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RACQUETBALL TODAY®

Adams and Peck winners in the East



C. George photo



J. Stelick photo

Adams beats McKay!

by Betsy Koza

Lynn Adams' day has finally come! Adams downed top-seeded Heather McKay 3-0, 2-3, 2-0 to win the 1981 Nike Pro-Am held April 2-5 at Celebrity Courts in Warwick, Rhode Island. Adams and McKay have been foes in many closely contested matches ever since Heather first beat Lynn for the 1979 National Amateur title. This is the first time Lynn has emerged the victor.

"It feels great," said Lynn. "I'm so happy I don't know what to do," she bubbled after her long awaited and well deserved victory.

Adams played nearly flawless racquetball throughout the final match. Her flurries of kills and pinches unnerved the usually stoic McKay, who would do nothing to stop Adams' onslaught. Lynn decisively won the first set 3-0, but Heather came back in the second to edge her 3-2 and set the stage for the tie-breaker.

The crowd, the largest ever at a WPRA event, was breathless throughout the long rallies and fantastic gets that dominated the tie-breaker. Lynn narrowly won the first game of the best of three 11 point games tie-breaker, and rallied from an 8-10 deficit to win the second game 12-10, and claim the match.

Adams reached the finals when Shannon Wright, the number two seed, defaulted early in their semi-final encounter. Wright collided with a wall while going after one of Adams' shots, and injured her back. Although she took an injury time out, Wright was not able to continue play, and forfeited the match.

McKay gained the finals by defeating Jennifer Harding 3-0, 3-0 in the other semi-final match. Earlier, Harding had upset fourth ranked Marci Greer 0-3, 3-1, 2-1.

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Dave Peck: "I was lucky"

by Diane Gabrisko

Twenty-four year old Dave Peck, three-year tour veteran, captured his second NRC tour victory of the season by defeating Mike Yellen 11-10 in the tie-breaker final of the Seamco Racquetball Classic, April 8-12 in Beverly, MA.

Yellen entered the finals with confidence, having made his way there without losing a game. Peck, on the other hand, had a tough time, even in the quarters, where young Brett Harnett pushed him to tie-breaker, with Dave barely surviving 11-8. "You get a guy who has nothing to lose and alot of talent," said Peck, "and he can win. He forced me to be defensive, and I thought I was a goner! Finally I settled down, and started to hit my shots."

Hilecher worked on Peck in the semis, the second game a 21-20 squeeze.

Noticeably absent was Marty Hogan, (called away by the death of his grandfather.) When asked about Marty,

Dave commented, "Marty is a real champion. He won four straight stops, but I don't go out on the court with him thinking I'm going to lose. Whenever I play, I plan on winning. I don't plan on Marty dominating the rest of the season. The competition is really TOUGH. Three of the four quarterfinal challengers were kids under 20 years old. (John Egerman, Scott Hawkins, Brett Harnett) They're quick. They're not seasoned yet, but their ability makes up for it. I look forward to playing Marty in St. Louis, but I have to get there, first. So I set my sights to just keep winning my next tournament match."

That was the attitude Peck brought with him to his final match against 20 year old Mike Yellen, his Ektelon teammate. Yellen came out smoking, as he won the first game handily, 21-10. Peck came back to win the second, 21-15. The see-saw battle for 11 points found Peck ahead 5-1 and then 7-4, and Yellen tied it

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We Get Letters . . .

Dear RACQUETBALL TODAY,
I just finished reading Betsy Koza's article on juniors playing with masters (April, 1981) and it has truly inspired me. As a masters player, I have always enjoyed being with and playing with kids, and I'm glad to see someone else encouraging the practice. Betsy's quite correct when she says that both parties benefit from the relationship. I'd love to see something like a "big brother" program where experienced players take a youngster under his or her wing and give him playing tips, coaching, rides to tournaments, and encouragement. That would be a great project for a racquetball association, and I hope you will suggest it to them.

D.J. Carroll
Los Angeles

Dear Phil,
I feel as if I rather know you from hearing my friend Linda Lopez speak of you. She and I play a lot of RB together, and doubles as partners if and when she finds the time...nowadays not much.

I edit our local newsletter and I just thought perhaps you would enjoy reading about what a good job she did in the first tournament she directed...she said you can organize that play in two hours or so...it nearly drove all of us nuts!

We certainly enjoy your publication, even my daughter in Portland visited us this weekend and brought a copy down, the one with Linda's picture...she picked it up in Wash. at a club. The articles are so interesting and not "canned" so to speak as some of the magazines.

Linda doesn't know I am sending this, but I just thought you'd enjoy knowing that someone representing you is highly thought of in this area and really in the whole northwest.

Sincerely,
Eleanor Quackenbush
Salem, OR

Dear RACQUETBALL TODAY,
If we have to take any profound words of advise let's take it from Tom Grobmisi.

Sincerely,
Marc Godfrey
Wadena, MN

Dear Editor,
Enclosed is my subscription. I think it's great including an association membership with your subscription. Of the \$8 enclosed, how much actually goes to the state? Also, what kind of balls will I get for the coupon you're going to send me?

Dave Rosen

Dear Dave,
You took out a 6 month subscription for \$8.00. We sent you a coupon redeemable for \$8 worth of racquetballs. Those will be either Ram or Vittert balls, depending on the club you go to for redemption. As for the association, \$2 applies to your membership of which \$1 goes to Racquetball Today Promotions, Inc. in return for the space and services we provide the association, and the other \$1 goes directly to the association, which has signed a contract agreeing to use the money totally for the advancement and promotion of the sport. We are able to offer this terrific deal for a limited time only (thru July) thanks to the cooperation of Ram, Vittert, and participating club owners around the country who are willing to cooperate in order to help us and the amateur associations.

Dear Mr. Simborg,
The racquetball playing Marines at Quantico, Virginia have enjoyed receiving the complementary issues of RACQUETBALL TODAY. However since we are a non-appropriate activity on base it is not within our budget to pay for a bulk subscription. As we have forty active members is there anyway that we could continue to receive the complementary issues? I think that fifteen issues per month would be adequate as the copies could be passed on among members. You have a fine publication keep up the good work. Thank you for your cooperation in this matter. If you mail the issues to me at the below address I will insure proper distribution.

Sincerely yours,
Raymond F. SMART
Major USMC
President
Quantico Racquetball Club
115 Kelsey Road
Stafford, Virginia 22554

Dear Ray,
Thanks for the kind words. We will continue to send you the 25 papers — compliments of RACQUETBALL TODAY. Send us some news about your players — our readers would love to hear about racquetball in the armed forces.

Phil Simborg

Dear RACQUETBALL TODAY,
Enclosed is my puzzle, which was fun! Just like your whole paper is fun. Did you know that there are three possible answers? The obvious one is "ball". Then there's Z-ball. The last possible answers is "ZZZZZZ" which is what I usually do in the tie-breaker...sleep! I love the paper. Keep it up.

Marilyn Kamins



My Point from the editor

An open letter to the back-up artist

To the player who serves the ball and backs his back-side into my set-up shot; To those of you who plant your feet in center court and glue your eyes to the front wall; To the statues who remain posed to admire their own shots and fail to move so that I can take mine:

Quite frankly, you make a better door than a window. I can't see through you. I'm tired of running around you. And mostly, I'd rather roll the ball out than slam it into your rear end. *So move it!*

I have some advice for you that might improve your game. *And mine. And OURS.*

Next time you walk on the court, take a good, hard look at the front wall. Now look away and look again. Is it still there? You bet it is! That twenty-by-twenty-foot square NEVER MOVES whether you look at it or not. Barring earthquakes, that wall will be **right there**, every time you hit the ball. Your friends should be so reliable! But unlike your friends, will the front wall ever tell you...if your opponent is hitting a pass to your forehand or a pinch to the left corner? No. Will that wall tell you to expect a killshot or a ceiling ball? *No. That wall isn't about to tell you ANYTHING, no matter how much you watch it. SO WHY WATCH IT?* Why not — watch me! I'm not behind you doing a soft shoe. I may not announce my intentions like a pool player, but my actions should certainly tell you more than the front wall. You can move up sooner if I'm shooting low. You can stay back if I'm putting the ball up. You might even be able to determine which direction the ball is going BEFORE it passes you. **AND**, like a good sport, you can give me a clear view and get out of my way! For your sake *and mine*, watch me.

When you're not watching me, you can direct your attention to the ball. In the first place, as a target, it's small. Secondly, it's moving. To hit it, you have to be looking at it. The front wall is a target the size of which roughly approximates the broad side of the barn. You can hit THAT without looking, can't you? **THE BALL** is another story. For your sake, watch the ball.

I'll tell you what. Next time we play, I'll keep my eyes on the ball and you, and you can watch the ball and me. We'll ignore the front wall.

After all, that wall never says a word to me anyway.

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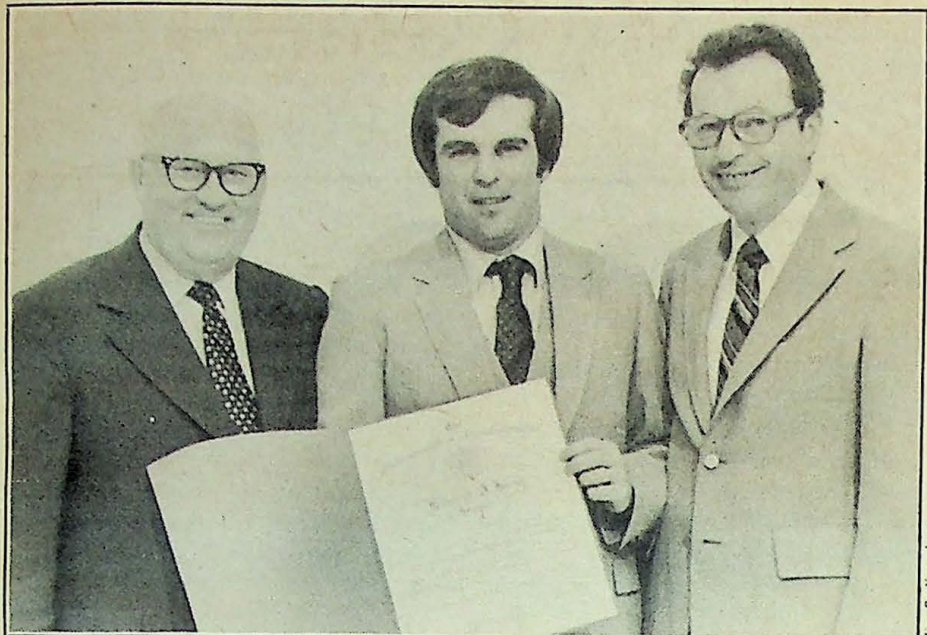
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News Briefs



Congratulations to Paul Henrickson (pictured center) who received commendation from Massachusetts' Governor Edward King during Massachusetts National Racquetball Week, for his efforts in promoting the sport of racquetball. Presenting the award is Walter Eichelberger, (pictured left) Vice President of Seamco, Inc., and Marvin Konowitz (pictured right), National Accounts Manager of Seamco.

RACQUETBALL MAGAZINE SOLD

RACQUETBALL, the official magazine of the AARA, has been sold by Towery Publishing Company, Inc., of Memphis TN, to National Reporter Publications of Tulsa, OK. "We are looking for increased circulation," Executive Director Luke St. Onge informs **RACQUETBALL TODAY**, "and Gerald Pope, President of National Reporter Publications, is a direct-sales publisher." St. Onge also informs us that the AARA will soon offer three membership options: a regular membership; a membership which includes a subscription to the magazine; and a magazine-only option. The editorial content of the magazine will remain under the direction of the AARA.

COMMUNIST PLOT DENIED

Leading racquetball dignitaries and spokesmen confirmed unanimously that reports of a communist plot to take over organized racquetball "are either totally false or greatly exaggerated." In fact, leaders of 4 associations and 6 equipment manufacturing companies issued the above identical statement almost simultaneously. Two manufacturers also announced their phasing out of the red racquetball.

LEADERSHIP MEETING CALLED

Leaders of major racquetball associations, club groups, and equipment manufacturers will be meeting to discuss leadership trends and the future of the sport next month. The meeting, by invitation only, will take place on Monday, June 16th, 9:30 a.m. at the Holiday Inn, Kiev.



Rick Johnson, Ektelon's new Eastern Regional Sales Manager.

Puzzle winners

Congratulations to our April puzzle winners! The correct answer was "Z-BALL".

Kevin Almeida, Sacto, CA; Joanie Carrington, Miama, FL; J. Lawler, Palos Heights, IL; Mike Silverman, Framingham, MA; Hike Sohikian, Dearborn, MI; Pam Tucker, Springfield, MO; Rich Saffo, Jr., Woodsville, NH; John Dudley Sears, Brigantine, NJ; Patricia Kennedy, Warren, OH; Ray Bonoan, Tulsa, OK.

Publishers comments

Join the revolution!

This article expresses the opinions of the publishers of **RACQUETBALL TODAY**.

Independent amateur racquetball associations in virtually every state are proving:

1. Members need not pay \$12 or \$15 a year to be channeled through a national "association" then into the hands of a privately-owned publication or company in order to belong to a legitimate state association;

2. By not collecting the fees for the national association, a state group can charge very low membership fees (\$2 to \$5), and appeal to a significantly larger range of players, develop considerably more funds to be used to benefit the sport locally, and get a lot more people (than just the tournament player) involved in helping;

3. They do not need a national organization to get balls, rule books, sponsorship fees, and other aids from sponsors and equipment manufacturers. And, by having a completely "open" ball policy, the associations are free to negotiate openly with all companies WITHOUT losing the help and support from those companies that were previously "protected" by exclusive policies;

4. There is no need to have an "outside source" dictating rules, policy and programs; those decisions can and should be left to the players within the state;

5. By putting aside old rivalries based on national affiliation, many fine people within each state that used to work *against* each other have now pooled their resources and talent. They no longer duplicate each other's efforts on two sets of state championships, seeding committees, mailing lists, juniors programs, etc., and no longer compete with each other for the support of the club owners, sponsors and players;

6. They have increased their ability to get the support and cooperation of the club owners, as the local businessmen now see an organization that exists to serve and promote the sport in their area...not to serve the interests of a national tournament-oriented organization and their affiliated privately-owned publications and companies;

7. By being independent, state associations are free to enter into agreements with publications (such as this), promotional organizations, sponsors and product companies that will help the associations get members and funds. And in making these agreements, in no way do they give up any "control" over their members or programs.

But there are still some people out there on both the national and local scene fighting the old battles. These are good people, and important to the sport, but they are "misdirected" by old loyalties and resentments that are clearly counterproductive at this time. The national associations served a valuable function in the development of the sport, and the many fine contributions made by people like Bob Kendler and Luke St. Onge will be appreciated and remembered as long as there are people hitting that ball against the wall. But times, and people change, and the needs of the sport require democracy, autonomy, freedom and unity on the state and local levels. The major programs of the national associations, regional and national tournaments, have already been surpassed by privately-run events (such as the Ektelon/Perrier) and can easily be replaced; and these tournaments are of little impact and importance to the total growth and promotion of the entire sport. The regional and national coordination of rules, policy and programs becomes inapplicable and diluted by the time it reaches the individuals in each area; and regional and national coordination is already being accomplished as well or better outside of the national associations.

We urge all of you to JOIN THE REVOLUTION! Get active in your state's independent association, and put aside useless and counterproductive rivalries and affiliations with national groups. It's really working RIGHT NOW in most of the states and most of the major associations. For information on who to contact in your area, call or write **RACQUETBALL TODAY**.

Adams beats McKay!

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There were several upsets in the earlier rounds of the tournament. Up-and-coming Caryn McKinney, of Atlanta, GA, upset Bonnie Stoll in the first round, and then beat Terry Gilreath before losing, 3-1, 3-0 to Harding in the quarter-finals. Gilreath, another newcomer to the tour, upset fellow California Laura Martino 2-3, 3-0, 2-1 in the first round.

Gilreath also won the Open division, edging out Linda Forcade, of Winnipeg, Canada, 9-15, 15-10, 15-14. This was Terry's second WPRA Open win in a row.

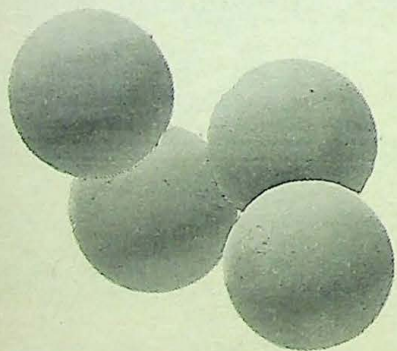
Dave Peck: "I was lucky."

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at 7. Peck forged ahead 9-7, only to be matched again at 9-all. Yellen scored his 10th point first, serving twice at 10-9 to a persistent Peck, without scoring the win. Then at 10-all, the serve exchanged hands six times. Peck, losing patience, answered Yellen's garbage serve with a do-or-die roll-out to regain the serve for what would be the final time. Dave scored number 11 in a diving effort for a Yellen pinch shot. "I just wanted to get it to the wall," explained Dave, "so I dove for it, and it rolled out. I was lucky."

His opponents will be quick to agree: luck isn't what makes Dave Peck a winner.

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See Special Offer
on Page 21

Tom Bonanne and the New Jersey Juniors

Junior Forum



By Betsy Koza

Ed Note: RACQUETBALL TODAY is proud to welcome an accomplished junior player, Betsy Koza, as a regular columnist. Betsy, sponsored by Omega and Nike, graduated cum laude from Lake Forest high school in Illinois after her junior year and now plays in the Pro and Open divisions in tournaments around the country. At seventeen, Betsy has come up against (and still does) many of the problems young people face when trying to play racquetball. Junior players are encouraged to send their questions and comments to Betsy in care of RACQUETBALL TODAY.

Stop in any racquetball club, and ask a few of the adults what state they would most like to live in. The majority will probably respond Arizona, California, or some other such sunny place. Put this very same question to the kids at the club, though, and you're likely to receive an answer of "New Jersey." New Jersey!?! But why would a kid want to move to New Jersey?

Junior racquetball, that's why! Tom Bonanne and the New Jersey Racquetball Association (NJRA), with the help of Seamco, have put together one of the most comprehensive junior racquetball programs in the country. "It's still in the prenatal stage," says Bonanne, head of the NJRA and mastermind of the program, "but so far, it's going great."

Inter-club traveling leagues and a series of junior-only tournaments throughout the state offer racquetball to juniors of all ages and skill levels. Tournament as well as non-tournament-playing juniors have a chance to participate in New Jersey's program.

Bonanne has divided the state into five regions, each with its own regional director. Each director is in charge of

contacting clubs and setting up the traveling leagues in that region. With the help of the directors, teams of six to eight juniors are established. Every Saturday for 13 weeks, the team will travel to another club for matches.

The teams are co-ed, and the kids are grouped by age and ability. Teams must have a player in the 10 & under, 12 & under, 15 & under, and 17 & under divisions. There are "A" and "B" levels of play in all divisions. If a club has more than eight kids participating, two or more independently functioning teams are established.

Bonanne stresses the participation aspect of the league: "We want to get as many kids onto the court having fun and learning the game as we can." The cost of the league is extremely low: \$5.00 per junior for the entire 13 weeks. Seamco donates the balls for the program, and provides a shirt for each player. The clubs provide courts, racquets, and instruction for the kids. "The NJRA has organized the program," says Bonanne, "and Seamco gives us the balls, but it's up to the individual clubs to get the kids out, provide instruction, and arrange for transportation."

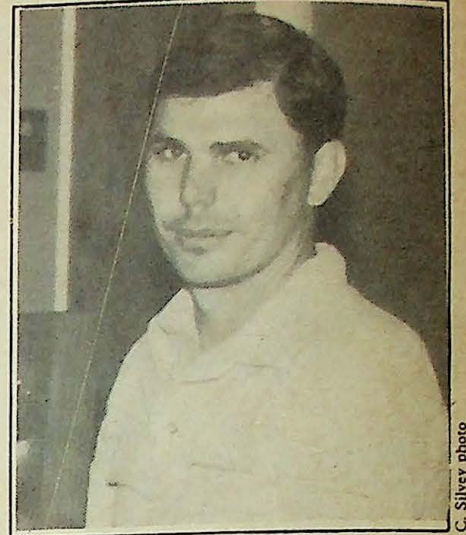
For the most part, clubs that play are within a half hour of each other. "We want to give the kids the feeling that they're really going somewhere, but we don't want to make travel a problem," stresses Bonanne. Parents get together a carpool to matches (sometimes a sponsor is found and donates use of a van).

At the end of each 13 week session (the program is continuous, with four sessions each year), the clubs usually have a party or banquet for the juniors and their parents. Some clubs hand out trophies and ribbon awards.

Another first for junior racquetball coming out of New Jersey is the formation of the Seamco/NJRA Junior Grand Prix. The Grand Prix consists of four statewide tournaments at various locations throughout New Jersey, and a state championship event. The tournaments, with the exception of the state championships, are open to juniors of any state.

As with the junior league, Seamco and the NJRA went to make sure the juniors can find their niche in the tournaments. There are a total of 17 divisions in each junior-only tournament: boys' 17 & under, 15 & under, 13 & under, and 10 & under, each with an "A", "B", and "beginner" class; and girls' 17 & under and 14 & under, with "A" and "B" classes. Each tournament also has a single "Junior Open" division with scholarship awards. First place receives a \$200.00 scholarship, with second and third receiving scholarships of \$100.00 and \$50.00, respectively. Of course, trophies are given out to first, second, third, and first place consolation in the other divisions.

The NJRA has also established a ranking system for the juniors. "Official" rankings are taken from NJRA-sanctioned tourneys "unofficial" rankings include non-NJRA as well as NJRA tournament results.



Tom Bonanne

Although the New Jersey racquetball program is not yet perfect, it is one of the most comprehensive junior programs in the country. "We're starting from zero," says Bonanne, "and we're making it. We're getting a lot of kids involved in racquetball, and they love it."

RACQUETBALL TODAY is working closely with the NJRA to see that the results (and pictures) are printed. Once these kids start seeing their names and pictures in a national publication on a regular basis, it will help encourage them (and others) to become more involved in competing.

Southeastern Junior Team Racquetball League

by Caryn McKinney

In September of 1980 there were not enough Juniors entered in the Alabama USRA State Championships to provide competition. Now, less than six months later, more than 150 junior players make up the Southeastern Junior Team Racquetball League.

Charlie Gries, an interested parent, has been primarily responsible for the Southeastern League concept and finding help from other concerned racquetballers. After the 1980 State Championships Gries set out to make sure juniors would be able to compete with other juniors in future tournaments. He soon realized it would take organization, communication, and hard work to make racquetball an attractive alternative to other sports for juniors.

Working out of the Montgomery, Alabama Athletic Club, Gries has recruited the club's staff and other members to act as instructors and coaches for the kids. The initial search for League members attracted nearly 70 juniors in the Montgomery area alone. The good word spread and now over 150 juniors are participating from three nearby cities: Birmingham, AL, Dothan, AL, and Columbus, GA.

The League offers the kids competition on a regular basis, out-of-town travel, and team comradery. For example, teams from each city travel for dual meet competition on a pre-arranged match schedule. In addition, April 24th through 26th will exhibit a League tournament with over 100 entrants — FOR JUNIORS ONLY!

The competitive levels are divided into boys and girls for the following age groups: 10 and Under, 11-12, 13-14, and 15-17. Dual meet matches are played on a round robin basis within each age group. For tournament play, however, each team is set up according to ability levels within the age groups. The #1 player in each age group competes against the other teams' #1 players, the #2 position players compete against the other #2 players, etc.

The Southeastern Junior Team League is indicative of many junior programs growing throughout the country. Future plans for this league include expansion into the following cities: Mobile, AL, Fort Walton Beach, FL, Panama City, FL, and Pensacola, FL, all of which have expressed enthusiastic interest. With such rapid increase in participation by juniors, the future for racquetball can only be bright.

My son plays hockey... and I don't like it

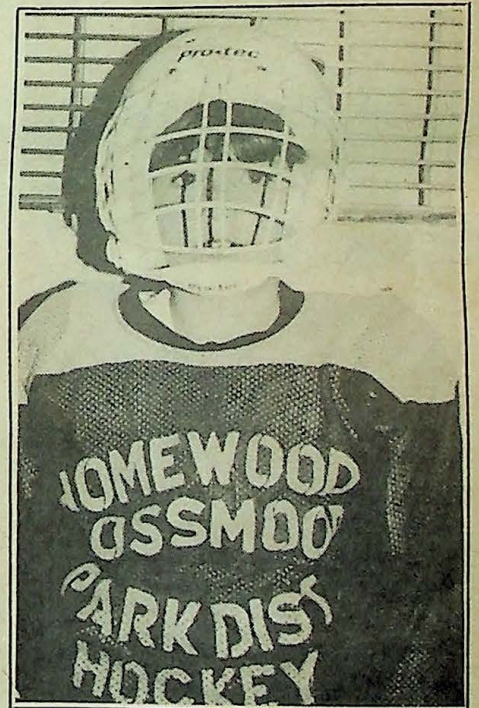
by Phil Simborg

I don't have anything against hockey — it's a great sport. In the summer, my nine-year old plays soccer...another great sport. Most of his friends play baseball. My son, Mike, is a great athlete and a great kid. He loves to swim. He is one of the better Frisbee players I have ever seen. He rollerskates everywhere, and he shoots baskets with the kids next door. Mike loves all sports, and participates in just about every sport you can imagine, EXCEPT RACQUETBALL!

Mike's father, yours truly, plays racquetball four or five times a week, and spends the rest of the time talking about, writing about, and promoting the sport. Within twenty minutes of our home, in the south suburbs of Chicago, we can get to sixteen racquetball facilities.

Not one of them has a reasonable program, group lesson, or league for my son. Not one of them offers a decent program at a time my son can possibly get there. I'm willing to join *any* club, pay *any* price, and get my son there anytime. Sure, if you call them five times, you'll eventually reach someone on the phone who may know whether or not they even have a program, and they'll be happy to put Mike on a waiting list and call us back once they get twelve kids signed up. And they never call back.

Sure, they'll also be happy to give him private lessons. The last "pro" taught him always to stare straight ahead at the front wall, so that he wouldn't have to worry about being hit in the face. Then the pro spent fifteen minutes lecturing on the rules, and on safety. What a great



way to teach a kid how **not** to play and enjoy the sport!

But my son can hit the ball reasonably well, and knows enough of the rules to play the game. He just wants to play with, and *be with*, other kids his own age. He wants to play, because it's fun! But sixteen clubs, within twenty minutes of my home, have nothing to offer Mike. And it was like pulling teeth for me to even find that out! And they wonder why their courts aren't full! So Mike plays hockey. And soccer. And basketball. And now my six-year old, Dan, who also is a super little athlete, tells me he wants to be a goalie when he grows up!

The Nationals:

Predictions

by Alan Shetzer

There will be no big surprises in the National's this year. Hogan will win the men's and Wright will win the women's.

Taking the men's first; here are my ratings:

2-1 Hogan. By far the best player. Has regained his form and shouldn't be beaten unless he beats himself.

4-1 Yellen and Peck. Depending upon their concentration and Peck's seeding, both will make the semi's and one the finals.

5-1 Hilecher. Had an outstanding year and is an outside threat. His booming serve and good concentration will keep him in here.

8-1 Thomas. Has regained his form, lost some weight and is playing tough.

10-1 Egerman, Hawkins, Meyers, Wagner. Egerman and Hawkins are the most improved players this year and can provide the big upset. Wagner's game is coming back and if he is mentally "up", will be hard to beat. Meyers has the

physical ability, but lacks the temperament of a winner.

Womens:

2-1 Wright. Better than the rest, but not as dominant as Hogan. I picked her last year, and she was upset by McKay. This won't happen this year. Shannon's game is on, and she is mentally ready.

4-1 McKay. Always tough and one of the best competitors around. Will never lose because she is not ready. Lost to Adams recently, and her only deficit may be her age.

6-1 Adams and Greer. Give Adams the edge, but only slightly. She has a big win over McKay and is vastly improved. Marci still is capable of winning and cannot be taken lightly.

20-1 The rest of the group all play at about the same level. Since this game is mainly mental, whoever is best prepared will make the quarters.

If you are able to attend any of these events, you won't be wasting your money.

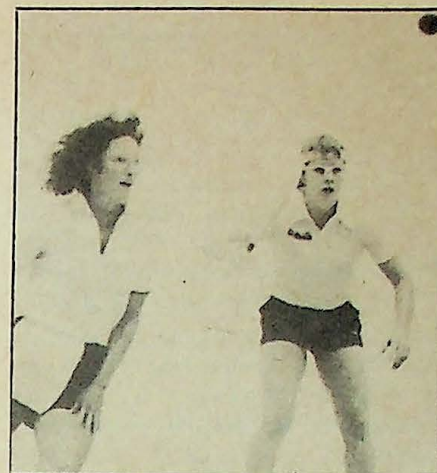


Hogan (l.) and Yellen

S. Cumming photo



Peck (l.) and Hilecher



Greer (l.) and Wright



Adams (l.) and McKay

R. Mallo photo

AARA Junior Nationals

Youth at its best

by Tina Heath

Ed Note: An Illinois open player, Tina was a semi-finalist in the 15 & under.

The AARA Junior Nationals were held at the Supreme Court East in Wichita, Kansas, in April. The head organizers, Luke St. Onge, Ed Martin, and Dewane Grimes did an excellent job with placing kids who needed housing, with setting up tons of food for us to eat, and just in general running a great tournament. Each entrant in the tournament received a t-shirt, a pair of eye guards and an organizing calendar. In all there were some 200 entrants, each determined to win. There were some surprising winners: Jack Newman in the Boy's 17 and Under, who defeated Bob Kinney 21-7, 21-5; Lance LeCour came out of the blue to take the 15 and Under, defeating Mark Menshaw 21-9, 20-21, 15-21; another upset was in the Girl's 13 and Under: Elaine Maldas d. Lisa Mark.

The tournament had divisions for girls and boys 17 & under, 15 & under, 13 & under and 10 & under. A special new division was 8 & under, No Bounce. For the No Bounce division, serving was as usual, but during the rally the ball could bounce as many times as you wanted as long as you didn't swing and miss or let it bounce all the way to the

front wall. I had a chance to watch some of the matches, and I was surprised at the ability of the younger children. The racquet was twice the size of most their heads, and each match took about two hours to play!

On Wednesday night, there was a banquet where along with eating we discussed what was in store for us in upcoming years. For instance, next year's tournament will be held in the summer during June. Also, there will no longer be 21 point games. All games will be to 15 points.

The age grouping will be changed also; the age brackets will be either 17, 15, 13, 11 & 9 and under or 18, 16, 14, 12 & 10 and under; in any case, they will be two years apart.

The highlight of the evening was the "Fox" and "Hunk" of the year award. All week during the tournament the boys voted for the "Fox" and the girls voted for the "Hunk". The winners were Loretta Peterson & Matt Ruzich. A magic show topped off the evening.

All in all, it was a good tournament. The Juniors look forward to meeting again next year for the fun and the competition. Results are as follows:

AARA JUNIOR NATIONAL RESULTS

BOYS 17 & UNDER

Finals: Jack Newman (IL) d. Bob Kinney (WI), 21-7, 21-5.

Semi's: Bob Kinney (WI) d. Todd Swanson (CA), 21-19, 21-13; Jack Newman (IL) d. Billy Gamble (CA), 21-9, 9-21, 15-9.

BOYS 15 & UNDER

Finals: Lance LeCour (LA) d. Mark Henshaw (ID), 21-9, 20-21, 15-12.

Semi's: Lance LeCour (LA) d. Andy Roberts (TN), 21-20, 21-6; Mark Henshaw (ID) d. Ray Navero (TX), 6-21, 21-17, 15-14.

BOYS 13 & UNDER

Finals: Luis Miranda (TX) d. Dave Simonette (MD).

Semi's: Dave Simonette (MD) d. Alan Dogan (MD), 21-7, 21-10; Luis Miranda (TX) d. Mark Heckman, 21-13, 21-6.

BOYS 10 & UNDER

Finals: John Gillyoly (MA) d. Jason York (IN), 21-7, 21-19.

Semi's: John Gillyoly (MA) d. Michael Locker (MN), 21-15, 17-21, 15-1; Jason York (IN) d. Nolan Glantz, 21-19, 21-15.

GIRL'S 17 & UNDER

Finals: Mona Mook (CA) d. Tammy Hajjar (PA), 14-21, 21-5, 15-7.

Semi's: Mona Mook (CA) d. Lynda Ganske (CA), 21-4, 21-4; Tammy Hajjar (PA) d. Cheryl Mathieu (MS), 21-8, 21-7.

GIRL'S 15 & UNDER

Finals: Lynn Wojcik (AZ) d. Donna Allen (Canada), 21-0, 21-0.

Semi's: Lynn Wojcik (AZ) d. Loretta Peterson (UT), 21-20, 20-21, 15-2; Donna Allen (Canada) d. Tina Heath (IL), 21-14, 21-11.

GIRL'S 13 & UNDER

Finals: Elaine Maldas (OH) d. Lisa Mark (CA), 21-9, 21-3.

Semi's: Elaine Maldas (OH) d. Lisa Anthony (CA), 14-21, 21-7, 15-2; Lisa Mark (CA) d. Deliniy Comer (CA), 21-15, 21-5.

GIRL'S 10 & UNDER

Finals: Heather Adler (CT) d. Rodie Martin (CA), 21-7, 21-5.

Semi's: Heather Adler (CT) d. Stacey Sattler (CA), 21-7, 21-3; Rodie Martin (CA) d. Alma Fuentes (TX), 21-7, 19-21, 15-9.

NO BOUNCE

Locker (MI) d. Beemiller (KS), 11-1, 11-0.



Tina Heath

B. Precht photo



Jack Newman
Boys 17 & Under winner

D.G. photo

Shetzer!

by Alan Shetzer

It's time again for the Nationals, Pro and Amateur, men and women, USRA, AARA and WPRA. I always look forward to the Nationals, but have felt sorry for the way in which the amateur players have been ignored and treated over the years.

We thought this year would be different with the USRA boldly announcing that they would hold separate tournaments for their amateur and pro events. My sources tell me that they all but signed a contract to hold the Amateur Championships here in Chicago (probably the best place in the country to hold a National Championship).

They apparently started to waver on this decision several months ago, though the reason for this remains unknown. Anyway, it is now called the "Leach" Nationals (it used to be the USRA Nationals), and it will be in Tempe in conjunction with the Leach Pro events.

Meanwhile, the AARA will hold their Nationals this month in Boise, Idaho. This tournament will be a true amateur-only championship, but will suffer in the quantity and quality of play because the tournament site is not the most accessible to the bulk of the good amateur players. One added feature, the mens open winner will represent the U.S.A. at the World Games this summer.

The WPRA will also hold their pro and amateur Nationals this month in Palatine, IL, at the Charlie Club, one of the best tournament facilities in the country. This women-only event has the potential of developing into one of the best national racquetball events in the future, but lack of promotion will hurt the size of the amateur draw. This is a shame, since more people can come to Chicago more economically from all



over the country; May is one of the best months, weather-wise, to be in Chicago; and no place has better tourist attractions.

The tournaments, themselves, should be highlighted by spectacular play in both the pro and amateur divisions. There are more quality players now in all events than ever before. You won't be disappointed attending any of these tournaments.

One added note: Hats off to the USRA for finally putting an entry package together that is designed for the player. After last year's fiasco in Las Vegas in which the players were treated like enemies, their current entry form for Tempe includes free admission to all pro events, hospitality, shirt and use of the club's facilities. For \$50, it is one of the best bargains going. They should have done this five years ago.

Forehand Drills

by Lynn Adams

Editor's Note: Lynn Adams, 23, is currently ranked No. 2 on the Women's Professional Racquetball Association tour. In three seasons, she won the Columbus Pro Stop in 1980, the AMF-Voit National singles and doubles championships, and recently, the Providence Pro Stop. One of the sport's best teachers, Lynn is currently a member of Ektelon's Advisory Staff.



Here it is, a month since the forehand article, and everyone has been hard at work on their new forehands. By now you've all got it down *perfect*, right? No?! Well, join the majority. It takes time, hard work and patience to learn anything new, so don't give up.

OK, you say, how do you go about changing bad habits and learning how to hit the ball correctly? Is there a system? Yes. It's called DRILLING, and it's the only way. You need to spend some time alone on the court, and you don't want to jump ahead too fast, too soon.

Drilling Without the ball

You need some masking tape, and if available, a partner to help.

First, take a piece of tape and put it on the court floor, far enough back so you can eventually hit the ball. The first piece of tape is where you place the toe of your back foot. *Don't move your foot from the tape.* If you refer back to last month's article you'll remember that your back toe pivots up, but doesn't come off the floor. Now take some good healthy swings. Notice where your front foot lands each time. Freeze after each stroke to look and adjust anything that's not right. (This is where a partner helps.) When your front foot consistently hits an area which allows you to bend properly, mark it with a second piece of tape. Now you have something constant to look at, and step on. Use the tape until your stroke feels natural.

Drilling with the ball

Now all you do is add the ball to the previous drill. Don't change your tape or your swing just because you add the ball. People tend to change all of a sudden when the ball is added. Drop the ball out in front so when you take your step, you're hitting the ball off your *front* foot.

Start out hitting the ball at knee height and gradually work down lower. Your goal is to hit the ball *parallel*. It should go straight in and straight back to you.

Movement Drills

There are three basic ways the ball can approach you: toward you from the frontwall, coming out off the backwall, and into your body from the sidewall.

First, toss the ball off the sidewall. This will make you move back and away from the ball. You need to be *behind* the ball so you have enough room to step into the ball. Your motion should be the same as if you were to drop and hit.

Your next drill is to hit the ball off the frontwall. As the ball is coming toward you, take several steps backward so you can slide into the ball. Don't let the ball get in too close to your body. Keep your swing out and free.

I won't go into hitting off the backwall — that will be the subject of my next article.

Creative Drilling

Drills can be extra fun and competitive if you choose to make them so.

You can put anything (a can or bag, for instance) at the frontwall and try to hit it. You can have contests to see who can hit it best out of 10.

You can make squares on the wall with tape and try to keep your balls inside the squares. Try calling your shots to see how much control you have. For instance, as the ball is coming off the frontwall, say kill or pass and try to hit what you called. The list can go on and on. These drills are extremely helpful as long as you keep your form correct.

Drilling can be fun and creative and the improvements are exciting. Hang in there and you'll be rewarded.

Feet First

Ask a podiatrist



by Louis Sorto

RACQUETBALL TODAY will feature monthly articles on foot care provided by the Community Health Information Council, a not-for-profit organization of consumers, health professionals and media professionals cooperating in the development and dissemination of health related information at the community level. Readers are invited to submit questions to be answered by Dr. Louis A. Sorto Jr., 420 Lee Street, Des Plaines, IL 60016.

Q. Several years ago I severely sprained my right ankle while playing racquetball. X-rays taken at my local hospital revealed no fracture. I was given an Ace-wrap, instructed to use ice for the first twenty-four hours, and then told me that it would be alright in a couple of weeks. Well its never been the same since that time and I am forever re-injuring it. Can you shed any light on what possibility might have created my problem?

A. One of the most mistreated and under-treated injuries seen in the Sports Medicine practice is the acute lateral (outside) ankle sprain. The injury is usually caused by forcibly twisting the foot inward under the ankle joint. This position creates undue tension upon the three, inherently weak, ligaments that are responsible for supporting the outside of the ankle. When enough force is

exerted, one or more of these ligaments may rupture (tear).

One should suspect a torn ligament whenever an ankle sprain is accompanied by marked swelling, bruising and pain. It is this group of injuries, the ruptured lateral ankle ligaments, which are most often mistreated.

The proper treatment regime for a torn ankle ligament should include an initial course of ice (not for twenty-four hours, but until the swelling subsides), elevation of the limb, a mild compression bandage and crutches for the first three to five days. Once the swelling is under control a below-the-knee walking cast should be used for three to six weeks, depending on the severity of the injury. If a cast is not used, the ligaments may fail to heal properly and result in chronic re-injury. This, I believe, is what you are presently suffering from.

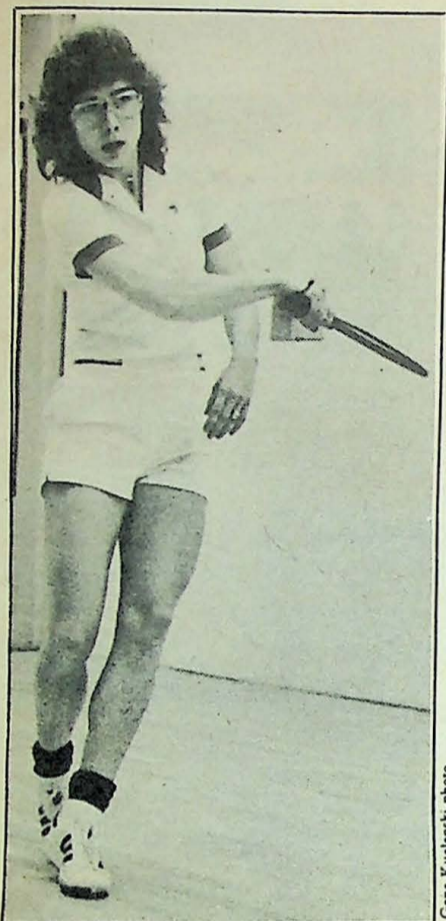
Treatment for the chronically unstable ankle should include strengthening exercises for the outside leg muscles (Peroneals), athletic shoes with out-flared heels (as seen in running shoes) and some type of elastic ankle brace (those with re-inforced elastic straps are preferred). In rare instances, when all conservative therapy has failed, surgical repair may be indicated.

You've been playing too much

by Tom Grobmisi

- You know you've been playing too much racquetball when...
- ...you accidently bump into someone and say "hinder";
- ...your children ask for the club nursery attendant when they get hurt;
- ...your club bill is more than your rent;
- ...your lover asks you if you want to play around and you say "O.K., I'll get my racquet";
- ...you think you went into the sauna by mistake, but it's only August;
- ...you can't find anything but white socks in your drawer;
- ...you can't remember the last time you took a shower or bath at home.

EAST TOURNAMENT RESULTS



Gene Kuelenski photo

N.J.R.A. Grand Prix Racquetball 23 and Spa Pompton Plains, NJ April 3-5, 1981

PRO MEN'S
Ruben Gonzalez d. Rick Englander, 15-9, 15-5.
PRO WOMEN'S
Melanie Taylor d. Lea Marchini, 15-9, 15-11.
MEN'S A SINGLES
Jon Sweetwood d. Corcillo, 15-3, 15-7.
MEN'S B SINGLES
Bruce Hamlin d. Paul DeLuca, 15-9, 15-13.
MEN'S C SINGLES
Jack Cortese d. Tom Byrne, 15-6, 15-8.
NOVICE
Buzz Adamski d. Jim Travers, 15-0, 15-0.
SENIORS (35+)
Bernie Kohout d. Tom LaSala, 15-12, 15-10.
GOLDEN MASTERS (55+)
Mike Bykowsky d. Larry Hurrell, 15-0, 15-0.
VETERANS OPEN (30+)
Nick Ella d. Russ Mannino, 15-4, 15-6.
JUNIORS (15-)
Larry Marshall d. Cary Appel, 15-10, 15-9.
WOMEN'S B SINGLES
Robin Cunningham d. Janet Reuther, 15-7, 13-15.
WOMEN'S C SINGLES
Pam Regan d. Liz Nickolychik, 15-9, 15-11.
NOVICE
Leslie Loprete d. Fran Bagoon, 15-13, 15-10.
WOMEN'S VETERAN OPEN (30+)
Liz Williams d. Karen Strandskov, 15-14, 15-8.
WOMEN'S DOUBLES
Linda Nastasi d. Pam Palumbo, 15-13, 7-15, 11-3.
MIXED DOUBLES OPEN
Russ Mannino/ Jennie Aramanda d. Rick Englander/Sue Englander, 15-11, 15-13.
MEN'S DOUBLES OPEN
Gonzalez/Valinoti d. Bloxom/Levine, 15-14, 15-14.
MEN'S B DOUBLES
Pat Clarke/Pete Pruscha d. Tony Latronica/Larry Kahn, 15-13, 15-11.

Melanie Taylor d. Lea Marchini at the NJRA Grand Prix.

New Hampshire State Championships Laconia Racquetball Club Laconia, NH March 27-29

MEN'S A (OPEN)
1st: Phil Belanger.
2nd: Dale Bennett.
3rd: George Rogers Jr.
4th: Dick Barden.
Consol: Dennis Ordway.
MEN'S B
1st: John Varrill.
2nd: Jim Hyman.
3rd: Jack Ely.
4th: Chuck Cressey.
Consol: Paul Tardif.
MEN'S C
1st: Gordon West.
2nd: Joe Parker.
3rd: Gerry Magalnick.
4th: John McCarthy.
Consol: Larry Lavoie.
MEN'S NOVICE
1st: Paul Krause.
2nd: Andrew Karwocki.
3rd: Robert Ely.
4th: Jim Forkell.
Consol: John Cummins.
WOMEN'S SENIORS (35#)
1st: Roger Crim.
2nd: Bob Tescheck.
3rd: Lance Bloom.
4th: Don Maxwell.
Consol: Tom O'Dwyer.
JUNIORS (15 and under)
1st: Dick Saffo.
2nd: John Saffo.
3rd: Troy Bloom.
4th: Joe Knowles.
Consol: Cal Bloom.
WOMEN'S OPEN (A)
1st: Debbie Waldruff.
2nd: Gaye Rosenfeld.
3rd: Carol Glenkowski.
4th: Ginnie Baeder.
Consol: Julie Ryan.
WOMEN'S B
1st: Terry Tetrauet.
2nd: Wanda Buczynski.
3rd: Patti Sherry.
4th: Mary Baucher.
Consol: Rose Marie Sawyer.
WOMEN'S C
1st: Gina Furnal.
2nd: Jolene Ecker.
3rd: Janice McKim.
4th: Becky MacGreger.
Consol: Rose Marie Sawyer.
WOMEN'S NOVICE
1st: Leigh Clancy.
2nd: Susan Smith.
3rd: Sandi Poor.
4th: Steffanie Saffo.
Consol: Loretta Lakota.

1st Annual Shamrock Shootout Racquetball Tournament Manor Courts South Pittsburgh, Pennsylvania March 20, 21, and 22

MENS OPEN:
1st: Kelvin Vantrese.
2nd: Ken Goldberg.
Semifinalists: Jeff O'Malley; Rich Gambino.
MENS B:
1st: Brian Lucas.
2nd: John Navage.
Semifinalists: Gary Hasslschwert; Robert Steding.
MENS C:
1st: Dick Reck.
2nd: Glenn Jurena.
Semifinalists: Paul Majors; Jim Williams.
MENS NOVICE:
1st: Tom Inserra.
2nd: Carmen Caliguir.
Semifinalists: Mike Oare Bill Haines.
MENS SR. 30 - :
1st: Jack Emes.
2nd: Rich Zewe.
Semifinalists: Rip Miller; Dave O'Brien.
JUNIOR BOYS:
1st: Rick Armstrong.
2nd: Mark Daniher.
Semifinalists: Dan Krauth; Allen Moore.
WOMENS OPEN:
1st: Patti Gurson.
2nd: Jamie Skirboll.
Semifinalists: Samantha Brem; Karen Henry.
WOMENS B:
1st: Lynn Ross.
2nd: Caryn Soergel.
Semifinalists: Samantha Brem; Janet DeCostro.
WOMENS C:
1st: Shelle Pentes.
2nd: Ginny Bukovitz.
Semifinalists: Diane Nucci; Arleeta Ebert.
WOMENS NOVICE:
1st: Debby Brady.
2nd: Sharon Weber.
Semifinalists: Arlene Wojciechowski; Joanna Rada.
WOMENS SR. 30 - :
1st: Myrna Burns.
2nd: LaRue Jones.
Semifinalists: Linda Abruzere; Ruth Pushak.
JUNIOR GIRLS:
1st: Mary Span.
2nd: Daina Baumhammers.
Semifinalists: Karen Barkley; Ruanne Kane.
OPEN MIXED DOUBLES:
1st: Robert Steding and Jeanine Farrell.
2nd: Tim Grapes and Linda Montgomery.
Semifinalists: Rich Zewe and Patti Gurson; Rick Kushon and Eileen Turiak.
"B" MIXED DOUBLES:
1st: Tim Harcharik and Debbie O'Donnell.
2nd: Rick West and Linda Abruzere.
Semifinalists: Rick Armstrong and Shelle Pentes; Maria Vello and Ed Cook.

Irish Sweepstakes Open Fox Racquetball Club Northeast Trevose, PA, 19047 March 13, 14, 15

MEN'S OPEN
1st: Jim Young.
2nd: Rick Platas.
3rd: David Hottenstein.
4th: Barry McCutcheon.
MEN'S B
1st: Ed Holbert.
2nd: Barry Ashworth.
3rd: Chick Garey.
4th: Ron Wright.
MEN'S C
1st: Shelly Gross.
2nd: Scott Sywulak.
3rd: Howard Rein.
4th: Bill Greco.
MEN'S NOVICE
1st: Steve Rose.
2nd: Don Neill.
3rd: Andrew Williams.
4th: Frank Hofferica.
MEN'S SENIOR
1st: Ray Jean.
2nd: Ron Peeples.
3rd: Dario Mas.
4th: Jim Pruitt.
WOMEN'S OPEN
1st: Kim Vavolo.
2nd: Marcy Reuben.
3rd: Connie Grazier.
4th: Star Wischer.
WOMEN'S B
1st: DeDe Roth.
2nd: Lori Cummings.
3rd: Cindy Greenfeder.
4th: Nancy Hostenstein.
WOMEN'S C
1st: Darlette Jenkins.
2nd: Barbara Thomas.
3rd: Kim Pinola.
4th: Kathi Jennings.
WOMEN'S NOVICE
1st: Debbie Moyer.
2nd: Cheryl Colbert.
3rd: Jackie Rink.
4th: Micki Barraclough.

Union Trust/March of Dimes Racquetball Open Downtown Racquet Club New Haven, CN February 27-March 1, 1981

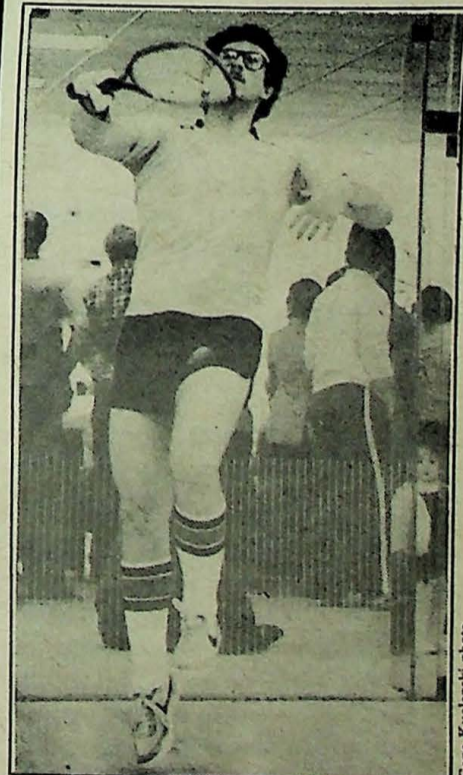
MEN'S OPEN
1st: Panarella.
2nd: Peterson.
Semi's: Mirek, McKinney.
MEN'S C
1st: Montalbano.
2nd: Gladstein.
Semi's: Luciballo, Kowalski.
MEN'S SENIORS
1st: Nocera.
2nd: Steffans.
Semi's: r-raas, Rupp.
WOMEN'S C
1st: Rimkus.
2nd: Van Leer.
Semi's: Tabone, rinn.
MEN'S B
1st: Eilenberg.
2nd: Gershaw.
Semi's: Marshall.
MEN'S NOVICE
1st: Jarvie.
2nd: Sweeney.
Semi's: Lamb, Lampo.
WOMEN'S OPEN
1st: Adler.
2nd: Hoffman.
Semi's: Ellis, VanKampen.
WOMEN'S NOVICE
1st: Knick.
2nd: Grenon.
Semi's: Burnette, McCabe.
MEN'S OPEN DOUBLES
1st: Steffens/r-raas.
2nd: Prentic/Verses.
Semi's: Rosenblatt/Pelletier, Nocera/Packer.
MEN'S B-C DOUBLES
1st: Montalbano/Degiacomo.
2nd: Becker/Thorn.
Semi's: Lucibello-Marshall, Ruzzo/Cavello.
WOMEN'S B-C DOUBLES
1st: Adler/Adler.
2nd: Garay/Marone.
Semi's: Hanger/Amiot, Gold/Collins.

The first Southeast Connecticut Open Norwich Racquet Club March 21, 1981

MEN'S OPEN
1st: Larry Skaff.
2nd: Deniz Ronseca.
3rd: Jack Kerivan.
MEN'S B
1st: Keith Gladstein.
2nd: Pierre Dziubina.
3rd: Bruce Dobois.
MEN'S C
1st: Pierre Dziubina.
2nd: Dan DeBartolo.
3rd: Pat Kelly.
Consol: Roy Kiggins.
WOMEN'S NOVICE
1st: Jackie Montinary.
2nd: Lisa Sicuranza.
3rd: Carol Packer.
Consol: Denise Davis.

Central Mass Racquetball Championships Court Club Worcester, MA March 27, 28, 29

MEN'S OPEN
1st: Dennis Aceto.
2nd: Tom Riley.
3rd: Mike Coleman.
4th: Al Pacheco.
Consol: Jim Marois.
MEN'S B
1st: Chris Ball.
2nd: John Jacobson.
3rd: Bob Catrone.
4th: John Faherty.
Consol: Harold Sachs.
MEN'S C
1st: Lou Malerba.
2nd: John Faherty.
3rd: David Scali.
4th: Charlie McKenna.
Consol: Barry Palmer.
MEN'S NOVICE
1st: Jack Larendeau.
2nd: Greg Poirier.
3rd: Mike Lamoureux.
4th: Phil Grebinar.
Consol: Bob Esper.
MEN'S SENIORS
1st: Jim Larais.
2nd: Paul Henrickson.
3rd: Rich Voto.
4th: Howie Coleman.
Consol: Mark Leiberman.
WOMEN'S OPEN
1st: Nan Higgins.
2nd: Jane Greene.
3rd: Dot Benoit.
4th: Cindy Jewett.
Consol: Judy Leerer.
WOMEN'S B
1st: Peg Bryant.
2nd: Barbara Migdelaney.
3rd: Nancy Dively.
4th: Laurie Riley.
WOMEN'S C
1st: Grace Low.
2nd: Sharon Scirpoli.
3rd: Mary Ann Laduke.
4th: Pat Marois.
Consol: Ellen Barry.
WOMEN'S NOVICE
1st: Kathy Fontana.
2nd: Jenny Arnold.
3rd: Donna Messier.
4th: Joyce Willard.
Consol: Sally Straub.



Gene Kuelenski photo

Larry Marshall d. Cary Appel at the NJRA Grand Prix.

EAST TOURNAMENT RESULTS



Elise Amendola photo

Martha Callahan d. Janet Simon at the MRA/AARA State Singles Championships.

**Ektelon-Perrier Tournament
Cambridge Racquet Club
Cambridge, MA
Feb. 27 - Mar. 1, 1981**

WOMEN'S OPEN

- 1st: E. Ehrlich
- 2nd: M. Callahan
- 3rd: J. Bryant
- 4th: J. Simon

WOMEN'S B

- 1st: D. Salmon
- 2nd: L. Austin
- 3rd: M. Kazazarian
- 4th: J. Lauder

WOMEN'S C

- 1st: K. Hartigan
- 2nd: C. Howard
- 3rd: J. Ramos
- 4th: S. Hendrickson

WOMEN'S NOVICE

- 1st: N. Lushan
- 2nd: G. Huffsmith
- 3rd: P. Guerriero
- 4th: P. Secondianni

MEN'S OPEN

- 1st: G. Vierre
- 2nd: M. McDonough
- 3rd: C. Horton
- 4th: M. Romano

MEN'S B

- 1st: D. Repucci
- 2nd: J. Palma
- 3rd: R. Argenbright
- 4th: M. Jollette

MEN'S C

- 1st: D. Betti
- 2nd: A. DoGron
- 3rd: C. Osgood
- 4th: J. Lavey

MEN'S NOVICE

- 1st: M. Minutelli
- 2nd: B. McDonald
- 3rd: B. Murphy
- 4th: T. Grondin

MEN'S SENIORS (35+)

- 1st: C. Garfinkle
- 2nd: F. Lesperence
- 3rd: W. Pierce
- 4th: C. Horton

MEN'S MASTERS (45+)

- 1st: S. Elman
- 2nd: R. MacDonald
- 3rd: D. Ryan
- 4th: G. Safiol

MEN'S OPEN DOUBLES

- 1st: M. Luciw/M. Romano
- 2nd: G. Vierre/G. Malloley
- 3rd: A. Manditch/B. Kabillian
- 4th: P. Fischer/T. Callahan

**MRA/AARA State Singles Championships
Brockton Racquetball Club
Brockton, MA
March 6-8, 1981**

MEN'S SENIORS

Finals: Mike Luciw d. Joe Indelicato, 15-7, 15-3.
Semi's: Mike Luciw d. Keith Morgan, 15-9, 15-5; Joe Indelicato d. Pat Brennan, 15-13, 15-11.
Third Place: Pat Brennan, 15-13, 15-10.

MEN'S SENIORS (35-39)

Finals: Fred Lesperence d. Leo Morrissey.
Semi's: Leo Morrissey d. Howard Peelle, 15-8, 10-15, 11-5; Fred Lesperence d. Warren Pierce, 15-13, 5-15, 11-1.
Third Place: Howard Peelle.

MEN'S SENIORS (40-44)

Finals: Jim Larala d. Jim Daley, 15-6, 15-11.
Semi's: Jim Larala d. Vin Riccardi, 15-12, 12-15, 11-9; Jim Daley d. Harry Burgess, 15-8, 15-12.
Third Place: Vin Riccardi.

MEN'S MASTERS (45-49)

Finals: Skip Elman d. Dick Ryan, 15-6, 15-1.
Semi's: Dick Ryan d. Howie Coleman, 15-11, 15-14; Skip Elman d. Art LaBrasseur, 15-5, 15-4.
Third Place: Howie Coleman.

MEN'S MASTERS (50-54)

Finals: Sam Garafalo d. John Lepore, 15-1, 7-15, 11-4.
Semi's: Sam Garafalo d. John Solio, 15-8, 15-3; John Lepore d. Dick Martin, 15-6, 15-6.
Third Place: Dick Martin.

MEN'S MASTERS (55-59)

1st: Russ Kelly
2nd: Bob Tarlin
3rd: George Weir
4th: Tony Berardi

BOYS 10 & UNDER

Finals: John Gillooly d. Kevin Daley
Semi's: John Gillooly d. Derek LaBorne, 15-9, 9-15, 11-0; Kevin Daley d. Mike Long, 15-5, 15-6.
Third Place: Derek LaBorne.

BOYS 13 & UNDER

Finals: Rich Long d. Rick LaBorne, 15-3, 15-3.
Semi's: Rick LaBorne d. Mike Daley, 14-15, 15-7, 11-9; Rich Long d. Evan Schumacher, 15-1, 15-1.
Third Place: Evan Schumacher, 5-15, 15-10, 11-10.

BOYS 15 & UNDER

Finals: Cliff Swain d. Jim Daley, 15-4, 15-0.
Semi's: Cliff Swain d. Barry Wadsworth, 15-5, 15-1; Jim Daley d. Phil Hyman, 15-3, 15-10.
Third Place: Barry Wadsworth, 15-5, 15-12.

BOYS 17 & UNDER

Finals: Ron Hyman d. Mike Coleman, 15-4, 12-15, 11-6.
Semi's: Ron Hyman d. Bob Lefebeure, 15-4, 6-15, 11-6; Mike Coleman d. Peter Hawksworth, 15-11, 15-10.
Third Place: Peter Hawksworth, 8-15, 15-11, 11-5.

WOMEN'S A

Finals: Martha Callahan d. Janet Simon, 15-10, 11-15, 11-6.
Semi's: Martha Callahan d. Sue White, 14-15, 15-14, 11-6; Janet Simon d. Cindy Callahan, 15-6, 15-0.
Third Place: Cindy Callahan.

WOMEN'S B

Finals: Lynn Austin d. Sally Marshall, 15-7, 15-5.
Semi's: Sharon Jaffe d. Lynn Austin, 15-4, 15-13; Sally Marshall d. Karen Baptista, 8-15, 15-9, 11-6.
Third Place: Sharon Jaffe.

WOMEN'S C

Finals: Torri Richards d. Doris Horridge, 15-3, 15-11.
Semi's: Torri Richards d. Tracy Daley, 15-11, 15-2; Doris Horridge d. Cheryl Pickering, 15-3, 15-8.
Third Place: Tracy Daley.

WOMEN'S NOVICE

Finals: Elizabeth Pallis d. Tracy Milton, 15-12, 15-12.
Semi's: Tracy Milton d. Gerry Brown, 15-9, 15-6; Elizabeth Pallis d. Janet Burke, 15-3, 15-6.
Third Place: Janet Burke.

WOMEN'S SENIORS (30)

Finals: Cindy Alba d. Beth Heroah, 15-5, 15-13.
Semi's: Cindy Alba d. Vicki Edelman, 14-15, 15-8, 11-3; Mimi Kelly d. Beth Heroah, 15-8, 15-9.
Third Place: Vicki Edelman.

MEN'S A

Finals: George Viera d. Mike Romano, 15-14, 15-3.
Semi's: Mike Romano d. Phil Fisher, 15-6, 15-6; George Viera d. Dennis Aceto, 15-0, 15-6.
Third Place: Dennis Aceto.

MEN'S B

Finals: Jim Marois d. Dan Schimmel, 15-11, 15-4.
Semi's: Jim Marois d. Peter Lash, 15-7, 9-15, 11-3; Frank Howard d. Dan Schimmel, 15-6, 15-6.
Third Place: Frank Howard.

MEN'S NOVICE

Finals: Chuck Ransom d. Erik Anderson, 15-9, 15-6.
Semi's: Marty Freeman d. Chuck Ransom, 15-8, 15-8; Erik Anderson d. Glen Tufts, 15-12, 15-8.
Third Place: Glen Tufts.

MEN'S C

Finals: Chris Ball d. Dan Zabbo, 15-9, 15-6.
Semi's: Chris Ball d. Frank Fleck, 15-12, 15-10; Dan Zabbo d. Dave Scalli, 15-7, 15-6.
Third Place: Dave Scalli.

MEN'S MASTERS

Finals: Chris Ball d. Dan Zabbo, 15-9, 15-6.
Semi's: Chris Ball d. Frank Fleck, 15-12, 15-10; Dan Zabbo d. Dave Scalli, 15-7, 15-6.
Third Place: Dave Scalli.

MEN'S OPEN DOUBLES

Finals: Mike Luciw/M. Romano
Semi's: G. Vierre/G. Malloley
Third Place: A. Manditch/B. Kabillian



Robert Goodman photo

Cheryl Mathieu won the Women's Open at the E/P Championships.

**Ektelon/Perrier Championships
The Racquetteer Clubs
Columbus, Ohio
March 13-15, 1981**

MEN'S OPEN

Finals: John Amatulli d. Kelvin VanTrease, 21-20, 21-5.
Semi's: Amatulli d. Dan Clifford, 21-20, 21-5; VanTrease d. Mike Sipes, 21-12, 21-12.

MEN'S B

Finals: Henry Wiseman d. Bill Lindhorst, 17-21, 21-10, 11-9.
Semi's: Wiseman d. Rick Fisher, 21-16, 21-6; Lindhorst d. Tim Anthony, 21-15, 21-13.

MEN'S C

Finals: Bill Callender d. Jim Hausserman, 10-21, 21-17, 11-3.
Semi's: Callender d. Dan Jaycox, 21-7, 21-9; Hausserman d. Todd Oltman, 21-6, 21-17.

MEN'S NOVICE

Finals: Tony Holiga d. Doug McNutt, 16-21, 21-18, 11-6.
Semi's: Holiga d. Larry Todd, 21-18, 17-21, 11-10; McNutt d. Eric Stickle, 6-21, 21-5, 11-7.

MEN'S OPEN DOUBLES

Finals: Clifford/Lillis d. Gottlieb/Schmid, 21-5, 21-6.
Semi's: Clifford/Lillis d. Amatulli/Reed, 21-20, 7-21, 11-6; Gottlieb/Schmid d. Woolard/Whipple, 20-21, 21-12, 11-10.

MEN'S SENIORS

Finals: Jr. Powell d. Harold Huff, 21-13, 20-21, 11-7.
Semi's: Powell d. Bobby Sanders, 21-15, 21-17; Huff d. Mike Young, 21-11, 21-5.

MEN'S MASTERS

Finals: Otis Chapman d. Ken Varner, 21-13, 21-11.
Semi's: Chapman d. David Heaton, forfeit; Varner d. Bob Downs, 21-5, 21-0.

MEN'S GOLDEN MASTERS

Finals: Ed Witham d. Art Payne, 21-14, 21-15.
Semi's: Witham d. Irving Aschendorf, 21-9, 21-2; Payne d. Ed Kaufman, 21-4, 21-19.

WOMEN'S OPEN

Finals: Cheryl Mathieu d. Becky Callahan, 21-18, 8-21, 11-10.
Semi's: Mathieu d. Julie Selim, 20-21, 21-13, 11-6; Callahan d. Karen Perlic, 21-8, 21-16.

WOMEN'S B

Finals: Robyn Calardo d. Rose Samson, 21-20, 21-20.
Semi's: Calardo d. Lynn Aldrich, 21-13, 11-21, 11-7; Samson d. Colleen Smith, 14-21, 21-16, 11-4.

WOMEN'S C

Finals: Lis McCann d. Mary McNutt, 21-15, 21-9.
Semi's: McCann d. Linda Swain, 21-7, 21-8; McNutt d. Paige Sutherland, 21-19, 21-18.

WOMEN'S NOVICE

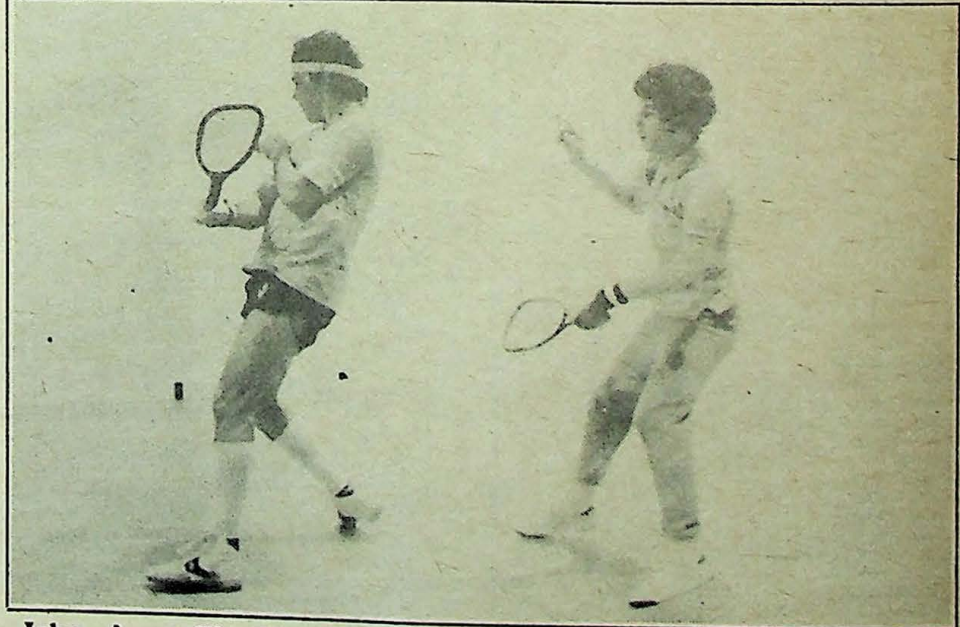
Finals: Cecelia Bell d. Bobbi Jaycox, 21-18, 21-12.
Semi's: Bell d. Saltz, 14-21, 21-17, 11-3; Jaycox d. Karen Philpot, 21-19, 21-11.

WOMEN'S OPEN DOUBLES

Finals: Callahan/Selm d. Strickland/Thomas, 21-13, 21-8.
Semi's: Callahan/Selm d. Wacktel/Robinson, 21-13, 21-1; Strickland/Thomas d. Brint/Iannery, 21-6, 21-9.

WOMEN'S SENIORS

Finals: Gerri Stoffregen d. Peg Shaw, 21-5, 21-4.
Semi's: Stoffregen d. Cookie Wachtel, 21-8, 21-13; Shaw d. Heidi Gilman, 21-14, 21-11.



Robert Goodman photo

John Amatulli (L) d. Kelvin Vantrease at the Ektelon/Perrier Championships in Columbus, OH.

USRA New England Regionals
Lake Wood Racquetball
Waterbury, Conn.
April 3-5, 1981

MEN'S OPEN DOUBLES
 Finals: Deimar/Aquino d. Nocera/Packer, 21-18, 21-5
 Semi's: Deimar/Aquino d. Risley/Melzner, 21-19, 16-21, 11-7;
 Nocera/Packer d. Romano/Lefebre, 20-21, 21-5, 11-8

MEN'S 45+
 Finals: Tom Waltz d. John Wheeler, 21-13, 21-2
 Semi's: Tom Waltz d. Robert Festa, 21-1, 21-9; John Wheeler
 d. Pat Columbo, 21-12, 21-8

MEN'S 50+
 Finals: Bob Peco d. Elio Capuano, 21-12, 21-3
 Semi's: Bob Peco d. Nathan Finkel, 21-13, 21-11; Elio
 Capuano d. Irv Cowk, forfeit

MEN'S 40+
 Finals: Charlie Garfinkel d. Jack Nocera, 21-3, 21-6
 Semi's: Charlie Garfinkel d. Todd O'Donnell, 21-11, 21-6;
 Jack Nocera d. Bob Hollander, 21-2, 21-13

MEN'S 35+
 Finals: Fred Lesperence d. Steve Melzner, 21-16, 21-11
 Semi's: Fred Lesperence d. Neil Shapiro, 21-10, 21-6; Steve
 Melzner d. David Yurgatis, 21-12, 21-9

MEN'S NOVICE
 Finals: John Tutko d. Joe Amato, 21-5, 21-18
 Semi's: John Tutko d. Paul Miklinerich, 21-17, 21-20; Joe
 Amato d. David Peterson, 21-14, 21-11

MEN'S 60+
 Finals: Fran Anderson d. Irv Cowle, 21-8, 11-21, 11-2
 Semi's: Fran Anderson d. John Zurlis, 17-21, 21-15, 11-1; Irv
 Cowle d. George Spears, 21-13, 21-1

MEN'S C
 Finals: Glenn Banks d. Jim Timmons, 21-13, 21-7
 Semi's: Glenn Banks d. Ira Schwartz, 15-21, 21-20, 11-9; Jim
 Timmons d. Pierre Dziubina, 21-10, 21-16

MEN'S 30+ DOUBLES
 Finals: Waltz/Kearney d. Garfinkel/Lesperence, 14-21, 21-
 17, 11-8
 Semi's: Waltz/Kearney d. Fraas/Stefens, 16-21, 21-12, 11-9;
 Garfinkel/Lesperence d. Columbo/Schulman, 17-21, 21-13,
 11-6

WOMEN'S OPEN DOUBLES
 Finals: Pallas/Kimerling d. Parent/Shaeienks, 21-10, 6-21,
 11-1
 Semi's: Pallas/Kimerling d. Alder/DiNicola, 13-21, 21-20, 11-
 10; Parent/Shaeienks d. Burden/L Pallas, 21-13, 16-21, 11-
 10

WOMEN'S SENIOR
 Finals: Sondra DiNicola d. Debbie Pallas, 21-4, 21-10
 Semi's: Sondra DiNicola d. Jean Ende, 21-11, 21-20; Debbie
 Pallas d. Teresa Kubick, 21-6, 21-10

MEN'S B
 Finals: Artie Alvarez d. Julian Gershaw, 21-5, 21-8
 Semi's: Artie Alvarez d. Keith Gladstien, 21-16, 18-21, 11-4;
 Julian Gershaw d. Michael Daniels, 21-20, 16-21, 11-7

MEN'S 45+ DOUBLES
 Finals: Schaub/Mancinone d. Nurbini/Festa, 21-12, 21-2
 Semi's: Schaub/Mancinone d. Greitzer/Pecco, 21-17, 21-7;
 Nurbini/Festa d. Kampner/Zurlis, 21-4, 21-9

MEN'S OPEN
 Finals: Mike Ray d. Mike Romano, 21-10, 21-12
 Semi's: Mike Ray d. Phil Panarella, 21-16, 21-13, Mike
 Romano d. Art Diemar, 21-19, 21-11

MEN'S 30+
 Finals: Mike Luciw d. Nick Caruso, 21-17, 21-4
 Semi's: Mike Luciw d. Barry Russell, 21-4, 21-1; Nick Caruso
 d. David Berard, 21-9, 21-16

WOMEN'S OPEN
 Finals: Monique Parent d. Karen Kimerling, 21-5, 21-7
 Semi's: Monique Parent d. Jackie Adler, 20-21, 21-10, 11-10;
 Karen Kimerling d. Ginger Settle, 21-4, 21-12

WOMEN'S B
 Finals: Valerie Paese d. Claudia Russell, 21-12, 21-18
 Semi's: Valerie Paese d. Lori Ward, 21-8, 7-21, 11-3; Claudia
 Russell d. Terry Beers, 19-21, 21-6, 11-5

WOMEN'S C
 Finals: Heather Adler d. Nancy Curtin, 21-4, 21-3
 Semi's: Heather Adler d. Maryann Konczewski, 21-16, 21-10;
 Nancy Curtin d. Allison Knick, 21-17, 13-21, 11-8

WOMEN'S NOVICE
 Finals: Debbie Didato d. Jackie Montanari, 21-10, 21-13
 Semi's: Debbie Didato d. Lois Davino, 15-21, 21-20, 11-3;
 Jackie Montanari d. Kathy Wade, 21-7, 21-8

RACQUETBALL TODAY

EAST TOURNAMENT SCHEDULE

April 29-May 3

EKTELON/PERRIER NATIONAL FINALS

Sports Gallery
 2560 E. Katella Ave.
 Anaheim, CA
 714-634-1919

May 1, 2, 3

EAST COAST JUBILEE (SENIORS & MASTERS ONLY)

Boston Tennis Club
 Boston, MA
 Contact: John Lepore
 617-269-4300

BREWER-COTE OPEN

Court House East
 P.O. Box 43216
 Cincinnati, OH 45243
 513-271-3388

NEW YORK & NEW JERSEY REGIONAL CHAMPIONSHIPS

21st Point Club
 Albany, NY
 518-489-3276

May 8, 9 & 10, 1981

C & NOVICE TOURNAMENT

Center Courts
 7667 Day Drive
 Parma, OH 44129
 216-888-1233

THE FIRST ANNUAL BUCKS COUNTY RACQUETBALL CHAMPIONSHIP

B & R Racquetball Club
 1040 Mill Creek Drive
 Feasterville, PA 19047
 215-355-2700

BABYLON BENEFIT RACQUETBALL CLASSIC

Babylon Racquetball & Fitness Center
 400 Babylon Road
 Horsham, PA 19044
 215-657-3100

AMERICAN HEART FUND OPEN

Shrewsbury Racquet Club
 Shrewsbury, MA
 Contact: Bruce Chansky
 617-845-1001

May 8, 9 & 10, 1981

THE SPORTING HOUSE 1981 SPRING OPEN

The Sporting House
 3 Weymouth Road
 Enfield, CT 06082
 Contact: Ken Navarro
 203-745-2408

May 13-17

WPRA NATIONALS

The Charlie Club
 Palatine, IL
 312-934-4910

May 15, 16, 17

SECOND ANNUAL MAIFEST

Game Point Racquet Club
 Plymouth, MA
 Contact: Rick Cash or Joni Wade
 617-746-7448

ORA STATE TOURNAMENT

Severance Athletic Club
 15 Severance Circle Dr.
 Cleveland Hts. OH
 216-291-5550

May 22, 23 & 24, 1981

FINDLAY OPEN

Circuit Court Club
 1219 W. Main Cross St.
 Findlay, OH 45840
 419-424-1970

AARA NATIONAL AMATEUR CHAMPIONSHIPS

The Court House
 7211 Colonial
 Boise, ID 83705
 Contact: Luke St. Onge
 901-761-1172

May 29, 30, 31

NEWPORT "ISLAND" OPEN

Newport Playoff
 Newport, RI
 Contact: Sharon Culberson
 401-846-7723

MUSCULAR DYSTROPHY OPEN

Worcester Court Club
 Worcester, MA
 Contact: Wayne Hastings
 617-852-8209

June 5, 6 & 7, 1981

DAYTON AREA RACQUETBALL TOURNAMENT

Englewood Circuit Court
 25 Holiday Drive
 Englewood, OH 45322
 513-836-0903

MUSCULAR DYSTROPHY OPEN

Richland Court Club
 680 Lindaire Lane
 Mansfield, OH 44906
 419-529-6725

2nd ANNUAL CANCER SOCIETY BENEFIT

Backwall Racquetball Center
 R.D. 2 Box 521B
 Altoona, PA 16601
 Contact: Bernie Howard
 717-667-2209

1st ANNUAL RACQUETBALL CLASSIC

Racquetball Plus
 P.O. Box 237, Rt. 34
 Derby, CT 06418
 Contact: Jim Mathews
 203-736-9988

June 6-13

LEACH PRO-AM NATIONAL CHAMPIONSHIPS

Arizona Athletic Club
 Tempe, AR

June 5-7 & 11-13

CCCA ADULT CHAMPIONSHIPS

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 Courtside of Cromwell
 Cromwell, CN
 Contact: Ray Diard 203/571-4858

June 19-21

CCRA JUNIOR STATE CHAMPIONSHIPS

Sponsored by Ram and
 Racquetball Today
 Courthouse One-Avon
 Avon, CN
 Contact: Ray Diard 203/571-4858

June 26, 27 & 28, 1981

3rd ANNUAL FINLANDIA VODKA FIRECRACKER OPEN

Court House One
 47 Hartford Turnpike
 Vernon, CT
 Contact: Gail Stanley or Judy Lauder
 203-649-0597

Second Annual "Best of the East" Tournament
Kind of Prussia Racquetball Club
King of Prussia, PA
March 27-29, 1981

MEN'S OPEN
 1st: Gonzales
 2nd: Cascio

MEN'S B
 1st: Marshall
 2nd: Borchich

MEN'S C
 1st: Stigura
 2nd: Vanore

NOVICE
 1st: Keen
 2nd: Waller

SENIORS
 1st: Capazolli
 2nd: Siegrist

DOUBLES
 1st: Gonzales/Machelcan
 2nd: Montaque/Young

WOMEN'S OPEN
 1st: Greer
 2nd: Marriott

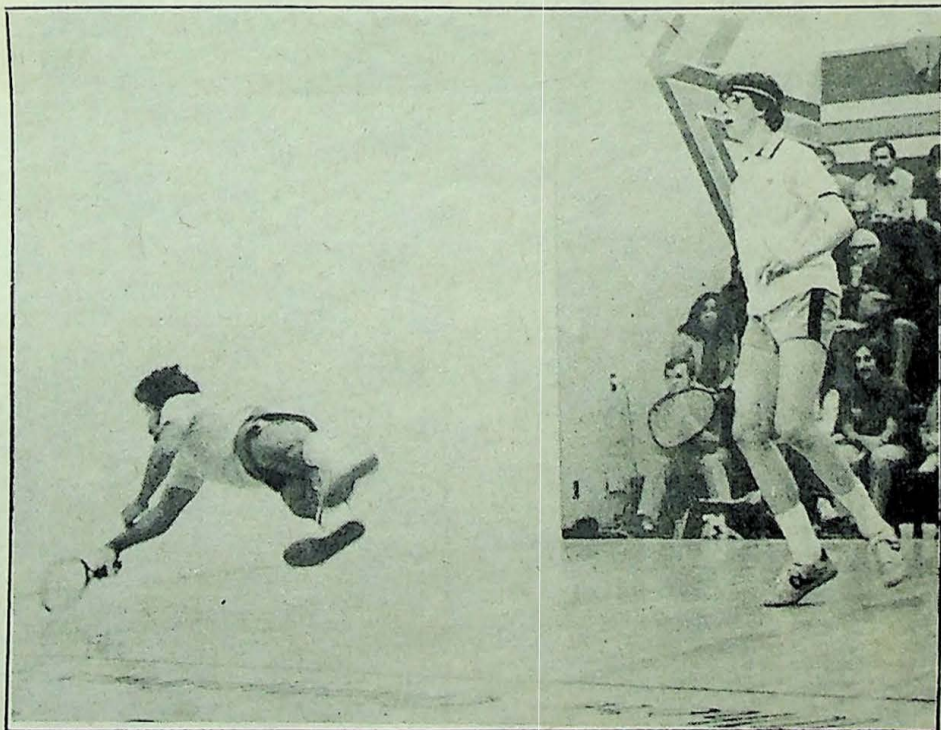
WOMEN'S B
 1st: Reuben
 2nd: Walsh

WOMEN'S C
 1st: Geary
 2nd: Taylor

NOVICE
 1st: Padgeon
 2nd: Meade

DOUBLES
 1st: Kennedy/O'Brien
 2nd: Farrell/Ross

MIXED DOUBLES
 1st: Stoll/Prentice
 2nd: Musewicz/Ross



Gonzalez (L) d. Cascio (R) at the 2nd Ann. "Best of the East" Tour.

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Royal River Racquetball Club Classic
Yarmouth, ME
April 11 & 12, 1981

JUNIOR BOYS
 Joey Wyse d. Dave Waterhouse

MEN'S NOVICE
 Bryce Bartlett d. Bruce Munger Sr.

MEN'S C
 William Hanson d. Bruce Munger Jr.

MEN'S C+
 Angus Mountain d. Ken Buccu

JUNIOR GIRLS
 Ruth Brady d. Hilary Gerriol

WOMEN'S NOVICE
 Patricia Sandora d. Kathy Menet

WOMEN'S C
 Maxine Michaud d. Linda Perkins

WOMEN'S C+
 Valeri Sambrook d. Nicolet Mountain



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Salem, NH

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Rt. 1
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Merry Meeting Racquet Club
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Topsham, ME

Edgewater Park Racquetball Club
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Medford, NJ

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Madison, CT

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Fairfield, CT

Racquetball One
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Pittsburgh, PA

Mercer Racquetball Club
Youngs Rd.
Mercerville, NJ

What's Your Racquet
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Wall, NJ

Flemington Racquet & Health Center
River Rd. Extension
Flemington, NJ

North Ridge Racquet Club
5475 Milles Creek Lane
(Near Center Ridge)
North Ridgeville, OH

The Court Yard
327 North St.
Saco, ME

Court Jester
1166 Route 9
Lakewood, NJ

Hopewell Valley Racquetball Club
Rt. 31 & Titus Mill Road
Pennington, NJ

St. George Club
43 Clark Street
Brooklyn Heights, NY

Blue Point Club
9A Montauk Highway
Blue Point, NY

Half Hollow Hills Club
Pinelawn & Ruland Roads
Meleville, NY

North Hollow Hills Club
854 Hericho Turnpike
Huntington Station, NY

Fort Armstrong Courts, Inc.
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Kittanning, PA

Capitol Tennis & Racquetball
Leighton Road
Augusta, MA

Racquetball Club at Cedar Knolls
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Cedar Knolls, NJ

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Ohio Valley Glove & Racquet
52638 High Ridge Rd.
St. Clairsville, OH

Tri-State Glove & Racquet
500 Luray Drive
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Racquetball Five-O
50 Speen St.
Framingham, MA

Off the Wall
596 West Hollis St.
Nashua, NH

Supreme Court
166 Ashley Ave.
West Springfield, MA

Brockton Racquetball Club Inc.
85 Liberty Street
Brockton, MA

Downtown Racquet Club
230 George St.
New Haven, CT

Westvale Club House
3228 W. Genesee St.
Syracuse, NY

Ricochet Racquet Club
219 St. Nicholas Ave.
South Plainfield, NJ

Clifton Racquet Club
1075 Rt. 46 East
Clifton, NJ

Pelham Racquetball & Health Club
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Pelham Manor, NY

Glen Cove Health & Racquetball Club
4 Cedar Swamp Road
Glen Cove, NY

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Warwick, RI

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Tierney Road
Lake Hopalong, NJ

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Boston, MA

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Tennis Drive Rt. 9
Shrewsbury, MA

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Woodside, NJ

Racquetball South
7120 Tiffany Blvd
Youngstown, OH

Wedgewood Tennis Club
Granger Road
Berlin, VT

Fountain of Youth
Next to Howard Johnson's Complex
White River Junction, VT

Laconia Racquetball Club
O'Shea Industrial Park
Laconia, NH

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East Brunswick, NJ

Racquetline of Fairlawn
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Fairlawn, NJ

Severance Athletic Club
15 Severance Circle
Cleveland Hts., OH

Branmar Racquetball Club
1812 Marsh Rd.
Wilmington, DE

The In-Court Club
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Hillside Racquetball & Health Club
Rt. 26
South Paris, ME

The Hillsborough Racquetball Club
Box 156 Amwell Rd.
Belle Mead, NJ

The Brookline Racquetball Club
109 Cypress St.
Brookline, MA

Manchester Court Club
1 Leclerc Circle
Manchester, NH

Stratford Racquetball/Nautilus Club
140 Watson Blvd
Stratford, CT

Stamford Racquet Club
49 Brownhouse Rd
Stamford, CT

21st Point Club, Inc.
McKown Road off Western Ave.
Albany, NY

The Sporting House of Enfield
3 Weymouth Rd.
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842 Clark Avenue
Bristol, CT

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234 Route 83
Vernon, CT

Courthouse One
21 Waterville Rd
Avon, CT

Courthouse One
61 S. Main St
West Hartford, CT

Courthouse One
47 Hartford Turnpike
Vernon, CT

Courthouse One
526 Hopmeadow St
Simsbury, CT

Courtside at Cromwell
10 Hillside Rd
Cromwell, CT

Danbury Racquetball Club
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Spok! Racquetball Club
145 State Pier Rd
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Winton Racquetball Club
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Rochester, NY

Captain Nemo
1444 Lowell St
Elyria, OH

Salmon Creek Tennis & Racquetball
355 Washington
Spencerport, NY

Wallingford Clubhouse
Neal Rd
Wallingford, CT

Waterford Racquet Club
6 Fargo Rd
Waterford, CT

Norwich Racquetball Club
2 Wisconsin
Norwich, CT

Windsor Racquet Club
109 Pierson Lane
Windsor, CT

Racquetball Plus
PO Box 237, Route 34
Derby, CT

Cedar Hill Racquet Club
375 E. Cedar Street
Newington, CT

All Sport Fitness & Racquetball
17 Old Main St
Fishkill, NY

All Sport Fitness & Racquetball
240 A North Road
Poughkeepsie, NY

Ramapo Racquetball Club
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The Racquet Shack
Benton Rd. Route 116
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West Orange, NJ
725 River Road
Edgewater, NJ
15 Essex Road
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Enforcing the default rule

By Phil Simborg

The rule is very clear. If the player does not report ten minutes after the scheduled time, he/she is to be defaulted. This rule is almost invariably abused and rarely enforced by tournament officials who are trying to be "nice", but are they really being nice? By waiting longer than the ten-minute period, they are being unfair to the person who was supposed to play; they are being unfair to everyone else in the tournament whose matches may well be delayed; and they are being unfair to those who run tournaments in the future.

For those who think ten minutes sounds rather strict: the person who has reported ten minutes after the scheduled time is really a good thirty minutes behind, as he must now change and dress and make it to the court and warm-up.

In addition to the obvious problem caused by matches starting late, there are other side-effects in bending the rules. The first, and most obvious: if you do

not invoke the default rule at ten minutes, how much after the ten minutes should you wait? Secondly, when you bend any rules, you set a precedent for the tournament. You've established the fact that you are willing to bend rules arbitrarily. If a tournament director is not going to invoke a very clearly-stated rule such as the default rule, what about the five minute break between games? What about having to ref if you win (or lose)? What about needing a ticket for hospitality? What about foot fault rules? The list is endless. Like most other rules, enforcing the 10-minute default rule is not a major problem. As soon as one or two people are defaulted, everyone is put on notice that the rules will be enforced, and you will have very rare occurrences of people being late in the future.

The default rule should be enforced strictly, the player who is awarded the victory should not be made to feel like a poor sport, nor should he have to request a default. The "nice" tournament director is the one who protects everyone's rights by seeing that the rules are properly enforced.

Connecticut clubs begin state-wide championships

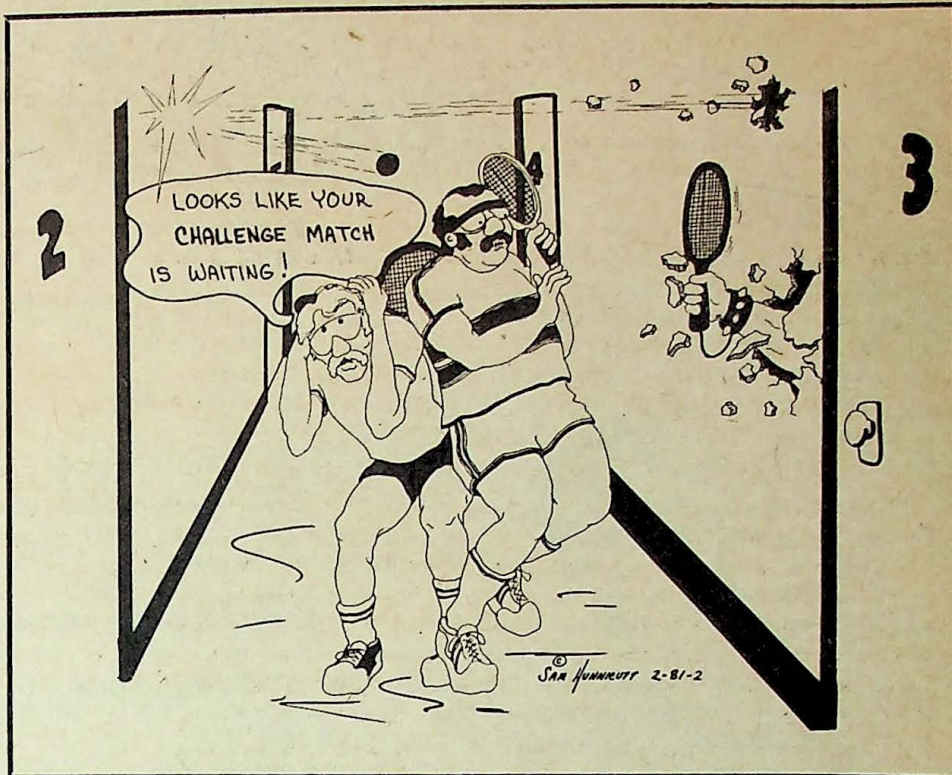
The Connecticut Court Club Association (CCCA) has announced plans for their 2nd annual statewide championships. This unique event takes place in over twenty participating clubs throughout April and May with the winners of 16 divisions going on to the state finals to compete for top prizes and trophies.

This event is particularly exciting for juniors as there are as many junior divisions as there are for adults. Divisions offered are men and women's A, B, C

and novice, and boys and girls 9-10, 11-12, 13-14 and 15-17.

The adult finals will be held June 5-7 and 11-13 at Courtside of Cromwell, and the junior finals will be at Courthouse One in Avon June 19-21.

The new Ram ball is the official ball of this event which is sponsored by Ram and RACQUETBALL TODAY. For information, contact your local Connecticut club or Mr. Ray Diard at 203/571-4858.



Connie Peterson programs

The seven point practice game



How many times do you find yourself in the court with a person who either blows you off the court or you blow them off the court? You humiliated, or were humiliated, and the hour was a complete waste of time and effort.

It seems there should be some way to play your spouse, girlfriend or boyfriend or a way just to play better or more competitively. Well there is—the 7 point practice game. This game was developed by myself and pro Joe Wirkus 3 years ago when he used to win every game by a wide margin. How does it work?

Player A (the better player) vs. Player B (weaker player)

Player B serves the first game and the score starts at 5 to 0. Play out regular rallies until someone gets to 7 points. Whoever gets there first wins that game.

If Player A wins, player B starts the next game at one point higher than the game before, Player A gets to serve first.

If Player B wins, Player A starts the next game at one point lower than the game before, Player B gets to serve first.

Example:

Game 1) Player B starts at 5, Player A starts at 0; Player B wins 7-4, P(B) serves next game

Game 2) now P(B) starts at 4, and P(A) starts at 0; Player A wins 7-5, P(A) serves next game

Game 3) P(B) starts at 5, and P(A) starts at 0; Player A wins 7-5

The objective is to get to 7 points first. The weaker player has a much better chance since less points are needed. The stronger player must work twice as hard to get there first. Whoever wins the previous game serves the next game. You can play quite a few games in an hour and both people will get a good workout. A variation is to play for something. Keep a running total of games won or lost and pay off in sodas, beers, dinners, what have you.

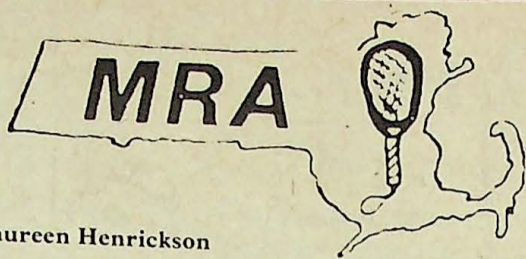
This is an excellent game for pros to play a lesser class player also. Both have the motivation and a chance to win.

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Seven Styles...



by Maureen Henrickson

The Brockton Racquet Club was the site of the 8th annual MRA/AARA State Singles Championships, March 6, 7, & 8. With a field of over four hundred players competing for championships in nineteen divisions, this was the largest state championship ever held under the auspices of the Massachusetts Racquetball Association. Brockton Racquet Club, a fourteen court facility, proved an excellent setting for this prestigious event.

The Men's Open division witnessed the return of George Vierra from a brief respite on the Pro tour, to capture the state crown. George met and defeated defending state and regional champ, Mike Romano, from Empire I, Chicopee. An exciting 15-14 first game victory, carried George's momentum on to an easier 15-3 second win and the state championship. In complete contrast, the Women's Open championship was a three game thriller between continuous rivals, Martha Callahan, defending state champ, and Janet Simon. Martha, once again, proved victorious.

A special highlight of the tournament proved to be the strong field of junior boys competing in four separate divisions. The boys competed in divisions for 10 & under, 13 & under, 15 & under, and 17 & under. The largest field being 15 & under, which was won by Cliff Swain, of the R&R Racquetball Club, who is expected to capture both the regional and national crowns. The juniors boys divisions of this size bear witness to the fact that the MRA has been experiencing success in developing junior tournament players.

As the MRA continues to grow with a membership now bordering on two thousand, the point will soon be reached where players will have to qualify to participate in the state singles championships.

A special word of thanks is extended to the staff of the Brockton Racquet Club, especially to Gerry Cassidy and Janet Kelleher, club pros, for their assistance in making this the finest state tournament held to this point.

Connecticut Racquetball Association Newsletter

by Ron Mirek

Make way for the Juniors! Judging from their accomplishments at the State Championships, we will be seeing alot of these young stars in future tournaments. Their outstanding racquetball abilities on the court impressed both players and spectators alike. And many competed in divisions other than the Junior offerings as well. The Connecticut Junior Champions are:

BOYS		GIRLS
Mario Coppola	17 & under	—
Scott Brown	15 & under	—
Chris Cola	13 & under	Laura Rimkus

These young players compete for enjoyment, but there is no doubt that they receive the same personal satisfaction that any player gets with the thrill of victory. But there is always room to improve. Although their racquetball skills on the court were impressive, the display of self-control and sportsmanship on the part of some of the players left much to be desired. That's where the coaches, parents, and adult players can have a great deal more positive influence than they do at present. We grownups have the responsibility of instilling self control and good sportsmanship in these young people, and yet too often we set a poor example by getting too involved as spectators in their matches or blowing our cool in our own. Let's teach these young players the importance of the virtue of good sportsmanship which goes hand in hand with participation in any sport — and learn the lesson well ourselves.

**Note: Under the current promotion offered in clubs throughout the country, each time a player buys two Ram or Vittert racquetballs for \$4 and fills out the slip provided, \$2 applies to a membership in his/her state amateur racquetball association.*

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DATES: May 15, 16 & 17

ENTRY FEE: \$23 per person - single

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Club Guide

New Jersey

THE RACQUETBALL CLUB AT CEDAR KNOLLS

19 East Frederick Place, Cedar Knolls, NJ 07927 (201) 267-2686. 16 racquetball courts; universal gym; saunas for men & women; massage; lounge; free nursery; pro shop; aerobic classes; toga parties; wine & cheese parties. Mgr. Gordon R. Crawford

COURT JESTER

1166 Route 9, Lakewood, NJ, 08701 (201) 364-3100. 8 racquetball courts; indoor heated pool; olympic weight room; universal equipment; co-ed dry heat sauna

FLEMINGTON RACQUET & HEALTH CENTER

River Road Extension, P.O. Box 907, Flemington, NJ, 08822 (201) 782-5533. 9 racquetball/handball courts; 6 tennis courts; nautilus exercise center; restaurant and lounge; pro-shop; attended nursery; massage therapist; exercise classes; private & group lessons; racquet rentals; banquet room. Manager: Etta O'Sullivan.

WHAT'S YOUR RACQUET

1904 Atlantic Ave., P.O. Box 1402, Wall, NJ, 07719 (201) 223-2100. 15 racquetball/handball courts; 1 glass court; 8 glass back courts; 4 platform tennis courts; 5 outdoor tennis courts with rubber surface; Olympic size pool; 125 cabanas; 1/2 mile running track; 15 station nautilus center; universal gym; free attended nursery 9 a.m. - 3 p.m. M-F; snack bar with liquor license; steam sauna and whirlpool available for both men and women; carpeted locker rooms; 9 T.V. sets; racquet rentals; demo racquet rentals; Pro shop; private and group lessons; co-ed exercise classes; video tape machine. Manager: David Dean.

MERCER RACQUETBALL CLUB

Youngs Rd., Mercerville, NJ, 08619 (609) 890-8200. 11 racquetball/handball courts; 4 glass back courts; nautilus fitness center; spacious lounge with color T.V.; free attended nursery; carpeted locker rooms with sauna for both men and women; pro shop; racquet rental; private and group lessons; exercise classes; club league; corp. leagues; runs tourn.; wallyball. Open 7 a.m. - 11 p.m. seven day. Manager: Tom Dolan.

EDGEWATER PARK RACQUETBALL CLUB

2522 Route 130, Edgewater Park, NJ (609) 871-7300. 12 racquetball/handball courts; exercise area; saunas; whirlpool; sun room and nursery.

SPAULDING CLUBS

Century Spaulding Racquet Club 15 Essex Road, Paramus, NJ, 07652, (201) 845-7555.
Eagle Roc Spaulding Racquet Club 426 Eagle Roc Ave., West Orange, NJ, 07052 (201) 731-9696.
Edgewater Spaulding Racquet Club 725 River Road, Edgewater, NJ, 07020 (201) 945-7841.

All clubs have air conditioned racquetball/handball courts; carpeted locker rooms; saunas, whirlpools, nursery school program available; pro shop; racquetball rentals; group & private lessons; leagues; programs, parties. Open 7 days a week.

RICOCHET RACQUET CLUB

219 St. Nicholas Ave., South Plainfield, NJ, 07080 (201) 753-2300. 16 racquetball courts; 4 squash courts; fitness center complete with nautilus machines, free attended nursery daily 9:00 a.m. - 4:00 p.m.; whirlpool & sauna available for both men & women; aerobic classes; all types of leagues & lessons for everyone; sun machine in ladies locker room. Mgr. Mary Murphy

OFF THE WALL

596 West Hollis Street, Nashua, NJ (603) 889-5520. 12 racquetball/handball courts; 1 glass back wall; separate whirlpool, sauna and tanning booth for men and women; outdoor running trails; universal equipment; nursery; 1 wallyball court; lounge; health food bar; game room; pro-shop; running club; aerobic classes.

Connecticut

MAMMONASSET RACQUETBALL CLUB

1291 Boston Post Road, Madison, CT, 06443 (203) 245-2927. 8 racquetball courts; free nursery; sauna; whirlpool & steam shower available for both men & women; nautilus exercise center; pro shop; lounge; aerobic & ballet classes; wallyball. Mgr. Tom DaRoss.

THE SPORTING HOUSE OF ENFIELD

3 Weymouth Rd., Enfield, CT (203) 745-2408. 8 racquetball courts; 4 tennis courts; nursery; pro-shop; nautilus center; cocktail lounge; indoor running track; self defense classes; aerobic classes; separate men and women sauna.

RACQUETBALL EAST

8 Edgeboro Rd., East Brunswick, NJ 08816 (201) 254-7373; they have 16 racquetball courts; nautilus fitness room; men & women's sauna, whirlpool, & steam baths; indoor jogging track; wallyball; slimnastics; complete leagues & lessons; restaurant & lounge; Pro: Larry Kahn.

HILLSBOROUGH RACQUETBALL CLUB

Anwell Road, Box 156, Belle Mead, NJ 08582 (201) 3593600; 12 racquetball courts; separate men & women's sauna; complete exercise facilities; outdoor jogging track; par course; leagues and lessons available; Mgr. & Pro: John Evans.

THE SPORTMAN'S CLUB

Tierney Road, Lake Hopalong, NJ, 07849 (201) 663-0500. 12 courts; sauna, steam room; universal gym; game room; pool tables; juice bar; 2 lounges; carpeted locker rooms; pro shop; first club on the east coast; lowest court fees in New Jersey. Mgr. David Leckie

HOPEWELL VALLEY RACQUETBALL CLUB

Rt. 31 & Titus Mill Rd., Pennington, NJ, 08534 (609) 737-1555. 15 racquetball courts; health club; separate exercise rooms; whirlpool, steam & sauna available for both men & women; 1/2 mile track; pro shop; snack bar; exercise programs; assertive mistraing classes. Mgr. Tom Bonannee

MEDFORD RACQUETBALL CLUB

Stokes & Nelson Roads, Medford, NJ, 08055 (609) 654-1440. 16 racquetball courts; whirlpool & sauna available for both men & women; nursery; soccer court; wallyball; pro shop; snack shop; aerobic classes. Mgr. Ray Grace

New York

B.Q.E. RACQUETBALL & FITNESS CENTER

B.Q.E. Racquetball & Fitness Center, 26-50 Brooklyn Queens Expressway West, Woodside, NY, 11377 (212) 726-4343. 20 racquetball courts; 24 hours disco bar, restaurant; pool; sauna; jacuzzi; nautilus center; physical therapist and orthopedist on staff; free nursery

PELHAM RACQUETBALL & HEALTH CLUB

6 Pelham Parkway, Pelham Manor, NY 10803 (914) 738-1800; racquetball club consists of 14 courts, 2 with glass back walls for spectator viewing; they have separate men and women saunas, whirlpools and steam rooms; a complete universal fitness center; indoor running track and attended nursery; a restaurant and snack bar; they have all kinds of lessons and leagues available.

GLEN COVE HEALTH & RACQUETBALL CLUB

4 Cedar Swamp Road, Glen Cove, NY 11542 (516) 759-1700; they have 15 racquetball courts, 2 with glass back walls for spectator viewing; co-ed whirlpool; separate men & women saunas; attended nursery; complete universal exercise room; lounge and TV room, they are offering lessons and leagues; special student discount rates; pros; Maryann Kluess, Ray O'Hara.

RAMAPO RACQUETBALL CLUB

Cherry Lane, Talmun, NY 10982 (914) 357-6500. they have 14 racquetball courts, with glass viewing area, men & women's sauna, wallyball, exercise classes, slimnastics, aerobics available; attended nursery; lounge; exercise room; lessons & leagues also available.

NEW CITY RACQUET CLUB

16-18 Squadron Blvd., New City, NY 10956 (914) 634-6222. they have 12 racquetball courts with glass viewing area; 5 tennis courts; men & women's sauna; wallyball; exercise classes; aerobics; slimnastics; attended nursery; lounge; exercise room; lessons & leagues also available.

WINTON RACQUETBALL CLUB

23 Goodway Dr., Rochester, NY 14623 (716) 271-3700. they have 12 racquetball courts; men & women's saunas; exercise room; exercise classes; attended nursery; lounge with TV; wallyball; lessons & leagues available. Pro: LaVerne Dickson

SALMON CREEK TENNIS & RACQUETBALL

355 Washington Spencerport, NY 14559 (716) 352-1840. they have 2 racquetball courts, 6 tennis courts; attended nursery; men & women whirlpools & saunas; lessons; leagues & exercise classes

Massachusetts

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WORCESTER COURT CLUB

440 Grove St., Worcester, MA, 01606 (617) 852-8209. 12 block wall courts; 1 glass side court; whirlpool & steam available for both men & women; 10 station universal room; climate controlled courts; lounge & bar; food service; 7 days a week 6:00 a.m. - 12:00 p.m. 1/2 mile off I290 on Gold Star Blvd. Mgr. Wayne Hady.

BOSTON TENNIS CLUB

653 Summer Street, Boston, MA, 02210 (617) 268-1138. 9 racquetball and handball courts; 8 tennis courts; lounge and dining area; universal exercise room; sauna and whirlpool available for both men and women; volley and wallyball; racquet rentals; attended nursery; pro shop

SHREWSBURY RACQUET CLUB

Tennis Drive, Rt. 9, Shrewsbury, MA 01545 (617) 845-1000; they have 7 tennis courts & 7 racquetball courts; sauna & steam room available for both men & women; locker rooms; Racquet Pub which serves both food and drinks.

RACQUETBALL FIVE-O

50 Speen Street, Framingham, MA (617) 879-1472. 12 racquetball/handball courts; 1 glass court; 3 glass back courts; nursery; pro-shop; separate sauna, steam and sun room for men and women; juice bar; universal equipment; aerobic classes and slimnastics classes for women.

Ohio

NORTH RIDGE RACQUET CLUB

5475 Mills Creek Lane (Near Center Ridge), North Ridgeville, OH (216) 734-1291. 4 racquetball courts; 7 tennis courts; nursery; tennis and racquetball leagues; pro shop. Mgr. Art Gibbs

SEVERANCE ATHLETIC CLUB

15 Severance Circle, Cleveland Heights, OH, 44118 (216) 291-5550. 16 racquetball courts; 4 glass, indoor track, nautilus center; aerobic exercise classes; sauna; steam & whirlpool available for both men & women; free nursery; pro shop. Mgr. Julie Lusic

OHIO VALLEY GLOVE & RACQUET

52638 High Ridge Rd., St. Clairsville, OH 43950 (614) 264-5564. 12 racquetball/handball courts; 4 glass courts, dry sauna, steam room and whirlpool available for both men and women; indoor track; universal equipment; pro shop; nursery open from 9-12 noon and 6-9 p.m. free of charge; 2 wallyball courts; junior Saturday clinics; dancercise.

TRI-STATE GLOVE & RACQUET

500 Luray Dr., Wintersville, OH 43952 (614) 264-5564; 10 racquetball/handball courts; 4 glass courts; dry sauna; steam room and whirlpool available for both men & women; indoor track; universal equipment; pro shop; nursery open from 9-12 noon and 6-9 p.m. free of charge; 2 wallyball courts; junior Saturday clinics; dancercise.

RACQUETBALL SOUTH

7120 Tiffany Blvd., Youngstown, OH 44514 (216) 7268808; they have 10 racquetball courts; men & women's whirlpool and sauna; universal weight room; attended nursery; leagues & lessons available; take a video tape lesson from our certified teaching pro: Jim Blumetti.

Rhode Island

CELEBRITY COURTS

500 Quaker Lane, Warwick, RI, 02886 (401) 826-1800. 12 racquetball courts; 2 exhibition courts; sauna, steam & whirlpool available for both men & women; snack bar, liquor lounge, summer beer garden, pro shop, free attended nursery, aerobic & exercise classes, Pro: Cal Steere, Mgr. Frank Rawcliffe

Maine

ROYAL RIVER RACQUETBALL CLUB

Route 1, Yarmouth, ME, 04096 (207) 846-3776. 6 racquetball courts; weight room; ladies exercise room; sauna, whirlpool & steam available for men, sauna, whirlpool and tanning room available for women; pro shop; exercise classes; wallyball.

CAPITOL TENNIS & RACQUETBALL

Leighton Road, Augusta, ME 04330 (207) 622-1818; 8 racquetball courts; 4 indoor tennis courts; men's & women's locker rooms; showers; saunas; upstairs viewing lounge and snack bar.

MERRYMEETING RACQUET CLUB

126 Main Street, Topsham, ME, 04086 (207) 729-0129. 8 racquetball courts; sauna & whirlpool available for both men & women; universal exercise room; game room; nursery; bar & lounge; pro shop

THE COURT YARD

327 North Street, Saco, ME, 04042 (207) 284-5953. 9 racquetball/handball courts, 2 exercise rooms, 1 universal center, sauna, steam, & whirlpool available for women; fitness classes; full lounge; pro shop; nursery; snack bar; try to meet all programs. Mgr. John Bouchard

Pennsylvania

CENTER CITY SPORTS CLUB

1818 Market St., Philadelphia, PA, 19103 (215) 963-0963. 5 racquetball courts; nautilus center; sauna for men & women; pro shop; lessons by pros; slimnastics; TV lounge; self defense classes; friendly atmosphere. Mgr. Jim Pruitt

RACQUETBALL ONE

6325 Penn Ave., Pittsburgh, PA, 15206 (412) 362-4806. 10 racquetball/handball courts; attended nursery; steam & whirlpool for men; sauna, whirlpool for women; restaurant & bar; large screen TV; pro shop; exercise classes; aerobic classes; wallyball; group & private lessons; leagues! Mgr. James Rosenbloom.

FORT ARMSTRONG COURTS, INC.

310 S. Jefferson Street, Kittanning, PA 16201 (412) 543-3269; 4 courts; with men's & women's saunas, exercise room, fully stocked pro shop and lounge. Offer exercise programs including jazzercise, wallyball, and top racquetball and handball events throughout the year. We are open 7 days a week.

New Hampshire

SALEM RACQUETBALL CLUB

Manor Parkway, Salem, NH, 03079 (603) 893-8612. 8 racquetball courts; sauna, whirlpool & steam available for men; sauna & whirlpool available for women; universal gym; extra programs available; bar and entertainment; cross country skiing! Mgr. Al Parchuck.

LACONIA RACQUETBALL CLUB

O'Shea Industrial Park, Laconia, NH 03246 (603) 528-1823; they have 8 air conditioned racquetball courts; whirlpool; sauna & steam bath available for both men & women; large lounge which shows movies.

Vermont

WEDGEWOOD TENNIS CLUB

Granger Rd., Berlin, VT 05604 (802) 223-6161; 4 racquetball courts; 4 indoor tennis courts; olympic size indoor swimming pool; men & women's whirlpool & sauna; nautilus exercise room; attended nursery; a social room; leagues & lessons also available.

FOUNTAIN OF YOUTH

Next to Howard Johnson's complex, White River Junction, VT 05401 (803) 295-3184; 3 racquetball courts; olympic size indoor swimming pool; nautilus exercise room; men & women's whirlpool; attended nursery; social room with a TV; lessons & leagues also available.

Delaware

BRANMAR RACQUETBALL CLUB

Branmar Plaza, Marsh & Silverside Roads, Wilmington, DE 19810, (302) 475-2125. 15 racquetball courts, 3 of which have glass walls, separate saunas and whirlpools for men and ladies, child care center, 2 lounge areas, pro shop, and equipment rentals. We have a reciprocal agreement with all NCCA affiliated clubs. We are located two miles north of the Marsh Roads exit from I95.

An interview with an obstetrician

Racquetball and pregnancy

by Diane Mason

Mona Shangold, M.D. is an Assistant Professor of Obstetrics and Gynecology at the Cornell University Medical College. Currently she is involved in setting up a Center for Sports Medicine within the Department of Obstetrics and Gynecology at the New York Hospital, Cornell Medical Center. This center may be the first of its kind in the country, and represents a move within the medical community to become more sensitive to the needs of women athletes. The Center will both provide medical services and conduct research in areas of concern to women athletes.

The following answers are based on Dr. Shangold's responses to questions about the safety and advisability of playing racquetball when pregnant.

Is it safe for a woman to play racquetball when she's pregnant?

The subject of exercise during pregnancy is still somewhat controversial. Right now we are making judgments based on inadequate and scanty data. While we have observed that prolonged exertion can in some cases have adverse effects on pregnant animals, we have not been able to conduct comparable experiments on humans that would indicate any harmful results from exercising during pregnancy.

Rather, we base our conclusions on what seems to be reasonable. We do know that women who are in good physical shape tend to have easier and less complicated deliveries. In the light of this positive effect, added to the emotional benefits of being able to remain

active, I would advise a woman with a normal pregnancy to continue her sports life.

The stress here is on the word "continue." It is **not** a good idea for a woman to add a new activity, or to increase her training from what was a normal routine before she became pregnant. Rather, she should maintain the same level of exertion, and perhaps a bit less as added weight forces her to slow down.

What precautions should a pregnant woman take when playing racquetball?

First, it is important to avoid fatigue. It is characteristic for an athlete to push herself to the limit. But a pregnant athlete must resist the temptation to go too far. She should take frequent breaks if necessary, and stop before fatigue gets severe.

Second, exposure to high body temperatures may, in some cases, be harmful to a fetus. The pregnant player should avoid becoming overheated, and take cooling off breaks if she feels her body temperature has become highly elevated. A very conservative approach might be to take her temperature following a game to see how hot she is. (Marathon runners do this after a race.) If the temperature is above 101°, cooling off is essential.

Are there any danger signals to watch for?

Pain, bleeding, or rupture of the membranes are reasons to stop, go to the doctor immediately, and resume activity only after it is determined to be safe.

Basically, the progress of the pregnancy will be the same for the athlete as the non-athlete, so any unusual symptoms causing concern to the woman should be checked by the doctor.

What if she gets hit in the abdomen?

Remember that during pregnancy the fetus is quite well guarded by the uterus and the pelvic bones. In later pregnancy, the baby is protected by a cushion of amniotic fluid. It is unlikely that a blow, even with a racquet, will harm the baby.

However, for safety following such an injury, the woman should stop by the doctor's office and have the fetal heart-beat checked.

If such a blow is accompanied by pain or bleeding, the doctor should always be contacted immediately.

Certainly, both the woman and her opponents should stress safe play as top priority, and refrain from risky shots that might result in collisions or falls.

How soon after giving birth is it safe to play racquetball?

I would hesitate to place a time limit on resuming activity, since each individual and each birth experience are uni-

que. Some women are able to get back on the court within a week, while others may need to wait several. In the past, six weeks was the magic number, but there is no basis for this restriction.

I would advise a woman to resume activity when she can do so without discomfort. If there is no pain, the healing has probably been adequate. Women who do not have episiotomies are usually able to exercise sooner than those who must wait for the incision to heal. And women who have delivered by cesarean section may need to recuperate a bit longer.

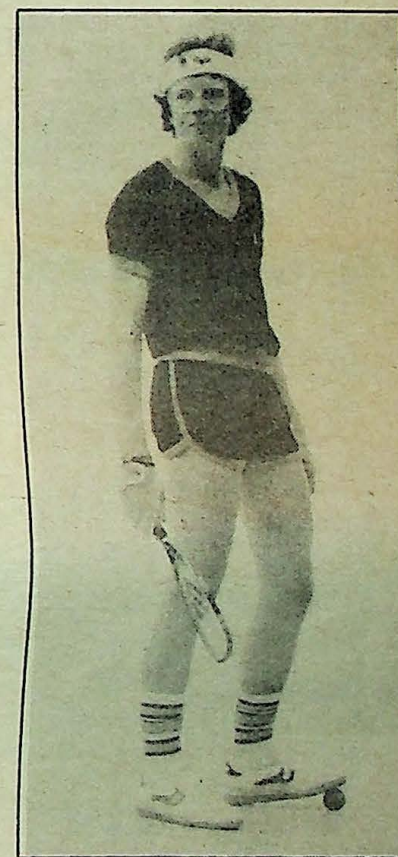
Are medical attitudes toward pregnancy and athletics changing?

Yes! The interest of the medical community in the special needs of women athletes is increasing. More and more women in childbearing years are participating in competitive sports. Hopefully we will soon see less tendency toward requiring pregnant women to surrender an active life, and more tendency to help them safely combine athletics and motherhood.

The Referee

by Tom Grobmisi

"Skip ball" yelled the ref.
 "Skip my Aunt Fanny's nose," I said,
 "That ball rolled out
 Without a doubt,
 Do you know what this game's about?
 Are you going blind
 Or are you just unkind?
 Are you sleeping, or drinking,
 Or out of your mind?
 That shot was as perfect
 As a shot could be...
 What the heck have you got against me?
 Come on, ref, get in the game
 That last call was really a shame.
 You're dumb and ugly
 And you can't see the ball,
 You shouldn't ever ref at all!"
 "Technical" replied the ref,
 "Play ball" she said, without a breath.
 "Technical!!! What the heck do you mean?
 That's the dumbest call I've ever seen!
 You're rotten and stupid
 And you're just being mean.
 This is a game, not the supreme court!"
 "Another technical" was her retort.
 "Hold on, just a minute...
 Did I hear right?
 That's two points off;
 Are you looking for a fight?
 I've never seen a ref as bad as you!"
 "Forfeit" she cried, "This match is through."
 Well, I learned my lesson.
 You can take it from me:
**DON'T EVER LET YOUR WIFE
 BE YOUR REFEREE!**



Rick Saffo Jr. photo

Well, what's the call?

CONTEST RULES:

1. You must be an amateur photographer
2. Photo must be a black and white glossy
3. Subject must be racquetball or racquetball-related
4. Photo must not have appeared in any other publication
5. Back of photo must be clearly labeled:

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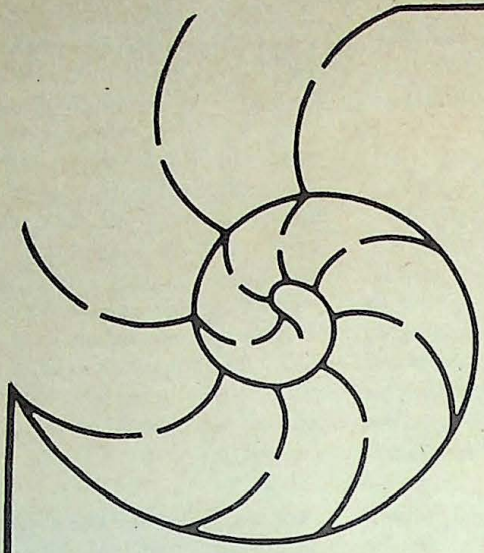
Photographer's name, address, phone, shirt size, Name of subject, when and where photo was taken (and any other interesting information.)

All photographs are non-returnable and become the property of RACQUETBALL TODAY. We reserve the right to publish and use photos as we see fit.

Winners will be selected by our panel of expert photographers at the end of the year. Photographs will be judged on the basis of quality, originality, etc. All decisions of our judges will be final.

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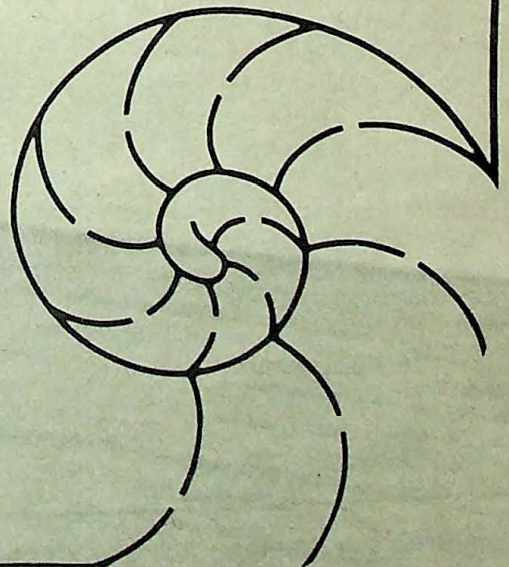
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Hang in there

New products

by Bob Schmendrick

I get a lot of press releases announcing new products, and one of the benefits of this job is the samples I receive, which enables me to try a lot of unique things.

I wish they would send the "Gravity Guiding Inversion Boots" to try, since I have had trouble with my back. They tell me that racquetball players can improve posture, tone muscles and avoid back problems by exercising upside-down. The boots were developed by Dr. Robert M. Martin to combat the detrimental effect of gravity on the upright body.

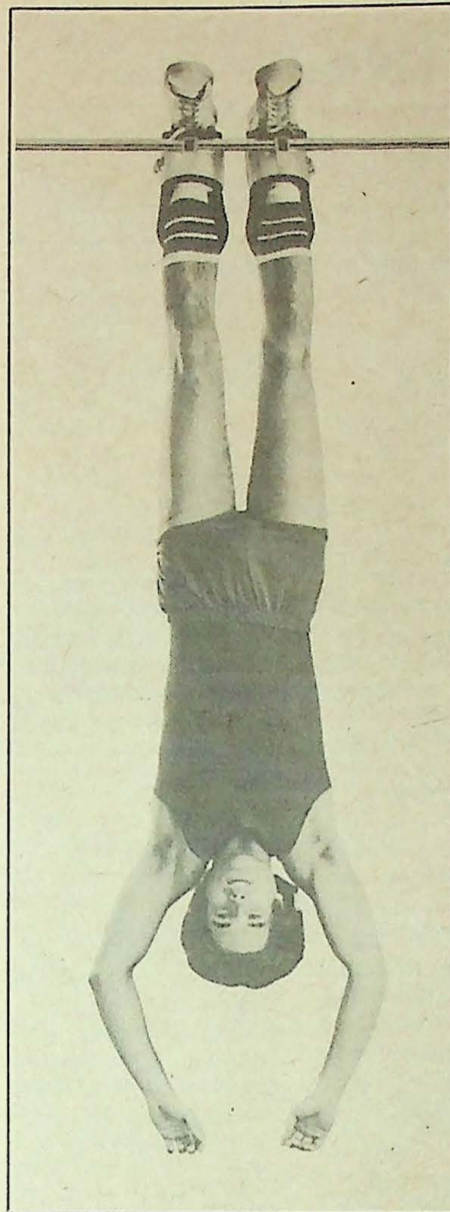
The people who make "Surgrip" did send me a sample of their non-slip texturizing gel. This is an antiperspirant for hands, which dries instantly and pro-

vides a non-slip surface. RACQUETBALL TODAY staffers tried their product and found that it does stop sweating, increases tackiness and generally provides an alternative to gloves.

Beosig, Inc., from Montreal, Canada, wrote to tell us about their Insta-Pulse Heart Rate Monitor, indicating that it is a totally new approach to heart rate monitoring. The insta-pulse operates on the electro-cardiographic principle, and can pick up the signal on a user's untreated hands. They claim no other device can present the heart rate so fast. Additionally, since the heart rate is presented on a continuous beat-to-beat basis, much more cardiac information is available for interpretation. Their suggested retail price is \$149.00.



Insta-pulse heart rate monitor



"Gravity Guiding Inversion Boots"

APRO Report

By Chuck Sheftel

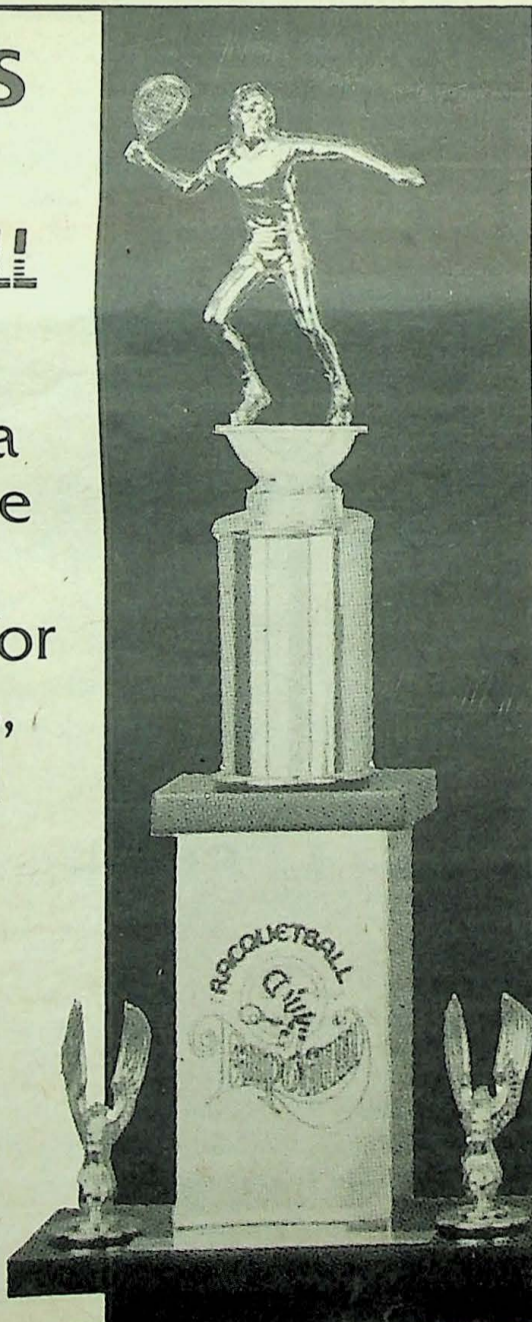
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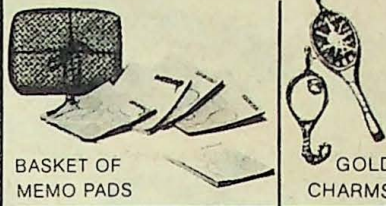
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