



## THE LOUISIANA RACQUETBALL ASSOCIATION

*"Dedicated to promoting the game of Racquetball"*

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

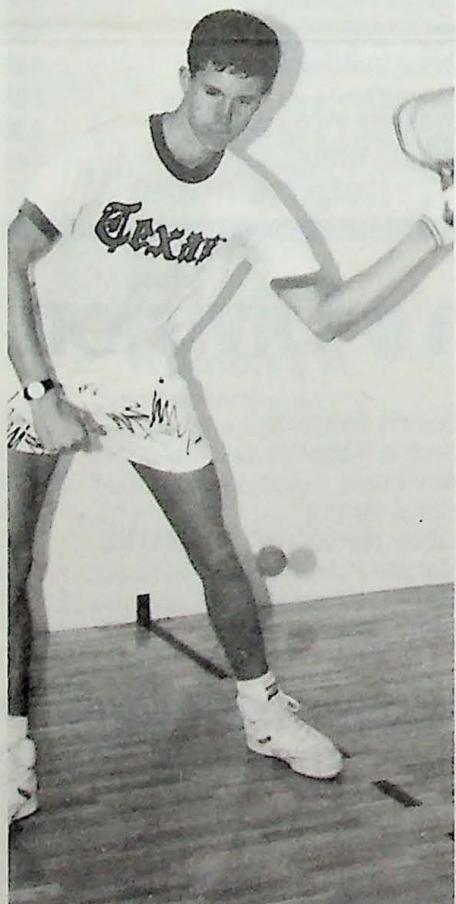
# NEWS

JUNE 1987

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 | James Schlicher    | 299 | Barry Daste          | 152   |
| Brian Lowe    | 970   | Ken Counts         | 298 | Albert H. Schof, III | 138   |
| David Rahn    | 880   | Brian Young        | 269 | Butch White          | 130   |
| Steve Martin  | 749   | Stephen A. Tomchek | 242 | Thomas Wahlder       | 111   |
| Guy Faget     | 625   | Keith Brown        | 235 |                      |       |
| Troy LeBlanc  | 566   | Bob Gilmore        | 223 | Jack Gromer          | 1,078 |
| Steve Rogers  | 458   | Charles Pecot      | 213 | John Pellerin        | 1,027 |
| Gregory Stout | 422   |                    |     | Don Ellerman         | 901   |
| Jeff Kindl    | 413   |                    |     | Bob Munson           | 499   |
| Lance Nelson  | 403   |                    |     | Richard Childers     | 400   |

## Men's Singles A

|                |     |                      |     |                 |     |
|----------------|-----|----------------------|-----|-----------------|-----|
| John Pellerin  | 754 | Mark Esponosa        | 471 | Raymond Shepard | 379 |
| Scott Hazlett  | 650 | Jay Kirkland         | 362 | Jes Stewart     | 347 |
| Don Story      | 650 | Richard Bassett      | 357 | Ken Bird        | 288 |
| Jack Gromer    | 614 | Edmund E. Drukteinis | 336 | Scott Shean     | 216 |
| Blaze Fremin   | 514 | Doug Reuther         | 334 | Ted Hamilton    | 146 |
| Monty Bordelon | 368 | Stephen Bourgeois    | 326 |                 |     |
| Jes Stewart    | 346 | Leonard Meaux        | 269 |                 |     |
| Rex Ransome    | 300 | Ken Hood             | 232 | Men's Senior B  |     |
| Steve Riddle   | 278 | Adil Sequeira        | 224 |                 |     |
| Mike Storey    | 274 | Roy Eudy             | 200 | Jerry Tadlock   | 816 |

## Men's Singles B

|                |     |                  |     |              |     |
|----------------|-----|------------------|-----|--------------|-----|
| Bob Munson     | 763 | Russel Henderson | 334 | Gary Teel    | 816 |
| Chris Guarisco | 429 | Ron Hepp         | 259 | Richard Bard | 757 |
| Barry Day      | 372 | Steve Haynie     | 214 | Doug Reuther | 725 |

## Men's Singles D

|                  |     |                  |     |                  |     |
|------------------|-----|------------------|-----|------------------|-----|
| Jim Williams     | 763 | Jim Williams     | 207 | Jerry Lindig     | 453 |
| Marc Schexnayder | 429 | Marc Schexnayder | 187 | Ray Peterson     | 387 |
| Emile Fair       | 372 | Emile Fair       | 154 | Barry Daste      | 283 |
|                  |     |                  |     | Al Miller        | 230 |
|                  |     |                  |     | Dorsey Broussard | 181 |

# Current TOP 10 Women's Division

## Women's Open

|                  |       |                    |     |                 |    |
|------------------|-------|--------------------|-----|-----------------|----|
| Karen Foley      | 1,841 | Cindy P. Elsenjohn | 139 | Donna Skarono   | 45 |
| Marcia Richards  | 1,206 | Sandy Wilcox       | 115 | Jackie Rabalais | 38 |
| Michelle Barkate | 857   | Debbie Nemitz      | 90  | Kay Hays        | 34 |
| Helen Siegel     | 800   |                    |     | Carol Griffin   | 29 |
| Kim Allen        | 700   |                    |     | Libby Hardaway  | 26 |
| Edie Martin      | 602   | Anne Schaefer      | 265 | Natalie Kirsch  | 26 |
| Debbie Herrmann  | 374   | Nanci Easterling   | 231 | Mary Minuelle   | 24 |
| Ellen Monteiro   | 339   | Debbie Bayham      | 228 | Betty Stehr     | 7  |
| Chris Metrailler | 294   | Patti Schof        | 207 |                 |    |
| Gail Woods       | 230   | Joan Huesers       | 170 |                 |    |

## Women's Singles B

|                  |     |                 |     |
|------------------|-----|-----------------|-----|
| Michelle Ashley  | 144 | Margie Hutson   | 135 |
| Bernadette Rocco | 132 | Susan Hunt      | 123 |
| Betsy Fischer    | 118 | Carol Guitreau  | 67  |
| Joanne Schneider | 86  | Jackie Rabalais | 51  |
| Melissa McQueen  | 75  | Betty Stehr     | 47  |

## Women's Singles A

|                 |     |                 |     |                  |    |
|-----------------|-----|-----------------|-----|------------------|----|
| Suzanne Corkern | 377 | Melissa McQueen | 135 | Anita Randall    | 46 |
| Debbie Spica    | 357 | Jane Patterson  | 51  | Karen Bush       | 41 |
| Kathy Munson    | 288 |                 |     | Neyda V. Jackson | 36 |
| Jane Saunders   | 274 |                 |     | Mary Crawford    | 32 |
| Tammy Rodriguez | 236 |                 |     |                  |    |
| Patti Higgins   | 217 |                 |     |                  |    |
| Anise Valure    | 143 |                 |     |                  |    |

## Women's Singles C

# 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 Metrailler     | 202 |
| Michelle Barkate/Marcia Richards | 144 |
| Suzanne Corkern/Faye Spradley    | 115 |
| Ellen Monteiro/Ansie 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  |

## 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 Easlerling |

### Women's B/C

|                      |
|----------------------|
| 1. Anne Schaefer     |
| 2. Joanne Schneider  |
| 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 Fleming    |
| Cons. Randy Dodge  |

### Men's C

|                    |
|--------------------|
| 1. Mark Espinosa   |
| 2. John Kirkland   |
| 3. Ed Drukeinis    |
| 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 Sequeira  |
| 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 Metrailler     |
| 3. Michelle Barkate/Marcia Richards |
| Cons. Ansie Valure/Ellen Monteiro   |

### Women's Doubles A

|                              |
|------------------------------|
| 1. Karen Bush/Libby Hardaway |
| 2. Susan Hunt/Karla Argrove  |



# THE LOUISIANA RACQUETBALL ASSOCIATION

*"Dedicated to promoting the game of Racquetball"*

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



## 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 - Monterra      | 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 Singles 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  
Brian Lowe

### Ichiban Fitness Center

990 Quail Creek Road  
Shreveport, Louisiana 71105  
(318) 861-3535  
Chris McKinney

### 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

## 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.

## 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"



## THE LOUISIANA RACQUETBALL ASSOCIATION

*"Dedicated to promoting the game of Racquetball"*

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



# 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?

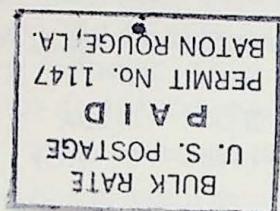
9. What changes would you like to see in the LRA?

10. Comments:

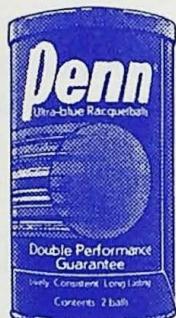
11. Name & Phone Number:

*"Dedicated to promoting the game of Racquetball"*

„Dedicated to promoting the game of Racquetball“



THE LOUISIANA  
RACQUETBALL  
ASSOCIATION  
P.O. Box 80643  
Baton Rouge, LA 70898



Pete Klear  
District Sales Mgr.  
(800) 245-7366  
(205) 647-4847

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

**DP**  
Fit for Life

Diversified Products

**LRA EXECUTIVE COMMITTEE**  
CHAIRMAN *Paul Bruno*  
VICE-CHAIRMAN *Bob Stanton*  
RANKING *Milt Cousins*  
FINANCE *John Pellerin*  
PUBLIC RELATIONS *Chris Metrailler*  
RULES *Don Story*

**Jim Kitchen**  
(504) 272-6349

