

National Racquetball

March 1988

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Special Eyeguard Issue

- Eyeguard Certification
- Eye Protection in Racquet Sports
- The Legal Consequences of Not Wearing Eyeguards
- Racquet Sports Versus Eyes

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Harnett Wins Again
Bret Triumphs in New York

Featured Players

Charlie Garfinkel
Roger Harripersad
Dan Obremski





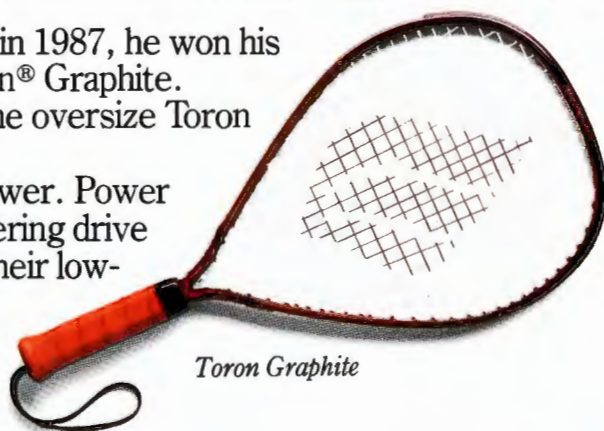
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From The Editor...

by Sigmund Brouwer

On the radio the other day, I heard of an incident which had happened in East Berlin. Two soldiers, driving drunk, had hit another car and killed two people. The soldiers were executed for their crime.

A few days after hearing about the drunken soldiers, I was sitting in my car waiting for someone when I noticed that I had buckled my seatbelt. Looking around sheepishly, I hoped nobody had noticed that I was strapped in for the terrifying speed of zero miles per hour; it showed me that fastening my seatbelt had become an unconscious habit.

Both incidents came to mind when we put together this issue of *National Racquetball*, the eyeguard issue. First, it struck me that using eyeguards was a habit as natural and as easy to acquire as strapping on that seatbelt.

The ease factor alone should make either habit acceptable. Add to that the statistical arguments. For every person who has hurt themselves because of seatbelt restraint in a car accident, thousands of others have prevented serious injury to themselves, and countless other lives have been saved. Eye injury statistics in racquet sports are an equally compelling argument for eyeguard use.

It's common sense that seatbelts and eyeguards are simple to use and are inexpensive insurance policies. With both, your investment in a small inconvenience is well worth the protection benefit. Dealing with sweat on protective lenses is better than becoming accustomed to the lack of depth perception which accompanies the use of an eyepatch.

It also struck me that ten years ago any of us would have been incredulous, outraged and shocked after listening to the story of the soldiers in East Berlin. Today, although execution for drunken driving still seems an extreme punishment, it wouldn't surprise me if half of the audience who heard the story nodded with some degree of understanding. As a society, we finally realize that drunken driving — a hilarious joke a decade ago — is a serious crime.

Why is our perception changing? Billboards, newspaper ads, televi-

sion commercials and radio spots all reinforce, time and again, that drinking and driving are a lethal combination. The results of the campaign, while far from perfect, have been helpful.

Unfortunately, none of us involved in racquetball — the magazine, associations, manufacturers — have the resources to mount an equally massive eyeguard campaign. We can, though, still learn a good lesson from the campaigns; an urgent message should be repeated.

Readers familiar with racquetball and *National Racquetball* have heard the message about mandatory eyeguards before. They have heard about the dangers of playing without eye protection. They have heard the horror stories that result from collisions of a 110 mph racquetball with an eye. The message is here again. We feel it is a serious matter that, as with the warning campaigns against drunken driving, needs repeating until everybody accepts and understands it.

Dr. Easterbrook points out in his article in this issue that experience, ordinary prescription lenses and open eyeguards are not adequate protection while playing racquetball.

The American Amateur Racquetball Association has made lensed eyeguards mandatory for players in its sanctioned tournaments. The Canadian Racquetball Association has the same ruling. The National Society to Prevent Blindness has begun its own campaign.

In short, if you think there is a united voice "out there" growing louder and louder in an attempt to convince racquet sports players to wear lensed eyeguards, you are absolutely right. We have an obligation to increase the pressure on players to wear eyeguards during practice and tournament play until the terrible statistics stop growing.

It's a message we are determined to repeat in *National Racquetball*. Call it selfish if you will, but racquetball is a terrific sport and we don't want to lose any of you through needless injury.

Is this a serious and heavy way to start an issue? It should be; when eyes and racquetballs collide, eyes lose. ○

Harnett Dominates Again

The men's professional tour finally returned to New York. Although there were none of the big name celebrities, bright lights or fanfare usually accompanying other professional sports in the Big Apple, the excitement generated at the BQE club in Woodside, NY, indicated this may change soon.

Inside the host facility, it became obvious that it was no ordinary racquetball event. Technicians were seen everywhere, running cable, preparing cameras, building platforms and testing sound and video equipment. As spectators stopped to inquire about the commotion, professional players entered courts to prepare for qualifying and first round matches. Anticipation and excitement was high among the players.

Yes, for the first time, racquetball was to be televised live on a national television network. What this could mean for racquetball's future no one really knew, but everyone agreed this would be a tremendous boost for our sport.

Perhaps it was the attraction of the city, the thrill of television coverage or just perfect timing, but whatever the reason, the BQE event attracted this year's toughest qualifying round. For the first time this season, qualifiers were able to force two tiebreakers in the round of 32, and even upset one of the tour's top 16 seeds.

Jeff Conine, a former national junior champion who recently signed a professional baseball contract with the Kansas City Royals, decided to try his luck on the professional racquetball tour. Jeff didn't have to wait

long to test his abilities; he drew third seed Marty Hogan in the first round. Marty had just returned from a knee injury and a two month absence, and many wondered if he would be able to contend with Conine's powerful serve.

Jeff was able to match Marty in strength and power, and even though he didn't have Hogan's experience, his athletic background and ability

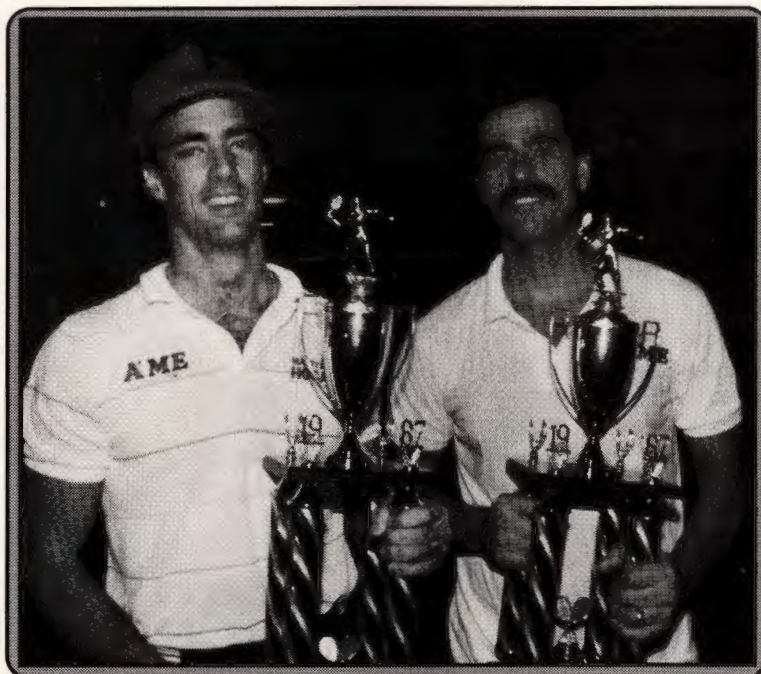
be back soon to revenge the loss.

In the most stunning upset of the first round, hustling Drew Kachtik of Austin, TX, defeated number 16 seed Dan Obremski. Kachtik's relentless game style and never-say-die attitude pressured Dan into many uncharacteristic mistakes. Dave Peck had warned fellow players about this home state rival, but no one had really seen or even heard of Kachtik before the New York event. Kachtik, like baseball's Pete Rose, does nothing fancy, but plays efficient hard-nosed racquetball and gives 100 percent effort at all times. If the Texan decides to continue on the tour, it is certain he will give first round headaches to many other seeds.

In the round of 16, all seeds advanced. Bret Harnett quietly moved to the quarter finals by defeating Dave Johnson of California. Ruben Gonzalez, playing for the first time in his career before a hometown crowd, surprisingly defeated Corey Brysman easily. Brysman has rapidly been climbing the ranking ladder and has been one of the hottest players on the tour these past four months. Playing with the support of his family, relatives and friends, Ruben controlled Brysman and won in three straight games.

Cliff Swain and Marty Hogan both used their powerful service games to defeat respective opponents Steve Lerner and Jim Cascio. Mike Yellen, looking somewhat sluggish, struggled to defeat rookie Drew Kachtik. Although Mike won in three straight games, each one was a battle as

(continued on page 4)



Bret Harnett (left) and Ed Andrews

seemed to balance the scales. The match turned out as expected, with Marty winning the first two easily, then Conine powering his way almost as easily to win the next two games.

In the tiebreaker it was evident that Marty was only at about 70% mobility as Jeff forced him to cover every inch of the court. At 10-9, Hogan made a weak ceiling ball return which Jeff set up to kill at the forehand short-line side. Hogan relaxed as if to say "go ahead kid kill it, it's all yours," but as fate would have it Conine skipped the plum to lose the match. Hogan escaped the young Californian, but for sure Conine will

RMA Tour Stop

(continued from page 3)

Kachtik stubbornly chased down many of Mike's famed wide-angle passes.

Gregg Peck continued to show his steady improvement as he defeated Gerry Price in four games. Gregg's hard work in the off season is obvious now and he has finally put two good tournaments together. After reaching the semifinals in Arlington, Gregg seemed to gain confidence and it showed in his game style this tournament.

Egan Inoue rocketed his way past Mike Ray with blistering serves and powerful forehand splats. This was Egan's first tournament since a forfeit (he misread the draw) in Arlington and it appeared he had something extra to prove. Although Ray's controlled game style usually gives Egan problems, Inoue had little difficulty handling Ray this time.

The most exciting round of 16 match was between Ed Andrews and Dave Peck. Dave has been training religiously to overcome the leg injury he suffered a few years back, and his efforts seem to be paying off. Dave is proving critics wrong and is almost back in peak form. Although he lost 11-9 in the tiebreaker to Andrews, he again showed the consistent forehand placement and backhand pinch that brought him the world championship five years ago.



Mike Yellen (left), Dave Peck (center) and Mike McLaughlin provided play-by-play.

As has been the case recently, the quarter finals were anti-climatic compared to the previous round. Harnett, Hogan and Gregg Peck defeated Gonzalez, Swain and Yellen, and none of the matches went more than three games. In fact, all the games were dominated from the first serve to the 11th point by each of the eventual winners.

In the last quarter final match, Egan Inoue let victory slip from his grasp as a consistent Ed Andrews came back from a two-game deficit to defeat Egan 11-7 in the tiebreaker. Egan had a number of opportunities

— ahead 5-2 in the third game and ahead 7-3 in the fifth — but Ed's refusal to make mistakes gave him the match. Egan chose not to hit safe down-the-line and cross court passes, but continually went for the forehand splat kill. Knowing this, Ed simply camped at center court, retrieved Egan's missed shots and flattened the return for winners.

Although the semis were more exciting than the quarters, both Harnett and Andrews won in straight games. Harnett overpowered Hogan, who was still not at full speed and was unable to put any pressure on Bret with his service return. This allowed Bret to control pace and rhythm, and when Bret is in the groove, he's deadly.

Ed Andrews, on the other hand, squeaked by Gregg Peck. It looked like his two tiebreaker matches the previous day had started to take a toll as Ed visibly tired in the second and third games. Again, it was his ability to capitalize on mistakes which brought him back to win the match, but conditioning would be a determining factor in the tournament's final match.

In the finals, Harnett was devastating. Realizing that a national audience was watching, Bret went into high gear and shot everything — overhand kills, reverse kills, cross court overhead pinches — all with rally-ending accuracy. Although it was obvious that the difficult matches of the previous two days had tired Ed, it was doubtful if anyone could have

The Finals: Live Across North America

When Bret Harnett and Ed Andrews traded rollout for rollout and sprawling dive for sprawling dive in the finals of this tournament, they not only entertained the crowd at the BQE club in New York, but demonstrated racquetball at its best to just under 5 million viewers.

According to Jim Waunsh, executive producer for the Sports Choice Network Inc., it had been estimated that only 850,000 viewers would follow the professional racquetball action. He says the network fed the tournament finals coverage across the country to other cable affiliates, including some ESPN affiliates.

Nielson ratings were higher than expected, too. They were projected at

1.4 million for the broadcast, but results showed the match coverage actually made it into 2.3 million homes.

Waunsh says part of the success may be attributed to other aspects of professional racquetball that were shown as part of the production. Players Mike Yellen and Dave Peck provided color commentary for anchorman Mike McLaughlin. Cliff Swain shared secrets of his racquetball success with viewers, and profiles contrasted long-time player Ruben Gonzalez with rising star Egan Inoue.

Sports Choice Network Inc. is a cable vision production company which covers many of New York's metropolitan sports. ○

handled Bret in that match.

There is no doubt that at this time, Bret is the tour's best player. He has won the tour's last two events and at the New York stop lost only one game during the entire tournament. If he continues this pace, 1988 could bring Harnett his first world championship.

The New York event will be etched in many players' minds for a long time to come. The first class reception offered by Tom Cavalaro and Frank Zeleski, owners of the BQE club, along with live television created a new stimulus for the players. It seems that finally the professional players have been recognized for the great athletes they really are, and if New York is any indication of what is ahead, the future looks bright for professional racquetball. ○

Results

Round of 32

Bret Harnett d. Tim Sweeney
Dave Johnson d. Roger Harripersad
Corey Brysman d. Nolan Glantz
Ruben Gonzalez d. Charlie Nichols
Cliff Swain d. Lance Gilliam
Steve Lerner d. Woody Clouse
Jim Cascio d. Andy Gross
Marty Hogan d. Jeff Conine
Mike Yellen d. Jeff Plazak
Drew Kachtick d. Dan Obremski
Gerry Price d. Matt Rudick
Gregg Peck d. Dave Gross
Egan Inoue d. Dolwayne Green
Mike Ray d. Jack Newman
Dave Peck d. Aaron Katz
Ed Andrews d. Bobby Rodriguez

Round of 16

Harnett d. Johnson
Gonzalez d. Brysman
Swain d. Lerner
Hogan d. Cascio
Yellen d. Kachtick
G. Peck d. Price
Inoue d. Ray
Andrews d. D. Peck

Quarter Finals

Harnett d. Gonzalez
Hogan d. Swain
G. Peck d. Yellen
Andrews d. Inoue

Semifinals

Harnett d. Hogan
Andrews d. Peck

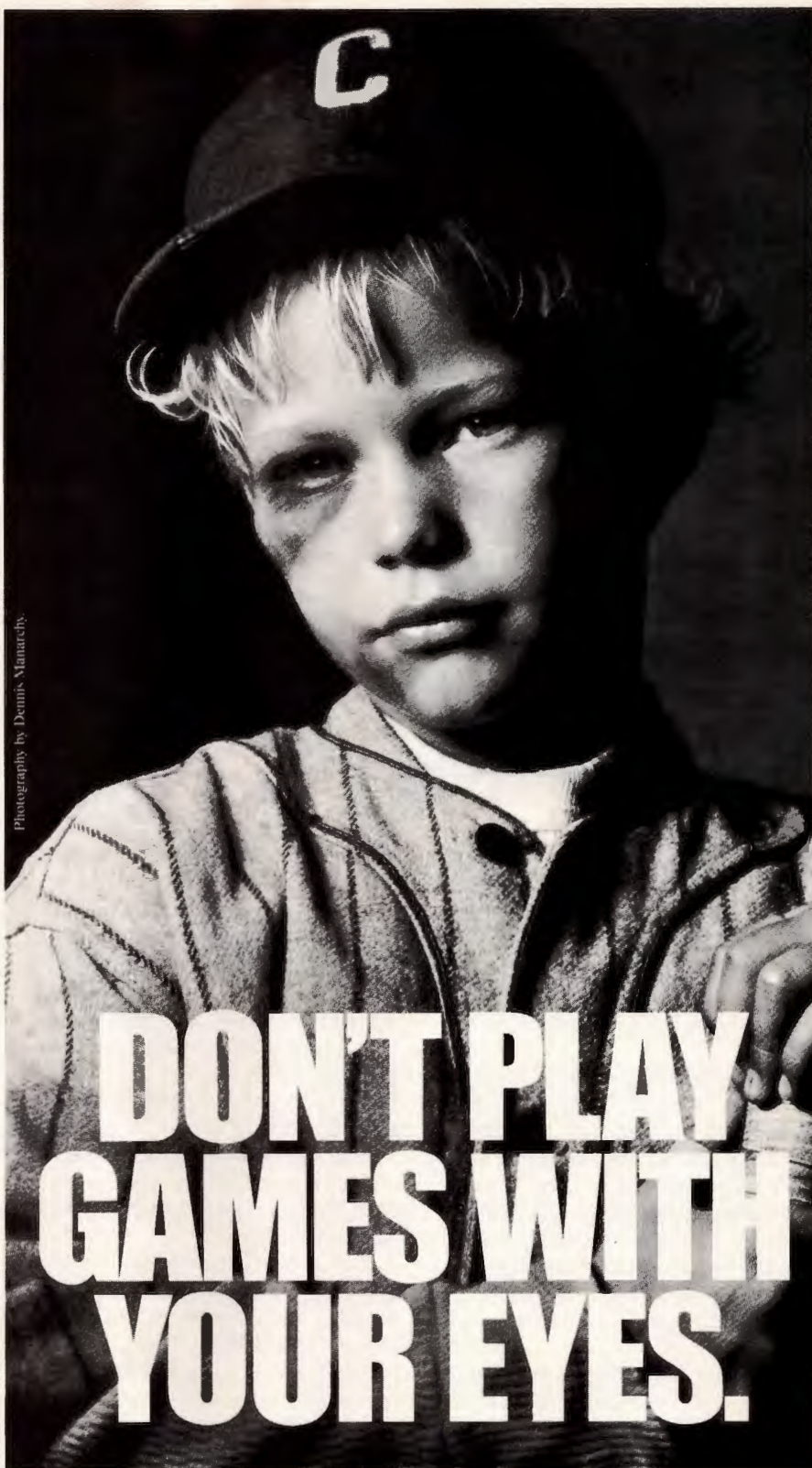
Finals

Harnett d. Andrews

RMA Tour Results This Season

RMA #1 Cliff Swain d. Marty Hogan
RMA #2 Bret Harnett d. Ed Andrews

Photography by Dennis Manarchy



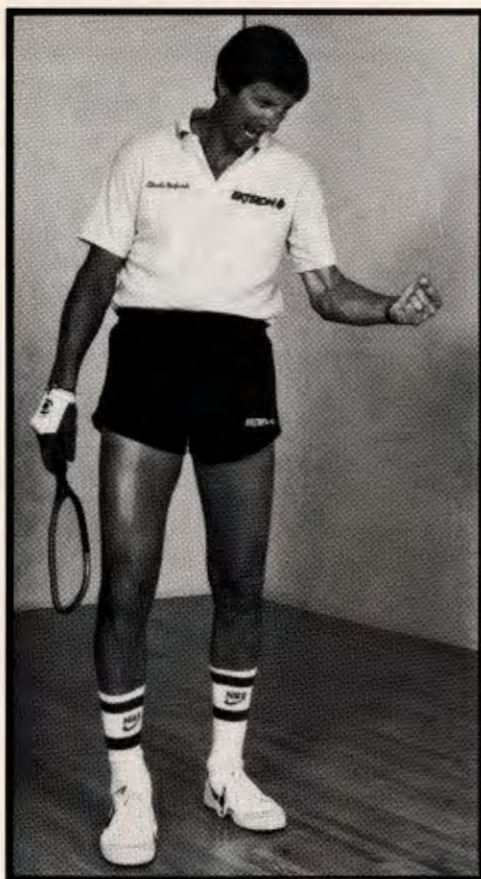
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Ed. Note: What makes Charlie Garfinkel tick? The surface Garfinkel, outrageously obvious at national tournaments or in his immodest writing, clamors for attention. Love him or hate him, there is no denying that he is a racquetball original. Here's what a Buffalo, NY sportswriter had to say about their hometown...hero?

Charlie Garfinkel ceased to exist sometime around 1971. Oh, the phone and electric bills still were addressed to Charlie Garfinkel, and the bank continued to cash checks bearing the name. But that was all on paper. In real life — the forum for tennis, squash and, especially, racquetball — there was no longer a Charlie Garfinkel. There was only The Gar.

The Gar. The persona had been inside Charlie Garfinkel for years, from the post-pubescent day he looked in the mirror and saw legs that had outgrown their body, Sasquatch-sized feet and a nose a Roman would have sent back for alterations. It was there during his years at Buffalo State, when nature fitted function to gangly form, and a tennis racket suddenly became his weapon; each ace and winner weren't their own reward until certified with a joke or wisecrack. It was there when racquetball pushed tennis and squash aside

The Gar

Persona Provides Garfinkel's Edge

by Donn Esmonde

and, as his game developed, so, too, did the comments and self-hype.

Folks may have dismissed the chatter as Just Charlie, but it was more than that. It was the beginning, the birth of an image that would evolve until, one day, Charlie Garfinkel was no more. A bloodless, benevolent coup. Not resisted, but encouraged. After all, why be Just Charlie when you can be The Gar?

The Gar. It is written on the back of his warm-ups, shirts, sneakers and socks. It is not, as someone suggested, inscribed on the back of his one sport coat; but the remark rang true enough to merit verification.

The Gar. He/It is many things: A comedy act, a self-promotional juggernaut, a sly and shameless psyche artist and — oh yes — an uncompromising competitor. His Gardom consists of 15 national and 14 city racquetball titles and a city squash championship, a ranking in the top 10 nationally in racquetball for the four years in the early '70s when he played professionally and — great gosh almighty — actually had a serve named after him.

But all that, once again, is on paper, just as the approximately 300 trophies and plaques he has won are only wood and cheap metal. They only hint at the real story, the true scope of Gardom. Others have won things, too, but they have done so without creating an alter ego that defines and encapsules their being. They are not The Gar, the fitting culmination of an extraverted personality, unique perspective and uncommon talent.

The previous sentence sounds like something he might have said himself. For, unlike most of the human race, The Gar — 6-6, 200 pounds and 47 years old — is unencumbered by the restraints of humility, although just how seriously he

takes himself is another matter.

He describes his strokes and agility as "awesome" and "unbelievable". He arrives for dinner and announces, "It's a pleasure to have me here." He advises tournament directors by letter not to publicize his participation at the risk of "a 30 percent drop in entries". He'll say at the start of a match, "I'm not trying to psyche you out, but how does it feel to be on the court with the top-ranked player in the world in this age group?" He'll hit a winner, turn to his foe, and say, "I guess you don't see shots like that in small towns."

The Gar. After winning a city doubles title in the mid-'70s, he entered the locker room with an accordion and serenaded the losers with a rendition of "Who's Sorry Now".

Such blatant egotism might be stomach-churning from a different source. But the Gar's appearance is, well, its own disclaimer. He's no deeply tanned Hunkatron, but a collection of outsized limbs and appendages wearing wire-rimmed spectacles and topped by a mass of multidirectional hair. The Gar is, in brief, goofy looking.

The overall effect, then, of physique and conceit is not irritating but amusing.

"And if he gets to be too much," says Jim Sylvis, the defending city senior racquetball champion, "you just listen for a while and then kind of wander away".

Gar to opponents: "Don't watch me warm up. You don't want to get discouraged." Gar to a tournament referee: "Are you sure you're qualified to officiate at my level?"

Of course, as The Gar himself admits, "There is a certain segment that is turned off by me."

Understandable. This is, remember, the reading and math teacher who hung his photo on the classroom wall and captioned it with appropriate

(continued on page 8)

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The Gar

(continued from page 6)

headlines: The World According To Gar; So Awesome It's Mind-boggling; A Star Is Born.

The school principal walked in one day, noticed the display, and remarked, "Isn't it customary to put the children's work up?"

The Gar dismissed the thought with a wave, promising, "We'll do that next year."

"The people who know me laughed at it," says Gar of the self-shrine. "People who didn't know me didn't laugh."

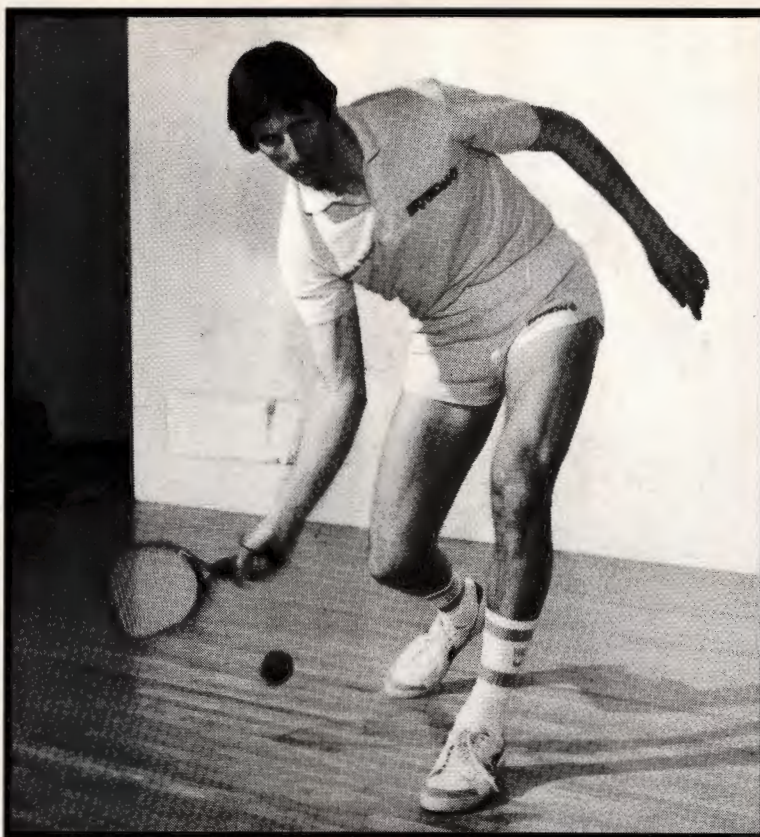
The Gar backlash, however, isn't as strong as he might suspect. Those annoyed by Gar usually don't mind his boasting, which is supported by results. "It's more," said Sylvis, "the fact that they can't beat him."

After all, it's not as if people don't know what to expect. In addition to his various city, regional and national championships, Gar writes for a racquetball magazine and a newspaper, serves on Ektelon's advisory board, spent four years as an analyst for ESPN, has a show on local cable TV and is the pro at two area clubs. Not exactly a low profile.

"People who have known him for a while don't buy any of that boastful stuff," says Chuck Leve, former editor of *National Racquetball* magazine. "The real Charlie Garfinkel isn't that way. He's a guy who's willing to do something for you. He'll beat somebody, come off the court, and offer to give them pointers on their game."

Besides, the Gar is good enough to be categorized as a Character instead of a Jerk.

"He's still a standard by which others, over a 15-year span, have measured their game," says Leve. "If you want that big trophy, you've got to get by Garfinkel somewhere. I still remember days he and I got in the car and drive 1,500 miles to a tournament just because it was there, despite money considerations and family matters. There's just such regard



for him as a guy who has paid his dues and given a lot to the sport."

Why, then, all this business of the Gar? Why not Just Charlie?

Well, for one, his exuberance bursts the seams of conventional personality. This is someone who will, as Sylvis notes, "walk into a locker room, not know any of the six guys in there, and within a minute be

his edge."

If the look doesn't do it, the chatter will.

Racquetball columnist and teaching player Jim Winterton writes: "The player who relies on adrenaline flow is putty in Garfinkel's hands. Charlie will start with, 'gosh, are you playing well,' and 'boy, that's some backhand you've developed, you used to

talking to all of them."

Gardom is also, theorizes Leve, "a way of reminding himself what type of player he is. Like any sport, when you lose your confidence, you lose."

Besides, Gardom's benefits are obvious. Playing against a man with an image is like being double-teamed.

"He goes to a tournament," says Paul Smaldone, a Gar opponent for 16 years, "and the guy he's playing sees his 'Gar' shirt and is watching him warm up and he already has his mind off the game. That's worth a couple of points a game, and it's part of

Gardom's National Triumphs

TENNIS

Year	Title	Age	Site
1971	National Public Parks Doubles	Open	Buffalo
1973	National Public Parks Doubles	Open	Pittsburgh
1974	National Public Parks Doubles	Jr. Vets	Buffalo

RACQUETBALL

Year	Title	Age	Site
1978	DP Leach National Doubles	35	Detroit
1979	AARA National Doubles	35	Sterling, VA
1980	AARA National Singles Invitational	40	Pittsburgh
1980	DP National Singles	40	Tempe
1981	DP National Singles	40	Tempe
1982	AARA National Singles	40	Buffalo
1982	DP National Singles	40	Tempe
1982	National Catalina Singles	40	Chicago
1982	National Catalina Doubles	35	Chicago
1983	National Catalina Singles	40	Chicago
1984	AARA National Masters Singles Invitational	45	Tucson
1984	DP National Singles	45	Atlanta
1985	AARA National Masters Singles	45	Houston
1986	National Masters Singles Invitational	45	Atlanta

skip a lot.'...It gets you thinking 'Gee, what a nice guy,' and of course the subliminal message about the backhands skips may get a skip later when Charlie needs it."

Sometimes the psychology is less conventional. Gar played Leo Marsocci in a final at Penn State a few years back, both having played a number of grueling matches that week. After splitting two games, both were on exhaustion's porch.

Gar, feeling himself cramping, decided to walk around the quarter-mile track before the tiebreaking game. As he rounded the last turn, just before coming into Marsocci's view, he broke into a sprint.

"Oh, I really needed that," announced The Gar. "It really loosened me up."

"You ran the whole way?" asked Marsocci, amazed.

"Sure," said Gar off-handedly.

Mentally poleaxed, Marsocci offered little further resistance.

"And to this day," says Gar, laughing, "he still thinks I ran all the way around the track. I never told him."

But let's pause here to consider the deeper side of Gardom, its source and motivations. Because, when you really think about it, what he's doing with all the boasting and goading and personalized paraphernalia is, essentially, painting a large bulls-eye on his own chest.

This is where the psychology gets tricky. Why, after all, provoke the competition? Why set oneself on a pedestal and dare others to take a swipe?

The answer leads one to another level of Gardom — the basic level, in fact — obscured by the winds of self-promotion.

Gar is, at the core, a competition junkie. Life as a target is a way of heightening the stakes, giving each match the razor's edge that fires the adrenaline and makes the nerve endings twitch.

On the line each time he steps onto the court is not just a match but the sum total of Gardom: The 300 trophies, 15 national titles, 14 city crowns, newspaper clippings, endorsements, boasts and personalized apparel. Gar wants it all out there, teetering in the balance. He's intelligent enough to realize as much.

"Always in sports, I need a challenge. That's why I put myself, my whole image, on the line. It pumps me up."

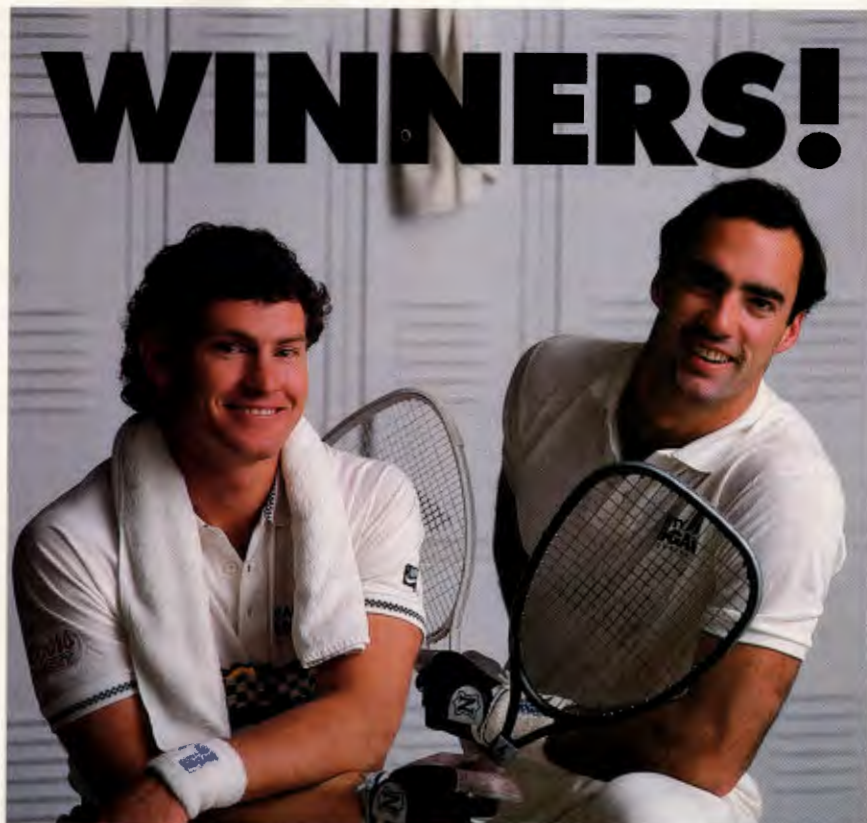
It also, for someone who wins about 90 percent of the time, keeps things interesting. Many of his defeats were a function of boredom, coming, he says, "against people I've beaten 10 times already and shouldn't even be on the court with me."

As Gar understands, nothing motivates like being pushed to the edge of the cliff — especially with all the trappings of Gardom figuratively

strapped to one's back. The element of risk, of danger, is what intensifies the high and makes the triumph rewarding.

"If I'm in a tournament and I'm winning the match, nobody watches," he says. "But when I'm down a game or losing, word spreads and the place will get jammed, because everybody wants to see if I'll lose."

(continued on page 52)



WHO SAYS THERE CAN'T BE TWO WINNERS?

When Marty Hogan and Bret Harnett step on the court their special talent deserves special equipment.

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Marty Hogan Racquetball recognizes AARA's new mandatory eyewear rule, so play hard, but play safe. Wear protective eyewear.

Building The Upper Body

by Dan Obremski

Professional racquetball players know — as do professional bodybuilders — that to improve they must spend time concentrating and practicing the basic movements of their sport. In racquetball, practicing spectacular shots will not make you as consistent as regularly practicing ceiling shots, pass shots, and serves. In the same way consistent basic weight lifting will improve your strength.

This month's article will prepare you to develop more upper body strength. Please note that it is very important to work your body parts equally so that you don't gain muscles unproportionately. The same amount of sets should be done for back muscles as are done for chest muscles, and for biceps as well as triceps. Legs, of course, should be kept in proportion with the upper body by working them an equal number of days per week.

With this selection of exercises and an eager attitude, you can im-

prove your strength and lift your game. Remember to start with light weights and increase slowly.

Back Muscles

To begin working the back muscles, review the amount of sets you've done for your chest. Plan for the same amount of work on your back. A good back routine has a variety of exercises because of the variety and abundance of muscle groups in your upper and lower back. I've gained strength, flexibility, and lost any lower back pain after tough matches through my back work.

Upper Back Exercises

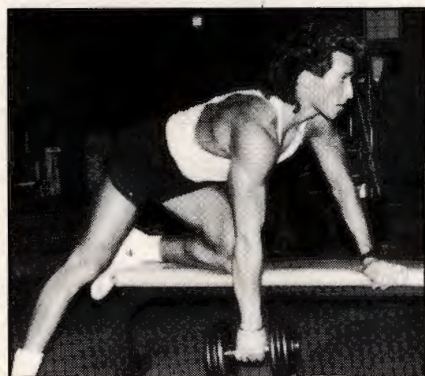
Pull-Up: The pull-up bar must be high enough so that your feet will be off the ground. Use a wide grip on the bar, and slowly pull your body high enough to touch the bar to your chest or the back of your neck. If you are unable to do this, have a friend lift you to the top point, or raise yourself with the help of a chair and lower yourself

slowly (eight count). Do four of these every workout and eventually you'll be able to pull yourself up.

Pull-Down: Sit on a properly adjusted seat or kneel on the ground to ensure a good stretch in your back when you grasp the bar. Using an overhand wide grip, pull the bar down to either your upper chest or the back of your neck on a two count and let the bar up to a full stretch on a four count. This exercise — along with pull-ups — works your whole upper back.

Rows: I think rows are the best all around exercise for the upper back, because they give you an opportunity to work the muscles that are close to the spine (which I call your inner back).

To execute a correct row, good form is important. Make sure, whether you are standing with your back bent in a 90 degree position or seated on a machine, that you keep your back straight. Pull your elbows back as far as possible and flex or squeeze your shoulder blades to-



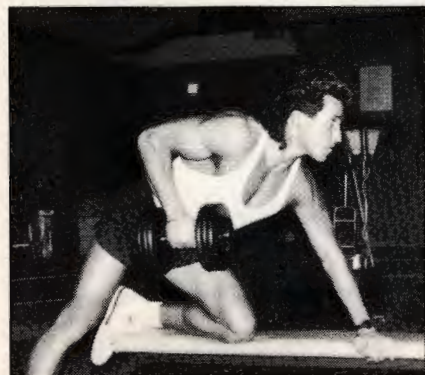
One arm dumbbell raise: begin and finish above, mid-point below.



Chest bar curls: begin and finish above, mid-point below.



Seated incline dumbbell curls: alternate arms, left above and right below.



gether. Use a two count on the pull, a four count on the release and let the weight pull your arms to get a good stretch throughout the back.

One Arm Dumbbell Raises: With one knee on a bench, take a dumbbell with your opposite hand. Lift the dumbbell to the side of your body while keeping the elbow pointed towards the ceiling. Lift on a two count, lower on a four count.

Kneeling One Arm Cable Pulls: Grasp the cable handle above your head. While kneeling on your right knee, pull your right arm to your right side and flex your lat, the muscle on the back of your ribs. Let your arm go back to the top position and allow the weight of the cable to stretch your back. Do the same with your left side.

Lower Back Exercises

Extensions on Bench (roman chair): Lie face down with your legs hooked under pads and your hips and thighs on the front pad. Drop your upper body to a 90 degree angle, then raise to the original position. Do this exercise slowly to prevent injury to your lower back.

Twists Broomstick: This exercise is as much for your stomach and side region as it is for the lower back. Put your arms over a stick that is stretched across the top of your shoulders. Keep your legs about shoulder width apart and bend your knees slightly. Twist fully and slowly from side to side from five to 20 minutes.

Arms

In developing strong arms, it is important to work them as often as the rest of your body and to work your biceps as much as your triceps.

Since flexible arms — and the rest of your body — are important to a racquetball player, it's important that you don't build your arms to the point of restricting motion in your swing.

Bicep Exercises

For proper biceps exercise it is important to stretch at the bottom of the motion and to flex at the top. Also, lift on a two count and lower on a four count. "Curls" start with your hands straight down and facing away from you; the lift finishes as you bring the

weight upward to your shoulders.

Straight Bar Curl: Standing erect, grip the bar with your hands close together or wide apart. With the weight at your thighs, lean back a little to stretch the biceps, and lift the bar to your chest. Flex the biceps and lean forward to exaggerate the flex. Lower the weight slowly.

Seated Dumbbell Curls: Sit on a bench with a dumbbell in each hand. Alternate curls by lifting on one side first, then the next. Lean towards the lifting side as you curl. At the top of each motion flex the biceps.

Isolation Curls: Do this exercise with one dumbbell and concentrate on one arm at a time. It is a very good exercise for someone who wants to strengthen a weaker arm. Sit on a bench and hang a dumbbell between your legs with one arm. Rest the elbow of that arm on its respective knee to get leverage. Lift the weight slowly and concentrate on the feel of the biceps working.

Tricep Exercises

These muscles are on the back of your arm, and oppose the biceps to give you leverage and power as you hit the ball. To keep them in equal proportion to the biceps, work them with the same number of sets.

Push-Downs (pulley machine): Stand with your knees slightly bent, elbows close to your sides, and hands grasping the bar palms downward. Push the bar down to your thighs and flex the triceps. Resist on a four count and allow the bar to rise to your chest.

Dips: These are almost like vertical push-ups and are also a good developer of the outer chest muscles. Most clubs have the waist high bars that let you do this exercise. Grasp the handles and lower your body as far as possible. Push up and flex your triceps.

Lying Extension (bar or dumbbell): Lie on a bench with your arms fully extended straight above your chest, lower the weight backwards carefully to just above your forehead while keeping your elbows stationary. Raise the weight again and flex.

Seated Over-Head Extensions: Use the same motion as lying extension.

(continued on page 47)

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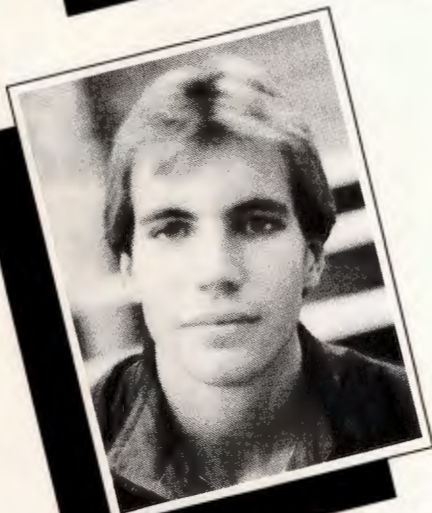
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Lynn Adams



Mike Ray



Steve Strandemo

Lynn Adams, I play a man who tends to block me during our games. I always have room to take a full swing, but he takes a position that prevents me from having a clear shot to the front wall. As a woman, what's the best way for me to deal with this?

C. Jansen, St. Louis, MO

Hit him at the knees with your racquet! Seriously, you have four alternatives. One is to hit ceiling balls over him because by trying to shoot around him, you will generally hit poor shots which angle back to center court. Ceiling balls will at least move him out of the center.

However, you will probably find that you are giving up good offensive opportunities by going to the ceiling. Your second alternative is to educate him so that he stops blocking you. Show him the rules, or this article, so that he realizes his tactics are unfair.

If that fails, and he still blocks your shots, then you have two other choices. One choice is to simply pretend he isn't in your way and go for the shot that he is blocking. This method will educate him and/or make him angry; it also takes a lot of fun out of the game. The last choice you have is to decide not to play him any longer and to look for a new playing partner.

Could **Mike Ray** please tell me if it is a good move to anticipate the side where a drive serve might go? And if it is, what is the best way of doing it?

J. Michaels, Denver, CO

First of all, yes, I would say it is a good move to try anticipating where the drive serve will go, especially if your opponent hits the serve hard. You want to have as much time as possible to set up your return of serve, and guessing correctly sure helps. Of course, guessing wrongly makes it more difficult, so you don't want to be fooled.

A server's footwork will be the most deceptive part of the drive serve motion. Most servers can disguise the direction of the ball by stepping into the same places to hit to either side. For that reason, I never watch his feet when I try to anticipate where the serve will go.

Instead, I watch where the ball has been dropped. That part of the serve is crucial to direction of the ball, and is the most difficult to disguise. For example, cross court serves are generally hit further ahead in a server's stance than down-the-lines.

It will take the beginning part of a match to learn how a particular opponent hits to the left and right sides. Watch all of the serves carefully — without overcommitting yourself to either side — until you have an idea where he or she drops the ball to serve to a specific side.

Steve Strandemo, I recently encountered a right-handed player who pivots to hit a forehand on any drive serve to the backhand side which hits the side wall early. His forehand positioning causes me to rapidly change my court position. Should I move out of the normal position that I maintain for a backhand return? If so, where should I position myself?

R. Forte, Sr., Woodbridge, NJ

This is an excellent question and could take an entire article to answer. I assume the problem occurs when your opponent wants to hit into the far right corner with his forehand, and you, of course, are directly in the way.

There is no place for you to go if he wants to hit to any spot along the entire front wall. I feel you should give him as much room as possible along the left side in this position; I don't feel he is entitled to be able to aim for the front right corner as well. Remember though, when the ball hits the side wall, it will angle towards the center of the court. As the ball angles into center, you must move towards the right side wall, thus leaving the other side wide open.

There is a simple way to prevent this entire situation, and it starts with the serve. Angle your serve so that it doesn't hit the sidewall until deep in the court, and he will not have the opportunity to take it with a forehand stroke. From where you normally serve, aim for a spot closer to center on the front wall, and the serve will be less likely to hit the side wall. ○

The Short-Leg Syndrome

by Dr. Paul Ross, D.P.M.

Why does one hamstring always get injured and not the other? Why will one side of your back always give you discomfort and not the other? Why is one Achilles tendon always sore after playing and not the other?

The answer to this simply may be that one leg is shorter than the other. After you've established that your racquetball shoes are in good condition and that you've stretched properly before playing, check for leg length discrepancies.

The difference in length which can cause a problem can be as little as a quarter to three-eighths of an inch. This is not significant enough to cause a limp during regular activities. However, it is significant enough during repetitive motion to cause stress and strain to either the shorter or longer leg, and sometimes to both.

Evaluation for leg length discrepancies can be a little tricky and must be done in both a sitting and standing position because the problem can result from either an actual discrepancy in leg-bone lengths (structural imbalance), or from a left or right tilted pelvis (functional imbalance).

The tilting of the pelvis that leads to a functional shortage usually implies that the pelvis is rotated to one side more than the other, or that there is an imbalance due to the curvature of the spine. With this, one foot will function differently than the other. The foot on the longer side will try to flatten itself out in an effort to reduce the length of the entire side. This excess motion causes bunions, plantar fasciitis, heel spurs, chondromalacia of the patella (runner's knee), sciatic pain. The foot on the shorter side tends to take more of a pounding, causing shock-related symptoms, such as Achilles tendinitis, knee and ankle pains.

Sit upright in a straight, rigid backed chair, have a friend hold both feet and legs parallel to the ground. Then gently push your back into the chair so your butt is firmly against the

back of the chair. Now look at the inside ankle bones of both feet to see if there is a difference. If there is, you should suspect a short leg.

Before effective treatment can be rendered, a determination of which leg is shorter is imperative. Lying down on the floor or a flat table, have a friend make a mark with a felt tipped pen at identical spots on both hip bones. Use a tape measure to check

"The difference in length which can cause a problem can be as little as a quarter to three-eighths of an inch."

the distance from each spot to the inside of your ankle bones. Then, measure from your belly button to the same spot on ankle bones. Stand up and do the same exact measurements. Be sure, of course, to write down each measurement.

If the measurements show that one leg is shorter — both from standing and lying positions — it indicates a structural shortness. If they are of equal length when lying down, but different when standing, it is a functional shortness.

If you have taken these measurements for curiosity and found a discrepancy, but don't have any short-leg symptoms, you don't really need treatment because your body has probably compensated for it. Therefore, only treat a leg length problem if it is contributing to symptoms.

Treatment is usually directed to the shorter side. Sometimes, just a heel raise is adequate. However, most times a properly functioning orthotic or similar device which extends into the arch is required. Tight muscles can be responsible for a functional leg length discrepancy, which would respond to appropriate stretching.

If symptoms still persist, be sure to have it evaluated by your podiatrist, chiropractor or orthopedic surgeon. So be aware of chronic, nagging, one-sided pains, for they may be simply due to one leg being or functioning shorter than the other. ○

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The Legal Consequences Of Not Wearing Eyeguards

by Terrence Hutton

Terrence Hutton, B.B.A., J.D., is an avid sailor who lives in the Chicago area. He is a lawyer who specializes in representing trade associations and professional societies, including the National Society to Prevent Blindness.

Legal liability is the last thing most people think of when they step onto a racquetball court. Yet, given today's trends both in lawsuits and eyeguard issues, it is something that should not be overlooked.

One question that may arise in the courts is whether or not a person can be held liable for injury inflicted on a playing partner during the course of action. The other question, probably of more widespread concern, involves the potential liability of club owners and tournament sponsors or directors who do not enforce eyeguard use on the court.

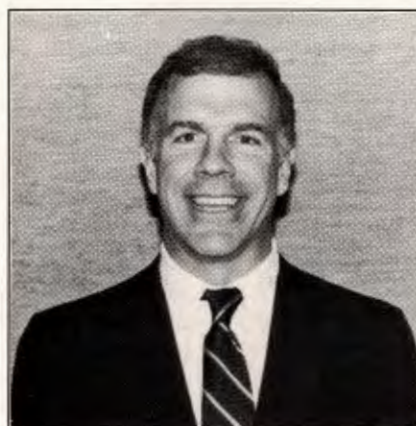
If you hit someone in the eye with your racquet or ball, and cause them permanent injury, could you be held liable in a court of law? The best way to avoid this possibility is to make certain you and your opponent are wearing proper eye protection. That will not only reduce the likelihood of a lawsuit, but save you the anguish of knowing you were responsible — accidentally or not — for blinding someone.

However, if the worst happened, and your opponent did sustain injury and brought suit against you, the court would most likely examine whether or not it happened as a result of a safety violation or a conduct violation.

A conduct violation is one that happens as a result of a misplay during the normal course of the game. The court would probably decide your opponent entered the game aware of the hazard that existed by playing in an enclosed area with swinging racquets and fast-moving projectiles and assumed the potential risk of injury. In this case, an accident that

brings injury would not be likely to result in liability between the players.

A safety violation, however, is one that happens outside the rules of the game and violated a safety rule governing play. For example, if between rallies you throw your racquet or slam the ball (a technical according to AARA rules) and hurt someone be-



cause of it, the court could find that you should be held liable for causing an injury. The most important point, though, is to avoid this situation from ever occurring. Wear eyeguards.

Can club owners or tournament directors or tournament sponsors ever be held liable for an eye injury caused to someone not wearing eyeguards? That is a good question.

The trend is increasing in our society both for lawsuits of these types and the recognition that eyeguards are necessary on the court, so within ten years, probably within five years, there is a good possibility the courts would answer, "Yes".

Generally, the more widely the hazard is known, the greater the possibility of being held liable. For example, helmets and face guards are used everywhere in the sport of football because it is universally recognized that to play without them is potentially dangerous. If a high school were to permit its students to play without the helmet and face guards, there is a very good chance the courts would

hold the high school and coach liable for any injuries caused.

The American Amateur Racquetball Association and the Canadian Racquetball Association have made eyeguards mandatory at all their sanctioned events. That alone is a good indication that the hazards of playing without eye protection are becoming more widely recognized. Add to that the efforts of the National Society to Prevent Blindness and the United States Squash Racquets Association, and you can see that very shortly the courts could decide that playing without eyeguards is hazardous and a failure to require eyeguards constitutes negligence.

Insurance companies may also play a part in influencing the courts' decisions on eye injury liabilities. If club owners are required to mandate eye protection to meet insurance requirements, the courts would likely assume that clubs which do not enforce eye protection may be held liable for injuries on the premises.

Conversely, at this stage, if you don't wear an eyeguard and sustain an injury, you could be found to have contributed to your injury under the legal doctrine of "contributory negligence". The courts could very well decide that you should have known it was possible to sustain injury by failing to use eye protection, much like failing to wear seatbelts in an auto accident.

One more thing to consider in the issue of potential liability is the cost of legal action. Should you, as a player or club owner, ever be sued, it will take time and money to defend the action. Even if you defend successfully, the expense will be needlessly high, especially because it could have been prevented by making sure eyeguards had been worn on the court.

The final thing to consider is this: No amount of suits, countersuits and money can bring back someone's vision. ○

NATIONAL RACQUETBALL READERS' PLAYER OF THE YEAR BALLOT

At the end of the 1987-88 professional racquetball season *National Racquetball* magazine will award the "NR Reader's Choice Award" to one member of the RMA tour and one member of the WPRA tour chosen by our readers through ballots. Winners will receive a trophy and a cruise vacation. Don't miss this opportunity to vote for your favorite player! PLEASE VOTE ONLY ONCE.

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3/88

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Eyeguard Certification

by Sigmund Brouwer

Eyeguards are not much more than cosmetic protection if they disintegrate under low impact conditions. For that reason, some manufacturers submit their product for testing to see that it reaches safety standards.

In the United States, the American Society for Testing and Materials is the ruling body that has set eyeguard standards. Manufacturers who wish ASTM approval in the U.S. must have their eyeguards tested to those standards in an independent laboratory; results are submitted to the ASTM after testing.

In Canada, the standards are very similar; however unlike the ASTM, the CSA is responsible for testing the eyeguards. In both situations, it should be noted, certification is a voluntary process.

The standards required to reach ASTM and CSA approval are rigorous. In one ASTM test, the eyeguard is

soaked in salt water to see if exposure to sweat will weaken it before any impact. Not only must eyeguards withstand high impact of a ball or racquet, they must pass optical tests. Eyeguards that distort light or perception do not receive approval.

This testing is expensive. Above the laboratory costs, the manufacturer must also bear the cost of the countless eyeguards that are destroyed in testing. As well, in the United States, manufacturers must arrange for semiannual, on-site, factory inspection visits by an independent laboratory; in Canada, the CSA itself visits the factory. All inspection costs are borne by the manufacturer. An eyeguard with both ASTM and CSA approval requires testing in both countries, despite the similarity in standards. This can effectively double the manufacturer's testing costs.

There are three major reasons to consider approved eyewear. The most obvious is safety. If the eyeguard has passed rigorous standards, it will give you maximum protection. The second reason is one of commitment — manufacturers who go to the expense of certification are committed to providing you with a quality product. The third reason is the future; at present, the American Amateur Racquetball Association and the Canadian Racquetball Association simply require lensed eyewear at all of their sanctioned events. If, however, either organization makes it mandatory to wear approved lensed eyewear in sanctioned tournaments, it will have a major impact on eyeguard manufacturers and will probably mean an increase in price as they all deal with the expense of certification. ○

Racquet Sports Versus Eyes

A Message From The National Society To Prevent Blindness

In recent studies, researchers clocked squash balls at 140 miles an hour; racquetballs at 127 miles per hour, tennis balls at 110 and badminton shuttlecocks at an astounding 145 miles an hour. Imagine your eyes lying squarely in the path of one of those speeding missiles — the consequences could be devastating.

The National Society to Prevent Blindness reports that racquet sports — including tennis, racquetball, squash and badminton — have been identified as the leading cause of eye injuries for those over 25 years of age.

The number of eye injuries associated with racquet sports has prompted the Society to renew its intensive campaign to prevent sport-related eye injuries through a public and professional education crusade nationwide.

First and foremost, the Society wants to convince amateur and professional athletes alike that most eye injuries in racquet sports are preventable if players will wear sufficient eye protection.

The society warns that regular prescription glasses, both lenses and frames, are not designed to withstand the forces encountered in sports activities. If regular glasses are struck with sufficient impact, they can and do break. Contact lenses offer no protection. The result in either case can be a very serious injury.

Equally useless are eye guards without lenses, which provide a false sense of security. A ball travelling at far below the fastest speeds can penetrate the frame and hit the eye full force.

Why are racquet sports so dangerous? Medical authorities report that the balls used in these sports fit neatly into the bony orbit of the skull surrounding each eye, allowing the full force of the ball to strike the eye. Further, at high speeds the ball flattens out dramatically, smashing it into a large pancake on impact. That means players can suffer eye injuries even if they are hit on the cheek or the forehead.

Balls are not the only weapons in

racquet sports. Racquets have been timed at speeds up to 90 miles an hour and cause 40 percent of eye injuries in racquet sports.

Yet, despite these concerns, experts believe that at least 90 percent of all eye injuries could be prevented if proper eye protection were worn. The only type of eye protection now recommended for sports are those with both the lenses (including corrective prescription lenses) and frames made of polycarbonate plastics, or molded, one-piece protectors also made of polycarbonate material.

So don't play games with your eyes. When you suit up for racquet sports, be sure to include the proper type of eye protectors.

For information on sports eye safety, contact: National Society to Prevent Blindness, 500 East Remington Road, Schaumburg, IL 60173-4557. The Society, founded in 1908, is a leader in providing programs and services to preserve sight and prevent blindness. ○

Focus On Eyeguards

by Luke St. Onge

On December 1, 1987, the AARA introduced a new rule. It required that all players in AARA sanctioned tournaments must wear lensed eyeguards while playing. In this article, Luke St. Onge, the AARA's executive director, examines the response that the AARA has received as a result of the new rule.

The initial wailing and gnashing of teeth regarding the mandatory eyeguard ruling is now over, and the new lensed eyeguard regulation is in full force throughout the United States.

What is the verdict after two months of enforcement? Our membership has accepted and enforced the rule most enthusiastically. We

In fact, we know of 10 clubs that have taken our lead and made eye protection mandatory on their courts. Obviously the lensed eyewear requirement is a timely rule.

I had the opportunity to read the December issue of *Handball Magazine* recently, and interestingly enough, several editorials dealt with whether or not it is in the best interest of handball to make protective eyewear mandatory. It held the same pro and con arguments that we had fought over for the past 20 years!

Based on the AARA response, I wanted to urge them to do it — to do what's right for the sport — knowing that their membership would applaud the organization for taking a



Andy Roberts, who was wearing eyeguards, escaped injury after an errant ball hit the side of his face in a match against Ross Harvey during the 1987 Pan Am Games.

have received more positive response on this rule from the entire racquetball community nationwide than any other rule change in our history.

Comments such as "It should have been done a long time ago", "It's about time", "The sport is growing up", "Good move," and "I really like the rule", are commonplace. Granted, there are still those who oppose the rule and they'll always feel that way. But we've debated the issue in detail and it's not necessary to argue it any further.

leadership position on the issue.

In retrospect, perhaps the rule should have been passed earlier. However, in a democratic organization such as the AARA, things are not always done overnight. Regardless of how long it took, the rule is now in place, doing well, and we can all be proud of the outcome.

A special thanks goes to Michael Arnolt, National Rules Commissioner, and his committee, for having the foresight and tenacity to bring this important rule change to amateur racquetball. ○

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Eye Protection in Racquet Sports:

Dr. Easterbrook is an associate professor at the University of Toronto, a staff ophthalmologist at Toronto General Hospital and Wellesley Hospital, a consultant at Princess Margaret Hospital, and eye surgeon for the Toronto Maple Leafs hockey team. He is chairman of the Canadian Standards Association's task force on eye protection in racquet sports and a member of the Sports Medicine Committee of the Canadian Ophthalmological Society and the F8 Sports Eye Protection Committee of the American Society for Testing and Materials. He is also a consultant to the National Society to Prevent Blindness and the Canadian and U.S. Squash Racquets Associations.



In brief: A growing number of eye injuries in squash and racquetball in the late 1970s triggered research on eye protectors for these sports. The investigations showed that lensless eyeguards were ineffective and that the frames of some lensed eyeguards shattered when hit by a ball. Subsequently, Canadian and U.S. organizations set standards for eyeguards, requiring that the devices protect the eye from a ball traveling at 90 mph. Seven commercially available eyeguards now meet the Canadian or U.S. standard or both. Polycarbonate is the best lens material for eyeguards. There is no substitute for approved eyeguards, neither experience nor ordinary prescription glasses nor lensless eyeguards provide good protection.

As interest in physical fitness grew in the 1970s, individuals of all ages took up the intensely competitive games of squash and racquetball (table 1). Players of different athletic abilities, ages, reflexes, and refractive errors played games involving missiles traveling as fast as 140 mph (table 2) in an enclosed space. Although squash had been

played for 100 years, it was the advent of pay-as-you-play commercial clubs that sparked the interest in squash and racquetball in North America. Many competitive people who were unable to play team sports found the speed, the competition, and the opportunity to belt a small ball into a concrete surface to be satisfying and exhilarating. Eye protection was essentially nonexistent.

As racquetball enthusiasts took over handball courts, some players embraced the view that open (lensless) eyeguards provided some protection. However, common sense and experience in the late 1970s and early 1980s suggested that this protection was minimal in squash and probably nonexistent in racquetball.

The risk of significant eye injury to an unprotected individual who plays squash three days a week for 25 years is approximately 25%. Because of reports of increasing numbers of injuries in both squash and racquetball (table 3), the Canadian Standards Association (CSA) in the late 1970s

commissioned experiments using high-speed film to assess the eyeguards that were commercially available at the time. Bishop in Canada and C.A. Morehouse, Ph.D., at Pennsylvania State University (unpublished data) demonstrated that the open eyeguard did not prevent racquetball and squash balls fired at a head form, from hitting the eye. The tests showed that lensed protectors generally were adequate to prevent injury, though in some of the cases the frames shattered while the

lenses remained intact.

Eyeguard Standards

In response to these findings, the CSA passed a preliminary standard for eye protectors in racquet sports in 1982; it has since been revised twice. The standard says that to be certified, an eyeguard must withstand a racquetball or squash ball directed from the front and at the hinge at a speed of 90 mph.

The American Society for Testing and Materials (ASTM) passed an eyeguard standard in 1983 and revised it in 1985 and 1986; the present standard is similar to that of the CSA. By the late fall of 1986 three types of eyeguards, including two of the CSA-certified devices, had met the 1985-86 ASTM standard in tests by a commercial laboratory (Detroit Testing Laboratories). Manufacturers' representatives, ophthalmologists, physicians, and racquet sport organizations have formed a sports certification council under the auspices of the National Society to Prevent Blindness in an attempt to certify eye protectors for general use by squash and racquetball players in the United States.

Lens Materials

Most eyeguards today have lenses made of either polycarbonate

Table 1. Squash and Racquetball Participation and Facilities in the U.S. and Canada*

	Canada	United States
Racquetball		
Players	200,000	10,000,000
Courts	1,600	20,000
Squash		
Players	200,000	1,000,000
Soft (international ball users)	175,000	Rare
Hard (70+ ball users)	25,000	1,000,000
North American courts†	800	3,000
International courts†	450	<10

*Compiled from data from the U.S. Squash Racquets Association, Canadian Squash Racquets Assoc., American Racquetball Assoc., and Canadian Racquetball Assoc.

†An international court is 2-1/2 ft. wider than a North American court.

Table 2. Ball and Racquet Speed Ranges for "A" Players*

	Speed (mph)
Racquetball	
Ball	85-110
Racquet	85-90
Squash	
Ball	130-140
Racquet	95-110

*From "Standard Specifications for Eye Protectors for Use by Players of Racquet Sports," Standard 803-3, American Society for Testing and Materials, Philadelphia, 1983.

An Update

by Michael Easterbrook, MD, FRCS(C)

or plastic. Plastic lenses of industrial safety thickness CR 39 (with a center thickness of 3 mm) may be used in eyeguards, but they are less impact

rebuttals.

1. *Experience protects a squash or racquetball player.* The appearance of an "A" squash or racquetball

"The appearance of an 'A'...player with a large hyphema in an emergency department or ophthalmologist's office is not uncommon.... Experience... suggests that better players face an increased risk of injury, because such players never take their eyes off the ball."

resistant than polycarbonate, they are thicker in most prescriptions, and, unless specially coated, they scratch more easily. Polycarbonate, the most impact-resistant clear material yet developed, has 7.6 times

player with a large hyphema in an emergency department or ophthalmologist's office is not uncommon. Players feel that experience protects the "A" or "B" player. Experience, however, suggests that better players face an increased risk of injury, because such players never take their eyes off the ball.

Novices tend to watch the front wall more than the ball and therefore are probably less likely to suffer an eye injury. In one prospective study from New Zealand, for example, the highest incidence of facial injuries over a one-year

period occurred at the top level. Furthermore, in one of my studies, the mean experience level in a series of squash players who suffered eye injuries was almost six years. For another example, a group of past U.S. national champions with a combined total of 100 years of competitive experience were playing doubles squash when one player was struck through an open eye-guard by a 70+ ball (a type of ball used widely in the U.S.; harder and heavier than the international ball), causing a retinal detachment and permanent loss of field.

Table 3. Eye Injuries in Canada, 1978-1986*

	Squash	Racquetball
Lid hemorrhage	57	42
Lid laceration	36	19
Subconjunctival hemorrhage	31	14
Corneal abrasion	44	32
Corneal lacerations requiring surgery	6	2
Iritis	26	26
Iris tear or dialysis	10	8
Angle recession	18	3
Hyphema	113	102
Secondary hemorrhage	5	4
Cataract	8	6
Vitreous/retinal hemorrhage	17	21
Macular scar	7	5
Retinal detachment	10	3
Orbital fracture	3	1
Total	391	288

*From T.J. Pashby, MD, University of Toronto, unpublished data, March 1987.

as much resistance as CR 39 plastic. Polycarbonate lenses weigh half as much as similar prescription glass lenses, and the coated polycarbonate now available is fairly close to glass in scratch resistance. Polycarbonate lenses are usually available for a prescription range of +6.00 to -6.00 D with cylinders up to 3.00 D, and stronger prescriptions may be obtained by special order.

Excuses for Not Using Eyeguards

Despite the availability of effective eyeguards, squash and racquetball players use various excuses for not wearing them. Here are four of the most popular excuses, followed by

(continued on page 22)

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Eye Protection

(continued from page 21)

2. Ordinary prescription lenses, whether hardened glass or plastic, provide protection to squash and racquetball players. In Canada, 21 players have sustained serious ocular injury when a prescription lens, either hardened glass or plastic, shattered

and patients that the open eyeguard, particularly in racquetball, gives players a false sense of security, so that they follow the ball more closely and perhaps incur a higher rather than lower risk of eye injury.

In the late 1970s many ophthalmologists in the U.S. and Canada treated racquet sport players for eye injuries the players suffered while wearing open eyeguards. By 1980 many ophthalmologists were publicly declaring that these eyeguards were not effective against a racquetball or squash ball. Table 5 presents data about 80 injuries that were sustained by Canadian players

wearing open eyeguards.

4. "I cannot wear an eyeguard because it is uncomfortable; it distorts my vision." Players who wear prescription streetwear glasses have very little difficulty wearing eyeguards for squash, racquetball, or doubles tennis. Players who put them on for the first time may discard them. But these same players wear sunglasses, and any player who can wear sunglasses can wear a pair of eyeguards around the house for a weekend and thereby become accustomed to them. In 1985 and 1986, eyeguards with an antifog coating became available.

tered into the eye. A racquetball or squash ball typically carries more energy than a .22 caliber bullet (table 4), so it is not surprising that prescription glasses shatter on the court.

Only polycarbonate prescription lenses should be worn. If the prescription is not available in polycarbonate, CR 39 lenses with a center thickness of 3 mm can be used.

3. Open eyeguards provide some protection. During the 1970s a number of eyeguard manufacturers distributed lensless polycarbonate eyeguards. Some squash players have told us that lensless eyeguards have protected them against eye injury from racquets in squash, a sport in which 40% of eye injuries are caused by the racquet and 60% by the ball. These eyeguards are of no value, however, against the ball — which causes 95% of eye injuries in racquetball. It is my distinct impression from coaches, players,

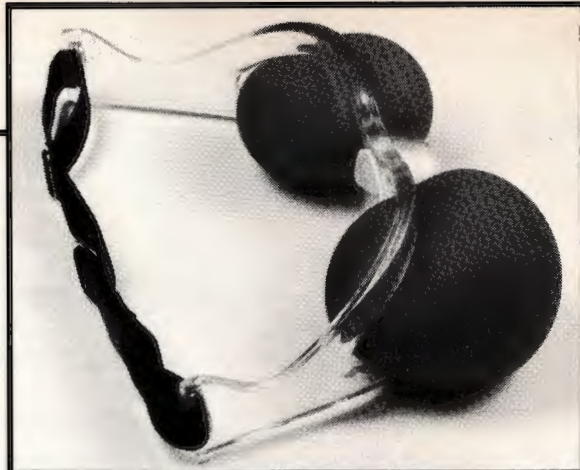


Table 4. Energy Levels of Balls in Squash and Racquetball as Compared to Minimum Standard for Industrial Safety Glasses

	Force on Impact
Racquetball	
1.4 oz. ball at 128 mph	29.0 ft.-lb.
1.4 oz. ball at 78 mph	17.8 ft.-lb.
Squash	
70+ ball (1.25oz.) at 100 mph	23.6 ft.-lb.
International ball (0.846 oz.) at 100 mph	16.0 ft.-lb.
American National Standards	0.6 ft.-lb.
Institute resistance standard Z87 for industrial safety lenses	

Mandatory Eye Protection

The military services and many private clubs, YMCAs, and universities have made eyeguards mandatory for indoor racquet sports. In 1983, before the ASTM and CSA began approving eyeguards, the U.S. Squash Racquets Association (USSRA) made eyeguards mandatory at national championships for all levels of play. Some resistance was expected. However, the degree of acceptance was surprising: once all players had to wear lensed eyeguards, everyone faced the same problem and few resisted. In 1986, lensed eyeguards were made mandatory at all USSRA sanctioned tournaments.

Conclusion

An increase in eye injuries among squash and racquetball players in the late 1970s prompted research on ball and racquet speeds and eye protectors. On the basis of these investigations, Canadian and U.S. testing organizations set standards for eyeguards. In late 1986 several types of eyeguards were certified in Canada and the United States as providing good protection for squash and racquetball players.

Any player can wear a closed eyeguard. Newer eyeguards meet strict performance standards, and antifog coatings are available on many of these devices. With excellent eye protection available on the market, it behooves all physicians and others interested in protecting eyesight to encourage racquet players to wear approved eyeguards. ○

**References available through
National Racquetball Editorial
Department.**

Table 5. The First 80 Injuries Sustained by Canadian Racquet Sport Players Wearing Open Eyeguards

Type of Injury	Number
Lid hemorrhage	11
Lid laceration	3
Corneal abrasion	10
Iritis	8
Hyphemas	56
Cause of Injury	
Ball	77
Racquet	3
Mechanism of Injury	
Ball penetrated eyeguard	69
Eyeguard displaced	11

Eyeguards:

A Manufacturer's Viewpoint

by Robert Hvistendahl

Robert Hvistendahl is president of Viking Sports and a former board member of the California Amateur Racquetball Assoc.

Football saw it happen, hockey saw it happen, many sports have seen it happen. Yes, mandatory personal protection is neither unique nor original to racquetball. In fact, we are a "Johnny come lately" in the sports world as we mandate eye protection.

The pros and cons of mandatory eye protection have been debated and are well known to anyone who was truly interested. As we all know, the first step has been taken and implemented effective December 1, 1987. I say "first step" because it is only the first step.

We racquetball players are following in the footsteps of another closely related court sport, squash. When we finally decided to mandate eye protection, the squash world had already required it for all USSRA (United States Squash Racquets Association) sanctioned tournaments. That was the squash world's "first step". Now the question is, "What is our second step?"

As I see it, there are several ways we can take our "second step." I have talked to many club owners who have made lensed eye protection mandatory for all club members or users. This approach takes a careful analysis of the clubs market position. If the club is successful with its racquetball program nothing is really lost, but everything is gained...no eye injuries, no eye injury related lawsuits, no "bad vibes" from a photon ball eye injury or worse, and probably lower insurance premiums.

As any club owner will tell you, the insurance premium is one of their big overhead items. What would happen if an owner could save 10% in premiums by requiring eye protection of all players. We know that answer, don't we? Could this really happen? Have you noticed the disappearance of complimentary razors at your club? I did at my club and upon inquiry was

told that the insurance company told them to remove the razors from fear of transmittal of AIDS from one club member to another! Do you know or have you even heard of, anyone who contracted AIDS by razor? Now ask yourself the same question for eye

unprotected eye and almost quit the game. Tell me how much that eye protection would have been worth to he and I.

At this time, the impact and optical standards of the American Standards for Testing and Materials

"Another way would be to follow the lead of the squash world. Recently, the USSRA made lensed eye protection a rule of the game."

injuries. Eye injuries are the biggest risk that clubs and their insurance companies face at this time.

Another way would be to follow the lead of the squash world. Recently, the USSRA made lensed eye protection a rule of the game. Just like a double bounce is a point or side out, no eye protection means no-game. And why not? I hit my best friend in his

(ASTM) are not a part of our AARA rule, but I believe it is only a matter of time. There is a lot of lensed eye protection on the market that will never be submitted, much less meet ASTM Standards. I would, therefore, suggest buying only eye protection that has met the standard.

What effect has the AARA rule had
(continued on page 46)

"Since I've been stringing with SuperKill II I haven't broken a single string."

When you have that kind of confidence in your string you can concentrate fully on your game. And SuperKill II gives me amazing control — I get a true bounce off my racket. If the ball doesn't come out right, it's *my* fault. SuperKill II is a great racquetball string."

Caryn McKinney

#2 WPRA Ranking



ASHAWAY
RACKET STRINGS
MADE IN USA

Eyeguards

1988...Vision Protection

MANUFACTURERS

American Optical
14 Mechanic Street
Southbridge, MA
01550
(617) 765-9711

Bolle-Yarrow
Distributing
5301 E. 38th Avenue
Denver, CO 80207
(800) 321-4734
(303) 320-4734

Diversified Products
309 Williamson Avenue
Opelika, AL 36803
(205) 749-9001

Dynex Sports Optics
USA
An authorized licensee of
Wilson Sporting Goods
77A Temple Avenue
Hackensack, NJ 07601
(201) 343-2520

Ektelon
8929 Aero Drive
San Diego, CA 92123
(800) 854-2958
(619) 560-0066

Itech Sport Products
U.S.A., Inc.
Box 309
St. Albans, VT 05478
(802) 524-9095

Jones Optical Company
6367 Arapahoe Road
Boulder, CO 80303
(800) 321-8300
(303) 447-8727

Leader Sports
Products, Inc.
60 Lake Shore Road
Essex, NY 12936-0271
(800) 847-2001
(518) 963-4268
(800) 341-2722 NY

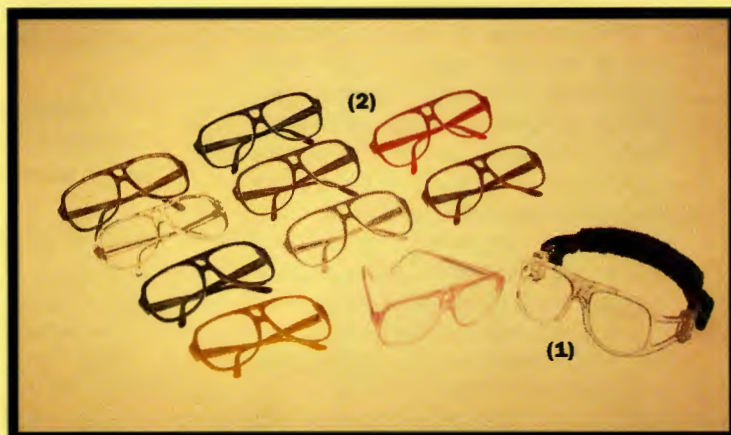
Liberty Optical
380 Verona Avenue
Newark, NJ 07104
(201) 484-4100

Peepers Inc.
Box 951, Station A
Hamilton, Ontario
L8N 3P9
(416) 525-3369

Unique Sports
840 McFarland Road
Alpharetta, GA 30201
(404) 442-1977

Victory Optical
1 Victory Plaza
Newark, NJ 07102
(201) 643-7844

Viking Sports
5355 Sierra Road
San Jose, CA 95132
(800) 535-3300
(408) 923-7777



Viking Sports

THOR (1)

Suggested Retail: \$29.95
Features: clear silicon nose and temple pads, one piece wrap around with elastic head band for extra temporal protection, scratch protection
Composition: cellulose acetate frame
Type of lens: 3mm polycarbonate
Interchangeable lens: yes
Degree of view: meet peripheral optical standards of CSA & ASTM
Weight: 2 oz.
Anti-fog: yes
Adjustable head band: yes
Sizes available: small, medium, large
Colors available: clear
CSA Safety Standard: yes
ASTM Safety Standard: yes

ACTION EYES (2)

Suggested Retail: \$29.95
Features: heavy duty ophthalmic frame designed by Bausch and Lomb, seven barrel hinges riveted through frames and temples. Adjustable wire core temples, scratch resistant lenses
Composition: cellulose acetate frame
Type of lens: 3mm polycarbonate
Interchangeable lens: yes
Degree of view: meet peripheral optical standards of CSA & ASTM
Weight: 1.25 oz.
Anti-fog: yes
Adjustable head band: yes
Sizes available: one size fits all
Colors available: clear, white, black, fire red, forest green, stormy blue, plum rose, lilac, sun yellow, mahogany, teak, opaque pink, opaque blue, red/white, silver/blue, black/white, blue/crystal, red/crystal
CSA Safety Standard: yes
ASTM Safety Standard: yes
Special features: Limited edition fashion colors come with Croakies, eyeglass retainer and special carrying case.

Ektelon

SENTINEL (1)

Suggested Retail: \$24.99
 Features: designed to be worn over prescription eyewear, contoured fit
 Composition: polycarbonate material
 Type of lens: polycarbonate scratch resist
 Interchangeable lens: no
 Degree of view: full-field vision
 Weight: 2 oz.
 Anti-fog: no
 Adjustable head band: yes, detachable
 Sizes available: one size fits all
 Colors available: clear with navy headstrap
 CSA Safety Standard: not tested
 ASTM Safety Standard: no

NEW SIERRA (2)

Suggested Retail: \$19.99
 Features: one piece hingeless, strong and durable
 Composition: polycarbonate
 Type of lens: polycarbonate - shatter resist
 Interchangeable lens: yes
 Degree of view: full field
 Weight: 1.6 oz.
 Anti-fog: no
 Adjustable head band: yes, detachable
 Sizes available: one size fits all
 Colors available: clear with navy headstrap
 CSA Safety Standard: not tested
 ASTM Safety Standard: no

NEW COURT GOGGLES (3)

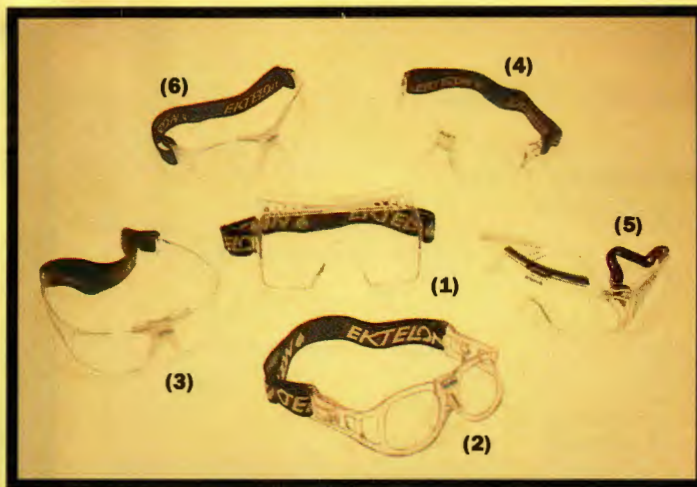
Suggested Retail: \$18.99
 Features: clear lightweight one piece wrap-around, comes with Ekta-clear anti-fogging wax
 Composition: polycarbonate
 Type of lens: polycarbonate - pierce and shatter resistant
 Interchangeable lens: no
 Degree of view: full field, distortion free
 Weight: 1.5 oz.
 Anti-fog: no
 Adjustable head band: yes, detachable
 Sizes available: one size fits all
 Colors available: clear with navy headstrap
 CSA Safety Standard: not tested
 ASTM Safety Standard: no

REGENT (4)

Suggested Retail: \$16.99
 Features: one piece wrap-around, molded nose bridge to absorb shock
 Composition: polycarbonate
 Type of lens: 3mm polycarbonate
 Interchangeable lens: no
 Degree of view: full frontal and peripheral
 Weight: 1.5 oz.
 Anti-fog: no
 Adjustable head band: yes, detachable
 Sizes available: one size fits all
 Colors available: clear with navy headstrap
 CSA Safety Standard: not tested
 ASTM Safety Standard: no

NEW QUANTUM (5)

Suggested Retail: \$14.99
 Features: hinged eyeguard perforated venting, pivoting headstrap
 Composition: polycarbonate
 Type of lens: polycarbonate, pierce and shatter resistant
 Interchangeable lens: no
 Degree of view: full field
 Weight: 1.5 oz.
 Anti-fog: yes
 Adjustable head band: yes, detachable
 Sizes available: one size fits all
 Colors available: clear with navy headstrap
 CSA Safety Standard: not tested
 ASTM Safety Standard: pending



SPECTER (6)

Suggested Retail: \$10.99
 Features: lightweight, stylish eyeguard with molded nose bridge
 Composition: polycarbonate
 Type of lens: polycarbonate
 Interchangeable lens: no
 Degree of view: full field peripheral
 Weight: 1.5 oz.
 Anti-fog: no
 Adjustable head band: yes, detachable
 Sizes available: one size fits all
 Colors available: clear with navy headstrap
 CSA Safety Standard: not tested
 ASTM Safety Standard: pending

Peepers Inc.

ULTIMATE 900 (1)

Suggested Retail: \$35.00
 Features: designed to take prescription lenses, attractive unisex design, carrying case included
 Composition: polycarbonate frame
 Type of lens: polycarbonate
 Interchangeable lens: yes
 Degree of view: total
 Anti-fog: yes
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: clear only
 CSA Safety Standard: no
 ASTM Safety Standard: no

DEFENDER 600 (2)

Suggested Retail: \$29.00
 Features: extra wide angle peripheral vision, polycarbonate frame, foam cushions included for added protection and comfort
 Composition: polycarbonate
 Type of lens: polycarbonate - scratch and impact resistant
 Interchangeable lens: yes
 Degree of view: total peripheral view
 Anti-fog: no
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: clear only
 CSA Safety Standard: yes
 ASTM Safety Standard: not tested



Liberty Optical

SPORTCOLORS (1)

Suggested Retail: \$57.00 with plano lenses
 Features: vented design, carrying case, Kraton padding-nose and temporal areas
 Composition: acetate
 Type of lens: 3mm plano polycarbonate
 Interchangeable lens: no
 Degree of view: allows for peripheral vision
 Weight: N/A
 Anti-fog: yes
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: blue pad/ivory, white pad/yellow, white pad/navy, white pad/burgundy
 CSA Safety Standard: not tested
 ASTM Safety Standard: yes

SPORTGOGGLE II (2)

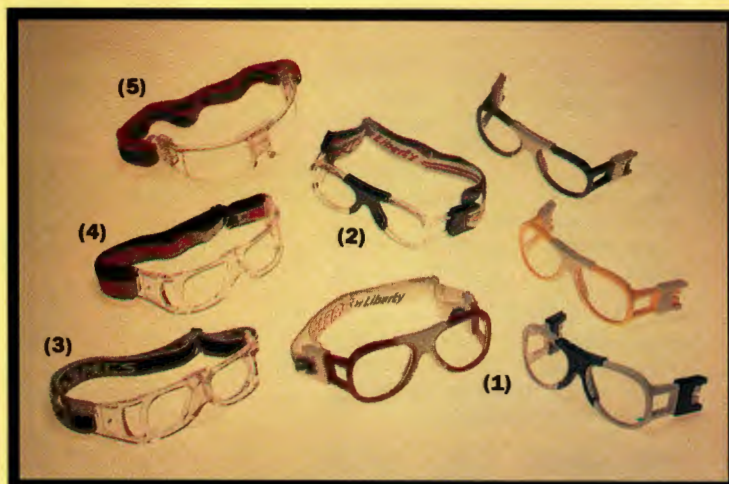
Suggested Retail: \$52.00 with plano lenses
 Features: vented design, carrying case, Kraton padding-nose and temporal areas
 Composition: acetate
 Type of lens: 3mm plano polycarbonate
 Interchangeable lens: no
 Degree of view: allows for peripheral vision
 Weight: N/A
 Anti-fog: yes
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: white, red, or blue padding on crystal
 CSA Safety Standard: not tested
 ASTM Safety Standard: yes

SUPER REC SPECS (not shown)

Suggested Retail: \$47.00 with plano lenses
 Features: vented design, carrying case, Kraton padding-nose and temporal areas, engineered for prescription lenses
 Composition: acetate
 Type of lens: 3mm plano polycarbonate
 Interchangeable lens: no
 Degree of view: allows for peripheral vision
 Weight: N/A
 Anti-fog: yes
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: crystal, red or blue pad on crystal
 CSA Safety Standard: not tested
 ASTM Safety Standard: not tested, meets ANSI Z-87.1*

REC SPECS (3)

Suggested Retail: \$47.00 with plano lenses
 Features: vented design, carrying case, Kraton padding-nose and temporal areas
 Composition: acetate
 Type of lens: 3mm plano polycarbonate
 Interchangeable lens: no, engineered for prescription lens
 Degree of view: allows for peripheral vision
 Weight: N/A
 Anti-fog: yes
 Adjustable head band: yes
 Sizes available: small, large, extra large
 Colors available: crystal
 CSA Safety Standard: not tested
 ASTM Safety Standard: not tested, meets ANSI Z-87.1*



JUNIOR REC SPEC (4)

Suggested Retail: \$47.00 with plano lenses
 Features: vented design, carrying case, vinyl padding-nose and temporal areas
 Composition: acetate
 Type of lens: 3mm plano polycarbonate, engineered for prescription lens, children/teenagers
 Interchangeable lens: no
 Degree of view: wrap-around design
 Weight: N/A
 Anti-fog: yes
 Adjustable head band: yes
 Sizes available: small, large
 Colors available: crystal pad on crystal, blue pad on crystal
 CSA Safety Standard: not tested
 ASTM Safety Standard: yes

SPORTSHIELD (5)

Suggested Retail: \$46.00
 Features: one piece polycarbonate construction, vinyl padding-nose and temporal areas
 Composition: polycarbonate
 Type of lens: polycarbonate
 Interchangeable lens: no
 Degree of view: wrap-around design
 Weight: N/A
 Anti-fog: yes
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: amber, grey, crystal
 CSA Safety Standard: not tested
 ASTM Safety Standard: yes, impact certification for racquetball

Diversified Products

SPORT GLASSES (46-1850)

Suggested Retail: \$19.99
 Features: rubber padding, elastic band
 Composition: distortion free polycarbonate
 Type of lens: one piece frame and lens
 Interchangeable lens: no
 Degree of view: 180°
 Weight: lightweight
 Anti-fog: ventilated frame
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: N/A
 CSA Safety Standard: N/A
 ASTM Safety Standard: complies ASTM F803-86

Jones Optical Company

SIERRA (1)

Suggested Retail: \$40.00-\$50.00, price depends on lens choice

Features: all lenses are guaranteed for life against breakage, blocks out 100% of harmful rays, meet OSHA standards

Composition: hand-made nylon frame

Type of lens: carbonite 360, 15 options

Interchangeable lens: no

Degree of view: optically perfect

Weight: lightweight

Anti-fog: no - anti-fog paste available

Adjustable head band: interchangeable cable, straight temple

Sizes available: one size fits all

Colors available: black, demi, bordeaux, navy, orange, yellow

CSA Safety Standard: no

ASTM Safety Standard: yes

ADVENTURER (2)

Suggested Retail: \$40.00-\$50.00, price depends on lens choice

Features: all lenses are guaranteed for life against breakage, blocks out 100% of harmful rays, meet OSHA standards

Composition: hand-made nylon frame

Type of lens: carbonite 360, 15 lens options

Interchangeable lens: no

Degree of view: optically perfect

Weight: lightweight

Anti-fog: no - anti-fog paste available

Adjustable head band: interchangeable temples

Sizes available: one size fits all

Colors available: black, navy, grey, demi

CSA Safety Standard: no

ASTM Safety Standard: yes

RAVES (3)

Suggested Retail: \$47.00-\$57.00, price depends on lens choice

Features: all lenses are guaranteed for life against breakage, blocks out 100% of harmful rays, meet OSHA standards

Composition: hand-made nylon frame

Type of lens: carbonite 360, 15 lens options

Interchangeable lens: no

Degree of view: optically perfect

Weight: lightweight

Anti-fog: no - anti-fog paste available

Adjustable head band: no

Sizes available: one size fits all

Colors available: white, black, demi, grey swirl, red swirl, yellow swirl

CSA Safety Standard: no

ASTM Safety Standard: yes



MAGIC AERO (4)

Suggested Retail: \$58.00

Features: all lenses are guaranteed for life against breakage, blocks out 100% of harmful rays, meet OSHA standards

Composition: hand-made nylon frame

Type of lens: carbonite 360

Interchangeable lens: no

Degree of view: optically perfect

Weight: lightweight

Anti-fog: no - anti-fog paste available

Adjustable head band: no

Sizes available: womens & small faces

Colors available: black, gold

CSA Safety Standard: no

ASTM Safety Standard: yes

ADVANTAGE (5)

Suggested Retail: \$59.00-\$69.00, price depends on lens choice

Features: all lenses are guaranteed for life against breakage, blocks out 100% of harmful rays, meet OSHA standards

Composition: hand-made nylon frame

Type of lens: carbonite 360, 15 lens options

Interchangeable lens: no

Degree of view: optically perfect

Weight: lightweight

Anti-fog: no - anti-fog paste available

Adjustable head band: no - stretch

Sizes available: one size fits all

Colors available: white, black, crystal, grey, demi

CSA Safety Standard: no

ASTM Safety Standard: yes

MAGIC (6)

Suggested Retail: \$60.00

Features: all lenses are guaranteed for life against breakage, block-out 100% of harmful rays, meet OSHA standards

Composition: hand-made nylon frame

Type of lens: carbonite 360, 15 lens options

Interchangeable lens: no

Degree of view: optically perfect

Weight: lightweight

Anti-fog: no - anti-fog paste available

Adjustable head band: no

Sizes available: one size fits all

Colors available: black, gold

CSA Safety Standard: no

ASTM Safety Standard: yes

Bolle-Yarrow Distributing (pictured below)

PRO (1)

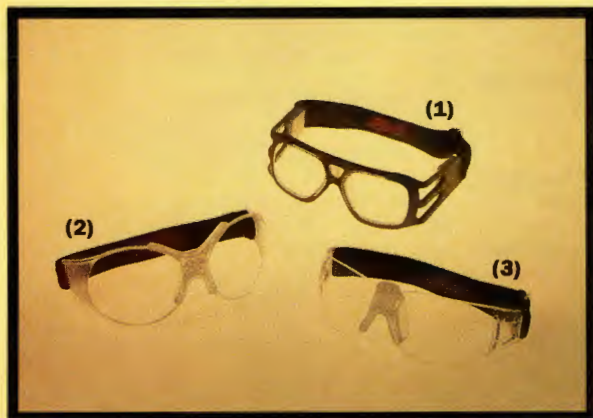
Suggested Retail: \$38.00 with non-prescription lenses, price will vary with an RX
 Features: one piece nylon frame designed for prescription lenses, large eyesize, nose-bridge pad, side pads, side vents with hard coating for scratch resistance
 Composition: nylon frame
 Type of lens: polycarbonate
 Interchangeable lens: no
 Degree of view: 150°
 Weight: 1.8 oz.
 Anti-fog: players may need to apply anti-fog treatment after RX lenses are inserted
 Adjustable head band: yes
 Sizes available: one large 56 eye with plans for a smaller eye size
 Colors available: black, ivory
 CSA Safety Standard: yes
 ASTM Safety Standard: yes

SKYHOOK (2)

Suggested Retail: \$36.00
 Features: one piece wrap-around frame, hard coated on both sides for scratch-resistance, very large eye size, nose/bridge pad
 Composition: all polycarbonate
 Type of lens: polycarbonate
 Interchangeable lens: no
 Degree of view: 180°
 Weight: 1.8 oz.
 Anti-fog: no
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: clear only
 CSA Safety Standard: yes
 ASTM Safety Standard: yes

VARSITY (3)

Suggested Retail: \$30.00
 Features: polycarbonate wrap-around frame, hard coated on both sides for scratch resistance, unisex size, nose/bridge pad, side vents
 Composition: all polycarbonate
 Type of lens: polycarbonate
 Interchangeable lens: no
 Degree of view: 180°
 Weight: 1.3 oz.
 Anti-fog: no
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: clear only
 CSA Safety Standard: yes
 ASTM Safety Standard: yes



Itech Sport Products U.S.A., Inc. (pictured above)

ULTRA SONIC (1)

Suggested Retail: \$27.95
 Features: ultra lightweight, silicone nose piece
 Composition: Lexan frame
 Type of lens: polycarbonate, optically correct
 Interchangeable lens: no
 Degree of view: no distortion in frontal and peripheral vision zones
 Weight: lightweight
 Anti-fog: yes
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: clear, smoke
 CSA Safety Standard: yes
 ASTM Safety Standard: yes

SUPER SONIC (2)

Suggested Retail: \$19.95
 Features: ultra lightweight, hard coated and scratch resistant
 Composition: Lexan frame
 Type of lens: polycarbonate
 Interchangeable lens: no
 Degree of view: no distortion in frontal and peripheral vision zones
 Weight: lightweight
 Anti-fog: yes
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: clear, smoke, amber
 CSA Safety Standard: yes
 ASTM Safety Standard: yes

SONIC (3)

Suggested Retail: \$18.95
 Features: ultra lightweight, hard coated and scratch resistant
 Composition: Lexan frame
 Type of lens: polycarbonate
 Interchangeable lens: no
 Degree of view: no distortion in frontal and peripheral vision zones
 Weight: lightweight
 Anti-fog: yes
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: clear, rose, blue
 CSA Safety Standard: yes
 ASTM Safety Standard: yes

Leader Sport Products, Inc.

MI1094 FREEWAY I (all sports) (1)

Suggested Retail: \$39.95

Features: new one piece frame and lens, uniquely designed snap-in temples for comfort, exclusive "Tri-Tech" lens system

Composition: Lexan polycarbonate frame/lens

Type of lens: optically correct, UV screened

Interchangeable lens: N/A

Degree of view: wide

Weight: 2 oz.

Anti-fog: yes

Adjustable head band: N/A

Sizes available: one size fits all

Colors available: clear, smoke, amber, plum, orangeroze

CSA Safety Standard: not tested with temples

ASTM Safety Standard: not tested with temples

RE0503 DALLAS (2)

Suggested Retail: \$30.00

Features: wrap-around design, sweat band attachment to forehead safety support bar, "Tri-Tech" 3-layered lens system: Lexan core, and Siltec anti-scratch hard coating on outer lens

Composition: Lexan polycarbonate

Type of lens: optically correct, UV screened

Interchangeable lens: N/A

Degree of view: super wide

Weight: 2 oz.

Anti-fog: yes

Adjustable head band: yes

Sizes available: one size fits all

Colors available: clear

CSA Safety Standard: not tested

ASTM Safety Standard: yes

RE0403 NEW YORKER (3)

Suggested Retail: \$26.00

Features: hingless "bubble" design, UV screened, Leader's exclusive "Tri-Tech" lens system

Composition: Lexan polycarbonate

Type of lens: optically correct molded lens

Interchangeable lens: N/A

Degree of view: wide

Weight: 1 oz.

Anti-fog: yes

Adjustable head band: yes

Sizes available: one size fits all

Colors available: clear

CSA Safety Standard: yes

ASTM Safety Standard: yes

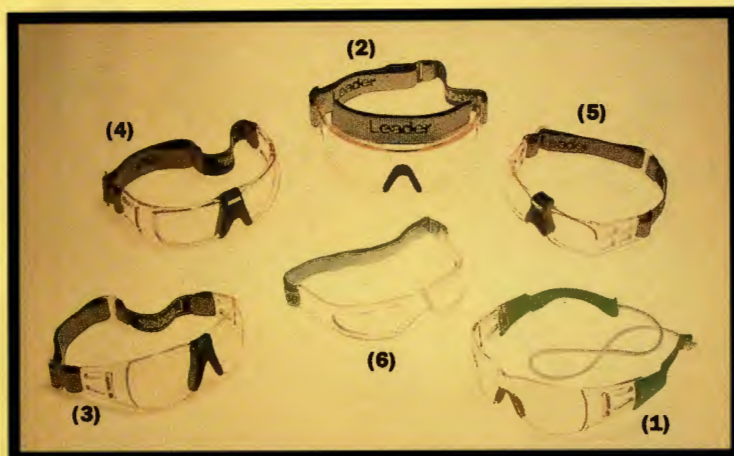
RE0303 ALBANY (4)

Suggested Retail: \$24.00

Features: wrap-around design

Composition: one piece molded Lexan polycarbonate

Type of lens: optically correct, UV screened



Interchangeable lens: N/A

Degree of view: wide

Weight: 1 oz.

Anti-fog: yes

Adjustable head band: yes

Sizes available: one size fits all

Colors available: clear

CSA Safety Standard: yes

ASTM Safety Standard: yes

RE0203 ESSEX (5)

Suggested Retail: \$15.00

Features: molded frame construction, smaller frame for small face or children, Leader's exclusive "Tri-Tech" lens system

Composition: Lexan polycarbonate

Type of lens: molded, optically correct

Interchangeable lens: N/A

Degree of view: standard

Weight: 1 oz.

Anti-fog: yes

Adjustable head band: yes

Sizes available: one size fits all

Colors available: clear only

CSA Safety Standard: not tested

ASTM Safety Standard: not tested

RE0103 WESTPORT (6)

Suggested Retail: \$10.00

Features: molded frame construction, smaller frame for children or institutional use

Composition: Lexan polycarbonate

Type of lens: optically correct molded frame

Interchangeable lens: N/A

Degree of view: standard

Weight: 1 oz.

Anti-fog: yes

Adjustable head band: yes

Sizes available: one size fits all

Colors available: clear only

CSA Safety Standard: not tested

ASTM Safety Standard: not tested

American Optical



SPORT SCANNERS

Suggested Retail: \$22.95

Features: unique nose and brow pads absorb impact, easily cleaned with mild soap and water

Composition: polycarbonate

Type of lens: polycarbonate with built-in ultraviolet absorber

Interchangeable lens: no

Degree of view: 130°

Weight: 4 oz.

Anti-fog: yes - wrap around venting design

Adjustable head band: yes

Sizes available: one size fits all

Colors available: clear, rose, grey, yellow (lenses)

CSA Safety Standard: yes

ASTM Safety Standard: approved ASTM-F-803





Dan Obremski

U.S. National Team Member

Photo by: Dale Roos, Pittsburgh Atlas Graphic Enterprises

National Racquetball Magazine © 1988

Unique Sports

OVER GLASSES PROTECTOR (1)

Suggested Retail: \$19.98
Features: fits right over your eyeglasses; hinged center, fully padded for protection of nose and temple
Composition: polycarbonate plastic
Type of lens: N/A
Interchangeable lens: N/A
Degree of view: 180°
Weight: 5 oz.
Anti-fog: N/A
Adjustable head band: yes
Sizes available: one size fits all
Colors available: N/A
CSA Safety Standard: no
ASTM Safety Standard: no

PRO SPECS (2)

Suggested Retail: \$19.98
Features: full 180° view with no distortion, anti-scratch, hard coating on lenses, silicone pads for perfect fit, top of the line
Composition: polycarbonate
Type of lens: polycarbonate
Interchangeable lens: no
Degree of view: 180°
Weight: 4 oz.
Anti-fog: yes
Adjustable head band: yes
Sizes available: one size fits all
Colors available: clear lens, smoke, amber
CSA Safety Standard: yes
ASTM Safety Standard: yes

REC SPECS (3)

Suggested Retail: \$19.98
Features: designed so you can fit in prescription lenses, scratch resistant lens
Composition: polycarbonate
Type of lens: polycarbonate
Interchangeable lens: yes
Degree of view: 180°
Weight: 3 oz.
Anti-fog: yes
Adjustable head band: yes
Sizes available: small (junior) and large (adult)
Colors available: N/A
CSA Safety Standard: yes
ASTM Safety Standard: yes

FASHION RACKET SPECS (4)

Suggested Retail: \$18.95
Features: look like regular eyeglasses, can be fitted with prescription lens, meets ANSI standard Z-87.1*
Composition: polycarbonate
Type of lens: polycarbonate
Interchangeable lens: yes
Degree of view: 180°
Weight: 3 oz.
Anti-fog: yes
Adjustable head band: N/A
Sizes available: small and large
Colors available: clear, amber
CSA Safety Standard: not tested
ASTM Safety Standard: no, meets impact standards

SPORT SPECS (5)

Suggested Retail: \$16.98
Features: wide angle lenses offer super field of vision, interchangeable lenses for indoor or outdoor use
Composition: polycarbonate
Type of lens: polycarbonate
Interchangeable lens: yes - clear, grey, mirrored



Degree of view: 180°
Weight: 2 oz.
Anti-fog: yes
Adjustable head band: no
Sizes available: adult size
Colors available: N/A
CSA Safety Standard: not tested
ASTM Safety Standard: not tested

SUPER SPECS (6)

Suggested Retail: \$11.95
Features: full 180° view with no distortion, anti-scratch, hard coating on lenses
Composition: polycarbonate
Type of lens: polycarbonate
Interchangeable lens: no
Degree of view: 180°
Weight: 4 oz.
Anti-fog: yes
Adjustable head band: yes
Sizes available: one size fits all
Colors available: N/A
CSA Safety Standard: yes
ASTM Safety Standard: yes

RACKET SPECS WITH LENSES (7)

Suggested Retail: \$6.98
Features: closed lens eyeguard, good visibility, anti-scratch lens
Composition: polycarbonate plastic
Type of lens: polycarbonate
Interchangeable lens: no
Degree of view: 180°
Weight: 3 oz.
Anti-fog: no
Adjustable head band: yes
Sizes available: one size fits all
Colors available: N/A
CSA Safety Standard: not tested
ASTM Safety Standard: not tested

RACKET SPECS WITHOUT LENSES (8)

Suggested Retail: \$4.98
Features: open eyeguard, lightweight, good nose protection
Composition: polycarbonate plastic
Type of lens: N/A
Interchangeable lens: N/A
Degree of view: 180°
Weight: 2-1/2 oz.
Anti-fog: N/A
Adjustable head band: yes
Sizes available: one size fits all
Colors available: N/A
CSA Safety Standard: not tested
ASTM Safety Standard: not tested

Victory Optical (pictured below)

REP 1L (1)

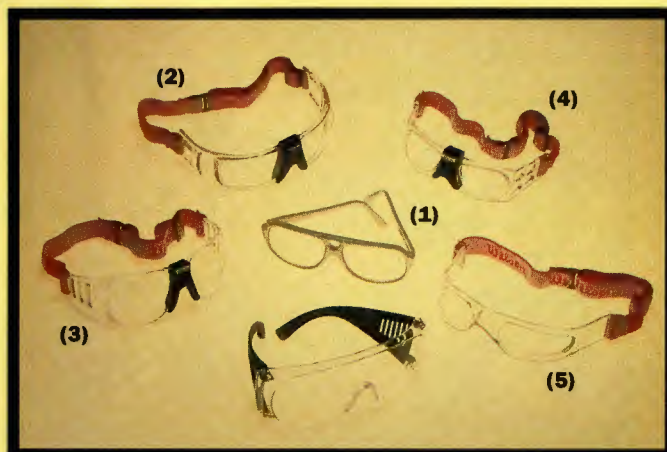
Suggested Retail: \$45.00
 Features: extended end pieces give true temporal protection, large eye area for protection and better visio, silicone nose pads removable for washing
 Composition: acetate
 Type of lens: polycarbonate, can be fitted for prescription lenses
 Interchangeable lens: no
 Degree of view: 180°
 Weight: lightweight
 Anti-fog: venting
 Adjustable head band: yes
 Sizes available: 50 eye size
 Colors available: crystal
 CSA Safety Standard: not tested
 ASTM Safety Standard: meets ANSI Z-87.1 standard*

REP 2 (2)

Suggested Retail: \$45.00
 Features: extended endpieces give true temporal protection, large eye area, silicone nose pads easily removable for washing
 Composition: acetate
 Type of lens: polycarbonate, can be fitted for prescription lenses
 Interchangeable lens: no
 Degree of view: 180°
 Weight: lightweight
 Anti-fog: venting
 Adjustable head band: yes
 Sizes available: 52 eye size
 Colors available: crystal
 CSA Safety Standard: not tested
 ASTM Safety Standard: yes



*ANSI Z-87.1 (1979) The American National Standards Practice For Occupational and Educational Eye and Face Protection was generally accepted and in place before the ASTM and CSA standards were set for recreational eye protection.



Dynex Sports Optics USA (pictured above)

WILSON MARK V RX (1)

Suggested Retail: \$19.95
 Features: high impact plano lens
 Composition: General Electric "Lexan"
 Type of lens: clear polycarbonate
 Interchangeable lens: yes
 Degree of view: 180° to 170°
 Weight: 2 oz.
 Anti-fog: yes
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: clear, grey, black, yellow, white, plum
 CSA Safety Standard: not applied for
 ASTM Safety Standard: yes

WILSON MARK I (5)

Suggested Retail: \$9.60
 Features: non-allergenic silicone padding, high impact plano lens
 Composition: General Electric "Lexan"
 Type of lens: clear/molded polycarbonate
 Interchangeable lens: no
 Degree of view: 170°
 Weight: 2 oz.
 Anti-fog: yes
 Adjustable head band: yes
 Sizes available: one size fits all
 Colors available: clear
 CSA Safety Standard: not applied for
 ASTM Safety Standard: yes

WILSON MARK II (4)

Suggested Retail: \$12.00
 All other features as above

WILSON MARK III (3)

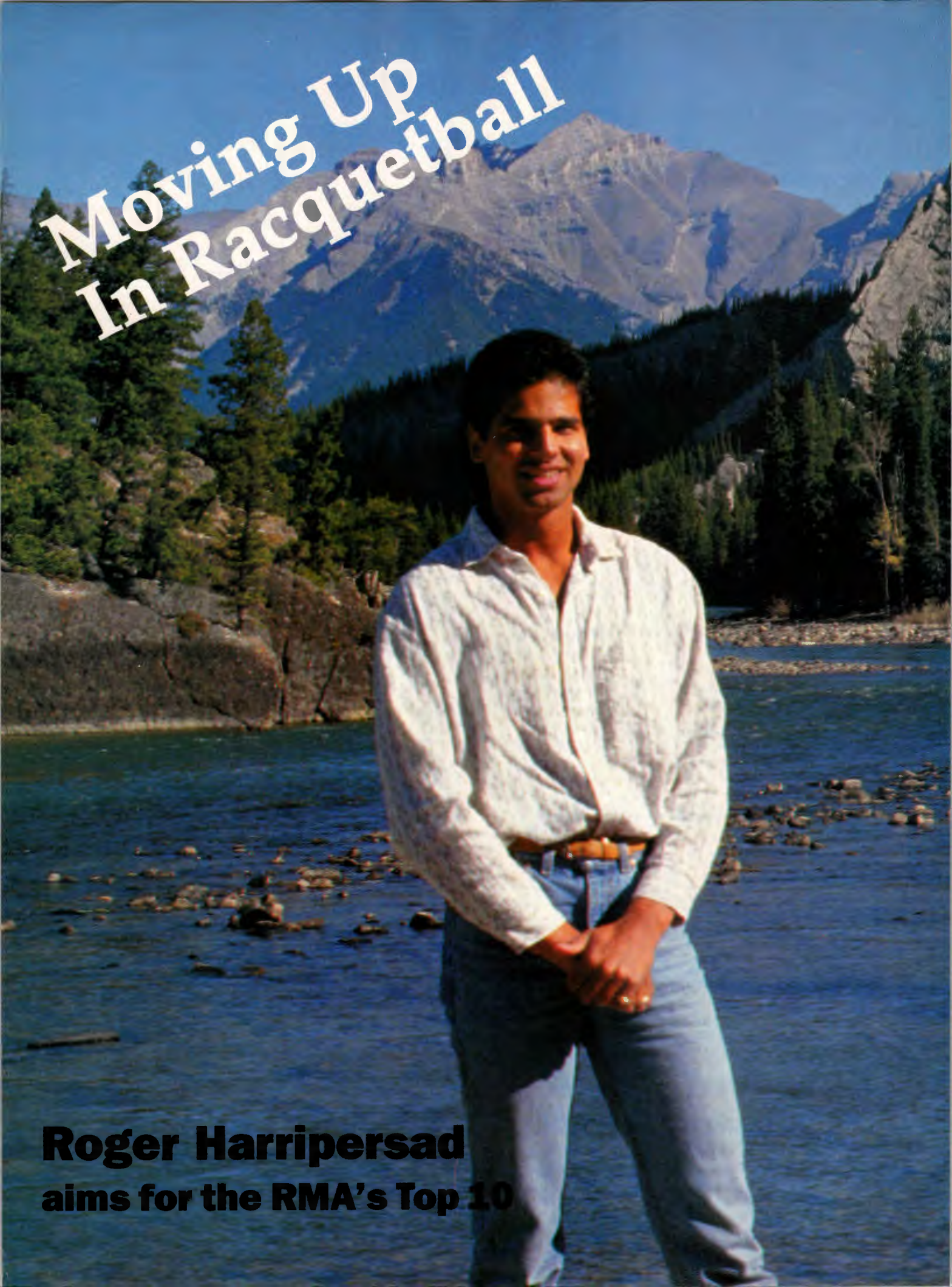
Suggested Retail: \$15.00
 All other features as above

WILSON MARK VII (2)

Suggested Retail: \$18.00
 All other features as above

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Moving Up In Racquetball

**Roger Harripersad
aims for the RMA's Top 10**



To arrive — as in finally make it into the top 10 — on the men's professional tour takes only a split second. It takes only that brief pause and soft churring noise as the computer gets ready to spit out the new rankings. Right now, to arrive takes around 5,000 ranking points.

Roger Harripersad is tantalizingly close. Once tied as high as 13th with Jerry Hilecher, he is now 15th with 3,667 points. A quarter final victory at any RMA pro stop could secure his spot among the other nine players who are the best in the world.

His athletic career began early. In his home town of Calgary, Alberta, he played hockey while in grade school, and within a year was the team's leading scorer. In baseball, he won the team award for most valuable player in three of the four years he played; his team also won three city championships in those four years. He won another city championship at high school level in badminton doubles.

After high school, Roger moved from Canada to California and finished the 1985 season there ranked as the number one amateur player. He also led Sacramento State to the team title of the 1986 U.S. Intercollegiate Nationals, while winning the Division One men's title for himself.

He has since returned home to Calgary, the location of this month's XV Winter Olympic Games. The city is in a province north of Montana, nestled in the foothills of the Rocky Mountain range. On one side, there are panoramic rocky crags and snow; on the other side, oil-rich prairies. With a population of over half a million, it has the conveniences of a big city, but without the frantic pace, which is why Roger returned there from his Sacramento State days in California.

From Calgary, Roger flies to each pro stop, compliments of his sponsor, Head Racquet Sports, in an attempt to conquer a tour dominated by Americans. So far he has made progress. He has risen from the distant 35th position he held a little over two years ago to a high number 13.

His assault on the game south of the 49th parallel started when he accepted an invitation to play intercollegiate racquetball at Sacramento State. The school's racquetball coach, Ed Martin, had met him at the 1984 World Championships in Sacramento. Ed also coached the U.S.

National Team at the time, and saw Roger take the bronze medal there in the individual event while helping bring the Canadian team to a silver medal.

It didn't take Roger long to make his presence known in California. His backhand has a tuxedo-and-brandy smoothness matched by few people on the tour, and he is as quick and fit as the best in the game. While he admits to a weaker forehand, it's nothing that opponents care to feed on a steady basis. Armed with that game, he won the men's open singles and men's open doubles at the 1985 California State Championships.

In 1986, racquetball brought Harripersad three of the greatest thrills in his illustrious career. He defeated Marty Hogan at the DP Nationals; he defeated his nemesis — U.S. National Team member Andy Roberts — to win the Intercollegiates in a key match that also won Sacramento State the team title; and he starred for the Canadian National team at the World Championships in Orlando, FL, which ended in a tie with the U.S. team.

His win against Marty Hogan in the 1986 DP Nationals made him the only Canadian to defeat a former or current American national champion in a national championship.

He says, "I had a great game. I felt strong. The thing was, the night before, I dreamt I would beat him in four games and never thought anything of it. I was never nervous, because I had nothing to lose.

"Hogan took me lightly at first, because once we had played in an exhibition in Canada and he joked around and I joked around, and I think that's the way he thought I played. I beat him 11-1 the first game. Then he came out and killed me the second one, then I came out strong and kept feeling strong. I felt I was doing great and he left balls up, so I thought I could rely on my speed and rekills. He was winning eight-something in the fourth game and I came back and beat him 11-10 by acing him on a serve."

Beating a legend under any circumstances is noteworthy. Beating him in an important tournament is exceptional. That's why he was a little disappointed with the reaction to his victory when he returned to Canada.

(continued on page 36)

Roger Harripersad

(continued from page 35)

"Other than my parents and my girl friend and a few others, people didn't say much, except to ask questions like, 'Was he sick?', or 'Did he have a bad game?' or 'Doesn't he always take it easy in the first round?'"

Ironically, Roger did receive one letter of congratulations, from an American, Greg Eveland, then product manager at DP. Eveland had written to thank him for displaying a beautiful and talented level of play,

ball, and took him to all the tournaments they attended when he was younger.

As Roger improved, his father coached him. When he had progressed to the point of needing a manager, his mother filled that position.

Joan's dual role as manager and mother led to a general belief in the Canadian racquetball community that she ran his life. If that perception bothered Roger before, he laughs about it now.

"One thing people think is that she

she said that. I stayed up till late hours dancing and had fun. I lost an 11-8 tiebreaker in the finals to Shanks and he and I won the doubles."

One other person has contributed heavily to his success thus far in racquetball: Crystal Fried. She is also Canadian, and as with Roger, moved south from Alberta to play for Sacramento State's racquetball team. She won the Intercollegiate women's title twice. At one point she was number two in the AARA rankings.

"She helped me out a lot. I have to



Supper with Harry, Joan and sister Sharron (far right) is a good time for advice.

and predicted he would go much further in the sport of racquetball.

However, Roger will never feel entirely unsupported in his homeland. He can be very confident that both his coach and manager will always be on his side. His mother, Joan, is his manager, and his father, Harry, is his coach. His parents are the reason he has progressed to his high ranking on the tour, according to Harripersad.

"My parents are my best friends," he says. "We sit down at the dinner table and we talk for hours about everything, and they give me advice. If I like it, I'll use it. If I don't, I won't use it and we'll come up with something else. They are very understanding."

Harry and Joan emigrated to Canada from Trinidad when Roger was five years old. Harry is a production manager for a pressure gauge manufacturing plant and Joan is an accountant. They both enjoy racquet-

ball, has total control, that whatever she says goes. My mother does do a lot, but if she wasn't my mother and had only the title of manager, people would not say, 'Well, his manager does too much for him.'"

He says, "If I stay out until three in the morning, it's the manager who will get mad. She'll say, 'You have a big game tomorrow.'"

Harripersad still plays for the Canadian National team, along with teammate Paul Shanks who also lives in Calgary. "Prior to the Pan-Am Games," he says, "I went out for Paul's birthday and I stayed out late. Mother came down and she was just fuming. The manager wants me to be home at 10 o'clock and go to bed. The mother part wants me to go out and have fun."

"Once I told her I needed a break. So as a mother she sent me down to Montana and said, 'Go have fun, this is a fun tournament and don't worry about it.' I don't think my Dad knew

give her credit for that. I don't think I'd find anyone else more mentally tough on the court. She tried to teach me a lot of things like positive thinking, positive attitude.

"I met her when I started racquetball at 13. She was my best friend and girlfriend for three years. It was tough in the intercollegiates because I could never watch her play. I'd watch her play and I'd get nervous, so I always walked away. Then I'd come back to find out what the score was."

Because of that closeness, when Crystal became less serious about racquetball than Roger, it led to a rocky time for them both, and affected his game. Just prior to the 1987 Canadian Nationals, they decided to go separate ways.

"She wanted me to settle down but I couldn't. She didn't understand I wanted to be number one in racquetball," Harripersad says. "She thought I could do both, settle down and work on my career. But if we had



gotten together and I had failed in racquetball, I thought I might be liable to blame her later on. This way, on my own, I can only blame myself. Still, breaking up did hurt me a lot for the Canadian Nationals."

It not only hurt Roger, but it hurt his image in Canadian racquetball circles. He had won the 1985 national title, and he was favored to win in 1987. Instead, he played erratically, and worse, behaved uncharacteristically poorly on the court.

"I got a bad rep at the Nationals, but I deserved it. Even from the first round, I started yelling at the referees," he says. "I had frustration, a temper, lack of concentration, and I was yelling at linesmen. Outside the court I was perfectly fine, but not inside the court. Outside the court, I was dressed professionally, walked around and talked to everyone I knew. Just when I entered the court, it all happened, the yelling, screaming, slamming racquets.

"I lost a four-game match in the semifinals. I was up every game, but due to frustration, I'd go back to receive serve and I'd want to pound that ball. I wanted to hit it as low as possible — bottom board — and I'd skip and that would make me even more mad."

This was not the Roger Harriper-sad Canadian spectators had seen perform as a sportsman since the beginning of his career. Beyond his

obvious frustration, the action that hurt his reputation the most at the 1987 Nationals was his refusal to continue playing after his semifinal loss.

"I defaulted third place to Paul Shanks. It would have made it worse if I had played Paul in the state I was in. I told my National Team coach, Ron Pawloski, and he agreed and I left.

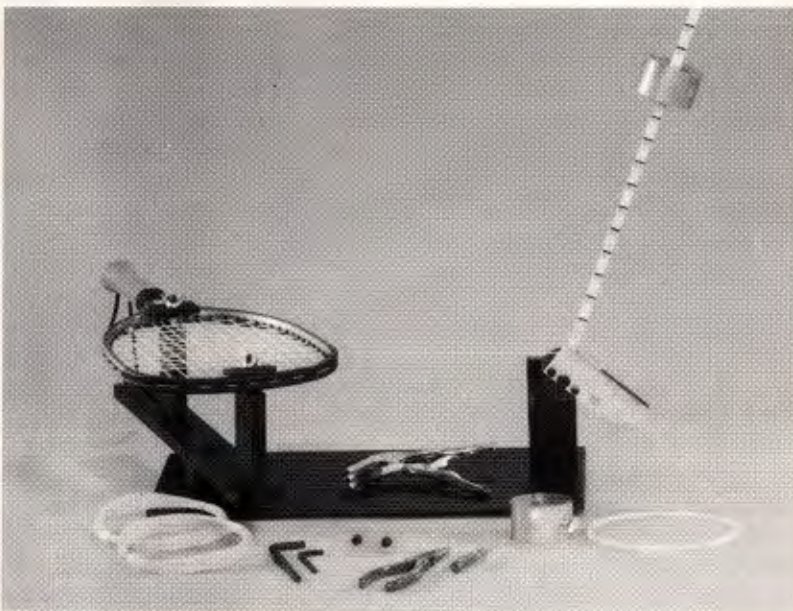
"Then I started getting letters asking me to explain my position. I

felt I had to explain my position only to one person, my coach, so I replied only to one letter."

Even a young athlete such as Roger understands that as a professional racquetball player and a member of Canada's National Team, he owes something to the spectating public. But the immediate negative reaction shown by those letters still hurt him.

He points out, "None of those
(continued on page 46)

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Raise The Level Of Your Game

by Dave Peck

One of the most common excuses made by a club player after a match is, "He didn't beat me, I beat myself." In watching club players in stressful situations during competition, I find that the player who usually wins is the one who does not skip the ball by going for the rollout, and who also executes the shots under stressful conditions. It is important to note the seasoned competitor does not depend on luck but rather on confidence in knowing he or she has worked hard in preparing for this athletic event.

Training: A tournament should be the icing on the cake! The old cliché, "Fatigue makes cowards of us all," holds true. If you can only play hard for a short period of time, it is impossible to improve your skill level; this is why being in top shape is mandatory. Too often a player will become fatigued. When this occurs, the footwork is the first thing to go — without being able to position yourself effectively, you are like a sail without the wind, which means you are dead in the water.

Breathing: What's the big deal about breathing? In stressful situations we have a tendency to hold our breath for a number of seconds. Consequently, it's difficult for the mind to focus on the task at hand. It

also shifts you into an anxiety mode which dumps more adrenaline into your system. This is why many people become so tense before and during competition. To combat this anxiety, concentrate on taking long, deep breaths, especially before and during competition.

Visualization: If you can see and feel the movements of a performance before actually performing them, then you are going to be prepared for any event. In other words, work on the mental side to improve your skill level. In your mind picture hitting perfect shots and being in complete control of the match.

Footwork: In racquetball, it is important to remember that you are in a rectangular court. There is a tendency to run to where the ball is headed rather than to where the ball will go. Picture the geometric angles as you move to the ball's final destination. Remember to square your shoulders to the ball, step in with your front foot, hit the stroke, and follow through to the front wall. This will pull the rear foot around immediately, as well as transfer your weight while you are in motion.

Shot Selection: This is dictated by your opponent's strengths and weaknesses. More importantly, know



what your own strengths are, then force your opponent to play to them. Also, keep the pressure on your opponent by using high percentage shot selection; aim for the open court and hit passing shots either down-the-line or sharply cross court. If you play these shots well, it will be difficult for your opponent to get the ball, and it will keep him or her off balance. This takes the pressure off yourself and puts it back on your competitor.

Remember, the name of the game is to force them to beat you, instead of you beating yourself. ○

*Dave Peck won the men's professional national championship in 1982, and is one of the top players and coaches in the game today. His book, *Dave Peck's Championship Racquetball System*, is published by Simon & Schuster, Inc., New York.*



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Racquetball In The World Corporate Games



In the clear crisp Indian summer of fabled San Francisco — while the city basks in the sun and its gleaming waters sparkle with sails — almost a thousand racquetball players will be competing in one of the largest multi-sport festivals ever held. They will be part of as many as 15,000 athletes from around the globe who are expected to participate in an historic event in world sports; the San Francisco World Corporate Games.

The 1988 World Corporate Games is a new concept in sport. Its founder, Dr. Maureen Johnston says, "It is a practical expression of the belief that worldwide competition in sport need not be the sole preserve of a narrowly selected group of elite athletes. Instead, the Games offers unique opportunities for all athletes to meet, compete, have fun and experience the lifelong joy and fellowship that global sports competition can provide."

The World Corporate Games is planned to be different from more traditional multi-sport festivals. There will be no national teams, no national flags, uniforms, anthems or competing ideologies. Instead, the athletes will play in the uniforms of their corporation and wear the insignia and colors of their corporations, clubs, or groups.

Entry is open to all individuals and teams sponsored, employed or representing any licensed, chartered or incorporated organization. The teams can include clubs, groups,

businesses, cities, institutions and organizations or their equivalents, worldwide. Both profit and non-profit corporations are eligible.

Sharing the program with racquetball are 19 other sports from basketball to surfing to triathlon. Competition in most sports is in five classes — Open, 30-39, 40-49, 50-59 and 60+ years of age. Racquetball players may participate in men's, women's and mixed events, and everyone is guaranteed at least two matches in every event.

A Bay area racquetball club, "What A Racquet", is the major venue for this rare chance to compete in a worldwide games. As well, plans are almost complete to showcase racquetball in a glass-walled portable court set outdoors in downtown San Francisco.

There are no limits placed upon the numbers of players who may represent an organization. Groups of competitors may be created completely from within the club or corporation, or supplemented by friends, associates, family or sponsored athletes.

Competition amongst all groups, small or large, has been made fair by a unique system of championship divisions. These divisions are based on the number of participants registered in the Games, rather than on

the overall size of the company entered. Division one, for example, is for organizations that have entered 1-5 participants. The other seven divisions range all the way up to the 200+ competitors bracket of Division VIII. This way a tiny company has as much a chance of winning its division as does a huge multi-national organization.

There will be three major celebrations open to all athletes during the Games — the opening, closing and mid games celebrations. Sports receptions, parties, and the SuperCenter — a colorful meeting place in the heart of San Francisco — will add to the joy and spirit of the festival. As well, some special and spectacular events are sure to draw wide-spread public and media interest. Sea kayaks and Hawaiian outrigger canoes will race around Alcatraz; swimmers will challenge the tides and currents of the Golden Gate, and awards and entertainment will be featured every evening in the SuperCenter.

Seldom have the world's racquetball players enjoyed an opportunity to participate in a huge multi-sport festival. The 1988 World Corporate Games offers everyone interested in the sport an unrivalled chance to play with and against their peers from every corner of the globe. It all happens in San Francisco this year. ○

What's The Call

by Michael Arnolt

Offensive Player Creates The Screen

This situation occurs often: The defensive player is struck by a ball that the offensive player swung at and missed. The defensive player immediately claims "screen". Here are a couple of scenarios from the readers of *National Racquetball*.



Q1: During a recent doubles match, a player on the opposing team hit a crosscourt shot. I was about two feet behind the service line and attempted a forehand shot which I missed completely (and unintentionally). The ball hit our other opponent who was a couple of feet behind me. The player who made the shot wanted to replay the rally, claiming I had hindered his partner

by obstructing his view of the ball. I argued it was not my responsibility to assure my opponent a clear view of the ball. He chose where he wanted to stand and was not forced into the path of the ball. What is your interpretation? John D. Els, Rohnert Park, CA.

Q11: A controversy arose in a tournament singles match. Player A, after hitting the ball to the front wall, moved to a position behind his opponent. Player B swung at and missed the ball, which then struck his Player A. What should the call have been, screen or Player B to win the rally? Steve Endress, Kankakee, IL.

A: In both of these situations, regardless whether it takes place in singles or doubles, the player struck by the ball loses the rally.

Why? John put it correctly. The defensive player chooses his position on the court. By making the wrong choice, he or she runs the risk of being hit by his or her own offensive

shot.

The defensive player is hit most often by the ball because he or she is playing the player instead of the ball. Incidentally, this is the same kind of court positioning which can make for backswing — avoidable — hinders.

Loss Of Point

Q: If a technical is called on the server, does it result in the loss of a point and the loss of serve? Carol Lepera, Greenwood, IN.

A: The consequence of a technical is the loss of point only, Carol. It does not result in a loss of serve or sideout (Rule 4.18.c). While unsportsmanlike behavior, such as swearing, yelling and banging a racquet results in a technical when it occurs between rallies, the same behavior during a rally is considered an avoidable hinder which is loss of rally. ○

The Racquetball Medical Forum

by Dr. Paul Ross, D.P.M.

If you would like Dr. Ross to address a sports medicine problem, send your question to: MEDICAL EDITOR, *National Racquetball*, P.O. Drawer 6126, Clearwater, FL 34618-6126.

Dear Dr. Ross: How do I know if I have overtrained? Jerry Malltz, Galthersburg, MD

Dear Jerry: The times when you feel like a truck has hit you may be an indication of overtraining! Actually, another name for it is "overuse syndrome", and all your joints will ache and you will have generalized flu-like symptoms.

By taking and recording your pulse every morning upon rising, you'll begin to get your average range of heartbeats per minute. When you wake to a pulse 10-12 beats per minute higher than your average, it may be the first indication of overuse. Therefore, listen to your body and either take the day off or make it an easy workout day.

If the high heart rate continues for consecutive days, your nutrition may not be up to par either. So be sure to evaluate that as well. Your physician should be contacted if this general malaise doesn't go away.

Dear Dr. Ross: What do I do about warts? There seem to be many of them on the bottom of my feet and they are now me causing pain while I play. Gary Strathmore, Norfolk, VA

Dear Gary: Warts (verucca) are a virus growth on the skin. The virus can be contacted at the pool, in the locker room or in any other place from others carrying it. Many times warts get started in any break of the skin. Usually, as with any other virus, you will be most susceptible to them during a stressful time in your life because your immune system and body's regular defenses may be weakened.

Warts on the bottom of the foot get pushed into the skin, and just as if

there's a pebble imbedded, can cause a great deal of pain. However, warts on the top of the foot tend to grow up from the surface skin and become irritated by shoe friction.

Treatments for warts are numerous. Topical acids or liquid nitrogen may be applied or injected; warts may be burned, lasered or surgically removed. Because of the varied treatment methods, a rule of thumb is to remove warts if they hurt. If there is no pain, use a conservative treatment of medication or liquid nitrogen. Warts on the bottom of the foot should be removed, however, because topical therapy is often prolonged and inconvenient. ○

Dr. Ross has been practicing podiatry for eight years in Bethesda, MD, with major emphasis on sports medicine and foot surgery. He has been playing racquetball for about ten years.

Swain Takes Bangor Pro/Am

by John Nash

Every drip of sweat from Cliff Swain's forehead told the story of the 1987 \$10,000 Bud Light Pro/Am. The scabs on his right knee told the tale of Swain's three-games-to-two win against defending champion Ruben Gonzalez in the quarter finals, ending Gonzalez' quest for an unprecedented third consecutive title.

The floorburns on his right knee related the story of Swain upsetting the tourney's top seed, Bret Harnett, also in a tiebreaker, meaning that Bangor City is still known as "Upset City" among pro players.

Then there was the welt on Swain's shoulder, courtesy of a Gerry Price return of serve, which told of the 21-year-old's 11-10, 11-7, 10-11, 11-4 victory over Price in the finals.

Simply stated, Swain worked for every sideout, every point, and every single one of the \$4,000 he won. And despite Swain's 3-1 edge, the final may have been his most difficult match.

"I wasn't at the top of my game but I worked hard and concentrated the whole match," Swain said. "I didn't have any letups, even in that third game when I lost. At the end, he played tough. Price made me work for all the points."

Championship point may have been the hardest. After jumping to a 9-2 lead, Swain won a sideout at 10-4 after Price missed a shot down the left wall. Swain then skipped his serve, giving Price another chance.

Once again, Swain went down the left wall with a killshot and Price was unable to answer. After a short rally on his serve, Swain again skipped a shot. On Price's next serve, the left side again saved Swain on a down-the-line. Following a timeout, Price skipped a service return and Swain was the champ.

"My plan between the third and fourth game was to try to get some good serves going and jump on top right away," Swain said. "When you're down 2-1 and the person has a big lead, it's kind of demoralizing."

Swain, serving at 10-all, capped game one with a great lob into the back right corner where Price waited helplessly. Swain broke open game two when he ran off four consecutive



Lew Maxson (left) and Keith Mahoney (far right) present the winners, Gerry Price (middle left) and Cliff Swain with their victory checks.

points after being tied at 6-6. Price finally broke that scoring string with a single point, but Swain won serve and then the game with a killshot from deep court.

Price pulled to within 2-1 in games by winning the third after jumping to a 5-1 lead, falling behind 6-8, and bouncing back to win 11-10.

Then came the deciding game. "Cliff was serving a lot better than me," the 22-year-old Price said. "His drive serves were going in. Serving was the key to the match. I felt good. I wasn't stiff from the day before or anything. I think he just served better than me."

The Swain-Price final may be a sign of things to come in the world of professional racquetball. Names like Swain, Ed Andrews and Egan Inoue are appearing in more and more finals while names from yesteryear seem to be sliding.

Bangor — or "Upset City" as tabbed by professional players since only one top seed has

ever won in the nine-year history of the tournament — may have witnessed a changing of the guard. ○

John Nash's story is courtesy of the Bangor City News.

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Photo by: Bob DeLong (Bangor Daily News)

Association Roundup

Two Decades Strong

by Luke St. Onge - AARA

The AARA logo shown above is the official 20-year anniversary logo of the organized sport of amateur racquetball.



Since the first-ever National Championships in 1968 held at the Jewish Community Center in Milwaukee, WI, Joe Sobek's dream of a racquet sport played on a hand-

ball court has become a reality.

The founding of the AARA that same year under the leadership of Larry Leaderman gave the game (guided by pioneers such as Bud Muelheisen and Bob Kendler) the boost it needed to grow. Twenty years ago, racquet manufacturers began making specialized equipment for racquetball (Bud Held — Ektelon and Bud Leach — DP Leach), becoming vanguards in the development of an entire industry which now produces hundreds of items of advanced equipment.

In order to know where we are going as a sport, we must understand where we have come from. This year will be a special commemorative year, marking an exceptional 20 year history of growth for racquetball. As we look beyond these 20 years, and into the 21st century, we see a maturing sport which is played in over 56 countries by millions of enthusiasts as a lifelong pursuit.

The Hall of Fame selection committee, under board member Al Seitelman, has been activated with inductees to be honored at the Ektelon/U.S. Nationals in Houston. Special pioneer profiles on the founders of racquetball and many "movers and shakers" of the past 20 years will be published. Special ceremonies honoring the 20 year anniversary will be part of all Nationals and will culminate at the World Championships in Hamburg, Germany, this summer.

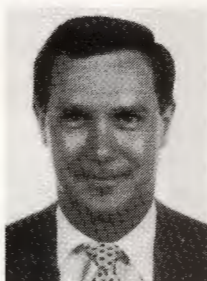
Many of you reading this will remember the early years and have great stories to tell of how all this happened. Please write to us about your experiences so we can share them with the racquetball community.

Who could have possibly foreseen the outcome and the popularity of our sport on that day when Joe Sobek walked onto a handball court in Greenwich, Connecticut, and hit a small blue ball against the wall with a short racquet and called his invention "paddle racquets"? It was the beginning of racquetball as we know it today. Like they say on the tennis circuit, "You've come a long way, baby!" ○

Part Of Canada's Fitweek

by Bill Houldsworth - CRA

This year the C.R.A. has joined forces with Tennis Canada and the Canadian Squash Racquets Association to provide



a new event for Canada's Fitweek. It is called "What's Your Racquet?", and it will be featured among the 12 National Fitweek projects involved in this year's mass promotion of physical

activity.

"What's Your Racquet?" will introduce Canadians to three "sports of a lifetime". From May 20-29, 1988, squash, tennis and racquetball clubs will swing open their doors and serve their communities many "off the wall" recreational and competitive activities. Participating clubs will have the opportunity to involve their community in a variety of events which will include: Tennis — At Your Service, V-8's Rally To Squash, Rendezvous Racquetball, or any combination of the three.

"What's Your Racquet?" is a sure-shot for Canada's Fitweek. For racquetball enthusiasts, it is a perfect opportunity to give tennis and squash a try, as well as a chance to introduce friends to racquetball. Also, all event participants and event organizers are eligible to win Prince tennis racquets. So from May 20-29, be part of Canada's Fitweek.

More information on "What's Your Racquet" can be obtained by contacting Janet Cann, Project Coordinator, c/o C.R.A., 333 River Road, Vanier, Ontario, K1L 8H9, (613) 748-5653. Promotional material will be ready for distribution as of March 1988.

As we get closer to spring, it can only mean one thing. The V-8 National Closed Championships are right around the corner. Scheduled for May 24-28 in Victoria, B.C., this year's tournament is shaping up to be an outstanding event. The organizing committee has readied social events which will be second to none. The tournament begins on Monday, May 23, with the "meet and greet" (registration) and continues through to the awards banquet on Saturday evening.

Another event which will take place during the championship week is the C.R.A. annual general meeting. In addition to the business portion of the meeting, up for election will be two Directors-at-Large positions. As this is an even year on the calendar, major rule changes will also be discussed.

If you are planning to participate in the

V-8 Nationals, the C.R.A. has arranged for special airfare rates. Call or write the C.R.A. at the above location, or watch the First Serve newsletter for details.

Special rates have been established for accommodation as well. Phone or write the C.R.A. for more information. Entry forms for the V-8 Nationals are in the Winter issue of First Serve and they are also available at all racquetball facilities throughout Canada. As this is Canada's National Closed Championships, only Canadian citizens or landed immigrants may participate. ○

Junior Sportsmanship

by Jim Hiser - RMA

I recently attended the junior world championships at the Junior Orange Bowl in Miami, FL. Although I see monthly the



nation's top professional players, the ability level of these juniors continues to amaze me. These young athletes not only possess tremendous physical abilities, but most also

display extreme maturity both on and off the court.

Our sport has experienced a great growth in sportsmanship and appearance over the past couple of years. While much of this improvement is a result of simple maturity of the entire sport, a great deal of change is also reflected in the type of role models who now exist in our sport. Contrary to what many believe, the professional player is not the only role model in the game.

At a junior event such as the Orange Bowl, every older player and particularly every player on the exhibition court is in some way admired by his younger colleagues. Unfortunately, there are still a few individuals who fail to realize the overall importance of portraying a positive image and continue to behave in a negative manner. Too many times these players forget about the impression they give.

When a player enters the court dressed sloppily and displays unsportsmanlike conduct, everyone suffers. If the player is top-ranked junior or professional, the damaging effects are multiplied because of the impression it leaves on younger players and spectators. When this happens, the organizers of the activity — coaches and parents — must become involved. The requirement of dress codes and on-and-off court conduct rules

(continued on page 46)

Clear The Table For A Better Stroke

Here we are again talking about the basics, but Fran and I cannot seem to get away from those basics. Why?

It seems no matter where we travel — Alaska, California, Florida, Ohio, New York or New Jersey — we witness the same thing: The good old "pendulum swing". In the pendulum swing, you start with your racquet up, swing down, then follow through.

When Fran and I began playing and teaching eons ago, that up and down motion was in vogue. Today, however, some of the most respected teachers/professionals teach the flat swing. The flat swing leads to fewer unforced errors because the racquet is on the ball longer, which in turn leads to more control.

We definitely want the ball to hit the front wall first more often than hit the floor first, right? That will happen with a flatter stroke.

The photographs show how to

swinging flat or "through" the ball. In figure A, Fran is swinging a simple flat forehand stroke. In figure B, Fran is clearing the table with one swift forehand stroke. You can see how these two motions are the same.

If you find that you are swing in that up and down pendulum motion and skipping the ball a lot, just imagine that you have had a rough day at work (we can all relate to that) and you don't feel like doing the dishes after supper. You might have resisted the temptation to throw your alarm clock out the window in the morning, but you can't resist an irrational act any longer, so you sweep the table clean in one motion. Of course, the feeling of satisfaction only lasts until you have to start cleaning up!

But in racquetball, that stroke will let you clean up on the scoreboard. The "sweep stroke" works every time. ○

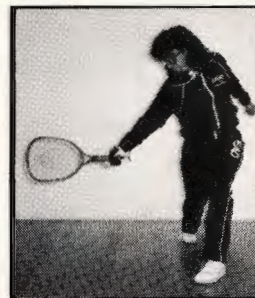


Figure A



Figure B

Francine Davis is sponsored by Head Sports, Penn, Foot-Joy and California Fitness and affiliated with the American Diabetes Association. Jim Winterton is sponsored by Ektelon and Foot-Joy

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Roger Harripersad

(continued from page 37)

people sent me a letter of congratulations when I beat Marty Hogan. Mess up just once and that's what they remember. They don't remember that we won the gold, and they don't remember all the times you were a gentleman."

To all appearances, he learned a great deal from the 1987 Nationals and only looks ahead to improving his game on the RMA men's professional tour.

"I set a goal of top 10. What it will take is a lot of dedication. I will have to get a lot stronger. Better concentration on the court. I have to work on it a lot."

As to a higher ranking, all he will say, with a smile, is, "The difference level jumps a lot in the top six."

So far this season, injuries have hampered Roger's game. He is maintaining his position, but not improving it, he feels because of a badly sprained right wrist. The sore wrist is also preventing him from weight lifting, something he attacked with a vengeance all last summer in order to add power to his game.

As the wrist heals, and he gains more experience expect his ranking to rise. He is as hungry for the top 10 as any other young professional. If being one of the few Canadians competing on the tour distinguishes Roger in any way at all, it is off the court, and that's when he slips up and inserts an 'Eh?' at the end of a sentence. As in, "Nice day, eh?" Then he gets ribbed by the other players. ○

Junior Sportsmanship

(continued from page 42)

were started by the pros, not to restrict individual personalities, but rather to create a more positive image in an effort to attract national exposure and sponsorship.

The organizers in racquetball are attempting to attract national media coverage. The Junior Orange Bowl provided a first-class forum for the exposure of our sport.

For this reason alone, we should always attempt to portray a positive image for our sport. The images we project at these type of events may affect the involvement of potential sponsors for years to come. ○

A Manufacturer's View

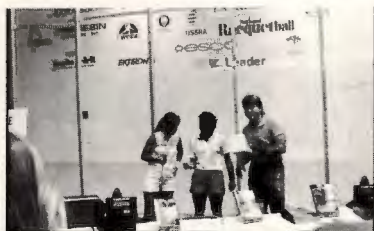
(continued from page 23)

on manufacturers? I am sure all have seen an increase in sales, but the rule itself actually involves only a small percentage of players. It doesn't involve the club social player or, in fact, players at any tournament not sanctioned. I think sales will continue to gradually increase as society, insurance companies and association make eye protection as necessary as a racquet.

I think we will also see other court and racquet sports moving toward eye protection. Handball, paddleball, tennis and badminton come quickly to mind. Eyes have been lost in all of these sports and there is no reason for it to continue. There is safe attractive eyewear available that doesn't hinder performance in any of these sports, so why not play it safe?

So it has now "happened" in racquetball. We have taken the first step. The controversy is behind us. Let's grab a racquet, some eye protection and play. ○

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COURT SPORTS COURT

Newsbriefs

Boys' HS Tournament

On March 12, 1988, St. Louis University High School and South Hampshire Racquet Club will be co-sponsoring the third annual Boy's Top Seed Invitational. In the past, the tournament has been open to the top three players of any high school participating in the St. Louis League.

This year, to foster more participation in high school racquetball, the tournament is open to any high school willing to send its top three players. Tournament directors will attempt to provide housing for all entrants on a first come, first serve basis.

The cost of the tournament is only \$20 per team. Each player competes for an individual trophy as well as the team trophy. Students may enter as individuals, but only those schools with three-man teams will be competing for the team award. The team trophy is the Wallace Cup, on which is engraved the winning school's name.

Participants should plan on arriving Friday evening and departing

Sunday afternoon, in the event that the number of applicants makes Sunday morning games necessary.

Any interested parties should make application to Dr. Joe Koestner, St. Louis University High School, 4970 Oakland, St. Louis, MO 63110, or call in the evening (314) 773-7111. ○

"Hard-Hit" Contest

Egan Inoue has confirmed he will be in Westerville, OH, March 10-13, at the Dial One Racquetball Classic for a chance to prove he is racquetball's hardest hitting human being. His efforts to win the Hard-Hit contest, along with the efforts of hundreds of others, will also raise money for the Central Ohio Lung Association.

The Hard-Hit contest is part of a pro/am tournament drawing many of the top men and women professionals in the sport. Dan Obremski won the contest last year by hitting a ball at 151 mph. Cindy Doyle won the women's at a speed of 113 mph. ○

Building Upper Body

(continued from page 11)

sions. It is important not to point your elbows out to the side. Keep them pointed straight ahead.

Forearm Exercises

These muscles are important in strengthening your wrist snap, especially for the shots where you don't have the time or space to take a full swing. Strong wrists mean strong forearms, and vice versa.

Forearm Curls (front and back): Rest your forearm on a bench and allow your wrist to hang over the edge. Grasp a dumbbell and curl all the way up flexing the forearm. Lower to a full stretch. This motion can be done with the hand facing up or down. I suggest you do both to develop both the front and back of the forearm.

Roll-Ups: Use a stick with a rope tied to it and a weight tied to the end of the rope. Extend your arms in front of you and roll the bar until the weight is curled all the way to the top. Using a reverse motion, lower the weight to the floor.

With the addition of these five

body parts to your workout schedule, you're on your way to total development of the body which leads to total development of your game! ○

Back Workout Chart

On season — (choose 4 to 6 exercises)
(1 set of each) (8-12 reps)
Off season — (choose 3 exercises)
(3 sets of each) (9-12 reps)

Upper Back

Pull-Ups — (wide grip)
Lat Pull-Down (behind neck)
Rows — (Eagle machine) or
(free weight bent over)
One Arm Dumbbell Raises
Kneeling One Arm Cable Pulls
Extensions (on bench)
Broomstick Twists
Pull-Ups — (wide grip)

Arm Development

On Season (choose 3 exercises)
(1 set of each) (6-23 reps)
Off Season (choose 3 exercises)
(2 or 3 sets of each) (6-12 reps)

Biceps

Straight Bar Curl
Seated Dumbbell Curls
Isolation Curls

Triceps

Push-Downs (pulley machine)
Dips
Lying Extension (bar or dumbbells)
Over-Head Extensions (bar or dumbbells)

Forearms

Curls (front and back)
Roll-Ups (bar, rope, dumbbell)

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Pro	\$24
Standard	\$17

EKTELON

Toron	\$102
Symitar	\$60
Contra	\$30
CBK Mid	\$135
250G Mid	\$85
Quantus	\$69
Aris	\$115

KENNEX

Shadow	\$105
Micro Ceramic	\$95
Hogan Comp. OS	\$53
Hogan 60	\$47
Hogan 40	\$47
Graphite Micro	\$31

SHOES

Head Pro Elite	\$33
Radial Express	\$25
Foot-Joy ¾	\$34
Reebok Pro V/R	\$25

GLOVES

Pro-Duratack	\$9.25
Duratack	\$7.95
Head Cabretta	\$6.95
Ektelon Stay-Soft	\$8.95
Ektelon All Pro	\$7.25

BALLS

Penn (Min. 6 Cans)	\$1.85
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GRIPS

A'ME	\$4.25
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STRING

600 Ft. Reel	
Dunlop Nylon	\$18.50
16G Synthetic Gut	\$2.00
OG Sheep (All Colors)	\$3.50

GOGGLES

B&L Action Eyes	\$19.00
Interceptor	\$21.00

BAGS

Ektelon Pro	\$29.00
Thermasport	\$24.00
Head Team	\$30.00
Carryall	\$25.00

Thor-Lo Socks	\$3.95
Ektelon Tether	\$4.25
"Ripit" T-Shirt	\$4.50

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In April ...

- Racquetball in Australia
- International Racquetball: An Overview
- Special clothing feature
- More great instruction from the pros



NAME RECOGNITION — **Jim Cascio** is a household name — in Lancaster, PA. The 1987 National AARA Singles

Champion has reaped the benefits from that prestigious title. Lancaster, located in the Amish area of Southeastern Pennsylvania, is a relatively small city, so Cascio has received a great deal of publicity. He's taken advantage of it. Cascio recently leased a club and it's appropriately called "Jim Cascio's Greenfield Racquetball Club."

"Winning the nationals was real gratifying," Cascio said. "It made me well recognized in the community and has been good for business. I'm looking forward to getting the sport back on top and for people to play more racquetball for fitness. I'd like to make fitness an amenity instead of the other way around."

HUSTLE, HUSTLE — When **Mike Yellen** was growing up, he, like most Michiganites looked up to Detroit Tiger's slugger **Al Kaline**. Yellen, the five-time national champ, now plays racquetball with his boyhood idol. And while he doesn't idolize any modern day athletes, he does have his favorites. "I'm impressed with guys who play hard every day regardless of how much money they make. The **Magic Johnsons**, **Isiah Thomas** and **Michael Jordans** — as opposed to the **Ralph Sampsons** who, at 7'6" can dribble like a guard, shoot like a forward, and do everything else on the court. He has all the tools, but never had the motivation."

THINGS YOU PROBABLY DON'T KNOW — There have been a lot of rule changes over the years. The sizes of regulation racquets are different, a screen serve is now a fault and it's mandatory to wear lensed eyeguards in AARA-sanctioned tournaments. At least the ball rule is sacred and no one has dared to tamper with it. According to the rulebook, a ball must bounce 68-72 inches

from a 100-inch drop at a temperature of 70-74 degrees. Now you know.

POTPOURRI — She'll never tell this to the media, but usually the only reason **Lynn Adams** ever loses is when her arthritis flares up. Adams is such a dominant player that her most difficult task is getting mentally ready in order to avoid the upset...**Egan Inoue** will be appearing in a Hard-Hit contest in Columbus, OH. Last year, **Dan Obremski** won with a clocked speed of 151 mph. How will the betting go this year?...Who'd have thunk it? A national running magazine recommends racquetball to those runners who are getting bored with jogging...before you buy prescription racquetball glasses, make sure the company will provide a guarantee. One fellow with poor eyes reports the following problem: "I normally wear real thick glasses and when the prescription was put into the racquetball glasses, my depth perception was really distorted. I'm no open player to begin with, but I'd hit a ball that I thought was at my knee, which was really at waist level." Poor guy...I've made overtures to *National Racquetball* publisher **Helen Quinn** that I'm available for the magazine's centerfold. My 24-hour seven-days-a-week answering service hasn't left me any messages. Well, maybe she'll write.

GOOD JOB — Laurels to Fort Lauderdale's **Eva Russell**. Eva, the ultimate racquetball fanatic, has raised hundreds of dollars for the U.S. National Team by setting up booths at tournaments and selling AARA sweatshirts.

CRYSTAL RACQUETBALL — Early predictions for the AARA National Singles in Houston: **Jim Cascio** and **Diane Green** will repeat as open champs...The price of private racquetball lessons are averaging \$15 to \$18 per hour. Tennis and golf pros charge at least twice that...Still no word on the future of Diversified Products in the racquetball industry. At a recent Chicago trade show, the firm's booth space was small, a far cry from

the days when it took up almost an entire aisle...Every time I see a feature story on a racquetball player, he or she always mentions the desire to play in the Olympics. I hate to sound like a Doubting Thomas, but I feel it's unlikely to occur in this century. Racquetball won't be in the 1991 Pan American Games in Cuba. There are no courts there...The AARA sent out a 95-question survey about the future of the direction of the association and received an unheard-of 81 percent return. A 20 percent return is considered excellent. That means people care and things can be accomplished...The adage of not "burning your bridges" when you leave a company has proven true for **Steve Strandemo**. Strandemo began his career with Ektelon but has been AMF Head's main spokesperson for the last 10 years. He's back with Ektelon for at least the next five years...**Mike Yellen** turned 28 last month. He and **Marty Hogan** have been playing racquetball more than half their lives...You know you're washed up as a player when a ball hits the side wall/front wall and is an automatic point...It's expensive, but a club can have its logo imprinted on a ball...Biggest bargain in racquetball is the \$40 entry fee at the AARA Nationals. It includes a quality tournament shirt, week-long hospitality and a banquet. Just think, golf tournaments are \$75 and up, and all you have a chance at winning are door prizes.

THINGS I LIKE — Playing in tournaments at reasonable hours, playing against people who don't bang their racquets against the wall after losing a point, players who exaggerate how good they are and promptly lose in the first round.

THINGS I DISLIKE — Owners who sell annual \$300-\$400 memberships a week before they close their doors. It shouldn't only be unethical, but illegal...Players who don't play for third place in a tournament and tournament directors who offer men more prize money than women. ○

Something New

Specs Doctor

Unique Sports Products announces a new concept in eye wear care. Specs Doctor® is a handy kit containing a felt tip cleaning pen and optic cloth in compact case. The anti-fog formula makes it especially suitable for all sports goggles, as well as sunglasses and prescription lenses. Suggested retail is \$3.49. Another model will feature a screwdriver in the kit at \$3.98 retail. Unique Sports, 840 McFarland Rd., Alpharetta, GA 30201, (404) 442-1977.



New Sports Shorts from Stromgren Supports, Inc.

The Stromgren 1500 Series sports shorts are designed for the active recreational or professional athlete and offers soothing and comfortable groin, quad, hamstring and stomach muscle compression. Features include a wide crotch panel with reinforced stitching and a four-way stretch 75 percent nylon/25 percent lycra material that gives cool, lightweight and even compression as perspiration passes through and away from the body.

Models are available with pad pockets for holding contact sport pads firmly in place. The shorts are available in youth or adult sizes in six various thigh/knee length styles at your local sporting goods store.

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Sport Lavit Care Products have been used throughout Europe since the early 1980's. They are based on formulas designed to meet stringent standards of dermatology and sports medicine.

Each product of the Sport Lavit line has been field tested by athletes under strenuous conditions. The products have earned the recommendation of the German Sports Association (Deutscher Sportbund), the major sponsor of the West German Olympic athletes.

Shower gel, body oil, tonic rub, creme lotion and a grip anti-perspirant are among the products offered among the Sport Lavit line and available through Sports Care Products, Inc., 3375 Westview Drive, Naples, FL 33942, (813) 643-4344/4644.



Classified Advertising

RATES & INFORMATION: First 20 words \$60, each additional word \$2.50. Classified display: \$80 per column inch, minimum one inch. Deadline: 10th of month two months prior to issue date(i.e. February 10th for April issue). Mail materials together with payment to: *National Racquetball*, P.O. Drawer 6126, Clearwater, FL 34618.

PREVENTING EYE INJURY

Narrated slide presentation available for racquetsport tournaments, schools, athletic associations, conventions. Contact Chris Fischer at (216) 356-0787. As illustrated in Sept. '87 *National Racquetball* magazine.

ATTENTION JOURNALISTS AND PHOTOJOURNALISTS!

National Racquetball magazine is looking for regional correspondents and photographers to provide professional coverage and photographs of major tournaments as well as local features. If interested, please send a resume to Correspondent Editor, *National Racquetball*, P.O. Drawer 6126, Clearwater, FL 34618-6126. Resumes must include samples of previous work and three references.

Schedule of Events

RMA Tour Schedule 1987-88 Season

March 2-6

M-PACT Open
Landmark Club
12740 Merritt Drive
Dallas, TX 75251
Aaron Katz
(214) 392-1501

March 16-20

Arnie May Canadian Open Pro/Am
Cambridge Racquet Club
1385 West 8th Ave.
Vancouver, BC V6H 1C8
(604) 736-6794

March 24-27

ETU Trucking Pro/Am
Michigan Athletic Club
2500 Burton S.E.
Grand Rapids, MI 49506
(616) 887-1558
(313) 653-5999

Nationals

Site and Date TBA

WPRA Tour Schedule 1987-88 Season

March 10-13

Westerville Athletic Club
939 South State Street
Westerville, OH 43081
Denny Vincent (614) 882-7331

April 21-24

Atlanta Sporting Club
P.O. Box 95563
Atlanta, GA 30347
Caryn McKinney (404) 636-7575

June 2-5

Riverbend Athletic Club
2201 E. Loop 820 North
Fort Worth, TX 76118
Ed Ghanami (817) 284-3353

For RMA information, contact:
Jim Hiser at (313) 653-9602

For WPRA information, contact:
John Samford at (817) 654-2277



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Mens AARA Official Rankings January 11, 1988

Mens Open: 1-J. Cascio, PA; 2-A. Roberts, TN; 3-T. Boscia, CO; 4-L. Gilliam, TX; 5-S. Gonzalez, FL; 6-D. Ganim, OH; 7-M. Lowe, CA; 8-B. Kelley, CT; 9-S. Moskwa, IL; 10-S. Oliver, CA; **Mens A:** 1-L. Yeip, MI; 2-J. Minkel, TX; 3-D. Karchner, CO; 4-G. Mavrikis, NY; 5-J. Okuniewicz, MA; 6-R. Abady, NY; 7-S. Tucker, FL; 8-D. Trautmann, MN; 9-B. Ferguson, OH; 10-T. Dotson, WA; **Mens B:** 1-B. Buckalew, GA; 2-R. Kline, SD; 3-M. Motta, FL; 4-N. Rallis, MI; 5-M. Sturgeon, TX; 6-J. Denicola, CA; 7-B. Chamo, MN; 8-R. Jackson, FL; 9-S. McCune, MI; 10-D. Vega, NY; **Mens C:** 1-S. Monchik, NY; 2-J. Everett, WA; 3-M. Volterre, FL; 4-M. Hartman, FL; 5-G. Boudreau, CT; 6-R. Bates, CA; 7-I. Dyer, NJ; 8-J. McCubbin, Jr., TX; 9-B. Schimmacher, MN; 10-D. Simonton, NH; **Mens D:** 1-B. Lee, TX; 2-K. Martin, CA; 3-J. McIntosh, MN; 4-D. Balassone, MI; 5-C. Surls, FL; 6-F. Doyle, MA; 7-W. Huffaker, TN; 8-R. Klienbenstein, UT; 9-T. Lavery, IL; 10-F. Liu, NY; **Mens Novice:** 1-B. Johnson, MN; 2-J. Cain, TX; 3-W. Bailey, WA; 4-K. Vogelsang, MN; 5-M. Albetti, IL; 6-R. Capet, NY; 7-L. Caplan, MD; 8-E. Dadak, MA; 9-J. Kosik, FL; 10-B. Laird, TX; **Mens Wheelchair Open:** 1-C. Parmelly, CA; 2-D. Kiley, CA; 3-G. Waker, WV; 4-B. Marvin, CT; 5-S. Jared, CA; 6-G. Baker, WV; 7-B. Long, PA; 8-M. Jenkins, PA; 9-J. Roberts, PA; **Mens Wheelchair 1-M:** Golondziner, CA; 2-R. Jensen, CA; 3-G. Baker, WV; 4-S. Jared, CA; 5-J. Castellanos, CA; 6-B. Marvin, CT; 7-A. Rosenberg, CA; 8-R. Scanlon, CA; 9-D. Beaver, CA; **Mens Wheelchair Novice:** 1-D. Gassaway, CA; 2-D. Fouquette, CA; 3-R. Ibarra, CA; 4-J. Chase, CA; **Junior Wheelchair:** 1-A. Lara, CA; 2-E. Swanson, CA; **Mens 8NB:** 1-B. Hansen, IA; 2-J. Hanaway, IN; 3-J. Helgson, WI; 4-J.J. Gomolla, WI; 5-M. Stephens, WI; 6-S. Pethers, MI; 7-R. Thompson, AL; 8-J. Williams, FL; 9-J. Newton, AL; 10-L. Levitt, FL; **Mens 8:** 1-J. Boyett, CA; 2-B. Hansen, IA; 3-J. Bhuta, AL; 4-S. Huggins, FL; 5-H. Spangenberg, CA; 6-R. Thompson, AL; 7-T. Siggins, CA; 8-G. Benedict, CO; 9-J. Zins, MN; 10-C. Atkins, WA; **Mens 10:** 1-S. Brown, CA; 2-W. Miller, TN; 3-F. Dean, Jr., AL; 4-C. Carpenter, IA; 5-B. Zimmerman, MI; 6-C. Pardue, FL; 7-M. Hurst, FL; 8-M. O'Brian, CO; 9-E. Storey, IN; 10-J. Friedman, CA; **Mens 12:** 1-C. Cysz, FL; 2-S. Monchik, NY; 3-S. Zimmerman, MI; 4-T. Lepera, IN; 5-J. Mannino, NY; 6-M. Kelly, CO; 7-A. Thompson, WI; 8-B. Garrow, MI; 9-F. Dean, AL; 10-J. Porterfield, AL; **Mens 14:** 1-J. Ellis, CA; 2-C. O'Connell, CO; 3-J. Ellenberger, WI; 4-C. Cysz, FL; 5-J. Kolen, AL; 6-A. Bagnal, CA; 7-B. Hartinger, MN; 8-T. King, TN; 9-S. Reiff, FL; 10-A. Engel, FL; **Mens 18:** 1-J. Paraiso, CA; 2-N. Glantz, NY; 3-M. Locker, MN; 4-W. Epperson, AL; 5-R. Walden, FL; 6-J. Hundley, FL; 7-T. Talley, WI; 8-D. Alonzi, CO; 9-J. Bonnett, MI; 10-C. Garrido, CA; **Mens 18:** 1-D. Simonette, MD; 2-D. Sibell, MN; 3-T. Doyle, NY; 4-J. Floyd, MI; 5-S. Mathison, AL; 6-B. Munroe, WI; 7-L. Suarez, FL; 8-T. Boscia, CO; 9-S. Graham, CT; 10-E. Ramm, CA; **Mens 19:** 1-M. Bronfield, CA; 2-B. Rodriguez, CO; 3-R. McKinney, PA; 4-D. Gopfert, MA; 5-A. Kahn, TX; 6-D. Dutcher, MI; 7-B. Erickson, MN; 8-S. Moskwa, IL; 9-C. Winter, FL; 10-J. Chelena, FL; **Mens 25:** 1-T. Hansen, FL; 2-J. Peterson, NY; 3-J. Scargle, FL; 4-L. Fox, MI; 5-D. Levy, FL; 6-B. Huber, FL; 7-M. King, WI; 8-B. Sheldon, TN; 9-G. Tanko, WI; 10-M. Anderson, MI; **Mens 30:** 1-B. Corcoran, AZ; 2-S. Hastings, MI; 3-B. Land, LA; 4-R. Anderson, MI; 5-J. Doyle, CA; 6-K. Arrowsmith, FL; 7-D. Aceto, MA; 8-R. Olson, ME; 9-V. Dubolsky, FL; 10-N. Jilek, TX; **Mens 35:** 1-C. Kunkel, CA; 2-H. Grigg, IL; 3-D. Kovanda, OH; 4-J. Free, OH; 5-S. Wright, CA; 6-S. Chapman, FL; 7-R. Montague, PA; 8-S. Shapiro, MA; 9-B. Druktenis, WA; 10-G. Owen, FL; **Mens 40:** 1-C. Kunkel, CA; 2-E. Remen, VA; 3-S. Heguy, NH; 4-J. Henon, TN; 5-B. Parra, CA; 6-H. Grigg, IL; 7-S. Robles, TX; 8-K. Bonnett, MI; 9-H. Peele, MA; 10-B. Sanders, OH; **Mens 45:** 1-R. Wehrle, GA; 2-C. Garfinkel, NY; 3-B. Sanders, OH; 4-R. Galbreath, PA; 5-R. Johnson, IL; 6-B. Hall, MN; 7-T. Rumsey, FL; 8-S. Williams, WA; 9-R. Adams, CA; 10-O. Mas, DE; **Mens 50:** 1-S. Marcus, FL; 2-B. Wetzel, CA; 3-S. Elman, MA; 4-M. Blair, MN; 5-J. Mooney, CO; 6-J. Fay, TX; 7-S.

RMA Pro Tour Official Rankings December 25, 1987

1	B. Harnett	13,423
2	M. Hogan	10,764
3	E. Andrews	10,445
4	M. Yellen	10,001
5	C. Swain	8,220
6	R. Gonzalez	7,595
7	E. Inoue	7,143
8	G. Peck	6,989
9	S. Lerner	5,517
10	G. Price	5,067
11	C. Brysman	4,473
12	M. Ray	4,139
13	D. Peck	3,925
14	A. Katz	3,817
15	R. Harripersad	3,667
16	D. Obremski	3,617
17	J. Hilecher	3,492
18	A. Gross	3,292
19	J. Newman	3,189
20	D. Gross	3,014
21	J. Cascio	2,639
22	D. Johnson	2,295
23	L. Gilliam	2,189
24	D. Green	1,589
25	Ch. Nichols	1,564

Williams, WA; 8-J. Jackman, PA; 9-P. Banales, AZ; 10-O. Chapman, OH; **Mens 55+:** 1-O. Chapman, OH; 2-L. Hahn, MI; 3-P. Whitehill, WA; 4-H. Clar, CA; 5-R. Horton, CO; 6-R. Stillman, MN; 7-B. Folsom, ME; 8-D. Ryan, MA; 9-J. Solio, FL; 10-J. Bailey, CA; **Mens 60+:** 1-S. Lesser, NY; 2-V. Sacco, NY; 3-G. Melvey, ND; 4-A. Goss, CO; 5-N. Sans, FL; 6-B. Briel, MA; 7-M. Roberts, FL; 8-E. Acuff, VA; 9-R. Caretti, MI; 10-D. Kincade, CO; **Mens 65+:** 1-L. Wilde, UT; 2-N. Sans, FL; 3-A. Goss, CO; 4-E. Acuff, VA; 5-D. Goddard, MT; 6-J. Glavan, FL; 7-B. Cloud, IL; 8-M. Friedman, ME; 9-P. Neff, MA; 10-C. Estram, MA.

Womens AARA Official Rankings

Womens Open: 1-K. Kuhfeld, IN; 2-M. Mook, CA; 3-S. Morgan, FL; 4-M. Wielhessen, CO; 5-D. Green, FL; 6-T. Rasmussen, CA; 7-D. Fischl, PA; 8-D. Adams, CO; 9-C. Evon, IL; 10-J. Hastings, MI; **Womens A:** 1-L. Butler, TX; 2-A. Maldonado, NY; 3-L. Gaertner, NJ; 4-L. Pastor, MN; 5-S. White, MI; 6-V. Fisher, CA; 7-D. Roforth, MN; 8-P. Afford, NJ; 9-J. Snider, FL; 10-J. Sales, CA; **Womens B:** 1-L. Butler, TX; 2-D. Hood, UT; 3-J. Heller, OH; 4-L. Wescott, NJ; 5-S. Elins, FL; 6-L. Campbell, TX; 7-S. Rice, NJ; 8-A. Stoeke, MN; 9-K. Vetort, TX; 10-J. Zogg, CA; **Womens C:** 1-L. Williams, NJ; 2-K. Perry, CA; 3-C. Morales, CO; 4-K. Locke, MN; 5-B. Maynard, FL; 6-K. Benkert, TX; 7-A. Henry, UT; 8-A. Kilbane, MN; 9-M. Andrade, CA; 10-K. Rector, WA; **Womens D:** 1-W. Rudov, TX; 2-M. Bailey, WA; 3-D. Bates, CA; 4-T. Collins, MA; 5-A. Dickerson, MI; 6-F. Egnezzo, NJ; 7-B. Hendrickson, MA; 8-F. Judkins, TN; 9-L. Moore, TX; 10-B. Richards, GA; **Womens Novice:** 1-R. Branville, MN; 2-C. Greco, MA; 3-A. Roehler, PA; 4-S. Beverly, NY; 5-H. Cohen, NJ; 6-L. Moore, TX; 7-M. Zak, MA; 8-H. Peterson, MN; 9-A. Anderson, MN; 10-S. Carter, DE; **Womens 8NB:** 1-J. Newton, AL; 2-V. Tulao, AL; 3-D. Gates, IL; 4-S. Goddard, AL; 5-S. Henning, WI; 6-B. Knitter, WI; 7-L. Hanson, IA; 8-E. Shaver, FL; 9-K. Arrowsmith, FL; 10-A. Stern, AL; **Womens 8:** 1-D. Gates, IL; 2-L. Patton, FL; 3-J. Quinlan, FL; 4-B. Knitter, WI; 5-J. Newton, AL; 6-V. Tulao, AL; 7-J. Degutis, MI; 8-A. Hagenah, MI; 9-L. Hansen, IA; 10-C. Licari, CA; **Womens 10:** 1-D. Gates, IL; 2-D. Derr, FL; 3-S. Feaster, DC; 4-A. Akers, AL; 5-

WPRA Pro Tour Official Rankings December 6, 1987

1	L. Adams	178.75
2	C. McKinney	127.50
3	M. Drexler	126.25
4	K. Kuhfeld	116.25
5	M. O'Brien	68.75
6	V. Panzeri	63.75
7	Jackie Paraiso	58.75
8	M. Lynch	52.50
9	Joy Paraiso	51.25
10	L. Alvarado	48.33
11	C. Evon	36.25
12	C. Doyle	35.00
13	F. Davis	31.25
14	M. Dee	30.00
15T	T. Gilreath	25.00
15T	A. Katz	25.00
17	L. Porter	23.33
18T	T. Bevelock	20.00
18T	S. Robson	20.00
18T	R. Whitmire	20.00
21	B. Stoll	16.66
22T	D. Fletcher	13.33
23T	M. Morris	13.33
24T	C. Baxter, D. Burton, D. Ferreir, R. Goblish, Ca. Nichols	10.00





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W/Gold Ball - \$55
W/Birthstone - \$69
Tietack - \$48

LARGE PENDANT
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W/Gold Ball - \$67
W/Birthstone - \$93
Tietack - \$65

CHAINS

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Heavyweight - \$4/inch

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DELIVERY
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2nd Day Air add \$4

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- ☐ Hogan VHS Tape - \$19.95 + \$3.95 shipping
- ☐ Racquetball Mug - \$4.95 + \$1.25 shipping
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The Gar

(continued from page 9)

It is for such transcendent moments that The Gar exists.

"The pressure gets to be unbelievable, especially as I get older, because I have won for so long."

Yet he continues to paint the target, goad the competition, get pushed to the edge of the cliff and — in the end — "still win 90 percent of the tournaments I enter."

That he remains driven at 47 is uncanny; that his body is still a match for his spirit is, well, inspiring. He plays 90 minutes a day, six days a week, finishing each workout with a half-hour on the exercise bike at the area health club where he's the pro.

"For him to keep going at it," says Leve, "at that age, having won virtually everything and with nothing left to prove, well, there's a need there."

Ask Gar, in fact, how much of the "I'm the greatest" act he buys and he'll tell you, "If I believed it I wouldn't practice so hard."

"If you look behind the smoke his image puts up, you see he has earned everything he got, because he isn't a natural athlete," said Smaldone. "I remember him coming back from tournaments in the late '60s, saying, 'You should see what guys on the west coast are doing, the new shots they've got.' And then he'd practice the shot until he had it too."

The drive manifests itself on the court in a way that seems cruel to the casual observer. Be it practice or a tournament, a man or a woman, an 'A' or 'C' level player, Gar lunges for the throat. The class clown with a switchblade.

He played Peggy Steding, a former woman's champion, in a challenge match for \$1,000 a decade ago. He beat her, he said, "so badly it was ridiculous." There were no charity points thrown in. The better players understood.

Says Leve, "Paul Haber, a handball champion years ago, used to say, 'My goal is to get off the court as soon as possible.' In this sport, that's a championship attitude. I know when I play someone better than me, I get mad if they ease up. That's the nature of the sport."

And a necessary trait.

"I have students who are pretty good players," says Sylvie. "But they get in a match, see they can beat the person, get lazy and hit poor shots.

Then, in a tournament, when they need that big shot, they're not sure if they can do it. Charlie is always sure, because he does it all the time."

If it's obvious The Gar embraces victory, let it also be said he's no lout in defeat.

When John Moshides beat him for the city open racquetball title six years ago, ending a string of 13 consecutive championships, it vandalized the image. Yet the downcast Gar ignored friends' suggestions he skip the nationals the next week, credited Moshides with playing well and acknowledged that life goes on.

"Of course," adds Gar, typically, "I moved out, left the wife and kids and contemplated suicide."

But even now, at 47, the losses are uncommon. Jim Winterton notes: "While there are other senior players of equal stature, there are no others who create the atmosphere of greatness like Charlie. Over the years you can actually measure (your) success in tournaments by whether you draw a Charlie Garfinkel... And if you beat him, you have accomplished something."

All that has eluded The Gar is that ultimate moment, when all he has said, created and delivered merge in a sort of eccentric ritual of Gardom.

As he imagines it, he is in his house, alone, in a room with his hundreds of plaques and trophies and piles of sneakers, racquets, headbands and assorted other Gar items. It is dark, except for the flashing of neon lights on the walls. Psychedelic music blares from the stereo speakers.

Gar stands in the center of the room, the trophies, plaques and apparel piled around him. Then, like a man diving into a pool of self-adulation, he jumps atop the items and rolls on the floor, covering himself with the rewards of Gardom, reveling in them, with the lights flashing, the music pulsating. The man, the deeds and the image are joined in quirky celebration, fused in one quintessential moment, untoppable and unrepeatable.

And then maybe, just maybe, having taken it as high as it can go, The Gar will simply evaporate into the dust. Cease to exist. And, once again, he will be Just Charlie. ○

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Donn Esmonde is a sportswriter for the Buffalo News where this article was first printed.

President's Column

by Van Dubolsky

Recently Luke St. Onge sent a note to all state and regional directors which I thought the entire membership should be made aware of. In it he pointed out that the AARA is a not-for-profit corporation designed to promote the development of competition and recreational racquetball in the United States. The AARA is also the recognized national governing body of the sport and is a member of the International Racquetball Federation which has, in turn, been recognized by the International Olympic Committee.

Within that structure, each state association is an independent governing body which chooses to affiliate with the national organization. As the AARA continues to gain momentum and becomes stronger and stronger, it is even more important for state organizations to incorporate as not-for-profit agencies.

The following steps outline a possible organizational structure for your state:

- 1) Become incorporated in your state as a not-for-profit organization. The easiest way to start is to find an attorney who plays racquetball and see if he/she will assist your board in preparing the necessary documents.
- 2) Prepare a bona fide operating constitution and by-laws for your organization.

- 3) Elect a board of directors (voted by the state membership).

- 4) Appoint officers from that board of directors.

- 5) Create an executive committee of the board.

- 6) Organize official operating committees under the state organization.

The reasons for adopting a bona fide constitution, by-laws and incorporating your organization are many. Among them are:

- a) Establishing a sensible, systematic management system.
- b) Recognition by the AARA as the sole official governing body of racquetball within your state.
- c) Democratic operation of the state organization by its membership.
- d) Public accountability for revenues and actions.
- e) Involvement by all members reduces personal accusations regarding operations, which cannot be defended under other types of organizations.
- f) Public access to organized minutes by members creates a shared responsibility for decision-making, rather than alienating players affected by board actions.
- g) It allows you to conduct the business of the state association in a professional manner. As national and state associa-



tions continue to grow, this "business" can mean thousands of dollars in revenue being handled by an organization.

- h) It reduces liability exposure by board members and officers of non-profit organizations under state laws. The personal assets of individuals are vulnerable and at risk in non-incorporated associations, while exposure is minimized by non-profit incorporation.

As of this writing, seventeen of the fifty state organizations are incorporated. Check out your own state association and discover how you are "organized". If you are not operating as a bona fide not-for-profit association, it's very important that you begin taking these steps to correct the situation. If you have any questions, please call us at the national AARA offices for some advice and direction.

Commissioner's Report On Women In Racquetball

by Judi Schmidt

In my capacity as National Commissioner for Women's Racquetball I have had the opportunity in recent months to discuss the current status of women's participation in racquetball with a variety of women across the United States.

From these discussions the general consensus seems to be that our efforts to broaden the scope of female involvement in our sport must come from those of us already participating at local, state and national levels. To this end, I have enlisted a group of 25-30 ladies to serve on a national committee to develop ideas and promotions which will attract more women to the sport.

The first priority for each of us this year is to bring at least one (more if you can) new female player into the sport and onto a tournament court this year. This effort from each of us could double the female racquetball population by year end.

Secondly, we are discussing a closer

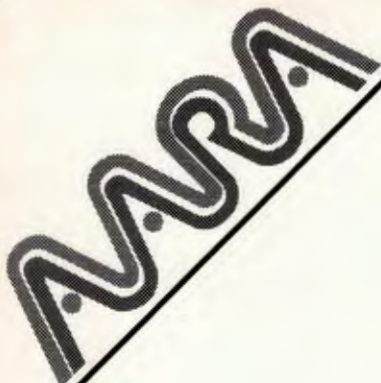
affiliation and involvement with the Women's Professional Racquetball Association (WPRA) for the coming year. Chris Evon, current president of the group, has been in touch with me already and preliminary conversations indicate possible benefits for all of us through such an alignment. They need our support to keep the tour alive so that amateur women have the opportunity to choose racquetball as a viable career option. I have proposed that they offer a \$10 supporting membership to all female AARA members. In exchange for this grassroots support of their operations, the WPRA will help us promote and recruit women to our group during their nationwide travels to clinics, tournaments and exhibitions. I will provide them with names of contacts from the national committee in areas they will be visiting so activities can be planned to attract new players. More details about this program will be publicized in the near

future!

Also, Kathy Mueller (MN) and I met with the Master's Council recently to solicit their assistance in developing a broader program for senior level players. We anticipate scheduling at least a couple of events annually in central locations for women 30 and older.

Last, and most importantly, we must be responsive to the program needs and desires of our AARA membership so we are developing a sample survey which will be launched in Florida this spring. I hope the results will produce a definite plan of action which will meet the needs of female players across the country.

If you have any suggestions, gripes, ideas or information to share, please feel free to extemporize. For more information, contact me directly or ask female members of your state's governing board for details.



Regional Reports

Region 4 Report: North & South Carolina, Georgia and Florida

Submitted by Van Dubolsky

The Penn-sponsored 1988 Ektelon/AARA Regional Racquetball Championships for the southeast region will be held at RacquetPower in Jacksonville, FL on April 14-17. Last year's outstanding regional was held at the Atlanta Health & Racquet Club, and we would like to recognize those finalists here:

Mens Open: S. Gonzalez (FL) d. J. Lorello (FL);
Mens A: B. Buckalew (GA) d. J. Wells (FL);
Mens B: M. Motta (FL) d. Cunningham (GA);
Mens C: M. Hartman (FL) d. Sheppard (SC);
Mens D: A. Sasson (GA) d. T. Gordon (FL);
Mens Novice: J. Kosik (GA) d. L. Leipold (GA);
Mens 19+: R. Binnix (GA) d. C. Winter (FL);
Mens 25+: T. Hansen (FL) d. L. Bentsen (NC);
Mens 25B: G. Harrell (FL) d. Reifstahl (GA);
Mens 30+: M. Layton (FL) d. V. Dubolsky (FL);
Mens 30B: G. Harrell (FL) d. M. Motta (FL);
Mens 35+: G. Summers (GA) d. M. Sanford (FL);
Mens 35B: T. Rumpier (GA) d. K. McMullen (GA);
Mens 40+: R. Wehrle (GA) d. B. Riley (FL);
Mens 40B: A. Deloreto (GA) d. O. Dietrich (GA);
Mens 45+: R. Wehrle (GA) d. E. Wheeler (GA);
Mens 50+: S. Marcus (FL) d. D. Payne (GA);
Mens 55+: M. Roberts (FL) d. B. Harper (FL);
Mens 60+: M. Roberts (FL). **Womens Open:** S. Morgan (FL) d. B. Barrett (SC);
Womens A: L. Busch (FL) d. L. Haymans (GA);
Womens B: Nunez (MS) d. Gray (SC); **Womens C:** Richards (GA) d. S. Brady (GA); **Womens D/Novice:** Richards (GA) d. Eaton (NC); **Womens 19+:** K. Hallendar (FL) d. C. Healy (GA); **Womens 25+:** B. Barrett (SC) d. R. Whitmeir (GA); **Womens 25+B:** B. Pope (SC) d. McNulty (NC); **Womens 30+:** S. Morgan (FL) d. Gammons (SC); **Womens 35+:** J. Myers (NC) d. A. Falso (FL); **Womens 40+:** A. Falso (FL) d. J. Kenyon (FL); **Womens 45+:** J. Kenyon (FL) d. S. Elgaway (FL).

Our congratulations to these winners, and best of luck to all of those who travel to Florida next month to defend their titles! The regional events are prestigious ones, and the accomplishments of these players is noteworthy.

Remember that you must participate in this year's regional in order to qualify for competition in the Ektelon/AARA U.S. National Singles in Houston in May. Make your plans to attend early, so you don't miss out!

Tournament Notes: Two big tournaments are in the works for Georgia this month and next. The Georgia State Singles are scheduled to be played in the Falcon Complex in Atlanta, March 11-13.

Region 12 Report:

A Profile of Sherry Armstrong

Submitted by John Foust

"Racquetball at the Top of the Nation" is a lofty slogan and one that Sherry Armstrong, President of the Colorado Racquetball Association, is reminded of every day. Little could she have known, when she moved from Ohio four and a half years ago, that she would become a driving force in the development of racquetball in Colorado.

It's been through the efforts of Sherry and the CRA board that Colorado has been able to maintain the number four position among states in the nation, trailing only California, Florida and New York in total AARA membership numbers. This has been accomplished in a state with a comparatively small population.

A Pittsburgh native, Sherry has been involved with the CRA as a board member since 1983. Her overall perspective comes from being a competitive player for the past eleven years — and a good one at that. Her titles include three State Doubles championships, and the 1985 35+ National Doubles championship with local partner Linda Loughrey. It's obvious that her hard work with the state asso-

ciation is firmly based on a love of the game.

Although very involved with her own business, the Award and Sign Connection, Sherry sees good things happening for racquetball and plans to continue working towards its future. She states that "the sport grew too fast for a while and now things have reached a more realistic and systematic growth stage. In addition the rules are stabilizing and more programs are being instituted for special groups such as junior, master, collegiate and high school players. This is drawing more interest." Her opinion is supported by the fact that the CRA is gaining new members at a rate far above that of the last two years.

One of the biggest contributing factors for the continued growth of racquetball in Colorado has been the work Sherry did to establish a CRA office along with a paid secretary. This ability to answer questions, plus process and send information to tournament directors has greatly improved the image of the association.

All in all, Sherry has done an outstanding job and should be congratulated for the personal sacrifices she has made for the future of racquetball in Colorado particularly, and on a national scale in general.

Limiting Appeals Considered

by Michael Arnolt

Limiting the number of appeals during a game is one of the rule changes proposed for consideration by the AARA in 1988. A second proposal involves the changing of referees during a match.

Restricting a team to three appeals per game is an effort to maintain the flow of the game by eliminating questionable appeals and the use of excessive numbers of appeals to stall the game. The appeal limit proposal specifies that if either line judge agrees with the player's appeal, that particular instance will not be counted against the three-appeal limit. In addition, if a team expends all of its appeals, it still retains the right to a "game-ending" appeal. The same rule will be consid-

ered by the Canadian Racquetball Association this year.

The second proposal deals with the removal of referees. The current rule allows for the removal of a referee upon the request of both teams, or by the tournament director. The change is an addition to this rule, specifying that a certified referee, once assigned to a match, may be removed only by the tournament director.

All current AARA members are eligible to vote on rule changes. The vote totals will be considered by the National Rules Committee in its recommendation to the AARA Board of Directors at its May meeting. All signed ballots must be received by May 1 to be considered.

Mark ballot by circling your choice and send to:

AARA Rules, 815 N. Weber, Colorado Springs, CO 80903

FOR	AGAINST	Limiting Appeals Per Game
FOR	AGAINST	Referee Removal

Name (please print) _____

Address _____

City, State, Zip _____

Signature _____

Ektelon/U.S. National Intercollegiate Championships 1988

Sacramento, California • April 7-10

NATIONAL SITE: Gleneagles Racquetball & Athletic Club, 5051 College Oak Drive, Sacramento, CA 95841, (916) 338-1850

ELIGIBILITY: See Rules

DIVISIONS: Men's Team #1: Singles #1, #2, #3, #4, Doubles #1 & #2

Women's Team #1: Singles #1, #2, #3, #4, Doubles #1 & #2

Men's Team #2: same as above

Women's Team #2: same as above

ENTRY FEE: \$20 First Event per person, \$15 Second Event per person. Make check payable to AARA Intercollegiate Championship. All entries are final - no refunds.

DEADLINE: Postmarked Friday, March 25, 1988. NO EXCEPTIONS. Entry fee/register letter MUST accompany entry form.

TOURNAMENT DIRECTORS: AARA — Luke St. Onge, (303) 635-5396; ACRA — Jerry Gray, (616) 796-9291

HOUSING: Holiday Inn, 5321 Date Avenue, Sacramento, CA 95841-2597, (916) 338-5800. \$46.00 - 4 people in room. Please make reservations before March 6, 1988 to assure room rate. Be sure to mention the National Intercollegiate when making reservations.

TRANSPORTATION: Complimentary airport shuttle service is available with a 24-hour notice to the Hotel Reservationist. Van hours are 6 a.m. to 12 midnight.

PLAY BEGINS: 8:00 a.m. Thursday, April 7, NO EXCEPTIONS.

OFFICIAL BALL: Penn Ultra-blue

TOURNAMENT SHIRTS FOR ALL PLAYERS. HOSPITALITY BEGINS WITH LUNCH THURSDAY.

LENSED EYEWEAR MANUFACTURED FOR RACQUET SPORTS IS MANDATORY!

UNITED STATES OLYMPIC COMMITTEE TRAVEL DESK/UNITED AIRLINES JOINS THE AARA TO OFFER YOU THE LOWEST POSSIBLE AIRFARES ON UNITED FOR AARA EVENTS.

United offers you 5% off any published United fare regardless of cost — simply follow these easy steps:

1. Either you or your preferred travel agent phone United's toll-free number at (800) 521-4041 (48 contiguous states), or (800) 722-5243 extension 6608 (Alaska, Hawaii). Call daily between 8:30 a.m. and 8:00 p.m. E.S.T.

2. Immediately reference the special AARA account number 8071H.

Your support of this program further helps racquetball to become an Olympic sport.

INTERCOLLEGIATE RULES

RULE ONE — Undergraduate Participation

No one shall participate in any intercollegiate racquetball contest unless he or she is a bona fide matriculated undergraduate student at an accredited university,

college, or junior college and is regularly enrolled and doing full work as defined by the regulations of the institution at which he or she is enrolled.

RULE TWO — Amateur Participation

Only amateurs may participate. A professional is defined as any player (male/female/junior) who has accepted prize money regardless of the amount in any tournament including WPRA, RMA or other events so deemed by the AARA Board of Directors. Amateur status may be requested if no money has been accepted for the past 12 months.

RULE THREE — Registrar Verification

Eligibility of participants shall be verified by attaching a letter to the entry blank from the Office of Admissions or Registrar with the school seal affixed. Names and full course work shall be noted.

RULE FOUR — Teams and Format

Teams consist of 4 to 8 players from the same institution: teams cannot have players from different schools in the same system (University of Texas-Austin, Arlington and El Paso campuses). Doubles teams must be from the same institution.

A team of 4 to 8 players consists of ONE #1 Singles, ONE #2 Singles, ONE #3 Singles, ONE #4 Singles, a #1 Doubles and #2 Doubles team. Singles players may also play doubles. Only 2 players from any one school may be in either doubles division and only 2 doubles teams from any one school may be in either doubles division.

A school may enter one team of 4-8 players or two teams of 4-8 players. Players on team 1 cannot play doubles or singles on team 2.

RULE FIVE — Scoring

The champion of each event shall receive 10 points, runner-up 7 points, third place 4 points, fourth place 2 points.

There is a bonus pool of points that will be awarded for each win beginning with round 16: 7 points for division #1, 5 for division #2, and 3 for division #3. Using this weighting system it becomes more valuable to the team to play players at their ability level rather than below.

Additional points: a player shall receive 2 points for each match won, except that no advancement points shall be awarded to the winner of the championship finals or the third place match. A forfeit or any injury default is considered a match won. One point is awarded a player receiving a bye, if he or she wins the next match. Teams with less than a full team will score points toward the team championships.

RULE SIX — AARA Membership — All players must be members of the AARA — non-members must submit \$10.00 yearly dues as part of the registration form. (NOTE: If you have recently joined the AARA and have not received your membership card, you must present your receipt copy of the membership application or a cancelled check.)

TEAM ENTRY FORM

College _____ Coach _____

Phone _____ Address _____

City _____ State _____ Zip _____ Entry Total \$ _____ AARA Member Dues \$ _____

ALL NEW MEMBERS must have full mailing address attached

I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the AARA and all participating parties and their respective agents for any and all injuries.

Date _____ Signature _____

ENCLOSE CHECK AND ELIGIBILITY LETTER: ACRA Collegiate Championships, 815 N. Weber, Colorado Springs, CO 80903.

NOTE: A person on Team 1 cannot be entered on Team 2. A college can send from 1 to maximum 32 players to compete as a collegiate team.

WOMEN'S TEAM 1 SINGLES - Name, print

#1 _____

#2 _____

#3 _____

#4 _____

DOUBLES #1 _____

& _____

#2 _____

& _____

WOMEN'S TEAM 2 SINGLES - Name, print

#1 _____

#2 _____

#3 _____

#4 _____

DOUBLES #1 _____

& _____

#2 _____

& _____

MEN'S TEAM 1 SINGLES - Name, print in full

#1 _____

#2 _____

#3 _____

#4 _____

DOUBLES #1 _____

& _____

#2 _____

& _____

MEN'S TEAM 2 SINGLES - Name, print in full

#1 _____

#2 _____

#3 _____

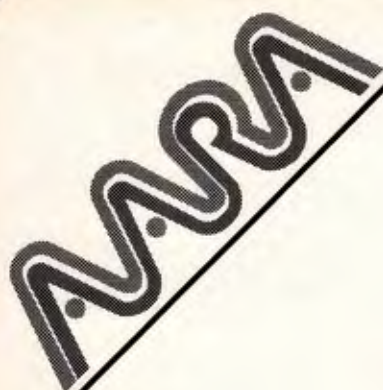
#4 _____

DOUBLES #1 _____

& _____

#2 _____

& _____



AARA Board of Directors 1988 Elections

Elections for positions on the AARA Board of Directors will be held between now and late May, when ballots will be collected from players at the National Singles in Houston and added to those received by mail. To cast your vote, please review the following statements by the five candidates (four chosen by the Nominating Committee of the Board, plus one write-in), then indicate your choice of **three** representatives to serve on the Board. To validate the ballot, you must complete the address section and sign it, then mail it to the National Office to be counted.

KEITH CALKINS - California

Qualifications and Past History: My background in racquetball actually began in 1969 when I started teaching racquetball at Chabot College. At that time, I also started playing actively in tournaments. This led to my involvement in the IRA, which later became the AARA. In 1979, I was elected to the Board of Directors of the IRA and served as the National Rules Commissioner for one year and the President for two years. During my time as President, I was elected Secretary General of the IARF and a House of Delegates member of the United States Olympic Committee for racquetball. I have continued to serve in both these positions and last April was elected to the executive board of the United States Olympic Committee. In 1986, I was reappointed to the Board of Directors of the AARA as a replacement. I also was elected President of the Pan-American Racquetball Confederation in 1986. I am a lifetime member of the California Amateur Racquetball Association and continue to play racquetball and teach it at Saddleback College. I have done many junior racquetball clinics and was on the teaching staff of the first elite training camp in Colorado Springs. I believe these qualities give me good insight into racquetball in America.

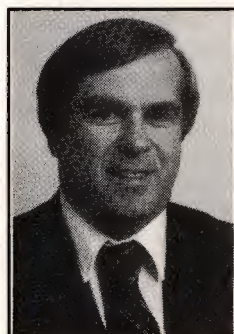
Why do I want to be on the Board of Directors: As one can tell from my qualifications and past history, racquetball has been a big part of my life for the past 20 years. This is an extremely enjoyable hobby that has given me opportunity for friendships and personal growth. My main reason for wanting to be elected to the Board is to help complete many of the goals that were established in 1979 when I became a member of the Board for the first time. I have a sincere desire to: 1) See racquetball become a Group A member in the United States Olympic family. 2) See member-

ship increase so all active participants have access to the services of the AARA. 3) See the junior and intercollegiate and age-group programs expand with more participation. 4) See a stronger state organizations with active participation from each state. 5) To expand on both the referee certification program and the coaching and teaching programs. 6) It would also be nice to see racquetball develop to a greater degree internationally and hopefully become an Olympic Sport.

There are many other tasks that need to be completed by the AARA in the next three years. Because of my background and experience, I believe that my election to the Board would provide continuity and help the AARA achieve its goals for not only skilled tournament participation but also for the grassroots amateur recreational player. I would appreciate your consideration on my behalf.

PAUL F. HENRICKSON, JR. - Massachusetts

Qualifications and Past History: I have been an active member of the AARA since 1975. From 1977 to present I have served in



the position of director of the Massachusetts Racquetball Assoc., during which time Massachusetts has continuously ranked in the top five states in the country for AARA membership. From 1981 to present I have served in the position

as New England Regional Commissioner of Region One which includes all six New England states. I am also currently serving as Massachusetts State Director for junior racquetball.

From 1981-86 I served as a member of the AARA National Board of Directors and from 1982-86 served as its President. In 1984 I was chosen to receive the AARA Person Of The Year award. I feel my extensive experience and involvement in AARA programs and development make me a highly qualified candidate.

Why do I want to be on the Board of Directors: If elected to the National Board of Directors I will concentrate my efforts on junior and intercollegiate development and strengthening of state associations.

I feel my ten years of experience at the state level as well as my six years of service at the national level give me insight as to how the state and national organizations of the AARA can work together for the betterment of our sport.

I am asking for your vote, so I may continue

to serve the AARA membership once again on the national level.

I retired from the Board in 1986 following the procedure in our constitution, which states no member may serve more than six consecutive years of service. Having been off the board for the past year, I am ready and willing to once again assist in the growth and development of the AARA nationally.

CAROL PELLOWSKI - Wisconsin

Qualifications and Past History: In 1978 I began playing racquetball at our brand new club in suburban Milwaukee, WI. Over the



years I have gone from the sport being a hobby to it becoming my occupation. As a physical education teacher and coach, I knew the importance of "lifetime" sports; now, as a club manager, racquetball program director and PARI certified instructor, I can enjoy teaching my "hobby" to others.

As racquetball has developed within our state, so has the need for an organization to fit our needs. As a Wisconsin Racquetball Association board member for the past 5 years, I have been part of the struggle of any growing group and the leadership questions that accompany that growth. After the WRA became part of the AARA in 1985, I have had the opportunity to watch our state association grow. As the WRA President of the past year and a half, I've been able to meet and work with other state association officers. As a parent of two junior age players, our family has traveled to national events and met the future of racquetball.

My input into the board would come from a variety of positions — player, club manager, state director, tournament director, parent and educator.

Why do I want to be on the Board of Directors: To assist with the growth and organization of our sport in all areas of the country. As a person affiliated with a "new and growing" state association, I can communicate about the methods the AARA can use to better serve both the state and individual members of the new groups.

As a representative from the upper midwest, I would hope to pull in more interest and support from our surrounding states with some open and direct lines of communication. Our needs and interests will vary from those states with associations and programs of long

standing, but our goals are the same...

Because of the many ways I have been associated with the sport, I can provide a variety of opinions. Both my educational and occupational background have provided me with the time and the methods to contribute my skills and my interest.

RENE PENLEY - Ohio

Qualifications and Past History: Rene Penley has been the Racquetball Programmer



at Sawmill Athletic Club in Columbus, OH since October 1985. The club's membership is well over 7,000.

Rene has demonstrated her commitment to the sport of racquetball by promoting participation to all ages and levels in a consistent, professional atmosphere.

With an emphasis on the Junior Team, she has increased their participation twelve-fold. This increased involvement has created more enthusiasm for the sport throughout the area.

In her years of successful programming, Rene has organized an average of 12 tournaments a year, involving an average of 300 participants per tournament. The most notable was the 1987 Junior Nationals. Rene planned and executed the most overwhelmingly successful Junior National Tournament. In a letter sent to Rene from Luke St. Onge, AARA's Executive Director, he remarks: "I am sincere when I say that we have run over 50 National Championships these past years and none of them can compare to the overall professionalism and success of this years' Juniors. This accomplishment is directly attributable to your vision, caring, and commitment to the future of our sport and the direct involvement in the Junior development."

In addition, Rene has her bachelors degree in Business from Ohio State University. She is a member of the American Marketing Association.

Why do I want to be on the Board of Directors: I would like to contribute the vision and the excellence I have seen at Sawmill Athletic Club, and to become a resource to help build the sport in other clubs.

The experience I have gained by organizing the 1987 Junior Nationals has been invaluable. I would like to take the insights that I have gained from that experience to the Board and to other racquetball programmers.

I believe that it is important to continually promote the sport by creating a professional atmosphere and bringing new people of all ages into participation while maintaining a positive competitive atmosphere. I would encourage bringing the whole family into this life-long sport.

Another key role of a Board member is to be a liaison between the players and the Board. I would welcome the opportunity to be committed to that task. I can see the need in areas such as the development of good referees to ensure the consistency of the sport. Also, to get all tournament information and applica-

tions to all clubs way in advance of an event.

These are just a few of the reasons I would like to serve on the Board of Directors of the AARA. I believe that my education, experience and professional commitment to the sport of racquetball have given me the necessary skills to be a productive addition to the AARA Board of Directors.

OTTO DIETRICH - Georgia

(write-in candidate)

Qualifications and Past History: "Ask Otto" is a phrase that's heard quite often at racquetball tournaments. I'm that husky fellow who's always reffing those "really tough matches". At last year's National Singles Championships, I reffed 55 matches — a record that even I probably won't surpass. Last September, I officiated at the first-ever Pan American Championships.

I've been an AARA member for 13 years. In 1976 I organized the Korea Racquetball Association and directed it's activities for 4 years. In 1982 I helped to revitalize the Georgia organization and have served ever since as a director. For the past 5 years I've actively served on the National Rules Committee. I was also appointed by Van Dubolsky to be the Rules and Referee Commissioner for Florida, Georgia, North Carolina and South Carolina.

I helped write the WPRA's rules and originated several changes to the AARA's rules. Recently I updated the National Referee Certification Examination. I've also authored several articles published in *National Racquetball*, *International Racquetball*, *Handball* (I'm also a lifetime USHA member), and various local publications.

Need to know more about my qualifications to be the National Rules Commissioner? Well, either "Ask Otto" or if that's not me — Adams, Cascio, Dubolsky, Ganim, Hiser, Hogan, Kuhfeld, McKinney, Obremski, Rasmussen, Roberts, St. Onge, or Yellen.

Why do I want to be on the Board of Directors: Although one woman MUST be elected this year, there is one other position being vacated that also demands some very

special qualifications for the person filling it — National Rules Commissioner. Mike Arnolt has now served for the maximum time allowed by the constitution.

Therefore, a new commissioner must be appointed from among the board members. While there may be a few of the current and prospective board members who are as well-qualified as I am to be the National Rules Commissioner, I appear to be the only person who actually wants to assume this particular responsibility.

So, unless I am elected, the awesome duties of National Rules Commissioner might fall onto the shoulders of someone who has significantly less time to devote to the job than I do or who is far less qualified. Although much has been accomplished in both rules and refereeing in recent years, there still remains a lot of be done. I plan to improve on the work already done by those who have served previously. Before you vote, look over the ballot and decide who you would want as the next National Rules Commissioner. I hope you will agree that it should be me.

So, won't you please cast your vote for Otto Dietrich?

OFFICIAL AARA BALLOT (ONLY AARA MEMBERS CAN VOTE)

Listed below is the slate of candidates. The slate consists of five (5) candidates of whom only three (3) may be selected. The ballot should be filled out by checking three (3) selections only and then clipping and mailing the ballot to: **AARA, 815 North Weber, Suite 203, Colorado Springs, CO 80903. Note: All ballots must be received by midnight, May 3rd, 1988 in order to be eligible.** Those selected will serve a three (3) year term commencing in May.

☐

KEITH CALKINS

☐

PAUL F. HENDRICKSON, JR.

☐

RENE PENLEY

☐

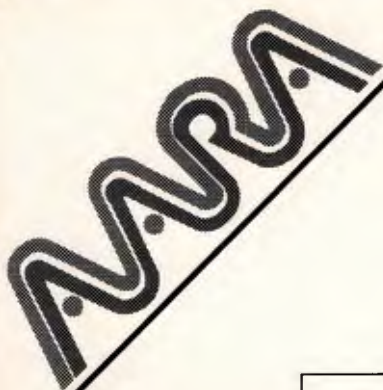
CAROL PELLOWSKI

☐

OTTO DIETRICH (write-in candidate)

Signature _____

Affix mailing label here
to validate the ballot:



AARA State Rankings - December 31, 1987

1-California, 2-Florida, 3-New York, 4-Colorado, 5-Pennsylvania, 6-Illinois, 7-Massachusetts, 8-Michigan, 9-Minnesota, 10-Ohio, 11-Indiana, 12-Texas, 13-North Carolina, 14-New Jersey, 15-Connecticut, 16-Georgia, 17-Arizona, 18-Washington, 19-New Hampshire, 20-New Mexico, 21-Missouri, 22-Utah, 23-Tennessee, 24-Alaska, 25-Wyoming, 26-Montana, 27-Wisconsin, 28-Maine, 29-Virginia, 30-South Carolina, 31-Nevada, 32-Rhode Island, 33-Alabama, 34-Maryland, 35-Delaware, 36-Vermont, 37-Kansas, 38-Oklahoma, 39-Mississippi, 40-Kentucky, 41-Idaho, 42-Louisiana, 43-Oregon, 44-West Virginia, 45-Iowa, 46-Arkansas, 47-South Dakota, 48-Hawaii, 49-Nebraska, 50-District of Columbia, 51-North Dakota, 52-Puerto Rico, 53-American Samoa, 54-Guam, 55-North Mariana Islands, 56-Trust Territory, 57-Virgin Islands

1988 Major Events

March 11-13

Ektelon/U.S. National High School Championship
Indiana Athletic Club
411 South Harbour Drive
Noblesville, IN 46060
317-776-0222

April 7-10

Ektelon/U.S. National Inter-collegiate Championships
Gleneagles Racquetball & Athletic Club
5051 College Oak Drive
Sacramento, CA 95841
916-338-1850

May 25-30

Ektelon/U.S. National Singles Championships
Downtown Y.M.C.A.
1600 Louisiana
Houston, TX 77002
713-659-8501

June 25-29

Ektelon/U.S. National Junior Championships
Sports Club
333 S. Wadsworth Blvd.
Lakewood, CO 80227
303-989-8100

August 4-5

World Congress
Hamburg, Germany

August 6-13

World Championships
Hamburg, Germany

October 27-30

Ektelon/U.S. National Doubles Championships
Merritt Athletic Club
2076 Lord Baltimore Drive
Baltimore, MD 21207
301-298-8700

1988 Ektelon/AARA Adult Regionals

Region #1

Paul Henrickson
20 Oakes Street
Millbury, MA 01527
617-832-3459

April 15-17
STBA

Region #2

Al Seitelman
142 Landing Avenue
Smithtown, NY 11787
516-360-0979

March 25-27
Off The Wall RB Club
230 Osser Avenue
Hauppauge, NY 11788

Region #3

Bernie Howard
RD 1, Box 362A
Reedsville, PA 17084
717-667-2209

April 23-26
STBA

Region #4

Van Dubolsky
Santa Fe Comm. College
3000 N.W. 83rd Street
Gainesville, FL 32606
904-395-5356

April 14-17
Racquet Power
3390 Kori Road
Jacksonville, FL 32223
904-268-8888

Region #5

Jack Sorenson
Montgomery Athletic Club
5675 Carmichel Park
Montgomery, AL 36177
205-277-7130

April 29-30
STBA

Region #6

Randy Scott
1615 Walnut Grove
Derby, KS 67037
316-788-6470
316-681-1573

April 8-10
Town & Country Club
1777 Des Peres
St. Louis, MO

Region #7

Bruce Hendin
15759 San Pedro
San Antonio, TX 78232
512-490-1980

April 15-17
RB & Fitness Clubs of
San Antonio
7700 Torino Drive
San Antonio, TX 78229
512-344-8596

Region #8

Alvin Barasch
7330 N. Cicero
Lincolnwood, IL 60646
312-673-7300

March 25-27
STBA

Region #9

Jim Easterling
321 Village
Lansing, MI 48911
517-887-0459
517-373-2399

February 19-21
Aquaris Athletic Club
5730 Opportunity Drive
Toledo, OH 43612
419-476-4884

Region #10

Michael Arnolt
8444 Seabridge Way
Indianapolis, IN 46240
317-259-1359
317-776-0222

March 4-6
Court Club
3455 Harper Road
Indianapolis, IN 46240

Region #11

Les Dittrich
Box 16
Eagle Lake, MN 56024
507-257-3698
507-257-3353

April 29-May 1
98th Street Racquet Club
1001 West 98th Street
Minneapolis, MN 55431
612-884-1612

Region #12

John Foust
4633B South Frazer
Aurora, CO 80015
303-699-8121
303-750-3210

April 21-24
Denver Sporting Club
5151 S. DTC Parkway
Englewood, CO 80111
303-779-0700

Region #13

Dan West
3758 Mt. Rushmore Ave.
Billings, MT 59102
406-656-3890

April 8-10
Billings Athletic Club
777 15th Street West
Billings, MT 59102
406-259-2626

Region #14

Ed Martin
Bottomline Ventures
11460 Sunrise Gold Circle
Rancho Cordova, CA 95742
916-638-7572

April 15-17
West Lane Racquet Club
1074 E. Bianchi Road
Stockton, CA 95210

Region #15

Sid Williams
5227 S. Puget Sound
Tacoma, WA 98409
206-473-2266

March 24-27
Pacific West Club
1340 West Smith Street
Kent, WA 98031

1988 Ektelon/Junior Regionals

Region #1

Paul Henrickson
20 Oakes Street
Millbury, MA 01527
617-832-3459

May 6-8
STBA

Region #2

Al Seitelman
142 Landing Avenue
Smithtown, NY 11787
516-360-0979

March 25-27
Off The Wall RB Club
230 Osser Avenue
Hauppauge, NY 11788

Region #3

Robert Linsk
4611 Harrison Street
Chevy Chase, MD 20815
301-657-2417
301-843-9520

May 13-15
Merritt Athletic Club
2076 Lord Baltimore
Baltimore, MD 21207
301-298-8700

Region #4

Van Dubolsky
Santa Fe Community College
3000 N.W. 83rd Street
Gainesville, FL 32606
904-395-5356

May 6-8
Omega 40
1 South Kings Road
Ormond Bch, FL 32074

Region #10

Michael Arnolt
8444 Seabridge Way
Indianapolis, IN 46240
317-259-1359
317-776-0222

March 18-20
STBA

Region #12

Mary Ann Czupor
5834 Urban Court
Arvada, CO 80004
303-422-5703
303-426-6161

May 5-8
STBA

Region #13

Dan West
3758 Mt. Rushmore Ave.
Billings, MT 59102
406-656-3890

April 8-10
Billings Athletic Club
777 15th Street West
Billings, MT 59102
406-259-2626

Region #14

Scott Winters
RB World & Aerobic Health Ctr.
10115 Talbert Avenue
Fountain Valley, VA 92708
714-962-1374

May 20-22
Schoenberg's Athletic
5341 Owens Court
Pleasanton, CA 94566
415-463-0950

Schedule of Events

March 15-19

Cottonwood Heights Open
7500 S. 2700 E.
Salt Lake, UT 84121
Dave Moray 801-943-3190

March 17-20

High School Ektelon Nationals
Indiana Athletic Club
411 S. Harbour Dr.
Noblesville, IN 46060

March 17-20

1988 ARA State Singles Champ.
Tucson Athletic Club
4220 East Bellevue
Tucson, AZ 85712

March 18-20

Arkansas State Singles Champ.
Jim Bottins Nautilus Plus
North Little Rock, AR
Rex/Gwen Benham
501-758-5076

March 18-20

Body Express Open
850 Kelton Way
Yuba City, CA 95991
Loren Sturtevant
916-674-8700

March 18-20

Bud Lite Racquetball Open
Aberdeen Family YMCA
420 S. Lincoln
Aberdeen, SD 57401

March 18-20

California State Senior Champion.
Tournament House
6250 Brockton Ave.
Riverside, CA 92506
Vance Lerner 714-682-7511

March 18-20

Coors Light RB Series
Congress Park Athletic Club
8910 E. Congress Park Dr.
Dayton, OH 45459
Doug Ganim 513-435-4875

March 18-20

Endless Mountain Open
Shadowbrook RB & Fitness Ctr.
Route 6
Tunkhannock, PA 18657
717-836-2151

March 18-20

Maryland State Singles
Merritt Athletic Club
2076 Lord Baltimore Dr.
Baltimore, MD 21207
Robin Duple 301-283-2355

March 18-20

Michiana Open
Pro Health
205 W. Edison Rd.
Mishawaka, IN 46564
Fran Mamula 219-259-8585

March 18-20

Minnesota Super Six Series #6
Maplewood Racquet & Fitness Ctr.
1255 Cope Ave.
Maplewood, MN 55109
Betsy Larey/Dan Ferris
612-439-7611

March 18-20

NE Intercollegiate Champion.
Providence College
Rhode Island, NH
Neil Shapiro 518-436-9522

March 18-20

Oklahoma State
Tulsa RB & Aerobic
4535 S. Harvard
Tulsa, OK 74135

Susan McMasters 405-743-1328

March 18-20

Quadrangle Open
2160 University Dr.
Coral Springs, FL 33065
Fred White 305-528-2311

March 18-20

Ram State Doubles Champion.
Grand Blanc Court Club
2308 E. Hill St.
Grand Blanc, MI 48507
Jim/Diane Easterling
517-887-0459

March 18-20

Shamrock Shootout
Cut Bank Civic Center
800 E. Railroad St.
Cut Bank, MT 59427

March 18-20

Sundown Lucky Leprechaun Tour.
Sundown Liverpool
7455 Morgan Rd.
Liverpool, NY 13090
Mary Eames 315-451-5050

March 18-20

Tournament of Champions
Lemaster RB & Fitness Ctr.
319 Westown Rd.
West Chester, PA 19382
Liz Berstler 215-436-6200

March 18-20

4th Annual Spring Classic
Park Ave. RB Club
714 Park Ave.
Orange Park, FL 32205

March 18-20

8th Annual Hofbrau
Capitol Courts
1013 Dearborn
Helena, MT 59601

March 19-21

Vermont State Juniors
Old Mill Racquet Club
2 Perkins St.
St. Johnsbury, VT 05819
Vic/Nancy Dunbar 802-748-8351

March 23-27

Etving Trucking Pro-Am
Michigan Athletic Club
2500 Burton SE
Grand Rapids, MI 49508
Mike Anderson 616-887-1558

March 24-27

State Open Championships
Highline Athletic Club
10 West Dry Creek Ct.
Littleton, CO 80121
Barry Riddle 303-794-3000

March 25-27

Delaware State Doubles
Pike Creek Court Club
4905 Mermaid Blvd.
Wilmington, DE 19808
Ed Young 302-239-6688

March 25-27

Hemophilia Tournament
Memphis Supreme Courts
2611 S. Mendenhall
Memphis, TN 38115
Mark Yokell 901-761-3084

March 25-27

Maine State Singles
Holiday Health & Racquet Club
424 Odlin Rd.
Bangor, ME 04401

March 25-27

Olympiad Open
The Club Olympiad
2120 N. Woodlawn

Wichita, KS 67208

Bob Piper 316-686-4000

March 25-27

Steven Spring Rollout Invit.
Incline Court House
880 Northwood Blvd.
Incline Village, NV 89450
Tim Munson 702-831-4212

March 25-27

1988 Walnut Creek Open
The Racquetball Club
1908 Olympic Blvd.
Walnut Creek, CA 94596
Lisa Franzell 415-932-6400

March 25-27

4-Wall Outdoor
Auburndale Rec. Center
202 W. Park St.
Auburndale, FL 33828
Keith Johnson 813-967-7265

April 1-3

April Fools Folly
The Racquet Club
5111 Sanderlin
Memphis, TN 38117
Rob Richey 901-761-3084

April 1-3

Good Time Tournament
Sarasota Bath & Racquet
2170 Robinhood St.
Sarasota, FL 34231
Judy Schmidt 813-921-6675

April 1-3

Hillbilly Open
Olympic Sports World
2804 Birch St.
Parkersburg, WV 26101

April 1-3

Milk Open
Fairmont Athletic Club
3328 W. Genesee St.
Syracuse, NY 13219
Dick Maione 315-488-3114

April 5-9

Sportsmall State Championship
5445 S. 900 E.
Murray, UT 84117
John Packard 801-261-3426

April 6-10

Alaska State Singles
Alaska Athletic Club
4511 Folker #40
Anchorage, AK 99508
Robin Rodriguez 907-561-3160

April 7-10

Racquetball Open
Grand Junction Athletic Club
2515 Foresight Circle
Grand Junction, CO 81501
Ray Jamsay 303-245-4100

April 7-10

Schoeber's Spring RB Classic
Schoeber's Athletic Club
5341 Owens Court
Pleasanton, CA 94566

April 8-10

Baker Invitational
Baker Rec. Center
Baker, MT 59313

April 8-10

Cocoa Open
Cocoa Court Club
1249 Cocoa Ave.
Hershey, PA 17033
Robin Chilcoate 717-533-4554

April 8-10

Coors Light RB Series
21st Point Athletic Club
721 Boardman-Poland Rd.

Youngstown, OH 44512

Doug Ganim 614-885-0779

April 8-10

DP/Coca Cola/Captain Crunch
Montgomery Athletic Club
5765 Carmichael Parkway
Montgomery, AL 36117
Jack Sorenson 205-277-7130

April 8-10

South Dakota State RB Open
Sioux Falls YMCA
230 S. Minnesota Ave.
Sioux Falls, SD 57102

April 8-10

Super 7 #7
Coliseum II
8715 Telegraph
Taylor, MI 48180
Jim Hiser 313-653-5999

April 8-10

Women's Downeast
Racquetball International
P.O. Box 925
No. Windham, ME 04062

April 8-10

2nd Annual Spring Tune-Up
Universal Sports & Courts
205 Haggerty Lane
Bozeman, MT 59715

April 8-10

8th April Fools/Beach Party
Sports Illustrated
3150 45th St.
Highland, IN 46322
Sue Milicki 219-924-0690

April 8-10

9th Annual Ormsby House/C.C. Open
Capital Courts
3759 Gross Circle
Carson City, NV 89701
Ron Percival 702-882-9566

April 12-16

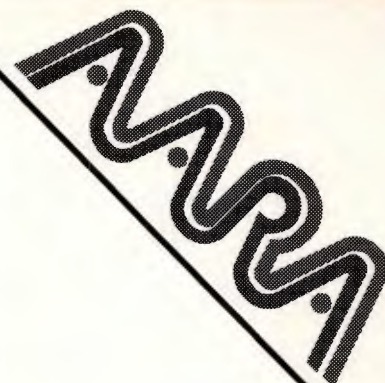
Tri-City Open
557 E. State
American Fork, UT 84403
Dave Rasmussen 801-756-5224

April 14-17

Harvey Chiropractic Doubles
Lynmar Athletic Club
2660 Vickers Dr.
Colorado Springs, CO 80918
Bernie Nunnery 303-598-4069

April 15-17

International Cash Classic
Olympic Sports World
2804 Birch St.
Parkersburg, WV 26101
304-422-5445
Minnesota State Singles Champion.
Burnsville Racquet & Swim Club
14600 Burnhaven Rd.
Burnsville, MN 55337



Officers & Board Members

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San Pedro, San Antonio, TX 78232, 512-490-1980. **Region #8:** Alvin Barasch, 7330 N. Cicero, Lincolnwood, IL 60064, 312-673-7300. **Region #9:** Tom Blakeslee, 37585 Lakeville, Mt. Clemens, MI 48045, 313-575-3998. **Region #10:** Michael Arnolt, 3833 N. Meridian St., Suite 305, Indianapolis, IN 46208, 317-259-1359, 317-926-2766. **Region #11:** Les Dittrich, Box 16, Eagle Lake, MN 56024, 507-257-3698 (H), 507-257-3353 (O). **Region #12:** Mary Ann Czupor, 5834 Urban Court, Arvada, CO 80004, 303-422-5703 (H), 303-426-6161 (O). **Region #13:** Dan West, 3758 Mt. Rushmore Ave., Billings, MT 59102, 406-656-3890. **Region #14:** Scott Winters, RB World & Aerobic Health Center, 10115 Talbert Ave., Fountain Valley, CA 92708, 714-962-1374. **Region #15:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266.

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50613, 319-266-8396, 319-277-8151. **Illinois:** William Roberts, 610 S. Main St., Mt. Prospect, IL 60056, 312-392-8473 (H), 312-390-6952 (O). **Wisconsin:** Carol Pellowski, North Hills Athletic Club, N85 W15960 Appleton Ave., Menomonee Falls, WI 53051, 414-251-1420 (O). **REGION #9 Commissioner:** Jim Easterling, 321 Village, Lansing, MI 48911, 517-373-2399. **Michigan:** Tom Blakeslee, 37585 Lakeville, Mt. Clemens, MI 48045, 313-575-3998. **West Virginia:** L. Dean Schwartz, P.O. Box 2258, 1420 Seventh Street, Parkersburg, WV 26102, 304-428-5050 (H), 304-485-0539 (O). **Ohio:** Reed Gungelman, 127 Northfield Road, Bedford, OH 44146, 216-439-2424. **REGION #10 Commissioner:** Michael Arnolt, 3833 N. Meridian St., Suite 305, Indianapolis, IN 46208, 317-259-1359, 317-926-2766. **Indiana:** Renee Labonne, 6090 Orchard Hill Lane, Indianapolis, IN 46220, 317-255-7730. **Kentucky:** Rocky De Toma, 420 Mt. Tabor Rd., Lexington, KY 40502, 606-266-0032 (H), 606-233-0610 (O). **REGION #11 Commissioner:** Les Dittrich, Box 16, Eagle Lake, MN 56024, 507-257-3698 (H), 507-257-3353 (O). **Nebraska:** John Clyne, 206 South 13th Street, Lincoln, NE 68508, 402-473-3767, 402-489-9151. **Minnesota:** Marta Groess, 15801 Erickson Lane, Minnetonka, MN 55345, 612-935-1291. **North Dakota:** Roger Mazurek, Y.M.C.A., Box 549, Bismark, ND 58501, 701-255-1525. **South Dakota:** Robert Smith, 1910 8th St. S. #311, Brookings, SD 57006, 605-697-5186 (H), 605-688-6106 (O). **REGION #12 Commissioner:** John Foust, 4633B South Frazer, Aurora, CO 80015, 303-699-8121 (H), 303-750-3210 (O). **Colorado:** Sherry Armstrong, 6880 S. Dallas Way, Englewood, CO 80112, 303-799-8979 (O), 303-771-2767 (H). **New Mexico:** Gary Mazaroff, 1619 Solano N.E., Albuquerque, NM 87110, 505-266-9213 (H), 505-293-3080 (O). **Arizona:** Donna Angelopolous, 10424 South 46th Way, Phoenix, AZ 85044, 602-893-7655 (H). **Utah:** Toni Dever, 135 East 820 South, Box 67, Salem, UT 84653, 801-423-1325. **REGION #13 Commissioner & Montana State Director:** Dan West, 3758 Mt. Rushmore Ave., Billings, MT 59102, 406-656-3890. **Wyoming:** Bob Ballew, 970 Stafford, Casper, WY 82609, 307-265-6534. **REGION #14 Commissioner:** Ed Martin, Bottomline Ventures, 11460 Sunrise Gold Circle, Rancho Cordova, CA 95742, 916-638-7572. **California:** Mickey Bellah, 25431 Cabot Rd., #107, Laguna Hills, CA 92653, 714-859-1900 (H), 714-752-1750 (O). **Nevada:** Clint Koble, Incline Village Courthouse, 880 Northwood, P.O. Box 4107, Incline Village, NV 89450, 702-831-4214. **Hawaii:** Connie Florez, 1216 Kuokoa Street, Pearl City, HI 96782, 808-455-8341 (H), 808-833-2770 (O). **REGION #15 Commissioner:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266. **Washington:** Ray Campbell, 2511 22nd Ave. South, Seattle, WA 98144, 206-324-8668. **Oregon:** Jim Davidson, 4471 Camellia Dr. S., Salem, OR 97309, 503-838-1424 (O). **Idaho:** Gloria Pierson, 10643 Bridgetower, Boise, ID 83709, 208-378-8606. **Alaska:** Robin Rodriguez, P.O. Box 231593, Anchorage, AK 99523-1593, 907-561-3160, 907-271-5768. **Military Commissioner:** Steve Ducoff, P.O. Box 281, Randolph AFB, TX 78148, 214-652-3471. **National High School Commissioner:** Rick Lukasek, Concorde Recreation Center, 12320 Old Tesson Rd., St. Louis, MO 63128, 314-842-6363. **National Wheelchair Commissioner:** Chip Parmelly, 1941 Viento Verano Drive, Diamond Bar, CA 91765, 714-861-7312. **Commissioner For Americans In Europe:** Hal Leffer, Siegener Strasse 48, 6230 Frankfurt 80, West Germany. **Junior Council Commissioner:** Scott Winters, RB World & Aerobic Health Center, 10115 Talbert Ave., Fountain Valley, CA 92708, 714-962-1374. **Intercolligate Commissioner:** Neil Shapiro, 128 Lancaster St., Albany, NY 12210, 518-436-9522 (H), 518-462-7158 (O). **Commissioner For The Disabled:** Judi Schmidt, 1970 Cattlemen Road, Sarasota, FL 33582, 813-371-6193 (H), 813-921-6675 (O). **Commissioner For Minority:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266. **Commissioner For Women:** Judi Schmidt, 1970 Cattlemen Road, Sarasota, FL 33582, 813-371-6193 (H), 813-921-6675 (O).



Technical knockout

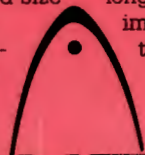
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Left: Standard models available in crystal (shown) and tortoise.

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