



JUNE 1987

## THE LOUISIANA RACQUETBALL ASSOCIATION

*"Dedicated to promoting the game of Racquetball"*

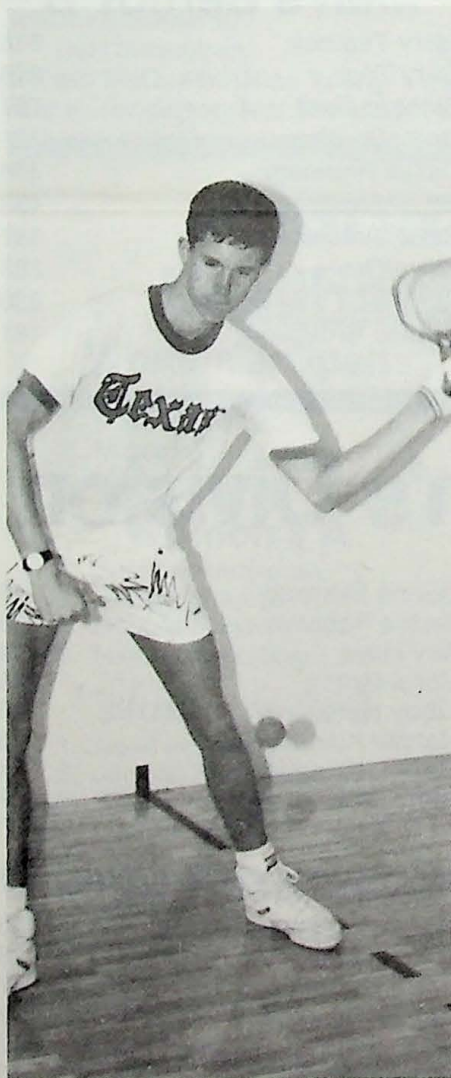
P.O. BOX 80643 / BATON ROUGE, LOUISIANA 70898 / 504-293-8930

# NEWS

VOL 8 NO 3

## Current Points Leader in the LRA

### Koger



Congratulations to Kiel Koger current points leader in Men's Open and David Rahn, winner of the Baton Rouge Summer Sports Festival Open Division.

Check this issue of **LRA NEWS** for tournaments around the state and watch for the best racquetball players in Louisiana.

### Rahn





# Current TOP 10 Men's Division

## Men's Open

Kiel Koger	1,741
Brian Lowe	970
David Rahn	880
Steve Martin	749
Guy Faget	625
Troy LeBlanc	566
Steve Rogers	458
Gregory Stout	422
Jeff Kindl	413
Lance Nelson	403

James Schlicher	299
Ken Counts	298
Brian Young	269
Stephen A. Tomchek	242

Barry Daste	152
Albert H. Schof, III	138
Butch White	130
Thomas Wahlder	111

Keith Brown	235
Bob Gilmore	223
Charles Pecot	213

## Men's Singles C

Mark Esponosa	471
Jay Kirkland	362
Richard Bassett	357
Edmund E. Drukteinis	336
Doug Reuther	334
Stephen Bourgeois	326
Leonard Meaux	269
Ken Hood	232
Adil Sequeira	224
Roy Eudy	200

## Men's Singles D

Russel Henderson	334
Ron Hepp	259
Steve Haynie	214
Jim Williams	207
Marc Schexnayder	187
Emile Fair	154

## Men's Senior A

Jack Gromer	1,078
John Pellerin	1,027
Don Ellerman	901
Bob Munson	499
Richard Childers	400
Raymond Shepard	379
Jes Stewart	347
Ken Bird	288
Scott Shean	216
Ted Hamilton	146

## Men's Senior B

Jerry Tadlock	816
Gary Teel	816
Richard Bard	757
Doug Reuther	725
Dallas Robinson	544
Jerry Lindig	453
Ray Peterson	387
Barry Daste	283
Al Miller	230
Dorsey Broussard	181

## Men's Singles A

John Pellerin	754
Scott Hazlett	650
Don Story	650
Jack Gromer	614
Blaze Fremin	514
Monty Bordelon	368
Jes Stewart	346
Rex Ransome	300
Steve Riddle	278
Mike Storey	274

## Men's Singles B

Bob Munson	763
Chris Guarisco	429
Barry Day	372

# Current TOP 10 Women's Division

## Women's Open

Karen Foley	1,841
Marcia Richards	1,206
Michelle Barkate	857
Helen Siegel	800
Kim Allen	700
Edie Martin	602
Debbie Herrmann	374
Ellen Monteiro	339
Chris Metrailler	294
Gail Woods	230

Cindy P. Elsenjohn	139
Sandy Wilcox	115
Debbie Nemitz	90

Donna Skarono	45
Jackie Rabalais	38
Kay Hays	34
Carol Griffin	29
Libby Hardaway	26
Natalie Kirsch	26
Mary Minuuelle	24
Betty Stehr	7

## Women's Singles B

Anne Schaefer	265
Nanci Easterling	231
Debbie Bayham	228
Patti Schof	207
Joan Huesers	170
Michelle Ashley	144
Bernadette Rocco	132
Betsy Fischer	118
Joanne Schneider	86
Melissa McQueen	75

## Women's Singles D

Margie Hutson	135
Susan Hunt	123
Carol Guitreau	67
Jackie Rabalais	51
Betty Stehr	47
Lois Doughty	46
Anita Randall	46
Karen Bush	41
Neyda V. Jackson	36
Mary Crawford	32

## Women's Singles A

Suzanne Corkern	377
Debbie Spica	357
Kathy Munson	288
Jane Saunders	274
Tammy Rodriquez	236
Patti Higgins	217
Anise Valure	143

## Women's Singles C

Melissa McQueen	135
Jane Patterson	51



# Current TOP Doubles Division

## Mixed Doubles Open

Michelle Barkate/Kiel Koger	586
Mike Almerico/Karen Foley	432
Tammy Rodriguez/Neil Woodall	288
Debbie Bayham/Matt Fleming	240
Dennise Foley/Troy LeBlanc	230
John Davis/Mary Anne Treme	179
Terri Pruitt/Steve Rogers	144
Adrian LaHare/Helen Siegel	144
Dawn Ellerman/Mike Landry	115
Chris Bougeois/Gregory Stout	102

## Mixed Doubles A

Alvin Miles/Debbie Spica	90
Suzanne Corkern/John Pellerin	78
Roy Melancon/Becky Smith	56
Keith Brown/Tammy Rodriguez	45

## Mixed Doubles B

Barry Day/Patricia Gracionette	77
JoAnne Schneider/ Bert Strandberg	67
Melissa McQueen/Brian Young	48
Russel Henderson/Margie Hutson	38

Billy Danner/Jackie Story	29
Bob Gilmore/Camille Siegel	10
Libby Hardaway/Jerry Lindig	10

## Women's Doubles Open

Kim Allen/Edie Martin	230
Karen Foley/Chris Mettrailer	202
Michelle Barkate/ Marcia Richards	144
Suzanne Corkern/Faye Spradley	115
Ellen Monteiro/Anise Valure	86
Terri Pruitt/Tiny Richard	29
Tammy Rodriguez/Debbie Spica	29

## Women's Doubles A

Karen Bush/Libby Hardaway	37
Karla Argrave/Susan Hunt	27

## Men's Doubles Open

Brian Lowe/David Rahn	256
Travis LeBlanc/Troy LeBlanc	160
Guy Faget/Steve Martin	128
Jack Gromer/Kiel Koger	96

John Davis/Michael Fuselier	32
Warren Arnett/Brian Daigle	32

## Men's Doubles A

John Pellerin/Jes Stewart	90
Monty Bordelon/Stephen Burt	56
Alvin Miles/Gregory Williams	45
Mike Landry/Rex Ransome	34

## Men's Doubles B

Tracy Krohn/Adil Sequeira	134
Ken Hood/Al Miller	119
Steven Sanchez/ Stephen A. Tomchek	90
Roy Melancon/Jerry Satawa	75
Randy Dodge/Richard Powell	45
Barry Day/Bob Munson	30
Mark Jardell/Bubba Russo	30
Stephen Bourgeois/Brian Young	15

## Men's Doubles C

Alex North/James Schlicher	40
Donald Henderson/ Russel Henderson	40

# Summer Sports Festival Wallbanger Court Club June 5-7

## Women's Open

1. Karen Foley
  2. Marcia Richards
  3. Michelle Barkate
- Cons. Helen Siegel

## Women's A

1. Tammy Rodriguez
  2. Debbie Nemitz
  3. Debbie Spica
- Cons. Nancy Easlerting

## Women's B/C

1. Anne Schaefer
  2. Joanne Scheneider
  3. Kristin Reuther
- Cons. Libby Hardaway

## Women's D

1. Margie Hutson
  2. Susan Hunt
  3. Anita Randall
- Cons. Ashley Foulks

## Men's Open

1. David Rahn
  2. Kiel Koger
  3. Steve Martin
- Cons. Troy LeBlanc

## Men's A

1. John Pellerin
  2. Jes Stewart
  3. Don Story
- Cons. Ben Munson

## Men's B

1. James Schlicher
  2. Brian Young
  3. Matt Flemming
- Cons. Randy Dodge

## Men's C

1. Mark Espinosa
  2. John Kirkland
  3. Ed Drukteinis
- Cons. Doug Reuther

## Men's D

1. Ron Hepp
  2. Jim Williams
  3. Butch White
- Cons. Steve Haynie

## Men's Open Doubles

1. David Rahn/Brian Lowe
  2. Jack Moore/David Marshall
  3. Troy LeBlanc/Travis LeBlanc
- Cons. Kiel Koger/Jack Gromer

## Men's Doubles A

1. John Pellerin/Jes Stewart
2. Steve Burt/Monty Bordelon
3. Alvin Miles/Greg Williams

## Men's Doubles B

1. Tracy Krohn/Adil Sequeina
2. Kenneth Hood/Miller
3. Sanchez/Tomchek
4. Randy Dodge/Richard Powell

## Men's Doubles C

1. Schlicher/North
2. Henderson/Henderson
3. Bourg/Hebert

## Women's Open Doubles

1. Kim Allen/Edie Martin
  2. Karen Koley/Chris Mettrailer
  3. Michelle Barkate/  
Marcia Richards
- Cons. Ansie Valure/Ellen Monteiro

## Women's Doubles A

1. Karen Bush/Libby Hardaway
2. Susan Hunt/Karla Argrave





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## 1987 CALENDAR

### June - December

MONTH	DATE	NAME	CLUB	CITY	TYPE
JUNE	12 - 14, 1987	Rivercenter Health & Racquetball Center Summer Classic	Rivercenter	New Orleans	B
JULY	13 - 17, 1987	Junior Clinic Camps	Wallbanger - Old Jefferson	Baton Rouge	
	20 - 24, 1987	Junior Clinic Camps	Wallbanger - Monterray	Baton Rouge	
		<i>Each participant receives a Penn shirt, Penn balls, LRA socks and a 6 month LRA membership</i>			
AUGUST	7 - 9, 1987	New Orleans Womens Racquetball Association Tournament	Racquetball One	New Orleans	B
	28, 29, 30, 1987	Rivercity Fall Doubles Classic (Doubles Only)	Rivercity	New Orleans	B
SEPTEMBER	11, 12, 13, 1987	RBO Invitational	Racquetball One	New Orleans	B
	25, 26, 27, 1987	State Qualifying Tournament	Wallbangers	Baton Rouge	B
OCTOBER	*9, 10, 11, 1987	State Singles Championships	Wallbangers	Baton Rouge	A
NOVEMBER	6, 7, 8, 1987	4th Annual Crossgates Tournament	Crossgates	Slidell	B
	20, 21, 22, 1987	5th Annual Wild Turkey Classic	Roman Health	Lake Charles	B
DECEMBER	4 - 6, 1987	1987 Holiday Classic	Covington	Covington	B
	11, 12, 13, 1987	Racquetball One Tournament	Racquetball One	New Orleans	B

\*State Championships

Type A - Draw and tournament done by the L.R.A. Tournament Committee

Type B - Draw will be done by the club

## REMEMBER!!

*In order to play STATE SINGLES,*

*you must have played in at least one sanctioned tournament since State Singtles 1986.*



## **PREFERRED CLUB DIRECTORY**

### **Wallbanger**

10473 Old Hammond Hwy.  
Baton Rouge, Louisiana 70815  
(504) 923-2793  
Marsha Champagne

### **Wallbanger**

7069 Perkins Road  
Baton Rouge, Louisiana 70808  
(504) 769-4120  
Jeff Archer

### **Wallbanger**

13436 Old Jefferson Hwy.  
Baton Rouge, Louisiana 70816  
(504) 292-9755  
Danny Boudreaux

### **Wallbanger**

3101 Monterrey Drive  
Baton Rouge, Louisiana 70814  
(504) 926-7228  
Donnie Jarreau

### **Kenner-Y**

2121 38th Street  
Kenner, Louisiana 70065  
(504) 443-6363  
Lance Landry

## **ASSOCIATE CLUB DIRECTORY**

### **Racquetball One**

1300 One Shell Square  
New Orleans, Louisiana 70190  
(504) 522-2956  
Paul Bruno

### **Roman Health Resort**

4324 Lake Street  
Lake Charles, Louisiana 70605  
(318) 478-8510  
Becky Spano

### **Covington Racquet & Fitness**

Route 8, Box 41  
Covington, Louisiana 70433  
(504) 893-4800  
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### **Ichiban Fitness Center**

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Shreveport, Louisiana 71105  
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### **Renaissance II**

106 Southwood W. Blvd.  
Houma, Louisiana 70360  
(504) 868-8473  
Greg Jones

### **N.O.W.R.A.**

P.O. Box 52451  
New Orleans, Louisiana 70152-2451  
(504) 866-2680  
Carolyn Roberts

### **Rivercenter Racquet & Health Club**

#2 Poydras Street  
New Orleans, Louisiana 70140  
(504) 587-7242  
Eliot Diaz

### **Crossgates Racquet Club**

200 Military Road  
Slidell, Louisiana 70458  
(504) 643-8194  
Mike Kee



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## Skip a Rock for an Effective Forehand

If you find yourself lacking power and control on the forehand side, then you may not be getting the full use of your forearm and wrist. Many club players think they have to swing down on the ball to hit a good shot. Actually you want to hit flat out away from the body. A progression of muscle movements is the key! The shoulder, elbow, wrist and racquet all have to move within milliseconds of each other.

Try this remedy: Imagine you are skipping a rock across a pond. It might help to go on the court and throw some racquetballs sidearm to targets on the front wall. Then place the racquet back in your hand and use the exact same motion. You will soon find yourself hitting with more power and control.

Remember: The more shoulder, elbow, wrist and racquet, the harder you will smack the ball.

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## Use the Frisbee: Throw for a Better Backhand

Are you a poker? A poker uses their arm more than their body to hit a backhand. This defect in stroke mechanics allows the poker to be a good defensive player rather than an offensive player.

If this sounds like you, try throwing a frisbee. To throw a frisbee you have to rotate your body back before you can move forward to release the frisbee. Now replace the frisbee with your racquet and hit in the same motion. You will notice you will be hitting the ball in a flat trajectory and further away from your body. This motion is quite similar to the forehand, only reversed.

Follow this prescription and you will be stroking it instead of poking it.

## Fat Facts and Assorted Diet Trivia

- almost 40% of Americans have "fat phobia"...the fear of becoming fat.
- 35% of normal weight Americans think they are overweight.
- everytime you laugh, you burn up the number of calories in half cup of Chinese cabbage.
- don't ever think of moving to Jupiter - 100 pounds on earth is equal to 264 pounds on Jupiter.
- there are almost 30,000 different diets on public record.
- the human body contains enough fat to make seven bars of soap.
- one pound of body fat is equivalent to 3500 calories. This means you have to burn 3500 more calories than you consume to lose just one pound.
- keep on kissing. Each kiss burns up to six to twelve calories, and it's more fun than chewing celery sticks.
- rich men are fatter than poor men, but rich women are thinner than poor women.
- your body is more than half water.

*taken from the "1987 Almanac for Farmers and City Folk"*

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## QUESTIONNAIRE

We are now formulating plans for the '87-88 tournament season to meet the needs of our membership.

We have received a lot of feedback from you, the members, and we would appreciate your thoughts on the items listed below.

Please fill out the questionnaire, detach from newsletter and mail it to the LRA office, P.O. Box 80643, Baton Rouge, Louisiana 70898.

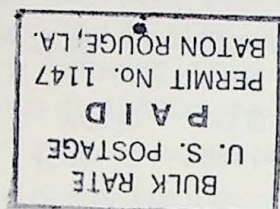
Paul

1. Would you participate in a Mixed Doubles Championship during June or July 1988, Open, A, B, C?  
YES ☐ NO ☐  
A. What City: New Orleans or Baton Rouge (circle one)
2. Would you prefer tournaments all year long or a tournament season of January-April, and December-September?
3. Would you participate in tournaments with entry fees of approximately \$15 and you purchase your own food?  
YES ☐ NO ☐
4. Would you like to see an A division separate of Open in the Doubles Championship?  
YES ☐ NO ☐
5. Would you volunteer for an LRA committee if asked? YES ☐ NO ☐
6. Would you participate in a tournament with limited draws that run Saturday and Sunday only?  
YES ☐ NO ☐
7. How many tournaments do you play during the year, 1-2, 3-5, more than 6? (circle one)
8. If you are playing in less tournaments than last year, Why?
9. What changes would you like to see in the LRA?
10. Comments:
11. Name & Phone Number:

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\*\*\*\*\*  
PENN IS THE OFFICIAL BALL OF THE LRA FOR 1987  
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