 8T. Stephen Terry, TX

**Men's 25+A/B**

1. Ivan Perry, PA
2. Arturo Burriel, TX
3. Al Schof, LA
4. John Halpin, CT
- 5T. Derek Izzi, PA
- 5T. Dana Mahar, NM
- 5T. Jay Mathis, GA
- 5T. Marco Mijares, GA
- 5T. Shaun Stone, OK
10. Ryan John, CO

**Men's 25+C/D**

1. Enrique Loaiza, CA
2. Richard Campbell, LA
3. Jimmy Cho, AP
- 4T. Brian Keteltas, NY
- 4T. Curtis Smith, NC
- 6T. Myron Brough, OH
- 6T. Sid Harshavat, IL
- 8T. Jesse Jackson, OK
- 8T. Chuck Myers, GA
10. James Thomas, SC

**Men's 30+A/B**

1. Kipp Atwell, LA
2. Aloki Mehta, MA
3. Curtis Cox, MA
4. Brian Wetcher, MD
5. Brian Pashai, VA
6. Dale Durbarow, OR
- 7T. Aldrin DeLara, NY
- 7T. Tim Wigder, DC
- 9T. Greg Fisher, VA
- 9T. Steve Graham, MD

**Men's 30+C/D**

1. Patrick Knox, DC
2. Barry Gribble, DC
3. Stacey Young, VA
- 4T. Sriman Chernareddy, TX
- 4T. Aaron Paul Vincent, TX
- 6T. Mark Mankin, VA
- 6T. Felix Ruiz, NJ
8. Franz Morales, VA
- 9T. David Cohen, MA
- 9T. Alexandre Francois, CA

**Men's 35+A/B**

1. Bobby Jackson, MS
2. Angelo Perilli, PA
3. Jeff Waters, TX
4. Sunny Osagie, AR
5. David Marrero, FL
- 6T. Carl Cook, NC
- 6T. Tom Keogh, NY
- 6T. Camilo Orellana, TX
- 6T. John Sanders, GA
- 6T. Jake Skinner, NM

**Men's 35+C/D**

1. Alex Morelos, OK
2. Rudy Olivares, TX
3. Ralph Nussbaumer, VA
4. Robert Abbott, AR
- 5T. Garry Carter, CA
- 5T. John Mason, IL
- 7T. Chip Johnston, CO
- 7T. Michael Miller Jr., GA
9. Michael Berube, FL
10. Randy Taylor, NC

**Men's 40+A/B**

1. Steve Myers, MO
2. Watmora Casey, IL
3. Gwynne Edmunds, KY
4. Bruce Bryant, NC
5. Gregg Mandell, IL
- 6T. Leo Formanski, IL
- 6T. Dan Forst, SC
- 6T. Rob Gruner, NY
- 9T. Alfred Baca, TX
- 9T. Mark Burns, IL

**Men's 40+C/D**

1. John Mason, IL
2. Doug Sanders, TX
3. Jeff Birdwell, TX
4. Herb Rose, VA
5. Keith Gardner, VA
- 6T. John Cooper, OK
- 6T. Jesus Huerta, GA
- 6T. Dave Slama, AZ
- 6T. Oscar Vargas, TX
10. John Delgrosso, CT

**Men's 45+A/B**

1. Ed Fink, TX
2. Robert Frazier, AL
3. Esteban Lebron, CA
4. Bill Wilt, TX
5. Doug Hebert, SD
6. Dave Gross, SD
- 7T. Jim Brett, MD
- 7T. Pat Duboise, AR
- 7T. Jerry Goodwin, VA
- 7T. Jeff Tack, CO

**Men's 45+C/D**

1. John Coaker, MI
2. John Cooper, OK
- 3T. Garry Carter, CA
- 3T. Larry Knetzger, GA
- 5T. Jerald Howard, TX
- 5T. Clarence Lawry, NJ
- 5T. Sez Ozden, GA
8. Joe Machado, OK
- 9T. Robert Gords, TX
- 9T. Michael Grosse, CO

**Men's 50+A/B**

1. Roger Aronoff, DC
2. Leo Klimaitis, IL
3. John Patalano, RI
4. Eric Sigel, PA
5. Norman Hanks, TX
- 6T. John Coaker, MI
- 6T. Gary Duchaine, VA
- 6T. Jerry Goodwin, VA
- 6T. John Koziol, IL
10. Keith Ellard, VA

**Men's 50+C/D**

1. John Coaker, MI
2. Victor Zamudio, IN
3. Ray Meisner, IL
4. Bill Martin, PA
5. Terry Ruhlen, VA
6. Peter Kochis, OK
7. Marc Chittam, DC
- 8T. Larry Bobier, VA
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10. Michael Grosse, CO

**Men's 55+A/B**

1. Fred Roe, CA
- 2T. Rog Beaudro, TX
- 2T. Ron Blackmon, TX
4. Mogens Klit Norlem, MD
5. Willie Davenport, VA
6. Ken Foster, TX
- 7T. Pete Blakeslee, AR
- 7T. Steve Douglas, GA
- 7T. Marc Scher, TX
- 7T. Luke St. Onge, CO

**Men's 55+C/D**

1. Peter Kochis, OK
2. Marc Scher, TX
3. Ron Maestas, NM
4. Buddy Baldwin, NJ
5. Ben Brewster, TX
6. Dean Hicks, OK
- 7T. Pete Blakeslee, AR
- 7T. Bill Dunn, TX
- 7T. William Gill, GA
- 7T. Robert Sholly, TX

**Men's 60+A/B**

1. Robert Hill, TX
2. Al Miller, OH
3. G. Kyle Smith, TX
4. Ray Ronquillo Sr., LA
5. Al Murray, IL
- 6T. Bob Baudry, LA
- 6T. Don Davis, IL
- 6T. William Gingold, IL
- 6T. George Scheffel, MS
10. Manuel Rosiles, IL

**Men's 60+C/D**

1. Robert Sholly, TX
2. Pearce Grove, VA
3. Bill Dunn, TX
4. Clarence Newcomb, CO
5. Robert Fennell, TX
6. Howard Call, WA

**WOMEN**

**Women's 24-A/B**

1. Jesi Fuller, NM
2. Brenna Bilbrough, OR

**Women's 35+A/B**

- 3T. Danielle Mathieu, MO
- 3T. Sarah Wells, CA
- 6T. Jeni Fuller, NM
- 6T. Tish Rodgers, TX
8. Keely Franks, TX
9. Rachel Mimms, KY

**Women's 24-C/D**

1. Laura Barrera, TX
2. Wesley Toland, AR
3. Karissa Sparks, DC
4. Marci Laramee, TN
- 5T. Kimberly Archer, OK
- 5T. Danielle Jameson, TN

**Women's 25+A/B**

1. Nathania Stewart, GA
2. Candi Hostovich, VA
3. Esther McNany, CT
4. Stephanie Bird, OK
- 5T. Veronica Ramirez, TX
- 5T. Kathy Ropers, TX
- 7T. Karen Denu, VA
- 7T. Ramona Vonondazara, FL
- 9T. Danielle Emerson, MD
- 9T. Kim Herrold, SC

**Women's 25+C/D**

1. Karissa Sparks, DC
2. Cicely Samuel, NC
3. Claudine Andola, FL
4. Katy Rothrock, VA
5. Deanna Newell, AR
- 6T. Larissa Llinas, FL
- 6T. Abigail Placke, TX
- 8T. Eva Alle, GA
- 8T. Stephanie Jones, OK
- 8T. Sharon Wilks, NC

**Women's 30+A/B**

1. Karen Denu, VA
2. Karen Morton, PA
- 3T. Ashley Darmer, VA
- 3T. Valerie Willis, NC
5. Tammarian Rogers, WA
6. Janice Ryan-Arnold, MD
- 7T. Lynn Hiorns, IL
- 7T. Maggie Smargon, MA
- 7T. Sharon Steeley, SC
10. Laurie Yarbrough, WA

**Women's 30+C/D**

1. Karen Marzano, IL
2. Maria Moreno, TX
3. Jennifer Maldonado, PA

**Women's 35+A/B**

1. Rhonda Kochis, OK
2. Yuni Cobb, WA
3. Sandy McCall, TX
- 4T. Karen Green, MI
- 4T. Janice Kennedy, GA
7. Aimee Perry, VA
- 8T. Maria Delli-Santi, VA
- 8T. Jennifer Ward, OK
10. Kelly Goddard, VA

**Women's 35+C/D**

1. Pat Fleming, VA

**Women's 50+A/B**

1. CeCe Palaski, CA
2. Gail Schaefer, MD
3. Josine Haustermanns, OK

**Women's 60+A/B**

1. Marquita Molina, CA
2. Suzanne Storey, TX

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### **MEN**

#### **Men's Open**

1. Jack Huczak, MI
2. Dan Fowler, MD
3. Mitch Williams, NC
4. Ruben Gonzalez, NY
5. Chris Wright, MO
6. Jim Minkel, TX
7. Mike Locker, MN
8. Matt Gehling, MD
- 9T. Rocky Carson, CA
- 9T. Brian Pointelin, UT

#### **Men's A**

1. Filip Vesely, NV
2. Dave Bartscher, TX
3. Dan Sublett, AR
4. Eric Zamudio, IN
5. Rob Bultinck, MN
6. Fran Mifud, PA
7. Bob Wright, IN
8. Brad Slocum, FL
9. Mark French, WA
10. David Paolazzi, NJ

#### **Men's B**

1. Drew Toland, AR
2. Chris Coy, OK
3. Myron Brough, OH
4. Alex Zamudio, IN
5. Brady Hernandez, LA
6. Mike Wiseman, WI
7. David Laforest, NY
8. Steven Droski, MD
9. Marco Palacios, TX
10. Mark Powers, CA

#### **Men's C**

1. Myron Brough, OH
2. Bryan Shaw, MO
3. Philip Suarez, TX
4. Enrique Loaiza, CA
5. Alex Morelos, OK
6. Garry Carter, CA
7. Marc Freer, MN
8. Jason Ganahl, MO
9. Jeff Merritt, VA
10. Patrick Knox, DC

#### **Men's D**

1. Kyle Shawger, OH
2. Dan Whiston, MI
3. Michael Grosse, CO
4. John Schwinger, AR
- 5T. David Cohen, MA
- 5T. Brian Keteltas, NY
- 5T. Rudy Olivares, TX
- 5T. James Thomas, SC
9. Chris Grider, TX
10. Michael Marseco, FL

#### **Men's Novice**

1. Stephen Terry, TX
- 2T. Matthew Bracken, OH
- 2T. Nick Knudsen, FL
- 2T. Nick Lovett, NY
- 2T. Sonny Rodriguez, CA
6. Marco Rojas, CA

7. Garret Painter, ID
- 8T. Zach Apperson, OH
- 8T. Matt Balok, NY
- 8T. Jim Baxter, SC

- Men's 24+
1. Mitch Williams, NC
2. Matt Gehling, MD
3. Willie Tilton, CO
4. Shane Vanderson, OH
5. Alejandro Herrera, FL
6. Brent Walters, NC
7. Jason Bledsoe, FL
- 8T. Jason Jansen, ND
- 8T. Josh Tucker, MO
- 8T. Ben Williams, NY

- Men's 25+
1. Brian Fredenberg, TX
2. Dale Valentine, CA
3. Tony Shawver, GA
4. Corey Fritz, VA
- ST. Rob DeJesus, AZ
- ST. Andy Gross, MN
- ST. Brian Pointelin, UT
- ST. Chris Zalegowski, NH
9. Silvio Rostran, FL
10. Not a Member, TN

(M25 David Hunter, TN)

- Men's 30+
1. Kevin Graham, WI
2. Jeff Bell, AZ
3. Pedro Aranda, TX
- 4T. Rob Cook, VA
- 4T. Jim Frautschi, MN
6. John Ledit, FL
- 7T. Eugene Coyle, IL
- 7T. Pete Ulliman, OH
9. Scott Krouse, ME
10. Russ Bruns, VA

- Men's 35+
1. Dave Watson, OK
2. Brad McCunniff, IA
3. Jim Minkel, TX
- 4T. Scot Consoli, FL
- 4T. Andy Roberts, TN
6. Gary Tanko, WI
7. Steve Simpson, MD
8. John Barrett, PA
9. David Barnes, RI
10. Joe Garbarino, NY

- Men's 40+
1. Tim Hansen, FL
2. Bill Lyman, IL
3. Dave Eagle, OH
4. Bobby Haab, CT
5. Noel De La Rosa, TX
6. Scott Cullins, GA
7. Mitch Smith, PA
8. Glenn Leib, PA
9. Tom Neill, NM
10. Greg Hodges, MI

- Men's 45+
1. Ruben Gonzalez, NY

2. Mark Baron, VA
3. James Jones, CA
4. Howard Walker, TX
5. Patrick Gibson, TX
6. Mitt Layton, FL
- 7T. Rex Ledbetter, TN
- 7T. Tom Travers, OH
- 9T. Dennis Aceto, MA
- 9T. Dennis Fisher, UT

- Men's 50+
1. Mitt Layton, FL
2. Denny Vincent, OH
3. Frank Taddio, AZ
4. David Dennis, AR
5. Russ Mannino, CA
6. Gary Mazaroff, NM
7. Sal Perconti, FL
8. Jim Bailey, VA
9. Russ Palazzo, CT
10. Jim Luzar, WI

- Men's 55+
1. Ed Remen, NC
2. Terry Albright, MO
3. Joe Gellman, NM
- 4T. Steve Meltsner, CT
- 4T. Horace Miller, IL
- 4T. Bill Wolfe, NY
- 7T. Ray Huss, OH
- 7T. Ken VanZandt, TX
- 7T. Mike Winslow, FL
10. Dennis O'Brien, UT

- Men's 60+
1. Leland Rients, MN
2. Warren Reuther, LA
3. Ron Hutcherson, IN
4. Ed Sword, KY
5. Jim Trammell, MO
6. Jim McPherson, TX
7. Ray Testasecca, NJ
8. Ron Galbreath, PA
9. Grant Morrill, PA
10. Pete Crummey, FL

- Men's 65+
1. Jerry Holly, CA
2. Don Alt, OH
3. Rex Benham, AR
- 4T. Art Hurley, NM
- 4T. Dave Lund, MI
6. Dave Snyder, TX
7. Ken Karmel, NM
8. Roy Rudichuk, OK
9. Roy Gaul, TX
10. Ulf Hellsten, NC

- Men's 70+
1. Joe Lambert, TX
2. Frank Trask, ME
3. John O'Donnell, IL
4. Pearce Grove, VA
5. Robert Miller, SC
6. Ralph Waddington, NM
- 7T. Vance Lerner, CA
- 7T. Don Maxey, TX
9. Wendell Hall, NM

10. Duane Smith, TX

#### **Men's 75+**

1. Victor Sacco, NY
2. Earl Acuff, NC
3. Mal Roberts, FL
4. Bill Matotan, NM
5. J.W. Studak, TX
6. Al Romero, NM
7. Cam Snowberger, SC
8. George Peskar, FL
9. Duane Russell, MI
10. John Leech, OH

#### **Men's 80+**

1. Robert McAdam, TX
2. Earl Acuff, NC
3. Cam Snowberger, SC
4. Hank Richard, NC
5. Ben Marshall, TX
6. George Spear, FL
7. Charlie Russell, CA
8. Don Goddard, MT
9. William Gillio, CA
10. Ralph Davis, OR

### **WOMEN**

#### **Women's Open**

1. Cheryl Gudinas, IL

2. Laura Fenton, KS
3. Kim Russell, TX
4. Doreen Fowler, MD
5. Rachel Gellman, AZ
6. Liz Alvarado, TX
- 7T. Kersten Hallander, CA
- 7T. Aimee Roehler, NJ
9. T.J. Baumbaugh, MD
10. Jackie Paraiso-Rice, CA

#### **Women's A**

1. Candi Hostovich, VA
2. Christine McAlpine, VA
3. Tammarrian Rogers, WA

4. Karen Morton, PA
5. Leah Upshaw, GA
6. Nancy Fasano, FL
7. Pat Sims, ME
8. Thao Le, VA
9. Andrea Scott, IL
10. Darcey Martin, FL

#### **Women's B**

1. Thao Le, VA
2. Cheryl Kirk, IL
3. Rosario Kelley, KY

4. Ashley Darmer, VA
5. Kelly Bruns, VA
6. Rhonda Kochis, OK
7. Aimee Perry, VA
8. Joanna Reyes, TX
9. Kimberly Krause, OH
10. Dyan Anderson, MD

#### **Women's C**

1. Sue Hunt, MS
2. Karen Marzano, IL
3. Petra Allen, CO
4. Cicely Samuel, NC

#### **Women's 30+**

1. Lorraine Galloway, NY
2. Elaine Albrecht, OH
- 3T. Kelley Beane, NH
- 3T. B.J. Ehrrott, CT
5. Kim Russell, TX
- 6T. Debra Bryant, NC
- 6T. Lori Lepow, FL
8. Christine McAlpine, VA
- 9T. Michelle Lucas, VA
- 9T. Darcey Martin, FL

#### **Women's 35+**

1. Kelley Beane, NH
2. Brenna Bilbrough, OR

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1. Debra Tisinger, CA
- 2T. B.J. Ehrgott, CT
- 2T. Lorraine Galloway, NY
4. Solanna Taragan, CA
5. Anita Maldonado, NY
6. Lori Lepow, FL
7. Felicia Mann, MI
8. Diane Mueller, CA
9. Helen Marseco, FL
10. Leah Upshaw, GA

**Women's 40+**

1. Debra Tisinger, CA
2. Linda Moore, NE
3. Peggy Stephens, KY
- 4T. Shari Coplen, MO
- 4T. Cyd Evans, NM
- 4T. Therese Lewis, OK
- 4T. Marianne Walsh, UT
8. Liz Molitor, IL
9. Malia Bailey, VA
10. Susan Hann, FL

**Women's 45+**

1. Joanne Pomodoro, MA
2. Susan Pfahler, FL
3. Meena Evans, NC
4. Marcy Lynch, PA
- 5T. Nan Higgins, NH
- 5T. Lesley Kishigian, MI
7. Brenda White, IL
8. Jere Luttnar, TX
9. Jean Trimble, FL
10. Marsha Berry, KY

**Women's 50+**

1. Nancy Kronenfeld, IL
2. Terry Ann Rogers, CA
- 3T. Agatha Falso, FL
- 3T. Sharon Huczek, MI
5. Susan Kieffer, MN
6. Linda Neel, OR
- 7T. Paula Sperling, OK
- 7T. Karen Weins, FL
- 9T. Paula Lemon, OK
- 9T. Pattie Schof, LA

**Women's 55+**

1. Mary Lou Furaus, NM
2. CeCe Palaski, CA
- 3T. Agatha Falso, FL
- 3T. Nidia Funes, CA
- 5T. Sharon Hastings-Welty, OR
- 5T. Gerri Stoffregen, OH
7. Merijean Kelley, CA
8. Joy DeSantis, CA
9. Gail Schaefer, MD
10. Suzanne Storey, TX

**Women's 60+**

1. Marquita Molina, CA
2. Sharon Hastings-Welty, OR
3. Mildred Gwinn, NC
4. Gloria Piscoran, OR
- 5T. Jo Kenyon, FL
- 5T. Gail Schaefer, MD
7. Annabelle Kovar, NE
- 8T. Lola Markus, IL

- 8T. Sylvia Sawyer, UT
10. Mary-Low Acuff, NC

**Women's 65+**

1. Jo Kenyon, FL
2. Lola Markus, IL
3. Marilyn Hoagland, MN
4. Naomi Eads, MO
- 5T. Mildred Gwinn, NC
- 5T. Mary Walker, CA
7. Carol Brown, AZ
8. Jeanne Leben, AZ

**Women's 70+**

1. Lola Markus, IL
- 2T. Tillie Davies, AZ
- 2T. Marilyn Hoagland, MN
4. Reta Harring, WI
5. Betty Railey, CA
6. Louise Kiss, NM
7. Mary Lou Kackert, NM

**Women's 75+**

1. Christine Stephens, TX
2. Beth Keene, TX
- 3T. Mary-Low Acuff, NC
- 3T. Helen Deysher, PA

**Women's 80+**

1. Mary-Low Acuff, NC

**BOYS**

**Boys' 6 & Under**

- 1T. Kamal Lachmansingh, VA
- 1T. Jackson Rogers, NM
3. Kevin Fenton, VA

**B6- Multi-Bounce**

1. Doug Brenner, OR
2. Jackson Rogers, NM
3. Sam Reid, OR
4. Zachary Pellowski, WI
- 5T. Ryan Coates, OH
- 5T. Marco Rojas, CA
7. Nathaniel Stevens, CO
8. Keegan North, KY
9. Jonathan Goddard, VA
10. Brandon Golob, VA

**Boys' 8 & Under**

1. Joseph Lee, LA
2. Taylor Regier, OR
3. Marco Rojas, CA
4. Logan North, KY
5. Brad Falvey, WI
6. Jake Bredenbeck, MN
7. Dylan Reid, OR
8. Chase Stanley, LA
9. Keith McElhany, SD
10. Keegan North, KY

**B8- Multi-Bounce**

1. Chase Stanley, LA
2. Sam Reid, OR
- 3T. Daniel Ring, MN
- 3T. Marco Rojas, CA
- 3T. Gavin Seaders, OR
6. Jackson Rogers, NM

- 7T. Marty Andrie, CO
- 7T. Taylor Regier, OR
- 9T. Andrew Boelter, WA
- 9T. Logan North, KY

**Boys' 10-**

1. Jose Rojas, CA
2. Jake Bredenbeck, MN
3. John Sanderson, UT
- 4T. Taylor Knoth, OR
- 4T. Joseph Lee, LA
- 6T. Brad Falvey, WI
- 6T. Michael Watson, OK
- 6T. Sean Wicher, CO
9. Todd Elias Jr., AZ
10. Andrew Carter, OH

**Boys' 12-**

1. Nick Arturo, AK
2. Jonathan Doyle, OH
3. Jose Rojas, CA
4. Tripp Isley, NC
5. Sean McGrath, IN
6. Brandon Ritschard, IL
7. Brad Starken, WI
8. William Lee, LA
9. Justin Watson, OK
10. Tyler Wicher, CO

**Boys' 14-**

1. Matt Johnson, NM
2. Charles Pratt, OR
- 3T. Chris Coy, OK
- 3T. David Laforest, NY
5. Joey Lakowske, OR
6. Mark Elliott, AZ
7. Jordan Walters, NC
8. Graham Seaders, OR
9. Andrew Gale, UT
10. Sean McGrath, IN

**Boys' 16-**

1. Steven Klaiman, TX
2. Travis Woodbury, VA
3. Brandon Shoemaker, OH
4. Ben Croft, IL
5. Devin Drury, WA
- 6T. Matt Howell, AK
- 6T. Jack Huczek, MI
- 6T. Dan Sheppick, OR
- 6T. Dain Taylor, IN
10. David Hutchins, FL

**Boys' 18-**

1. Jack Huczek, MI
2. Zack Miller, CA
3. Sanjay Laforest, NY
- 4T. Bart Crawford, OR

- 4T. Ben Croft, IL
- 4T. Matthew McElhiney, FL
7. Dan Beaudry, CO
8. Ryan Kofoid, AK
- 9T. Cory Martin, WI
- 9T. Shane Vanderson, OH

**GIRLS**

**Girl's 6 & Under**

1. Nicole Bruns, VA
2. Danielle Key, AZ
3. Courtney Hill, NM

**G6- Multi-Bounce**

1. Elizabeth Brenner, OR
2. Brittany Larson, OK
- 3T. Sierra Adam, CO
- 3T. Megan Cohen, NM
- 3T. Casey Wheat, ID
6. Nicole Bruns, VA

**Girl's 8 & Under**

1. Kaitlin Inglesby, OR
2. Elizabeth Brenner, OR
3. Sierra Adam, CO
4. Nicole Grundman, MN
5. Kaitlynn Pacinelli, NM
6. Amanda Watson, OK
7. Tia Smith, OR
8. Stephanie Rojas, OR
- 9T. Justice Franco, NM
- 9T. Vianna Gutierrez, TX

**G8- Multi-Bounce**

1. Elizabeth Brenner, OR
2. Sierra Adam, CO
3. Hannah Edwards, WA
4. Emily Hathaway, MN
5. Nicole Bruns, VA
6. Kaitlynn Pacinelli, NM
- 7T. Nicole Grundman, MN
- 7T. Shanda Wheat, ID
9. Stephanie Rojas, OR
10. Alex Duran, NM

**Girl's 10-**

1. Kaitlin Inglesby, OR
2. Wesley Toland, AR
3. Nicole Grundman, MN
4. Brianna Ho, WA
5. Kali Gottsleben, SD
6. Jordan Golob, VA
- 7T. Shannon Inglesby, OR
- 7T. Danielle Key, AZ
9. Holly Hettesheimer, OH
10. Courtney Watson, OK

**Girl's 12-**

1. Shannon Inglesby, OR
2. Brittany Legget, OR
3. Dannielle Pimental, OR
4. Kara Mazur, CT
5. Sharon Jackson, IN
6. Holly Hettesheimer, OH
7. Shanae Taylor, IN
8. Alyssa Goddard, VA
9. Michelle Key, AZ
10. Rebeka Kopf, NY

**Girl's 14-**

1. Ashley Legget, OR
- 2T. Ashley Willhite, OR
- 2T. Elise Wilson, CT
4. Kelley Fisher, OH
5. Adrienne Fisher, OH
6. Sarah Moyle, OR
- 7T. Kastle Arturo, AK
- 7T. Kimberly Walsh, UT
- 7T. Nikki Winfrey, OH
10. Katie Ferguson, OR

**Girl's 16-**

1. Adrienne Fisher, OH
2. Ashley Legget, OR
3. Jenny Cary, OR
4. Sarah Moyle, OR
- 5T. Cari Miltitsky, NY
- 5T. Crystal Winfrey, OH
7. Jesi Fuller, NM
8. Ashley Willhite, OR
9. Da'Monique Davis, TX
10. Kelley Fisher, OH

**Girl's 18-**

1. Kristen Walsh, UT
2. Adrienne Fisher, OH
3. Lauren Deutsch, CA
4. Krystal Csuk, IL
5. Elise Wilson, CT
6. Kelley Fisher, OH
7. Melissa Gransbury, OR
8. Laurie Fisk, MO
- 9T. Lynne Berg, OR
- 9T. Jeni Fuller, NM

**GRACE ... You'd be amazed at who on this ranking list isn't actually a member in good standing of the USA — this is our annual grace issue, but we'll be back to quoting "not a member" spots very soon!**

**EVENT LEVEL/DESCRIPTION**

**FINISH/POINTS**

	1st	2nd	3rd	4th	5-8	9-16
1 = Closed Club Event	30	20	15	10	5	0
2 = Open Tournament	50	30	20	15	10	0
3 = State Championship	150	100	75	50	25	0
4 = Regional Championship	250	150	100	75	50	0
5 = National Invitational	300	200	150	100	75	25*
6 = National Championship	600	400	300	200	100	50*

\*In draws of 48 or more at Level Five or Level Six events, 9-16th place finishes earn points.

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**january ...**

January 16-20	Splats On Ice @ The Alaska Club Midtown . . . . .	Anchorage, AK	907-696-8017
January 17-20	Ice Fog Classic @ Fairbanks Athletic Club. . . . .	Fairbanks, AK	907-452-6801
January 18-20	Alliance YMCA Rollout @ Alliance YMCA . . . . .	Alliance, NE	308-762-2201
	Cocoa Court Classic @ Cocoa Court Club. . . . .	Hershey, PA	717-540-5111
	Great Fort Lewis Shootout. . . . .	Fort Lewis, WA	425-235-3186
	Hall Of Fame Tournament @ Central Courts. . . . .	Columbia Heights, MN	763-572-0330
	Joe Goggins Open @ The Summit . . . . .	Kalispell, MT	406-751-4100
	New Years Open Classic @ Dover Air Force Base . . . . .	Dover AFB, DE	302-677-6108
	ORA Intercollegiate Doubles @ Baldwin-Wallace College . . . . .	Medina, OH	440-826-2286
	Peter Cornell Tournament @ Richmond YMCA . . . . .	Richmond, VA	804-644-9622
	Racquetworld Revenge @ Colonie Court Club . . . . .	Albany, NY	518-438-3935
	Southern Ohio Championship @ Waycross Sports Club. . . . .	Westerville, OH	614-890-6073
	Super Bowl Open @ In Shape - West Lane . . . . .	Stockton, CA	209-472-2100
	Winter Classic @ Capital Racquet & Fitness Center . . . . .	Bismarck, ND	701-221-6855
	Winter Classic @ Southridge Athletic Club . . . . .	Greenfield, WI	414-421-5770
	WOW Winterfest @ Work Out West. . . . .	Greeley, CO	970-330-9691
	13th Women's Senior/Master Championships [5] . . . . .	Warren, MI	810-774-6900
	24 Hour Fitness Open @ Courthouse . . . . .	Boise, ID	208-368-9737
	Orem Open @ Orem Fitness Center . . . . .	Orem, UT	801-229-7158
	The Super Bowl Splat @ Olympus Athletic . . . . .	Northfield, MN	507-645-8007
	Battle Of The Bridge @ Gold's Gym . . . . .	Bangor, ME	207-989-6981
	Hog Classic @ Omega 40 . . . . .	Ormond Beach, FL	904-672-4044
	Illinois State Doubles @ Glass Court Swim & Fitness [3]. . . . .	Lombard, IL	630-629-3390
	Leftover Tourney @ Arlington Sport & Health . . . . .	Arlington, VA	703-522-1702
	Meals On Wheels Benefit @ Gold's Gym . . . . .	DeWitt, NY	315-446-0376
	Red Cross Tournament @ Nautilus Fitness & Racquet Club . . . . .	Erie, PA	814-459-3033
	Tri Club Open @ Michigan Athletic Club. . . . .	Grand Rapids, MI	616-224-8700
	Walton Life Racquetball Challenge @ Walton Life Fitness Center. . . . .	Bentonville, AR	501-204-1000
	24th Indy Open @ Noblesville Athletic Club. . . . .	Noblesville, IN	317-879-8100
	4th Annual NYC Pro-Am @ BQE . . . . .	Woodside, NY	718-457-2530
	Five Seasons Singles Shootout @ Five Seasons Country Club . . . . .	Westlake, OH	440-871-2811
	2002 Massacre @ Redwood Multipurpose Center . . . . .	West Valley City, UT	801-974-6923
	Harold McKahand Memorial @ Quadrangle East Athletic Club . . . . .	Coral Springs, FL	954-753-8900

**february ...**

February 1-3	B R Ryall YMCA Winter Classic @ B R Ryall YMCA. . . . .	Glen Ellyn, IL	630-858-0100
	Ballbuster @ Fitness Inc. . . . .	Pocatello, ID	208-233-8035
	Mitch Nathanson Classic @ Executive Health/NAC . . . . .	Manchester, NH	603-641-6116
	North Carolina State Singles @ The Sports Center [3]. . . . .	Fayetteville, NC	910-947-3202
	OJRA Tournament @ Lloyd Athletic Club . . . . .	Portland, OR	503-246-5664
	The Strongsville Open @ Strongsville Recreation Center . . . . .	Strongsville, OH	440-238-2244
	W.N.Y. Open @ University Of Buffalo . . . . .	Buffalo, NY	716-639-0621
	Winternationals @ YMCA Fitness Center. . . . .	Butte, MT	406-494-3605
	9th Annual Rochester Pro-Am @ Rochester Athletic Club . . . . .	Rochester, MN	507-282-6000
	Quad West One Day Singles @ Quad West . . . . .	Clearwater, FL	727-535-4901
	Shootout #2 @ Courts Plus Fitness Center . . . . .	Fargo, ND	701-237-4805
	Classic Pro-Am III @ Classic Athletic Club . . . . .	Fairfield, NJ	973-742-8806
	Heartbreakers Doubles @ Fairbanks Athletic Club . . . . .	Fairbanks, AK	907-452-6801
	Massachusetts State Juniors @ Midtown Family Fitness & Racquet [3]. . . . .	Milford, MA	617-561-4407
	Central NY Championships @ Gold's Gym . . . . .	DeWitt, NY	315-449-0400
	Greenbriar Classic @ Greenbriar Athletic Club . . . . .	Indianapolis, IN	317-897-5481
	Mesabi Daily News Iron Range Open @ Supreme Court . . . . .	Virginia, MN	218-749-8318
	Northwest Athletic Club Winter Classic @ Northwest Athletic Club . . . . .	Springdale, AR	501-750-3538
	Super Six #4 @ Southview Athletic Club . . . . .	W. St. Paul, MN	651-450-1660
	Sweetheart Doubles @ Sawmill Athletic Club. . . . .	Columbus, OH	614-889-7698
	Valentine Double Trouble @ Alpha Racquet Club. . . . .	Mechanicsburg, PA	717-540-5111
	Wintergreen Classic @ Laurel Sport Fit . . . . .	Laurel, MD	410-672-3441
	7th Annual Olympic Open @ Palos Olympic . . . . .	Palos Hills, IL	708-974-1900
	Spring Smash @ Marv Jensen Fitness Center . . . . .	South Jordan, UT	801-253-4404
	State High School Championships @ The Alaska Club East . . . . .	Anchorage, AK	907-696-8017

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February 14-17	Aurora Open @ Colorado Athletic Club . . . . .	Aurora, CO	303-696-9313
	Mexican Village Classic @ Center Court Fitness Club. . . . .	Grand Forks, ND	701-746-2790
	St. Valentine's Day Massacre @ Athletic Club Of Bloomingdale . . . . .	Bloomingdale, IL	630-893-9577
	West Texas Gold Rush @ Gold's Gym . . . . .	Amarillo, TX	806-359-5438
February 15-17	Groundhog Open @ Metro South Athletic Club . . . . .	Brockton, MA	508-588-3444
	The Head Intelligence Tour @ Heights Health & Racquet Club . . . . .	Westerville, OH	614-890-6073
	Long Island Winter Classic @ Sunrise Health & RQ Club . . . . .	Massapequa, NY	718-429-8489
	Northwest Highway 100 Pro-Am @ Northwest Highway 100 Club . . . . .	Brooklyn Center, MN	763-535-3571
	Scottsbluff YMCA Open @ Scottsbluff YMCA . . . . .	Scottsbluff, NE	308-635-2318
	St. Valentine's Massacre @ YMCA . . . . .	Idaho Falls, ID	208-523-0600
	Valentines Tourney @ Racket & Fitness Center . . . . .	Portland, ME	207-775-6128
	9th Annual Winter Classic @ American Family Fitness . . . . .	Richmond, VA	804-330-3400
February 20-24	Alaska State Doubles @ The Alaska Club Midtown [3] . . . . .	Anchorage, AK	907-696-8017
February 22-23	New England Masters @ Midtown Family Fitness & Racquet . . . . .	Milford, MA	508-478-3030
February 22-24	Adirondack Open @ Glens Falls Family YMCA . . . . .	Glens Falls, NY	518-793-3878
	Countryside YMCA Charity Tourney @ Countryside YMCA . . . . .	Loveland, OH	513-932-1424
	Delaware State Doubles @ Kirkwood Fitness [3] . . . . .	Wilmington, DE	302-677-6108
	End Of Winter Tournament @ White Bear Athletic Club . . . . .	White Bear Lake, MN	651-426-1308
	Grand Island YMCA Open @ Grand Island YMCA . . . . .	Grand Island, NE	308-384-8181
	Hogeye Pallet/FAC Racquetball Classic @ Fayetteville Athletic Club . . . . .	Fayetteville, AR	501-587-0500
	Hot Shots @ Goosetown Racquet & Health Club . . . . .	Anaconda, MT	406-563-7878
	Railyard 14th Annual @ Railyard Athletic . . . . .	Woodsville, NH	603-747-8006
February 23	Icele Open @ Allentown Racquet Club . . . . .	Allentown, PA	610-821-1300
	Midnight Madness Tourney @ Parma Courts . . . . .	Bedford, OH	440-888-9993
	31st Annual Winona YMCA Sugarloaf Ford @ Winona YMCA . . . . .	Winona, MN	507-454-8298
	Members & Friends @ Downtown YMCA . . . . .	Colorado Springs, CO	719-329-7240

**march...**

March 1-3

March 1-3	Connecticut State Singles @ Downtown Health & Racquet [3] . . . . .	New Haven, CT	203-248-1869
	Ektelon Doubles @ Central Courts . . . . .	Columbia Heights, MN	763-572-0330
	March Madness @ Orlando Fitness & Racquet Club . . . . .	Orlando, FL	407-645-3550
	March Madness Racquetball Frenzy @ Courts Plus Fitness Center . . . . .	Fargo, ND	701-237-4805
	Maryland/DC State Singles @ Laurel Sport Fit [3] . . . . .	Laurel, MD	410-672-3441
	Omni 41 Amatulli Open @ Omni 41 . . . . .	Schererville, IN	219-865-6969
	Sanford Open @ Fitness Forum . . . . .	Sanford, ME	207-985-9811
March 2	Five Seasons Singles Shootout @ Five Seasons Country Club . . . . .	Westlake, OH	440-871-2811
March 7-10	Lucky Leprechaun @ Fairbanks Athletic Club . . . . .	Fairbanks, AK	907-452-6801
March 8-10	8th Annual Fun Tournament @ Colorado Athletic Club . . . . .	Aurora, CO	303-680-5569
	Annual Spring Rock 'N' Rollout @ Idaho Athletic Club . . . . .	Caldwell, ID	208-345-7599
	Hot Springs Open @ Hot Springs Health & Fitness . . . . .	Hot Springs, AR	501-525-4900
	Maine State Doubles @ Central Maine Athletic Center [3] . . . . .	Lewiston, ME	207-786-4730
	March Madness @ Suburban Racquet Club . . . . .	St. Cloud, MN	320-251-3965
	March Madness Open @ Shelby County Athletic Club . . . . .	Shelbyville, IN	317-861-3687
	New Hampshire State Singles @ Executive Health & Sports [3] . . . . .	Manchester, NH	603-641-6116
	New York State Singles @ Colonie Court Club [3] . . . . .	Albany, NY	607-843-6854
	Ohio State Singles @ Hall Of Fame Fitness Center [3] . . . . .	Westerville, OH	614-890-6073
March 10	OJRA One Day Shoot Out @ Sunset Athletic Club . . . . .	Portland, OR	503-246-5664
March 12-16	Luck Of The Heights @ Cottonwood Heights . . . . .	Salt Lake City, UT	801-943-3190
March 13-17	Racq Attack @ The Alaska Club East . . . . .	Anchorage, AK	907-696-8017
March 14-17	Blizzard Bash @ Goodson Rec Center . . . . .	Littleton, CO	303-798-2476
March 15-17	The Luck 'O' The Irish Open @ Springfield Athletic Club . . . . .	Springfield, OH	937-399-2360
	Shamrock Shootout @ Cut Bank Civic Center . . . . .	Cut Bank, MT	406-873-5581
	St. Patty's Day Cash Tourney @ Omega 40 . . . . .	Ormond Beach, FL	904-672-4044
	Super Six #5 @ Southview Athletic Club . . . . .	W. St. Paul, MN	651-450-1660

• For all sanctioned events [brackets] indicate event level (unmarked = Level 2)

• Please note: USRA memberships are processed by month, not date ... when expiration is shown as 02/02, you must renew your membership in the month of February in order to play in any sanctioned events held that month.

For expanded calendar listings, refer to the online edition of RACQUETBALL at [www.racqmag.com](http://www.racqmag.com).

For online entries, go to [www.usra.org](http://www.usra.org) > "Events & Records" follow links to entry forms & online registration.

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March 1-3	Wilson 15th U.S. National High School Championships [6] .....	Portland, Oregon	719-635-5396
March 13-16	NMRA Masters Championships [5] .....	Canoga Park, California	734-426-7522
March 22-31	PARC 15th Tournament of the Americas [U.S. Team] .....	Cochabamba, Bolivia	719-635-5396
April 3-7	E-Force 30th U.S. National Intercollegiate Championships [6] .....	College Station, TX	719-635-5396
April 17-21	Ektelon USRA Regional Championships [4] .....	Nationwide	719-635-5396
May 22-27	Ektelon USRA 35th National Singles Championships [6] .....	Houston, Texas	719-635-5396

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