

# RACQUETBALL TODAY<sup>®</sup>

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**racquetball jockeys:  
story inside**

Jamie Merriott photo

## Inside:

- Retirement racquetball
- Racquetball for the deaf
- WPRA exclusives
- Instruction from Lynn Adams, Steve Strandemo and Charlie Garfinkle and much more...

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# We Get Letters . . .

## More on Conditioning:

Dear Diane,  
You used to have a regular column on conditioning for racquetball. I'd like to see you do it again. I'd like to know about specific exercises and equipment which will help build up my muscles and not ruin my coordination or timing.

Harley McMahan,  
Creve Couer, MO

*We're happy to have Kim Robin Segal, Olympic water ski coach provide us with information on stretching, weight training and injury prevention and care.*

— Ed.

## Less on Tournaments:

Dear Diane,  
I love racquetball, but I hate tournaments. And I can't believe that anyone but the winners care to read about who bet who by what score in some little club tournament somewhere. Why don't you cut down on the space you give to that kind of coverage and use it to include more information on how to play better, interviews, more humor, and the other things that make your paper so interesting.

D.M. Mandell  
Galveston, TX

*Thanks for your opinion, but we take pride in covering amateur events in the sport. It promotes the players, the clubs, and the sponsors. Besides some of us like to see our name in print.*

Diane

## It's About Time:

Dear Sirs,  
When I joined the AARA I was given the choice of a discount subscription to either your paper or National Racquetball magazine. I took both! I want to congratulate you all, the publications and the association, for working together. That's something that has been sorely lacking in the sport for years. It's about time.

Gene Schaeffer  
Ft. Lauderdale, FL

## He likes the women pros:

In the past few months I have been to both a women and men's pro tournament. What a difference! The women were great fun to watch and be with. They were terrific sports. They stayed around and rooted for each other and joked with the fans. The men disappeared between matches. They ignored the fans. And they acted disgusting in the courts. Real "big shots". I've been to my last men's pro event and I hope to see the women a lot more.

Tom Berger  
Riverside, CA

## Rules — The Debate Goes On:

Your editorial that there is finally one set of rules just isn't true. Here in Illinois they're playing the AARA except that they've kept the old, confused receiving line rules from the USRA. Nobody understands the rules, but having two sets makes things even worse. The states should go along with the AARA whether they like it or not, and if they don't like the rule, they should put pressure on the AARA to change it.

Terry Hollman  
La Grange, IL

Dear Phil,  
At a racquetball clinic you gave a couple of years ago, you said there were several rules you'd like to see changed. Two of them, in particular, I was hoping to see. You said that you'd like to see anyone who hits a ball out of the court lose the rally. And you also said that you'd like to see the server given one serve to take away some of his advantage in going for the ace. What's happening with these changes? Why weren't they made?

Alan Martin  
Lombard, IL

Dear Al,  
*I'm still in favor of both of those changes, but I really didn't press for them in the latest writing of the AARA rules. The sport has been hurt by too many changes and too many sets of rules, recently, and we felt it was best to try to bring some stability to the sport. Now that the AARA rules have become established for a minimum of two years, I will press for those, and a few other changes, the next time.*

Phil



# My Point

from the editor

## Racquetball in a bowl?

I bought a box of Quaker Natural cereal the other day. Inside was a certificate good for up to 3 FREE games of bowling at any participating bowling center. What a terrific deal for both Quaker and the bowling industry! People who already bowl might try the cereal just to get the passes which are advertised on the box, and people who already use the cereal (like me) might just give bowling a try just because of the discount.

Not for the first time I wondered why racquetball doesn't have promotions like this. Why do bowling centers across the country organize for large-scale promotion and not the racquetball clubs?

The club owners have an association, the IRSA, but only a small percentage of the clubs are members (under 20%). **WHY IS THAT?** For one thing, it costs minimum of \$300 to join for even the smallest club, and that's stopped a lot of owners. But if a club owner won't spend \$300 to join the *only* national organization that exists to advance their cause, what hope would there be if the membership were *free*? It takes *money* and *commitment* to promote a sport.

But the sad thing is, these very same clubs spend a lot more than \$300 on local advertising and promotion campaigns. And how much do they lose ever day their courts sit empty when they could, and *should* be filled?

The club owners must learn to pool their resources and work to promote the *sport*, not just their own facilities. In the meantime, maybe I'll see you at the bowling center.!

## Correspondents — We Can Always Use More!

<b>Alabama</b> Ron Coleman 3809 Old Mill Road Dothan, AL 36301 205-793-9425	<b>Georgia</b> Steve Wiegard Courtside Racquet Club 2 Dunwoody Park Atlanta, GA 30338 404-393-0003	<b>Michigan</b> Dennis Wood 2808 S. Deerfield Lansing, MI 48910 517-882-8789 Dennis McCune PO Box 573 Albion, MI 49224 616-781-6384	<b>Tennessee</b> Huge Reece 20 East Third St. Carranooga, TN 37402 615-267-1180
<b>Arkansas</b> Tom Wilkins Pleasure Park 2303 Hwy 70 E Hot Springs, AR 71901 501-623-5559	<b>Indiana/Kentucky</b> <b>Correspondent</b> Donna Meeds Racquetball Plus 1430 Cedar St. Clarksville, IN 47130 812-288-9999	<b>Missouri</b> Denise Santangelo 7864 Becker Road St. Louis, MO 63129 314-846-2334	<b>Texas</b> Simon Wiederman 5500 N. Breaswood #237 Houston, TX 77096 713-840-6864
<b>California</b> Jim Colla 65 Fairfax St. #7 San Rafael, CA 94901 415-453-6712	<b>Junior Correspondent</b> Betsy Koza 62 East Niles Lake Forest, IL 60045 312-234-1853	<b>New Jersey</b> Mike Frankel RR 1 Box 106A Hamburg NJ 07419 201-623-1108	<b>Utah</b> Antoinette Dever Box 67 Salem, Utah 84653-0067 801-423-1325
<b>Colorado</b> Scott Renney 111 Deer Road Evergreen, CO 80439 303-861-7800 ext. 206 303-674-3808	<b>Kansas</b> Scott M. Jarus 13321 Walnut Lenexa, KS 66215 913-677-4249	<b>New York</b> Perry Spring 101 Aberdeen Ave. Iselin, NJ 08830 201-283-0167	<b>Virginia</b> CDR Glenn R. Allen 633 Bishop Drive Virginia Beach, VA 23455 804-497-3448 804-464-7931
<b>Eastern Canadian</b> Gary Rennie The Windsor Star Ferry & Pin Streets Windsor, Ontario N9A 4M5 519-255-5711	<b>Maryland</b> Larry Harris Ass't. Sports Editor The Evening Sun Baltimore, MD 21203 301-332-6421	<b>Northwest Area</b> Linda Lopez 1015 Sharon Loop SE Salem, OR 97302 503-364-7117	<b>Wisconsin</b> Teresa Gnewuch 4289 Oak Hill Rd. Oregon, WI 53575 608-241-4601 608-835-7492
<b>Florida</b> Bill McGrath 8147 N.W. 66th Terr. Tamarac, FL 33310 301-721-5313	<b>Pennsylvania</b> Helen Chretien 194 Summit Trace Langhorne, PA 19047 215-968-6093		

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PUBLISHERS ..... Alan Shetzer  
Phil Simborg  
Tom Street

EDITOR ..... Diane Gabrisko

COLUMNS  
APRO Report ..... Chuck Steffel  
Feet First ..... Dr. Louis Sorto  
From the Commissioner ..... Dan Bertolucci  
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CONTRIBUTING JOURNALISTS  
Jim Austin, Lawrence Korwin, Jean Sauser, Tom Wilkins,  
Lou Kaplan, Tom Grobmal, Ralph Moll, Jim Goniff, Diane  
Mason, Jim Hillman.

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**And they're off!**

# Horse racing and racquetball

by Tom Wilkins

Every year in early February the pounding of hoofs may be heard near the downtown hustle and bustle of one of America's more beloved vacation spots and retirement communities. The contest is thoroughbred horse racing, and the place is Oaklawn Park in Hot Springs AR. Oaklawn has been one of the most exciting and productive tracks in the past



Better known as TV's "Bozo the clown", Gary Weir is an avid racquetballer and horse owner.

eighty years. A story seldom told is the one of the person that actually risk's his life each afternoon: the jockey.

This creature is indeed, a rear breed. He must constantly be on "weight watch," usually not allowing his body to exceed 112 lbs.! And they're not all youngsters...most are in the 25 to 40 age group.

The jockey's day usually starts early in the morning, weeks before the track opens to the public, rising well before the sun. The jockey begins a day of physical abuse that would surprise even Richard Simmons. They must work the horses everyday, even in temperatures in the 20's. How would you like to go for a brisk ride at 5:30 a.m. with a wind chill of 0 degrees? But it's after the morning workout that many of the jockeys gather up their gear for a more pleasurable workout of their own.

Most of them head for one of the South's finest racquetball resorts...Pleasure Park. There the jockeys engage in such activities as weight lifting (it takes a lot of muscles in the arms and legs to control a race horse), and then they head for the racquetball courts! Most of the leading jockeys are excellent all-around athletes, and you'd be surprised how well they play racquetball.

Alan Patterson, who races mostly in Arkansas, Kentucky and Illinois, first picked up a racquet about five years ago. "One of my cohearts, Larry Synder, introduced me to the game while we were working in Chicago. Ever since then I have played each opportunity I can. It does for you all they say it does. It's fun and an excellent way for me to stay in shape." Alan's wife, Nancy, also took up the game. "Alan talks about it all the



Top jockeys, Travis Hightower and Alan Patterson and trainer, Jerry Calvin.

time so I decided to learn."

Travis Hightower is another leading jockey who loves to bring out his friends and show off his awesome serves. About 15 to 20 jockeys come to Pleasure Park regularly to take their frustrations out on the racquetball court. And they've got the trainers, track officials, and even some of the bettors joining them regularly. One probably would not expect to see a clown at the races, but TV's Bozo,

Gary Weir, also owns horses. And Gary and his lovely wife, Jeanne, play racquetball every week.

So in Arkansas, it's horse racing and racquetball. Why don't you come down and enjoy some of both.

## Briefs...

### ARMS approves court construction standard...

Chicago, Illinois — The Association of RacquetSports Manufacturers & Suppliers (ARMS) has developed the industry's first court construction standard specification. The specification was officially approved by the ARMS membership January 19, 1983 in Las Vegas, Nevada. Months of research and evaluation preceded this landmark industry development.

Copies of the standard specification are available from the Association of RacquetSports Manufacturers & Suppliers, 8600 West Bryn Mawr Avenue, Suite 720, South Chicago, Illinois 60631, 312/693-0990.

### John Wilson joins Penn as Vice-President, Marketing



John M. Wilson has been named Vice President-Marketing of Penn Athletic Products Company, an operating unit of The General Tire & Rubber Company and the nation's largest manufacturer of tennis balls and racquetballs.

### Hoff/Marriott summer camp

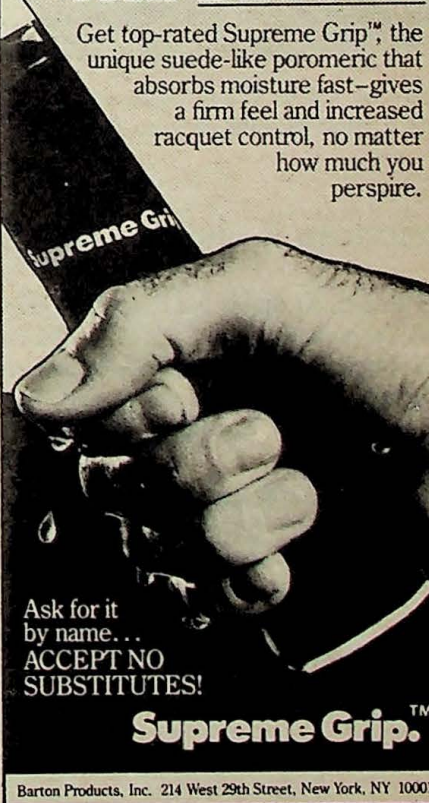
For the 4th consecutive year, Rita Hoff and Janell Marriott will be co-hosting their annual summer camp. This year it will be held at Celebrity Courts in Warwick, RI, July 11-15. The charge is \$250 and that includes court time, video tape, most meals, balls, and various day and evening activities. For information, contact Janell at 401/826-1800 or write Celebrity Courts, 500 Quaker Lane, Warwick, RI 02886.

### 2-day racquetball camp set for Albany, NY

Saturday and Sunday, July 16th and 17th. 14 hours of instruction at the 21st Point Club, McKown Rd. off Western Avenue, Albany, NY 12203. Featuring instruction from Charlie Garfinkel, Jeff Leon, Jack Nocera, Howard Packer, Mike Daniels and Vince Wolanin. For additional information contact the club or call 518/489-3276.

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# AARA News...

## Memphis State takes Intercollegiate

Memphis State University dominated the 11th Annual Intercollegiate Championships, winning its seventh consecutive title during the three-day event. Illinois finished second and Cortland State, New York, took a strong third in the combined men and women's competition.

Memphis State took first in the men's competition, with Memphis State's number two team taking second and Central Michigan's tying with Binghamton, New York for third. M.S.U. won the women's team competition convincingly with Illinois finishing second and Cortland, New York, taking third.

Jack Newman, M.S.U., repeated as National Men's Intercollegiate Champion winning over Paul Bakken, Bethel University, MN., 21-14, 21-12. Jack now qualifies for the 1983 U.S. National Team. Lance Gilliam of the University of Texas took third over Jeff Larson, Lewis and Clark University, located in Portland, Oregon.

Kathy Gluvna, M.S.U. took No. 1

Women's Singles over Mo Nard of Cal. State 21-16, 21-11, while Marcia Yamashiro, Cal. State at Fresno, defeated Carole George, University of California at Santa Cruz.

In Men's No. 2 Singles, M.S.U.'s Brian Deighan defeated M.S.U.'s Richard Smith 21-7, 21-4. Dave Trautman, Bethel, defeated Kelly Price, Cal. State, for third.

Top-seeded Tim Hansen/Bubba Gautier, Santa Fe College, defeated M.S.U.'s Doubles Team of Brian Sheldon/Jim Jeffers 17-21, 21-10, 11-7, while Pete Taunton/Paul Taunton, St. Cloud, MN, defeated M.S.U.'s Peter Wong/Keith Blackmon 21-12, 21-8.

In Women's Doubles M.S.U.'s Lisa Faquin/Rene Trammel defeated the Illinois team of Vicki Carr and Lisa Meister 21-12, 21-15. Maureen Downey/Wendy Gannon, Cortland, defeated Glenda Sawichi/Ann O'Neill, Providence, for third.

Over 200 players from 42 universities competed for \$8,000 in scholarships donated by Lite Beer from Miller.



Luke St. Onge, (center), Executive Director of the AARA, presents Kevin Wolf and Lynne Heintz of Lite Beer from Miller with USA team uniforms.

## American Regional Games

The United States National Racquetball Team swept to victory over Mexico and Costa Rica in the 1983 American Regional Games held at the Quail Lakes Athletic Club in Stockton, California.

The United States National Team, headed by coach Ed Martin, dominated the first American Regional Games by overpowering the National Teams of Mexico and Costa Rica. Competition was held in no. 1, no. 2, no. 3 Singles and Doubles in both men's and women's divisions.

### AARA Northeast Intercollegiate Regionals March 19-20 Providence College

The first AARA Intercollegiate regionals brought together 97 participants from 12 schools, from seven states, competing in 9 divisions. A \$500 scholarship was awarded to the winning team and \$250 to 2nd place, with cash prizes of \$75 awarded to individual winners and \$25 to runners-ups.

**TEAM RESULTS:**  
1st: RPI (Troy, NY) 150 pts.  
2nd: UMass-Boston 146 pts.  
3rd: Providence 112 pts.  
4th: Boston College 67 pts.  
5th: Eastern Conn. 66 pts.  
**INDIVIDUAL WINNERS:**  
MEN'S OPEN: Scott Eliasson (Eastern Conn.)  
MEN'S JUNIORS: Dave Metzger  
MEN'S SOPHOMORES: Ron Hyman  
B DOUBLES: Ron Jyman & Fruszid Guillak  
WOMEN'S SENIORS: Jodi Silver (UMass)  
WOMEN'S SOPHOMORES: Janet Kelleher (UMass)  
WOMEN'S B DOUBLES: Jodi Silver & Nancy Freitas (UMass)  
MEN'S SENIORS: Steve Pyka (Eastern CT)  
WOMEN'S FRESHMEN: Torri Richard (Bost. Coll.)  
MEN'S FRESHMEN: Bob Moniz (Sacred Heart)  
WOMEN'S A DOUBLES: Torri Richards & Valerie Abalaza (Bost. Coll.)



Phil Simborg,  
National Referee Certification  
Director



Jim Austin,  
AARA Rules Commissioner

## The official AARA rules

### Being hit by ball is not always a hinder

It is usually a hinder (play goes over) when a player is hit by the ball. But there are some exceptions and some situations that require additional explanation.

Two years ago the AARA instituted a rule (11A2) which states: "Any ball which hits an opponent that obviously did not have the velocity or direction to reach the front wall shall not result in a hinder (and shall cause the player or team that hit the ball to lose the rally)." The key word, of course, is "obvious". There must be **no doubt** regarding whether or not the ball could reach the front wall. This is a good rule, which makes the game fairer by eliminating the "fluke" or lucky shot which saved the rally.

Of course, it is not a hinder when one player on a doubles team hits his partner with the ball...they lose the rally (point or side out). The exception to this is on the serve. If the server hits his partner with the served ball **while his partner is still in the service box with back to the wall and both feet on the floor**, the serve goes over.

When a player (or team) is hit with his own shot, either before or after hitting the front wall, it results in the loss of the rally. But there is also an exception to this which many players do not fully understand. If a player is hit by his own shot after a hinder has occurred (or while one is occurring), the play goes over. For example, player "A" hits a shot and collides with player "B" while player "B" is going for the return, and then player "A" is hit with the ball, since the hinder (contact) occurred first, the rally goes over. It is not fair to award the rally to player "B" in this situation. When there is a referee, the referee must decide if the player would have been able to prevent being hit with his own shot had a hinder not previously, or simultaneously occur-

red. If the rules did not allow for this provision, it would not only be unfair, it would make the game more dangerous.

When there is a referee, this last rule often creates some problems. More times than not, the above situation happens so fast that the referee does not have time to call the hinder until after the player has been hit by the ball. It's natural for the other player to believe that since he did not previously hear a hinder call that he is entitled to the point, because his opponent hit himself with the ball. However, just because the ref was not able to call the hinder fast enough does not mean that it did not occur first.

For the sake of fair play, the ref should still require the rally to go over. Intentionally stopping or blocking a ball in play *always* results in loss of rally. For example, the server's partner may not reach out and stop a serve, even if he is properly situated in the box. And a player who moves in front of his opponent's shot, or fails to move sufficiently to give his opponent his shot, has committed an avoidable hinder, and loses the rally for that reason (whether he's hit by the ball or not).

While it may sound complicated on paper, in practice the rules are really based on common sense and generally do insure that players will not lose rallies or get replays unfairly. The purpose of all of the rules is to insure a safe and fair match. If you're ever in doubt about a rule or it's application, you will often come up with the right answer simply by recreating the situation in your mind and asking yourself, "What would be the fairest thing to do in this situation?" You'll usually come up with the right answer. But if you don't have a rule book handy, and you don't have someone around who is really sure of the call, the best rule is to "play it over".

### AARA Indiana Intercollegiate Team Racquetball Championships Indiana Athletic Club Noblesville, IN March 12-13, 1983

**MEN'S OPEN**  
Finals: Alan Disher (Ball State) d. Jeff Reed (Ball State U.) 15-9, 15-2  
**TEAM SCORES:**  
MEN'S #1: Ball State University  
MEN'S #2: Indiana University  
MEN'S #3: Indiana University at Kokomo  
MEN'S #4: Earlham College  
MEN'S #5: Indiana Vo-Tech Institute  
WOMEN'S #1: Indiana University  
WOMEN'S #2: Ball State University  
WOMEN'S #3: Purdue University  
**OVERALL FINISH:**  
Ball State University  
Indiana University  
Indiana University at Kokomo  
Earlham College  
Purdue University  
Indiana Vo-Tech Institute  
Indiana University at Indianapolis

### 3rd Annual FCA/AARA National Senior Invitational Singles Houston Downtown YMCA Houston, TX Sponsored by Penn, AMF/Head, Foot-Joy; D. P. Leach; J. B. Enterprises

**MEN'S SENIORS (35 +)**  
Finals: Bill Thurman (San Jose, CA) d. Kent Taylor (Stillwater, OK) 21-7, 21-7  
Semi's: Thurman d. Harold Cooper; Taylor d. Tom McKie  
**MEN'S VETERAN SENIORS (40 +)**  
Finals: Jim Austin (Houston, TX) d. Bob Lande (Carmel, CA), 21-14, 9-21, 11-7  
Semi's: Austin d. Tom Chodosh; Lande d. Frank Menendez  
**WOMEN'S VETERAN (30 +)**  
1st: Nancy Katz, Hanover, PA  
2nd: Mimi Kelly, Murlington, MA  
**WOMEN'S SENIOR (35 +)**  
1st: Renee Hebert, Metairie, LA  
2nd: Mimi Kelly

Preparing for the big one

# The nationals are coming

*(Editor's Note: Lynn Adams, 25, is the No. 1 ranked player of the Women's Professional Racquetball Association and a member of Ektelon's Advisory Staff.)*

by Lynn Adams

It's getting close to that time of the year again. NATIONALS TIME! And the excitement is already starting to grow. The women are talking more and more about the biggest tournament of the year. (The Glass Court Club, Lombard, IL, May 23-26).

What makes the Nationals so special? Well, it's THE Championship event. You're playing for a title that you will have throughout your entire career. It's like winning the Super Bowl. Though we may not play our tournament in front of millions of people, it means just as much, and it feels just as good to win. Who knows...maybe better, because it's done totally as an individual.

There's a lot more pressure at the Nationals. More media, more at stake, bonus money, and a lot of eyes waiting for the outcome. And it's the pressure that makes the event so tough to play in...especially the top players who have the best chance of winning. So how do you handle that kind of pressure and play good, solid, smart racquetball?

PREPARATION!! That's the key. It's always the key to performing well, but it's especially crucial when the big event is coming up. I want to go into that tournament knowing that I've done everything I could to get ready. I don't want to have those nagging thoughts in the back of my mind saying, "If I just did my runs a little harder; If I had just practiced with more organization;" etc. I don't need those worries. There's enough pressure as it is. So I eliminated as many pressures as possible so I only have to deal with the ones at the tournament, itself.

About a month before the Nationals, I will turn my focus onto that one tournament, and everything I do will be related to that event. When I'm running, I'll be visualizing playing in Lombard on the glass court. When I'm doing court sprints, I'll be thinking of how quick I'll be when things get tough. When I practice, I'll relate it to being on the court with my opponent. When I lift weights, I'll concentrate on how strong I'll be from the first match to the last. And I'll write. A lot. I'll write about my workouts...how they went, how I felt, how I'm going to feel; my goals, etc. etc. I will cover all my bases so I can walk onto the court and know that I'm more prepared to win than anyone else.

Which doesn't guarantee that I will win. But if I don't win the Nationals, it will mean that someone played one great game of racquetball. And that's a lot

easier to live with than if I sluffed through my workouts and was scared to play, scared to lose, scared to win. I don't want to spend my summer with that sick feeling in my stomach.

Another thing exciting about the Nationals is that it's the culmination of a season. We elect a new President and Vice President and some board members will change. We have a large banquet and

give our special awards; have speeches, slides and even skits. No matter how tough the competition in the court, there is a real feeling of closeness among the players in the WPRA. And at the end of the season, we reflect on our feelings, our victories and defeats, and the friends we've made and shared so much with.

If you get a chance, why don't you join in on the excitement. See you there.



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# Racquetball for the deaf

On February 18, 19, 20, 1983, West Suburban Association of the Deaf hosted the Third Annual Midwest Racquetball Classic Tournament for the Deaf at the Charlie Club in Palatine, Illinois.

On Friday, they had a "Welcome Party" where players were told the rules, etc. Head Chairman, James Fleming has now hosted three tournaments, the first at Glass Court in Lombard and the second and third at Charlie Club in Palatine. Co-Chairmen, Steve Horwich and Peter Pudela both helped James Fleming to talk to the deaf racquetball players and bring them into the ranks of tournament competition. Chief Referee, Les Cooling has been a volunteer for deaf tournaments for three years. To prepare, it was necessary for him and the other referees to learn quite a number of hand signals.

There were 77 players. Fifty (50) players were from Illinois area and 27 were from out of state. They came from Indiana, Iowa, Kansas, Louisiana, Michigan, Missouri, New York, Ohio, Pennsylvania and Wisconsin. Eight (8) were on Men's "A" Division; 4 were on Women's "A" Division; 20 were on Men's "B" Division; 5 were on Women's "B" Division; 23 were on Men's "C" Division; 11 were on Women's "C" Division; and 6 were on Men's "Novice" Division. Trophies and money were awarded. It was a very successful tournament.

There will be other Classics held April 15 and 16 in Overland Park, Kansas; April; 30 and May 1 in Baltimore, Maryland; and November 11, 12, 13 in St. Louis, Missouri.

The big sports event next year will be

the First Annual National Racquetball Association of the Deaf Tournament tentative to be held April 27, 28 and 29, 1984 at the Charlie Club in Palatine, Illinois.

Any deaf or hard of hearing person who is interested in playing racquetball during the tournament for the deaf may write to:

W.S.A.D.  
c/o Racquetball Committee  
P.O. Box 3712  
Oak Brook, Illinois 60521

Results  
Third Annual Midwest Racquetball Classic  
Tournament For The Deaf  
Charlie Club, Palatine, IL  
Hosted by: West Suburban Association  
of the Deaf

**MENS A**  
1st - Jeff Dichter, Seabrook, MD  
2nd - Gerald Weiland, Waterloo, IA  
3rd - Jeff Wasserman, St. Louis, MS

**MENS B**  
1st - Tom Splitek, Midlothian, IL  
2nd - James Jones, Shawnee Mission, KS  
3rd - John Embree, Melrose Park, IL

**MENS C**  
1st - Jeff Dahle, Cedar Rapids, IA  
2nd - Trent Bullock, Gary, IN  
3rd - Leo Dignan, Naperville, IL

**MENS NOVICE**  
1st - Gary Etkie, St. Charles, IL  
2nd - Dan Kelley, Elmwood, IL  
3rd - Arthur Tomlinson, Elburn, IL

**WOMENS A**  
1st - Karen Owczarzak, Itasca, IL  
2nd - Mary Wallenfeisz, DeKalb, IL  
3rd - Cindy Clark, Mt. Prospect, IL

**WOMENS B**  
1st - Mindy Hooper, Collinsville, IL  
2nd - Dana Pargauskas, Orland Park, IL  
3rd - Valerie Pizzi, Elmhurst, IL

**WOMENS C**  
1st - Tami Richardson, Bridgeton, MS  
2nd - Judy Hagen, Greenfield, WS  
3rd - Mary McWilliam, Manchester, MS

## Advanced technique

# The Splat

by Steve Strandemo with  
illustrations by Ron Oden

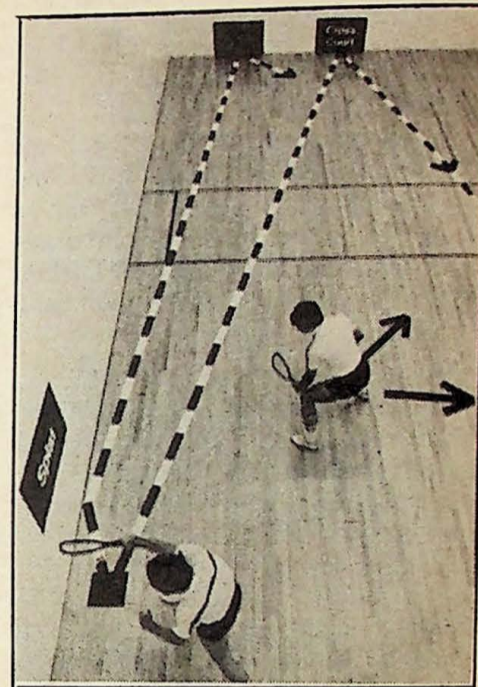
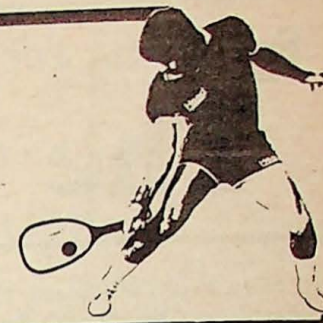
Over the last couple of years the splat has begun to establish itself in the repertoire of good scoring shots. Used selectively the splat makes an excellent addition to your game, but use it too often and it could become a liability.

### The Mechanics

The splat is most effective when hit from a position near the sidewall and driven hard into that sidewall at a sharp angle (see photograph). The ball picks up english from the sidewall and reacts like a pinch shot off of the frontwall. Ideally, the ball then bounces twice before the front line of the service box or opposite sidewall, in which case you'll probably have an uncontested winner.

The splat is a great complement to the down-the-line and cross-court kill passes. In fact, it should only be added to your game once these other shots have been mastered. For example, when the down-the-line and cross-court shots are rolled-out, there is nothing any player can do to cover them, but when these velocity shots are left up just a little they tend to force your opponent back in the court. That's when the well hit splat can really be effective. It is hit off of the same motion as the down-the-line and cross-court kill pass, but it reacts like a soft pinch off the frontwall. This tends to keep your opponent off balance and many times he gets caught leaning back and can't thrust forward to cover or dig up the splat.

Sometimes even a misdirected splat can win points. For example, if the ball hits the sidewall closer to the frontwall



than illustrated it tends to angle down the middle of the court and even to the left of the defensive player. Obviously this isn't the goal of the splat, but because of the velocity and rapid spin of the ball as it enters center court it can easily handcuff your opponent and force him to execute a weak scoring shot.

### The Limitations

Don't regard the splat as a racquetball panacea, and don't even attempt to use it until you have a fairly established swing which can generate enough velocity to enable the ball to pick up good spin from the sidewall.

Perhaps most importantly, don't let the splat become a predictable shot. If it is hit too often, players will find their opponents fading to the right. Again, this is why good down-the-line kill-passes are so important to use in conjunction with the splat because without this shot there will never be any need for your opponent to respect the left wall.

### Practicing the Splat

There are a couple of ways to practice the splat. To learn the correct angle, take a position similar to the player in the photograph. Bounce the ball and learn to make contact at waist level, also a little above and below that height. Then use a forceful swing to drive the ball into the sidewall at a sharp angle so that it picks up english.

An excellent way to practice for rallies is to hit short ceiling balls up and down the left wall to yourself so that the ball comes in shy of the backwall and relatively close to the sidewall. Then, bring the ball down into the low scoring area by driving the splat hard into the sidewall.

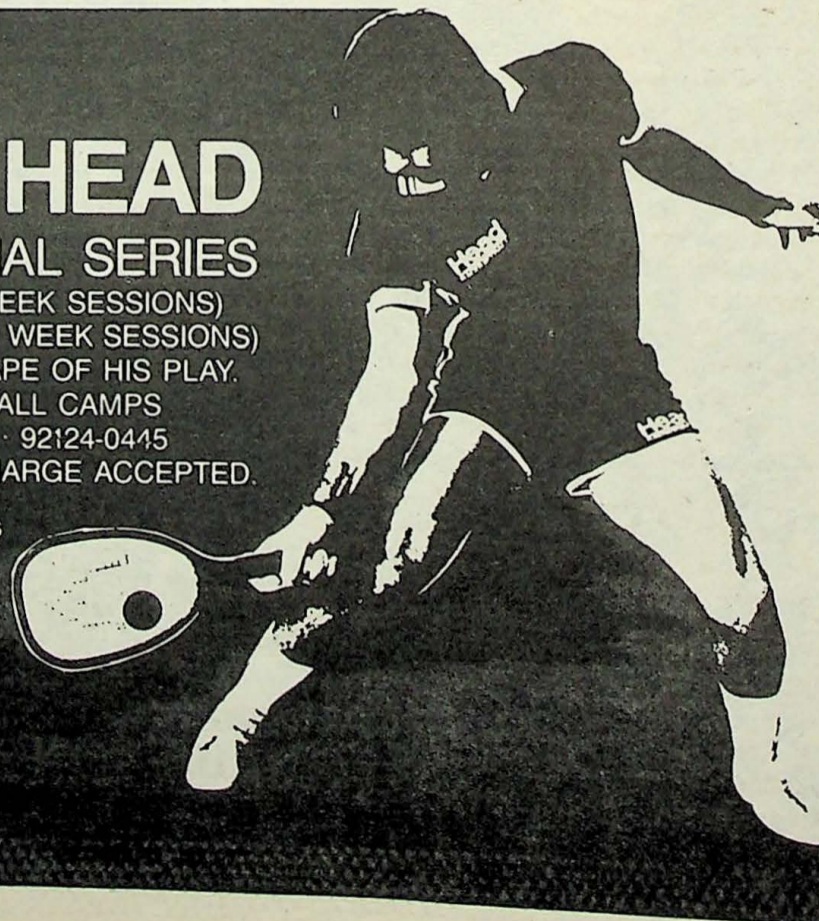
The splat is an integral part of an advanced player's game, but remember, it should never be used to replace the down-the-line and cross-court shots. It simply cannot take on that much of a role in the game.

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The "Gar" holds court

# Doubles: choosing a partner

by

Charlie "THE GAR" Garfinkel

*7-time National Champ, Charlie Garfinkel is not only well-known for his play on the court, he has become a TV personality in the Buffalo area, a top teacher and coach, and author of two very fine books...Racquetball the Easy Way, and his new book, Racquetball for the Serious Player (Atheneum, New York). You can write to Charlie c/o this publication.*

During a local doubles tournament a few years ago I had hit an exceptionally hot streak in the first part of game one. My partner, Chuck Wurzer, and I, were leading 6-0. I had rolled out or hit a clean passing shot to win each of the first six points. Wurzer had literally not touched the ball yet.

On point seven I was again set to hit another kill shot. From out of nowhere my doubles partner took the shot on his backhand. He buried it into the floor. Sideout!

As I looked at him incredulously, I asked, "Why did you take that shot? He replied, "I hadn't hit a shot yet. Even though the ball was on your side of the court I felt that I had to take it, because I wasn't into the flow of play."

Because this publication is family-oriented I cannot print what I was think-

ing. Suffice to say, I composed myself, turned around, and said to the referee, "Timeout!" My partner couldn't believe that I was taking a timeout, or why I was so upset.

I quickly explained to him that it wasn't important as to who scored the points on our team. We were a team. We'd win or lose as a team. And, we'd discussed before the match which players would be taking certain shots on the court. It was now evident after my explanation that he realized that he had made an error in judgement. After correcting the misunderstanding we went on to an easy win. (Ed Note: Gar and Wurzer won the Buffalo city Doubles 7 times, the New York State Doubles 5 times, and finished 3rd in the Nationals in 1971.)

The incident brings out two extremely important points. First, you must choose a partner that you're compatible with. Second, the shots that each player is responsible for during the match, must be determined before you step on the court. And, if you're going to change something be sure to discuss your plans before you change them.

As for choosing the ideal doubles partner for yourself, how should you go about it? Steve Trent and Stan Wright,

the present national doubles champions, are a good team to emulate. Although they're both very good singles players, they are a superb doubles team.

First, they're close friends, both on and off the court. This is evident when they play. They don't get upset at each other's mistakes. They're constantly encouraging each other. They're not concerned if one player is hitting more shots than the other player. They win or lose as a team.

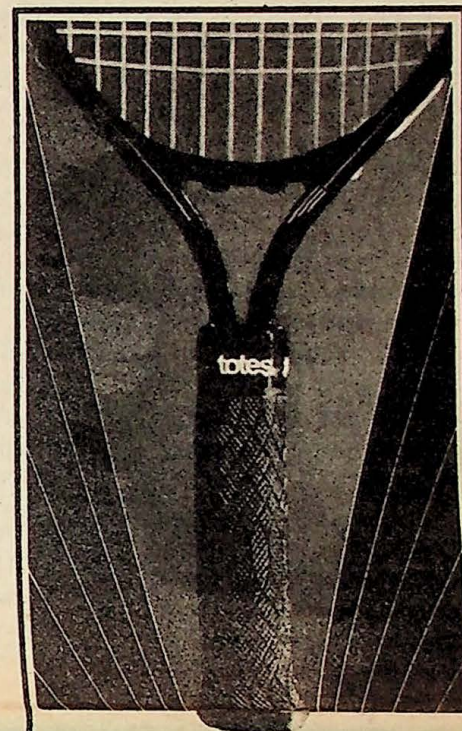
Second, it is evident that they've discussed what their roles are on the court. They're seemingly always in position. On the few occasions when they're not, they cover extremely well for each other.

Third, on the few occasions they've lost, thoughts of breaking up their team and perhaps finding different partners never enters their minds. Why? They're aware that they may occasionally lose, although it is a rare occurrence. If they have lost, they discuss ways to improve their game. They'll practice new shots or strategies as much as they can before the next doubles tournament.

Of course, the vast majority of us can't play doubles at the level of Trent and Wright. But, all of us can follow and implement the reasons that they're so

successful.

In the next issue we'll discuss the advantages and disadvantages of the lefty-righty, righty-righty, and lefty-lefty combination. You may be surprised to find that a lefty-lefty combination can be especially effective.



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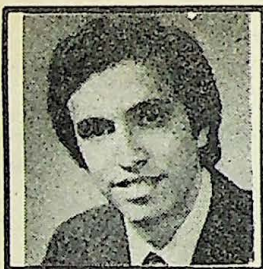
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# Physical exam for the athlete

by Dr. David Birnbaum

*David A. Birnbaum, MD, FACS, USPTA, is an Instructor (Affiliate) in Family Medicine at the University of Health Sciences/The Chicago Medical School, and is active in Family Practice and Sports Medicine at Jackson Park Hospital and Sports Medicine Center in Chicago.*

In recent years, the routine yearly physical examination has come under fire as being unnecessary. In medical economic circles, it has become known as "cost-ineffective." In other words, the yield, in terms of maintaining health, is so small that the whole process is worthless from the standpoint of economic efficiency. I would suggest, however, that the real reason the yearly physical has fallen into disrepute is because it is done for the wrong reasons. In most instances it is a perfunctory rite which focuses on discovery of disease or one which merely charts the progress of some chronic illness.

The only way a physical examination can truly be used to prevent disease is if its focus is different. In sports medicine, besides the usual attention to pre-existing illness, the focus should be on the discovery of factors predisposing to illness or injury or limiting effective performance. This is a very specific focus which,

when used properly, provides a surprisingly high yield. Approached in this manner, the yearly physical for athletes makes a lot of sense.

To be most effective, the first examination should take place four to six weeks before strenuous training begins, thus allowing time for rehabilitation of existing ailments and for mapping out a schedule for building up to the more rigorous training.

Your evaluation will be most effective if your physical condition is considered in relation to your specific sport. Athletic endeavor is classified on two scales, or continuums: least strenuous (bowling and walking) to very strenuous (running and cycling); and non-contact (tennis) to contact (basketball) to collision (football and hockey).

To put racquetball in perspective, though it is akin to tennis, the conservative approach is to assume that there will be some contact with the walls from time to time, and your conditioning and physical exam should take this into account.

You may be surprised to learn that the most important part of the preseason physical has nothing to do with examining the athlete's body...eliciting a complete medical and sports history comes

first. This helps identify problems that the athlete may not even be aware he has. Consider the following: at the Jackson Park Hospital (Chicago) Sports Medical Clinic, approximately 25% of all athletes examined in preseason physicals had conditions that would affect their performance in their chosen sport. Almost all of these athletes were unaware of these conditions and their relation to performance and possible injury (and, in some cases, death). This "historical" part of the examination is the most time-consuming and painstaking part. The physical examination itself is a rather straightforward, head-to-toe affair, paying attention to those joints, extremities, and systems (eg. cardiovascular) stressed and prone to injury in the athlete's chosen sport.

The point is to get something out of the physical, not just go through a perfunctory yearly rite. Properly performed, it is a valuable assessment that can prevent injury and illness.

\* \* \*

**Coming next month:  
 Diabetes and  
 Hypoglycemia  
 in athletes**

# Women's Professional Racquetball

## Inside the pro tour

**QUEBEC:** The WPRA travelled up into some cold country for a tournament in Quebec, but some of the girls knew how to stay warm. **JANELL MARRIOTT, DIANE BULLARD, MONIC PARENT** and **SUSANNE ROBERT** purchased a walking cane filled with 100% alcohol. I don't need to tell you now warm and toasty they were feeling that day!

While some of the girls were practicing their racquetball skills, and others their drinking skills, **LAURA MARTINO, BUFFY GORDON,** and **HEATHER** and **BRIAN McKAY** went to see a pro hockey game. Laura's front row seats afforded her a good view of the toothless players while Heather explained the game to Buffy. Brian, who is known on the tour as "that gorgeous man!" gave Laura a thrill as they sat together. Laura did her best, but when the evening was over Brian was still very much with Heather. There must be something to that phrase, "You're not getting older, you're getting better!" Go Heather!!

Because French is spoken in Quebec, there were some communication problems during matches, but it was especially obvious in a match where **BONNIE STOLL** was playing. She was sure the line judges didn't understand what she was appealing, and in burst of emotion, grabbed a spectator who knew both English and French and asked him to tell them "in plain French" what she was talking about. The crowd loved it.

**TEXAS:** Texas was a great tournament. They hosted a spectacular banquet with **ROGER STAUBACH** as the guest speaker, and of course, plenty of good southern cooking. There were several firsts at this tournament. Ft. Worth hometown girl, **SHANNON WRIGHT** was a guest commentator for the finals match. She added just the right touch to the Texas event with her own version of the Texas Twang. **VICKI PANZERI** upset **LYNN ADAMS** in the semis... the first time in 2 years that Lynn didn't make it to the finals, and the first time in 3 years that someone other than Lynn, Heather, Shannon, or Marci was in the finals. Congrats to Vicki.

**HEATHER STUPP** was the popular girl at the tournament. She was asked out on a date by a young admirer, but she never stopped blushing long enough for us to find out if she accepted or not!

The tournament was such a success that a three-year deal was negotiated between the club and the WPRA, and Texas will be the site of the Nationals. Thanks ya'll.

**BANGOR ME:** Lite Beer from Miller was the sponsor of the tournament at the Holiday Health & Racquet Club in Bangor. **KEITH MAHANEY**, owner & tournament director put on a great event as usual. This is the second year the women have stopped in Bangor, and things went so well that Keith and the WPRA plan to make it a habit. We'll go to Bangor for the next four years! Thanks, Keith.

**MARCI LYNCH**, a newcomer to the tour, strutted her stuff off the court as well as one. Marci received the highest honor from the Bangornions. She was presented with the "Buns Award." No further comment.

Yes, it's true! Those aren't just rumors you've been hearing lately. **MARCI GREER** was seen working out on the Life Cycle at Holiday Health and Racquet. She was even sweating!

**SAN FRANCISCO:** **BULL DUNN** and Schoebers of Pleasanton showed why they are considered tops in hosting tournaments. With an excellent staff and a beautiful exhibition court complete with front-wall "white glass", it's always a pleasure to play at Schoebers. They had a mixed-doubles event, which was a first for the WPRA tour this year. Everyone really had fun and there was more events like this planned for the future. **BONNIE STOLL** teamed up with **JERRY PRICE** and edged out **LYNN ADAMS** and **JIM CARSON** (15-13 in the tie-breaker) to take the event. **TERRI GILREATH** had her first big win over one of the "top three." She beat **SHANNON WRIGHT** in the semis. With people like Terri and **VICKI PANZERI** proving they can beat one of the previously-invincible three, the competition is getting fierce. And EXCITING.



## Player of the month: Vicki Panzeri

It was easy to choose this month's player... Vicki Panzeri has taken the tour by storm recently. The last few seasons have been dominated by Lynn, Heather and Shannon, but not anymore as far as Vicki's concerned. She's put two very successful tournaments together lately. A second place in Ft. Worth, beating none other than No. 1-Lynn Adams, not to mention the 4 and 5 seeds, Gilreath and Martino. And when she went down to McKay in the finals, it was in a very close and exciting match that could have gone either way.

But Vicki didn't rest on her laurels. The very next week in the WPRA/Tucson event Vicki did what no one has done in four years. She took out Adams in the first round beating her decisively. Then she took out Marci Greer, Terri Gilreath, and Shannon Wright in the finals. Quite a show!

Vicki has played racquetball for 9 years and has been on the tour for 4. She's always been a talented player, but has a hard time in the past with tough draws, and perhaps an ever harder time getting past self-imposed hurdles. "I never really cared about racquetball as a true profession. I had no goals, and since I didn't have good training habits, I didn't feel that I deserved to win," stated the slender lady from Seattle.

But something turned Vicki around and got her motivated. When asked, she smiled and said, "Poverty! I got tired of not having money, and especially hearing about how much potential I had. At the time, it was easier to not live up to that potential than take on the responsibility of being a winner." Vicki's attitude has definitely changed to the positive, and she no longer feels she isn't capable or deserving of winning. The challenge doesn't scare her anymore, and she's gunning for the top pros. "I always felt I had the ability to play with the best. It's very satisfying to be able to play up to my own expectations."



Vicki now has a better understanding of what it takes and now she is very clear about her goals as well as her training habits. "Before, my training was sporadic and unorganized. But now, I have specific goals, so I can relate all my activities to my racquetball." When asked to talk more in depth about those goals, she simply stated, "I want to be ranked in the top four, have a sponsor, and be on Super Stars." Those sound like pretty good goals, and VICKI PANZERI is definitely headed in the right direction!

## Welcome Barbara Perry, Goodbye Buffy

Barbara Perry will now be working for the WPRA, and we're thrilled to have her. Barbara's reputation is highly-regarded, and her accomplishments are impressive. For four years she was Director of Operation for the Avon Future Tour. She headed up the public relations, was in charge of housing, ticketing, and scheduling of the tournaments. She worked with IMG on the Toyota Series tennis events and on the Tennis Legends Tour. She has recently taken on the responsibility of the UP Pro Championships in Boston, the US Clay Championships, and a new development, Masters of Hockey.

As an athlete herself, Barbara will bring a lot of experience and know-how to the women's pro tour. The continued support and work of IMG and Barbara Perry will help make the WPRA stronger than ever. Thanks for the initial help, and good luck to Buffy Gordon.

We were fortunate to have Buffy. She has recently married and she and her husband are moving to Italy for two years. Both IMG and the WPRA are sorry to see her go. Buffy was, first and foremost, a business woman, and she worked hard to get us the best possible deal. But beyond that, she really cared about us as human beings. She was always available if anyone needed advice about their career, and she was just a pleasant person to be with. She helped bring the WPRA a long way in a short amount of time, to the point where we have a full schedule of tournaments, and two major sponsors: AMF VOIT and NIKE.

Buffy, you've done a great job. We thank you and wish you all the best in your marriage and work.



### WPRA Current Rankings as of April 18, 1983

Rank	Name	Total Points
1.	Lynn Adams	592.05
2.	Heather McKay	561.00
3.	Shannon Wright	412.50
4.	Vicki Panzeri	221.13
5.	Laura Martino	219.00
6.	Terri Gilreath	218.13
7.	Marci Greer	162.75
8.	Peggy Gardner	156.88
9.	Caryn McKinney	127.86
10.	Heather Stupp	119.33
11.	Janell Marriott	112.14
12.	Jennifer Harding	103.88
13.	Joyce Jackson	85.00
14.	Fran Davis	68.88
15.	Martha McDonald	67.50
16.	Bonnie Stoll	64.00

WPRA tournaments:

# The ladies have been busy



Lynn Adams

## Arizona — Panzeri

Tucson, Arizona — For the second week in a row, unseeded Vicki Panzeri, of Seattle, Washington, swept past number one seed, Lynn Adams to gain the finals play-off at the Tucson Athletic Club. Panzeri prevailed in Tucson, defeating Shannon Wright of Las Vegas, Nevada, 21-17, 18-21, 21-6, 21-18.

Panzeri simply outlasted Wright in the finals, as they both played well. Neither one dominated the match, as the close scores indicate. Instead, Panzeri, with her newfound confidence, played a consistent, well-rounded game.

In an exciting first round match, Panzeri found herself facing Adams, who she had defeated in the semifinals at Fort Worth only a week before. Loose, relaxed, and more sure of herself, Panzeri slid past Adams 21-15, 16-21, 21-18, 21-10. She continued on to defeat Marci Greer and Terri Gilreath, the number four seed, in easier matches before advancing to the finals.

**Bob's Big Boy Open**  
Tucson Athletic Club  
Tucson, Arizona  
February 23-27, 1983

Finals: V. Panzeri d. S. Wright, 21-17, 18-21, 21-16, 21-18.  
Semi's: V. Panzeri d. T. Gilreath, 21-12, 21-15, 21-15. S. Wright d. L. Martino 21-14, 21-15, 19-21, 21-9.

## California — Adams

The MARCH 24-27 WPRA event at the Schoeber's Racquetball Spa in Pleasanton marked the first tournament win in almost 3 months for the top-ranked Lynn Adams. It was no easy road for Lynn as she barely got by Jennifer Harding in round one, had a few problems with Peggy Gardner in round 2, had a tough match against Marci Greer in the semis, and finally took the main event easily over No. 4 seed, Terri Gilreath. And Terri was quite impressive making her way to the finals, with wins over Vicki Panzeri and Shannon Wright.

Lynn had some observations about her matches in this tournament. About Marci: "Marci and I had a good match. I like playing against Marci because she is fair. She's honest, a real professional." About Terri: "People think that because Terri and I are good friends that I'll always have an edge over her. I don't think so. She is a very competitive player."

## Washington — Adams

As she has done often in the past, Shannon Wright was able to defeat Heather McKay in the semis of the Pacific West WPRA Pro Am in Kent WA, but just like the script was written for many other previous events, Shannon could not handle Lynn Adams in the finals. Lynn took the finals 21-16, 21-23, 21-11, 21-12, in a very emotion-filled and action-packed match. Except for that very close second game, Lynn generally had control of the entire tempo of the match, using ceiling shots and sharp pinches to defeat her friend from Las Vegas.

Adams had few problems with Heather Stupp in the semis, but just getting to the semis was a real victory for the young Canadian who had defeated Laura Martino in the quarters. In other quarterfinal matches it was Adams over Greer, Wright over Vicki Panzeri, and McKay over Peggy Gardner...all easy victories.

## Maine — McKay

Bangor, Maine — In their first meeting this year, Heather McKay, of Toronto, Ontario, defeated Californian Lynn Adams, 25-23, 21-18, 22-20, in the finals of the Lite Beer New England Championships at the Holiday Health and Racquet Club. Adams, who has been defeated twice this year by Vicki Panzeri, hoped to regain her winning tendency in the absence of Panzeri at this tournament. Adams advanced with ease to the finals, defeating Joyce Jackson, of Norman, Oklahoma, in the semifinals.

McKay faced a tougher opponent in her semifinal match against Terri Gilreath, of El Toro, California. The match reached a score of two games all with Gilreath leading 12-10 in the fifth game. McKay managed to regain her lead and won the match, 16-21, 21-8, 21-16, 20-22, 15-13.

In the exciting final match, Adams and McKay received ten standing ovations, from the enthusiastic crowd. McKay used a lot of ceiling shots, aiming for Adam's backhand. Adams failed to put away shots in their long rallies.

"I think my challenging match against Gilreath in the semifinals the night before really helped pump me up," observed McKay. "I felt confident about my game and geared up for the finals."

**Lite Beer**  
New England Championships  
Bangor, Maine  
March 10-13, 1983

Finals: H. McKay d. L. Adams, 25-23, 21-18, 22-20.  
Semi's: L. Adams d. Jackson, 21-13, 21-19, 21-12; H. McKay d. T. Gilreath, 16-21, 21-8, 21-16, 20-22, 15-13.

## Texas — McKay

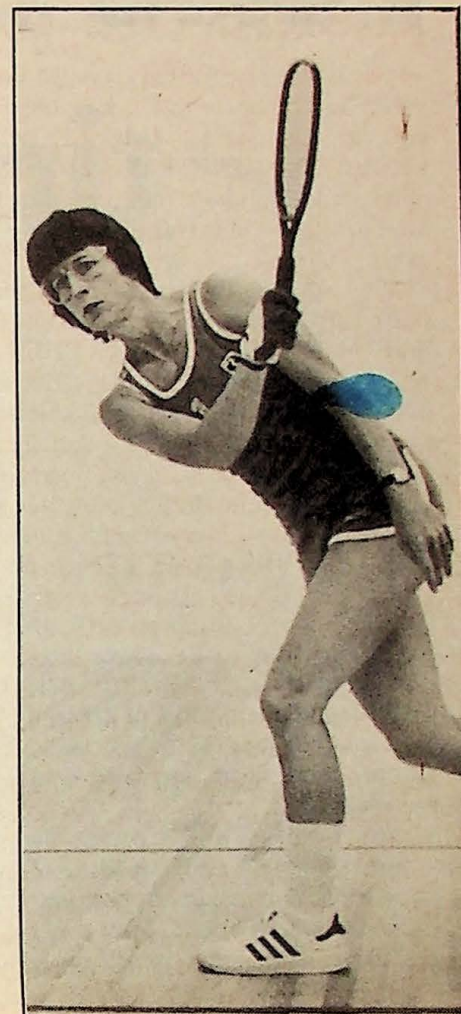
Ft. Worth, Texas — Vicki Panzeri, from Seattle, Washington, stormed through the \$20,000 Riverbend Classic by upsetting number one ranked Lynn Adams, number four ranked Terri Gilreath, and number five ranked Laura Martino. But two-time National Champion, Heather McKay, stopped her short in the finals by winning 21-12, 18-21, 23-21, 24-22 before a capacity crowd at the Riverbend Athletic Club.

"Vicki has improved tremendously," remarked her victor, Heather McKay. "She played a passing game, one that I'm not used to playing in the finals."

"Throughout the entire tournament," stated Vicki, "I was concentrating on three things. The first was to hit simple shots; the second was to hit a soft, very controlled serve; and the third was to keep calm during the pressure of the game."

**RiverBend Pro Classic**  
RiverBend Athletic Club  
Fort Worth, Texas  
February 17-20, 1983

Finals: H. McKay d. V. Panzeri, 21-12, 18-21, 23-21, 24-22.  
Semi's: H. McKay d. S. Wright, 13-21, 21-18, 23-21, 23-21; V. Panzeri d. L. Adams, 15-21, 21-15, 21-17, 9-21, 15-13.



Heather McKay

## Ohio — Adams

Columbus, Ohio — Lynn Adams, who lately has been off her championship form, won her first tournament in 1983 by defeating Terri Gilreath, 21-12, 21-13, in the first WPRA organized exhibition at the Sawmill Athletic Club.

Eight members of the Women's Professional Racquetball Association participated in this one day mini-tournament. Joining Lynn and Terri were Jennifer Harding, Marci Greer, Rita Hoff, Joyce Jackson, Jean Sauser, and Lynne Farmer.

The eight women professionals conducted morning clinics for women and then afternoon clinics for young adults.

Following the clinics, the pros divided themselves into two groups and played a round-robin format, including a group playoff. Lynn Adams won all of her matches including her play-off against Jennifer Harding. Joyce Jackson led her group with wins over Terri Gilreath and Lynne Farmer, until Marci Greer eased by her 21-17 to set up a play-off between Greer and Gilreath. Terri, who has emerged as a consistent top five player this past season, turned back Marci 21-14. This set up the final between Adams and Gilreath.

"Most of the players were hesitant about playing this exhibition," remarked Joyce Jackson. "It was so much fun that I'll be the first in line to sign up next time."

	<b>WOMEN'S PROFESSIONAL RACQUETBALL ASSOCIATION</b> <b>1982-83 MAJOR TOUR</b> <b>UPCOMING EVENTS</b>		
	Date	Site	
	May 12-15	Ektelon Championships Sports Gallery Anaheim, CA	
	May 23-26	Nationals The Glass Court Chicago, IL	
	July 8-10	5th Annual Midnight Sun Pro Racquetball Classic Alaska Athletic Club Anchorage, AK	

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## tips from the pros

### PLAYING TIP:

**Form:** I suggest to players of all abilities to use their own naturalness when swinging. The key is to incorporate the important fundamentals of hip and shoulder motion, good elbow extension, and proper wrist snap into their own natural swing.

**Strategy:** I suggest to all players to strive for a complete understanding of the game. Good shot selection, positioning, anticipation and patience come easily when a player completely understands the game.

### ETIQUETTE:

Make sure that you give your opponent the proper room to swing and the proper hitting lanes when he is attempting his shots. Standing in the other player's way is the quickest way to take enjoyment out of a match.

**STEVE STRANDEMO**



### RULES:

It would be wise for each player to obtain a copy of the current rule book and read through it. Many arguments could be avoided if the players would have done a little previous reading.

### PERSONAL NOTE:

When you are playing a match and things are going bad, have the guts to change your game plan; often times subtle changes can turn the momentum back to you.

# Men's Professional Racquetball

## Hogan wins in Texas

Marty Hogan brought the DP Leach/Catalina Classic tour to a close in Austin, TX, March 21st, exactly as he began it 6 months ago...with a victory over Dave Peck in the finals. This victory increased Hogan's point standings over Peck and virtually insures him of the No. 1 ranking at the end of the season.

A partisan crowd cheered the exploits of El Paso natives Dave and Gregg Peck, the latter a student at UT in Austin. Dave breezed into the finals without losing a single game, knocking off Ben Koltun, Gary Merritt, and Gregg. Hogan had few problems with Rich Wagner and John Egerman, but had a real toughie against Bret Harnett in the semis, taking the final game 11-9. Harnett led that game 9-3, but Hogan came up with a series of great shots to win it.

The finals were relatively anti-climatic as Hogan pretty much dominated the match, keeping Dave off balance with his famous "foton" drive serve and his great splat and kills from all over the court. Complete results and scores follow.

**DP Leach/Catalina Classic  
Austin, TX  
March 17-20**

**ROUND OF 16:**  
Marty Hogan (San Diego) d. Rich Wagner (San Diego), 11-6, 5-11, 11-10, 11-1; John Egerman (Boise, ID) d. Scott Hawkins (Santa Clara, CA), 7-11, 11-5, 11-4, 11-2; Jerry Hilecher (Encinitas, CA) d. Ray Navarro (El Paso, TX), 11-8, 3-11, 11-6, 11-7; Bret Harnett (Las Vegas) d. Bob Philippi (Austin, TX), 11-3, 5-11, 11-4, 11-5; Mike Yellen (Southfield, MI) d. Craig McCoy (Riverside, CA), 11-4, 0-11, 10-11, 11-1, 11-1; Gregg Peck (El Paso, TX) d. Doug Cohen (St. Louis), 11-6, 11-8, 11-2; Gary Merritt (Houston) d. Don Thomas (Mesa, AZ), 11-4, 11-5, 11-3, 11-3; Dave Peck (El Paso, TX) d. Ben Koltun (St. Louis), 11-3, 11-3, 11-5.  
**QUARTERFINAL ROUND**  
Hogan d. Egerman, 11-8, 11-9, 11-7; Harnett d. Hilecher, 11-3, 11-9, 7-11, 11-0; Gregg Peck d. Yellen, 11-8, 6-11, 2-11, 11-10; Dave Peck d. Gary Merritt, 11-9, 11-6, 11-2.  
**SEMIFINAL ROUND**  
Hogan d. Harnett, 11-9, 10-11, 6-11, 11-4, 11-9; Dave Peck d. Gregg Peck, 11-4, 11-2, 11-10.  
**FINAL ROUND**  
Hogan d. Dave Peck, 11-9, 11-8, 5-11, 11-4.



## Peck lost because of me

by Tom Grobmissi

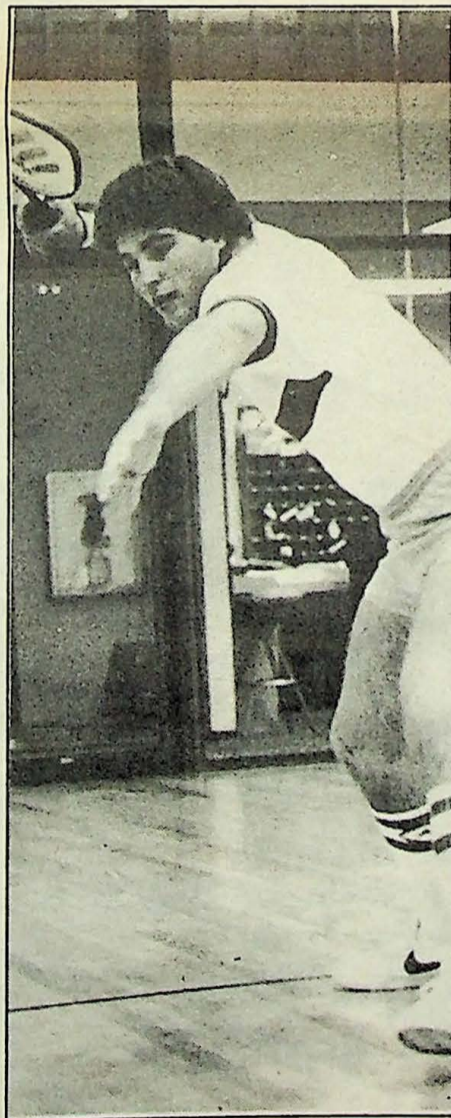
Dave Peck lost the Nationals last year, and it was my fault. In fairness to Dave, I thought the public should know the truth. You see, Dave's too much of a gentleman to make excuses, so after he lost to Marty, he just congratulated him and said he'd "try harder" next year.

What happened was Dave called me when he got to town just before the big event and asked me if I would give him a workout and maybe a few pointers. I was pretty busy at the time helping Connors with his net game, but Dave's an old friend so I agreed to squeeze him in for a couple of games.

It became evident quite early that Dave couldn't handle my power so I began giving him lots of ceiling shots just to keep him in the game. But I noticed a definite flaw in his return of my ceiling shots...a flaw which I knew could cost him the title! He was trying to hit the overhead splat-pinch to the opposite corner (like I taught him a couple of years ago), but they were coming up.

So I showed Dave an advanced maneuver I use some times to gain better racquet-head stability and control right before I hit the shot, I shift my baby finger to the reverse side of the racquet. This causes the wrist to rotate and lock, closing the face of the racquet 4 1/2 degrees, forcing the ball down. Dave tried it and immediately threw his baby finger out of joint!

Imagine going into the Nationals with your baby finger out of joint. The poor kid didn't have a prayer! I had made one of the biggest mistakes a coach can make. Dave was not physically up to the maneuver. I had over-estimated my



student.

This year I've advised Dave to stick to the basics' "Make darn sure you know which wall is the front wall and wait 'till the ref calls the score before you serve." If he loses this time, he'll have no one to blame but himself.

### Upcoming Men's Pro Events

May 12-15	Ektelon Pro/Am Finals The Sports Gallery 2560 E. Katella Anaheim, CA 92806 714/634-1919	EKTELON Pro/Am Nationals Men and Women pros and national amateur qualifiers
May 30-June 5	Tour Finals The Charlie Club Rt. 53 & Dundee Rd. Palatine, IL 60067 312/934-4900	D/P Leach/Catalina Finals
June 8-12	Men's Pro Nationals Atlanta Sporting Club 1515 Sheridan Rd. Atlanta, GA 30324 404/325-2700	D/P Leach Nationals

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### Strength training and conditioning

# Ooh, my aching back!!!

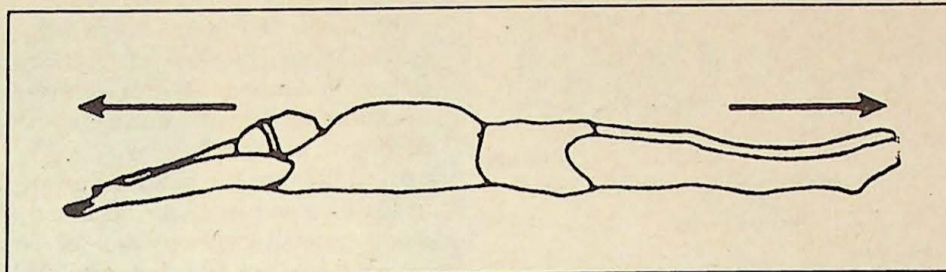
by Kim-Robin Segal

*Editor's Note: Kim Segal is a licensed athletic trainer for the U.S. Waterski team which will be competing in Munich in September. She is a tournament water-skier and finished second in trick skiing in the South Central Regionals, and tenth in the country in slalom skiing. She plays racquetball in her off season. Kim is the co-author of the first sports medicine exclusive for the water-skier — THE WINNING EDGE. She is chairperson of the Sports Medicine Committee for the Waterskiing Hall of Fame.*

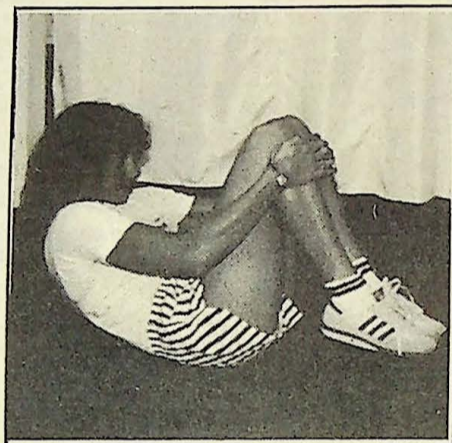
When was the last time you stretched your low back before or after playing racquetball? Did you know that low back tightness is a direct contribution to possible vertebrae problems in the future. To stay away from these types of injuries a few simple steps can be taken for a preventative program: 1) stretching and, 2) strength training.

Although we are concerned with the low back area, because there are so many muscles that go into action when using your back, a series of stretches should be done daily for the total body. But the stretches included here are for the low back area. All stretches should be done 3-5 times holding for a count of five.

If you have low back tightness and it tends to persist, there is a possibility that



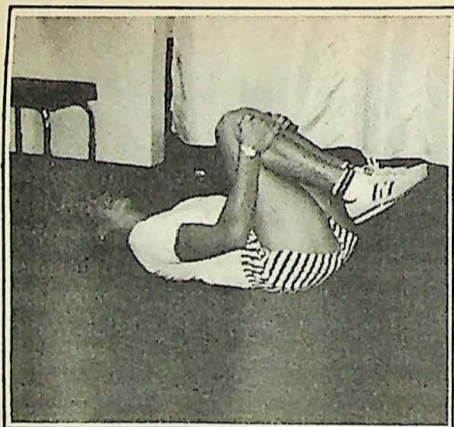
**Illustration 1** — lie flat on back and slowly stretching as far as you can reach with hands and feet.



**Illustration 3** — (Slide 3) — Return to starting position with soles of feet on floor. Then slowly lift up your body and knees — hold and then relax. You should feel this in the abdominal area as well.

your hamstrings might be tight also. Most of the time hamstrings tightness and low back problems go hand in hand. So be sure to include hamstring stretching in your program. Abdominal strength could also be a correlating factor to low back problems that is why Illustration #4 is included. If your pain persists, see a sports related physician.

Even though stretching is an important factor to consider, it is not the only one. Strength training is a very important aspect of your program. The low back area is very often ignored or avoided while strength training. Nautilus has a specific machine called the low back machine. Your work out facility may not



**Illustration 2** — (Slide 2) — From the above position bend both knees and hold for a count of five, then relax placing soles of feet to ground.



**Illustration 4** — (Slide 4) — Return to position with soles of feet on floor and lying flat. Now lift knees together — roll back — knees to one side — hold and then return to starting position and perform to opposite side.

have this available so ask your Director to show you their alternatives. Strengthening our back is just as important from a preventative standpoint as well as a rehabilitative one. Remember you use your back in every shot in racquetball as well as daily activities, so take care of it to prevent problems in the future.

*Note: Illustrations in this article are from the book, STRETCHING, by Bob Anderson, illustrated by Jean Anderson, courtesy of Shelter Publications, Box 279, Bulinas, CA 94924.*



### Clinic and Testing Sites

#### COLORADO

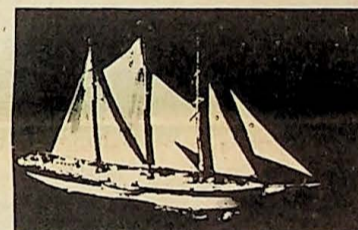
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Rallysport Racquet, Nautilus,  
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Contact: Mike Keel

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6000 Sunrise Hwy.  
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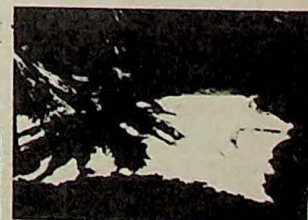
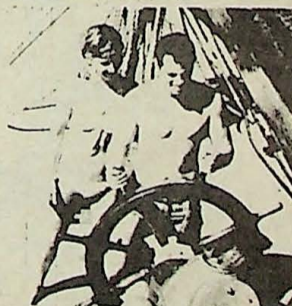
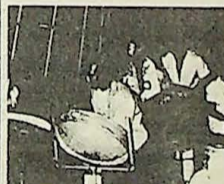
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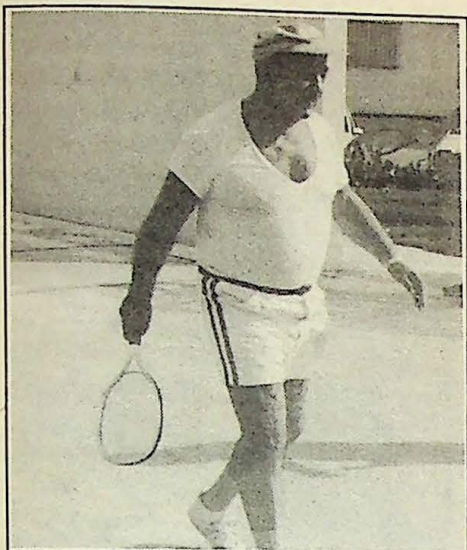


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# Retirement racquetball

by Lou Kaplan



(Editor's Note: Free lance writer: Lou Kaplan, also writes a syndicated column read by over 1,000,000 readers throughout Florida and New Jersey).

Down here in Florida, if you're interested in staying in shape after retirement, you play racquetball, tennis, paddle ball or handball.

Since tennis is once or twice across the net, at least for us *schleppers*, there's not much exercise involved. Handball is part of the past—"those were the days my friend". Paddle ball is a game for screamers, yellers, shouters, — "That was in," "that was out," etc. Before you play paddle ball, you have to pass a 100 decibel level shouting test. Under 100 — you don't play.

Me — I like to play racquetball — it's a GREAT game. There are a bunch of guys down here that I play with. They range in age from 60 to 70. Many of them have infirmities that seem to disappear as soon as they get on the court.

There's a guy who walks around half bent over. On the court, his back suddenly straightens out and he's a wild cat! Arthritic conditions, pinched nerves, ace bandages around knees and elbows, and even more serious conditions don't mean a thing on the racquetball court.

Harry Rahn, Carl Reingold, Foster

Hartman, Sid Sugarman, Mel Mellon, Charlie Guzman — are all part of our group. Every morning at 8:30 a.m., we cavort around the three wall outside courts. When we're not playing, we sit at the side lines, schmoozing about this or that. At the end of the session, we hang around the courts, sitting in the sun, talking, solving all the world crises.

There's a lot of laughing and kidding that goes on, usually following some of the crazy shots and moves that some of the guys make, like:

"Belly Laugh Shot" — A total miss of the ball, with the impetus swinging you around, as you land on your butt.

"Hole-In-The-Racquet Shot" — You give your racquet a long, hard, look when you miss the ball. You're looking for the hole.

"Awright Shot" — A nice, easy shot comes to you and you're sure you're going to put it away. You yell, "Awright, I got it!" But you don't got it. You hit the ball into the ground.

"Hindu" — This is not a person who comes from India. It's where your opponent moves in front of you and "hinders" you. Always good for an argument or at least a quiet discussion.

"Dummy Shot" — When you smack the ball hard and it comes back off the wall, hitting you for the out.

"Double Dummy Shot" — When you hit the ball back in a volley, and you're waiting for your opponent to return it. Instead, your partner suddenly becomes a victim of an amnesia attack. He's lost track of who is supposed to return the ball, and he bangs it against the wall.

We all look forward with great anticipation to these racquetball sessions. They're exciting, stimulating, healthful, and funny. Years seem to drop off as you chase the little blue ball. And the camaraderie brings back nostalgic memories of the days when you hung around candy stores, shooting the breeze, in the Bronx, or Brooklyn, or Philadelphia, or wherever you came from.

So you don't hit as many "killers" as you used to. But, what the heck — you're enjoying.



"The Killers" — Foster Hartman, Lou Kaplan, Mel Mellon & Carl Reingold.

# Ektelon championships set

Nearly 100 of the top professional racquetball players in the world are expected in southern California May 12-15 to compete for \$40,000 in prize money at the Ektelon Racquetball Championship National Finals. The event will be held for the third straight year at The Sports Gallery in Anaheim. ESPN will televise the men and women's final matches for the fourth consecutive year.

In addition to the pros, top amateurs in the men and women's open and the men's veteran divisions will be competing. These amateurs have qualified in regional events all over the country and include some of the nation's best.

Some of the more well-know amateurs who will be competing in the Men's Open are Jimmy Cascio (Bricktown NY); Stan Wright (Campbell CA); Ruben Gonzalez (Staten IS NY), a two-time previous winner of the Open division title; Jack Newman (Skokie IL), the AARA National and Collegiate Champion; Mark Martino (Fountain Valley CA); Dave Blackford (Denver CO), and Sergio Gonzalez (Miami FL).

Some of the regional Women's Open winners are Cindy Baxter (Lewistown PA); Kay Kuhfeld (Indianapolis IN); Diana Hardek (Windham NH); Kippi Bishop (Los Alamitos CA); Sharon Fanning (Memphis TN); Marci Drexler

(North Hollywood CA); Lynn Wojcik (Pueblo Co); and Brenda Barrett (Miami).

The Pro division will feature all the top men and women's pros, together for the only time this year at a single tournament. Dave Peck and Heather McKay are the defending champions and are expected to receive strong challenges from the likes of Marty Hogan, Bret Harnett, Lynn Adams, Shannon Wright and others.

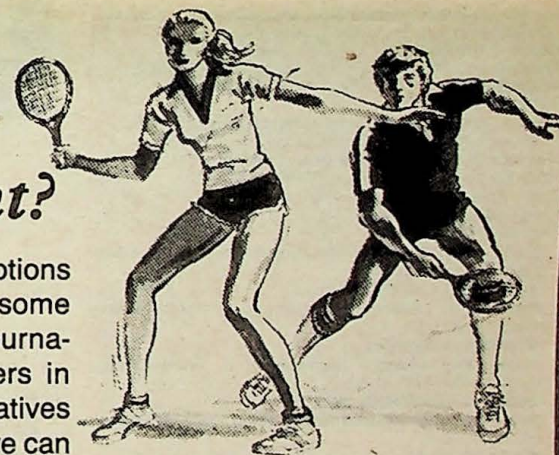
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# WEST REGION

## 1983 Ektelon Hawaii Singles Championships Oahu Athletic Club March 23-27

**MEN'S OPEN**  
Finals: John Britos d. Peter Britos, 11-3, 11-10, 11-10  
Semi's: John Britos d. Egan Inoue, 10-11, 11-5, 11-0, 4-11, 11-2;  
Peter Britos d. Randy Lau, 10-11, 11-1, 11-0, 11-7

**MEN'S B**  
Finals: Jeff Zimmerman d. Ron Holloran, 3-11, 11-6, 11-5, 11-7

**MEN'S C**  
Finals: Dave Ketchum d. Guy Warren, 7-11, 8-11, 11-10, 11-3, 11-10

**MEN'S NOVICE**  
Finals: Stephen Fu d. Randy Cadiente, 11-1, 11-4, 8-11, 11-0

**MEN'S SENIORS**  
Finals: Shippy Kealoha d. George Akeo, 11-4, 11-4, 4-11, 11-10

**WOMEN'S OPEN**  
Finals: Traci Phillips d. Shizu Takayasu, 6-11, 11-4, 11-8, 6-11, 11-3  
Semi's: Shizu Takayasu d. Charlotte Oris, 11-6, 11-9, 11-5;  
Traci Phillips d. Chicadee Jobe, 11-1, 11-3, 11-1

**WOMEN'S C**  
Finals: Susan Ballard d. Hauani Maginsay, 11-0, 11-1, 11-0

**WOMEN'S NOVICE**  
Finals: Kalena Doane d. Jill Harnden, 11-0, 11-6, 2-11, 6-11, 11-6

## Bud Light Fourth Annual Sacramento Springs Open Center Court South, Sacramento, CA April 8-10

**MEN'S OPEN SINGLES**  
Finals: Greg Meyer (Sacramento) d. Pat Silberman (Sacramento), 15-10, 10-15, 11-4

**MEN'S B SINGLES**  
Finals: John Bernard (Sacramento) d. Marc Tonneson (Sacramento), 15-6, 12-15, 11-6

**MEN'S C SINGLES**  
Finals: Doug Colson (Fresno) d. Jim Schneider (Bay), 15-2, 15-5

**MEN'S D SINGLES**  
Finals: Jay Rynda (Sacramento) d. Paul Balderelli (Incline Village), 16-14, 15-7

**MEN'S BEGINNERS SINGLES**  
Finals: Mark Zimmerman (Vacaville) d. Sam Marino (Sacramento), 15-11, 15-0

**OPEN SENIORS (round robin)**  
1st: Derek Yoder (Vacaville), 5-0  
2nd: Rich Morrison (Sacramento), 4-1

**MEN'S B SENIORS**  
Finals: Lawrence Ross (San Jose) d. Ed Smith (Vacaville), 15-7, 15-13

**MEN'S OPEN DOUBLES**  
Finals: Andy McDonald/Rick Sorenson (Sacramento) d. Jackie Smith/Wayne Guinn (Freemont), 15-9, 15-7

**MEN'S B DOUBLES**  
Finals: Ron Aurich/Fernando Guzman (Sacramento) d. Lou Millhollin/Ed Smith (Vacaville), 15-13, 5-15, 11-3

**MEN'S C DOUBLES**  
Finals: Robert Schuford/Bill Hernandez (Travis AFB) d. Gordon Lazorone/Neal Mueller (Sacramento), 15-1, 15-10

**WOMEN'S OPEN SINGLES (round robin)**  
1st: Debby Ghilarducci (Sacramento), 4-2  
2nd: Anna O'Conriell (Vacaville), 4-2  
3rd: Kelly Pulis (Fairfield), 4-2

**WOMEN'S B SINGLES**  
Finals: Sandy Robinson (Sacramento) d. Johanna Barker (Sacramento), 15-12, 15-7

**WOMEN'S C SINGLES**  
Finals: Robin Lautenbach (Sacramento) d. Cheryl Pacheco (Sacramento), 15-8, 15-9

**WOMEN'S D SINGLES**  
Finals: Jean Chastain (Sacramento) d. Terrie Calagna (Sacramento), 15-2, 15-4

**WOMEN'S BEGINNERS SINGLES**  
Finals: Debbie Ward (Sacramento) d. Shelly Yeargin (Sacramento), 15-11, 15-12

**MIXED DOUBLES**  
Finals: Lou Millhollin/Terrie Calagna (Sacramento) d. Janie Reall/Don Mitchell (Sacramento), 15-8, 15-13

## Gerry Price wins "battle of the clubs"

Gerry Price received a \$600 first place check for winning the Men's Open Singles division of the recently completed "Battle of the Clubs" tournament held in San Francisco/San Jose. Making the presentation is Jacqui Black of sponsor Wilson Sporting Goods Company.

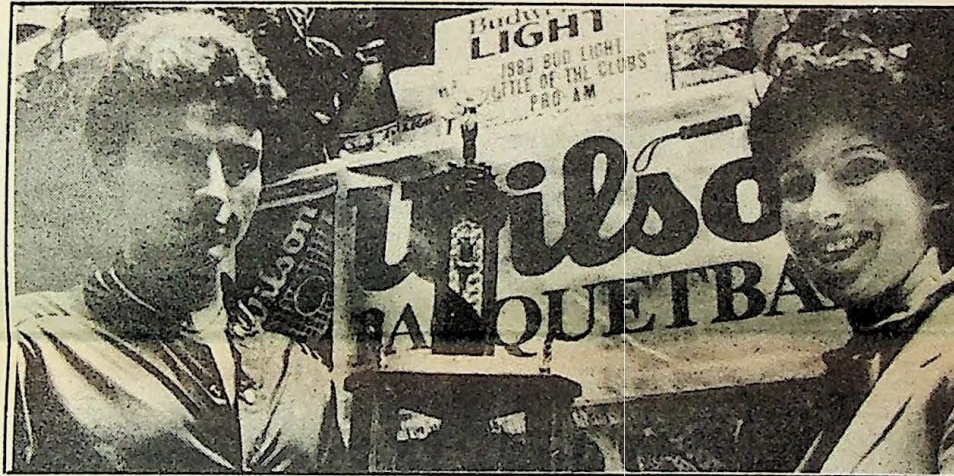
Entry in the five-club tournament was 1,207, ranking the "Battle of the Clubs" competition as one of the largest inter-club tournaments ever conducted, according to tournament promoter Paul Creamer.

Matches consisted of two 15-point games and an 11-point tie-breaker. Team scoring followed a one-point award for each entrant and two points for each match victory.

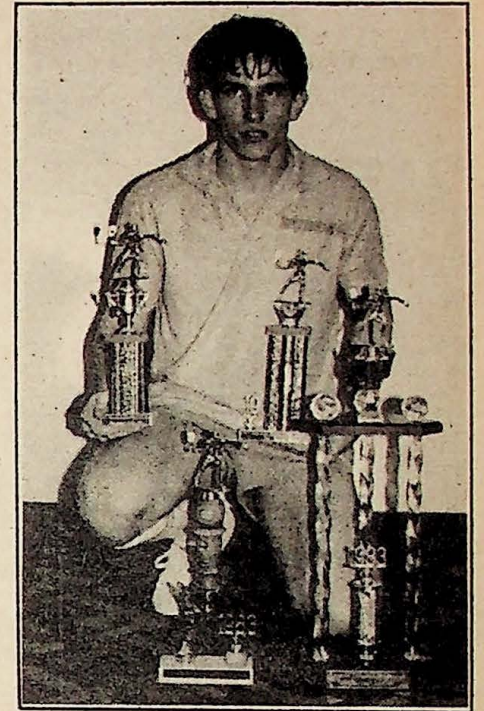
The inter-club scoring was so close — eight points — that, at the conclusion of the tournament, a recount was demanded. The recount was conducted over a six-hour period the following day, assuring Schoebers of San Jose the championship. San Jose totaled 416 points to edge Schoebers of Fremont five points. What-A-Racket of Colma, Cal., finished third with 376 points and Royal Courts of San Jose was fourth with 348 points.

Kippie Bishop won the \$400 Womens' Singles prize and Bishop and Steve Dunn came away with a Mixed Doubles title as well. Price and Scott Oliver won the Mens' Doubles.

An estimated 10,000 spectators watched the competition over the five-day tournament.



Gerry Price accepts award from Wilson's Jacqui Black.



Pictured above: 18-year old Jim Synhorst of Rapid City, SD displays the trophies he received at the South Dakota State Championships: Men's Open Winner; Men's Open Doubles Winner; Open Mixed Doubles Consolation; and South Dakota Player of the Year Award.

## Rallysport's Fourth Annual St. Valentine's Day Open to Benefit the March of Dimes Rallysport Health and Racquet Club Boulder, CO 80301

## California State Jr. Racquetball Championships Quail Lakes Athletic Club Stockton, CA March 25-27 Sponsored by: Penn

**BOY'S 18 SINGLES**  
Finals: Mike Gustavson d. Scott Morey, 15-6, 15-11  
Semi's: Mike Gustavson d. Jimmy Oliver, 15-12, 15-9; Scott Morey d. Bill Sparks, 15-7, 15-2

**BOY'S 16 SINGLES**  
Finals: Mike Lowe d. Dave Garcia, 15-10, 13-15, 15-1

**BOY'S 14 SINGLES**  
Finals: Justin Anderson d. Craig Turner, 12-15, 15-7, 15-6

**BOY'S 12 SINGLES**  
Finals: Justin Cochrane d. Jeff Russell, 15-13, 15-5

**BOY'S 10 SINGLES**  
Finals: John Ellis d. Ariel Lobra, 15-2, 15-10

**BOY'S 8-N-BOUNCE**  
Finals: Jason Anderson d. Brian Bohannon, 11-6, 11-9

**BOY'S 18 DOUBLES**  
Finals: Holmes/LeClaire d. Sorenson/Brown, 15-6, 15-13

**BOY'S 16 DOUBLES**  
Finals: Garcia/Lowe d. Bronfeld/Millhollin, 15-9, 11-15, 15-9

**BOY'S 14 DOUBLES**  
Finals: Anderson/Arvin d. Runnels/Smith, 15-5, 15-11

**BOY'S 12 DOUBLES**  
Finals: Carmona/Dold d. Ellis/Russell, 15-11, 15-7

**GIRL'S 18 SINGLES**  
Finals: Mo Nard d. Lori Iseminger, 15-2, 15-1

**GIRL'S 16 SINGLES**  
Finals: Michelle Morrow d. Lisa Anthony, 15-13, 12-15, 15-11

**GIRL'S 14**  
Finals: Kelly Pullis d. Shelley Wallman, 15-10, 15-5

**GIRL'S 12**  
Finals: Tami Dodson d. Robin Goodman, 9-15, 15-6, 15-3

**GIRL'S 10**  
Finals: Kelli Lewis d. Tayla Dodson, 15-8, 15-12

**GIRL'S 8-N-BOUNCE R.R.**  
1st: Jill Buttler  
2nd: Caroline Corgiat

**GIRL'S 16 DOUBLES**  
Finals: Michell Morrow/Kelly Pullis d. Jolynn Quattlebaum/Pam Shugert, 15-0, 15-0

## The 4th Annual Crack Shooter Open Rocky Mountain Health Club Cheyenne, WY Tournament Director: Steve Galassini Sponsored by: Coors Light, Holiday Inn

**MEN'S PRO DIVISION**  
Mike Yellen d. Mat King, 11-2, 2, 1  
Jerry Price d. Ben Kolton, 11-3, 5-11, 11-4, 9-11, 11-7  
John Eggeman d. Evan Terry, 8-11, 4-11, 11-6, 11-0, 11-4  
Doug Cohen d. Mike Romo, 11-4, 3, 7  
Don Thomas d. David Gross, 11-8, 9, 4  
Rich Wagner d. Corey Brysman, 11-6, 10-11, 9-11, 11-2, 11-6  
Steve Learner d. Scott Hawkins, 2-11, 4-11, 11-7, 7, 3  
Jerry Hilecher d. Richard Grissom, 11-3, 2, 2  
Finals: Price (\$3,500) d. Wagner (\$1,500), 11-4, 9, 6  
Semi's: Price d. Cohen, 11-9, 9, 7; Wagner d. Hilecher, 11-1, 6-11, 11-8, 4-11, 11-6

**MEN'S OPEN**  
Finals: Ibara d. Keefer, 15-8, 2  
Semi's: Rick Keefer d. Mike Fosdick, 15-8, 6-15, 15-2; Mario Ibarra d. Paul Parker, 9-15, 15-5, 5  
C: Bobby Rodriguez d. Jeff Elden, 15-13, 11

**MEN'S A**  
Finals: D. Hall d. Caine, 15-6, 6  
Semi's: Danny Hall d. Sam Rodriguez, 15-6, 10-15, 15-6; Chris Caine d. Kim Hall, 15-3, 9  
C: Gary Cooper d. Dale Sailors, 13-15, 15-6, 13

**MEN'S B**  
Finals: Barber d. Roe, 15-8, 11  
Semi's: Roger Barber d. Scoot Dean, 15-5, 4; Doug Roe d. Jeff Laird, 13-15, 15-4, 13  
C: Pat McCoy d. Barry Boulden, 13-15, 15-7, 9

**MEN'S C**  
Finals: Paulson d. Robinson, 1-15, 15-11, 5  
Semi's: Kris Paulson d. Ernie Mascarenas, 15-0, 11; Dave Robinson d. George Toto, 15-11, 10  
C: Doug Montrose d. Peter Gissing, 15-6, 6

**WOMEN'S A**  
Finals: Wall d. Cohen, 14-15, 15-4, 5  
Semi's: Mindy Cohen d. Sharon Payne, 15-6, 4; Kay Wall d. Ricky Ann Hengen, 4-15, 15-5, 4  
C: Paula Ressler d. Barb Dennis

**WOMEN'S B**  
Finals: Sundby d. Bally, 15-12, 11-15, 15-9  
Semi's: Debbie Sundby d. Carrie Allee, 15-4, 8; Suzanne Bally d. Nancy Rodriguez, 15-5, 10  
C: Danette Moore d. Priscilla Robertson, 15-6, 6

**WOMEN'S C**  
Finals: Goodwin d. Hartman, 15-9, 13  
Semi's: Kim Goodwin d. Sunny Lindsey, 15-4, 9-15, 15-7; Kandy Hartman d. Janice Vosika, 15-8, 9  
C: Cornelia Pastor d. Karen Acker, 15-13, 12



Pictured above: John Egerman (l.) is congratulated by his opponent, Kyle Kamula, after winning the \$2,000 winner-take-all challenge match at the Sports Haven in Kearns, UT.

### Upcoming Tourneys

**April 29-May 1**  
**DP LEACH PRO AM**  
The El Cajon Racquetball & Fitness Center  
526 Jamacha Ave.  
El Cajon, CA 92021  
Contact: Club  
619-579-8004

**May 12-14**  
**SPRING FEET TOURNAMENT**  
Pendleton Round Up Racquet Club  
1415 Southgate  
Pendleton, OR 97801  
Contact: Jan McNight  
503/276-0880

**May 12-15**  
**EKTELON CHAMPIONSHIPS**  
Sport Gallery  
2560 E. Katella  
Anaheim, CA 92806  
Contact: Frank Pace  
714/274-8100

# EAST REGION

## American Budweiser Classic

The \$8,000 American Budweiser Classic was held March 11-13, at American Court & Fitness, Valley Forge, PA. Over 320 players participated in 17 events during the three day tournament. All proceeds will benefit the Easter Seal Society. Tournament Directors: Carmen Cook, Mike Hinda, Sue Macklem, Don Holler.

### MEN'S OPEN INVITATIONAL

1st: Jim Casio  
2nd: Steve Ginsberg  
3rd: David Simonett

### MEN'S A

1st: Brian Hill  
2nd: Rob McKinney  
3rd: Pete Fuoco

### MEN'S B

1st: Dave Lutz  
2nd: Kiehl Wilkins  
3rd: Dan Medlycott

### MEN'S C

1st: Tom Fissel  
2nd: Dave Deem  
3rd: Randy Kelly

### MEN'S CC

1st: Jim McKeone  
2nd: Mike Brennen  
3rd: Harry Ulmer

### MEN'S NOVICE

1st: Joe Small  
2nd: John Marcinek  
3rd: Lew Krosskove

### MEN'S SENIORS

1st: Sam Munson  
2nd: Mike Hartman  
3rd: Joe Borcich

### MEN'S MASTERS

1st: Ira Blank  
2nd: Gene Biondi

### MEN'S OPEN DOUBLES

1st: Jim Deritus/Rich Bowman  
2nd: Sam Munson/Mike Vanore  
3rd: Rick Platas/Dick Messick

### MEN'S B DOUBLES

1st: Pete Smith/Prince Knight  
2nd: Cliff Ginn/Steve Gabelein  
3rd: Bill Schoph/Paul Cressman

### WOMEN'S OPEN INVITATIONAL

1st: Cindy Baxter  
2nd: Molly O'Brien  
3rd: Lucy Zarfos

### WOMEN'S A

1st: Shirley Pettinato  
2nd: Sue McCloskey  
3rd: Pinolas

### WOMEN'S B

1st: Paula McDermott  
2nd: BethAnn Pellowitz  
3rd: Theresa Pitts

### WOMEN'S C

1st: Cheryl McCumber  
2nd: Ginny Kremer  
3rd: Carla Mack

### WOMEN'S NOVICE

1st: Angie Lee  
2nd: Barb Fiscotti  
3rd: Marie Grabowski

### WOMEN'S DOUBLES

1st: Kathy Yard/Jane Enderlein  
2nd: Sally Conforti/Shirley Pettinato  
3rd: Stephanie Pinola/Kim Pinola

### MIXED DOUBLES

1st: Kathy Yard/Rick Platas  
2nd: Jane Enderlein/Dick Messick  
3rd: Candice Gavin/Steve Gebelein

**5th Annual Allegheny Country Open to benefit Special Olympic Bob Eazor's Racquet Time**  
Monroeville, PA  
March 25, 26, 27, Penn  
Sponsored by: Budweiser Light - Pizza Hut, Kravetz Trophy

### MEN'S OPEN SINGLES

Finals: Hugh Klein d. Brian Lucas  
MEN'S SENIOR SINGLES 30-35  
Finals: Bob Steding d. Joe Jackman

### MEN'S SENIOR SINGLES 35-45

Finals: Rip Miller d. Emil Scaraud  
MEN'S B SINGLES  
Finals: Bill Kelley d. Kelly Cottrill

### MEN'S C SINGLES

Finals: George McCoy d. Bill Muckleroy  
MEN'S NOVICE SINGLES  
Finals: Craig Cartia d. Michael Zewe

### MEN'S OPEN DOUBLES

Finals: Buckler/Schattner d. Molnar/Klein  
MEN'S B DOUBLES  
Finals: Behrenberg/Thomas d. Yahr/Smolovitz

### WOMEN'S OPEN SINGLES

Finals: Patty Gurson d. Chris Upson  
WOMEN'S OPEN DOUBLES  
Finals: Stadler/Ross d. Soergel/Gaugh

### WOMEN'S B SINGLES

Finals: Biekley d. Esser  
WOMEN'S C SINGLES  
Finals: Quinet d. Easterlin

### WOMEN'S NOVICE SINGLES

Finals: Pollich d. Duda  
JR. 18 & UNDER  
Finals: George McCoy d. T. J. Bugel

### JR. 13 & UNDER

Finals: T. J. Bugel d. Russ McCoy  
MIXED DOUBLES  
Finals: L. Spald/T. Grapes d. C. Martin/R. Zewe

## New York State AARA Championships All Sport Fitness, Fishkill, NY

### MEN'S OPEN

Finals: Ross Harvey d. Mike Levine, 21-15, 20-21, 11-15  
Semi's: Harvey d. Rubin Gonzalez, 19-21, 21-4, 11-6; Levine d. Cliff Swain, 21-20, 20-21, 11-6

### MEN'S B

Joe Cline d. Ron Cosard, 21-11, 21-11

### MEN'S BB

Jerry Lerner d. Doub Walsh, 21-4, 21-15

### MEN'S C

Walt Schramm d. Clyde Woods, 21-6, 19-21, 11-3

### MEN'S VET. OPEN

Mike Janiak d. Brian McDermott, 21-7, 21-13

### MEN'S VETERAN C

Culp d. Williams, 21-11, 21-9

### MEN'S SENIOR

Jim Winterton d. Charlie Garfinkle, 21-16, 21-18

### MEN'S VETERAN SENIOR

Herman Neumeier d. Bob Stouffer, 21-10, 21-15

### MEN'S MASTERS

Feldman d. Meneses, 21-10, 21-14

### MEN'S VETERAN MASTERS

Lake d. Rizzo, 21-19, 18-21, 11-2

### MEN'S GOLDEN MASTERS

1st: Francis Anderson

### 2nd: Irv Cowie

### MEN'S OPEN DOUBLES

Ruben Gonzalez/Mike Levine d. Art Deimar/Dave Luft, 21-3, 21-15

### MEN'S B DOUBLES

Glantz/Consiglio d. Calderon/Licht, 18-21, 21-19, 11-5

### MEN'S C DOUBLES

Warren/Irwin d. Sinola/Lee, 21-16, 21-15

### MEN'S VETERAN DOUBLES

Malloy/Murphy d. Williams/Alvarez, 21-15, 12-21, 11-9

### MEN'S MASTERS DOUBLES

Rizzo/Shapiro d. Wheeler/VerWeebe, 21-5, 21-8

### WOMEN'S OPEN

Tammy Hajjar d. Helene Burden, 21-9, 21-19

### WOMEN'S B

Tina Petrocy d. Lynn Malone, 21-5, 21-5

### WOMEN'S C

Mary Vasquez d. Judy Williams, 21-15, 17-21, 11-0

### WOMEN'S CC

Ro Passarelli d. Kaye DiCesara, 21-4, 21-15

### WOMEN'S NOVICE

Kaulheim d. Palazzo, 19-21, 21-6, 11-4

### WOMEN'S OPEN DOUBLES

Gatarz/Kriss d. Hajjar/Burden, 21-15, 21-16

### WOMEN'S B/C DOUBLES

Martin/Meredith d. Burnett/Mortimer, 21-8, 21-12

### MIXED OPEN DOUBLES

Kimmerling/Clifford d. Levine/Kristjansen, 18-21, 21-18, 11-5

### MIXED B/C DOUBLES

Martinez/Petrocy d. Murphy/Wald, 21-20, 21-16

### BOY'S 12 & UNDER

Nolan Glantz d. Robbie Thorne, 21-2, 21-0

### BOY'S 16 & UNDER

Rich Vazzano d. Ed Audi, 21-10, 21-4

## 3rd Annual Tiffany Racquetball Tournament Results

Played March 11, 12, 13, 1983

### MEN'S MASTERS DIVISION (35 & over)

Finals: Foltz d. Anspach, 15-7, 15-9  
Semi's: Dale Foltz d. R. B. Paul, 15-8, 15-11; Bill Anspach Jr. d. Bob Oder, 15-7, 15-13

### MEN'S A DIVISION

Finals: Hill d. Mathias, 15-4, 15-7  
Semi's: Sam Mathias d. Bill Anspach Jr., 15-14, 15-9; John Hill d. Dale Foltz, 15-10, 15-11

### MEN'S B DIVISION

Finals: Frager d. Rainey, 7-15, 15-7, 11-8  
Semi's: Carl Rainey d. Dennis Shawberry, 15-14, 15-3; Alan Frager d. Larry Ruhlen, 15-11, 15-13

### MEN'S C DIVISION

Finals: Feitshans won by default (illness)  
Semi's: Mike Feitshans d. Terry Bogner, 15-14, 15-9; Joel Mohr d. Al Kath, 15-4, 15-6

### LADIES DIVISION

Finals: Yeager d. Crumrine, 15-7, 15-6  
Semi's: Laurie Yeager d. Joanne Elchert, 15-10, 15-1; Susan Crumrine d. Nancy Weaver, 15-8, 15-8

**Men's "Masters" Tournament**  
February 26th and 27th, 1983  
Racquet Club of Meadville - Meadville, PA  
Tournament Directors: Nancy Manning & Jan Peterson  
Sponsored by: Charlie's Restaurant & Pub and Four Star Pizza AARA/PRA

We had 37 entrants for our first mens masters tournament. Players came from PA, OH and Canada. All play was round robin.

### MEN'S 40-44 YEARS - SINGLES

1st: Harry Miller

2nd: Carmin Felicetti

### MEN'S 45-49 YEARS - SINGLES

1st: Bob Mosier

2nd: Ron McBride

### MEN'S 50-54 YEARS - SINGLES

1st: John Caster

2nd: Al Schattner

### MEN'S 55 & OVER - SINGLES

1st: Ed Emack

2nd: Marvin Simkins

## New Jersey State Doubles Championships A.A.R.A.

King Arthur's Courts  
Fort Lee, NJ

February 25, 26, 27

Tournament Directors: John Denby & Loni Allgood

### MEN'S OPEN

Finals: Bob Francavilla/John Bierman d. Tom Montalbano/Ron Digiacomo

Semi's: Tom Montalbano/Ron Digiacomo d. Charles Horton/Don DePhillips; Bob Francavilla/John Bierman d. Ken Teape/Don Costleigh Jr.

### MEN'S A

Finals: Rodger Delvecchio/Dan Archetti d. Carlos Evans/Steve Rubin

Semi's: Rodger Delvecchio/Dan Archetti d. Rich Bello/Kimon Ousouljoglou; Carlos Evans/Steve Rubin d. Renando Snowden/Larry Kahn

### MEN'S B

Finals: Ed Russo/Tim Powers d. Paul Tomaselli/Frank Luchetta

### MEN'S C

Finals: Paul Tomaselli/Joe Nastase d. Pat Dunningan/Craig Vontobel

### MEN'S D

Finals: Don Finch/Rick Baribeault d. Joe Repice/Rich Klein

### MEN'S NOVICE

Finals: Steve Sowles/Rob Thore d. Joe Repice/Rich Klein

### MEN'S VET 30 + (Round Robin)

1st: Rick Vivolo, Mark Berwick

2nd: Al Horne, Henry Polite

3rd: Bert James, Fred Gruber

4th: Bill Garber, Jerry Giller

### MEN'S SENIORS

Finals: Mike Vanore/Sam Munson d. Danny Silitsky/Less Barbanell

### MEN'S MASTERS (Round Robin)

1st: Joseph Rizzo, Alex Shapiro

2nd: Mike Frankel, Joel Keendel

3rd: John O'Gorman, Jim Benett

4th: Don Powell, Carlos Rysoll

### WOMEN'S OPEN

Finals: Hellen Borden/Tammy Hajjar d. Karen Kimmerling/Val Pacey

Semi's: Hellen Borden/Tammy Hajjar d. Debbie Mouchuck/Annie Caladeron; Karen Kimmerling/Val Pacey d. Teri Gatarz/Kathy Yard

### WOMEN'S B

Finals: Susan Russo/Grace Grillo d. Ilene Wald/Glad Tabone

### WOMEN'S C

Finals: Denise Delouise/Jean Bealquis d. Lisa Giannasca/Lynne Withers

### WOMEN'S D

Finals: Denise Delouis/Jean Bealquis d. Lisa Correia/Laura Flower

Semi's: Denise Delouis/Jean Bealquis d. Bobbie Covert/Mary Ellen Ripoli; Lisa Correia/Laura Flower d. Shelly Aldridge/Linda Kleinhaus

### WOMEN'S NOVICE

Finals: Denise Delouis/Jean Bealquis d. Bobbie Covert/Mary Ellen Ripoli; Lisa Correia/Laura Flower d. Shelly Aldridge/Linda Kleinhaus

**East Coast Open**  
February 4, 5 & 6, 1983  
Woodbridge Racquet Club and Fitness Center  
585 Main Street  
Woodbridge, NJ 07095  
Eastern Airlines/Windjammer Cruises  
AARA

### MEN'S OPEN

Finals: Rich Bowman d. Charles Horton

Semi's: Rich Bowman d. Peter Chardavoyne; Charles Horton d. Jon Paul Vaccaro

3rd: Peter Chardavoyne

### MEN'S A

Finals: Joe Corso d. Doug Bloxom

Semi's: Joe Corso d. Neil Duggan; Doug Bloxom d. Ed Trezza

3rd: Neil Duggan

### MEN'S B

Finals: Vincent Petroccia d. John Ochwat

Semi's: Vincent Petroccia d. Jon Kopcko; John Ochwat d. Matt Licht

3rd: Matt Licht

### MEN'S C

Finals: Scott Weber d. Joe Nastasi

Semi's: Scott Weber d. Steve Smith; Joe Nastasi d. Don Skrocki

3rd: Don Skrocki

### MEN'S D

Finals: Bob Kozell d. Abe Pollack

Semi's: Bob Kozell d. Tom Noble; Abe Pollack d. T. C. Emanuel

3rd: T. C. Emanuel

### MEN'S NOVICE

Finals: Tom Coppa d. Marcelo Devenza

Semi's: Tom Coppa d. Mike Tidabock; Marcelo Devenza d. Rob Miller

3rd: Rob Miller

### MEN'S 30 & OVER ROUND ROBIN

1st: Mike Clifford

2nd: Jim Thalheimer

### MEN'S 45 & OVER ROUND ROBIN

1st: Dario Mas

2nd: Everett Christmas

### WOMEN'S B ROUND ROBIN

1st: Grace Grillo

2nd: Sue Stoll

### WOMEN'S C

Finals: Lucy Irizarry d. Marie Beuko

Semi's: Lucy Irizarry d. Denise Fakelman; Marie Beuko d. Ginny Lazzio

3rd: Denise Fakelman

### WOMEN'S D

Finals: Stephanie Paraboschi d. Sharon Trowbridge

Semi's: Stephanie Paraboschi d. Judy Merrill; Sharon Trowbridge d. Vicki Serravallo

3rd: Vicki Serravallo

### WOMEN'S NOVICE

Finals: Sue Malanga d. Laura Flowers

Semi's: Sue Malanga d. Janet Codiroli; Laura Flowers d. Karen Godici

3rd: Karen

# SOUTH REGION

## Southwest Revival Pro/Am

Hosted at 5 clubs in 4 states over 6 weeks  
Sponsored by: Penn, Coors, Gatorade,  
Foot-Joy  
& Racquetball Today

The pro division featured a finals which was televised on cable TV and matched veteran Jerry Hilecher against 19-year old Jack Newman. And the young National Amateur Champ provided too much for the old pro, as Newman won 8-11, 11-8, 11-7, 11-3. In the semis, it was Hilecher over Larry Meyers and Newman over Joe Sacco. Other results follow:

**Arkansas Health World**

**MEN'S A**  
Finals: Bob Fitzgerald d. Mark Bullock  
**MEN'S B**  
Finals: Jim Allen d. David Williamson  
**MEN'S C**  
Finals: Randy Ishmael d. Ron Penney  
**MEN'S D**  
Finals: Rodger Moore d. Larry Priore  
**MEN'S SENIORS**  
Finals: Randy Ishmael d. Rex Benham  
**WOMEN'S A**  
Finals: Becky Rush d. Lisa Collins

**Off the Wall Health Club, Meraux, LA**

**MEN'S PRO QUALIFYING**  
Finals: Ricky Gonzales d. Frank Gomila  
**MEN'S A**  
Finals: Willie Fernandez d. Greg Kissee  
**MEN'S B**  
Finals: Joseph Kieff d. Marc Winsberg  
**MEN'S C**  
Finals: Dana Cornelius d. Oscar Brown  
**MEN'S D**  
Finals: Pat Gooden d. William DeBruler  
**MEN'S SENIORS**  
Finals: Jerry Winsberg d. Jeff Kindl  
**WOMEN'S B**  
Finals: Sandy Richerdson d. Kelly Ehret

**Westchase Racquetball Club, Houston**

**MEN'S PRO QUALIFYING**  
Finals: Darren Doyle d. Doug Jacobson  
**MEN'S A**  
Finals: Mike Skolnik d. Mike Thurmond  
**MEN'S B**  
Finals: Mike Thurmond d. Robert Skibbens  
**MEN'S C**  
Finals: Tod Danielseon d. Tony Vasquez  
**MEN'S D**  
Finals: Chris Martin d. Brian Green  
**WOMEN'S C**  
Finals: Brenda Baranska d. Leigh Perry

**Racquettime of Bedford, Bedford, TX**

**MEN'S PRO QUALIFYING**  
Finals: Larry Myers d. Steve Kuykendall  
**MEN'S A**  
Finals: Mike Jennings d. Jim Campbell  
**MEN'S B**  
Finals: Mark Gipson d. Nelson Head  
**MEN'S C**  
Finals: Gary Turbyfill d. Gary Long  
**MEN'S D**  
Finals: Jay Kautzman d. Marty Diebold  
**MEN'S 30+**  
Finals: Don Scales d. Richard Snyder  
**MEN'S SENIOR**  
Finals: Danny Howell d. Joe Lambert  
**WOMEN'S A**  
Finals: Tina King Draughon d. Cheri White  
**WOMEN'S C**  
Finals: Patty Harden d. Laura Mercer  
**WOMEN'S D**  
Finals: Elizabeth Corley d. Teresa Muehlberger  
**International Racquetball Center, Oklahoma City, OK**  
**MEN'S PRO/AM QUALIFYING**  
Finals: Jon Seibert d. Jim Slate  
**MEN'S A**  
Finals: Drew Taliaferro d. Kirk Webster  
**MEN'S B**  
Finals: Ric Pountain d. Mike Olson  
**MEN'S C**  
Finals: Bart James d. Paul Levy  
**MEN'S D**  
Finals: Frank Gentry d. Doug Balless  
**MEN'S SENIOR**  
Finals: Terry Cook d. Bob Howard  
**WOMEN'S A**  
Finals: Cindy Overstake d. Margaret McCuroy  
**WOMEN'S B**  
Finals: Kathy Crismyre d. Kathryn Grice  
**WOMEN'S D**  
Finals: Barbara Coffman d. Mary Willard  
**Thornton YMCA Tulsa, OK**  
**PRO/AM**  
Finals: Kevin Chambliss d. Ken Smith  
**MEN'S OPEN**  
Finals: Frank Rhoades d. Kurt Atwell  
**MEN'S B**  
Finals: Darren Worley d. Denton Gay  
**MEN'S C**  
Finals: Bill Padek d. Kyle Lansford  
**MEN'S D**  
Finals: Jack Reusser d. Steve Robinson  
**MEN'S SENIOR**  
Finals: Lee Pringle d. Phil Murrell  
**MEN'S VETERAN SENIOR**  
Finals: Dave Bowesock d. Roy Rudichuk  
**WOMEN'S OPEN**  
Finals: Margaret Rebenar d. Terry Dickerson  
**WOMEN'S B**  
Finals: Dew Skaggs d. Lori Capps  
**WOMEN'S D**  
Finals: Brenda Cain d. Diane Jorgensen

The Racquethouse/Lite Southeastern Invitational  
The Racquethouse  
Marietta, GA 30067  
Feb. 18-20, Penn  
Sponsors: Lite Beer, Penn, Squire Inn, Gatorade Ant

**MEN'S OPEN**

Finals: Mike Ray d. Dave Bledsoe  
Semis: M. Ray d. John Parks; D. Bledsoe d. Bryce Anderson  
**MEN'S OPEN DOUBLES**  
Finals: Dutch Sears/Allen Dunn d. Mike Ray/Bob Siegal  
Semis: Ray/Siegal d. Hawkins/Mende; Dunn/Sears d. Wicklitt-Parks  
**WOMEN'S A**  
Finals: Kevin Quarentello d. John Boone  
Semis: Quarentello d. Stansell; Boone d. Turner  
**MEN'S B**  
Finals: Labanz d. Garner  
Semis: Garner d. John Quarentello; Labanz d. Wells  
**MEN'S B DOUBLES**  
Finals: Klausner/Kupcewicz d. Jessie/Coy  
Semis: Klausner/Kupcewicz d. Carter/Mattingley; Jessie/Coy d. Heap/Turner  
**MEN'S C**  
Finals: John Callen d. Cohen  
Semis: J. Callen d. M. Coy; Cohen d. Jensen  
**MEN'S NOVICE**  
Finals: Weaver d. Gossett  
Semis: Weaver d. Shore; Gossett d. Heisler (Forfeit)  
**MEN'S SENIOR**  
Finals: Marc Auerbach d. Joe Pappaterro  
Semis: Auerbach d. Shipman; Pappaterro d. Mattingley  
**MEN'S MASTERS**  
Finals: Buck Shamburger d. Kellum  
Semis: Shamburger d. Emerson; Kellum d. Billingsley  
**WOMEN'S OPEN A**  
Finals: Myers d. Martha Adams  
Semis: Myers d. Karen Donofrio; M. Adams d. Vicki Luque  
**WOMEN'S OPEN DOUBLES**  
Finals: Luque/Donofrio d. King/Swofford  
Semis: Luque/Donofrio d. Lawton/Mahoney; King/Swofford d. Bickes/Green  
**WOMEN'S B**  
Finals: Margaret Light d. Joyce Brennan  
Semis: Light d. Anderson; Brennan d. Metcalf  
**WOMEN'S C**  
Finals: Kerri Williams d. Lana Rasper  
Semis: Williams d. Burtch; Rasper d. Cobb  
**WOMEN'S NOVICE**  
Finals: Ray d. Pyron  
Semis: Ray d. Kilgore; Pyron d. Wilburn

1983 Dr. Pepper & Bud Light Classic  
The Racquet Place  
Birmingham, AL  
April 7-10

**MEN'S A**

1st: Mike Ray  
2nd: Andy Roberts  
**MEN'S B**  
1st: Mike Alderman  
2nd: Joe Hall  
**MEN'S C**  
1st: Bob Young  
2nd: Bobby Blanchard  
**MEN'S NOVICE**  
1st: Don Milton  
2nd: Tip Shumaker  
**MEN'S VETERAN OPEN**  
1st: Wayne Vincent  
2nd: Mike Robinson  
**MEN'S SENIORS**  
1st: Jay Schwartz  
2nd: Wayne Vincent  
**MEN'S A DOUBLES**  
1st: Mike Ray/Butch Gilliland  
2nd: Mark Thomas/Bryce Anderson  
**MEN'S C DOUBLES**  
1st: Bill Niles/John Wade  
2nd: Steve McKinney/Bob Young  
**WOMEN'S A**  
1st: Beth Crawley  
2nd: Lori McWain  
**WOMEN'S B**  
1st: Sara Hanhon  
2nd: LaBella Kyle  
**WOMEN'S C**  
1st: Maya Vrneysbergen  
2nd: April Martin  
**WOMEN'S NOVICE**  
1st: Roberta Woods  
2nd: Dianne Wylie  
**WOMEN'S A DOUBLES**  
1st: Beth Crawley/Sheila McClintock  
2nd: Sara Hanhon/Lori McWain  
**WOMEN'S C DOUBLES**  
1st: Ginger Reed/Susan Yearout  
2nd: Stephanie Beaudou/Mo Angelini

21st Point Club St. Valentine's Open  
February 4, 5, 6, 1983  
21st Point Club, Albany, NY  
Tournament Director: Vincent M. Wolanin

**MEN'S OPEN**

1st: Ross Harvey  
2nd: Aaron Katz  
3rd: Howard Packer

**MEN'S SENIOR**

1st: Charles Garfinkel  
2nd: Neij Shapiro  
3rd: Jack Nocera  
C: John Harvey

**MEN'S B**

1st: Marc Kemp  
2nd: Jim Aug  
3rd: Ian Treherne  
C: Don Roberts

**MEN'S C**

1st: Howard Spaeth  
2nd: Mark Verdi  
3rd: Walt Schramm  
C: Rob Goldenburg

**MEN'S NOVICE**

1st: Eric Rubin  
2nd: Jeff Madden  
3rd: Phil Serafine  
C: Tom Sherwood

**MEN'S GOLDEN MASTERS**

1st: Frank Anderson  
2nd: Dave Silver  
3rd: Bernie Cohen  
C: Gerry Malleck

**MEN'S MASTERS**

1st: Nobi Ackerman  
2nd: Jack Wheeler  
3rd: Art Carpouzis  
C: Dave Weinberg

**WOMEN'S OPEN**

1st: Tammy Hajar  
2nd: Jessica Rubin  
3rd: Sam Moran  
C: Kathy Witzig

**WOMEN'S B**

1st: Barb Meredith  
2nd: Pat Riley  
3rd: Gladys Tabone  
C: Diane Draper

**WOMEN'S C**

1st: Debbie Mead  
2nd: Robin Clipperty  
3rd: Kim Rubin  
C: Deb Goedeke

**WOMEN'S NOVICE**

1st: Cindy Regan  
2nd: Becky Ellenwood  
3rd: Chris Charton  
C: Diane Sherwood

1983 New Hampshire Racquetball Championships  
Salem Racquetball Club  
Salem, NH 03079  
March 25-27, 1983

**MEN'S OPEN**

1st: Phil Belanger, Nashua, NH  
2nd: John Marsden, No. Conway, NH  
3rd: Steve Marcotte, Portsmouth, NH  
4th: Joe Ruggieri, Derry, NH  
C: John Varrill, Concord, NH

**MEN'S A**

1st: Bob Proulx, Manchester, NH  
2nd: Joe Ruggieri, Derry, NH  
3rd: Jack Ely, New London, NH  
4th: Jim Lyman, Meredith, NH  
C: Don Greenwell, Rye, NH

**MEN'S B**

1st: Doug Poirier, Derry, NH  
2nd: Denis Vaillancourt, Manchester, NH  
3rd: Robert Brown, Windham, NH  
4th: Norman Boucher, Gilford, NH  
C: Don Roberts, Amherst, NH

**MEN'S C**

1st: Paul Racioppi, Manchester, NH  
2nd: Bill Vitta, Salem, NH  
3rd: Charles Caro, Salem, NH  
4th: Christopher O'Neill, Durham, NH  
C: Bill Polinsky, Sandown, NH

**MEN'S SENIORS**

1st: John Marsden, No. Conway, NH  
2nd: Don Greenwell, Rye, NH  
3rd: Art Pauk, Londonderry, NH  
4th: Roger Crim, Franklin, NH  
C: Bill Bischoff, Portsmouth, NH

**WOMEN'S A**

1st: Chris Turner, Mt. Vernon, NH  
2nd: Delia O'Dwyer, Salem, NH  
3rd: Shannon Levondowski, Manchester, NH  
4th: Ann Pinto, Atkinson, NH  
C: Ginnie Baeder, Derry, NH

**WOMEN'S B**

1st: Joann Pratte, Manchester, NH  
2nd: Donna Raciti, Salem, NH  
3rd: Dianne Brewer, Meredith, NH  
4th: Pauline Racioppi, Manchester, NH  
C: Priscilla Tremblay, Manchester, NH

**WOMEN'S C**

1st: Nancy Szen, Derry, NH  
2nd: Pamela Plourde, Laconia, NH  
3rd: Mary Lagassie, Laconia, NH  
4th: Donna Jackenchuck, Salem, NH  
C: Cathy Green, Stratham, NH

## EAST REGION continued from page 15

"UPPERCRUST" WMV/WBNC  
Miller Lite Open  
Mountain Valley Court Club  
North Conway, NH 03860  
March 18-20, 1983

**MEN'S OPEN**

1st: Gene Fitzpatrick, Portland, ME  
2nd: John Marsden, No. Conway, NH  
3rd: Dick Carr, No. Conway, NH  
4th: Jim Lyman, Meredith, NH  
C: Steve Marcotte, Rochester, NH

**MEN'S A**

1st: Dick Carr, No. Conway, NH  
2nd: Steve Canty, Meriden, CT  
3rd: Steve Marcotte, Rochester, NH  
4th: Jim Lyman, Meredith, NH  
C: Mark Chrusz, Rochester, NH

**MEN'S B**

1st: Jim Timmons, Cheshire, CT  
2nd: Kevin Joyce, Brookline, MA  
3rd: Allan Lifton, Lyndonville, VT  
4th: Allan Perkins, No. Reading, MA  
C: Mark Chrusz, Rochester, NH

**MEN'S C**

1st: Mike Boyes, Warwick, RI  
2nd: Nigel Turner, Mt. Vernon, NH  
3rd: Steve Meyer, Warwick, RI  
4th: Rich MacDonald, Hingham, MA  
C: Jim Alvernaz, Wt. Warwick, RI

**MEN'S NOVICE**

1st: Ken Harward, Woodsville, NH  
2nd: Bruce Viel, Rochester, NH  
3rd: Frank Poggioli, Wallingford, CT  
4th: Dennis Desell, Methuen, MA  
C: Don Buell, No. Conway, NH

**WOMEN'S B**

1st: Lisa Tessier, Nashua, NH  
2nd: Sandi Poor, No. Conway, NH  
3rd: Jean Noyes, Hudson, NH  
4th: Diane Brewer, Meredith, NH  
C: Chris Gainty, Dover, NH

**WOMEN'S C**

1st: Stephanie Saffo, Woodsville, NH  
2nd: Karen McEnnis, Lowell, MA  
3rd: Karen McLean, East Greenwich, RI  
4th: Jeannette Anderson, Lincoln, NH  
C: Sheila Baddeley, Hampstead, NH

**WOMEN'S NOVICE**

1st: Pam Plourde, Laconia, NH  
2nd: Roberta Ramos, Et. Providence, RI  
3rd: Ann Welles, Kittery, RI, ME  
4th: Christine Linthwaite, Conway, NH  
C: Margie Pelletier, Rochester, NH

**OPEN DOUBLES**

1st: Brown/O'Neil, VT  
2nd: Patterson/Burdo, VT  
**MEN'S SENIORS**  
1st: Roger Crim, Franklin, NH  
2nd: Bob Druin, Somersworth, NH  
**MEN'S OPEN**  
1st: Todd O'Neil, VT  
2nd: Shaun Brown, VT  
**MEN'S A**  
1st: Tom Leake, ME  
2nd: Joe Ruggieri, NH  
**MEN'S B**  
1st: Scott Cochrane, ME  
2nd: Al Diamond, Burlington, MA  
**MEN'S C**  
1st: Guy Beck, MA  
2nd: Lenny Ward, ME  
**MEN'S NOVICE**  
1st: Bill Habeeb, Pease AFB, NH  
2nd: Mitch Milewski, Nashua, NH  
**WOMEN'S A DOUBLES**  
1st: Eon/Graham, ME  
2nd: Kelley/O'Neil, MA  
**WOMEN'S B DOUBLES**  
1st: Lawruk/Tessier, ME NH  
2nd: Christy/McLaughlin, NH  
**WOMEN'S A**  
1st: Terri Graham, ME  
2nd: Karen O'Neil, MA  
**WOMEN'S B**  
1st: Walker Hearsey, NH  
2nd: Laura Nash, NH  
**WOMEN'S C**  
1st: Chris Gainty, NH  
2nd: Mary Lagassie, NH  
**WOMEN'S NOVICE**  
1st: Marcia Lagassie, NH  
2nd: Joan Plimpton, VT

# MIDWEST REGION

## AARA Michigan State Championships March 18-20 Franklin Racquet Club Southfield, MI

**MEN'S OPEN**  
Finals: Brian Valin d. Calvin Vantrease, 11-5, 8-11, 11-10, 11-2  
Semi's: B. Valin d. John Amatulli, 7-11, 11-7, 9-11, 11-6, 11-10;  
C. Vantrease d. Ray Vanover, 11-10, 11-2, 11-5

**MEN'S A**  
Finals: Ross Luxon d. Kerry Marks, 11-4, 9-11, 11-8, 11-4

**MEN'S B**  
Finals: Jeff Yellen d. Patrick Bell, 11-1, 11-10, 7-11, 11-8

**MEN'S C**  
Finals: Brian Ford d. Cal Underwood, 11-9, 11-8, 11-7

**MEN'S D**  
Finals: Gilberto Martinez d. Bill Gentile

**MEN'S 30+**  
Finals: Bill Gottlieb d. Rick Vanderlind, 11-7, 11-6, 10-11, 11-3

**MEN'S 35+**  
Finals: Tom Brownlee d. Bob Lipin, 11-10, 11-3, 11-3

**MEN'S 40+**  
Finals: Stu Leff d. Duke Cummins, 11-9, 11-8, 8-11, 10-11, 11-0

**MEN'S 45+**  
Finals: Ron Pudduck d. Richard Sewell, 11-5, 11-8, 11-9

**MEN'S 50+**  
Finals: Lynn Hahn d. Dale Shaffer, 11-5, 11-4, 11-0

**MEN'S 55+**  
Finals: Richard Caretti d. Duane Russell, 11-3, 11-2, 11-3

**WOMEN'S OPEN**  
Finals: Debbie Erhart d. Lisa Ecker, 11-3, 11-5, 11-5  
Semi's: D. Erhart d. Donna Henry, 6-11, 11-8, 11-2, 11-4; L. Ecker d. Pina Finazzo, 10-11, 11-0, 11-8, 11-1

**WOMEN'S A**  
Finals: Shelly Weslock d. Jo Furu, 11-9, 11-5, 11-1

**WOMEN'S B**  
Finals: Maryann Szpont d. Corrine Leistikow, 11-7, 11-4, 11-10

**WOMEN'S C**  
Finals: Laura Fox d. Janet Insko, 11-3, 10-11, 11-7, 11-10

**WOMEN'S D**  
Finals: Margi Hale d. Shellie Chambers, 11-8, 11-3, 11-4

**WOMEN'S 30+**  
Finals: Lois Hamel d. Barb Swaab, 11-0, 11-6, 11-4

**BOY'S 18 & UNDER**  
Finals: Chuck Teets d. Mike Zwierzchowski, 11-5, 11-4, 11-4

**BOY'S 16 & UNDER**  
Finals: Scott Reid d. Troy Hall, 11-5, 9-11, 11-9, 10-11, 11-6

**BOY'S 14 & UNDER**  
Finals: Aaron Metaj d. Jim Floyd, 11-5, 11-1, 11-3

**BOY'S 12 & UNDER**  
Finals: Jason Howard d. Ron Garrow, 10-11, 11-8, 11-10, 8-11, 11-9

**BOY'S 10 & UNDER**  
Finals: Ryan Covell d. Brett Graham, 4-11, 11-1, 11-7, 2-11, 11-0

**BOY'S 8 & UNDER NO BOUNCE**  
Finals: Tim Tessmar d. Brian Garrow, 11-5, 11-0, 11-0

**GIRL'S 16 & UNDER**  
Finals: Pina Finazzo d. Kelly Schmelter, 11-5, 11-8, 11-0

## 3rd Annual April Fool Open Sports Illustrated Court Club Highland, IN April 8-10, 1983

**MEN'S OPEN**  
1st: Sean Moskwa  
2nd: Ron Johnson  
3rd: John Negrete  
4th: John Amatulli

**MEN'S "A"**  
1st: Len Renstalno  
2nd: Gary Weltzel  
3rd: Scott Stopinski  
4th: Bill Bonow

**MEN'S "B"**  
1st: Scott Wolf  
2nd: Ron Simpson  
3rd: Paul Sondel  
4th: Kevin Snedden

**MEN'S "C"**  
1st: Bill Barnett  
2nd: Kevin Coppinger  
3rd: Barney Hawkins  
4th: Jim Runyan

**MEN'S "D"**  
1st: Tony Peden  
2nd: Paul Dell  
3rd: Mark Patterson  
4th: Luke Lytell

**SENIORS**  
1st: Phil Simborg  
2nd: Bruce Cratty  
3rd: Phil Howard  
4th: Bob Selva

**WOMEN'S OPEN**  
1st: Sue Prisching  
2nd: Chris Evon  
3rd: Pam Clark  
4th: Joan Azeka

**WOMEN'S "A"**  
1st: Joan Pearce  
2nd: Martha Trapp  
3rd: Connie Hagler  
4th: Claudia Lolizzo

**WOMEN'S "B"**  
1st: Glenda Stewart  
2nd: Tonya Withrow  
3rd: Delois Leaphart  
4th: Bonnie Schoeber

**WOMEN'S "C"**  
1st: Pat Jennings  
2nd: Karen Widman  
3rd: Carol Julian  
4th: Virginia Nativo

**WOMEN'S "D"**  
1st: Nancy Downs  
2nd: Ann Plechtorn  
3rd: Carolyn Turke  
4th: Julie Julian

## Illinois State Singles The Glass Court Club Lombard, IL

Sponsored by Wilson Tru Blue

**MEN'S OPEN**  
Finals: Dennis McDowell d. Dave Negrete, 21-18, 20-21, 11-9  
Semi's: John Negrete & Jim Scheyer

**MEN'S VETERAN OPEN**  
Finals: Dennis McDowell d. Tom Golueke, 21-15, 21-7  
Semi's: Jim Babbitt & Greg Mandell

**MEN'S SENIORS**  
Finals: Clyde Senters d. Marshall Waldo, 21-13, 8-21, 11-8  
Semi's: Phil Simborg & Derrick Buckley

**MEN'S VETERAN SENIORS**  
Finals: John Dolby d. Barry Holt, 9-21, 21-13, 11-10  
Semi's: Don Webb & Mike Mason

**MEN'S MASTERS**  
Finals: Ed Lammersfeld d. Bill Schram, 21-17, 21-12  
Semi's: Jim Harper & Dan Day

**MEN'S GOLDEN MASTERS**  
Finals: Phil Dziuk d. Sherwin Eller, 21-8, 14-21, 11-7  
Semi's: Tony Lang & Dave Matthews

**MEN'S A**  
Finals: Howard Nixon d. Steve Schneider, 21-12, 21-10  
Semi's: Lee Frick & Scott Thurber

**MEN'S B**  
Finals: Scott Stopinski d. Scott Burmeister, 21-20, 12-21, 11-10  
Semi's: Steve Balinski & Rick Farmer

**MEN'S C**  
Finals: Roy Dean d. Gilles Lonteen, 13-21, 21-19, 11-6  
Semi's: Bruce Bashow & Bill Golden

**MEN'S D**  
Finals: Dennis Malone d. Dave Deffly, 21-18, 21-11  
Semi's: Jesse Bertanga & Bill Lahman

**WOMEN'S OPEN**  
Finals: Chris Evon d. Colleen Shields, 21-4, 21-12  
Semi's: Sue Prisching & Glenda Young

**WOMEN'S VETERAN OPEN (30+)**  
Finals: Nancy Kronenfeld d. Bev Franks, 18-21, 21-9, 11-4  
Semi's: Alyce Kelleher & Jan Van Der Wel

**WOMEN'S A**  
Finals: Maureen Egizil d. Eileen Kilbourn, 21-17, 21-14  
Semi's: Shirley Steichen & Margaret Olawoye

**WOMEN'S B**  
Finals: Joanne Peck d. Rea Kulick, 21-16, 21-8  
Semi's: Irene Campbell & Doris Barnes

**WOMEN'S C**  
Finals: Peggy Bentley d. Elaine Barch, 21-16, 21-14  
Semi's: Jane Nelson & Pam Kneen

**WOMEN'S D**  
Finals: Jean Van Vliet d. Nancy Leonard, 21-5, 21-8  
Semi's: Karen Bruen & Kathy Greenberger

## 6th Annual Saranac Pro-Am Western Racquet Club Green Bay, WI April 8-10

Sponsors: Saranac Sport Glove Company

**MEN'S PRO**  
Finals: Doug Cohen (St. Louis) d. Dan Ferris (Minneapolis)  
Semi's: Cohen d. Jim Wirkus (Janeyville, WI); Ferris d. Ben Koltun (St. Louis)

**MEN'S OPEN**  
Finals: Jack Kelly (Madison, WI) d. Greg Wagner (Minneapolis, MN)

**MEN'S B**  
Finals: Brian Hermans (Green Bay, WI) d. Lee Churchill (Minneapolis, MN)

**MEN'S C**  
Finals: Brett Everson (DePere, WI) d. Craig Miller (Milwaukee, WI)

**MEN'S D**  
Finals: Paul Hensen (Green Bay, WI) d. Ray Hansen (Green Bay, WI)

**MEN'S SENIOR 35**  
Finals: Galen Johnson (Green Bay, WI) d. Tom Handlen (Green Bay, WI)

**MEN'S SENIOR 40**  
Finals: Jim Compton (Oshkosh, WI) d. Ron Lindemann (Green Bay, WI)

**MEN'S MASTER 45**  
Finals: Dan Mohr (Kenosha) d. Mike Jacobi (Manitowic, WI)

**MEN'S OPEN DOUBLES**  
Finals: Doug Cohen/Ben Kohun (St. Louis) d. Jim & Joe Wirkus (Madison)

**WOMEN'S OPEN**  
Finals: Linda Waldron-Kauss (Minneapolis, MN) d. Gina Waldron (Sheboygan, WI)

**WOMEN'S B**  
Finals: Ressie Moeller (Kenosha) d. Shirley Campbell (Hudson, WI)

**WOMEN'S C**  
Finals: Peggy Denton (Rhineland, WI) d. Eille Teage (Rhineland, WI)

**JUNIORS 16 UNDER**  
Finals: Larry Gnewuch (Oregon, WI) d. Alex Weise (Madison, WI)  
Semi's: Gnewuch d. Dennis Surprise (Green Bay, WI); Weise d. Jody Ward (Wisconsin Dells, WI)

**JUNIORS 12 UNDER**  
Finals: Ed Gnewuch (Oregon, WI) d. Brett Chynoweth (Appleton, WI)  
Semi's: Gnewuch (Oregon, WI) d. Tracy Chynoweth (Appleton, WI); Chynoweth d. Andy Glowe (Green Bay, WI)

## 1983 Tinley Park 'Open' Sponsored by Wilson Tru Blue

**MEN'S OPEN/A**  
Finals: Bill Howk d. Mike Jalovec, 21-11, 21-20  
Semi's: Jalovec d. Bonow, 21-14, 11-21, 11-6; Howk d. Dultsman, 18-21, 21-18, 11-8

**MEN'S B**  
Finals: Pete Nativo d. Peter Urasky, 21-14, 21-7

**MEN'S C**  
Finals: Daryl Ranson d. Joe Perez, 21-20, 17-21, 11-0

**MEN'S D**  
Finals: Tony Pecho d. Jerry Roma, 21-15, 15-21, 11-6

**MEN'S SENIORS (35+)**  
Finals: Phil Simborg d. Phil Pressendo, 21-10, 21-10  
Semi's: Simborg d. Edgar, 21-6, 21-9; Pressendo d. Silius, 21-8, 21-20

**MEN'S NOVICE**  
Finals: Fred Bagagli d. Wally Lindish, 21-14, 16-21, 11-2

**MEN'S VETERAN C**  
1st: Bob Rietveld  
2nd: Terry Kelly

**WOMEN'S OPEN/A**  
Finals: Connie Arvie d. Judy Sands, 21-14, 21-3

**WOMEN'S B**  
Finals: Carol Edgar d. Linda Kuhn, 21-16, 19-21, 11-5

**WOMEN'S C**  
Finals: Lori Cannon d. Diane Hibbs, 21-16, 15-21, 11-9

## Swing Into Spring Bolingbrook Racquet & Health Club

Bolingbrook, IL  
March 11, 12, 13, 1983  
Wilson, Miller High Life, York Steak House, Computerized Society, Little Italian, Popeyes

**MEN'S A ROUND ROBIN**  
Michael Mancuso 4 matches  
Saul Sandoval 3 matches  
Joe Giacchino 2 matches

**MEN'S B**  
Finals: Jim Harvey d. Dale Barter, 21-8, 21-11  
Semi's: Jim Harvey d. Tony Rubiano, 10-21, 21-8, 11-9; Dale Carter d. Steve Truax, 13-21, 21-7, 11-3  
3rd Pl.: Tony Rubiano d. Steve Truax, 21-11, 21-15  
1st Pl. Conso.: Eric Jensen d. Mike Macko, 21-16, 21-14

**MEN'S C**  
Finals: Nick Makaris d. Rocco Valicento, 21-17, 21-10  
Semi's: Rocco Valicento d. Jim Gall, 21-11, 21-16; Nick Makaris d. Larry Kozak, 21-16, 21-20  
3rd Pl.: Jim Gall by forfeit  
1st Pl. Conso.: Dan Wendling d. Dennis Bubinas, 21-17, 21-16

**MEN'S D**  
Finals: Brad Jordan d. Don Vinlove, 21-9, 21-11  
Semi's: Don Vinlove d. Jim Miller, 21-14, 21-7; Brad Jordan d. Jeff LaMarre, 21-8, 21-5  
3rd Pl.: Jeff LaMarre d. Jim Miller, 21-6, 21-7  
1st Pl. Conso.: Tony Corniel d. Ken Reimer, 21-3, 21-9

**WOMEN'S B/C**  
Finals: Maria Edwards d. Judi Turnbull, 21-18, 6-21, 11-5  
Semi's: Maria Edwards d. Joyce Brown, 21-4, 21-15; Judi Turnbull d. Nanci Makaris, 21-15, 11-21, 11-6  
3rd Pl.: Nanci Makaris d. Joyce Brown, 21-19, 21-5

**WOMEN'S D**  
Finals: Sue Logsdon d. Patty Pleier, 15-21, 21-9, 11-2  
Semi's: Sue Logsdon d. Darla Medernach, 21-7, 21-10; Patty Pleier d. Marita Shields, 21-9, 21-3  
3rd Pl.: Darla Medernach d. Marita Shields, 21-1, 21-4  
1st Pl. Conso.: Cindy Spala d. Mary Melanson, 21-7, 21-19



Denny McDowell wins Open AND Veteran Open Divisions in Illinois State Championships.

## 1983 Michelob Light United Fund

Jaycees Open  
Centralia Racquetball Club  
Centralia, IL 62801  
March 11-13, 1983

Sponsors: Donnewald Beer Distributor

**MEN'S OPEN**  
Finals: David Gross d. Dave Bennett, 15-3, 15-10  
Semi's: Dave Bennett d. Asif Manzoor, 15-9, 8-15, 15-14; David Gross d. Joe Schwent, 15-6, 15-10

**MEN'S OPEN DOUBLES**  
Finals: Gross/Gross d. Schwent/Schwent, 15-13, 15-14  
Semi's: Gross/Gross d. Bennett/Manzoor, Schwent/Schwent d. Howk/Allen, 15-2, 15-5

**MEN'S OVER 35**  
Finals: Wayne Campbell d. Joe Simon, 15-9, 15-9  
Semi's: Simon d. Bob Eryleben, Campbell d. Dick Van Zant, 15-9, 15-9

**MEN'S A**  
Finals: Neal Boughton d. Mike Feldman, 15-4, 15-6  
Semi's: Feldman d. Terry Page, 5-15, 15-11, 15-11; Boughton d. Dale Morrissey, 15-14, 15-12

**MEN'S B**  
Finals: Keith Midden d. Chris Wright, 15-9, 15-9  
Semi's: Wright d. Daniel Dapp, 15-5, 15-7; Midden d. Gene Hobgood, 15-1, 15-8

**MEN'S C**  
Finals: Gordon Huelsman d. Joe LaFata, 14-15, 15-8, 15-10  
Semi's: Huelsman d. Harry Hales, Sr., 15-11, 9-15, 15-14; LaFata d. Terry Heath, 15-5, 15-8

**MEN'S NOVICE**  
Finals: James Smith d. Bobby Cerny, 15-14, 15-11  
Semi's: Smith d. Steve Bushur, 15-6, 15-7; Cerny d. Bill King, 15-14, 15-11

**WOMEN'S OPEN**  
Finals: Sherri Gross d. Sue DiPiano, 14-15, 15-8, 15-14  
Semi's: DiPiano d. Patsy Graham, 15-10, 15-4; Gross d. Gail Mendelsohn, 15-5, 15-10

**WOMEN'S A**  
Finals: Hollie Huelsman d. Francis Braun, 15-2, 15-1  
Semi's: Huelsman d. Jill Williams, 15-3, 7-15, 15-9; Francis Braun d. Kathy Scherzinger, 1-15, 15-2, 15-5

**WOMEN'S B**  
Finals: Michele Barkate d. Tracy VanZant, 15-1, 15-4  
Semi's: VanZant d. Tonya Rund, 15-3, 15-13; Barkate d. Joyce Campbell, 15-9, 15-7

**WOMEN'S C**  
Finals: Hedy Frankfield d. Connie Gibbons, 15-14, 15-14  
Semi's: Frankfield d. Arlene Nortrup, 15-5, 15-7; Gibbons d. Linda Bernhardt, 15-5, 15-6

**WOMEN'S NOVICE**  
Finals: Renee Midden d. Diane Burkhart, 15-3, 15-2  
Semi's: Burkhart d. Dena Woolbright, 15-1, 15-5; Midden d. Joyce Webber, 15-4, 15-11

## Upcoming Tourneys

May 5-8

### INSRA INDIANA STATE CHAMPIONSHIPS

Sports Illustrated Court Club  
3150 45th Ave.  
Highland, IN 46322  
Contact: Fred Bojrab  
219/924-0690

May 13-15

### MENOMONEE FALLS DOUBLES OPEN

Falls Racquetball Club  
PO Box 623  
Menomonee Falls, WI 53051  
Contact: Wayne Franke  
414/251-1420

May 20-22

### WISCONSIN RACQUETBALL ASSN. STATES DOUBLES

Sun Prairie Racquetball Club  
1010 N. Bird St.  
Sun Prairie, WI 53590  
Contact: Bruce Thompson  
608/837-4646

May 23-26

### WPRA NATIONAL CHAMPIONSHIPS

The Glass Court Racquetball & Swim Club  
830 E. Roosevelt Rd.  
Lombard, IL 60148  
Contact: Lynn Farmer  
312/629-3390

# Where to play in the USA

## Arizona

### THE POINTE TAPATIO RESORT & RACQUETBALL CLUB

11111 N. 7th St., Phoenix, AZ 85020. A complete resort facility including 4 regulation racquetball courts, tennis, horseback riding, complimentary breakfast and cocktail party every evening. We have attended nursery, steam and sauna for men and women, co-ed whirlpool, an outdoor pool, restaurant, and massage available. For information call 602/866-7500.

## California

### ROYAL RACQUET CLUB FITNESS CENTER

1718 Rolling Rd. Burlingame, CA 94100. 15 regulation racquetball courts, attended nursery, steam room, sauna and whirlpool for men and women; pro-shop, TV lounge, exercise room featuring Paramount, Nautilus and Olympic free weights; aerobics, wallyball, exercise classes; complete racquetball lessons and leagues under the direction of pros Roger Fairchild and Joe Cua. For more information contact manager, Dena Astorian at 415/692-3300.

### SCHOEBER'S RACQUETBALL SPA

5341 Hopyard Rd., Pleasanton CA 94566. 15 regulation courts, four with glass, one of which has front and side wall "Twin Vue" glass and seating for 250+. Attended nursery, steam, sauna, and whirlpool for men and women, indoor pool, TV lounge and restaurant; separate Nautilus exercise rooms for men and women; complete racquetball lessons and leagues under the direction of Gerry Price. For information, call 415/846-0950. John O'Donovan, Manager.

## Georgia

### ATLANTA SPORTING CLUB

1515 Sheridan Rd., Atlanta, GA 30324. 16 Regulation racquetball courts, 8 tennis, and 1 squash court. Attended nursery, men's and women's steamroom, sauna and whirlpool; aerobics, volleyball, basketball; indoor and outdoor pools and running tracks, jazzercise and slimnastics; restaurant, lounge and bar, complete pro shop and complete Nautilus full weight training facility. Complete racquetball lessons, leagues and ladderboard competition. For information call 404/325-2700.

## Louisiana

### RACQUETBALL ASSOCIATION OF GREATER NEW ORLEANS

The following clubs are members of the very active New Orleans association. If you live in the area or you are just visiting, you are welcome to stop in or call any of these clubs.

- CLUB CHAMALE, 90 Chamale Cove, Slidell, LA 70458, 504/649-2500.
- COURT KING RACQUETBALL & HEALTH CLUB, 10080 Morrison Rd., New Orleans, LA 70127, 504/246-1000.
- COVINGTON COURT CLUB, Route 3 Box 713, Covington, LA 70433, 504/893-4800.
- CRESCENT CITY HEALTH & RACQUETBALL CLUB, 524 Metairie Rd., Metairie LA 70005, 504/835-7121.
- CROSSGATES RACQUETBALL CLUB, 200 North Military Rd., Slidell LA 70458, 504/843-8194.
- LOUISIANA RACQUETBALL & HEALTH CLUB, 2121 38th St., Kenner LA 70062, 504/443-4512.
- NAUTILUS, 2007 Daniels Rd., Gretna LA 70053, 504/366-8161.
- OFF THE WALL RACQUETBALL & HEALTH CLUB, 2605 Munster Blvd., Metairie LA 70075, 504/277-8414.
- RACQUETBALL ONE, One Shell Square, Suite 1300A, N.O. LA 70130, 504/522-2956.
- RACQUETBALL PLUS, 2138 Stumph Blvd., Gretna LA 70053, 504/362-2760.
- RIVERCENT RACQUETBALL, 600 South Front Blvd., P.O. Box 30728, N.O. LA 504/568-9118.
- YMCA — METAIRIE BRANCH, 3726 Houma Blvd., Metairie LA 70002, 504/888-9622.

## Connecticut

### CONNECTICUT COURT CLUB ASSOCIATION

The following clubs are members of the Connecticut Court Club Association. You can be assured of well-maintained facilities offering excellent, complete racquetball programs when you join or visit any of these fine facilities.

1. ALL SPORT FITNESS, 17 Old Main Street, Fishkill, NJ 12524 (914) 896-5678.
2. ALL SPORT FITNESS, 240 North Road, Poughkeepsie, NY 12601 (914) 452-5050.
3. BRISTOL CLUBHOUSE, 842 Clark Avenue, Bristol, CT 06010 (203) 583-1843.
4. CEDAR HILL RACQUETBALL CLUB, 375 East Cedar Street, Newington, CT 06111 (203) 666-8451.
5. CENTER COURT & HEALTH CLUB, 234 Route 83, Vernon, CT 06066 (203)875-2133.
6. CHESHIRE RACQUET & SWIM CLUB, Milldale Road, Route 10, Cheshire, CT 06410 (203) 272-5309.
7. COURT CLUB OF NORTH HAVEN, 100 Elm Stret North Haven, CT 06473 (203) 238-5665.
8. COURT HOUSE ONE — OFFICE, Suite 201, 61 South Main Street, West Hartford, CT 06107 (203) 521-4858.
9. COURT HOUSE ONE — AVON, 21 Waterville Road, Route 10 Avon, CT 06001 (203) 677-6073.
10. COURT HOUSE ONE — MANCHESTER/VERNON, 47 Hartford Turnpike, Vernon, CT 06066 (203) 649-0597.
11. COURT HOUSE ONE — SIMSBURY, 526 Hopmeadow Street, Simsbury, CT 06070 (203) 651-3701.
12. COURTSIDE-AT-CROMWELL, 10 Hillside Avenue, Cromwell, CT 06416 (203) 635-5400.
13. DANBURY RACQUETBALL CLUB, Route 6, Stoney Hill Road, Bethel, CT 06801 (203) 797-1244.
14. DOWNTOWN RACQUET CLUB, 230 George Street, New Haven, CT (203) 787-6501.
15. EMPIRE ONE RACQUETBALL CLUB, 85 Lemay Street, Chicopee, MA 01013 (413) 536-8574.
16. HAMMONASETT RACQUETBALL CLUB, 1291 Boston Post Road, Madison, CT 06443 (203) 245-2927.
17. LAKEWOOD RACQUETBALL CLUB, Lakewood Road, Waterburg, CT 06704 (203) 755-6699.
18. MILFORD RACQUETBALL CLUB, Bridgeport Avenue, Milford, CT (203) 877-5126.
19. NEWTON HEALTH & RACQUET CLUB, P.O. Box 425, Commerce Road, Newtown, CT 06470 (203) 426-8591.
20. NORWICH RACQUET CLUB, 2 Wisconsin Avenue, Norwich, CT 06360 (203) 889-4489.
21. RACQUETBALL EAST, 45 Crane Avenue, East Longmeadow, MA 01089 (413) 525-3931.
22. RACQUETBALL PLUS, P.O. Box 237, Burtville Avenue, Derby, CT 06418 (203) 736-9988.
23. RACQUETBALL SPA, 500 Kings Highway-Cut-Off, Fairfield, CT 06430 (203) 366-7888.
24. ROLL-OUT, Silas Deane Highway, Rocky Hill, CT 06067 (203) 563-7999.
25. SHORELINE RACQUET CLUB, At Twin Lakes, North Branford, CT 06471 (203) 481-3461.
26. SOUTHPORT RACQUET CLUB, 266 Old Post Road, Southport, CT 06490 (203) 259-0882.
27. SPOKI 145 State Pier Road, New London, CT 06320 (203) 442-0588.
28. THE SPORTING HOUSE AT ENFIELD, 3 Weymouth Road, Enfield, CT 06082 (203) 745-2408.
29. STAMFORD RACQUETBALL CLUB, 49 Brownhouse Road, Stamford, CT (203) 324-6160.
30. THE STRATFORD RACQUETBALL & NAUTILUS CLUB, 140 Watson Boulevard, Stratford, CT 06497 (203) 366-7600.
31. SUPREME COURT, 155 Ashley Avenue, West Springfield, MA 01089 (413) 781-0181.
32. TRI-PURY TENNIS & RACQUETBALL CENTER, P.O. Box 365, Route 188, Middlebury, CT 06762 (203) 758-1727.
33. WALLINGFORD CLUBHOUSE, Neal Road, Wallingford, CT 06492 (203) 285-2861.
34. WATERFORD RACQUET CLUB, 6 Fargo Road, Waterford, CT 06385 (203) 442-9466.
35. WEST ROCK CLUBHOUSE, P.O. Box 3977, West River Road, Woodbridge, CT 06525 (203) 389-1544.
36. WINDSOR RACQUET SPORTS, 109 Pierson Lane, Windsor, CT 06095 (203) 683-0236.

## Michigan

### RACQUET KING COURTS

1630 Fort St., Trenton, MI 48183. 14 regulation courts, attended nursery, men and women's whirlpool and sauna, TV lounge, restaurant and bar; slimnastics, exercise classes, aerobics, wallyball and complete Universal exercise facility. For information contact manager/Pro Larry Jakinovich at 313/676-5850.

## Maryland

### THE ATHLETIC EXPRESS CLUB

700 Russell Ave., Gaithersburg, MD 20789, 18 racquetball courts, attended nursery, men and women's steamroom and sauna, complete Nautilus exercise room, TV lounge, restaurant and bar, Aerobics, Jazzercise and exercise classes. Complete racquetball lessons and leagues, junior camps and monthly pro exhibition under the direction of Jim Daly, 301/258-0661.

## Illinois

### CONTINENTAL CLUB

1701 Golf Road, Continental Towers, Rolling Meadows, IL 60008 (312) 981-7777. 10 regulation handball/racquetball courts, two squash courts, indoor swimming pool and whirlpool, indoor running track. Basketball, ballet, table tennis, Cestaball. Complete exercise room featuring 15-station Nautilus and men and women's Paramount equipment. The club is built in conjunction with two restaurants; individual and corporate memberships available. Complete lessons and leagues under pros Norb Duba and Sue Carow. For information contact Mary Lou Ghannon, Manager.

### CHARLIE CLUB — JOLIET

2701 Black Rd., Joliet, IL 60435. 8 regulation courts, attended nursery, steam room, sauna, whirlpool for men and women, co-ed whirlpool; indoor pool and running track; TV lounge and restaurant; complete exercise facility with Nautilus and Olympic equipment; massage; aerobics, wallyball and exercise classes; tennis court, table tennis and pocket billiards, glass wall exhibition court; complete lessons and leagues. Call Gerry Wiatrowski at 815/729-4503.

### CHARLIE CLUB — M.P.

501 Midway Drive. (Off Elmhurst Rd., 1/2 blk. of Oakton) Mount Prospect, IL 60435. 21 regulation courts, attended nursery, steam room, sauna, whirlpool for men and women; co-ed whirlpool, pro-shop, indoor pool; indoor running track; TV lounge and restaurant; massage; complete exercise facility with Nautilus and Olympic equipment, aerobics, wallyball & exercise classes; tennis court, table tennis and pocket billiards, glass wall exhibition court, complete lessons and leagues. Call Jeanne Sarno 312/364-6415 for more information.

### CHARLIE CLUB — PALATINE

Rt. 53 & Dundee Rd., Palatine, IL 60067. 17 regulation courts, attended nursery, steam room, sauna, whirlpool for men and women; co-ed whirlpool; pro-shop; indoor pool; indoor running track; TV lounge; restaurant; signed glass court with gallery seating, massage; complete exercise facility with Nautilus and Olympic equipment, aerobics, wallyball and complete lessons and leagues. For more information, contact Vic Gianelli 312/934-4900.

### VETERANS PARK DISTRICT SPORTS MUSEUM & RACQUETBALL CLUB

1203 N. 24th Ave. Melrose Park, IL 60160. 8 regulation courts, attended nursery, men and women's sauna, complete pro-shop, TV lounge, exercise room with 5-station positive resistance equipment, wallyball, complete racquetball lessons and leagues, clinics and challenge courts. We also have half-court basketball, cestaball, pickle ball, handball and a sports museum. For more information call 312/343-5151.

### 21 COURT CLUB

640 East St. Charles Rd., Carol Stream, IL 60187. 9 regulation racquetball courts, 2 with glass back wall and spectator seating. Complete Universal exercise room, Ultra-tan tanning bed, attended nursery, men and women's sauna and whirlpool; wide-screen TV in bar; aerobics, wallyball, exercise classes, and complete racquetball lessons and programs under direction of club pro and program coordinator, Mary Credille. Call 312/668-8959.

### GLASS COURT CLUB

830 East Roosevelt Rd., Lombard, IL 60148 (312) 629-3390. 9 racquetball/handball courts; Nautilus equipment, basketball, volleyball, indoor running track, indoor swimming pool, whirlpools and saunas, attended nursery, racquetball and swimming lessons; bar and lounge, aerobics and exercise classes, leagues, challenge courts. For information, contact manager, Jim Verhaeghe, or activity director, Gawn Brabek.

## New York

### ST. GEORGE HEALTH & RACQUET

43 Clark Street, Brooklyn Heights NY 11201. 9 regulation courts, attended nursery, men and women's steamroom, co-ed whirlpool, sauna and indoor swimming pool; TV lounge; exercise room featuring Nautilus and Universal equipment; 3 squash courts; wallyball, aerobics, exercise, jazzercise, slimnastics, complete racquetball lessons and leagues under direction of pro, Brett Notine. For information call Ilse Korey, manager 212/625-0500.

## Ohio

### FINDLAY HEALTH & RACQUET CLUB

1219 W. Main Cross St., Findlay, OH 45840. 12 regulation racquetball courts. Attended nursery, men and women's sauna and whirlpool, pro shop, outdoor swimming pool, restaurant and TV Lounge; complete exercise room with Nautilus, Cam II and Iron Co. equipment; aerobics, wallyball, exercise classes, tanning beds, court soccer, and court basketball. The club features complete racquetball lessons and leagues. We're right next door to the Imperial House Hotel and welcome guests for a fee. For information contact Jim Didham, 419/424-1970.

## Oregon/Washington

Following are clubs belonging to the NWRRA. Please call for membership and guest information.

- ALBANY SUPERIOR COURTS, 380 Hickory, Albany, OR 97321, 503/926-2284.
- BAY AREA RACQUET CLUB, PO Box 3157, Coos Bay OR 97420, 503/888-5507.
- CORNELL COURT CLUB, 13939 NW Cornell Rd., Portland OR 97229, 503/645-3535.
- COURT HOUSE NORTH, 4132 Devonshire Ct. NE, Salem OR 97302, 503/585-2582.
- COURT HOUSE SOUTH, 2975 River Rd., South, Salem OR 97302, 503/586-2582.
- COURTSPOITS I, 2510 Oakmont Way, Eugene OR 97401, 503/687-2811.
- COURTSPOITS II, 4242 Commerce, Eugene OR 97402, 503/687-2811.
- FEDERAL WAY ATHLETIC CLUB, 31701 20th Ave. S. Federal Way WA 98003, 206/941-5990.
- FIRST SERVE RACQUET CLUB, 24228 76th Ave. W., Edmonds WA 98020, 206/775-0667.
- GRESHAM COURT CLUB, 19201 SE Division, Gresham OR 97030, 503/665-4142.
- GRIFFITH PARK ATHLETIC CLUB, 4925 SW Griffith Park Dr., Beaverton OR 97005, 503/644-3900.
- KLAMATH FALLS RACQUET CLUB, 2524 Crosby Ave., Klamath Falls, OR 97601, 503/621-4900.
- LLOYD CENTER COURTS, 815 NE Halsey, Portland OR 97232, 503/287-4594.
- MEDFORD SUPERIOR COURTS, 727 Cardley Ave., Medford OR 97501, 503/281-8665.
- MILWAUKIE RACQUETBALL & FITNESS CTR., 4606 SE Boardman, Milwaukie OR 97222, 503/659-3845.
- NEWPORT BAY CLUB, 1111 SW 10th Newport OR 97365, 503/265-9225.
- PARC, 4191 Guide Meridian, Bellingham WA 98226, 206/676-1800.
- SEATTLE ATHLETIC CLUB, 333 NE 97th, Seattle WA 98115, 206/527-2582.
- THE RACQUET CLUB, Box 9584 Racquet Lane, Yakima WA 98909, 509/453-6521.
- TIMBERHILL ATHLETIC & COURT CLUB, 2855 NW 29th, Corvallis OR 97330, 503/757-8559.
- TUMWATER VALLEY RACQUET CLUB, 4833 Tumwater Valley Dr., Tumwater WA 98501, 206/352-3400.
- UMPQUA HEALTH & RACQUETBALL CLUB, PO Box 1561, Roseburg OR 97470, 503/672-6688.
- U.S. SUPREME COURTS, 14513 SE Stark, Portland OR 97223, 503/254-8369.
- WESTERN RACQUET CLUB, 8785 SW Beav. Hillsdale Hwy., Portland OR 97225, 503/3723.

## Pennsylvania

### LANSDOWNE RACQUETBALL CLUB

436 S. Lansdowne Avenue, Lansdowne, PA 19050. 12 Championship courts, fully equipped weight rooms, separate whirlpools and steamrooms for men and women, a nursery and a well-stocked pro shop. An Exhibition court is adjacent to a beautiful two-story lounge, complete with fireplace and cathedral ceiling. We have leagues, challenge courts, clinics, wallyball, aerobics, and social activities for all ages. For information, contact Teresa Pyle, manager, 215/622-8300.

## Rhode Island

### THE CORNER SHOT RACQUETBALL CLUB

43 Jefferson Blvd., Warwick, RI, 12 racquetball courts; men and women's whirlpool and sauna; attended nursery; exercise room; Wallyball, Aerobics, Exercise Classes; TV Lounge, restaurant and bar; private or group lessons and leagues from one of our teaching pros. Call Ms. Regina Ricci, manager 401/781-1650.

## Tennessee

### MARYLAND FARMS RACQUET & COUNTRY CLUB

1 Maryland Way, Brentwood, TN 37027. 5 regulation racquetball courts, attended nursery, steam, sauna and whirlpool; pro shop, bar, TV lounge and restaurant; indoor and outdoor pool; exercise room; aerobic and exercise classes; complete racquetball lessons and leagues. For information contact Tom Philbrick, manager, 615-373-2900.

## Texas

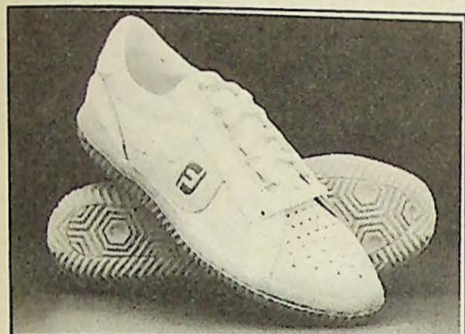
### CHARLIE CLUB

9009 Boone Rd. (1/2 blk. N. of Bissonnet) Houston, TX 77099. 12 regulation courts, attended nursery, steam room, sauna, whirlpool for men and women; co-ed whirlpool; pro-shop; indoor pool; indoor running track; TV lounge; restaurant; massage; complete exercise facility with Nautilus and Olympic equipment; wallyball, exercise classes; complete lessons and leagues. Call Tom Krapil 713/530-0000 for more information.

**Club Owners: To list your club in the Club Guide, call 312-371-7616**

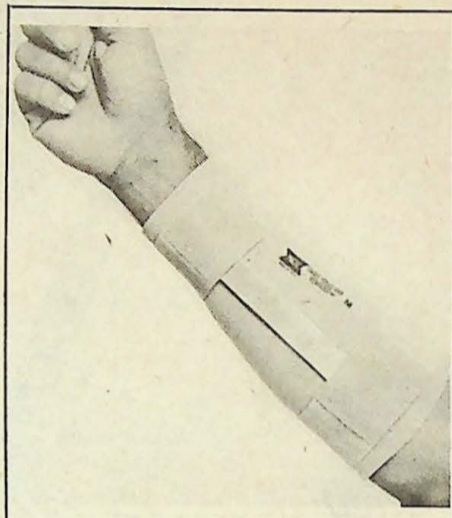
# New Products

**FOOT JOY** introduces **TUFFS SL**, specifically designed to handle lateral skidding, rapid linear acceleration and deceleration, and explosive twisting...all very common in the sport of racquetball. The shoe features a nu-buck leather toe cap and polyurethane Air-Flo orthotic shock resistant innersole. For more information, contact Foot Joy, 144 Field Street, Brockton, MA 02403.



**TACKI-MAC GRIPS, Inc.** announces their new R/15 Racquetball Grip. Using Kraton, a thermoplastic rubber compound, the grip has an exceptional "Tacki" feel. The one-piece slip on grip may be applied quickly and easily with no glue. For more information write Tacki-Mac Grips, Inc., 15 Curtis Rd., Saunderstown, RI 02874, or call 401/295-0291.

**NDL** develops new product for Tennis (and racquetball) Elbow. The support is touted for use as a preventative measure as well as for relief of pain. It is designed to increase blood circulation, provide support and prevent over rotation of the wrist and forearm. It is available in four sizes and may be ordered by contacting NDL Products Inc., PO Box 1867, Pompano Beach, FL 33061, or call 305/942-4560.



## Equipment

# All about gloves



by Racquetball Paul

*Ed Note: "Racquetball Paul" Berman is regarded as an expert on racquetball products. Questions about the products and equipment may be directed to Paul c/o this paper, or you may write him directly at 24 Spayth St., Tiffin, OH 44883.*

**Q. Why wear a glove at all for racquetball? Most tennis players don't wear gloves.**

A. Racquetball is so fast-paced that any movement of your racquet will cause your shots to alter. It is difficult to play hard and not have a great deal of perspiration, particularly in the hands. Also, there is far less time between shots in racquetball than there is in tennis which necessitates very fast, accurate, and sure changes of grip. By the way, I predict that gloves will become a basic part of tennis players' equipment very soon.

**Q. When I get a glove out of my bag it's usually so shriveled that I have to work hard just getting my fingers in. Why is this, and what can I do about it?**

A. It's the body salts that cause shriveling and hardness. As for keeping your gloves soft, there are many ideas which

will work, depending on the type of gloves you use. Once in a while, wash your glove in a warm solution of Woolite and water, then rinse thoroughly. Do NOT use hot water. Dry your gloves by spreading them out flat on a towel in a warm place (but not on a direct heat source such as a radiator). It's also better to have your gloves hang on the outside of your bag instead of crumpled up inside.

**Q. How do you determine the right size glove?**

A. Your fingers should fill to the end of the glove in a comfortable manner. Keep in mind that gloves run in both men and women's sizes. If you can't find a good fit in your size, try some which are sized for the opposite sex.

**Q. Do half-fingered gloves offer any advantage over full-fingered gloves?**

A. Certainly this is a matter of personal preference, but there are many who believe they get much better "feel" and control with the half-fingered gloves. Since these half-fingered gloves are hard to find in many places, there are players who cut the fingers off of standard gloves to get what they want.

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