

T O T A L

# RACQUETBALL

A N D F I T N E S S

1995 / 1996

**ARE  
WE  
HAVING  
FUN  
YET?**

How to wake up  
your workout

**GETTING  
STARTED  
IN THE  
GAME**

Racquetball 101

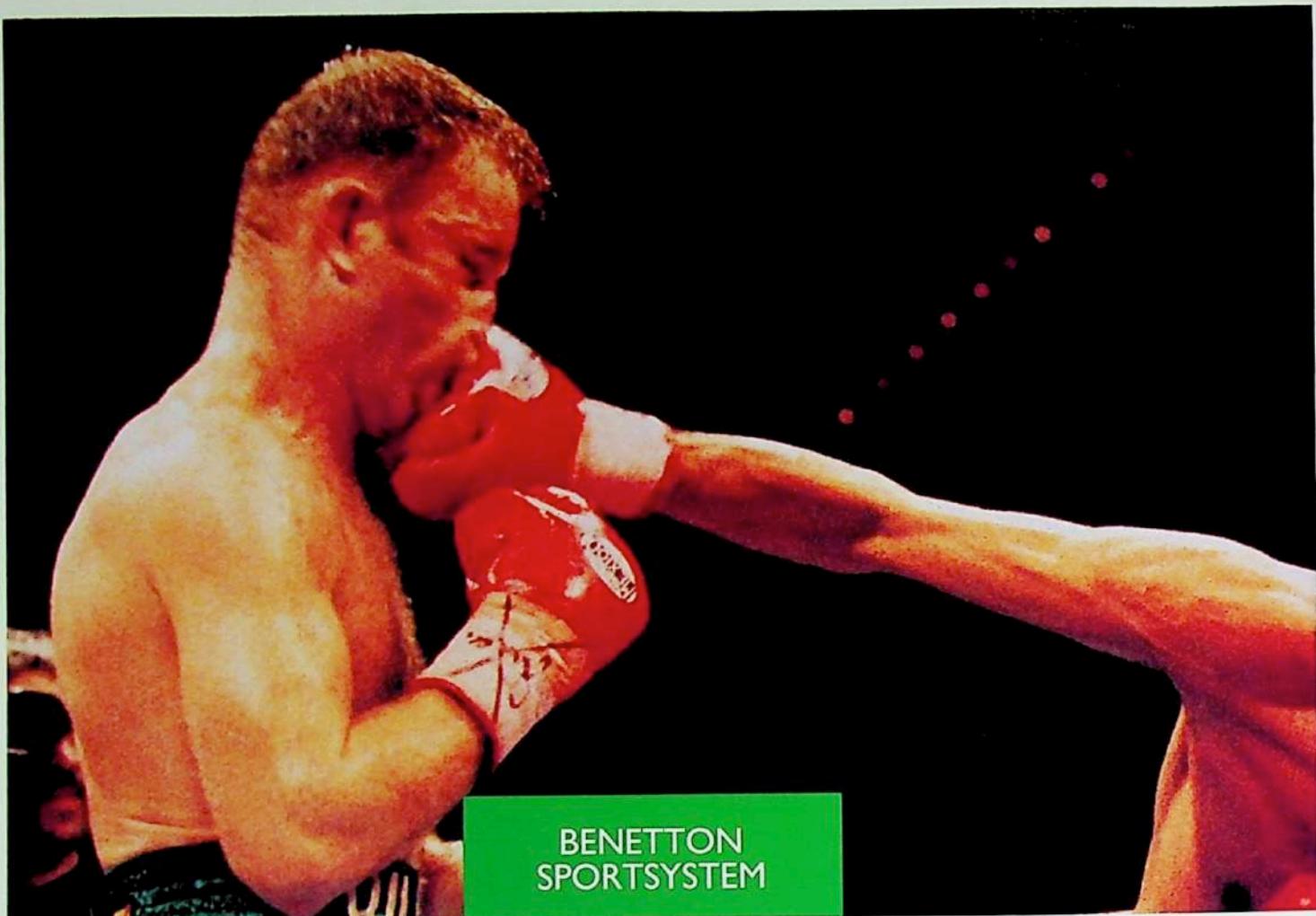
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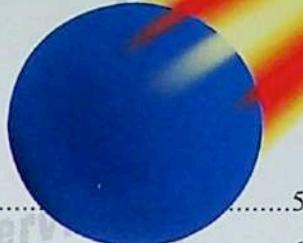
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The world of racquetball and fitness in over 200 bite-size pieces.

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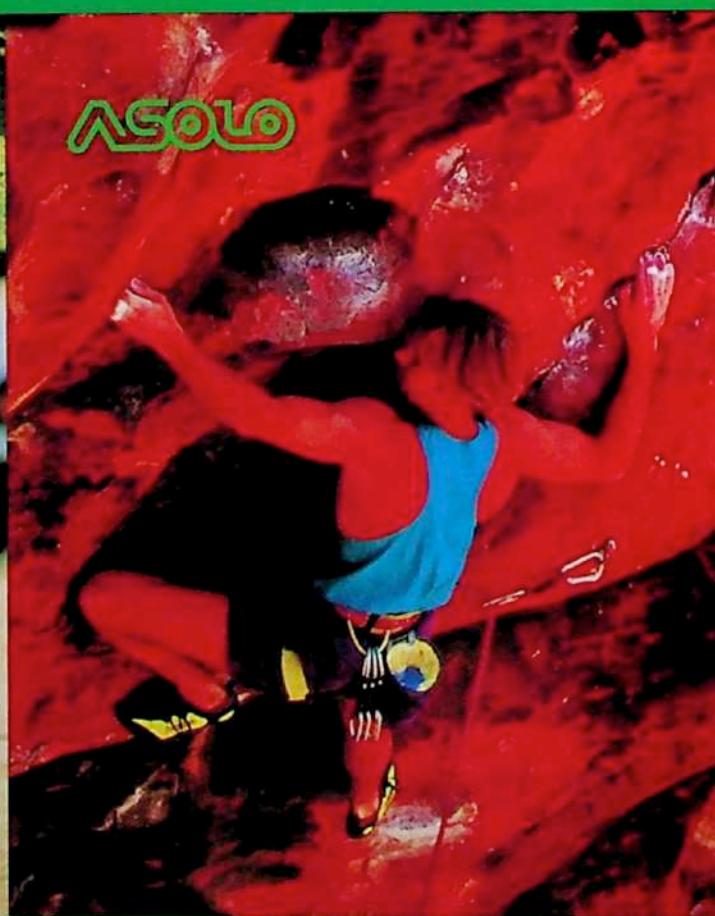
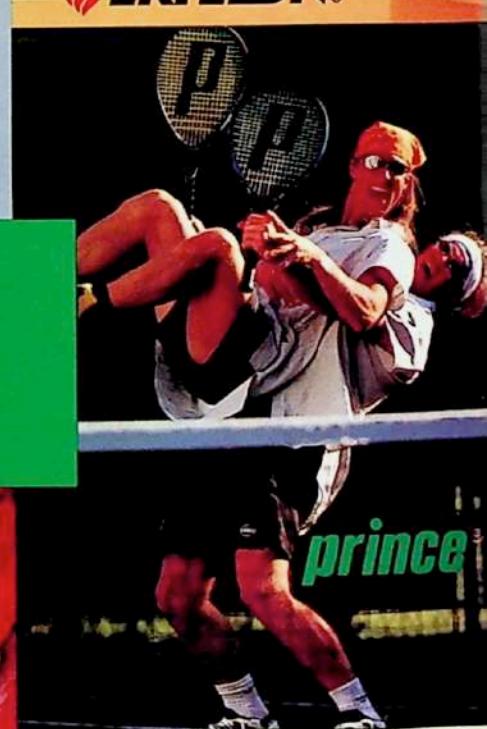
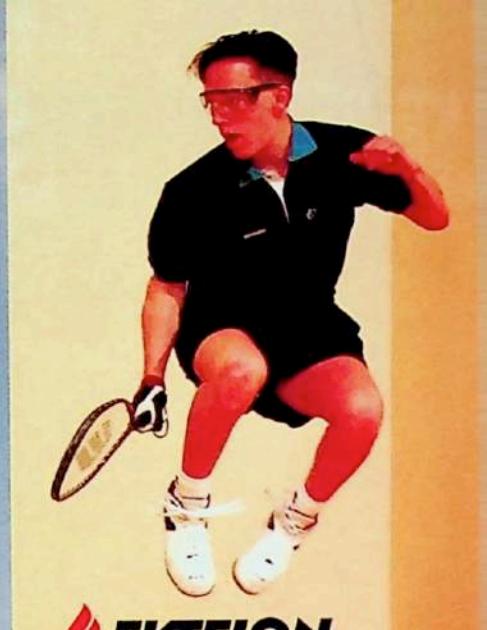
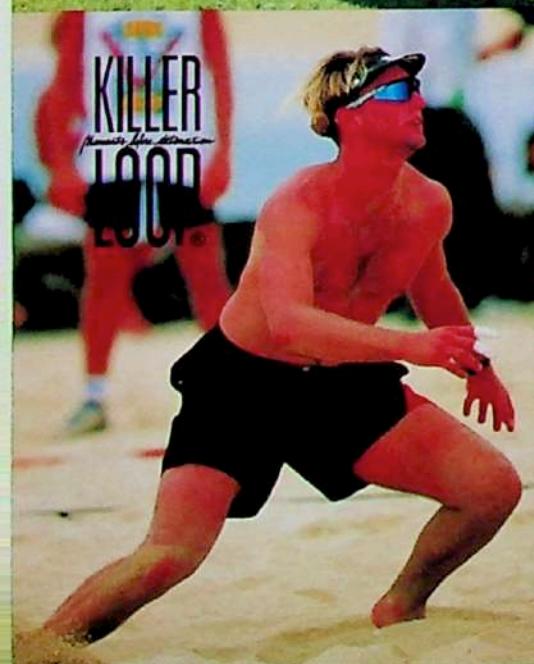
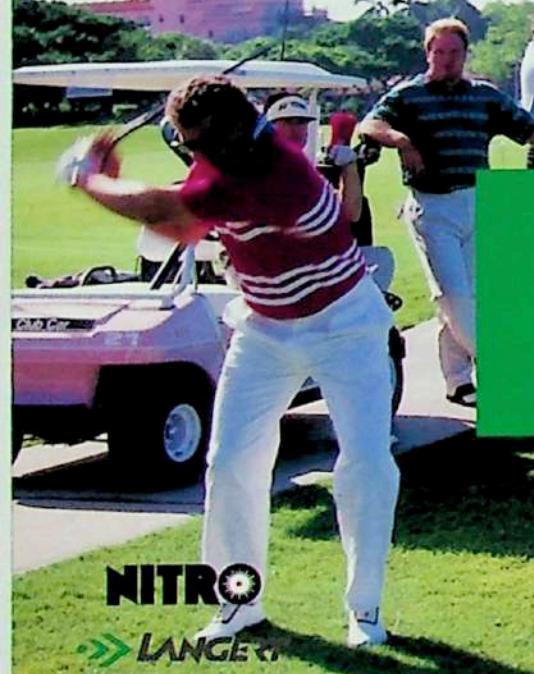
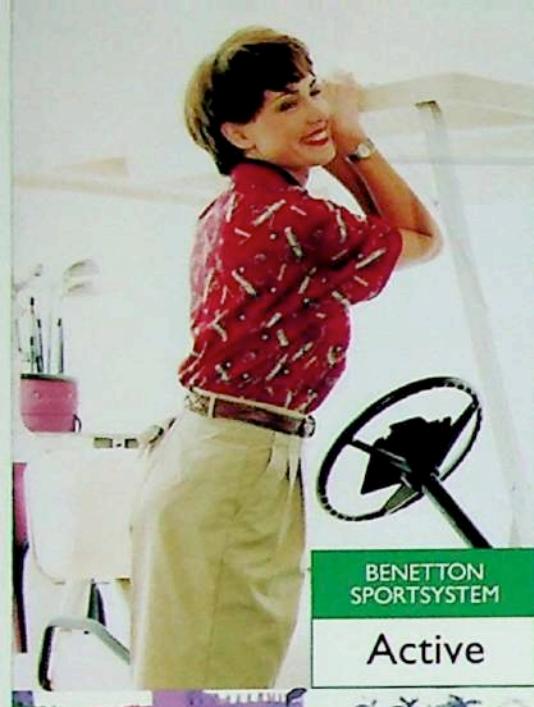
Cover photography shot at Hamilton Fitness Center, Mercerville, NJ



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# TOTAL RACQUETBALL AND FITNESS

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## THE FIRST WORD

Welcome to the 20th consecutive year of the racquetball industry's premier annual guidebook from Ektelon. We are pleased and proud to offer this year's magazine - TOTAL RACQUETBALL AND FITNESS. The change in title reflects the way the sporting goods industry views racquetball today. While Ektelon has always known that racquetball is more than a game, thousands of health club owners and millions of fitness enthusiasts are now incorporating racquetball into their regular club program. Players worldwide are enjoying the wonderful cardiovascular benefits of racquetball while exercising every major muscle group in their body. And the best part of a racquetball workout is...it's fun!

We hope you find TOTAL RACQUETBALL AND FITNESS a useful resource book for all your racquetball product, playing, fitness and health needs. Inside this new magazine format you'll see how Ektelon continues to be the leader in product technology with the new Arc2 Catalyst™ racquet and Vision Grip™/Cushion Response System™. To learn more about these and other new products, turn to the Ektelon catalog beginning on page 17.

For over 25 years, Ektelon has been dedicated to helping the sport of racquetball thrive, from sponsoring national tournaments in conjunction with the AARA...to setting up local grass roots events to introduce more people to the game. We believe in the sport of racquetball, and work to promote it in every way possible. TOTAL RACQUETBALL AND FITNESS is just one more example of that commitment.

We hope you enjoy this edition and encourage you to pass it along to friends. Together, we can help even more people discover the exhilarating sport we both love.

Rob Ahrensdorf  
Director of Marketing  
Ektelon



Rob Ahrensdorf with Andy Roberts, just after Andy's decisive win.

By Dan Obremski

For many exercisers, the last word they would choose to describe their workouts is fun. In fact, in an informal survey of fitness enthusiasts, the words that came up most frequently included—okay, routine and boring. Sad to say, most of us are not having fun while we work out. But it doesn't have to be that way!

Are you a workout veteran bored or unmotivated by your current routine, or a first-time exerciser unsure of how to put together an effective program? If so, we're going to show you how to use variety to develop a workout that works for you, and yes, one that is even fun!

Look around your fitness club.

cardiovascular programs as a means of losing or controlling weight, as well as a means to benefit your individual sport.

**Racquetball.** With its intense action, racquetball provides an excellent cardiovascular workout and is a great substitute to an aerobics class one day a week. It's excellent for weight control (you'll burn more than 800 calories in an hour), and because it involves all the major muscle groups, it is highly effective for developing and maintaining muscle tone. Find a partner or join a league at your club. You'll enjoy the fun of competition plus a first-rate workout.

**Squash.** Regardless of the level of your

It works both your upper and lower extremities while strengthening the shoulders, back and arms.

**Basketball** is also a great sport to build cardiovascular endurance, but beware of ankle injuries!

### MUSCULAR STRENGTH

It's important to keep your muscles strong. One key reason is that they help safeguard vulnerable parts of your body! For example, a strong abdomen protects the lower back. Unlike cardiovascular training, where one exercise can benefit your whole body, muscle strength train-

# Are We Having Fun Yet?

**Add Some Variety to Your Routine, Because a Dull Workout Is No Laughing Matter!**

There are many different exercises, sports and classes you can participate in. Many people, however, get stuck in a "workout rut" with just one routine or program they use. Not only does this quickly become boring, but after awhile, your muscles acclimate to the routine and your development levels off. You stop seeing progress. That's why you need to work your body through many different activities. This keeps your interest level high and your whole body in better overall shape.

Different exercises and sports offer different benefits. Your challenge, working with a professional trainer, is to put together a fun and interesting program that gives you all the benefits of a total body workout.

### CARDIOVASCULAR ENDURANCE

Cardiovascular routines are designed to help you strengthen your fitness capacity by increasing your capability to sustain longer periods of exercise. Use

play, squash provides terrific exercise in a short period of time. You are guaranteed a good cardiovascular workout since the game is fast-paced with very little break in the action. It requires quick reactions and endurance. In a single game, a player can run as much as two miles.

**Cycle Training.** Cycle training (or circuit training) is a means of conditioning your body by incorporating different exercises into your cardiovascular routine. If you're normally on the stairmaster for thirty minutes, try the bike for ten minutes, the stairmaster for ten and running for ten. Increase the time and intensity as you improve.

**Aerobics.** From classes and videotapes that work strength and flexibility to the ultimate challenge of step classes, aerobics improves everything from endurance to coordination.

**Swimming.** Swimming is a great option for a whole body aerobic workout.

### BEGINNER WORKOUT PROGRAM

**Monday:** Aerobics Class

**Tuesday:** Racquetball, Muscular Endurance, Weight Training

**Wednesday:** Cycle Training

**Thursday:** Racquetball

**Friday:** Muscular Endurance Weight Training

This program involves sport, class setting and individual training to alleviate boredom, and helps with your overall conditioning.

ing is very specific. You need to work different sets of muscles with different exercises, and the best way to do that is through weight training.

**Weight Training.** You can use machines or free weights to strengthen your muscles. In general, you need to lift heavier weights and allow your muscles more rest when trying to build strength. You may want to split your workouts into a routine that allows you to work antagonistic muscle groups on the same day. This promotes better flexibility, symmetry and posture. Work your arms and legs one day and your chest, shoulders and back another day.

### 1-Hour Workout: Arms and Legs

Spend 25 minutes on your arms. Choose three bicep exercises and three tricep exercises. Perform a bicep exercise with a relatively heavy weight for 8-12 reps, then a tricep exercise with a relatively heavy weight for 8-12 reps. Rest one minute. Continue this routine, going through all three exercises for each body part. Follow the same pattern for your legs for about 35 minutes.

**1-Hour Workout: Chest, Back and Shoulders**  
Spend 40 minutes on your chest and back. "Super set" chest and back with one minute breaks between sets. For the last 20 minutes, perform shoulder exercises with a two minute break between sets. (You can do abdominal work during that two minute break if you choose.)

### MUSCULAR ENDURANCE

Muscular endurance is different from muscular strength in that it is defined not by how much a muscle can do, but how long it can keep performing the same contraction over and over. You can develop good muscular endurance through activities that involve repeated use of large muscle groups such as walking, jogging, swimming and cycling.

**Weight Training.** If you use weights, the key to muscular endurance is less resistance (lighter weights) and greater repetitions. Choose two different exercises for each body part at the beginning of your workout. Then perform each for 20-25 reps, with a medium weight at high intensity. Rest one minute between body parts. Work your whole body during each workout two days a week.

### INTERMEDIATE WORKOUT PROGRAM

**Monday:** Cycle Training, Muscular Endurance Weight Training  
**Tuesday:** Cycle Training, Racquetball  
**Wednesday:** Swimming, Super Leg Workout  
**Thursday:** Racquetball, Muscular Endurance Weight Training  
**Friday:** Cycle Training, Speed Training

This is a program for someone who has hit a plateau in their training. It incorporates cycle training, designed to increase your cardiovascular workload, weight training to build endurance and sport for the fun and competitive spirit we all need.

**Speed Training.** You might also want to perform some star drills, jumping rope and standard jumps onto or over a bench to improve your speed.

If all these routines above are executed properly, you should increase your flexibility and your lean muscle mass, and burn some excess body fat. Obviously, the heavier you lift, the more potential you have to develop larger muscles. If your goal is to develop a lean, muscular, symmetrical and flexible body, employ both rou-

tines (weight training for strength and endurance) alternating every two weeks.

### BODY COMPOSITION

This refers to the ratio of fat tissue to muscle tissue in your body. To lower your percentage of fat tissue, participate in activities that burn a lot of calories through sustained, repetitive use of large muscle groups. These include running, racquetball, cycling, swimming, basketball, tennis and squash.

### ADVANCED WORKOUT PROGRAM

**Monday:** Racquetball, Strength Weight Training  
**Tuesday:** Cycle Training, Strength Weight Training  
**Wednesday:** Cycle Training, Speed Training, Racquetball  
**Thursday:** Racquetball, Strength Weight Training, Swimming  
**Friday:** Super Leg Workout, Basketball or Squash

If you are an advanced athlete you will increase your conditioning by cycle training, playing ball, swimming and lifting. Basketball and squash will help with your speed and first step and the swimming will help with your flexibility.

To help you structure a total workout program, we've included some sample programs. You can tailor each to meet your specific needs and exercise preferences. The important thing is that each program is designed to give you a full body workout and to meet all the major requirements of total body fitness: cardiovascular endurance, muscle strength, muscle endurance and body composition.

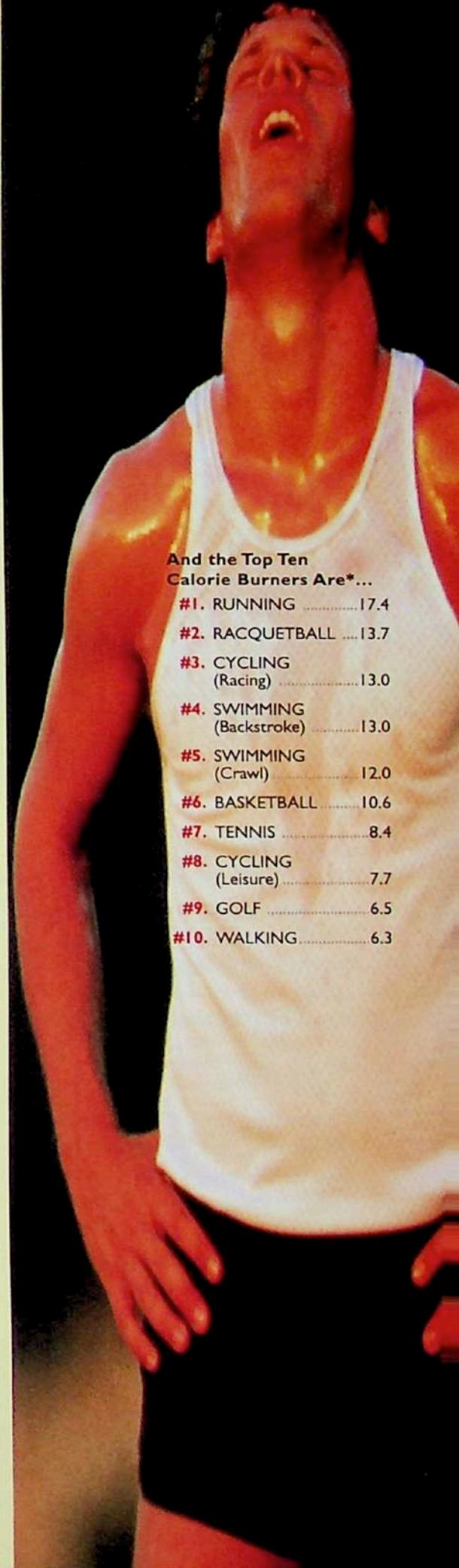
If you set fitness goals that are realistic and take advantage of the many exercise options available at your health club, you can devise a routine that keeps you coming back every week. Instead of sitting on the stationary bike every evening or swimming four days a week, pick up a racquetball racquet, try on a pair of in-line skates, do something, do anything to add variety to your workout. Before you know it, you'll be having fun. And that's the best thing that could happen to your workout routine!

— *Dan Obremski is a certified fitness instructor and strength trainer as well as a racquetball pro.*

\*Numbers represent Calories burned per minute  
Source: Michael O'Shea, Ph.D., Sports Training Institute

### And the Top Ten Calorie Burners Are\*...

#1. RUNNING	17.4
#2. RACQUETBALL	13.7
#3. CYCLING (Racing)	13.0
#4. SWIMMING (Backstroke)	13.0
#5. SWIMMING (Crawl)	12.0
#6. BASKETBALL	10.6
#7. TENNIS	8.4
#8. CYCLING (Leisure)	7.7
#9. GOLF	6.5
#10. WALKING	6.3



## 6 Steps to Choosing the Right Racquet

Choosing the right racquet can make a tremendous difference to your racquetball game. However, to many players (both expert and beginner) this can be a daunting task. There are many racquets from which to choose, all with significant differences. How do you sort through all the features and benefits to find the racquet that's just perfect for you? Follow these simple steps and you're sure to have great success.

**#1 Seek professional advice.** A certified teaching professional can tell you what your game needs in improvement, help analyze your playing style and suggest some general types of racquets.

**#2 Identify your playing style.** This is essential to selecting a racquet. Once you define your playing style you can then narrow your selection to the racquets that give you the best performance characteristics to enhance your game. Start by asking yourself these questions:

*Am I a player who demands all-out power?*

If so, you'll require a larger headsize at, or exceeding, 98 square inches; a quadriform headshape to maximize the main string length; open string patterns; conventional weighting of 225-245 grams and a stiffer frame construction. These are all very specific characteristics of power racquets.

*Do I rely more on strategy and precise shot execution, but don't want to sacrifice power?*

You should seek a slightly smaller headsize (98-94 square inches) with a teardrop

headshape. This will give you a lighter weight racquet for maximum maneuverability and control.

*Do I play actively, but in spurts, and want the latest technology to add pop to my shots? Or, do I play for fun and exercise and want a competitive edge?*

If you fall into either of these categories, look primarily for easy hitting racquets with an enlarged hitting zone for effortless power.

In addition to identifying your playing style, think about how often you play (or would like to play) and your proficiency/ability. All this will help you when it comes time to select racquets to demo.

**#3 Experiment with demo racquets.** Most better retail outlets and club facilities have a complete selection of demo racquets which you can rent or borrow. Often, your rental fee can be applied to a future racquet purchase. Don't be afraid to experiment with many of the racquets that fall into your playing style category. You'll find that there are also differences between headshape and headsize to consider.

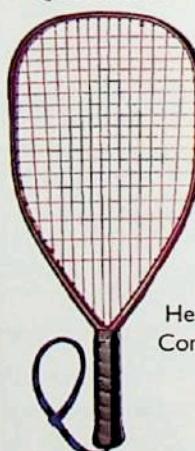
**#4 Select the correct headsize.** As we pointed out in step 2, a larger headsize (98 - 112 square inches) will generate more power in a racquet. However, if the racquet is not weighted and balanced correctly, you may have a difficult time maneuvering it. If you are considering a larger headsize racquet, make sure you play with a few different headsizes. It's the only way to see what a difference headsize can make on your performance.

**#5 Select the correct headshape.** Depending upon your playing style, you may have some choices of headshape. The quadriform shape generally produces more power with its elongated main strings and longer string bed. In the

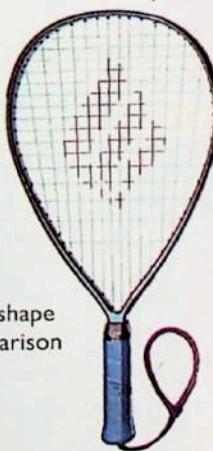
teardrop design, the main strings are shorter which causes the string bed to have slightly less power potential. However, the teardrop shape features a more rounded head area and wider/expanded hitting zone (sweet spot) making it more forgiving on off-center hits.

**#6 Select your grip size.** The more advanced/expensive racquets sometimes have more than one grip size available. Racquets may be offered in super small ( $3\frac{11}{16}$ "), extra small ( $3\frac{15}{16}$ ") or a flared grip option. Ask to see other sizes so you know which one feels the best for you. Grab the racquet near the base of the handle like you're shaking hands with it. Now wrap your fingers around the handle so that your middle finger almost touches the palm of your hand while gripping the racquet. Remember, the smaller the grip, the more wrist snap you can get to increase your power potential!

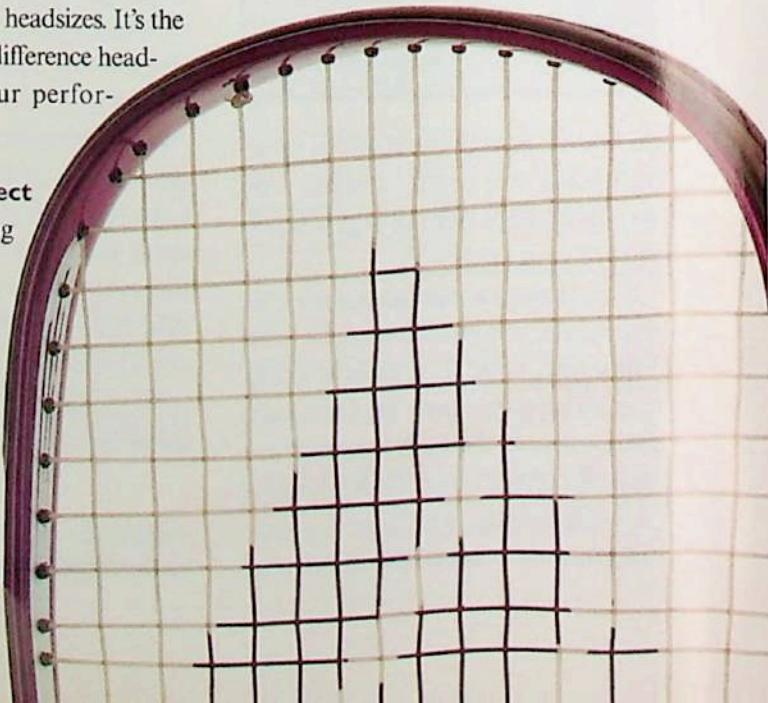
Quadriform



Teardrop



Headshape Comparison



# RACQUETBALL 101

## AN INTRODUCTORY GUIDE TO A FUN AND EASY WORKOUT!

**So, you want to play racquetball? That's great because racquetball is lots of fun, an incredible workout and easy to learn. So read on and then get going. The court awaits you!**

### Finding A Court To Play On

The best place to find out about racquetball facilities in your area is the yellow pages of your telephone book. Look under Health Facilities, City Parks and Recreation, Community Centers and Colleges. You might also find health clubs advertised in the sports section of your local paper. Make a list of all the possibilities and then try them out.

You'll discover there are two types of racquetball courts—indoors and outdoors. Indoor courts are completely enclosed with four walls and a ceiling. Outdoor courts have just a front wall and two short side walls—no back wall or ceiling.

The rules and game strategies for indoor and outdoor racquetball are basically the same with the following exceptions. On an outdoor court you must hit the ball before it passes you (because there is no back wall). On an indoor court, you can let the ball go by and play it off the back wall. You also have the option of playing shots off the ceiling on an indoor court.

Outdoor courts offered by City Recreation and Park Departments and college campuses are generally free. You simply wait

for an available court in accordance with the court usage rules. Once on court, you can usually play for at least an hour. Indoor courts are available in varying levels of cost, convenience and quality. You can choose between college courts, public "pay and play" courts and exclusive private health clubs.

While most **college racquetball facilities** are limited to students and staff only, some do offer public play hours during their down-times. Many junior colleges, for instance, offer excellent low cost classes and a chance to meet players of similar skill levels. Contact the colleges in your area to ask about public court time and available programs.

**"Pay and Play"** courts are another inexpensive way to play with no membership requirements and no reservations. You just deposit the appropriate court fee and the court is automatically open to you for a designated period of time. These facilities often operate without any staff supervision and are usually of a lower quality standard than all other indoor courts. There are also "pay as you come" opportunities avail-

able at the YMCA, YWCA, Bally's Health Club chains and Jewish Community Centers. (These clubs also offer private memberships).

**Exclusive membership clubs** offer the best quality facilities and services. They usually require an initiation fee payment and monthly dues. The main benefits of joining a club are that you can reserve court time, play on the best quality courts, take lessons, get involved in leagues and tournaments and use the rest of the club's amenities. If you are considering joining a fitness club, be sure to consider the following:

- Does the club have enough racquetball courts? If not, it may be difficult to get court time.
- How many active racquetball players do they have? You want to join a club with ample players so that finding a partner is easy.
- Is there a club racquetball pro you can turn to for advice and instruction? How about a regular activity program to help you meet players at your own level?
- Are there any reciprocal membership opportunities? This is important if you like to work out when you travel.
- What other cross training opportunities are available? You may want to participate in other exercise activities such as weight training, running, biking and swimming.
- What other amenities are offered? Regular social events, quality spas, massage, towel and locker service and valet parking can add to your total workout enjoyment.

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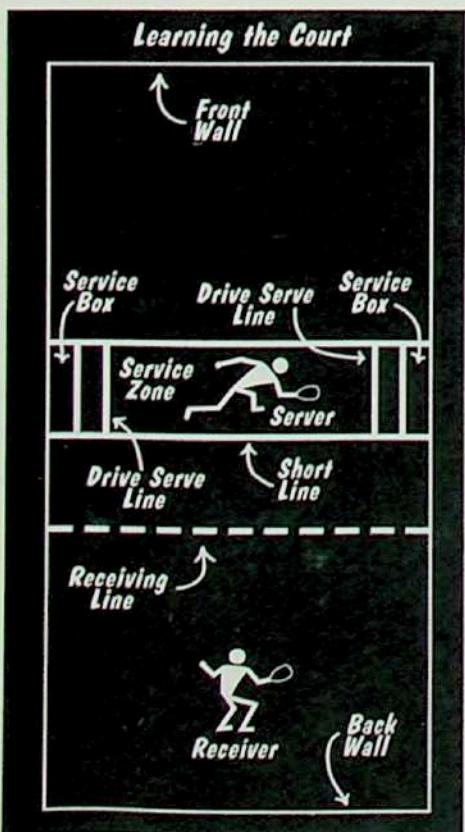
To learn more about the racquetball facilities available and nearest to you, call the American Amateur Racquetball Association (AARA) at (719) 635-5396 or the International Healthclub & Racquet Sports Club Association (IHRSA) at (617) 951-0055.

### Getting Your Equipment

The equipment used in racquetball is pretty basic: a racquet, racquetball, glove to keep your hand dry, and eyeguard to protect your eyes. Most clubs strongly support the use of eyeguards by offering loaner or rental equipment. They also make "demo" racquets available, giving you the chance to try different types of racquets before you make a purchase. Most retail outlets will also allow you to demo (rent or borrow) racquets from their shop. See *6 Steps to Choosing the Right Racquet* on page 8 for additional tips on choosing a racquet.

### How to Play the Game

Now that you know how to find a court and choose your equipment, let's get right to the game! One of the main reasons why racquetball has become so popular is its simplicity. It's easy to learn. The rules are clear. And you can become proficient very quickly because there are very few boundaries that you need to hit the ball into.



Every game begins with the serve. One player serves while the other receives. The server stands in the **service zone**, bounces the ball and hits it before it bounces a second time. The ball must hit the front wall first, then travel over the short line and contact the floor before hitting the back wall, either with or without touching one of the side walls.

Failing to serve in this manner results in a **fault**. Following is a list of **one fault serves** and **two fault serves**. With a one fault serve, you are allowed to serve again. But if you serve two one-fault serves in a row, you lose your serve and your opponent becomes the server. With a two fault serve, you automatically lose your serve.

#### One Fault Serves (You may serve again)

**Short Serve.** The ball hits the front wall and then bounces before it travels over the short line. (Hitting the line is considered a fault serve.)

**Long Serve.** The ball hits the front wall and then hits the back wall before touching the floor.

**Three-Wall Serve.** The ball hits the front wall then two side walls in a row, or hits the front wall, side wall and back wall, without touching the floor.

**Front Wall-Ceiling.** The ball hits the front wall and then the ceiling.

**Screen Serve.** The ball hits the front wall and passes so close to you that it prevents your opponent from having a clear view of the ball. The rule of thumb is—the ball should pass by the server's body by at least an arm and a racquet's length away.

**Out of Court Serve.** The ball hits the front wall and then goes out of the court.

**Drive Serve Line.** The server's racquet may not break the plane of this line while serving a "Drive Serve".

#### Out Serves or Two Fault Serves (You automatically lose your serve)

Three ways to automatically lose your serve are: the ball does not hit the front wall first; the ball hits the front wall, but hits you in the air without touching the floor first; a missed serve attempt while striking the ball.

#### Returning the Serve

While you are serving, your opponent, the receiver, should be standing in the ready position in the middle of the court approximately an arm and a racquet's length away from the back wall. The re-

ceiver's job is to return the serve, either hitting the ball after one bounce, or hitting it right in the air before it bounces. On the return of serve, the receiver's racquet may not extend over the five foot receiving line before contacting the ball. After the serve has been returned, however, either player may contact the ball in any area of the court.

### The Rally

During the rally, the ball must continue to be hit before the second bounce—either in the air or after the first bounce. Players take turns hitting the ball in succession until one player is unable to return the other's shot. During the rally, the serving lines are not applicable and the ball may hit any number of walls as long as it eventually hits the front wall before contacting the floor. This "anything goes" aspect of the rules is what makes the game so fun, especially during the learning stages. And it's what made racquetball one of the fastest growing racquet sports in history during the 1980's.

### Hinders

Due to the fact that you will be playing close to your opponent, and that you are just learning where to position yourself on the court and where the ball is going to land, it is important for safety reasons to call **hinders** at the appropriate times.

A hinder is called when you fear that you may contact your opponent with the ball or racquet, or when your opponent is obstructing your view of, or path to, the ball. A hinder call results in the point or rally being replayed. In more advanced stages of racquetball, a hinder is designated as a "Deadball Hinder" (point is replayed) or an "Avoidable Hinder" (point or rally is lost).

### Keeping Score

If the server wins the rally, the server receives one point, and continues to serve until losing the rally. If the receiver wins the rally, the receiver does not score a point, but wins the right to serve and the chance to score during the next rally.

Players continue to play until the match has ended. A match consists of two

CONTINUED ON PAGE 34

**Work with a trainer** who will determine your fitness level, discuss your goals and work with your strengths and limitations.

**Get a fitness evaluation** to determine your level of physical fitness— aerobic capacity, body strength, flexibility, fat to muscle ratio and more. Without this starting point, your trainer will not be able to establish the best program for you.

**Set goals you can reach.** Do you want to lose weight, build muscle, improve your health? Write down your long-term goals so that you have a clear objective before you. It's just as important to have short-term goals. If you continually make small gains, your enthusiasm will actually increase your desire to reach your larger goals.

**Develop a training program you enjoy** that incorporates exercise routines, machine workouts and sports you like. The last thing you need is a boring routine!

**Take it slow.** There is no rush to achieve the ultimate body. You risk injury and

**Failure To Warm Up** A cold muscle is like a cold rubber band or piece of saltwater taffy. Place a quick, unexpected load on any of the three and a tear or break will result. It's virtually impossible to achieve maximum results without warming up.

**Wasted Time** When you get to the club, devote yourself to your program. This does not mean that training cannot be social, but if you want to improve, work harder, talk later!

**Overtraining** Too much lifting will hamper your muscular growth, and too much cardiovascular work can cause muscular and mental fatigue. Work toward balanced and steady improvement instead of pushing yourself beyond your limit.

**Use of Improper Equipment** Wear shoes appropriate for your exercise activity, such as aerobic or walking shoes, and avoid outfits that are too tight or baggy.

burnout by trying to accomplish too much too fast.

**Monitor your heart rate.** Good cardiovascular training involves keeping your heart rate at the desired level during your workout. In general, if you maintain your desired training heart rate for 20 to 40 minutes, two times a week, you can maintain your weight. Three to five times a week will help you burn calories and improve your cardiovascular endurance and overall conditioning.

**Use proper exercise techniques.** Exercises performed improperly can lead to unsatisfactory results and even injury. Be particularly careful to learn the

proper form on the weight equipment or you may wind up developing your muscles improperly. Always stay alert throughout your routine. Don't let fatigue impair your form.

**Watch what you eat.** If you do everything correctly in your program but neglect your eating habits, gains will be limited. Proper food and water consumption gives you energy and allows your body to burn off calories or gain muscle. If you take in more calories than the amount you burn, you'll gain weight!

**Warm up your muscles slowly** before each workout. Stretch each muscle group after they are a bit warm. It's just as important that you stretch each of the muscle groups during your cool down session. A more flexible body will enhance your results and may help you avoid injury or early retirement from a sport.

**Keep at it!** Use minor setbacks as excuses and you will never reach your long-term goals. Wake up each day determined to improve yourself. With consistency and persistence, you will!

**TOTAL RACQUETBALL  
AND FITNESS • 200**

**10  
Tips  
for the  
New  
Exerciser**

**9  
Mistakes  
You Don't  
Want to Make**

If you're not comfortable, your workout will be less enjoyable and less effective. Check out the exercise machines to ensure that they are in good working order.

**Not Working All Muscle Groups** Some people only work the body parts that they feel need improvement. But for complete body symmetry, it's important to work all muscle groups including the shoulders, chest, back, abdominals, quadriceps, hamstrings and gluteus maximus.

**Incorrect Breathing** Proper breathing is essential during exercise to give your muscles the fresh oxygen they need. Remember—exhale as you exert. Breathe normally without holding your breath or forcing it.

**Ineffective Exercises** Not all exercises produce results. Fast and bouncy movements may feel effective, but they encourage your opposing muscles to contract and hinder movement. Slow and steady motions are always best.

**Lack of Variety** Mix it up! Incorporate numerous activities into your workout program to make it fun and effective. If you perform the same routine day after day, you will lose interest quickly.

**Inadequate Aerobic Cool-Down** Slow down gradually after your aerobic workouts. An abrupt stop can cause your blood pressure to drop significantly. This may lead to fainting and irregular heart beats.

# 10 Ways to Stretch Your Body

There's nothing like stretching to loosen up your muscles and help you avoid injury while working out! Just make sure you warm up before you stretch—do some jumping jacks or run in place. Hold all your stretches 20-30 seconds without bouncing, and work your larger muscles first (legs and chest.)

**Hamstrings.** Stand with your feet shoulder width apart. Try to touch your toes while keeping your legs fairly straight. Hold one position for 30 seconds and then repeat, trying to get lower each time.

**Thighs.** Stand two feet from a wall. Place one hand on the wall for balance. With the other hand, grab your leg around the ankle and bring the ankle up towards the buttocks so your knee is pointing down. Pull up on the ankle for a complete stretch.

**Calves.** Stand two feet from a wall, with both hands on the wall. Position your feet flat on the floor with one leg straight behind you and the front knee bent. Let your hips sink until you feel a good stretch in your back leg. Hold.

**Groin.** Position your legs slightly wider than shoulder width. Squat over your right leg, keeping the left leg straight out to the side. Extend your left arm and torso to the left, stretching the groin of the left leg. Repeat on other side.

**Chest.** Stand sideways close to a wall and extend your arm up along the wall. Push your body into the wall gently, keeping your palm open and on the wall.

**Upper Back.** Extend your right arm. Reach under with your left hand and pull your right elbow across the front of your body until a sufficient stretch is achieved. Repeat on other side.

**Abdominals.** Stand erect with your legs a little wider than shoulder width. Keeping your hips stationary, twist from side to side for several minutes.

**Shoulders.** Extend your arms to the side and rotate them in small circles, gradually increasing the size of the circles. Rotate both forward and backward.

**Triceps.** Raise your right arm over your head and bend at the elbow. Grab your arm with your left hand and pull down gently behind your head. Keep your elbow pointed up. Switch arms and repeat.

**Biceps.** A slow warm-up on the court or a few light bicep curls should get the blood flowing enough to avoid a pulled bicep.

# What's Your Fitness I.Q.?

*Take our quiz and  
find out how much  
you really know  
about working out  
with your favorite  
sport.*

1. Walking burns 380 calories per hour. Volleyball burns 230. How many calories are burned during an intensive one-hour racquetball match?

- a. 75
- b. 200
- c. 800
- d. 1500

2. How much water should you drink during a regular workout day?

- a. 1-2 glasses
- b. 2-3 glasses
- c. 4-6 glasses
- d. 8-10 glasses

3. Aerobic activity is defined as any physical work that raises your heart rate to its training zone. Anaerobic activity is even more intense—an all-out effort, like a hundred-yard dash. Which type of activity best describes racquetball?

- a. 100% anaerobic
- b. 30% anaerobic, 70% aerobic
- c. 65% anaerobic, 35% aerobic
- d. 100% aerobic

4. Different sports help you develop different aspects of total body fitness. Which

of the following does racquetball help you develop?

- a. Flexibility
- b. Muscular Endurance
- c. Muscular Strength
- d. Cardiovascular Endurance
- e. All of the above

5. Stretching is a key element of your workouts. When should you stretch?

- a. Before your workout
- b. During your workout
- c. After your workout
- d. All of the above

6. To give your body the best nutritional edge, your pre-match or pre-training meal should consist primarily of:

- a. Protein
- b. Complex carbohydrates
- c. Both

7. What is the best form of weight training for racquetball players? (You may choose more than one.)

- a. Heavy weights, low reps
- b. Light weight, high reps
- c. Medium weight, medium reps

8. Which of the following types of classes will best help a racquetball player improve his/her game? (You may choose more than one.)

- a. Step-up class
- b. Karate class
- c. Yoga class
- d. Aerobics class

9. How can you improve your foot speed?

- a. Aerobics class
- b. Running
- c. Sprinting
- d. Plyometrics
- e. All of the above

## FITNESS REPORT CARD

How did you score?

8-9 **Head of the Class**

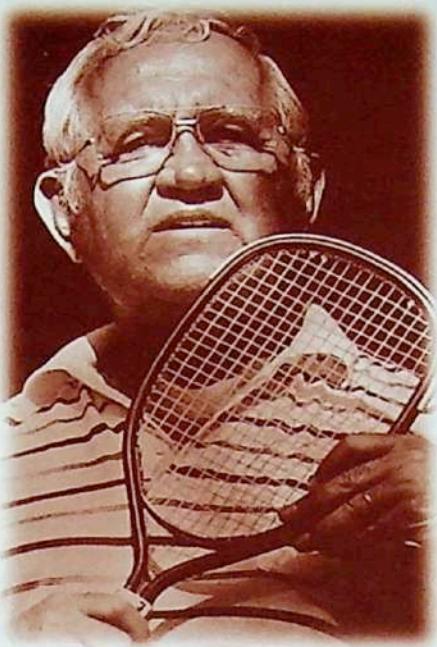
6-7 **Honor Roll**

3-5 **Passing Grade**

1-2 **Better hit the books.**

Answers:  
1. c 2. b 3. c 4. e 5. d 6. b 7. b, c  
8. a, c 9. e

## 2 Great Assets to the Sport



**Joe Sobek**

### A Sport for Everyman

In the '40s, tennis was still a fair-weather outdoor sport. And to master the game of squash, with its formerly heavy ball, you had to be pretty tough—with a strong wrist and a lot of energy.

So, Joe Sobek mused, wouldn't it be great if there was a racquet sport the average person could pick up quickly and easily on a handball court at the local Y?

"I thought, if we had a game that could be played on a four-walled court with a lively ball and a strung racquet about the same size as the paddle used in paddleball..."

Keeping that idea in play, this tennis club pro and avid racquet sports player put his talent to work for "Everyman."

Sobek designed a racquet and a usable ball, and in 1950 the game of "paddlerackets" (the grandfather of racquetball) hit the courts.

"Racquetball exploded in popularity," says Sobek, now 77. "The nice thing about it is it doesn't take any time at all

to become a good player."

Ironically, Sobek has never profited financially from racquetball and never played in a tournament. As a tennis and squash pro, he was not allowed to participate in YMCA tournaments. "The fact is, I got enough pleasure out of introducing a new sport that it didn't bother me," he says. "I don't know of anyone who invented a sport that grew like racquetball."

### Rick Slaughter

### Feeling the Fire Again

Rick Slaughter seems to pick up racquet sports about as easily as others pick up a newspaper. He was a whiz kid at badminton and a top-ranked junior tennis player until he was paralyzed in an automobile accident at the age of 17.

At that time, wheelchair tennis was coming into its own, and Slaughter excelled at that, too, earning top rankings in singles and doubles. But after 20-plus years of competitive tennis, he says, "it just got old."

Now 32, Slaughter's got the burn to win again thanks to wheelchair racquetball. "It's all new to me," he says. "It's real neat to finally have that burn and that competitive fire in me again like I used to have with tennis."



## 4 Major Players

**Robert Nay, Republican  
18th District, Ohio**

**Steve Stockman, Republican  
9th District, Galveston, Texas**

**Todd Tiahart, Republican  
Wichita, Texas**

**Frank LoBiondo, Republican  
2nd District, New Jersey**

Now Slaughter's got his eye on a new prize: he hopes to make the National Wheelchair Racquetball team and play at the 1996 Paralympic Games in Atlanta.

Among Slaughter's early challenges was figuring out what strategies would work against other wheelchair players. Until his first tournament, he had played only able-bodied opponents. "I love getting in there and pounding that ball about a foot off the floor and seeing if I can get it to the line and let it just die in the corner," he says, "but I don't know if that's going to be a very effective serve against wheelchair players because of the two-bounce rule."

Slaughter says he loves wheelchair racquetball because it's fast. "It's something I can go and play by myself. I just run myself ragged chasing the ball."

For both tennis and racquetball, Slaughter uses a three-wheeled chair called the "Quickie," which he describes as awesome.

"I enjoy racquetball right now as much or more than I ever enjoyed tennis," Slaughter says. "It's great to have that feeling again, because for the last couple of years I thought that I'd lost it."

# 17 Hot Tips from Pros Who Know

*Pro players give their personal tips on practice, workouts and the key shots you need to perfect.*

## Let's Make Practice More Fun!

By Jack Newman



What stops most people from improving their racquetball game? I've concluded that it's a lack of time spent doing practice drills. For most players, drilling isn't fun, and they'd just as soon play matches. But you cannot improve by only playing matches. In fact, the top pros spend at least 80% of the time practicing by themselves. So how do you make drilling more fun? Here are six suggestions:

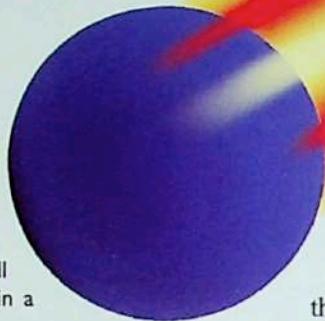
- Keep your practice sessions down to 45 minutes at a time. This is about as long as you can keep a high level of concentration to make your practice sessions meaningful.
- Try and simulate actual game situations. Rather than just practicing "drop and hit" drills, you should incorporate drills that get

your feet moving and help prepare you for all the footwork needed in a real game.

- Set yourself a goal. I always start my practice session with a series of 10 set-ups to practice my off-the-back-wall play. I work on one shot at a time—down the lines, pinches and cross courts. I keep practicing each shot, backhand and forehead, until I reach my goal of perfecting 7 out of 10 shots. Before I know it, my 45 minute practice session is up.
- Give yourself a fun target. Place old racquetball cans on the front wall and try to hit them. This drill is fun and provides excellent practice on your shot accuracy.
- Discover new ways to challenge your shot accuracy. Tape squares on the front wall, and try to keep your shots inside the boxes and off the back wall. (The bottom of your squares should be about 1 1/2 feet from the floor and the top about 3 1/2 feet from the floor.) Using the tape in practice sessions helps you quickly visualize the correct shot when you are playing an actual tournament.

• Try the Dollar Bill Drill! Place a dollar bill barely over the short line on both the forehand and backhand sides. Practice your drive serves in 10 shot sequences and see if you can hit the dollar bills. Then tape another dollar bill on the side wall 3.5 feet back and approximately chest high. This time practice your z-serve, again trying to hit the dollar.

—Jack Newman is a former top ten professional and winner of a stop on the 1994 Men's Pro Tour. He is the head instructor of the nationally known "America's Most Wanted" racquetball camps.



## P.A.S.S. Your Way to Victory.

By Aaron Katz



You're probably anticipating another discussion on the benefits of the passing shot, but not so! P.A.S.S. is an acronym I use to help players remember the four elements needed to make every workout complete.

• **Practice.** Racquetball players are notorious for not wanting to practice by themselves and often wind up looking for a match to play. Unfortunately, playing a match does not afford us the opportunity to work on specific skills. As a general rule, you should be practicing at least one hour for every two hours of match play. This should afford you ample time to critique your game and design some drills to work on your weaker areas.

• **Aerobic Conditioning.** I believe it was Winston Churchill who said tired legs and lungs makes cowards of us all (or something like that). Once we get tired, our skill level drops demonstrably and there is a tendency to develop bad habits. To play competitive racquetball we should all be doing 30 minutes of aerobic conditioning three times a week. Personally, I think some of that time should be an impact workout (stairmaster, running, etc.) to acclimate your body to the pounding it will inevitably take during a match.

• **Speed.** Jimmy Johnson, former Dallas Cowboys coach, was no dummy when he preached the need for speed. Speed bails us out of a lot of execution mistakes and puts tremendous pressure on our opponents. Court sprints and specific footwork drills two times per week for 10-15 minutes will really increase your quickness.

• **Strength.** While weight training will not make you hit the ball harder, it will help your game in other areas, and most importantly, with injury prevention. A good solid weight routine will increase your strength and flexibility, and quicken your recovery from injury. An upper and lower body workout twice a week is plenty, and should take less than an hour.

—Aaron Katz is a premier strategist and an intimidating force on the racquetball court. He reached the semi-finals in two stops on the 1994 Men's Pro Tour and won the National Mixed Doubles championship in 1991.

## Get on the Offensive!

By Andy Roberts



To be a winning racquetball player, you must be on the offensive more than your opponent. Let's take a look at the three major offensive shots and most common set-ups and discuss how you can turn them into effective offensive weapons.

The most common types of set-ups that occur in a racquetball match are: a back wall ball, which hits the front wall, then the floor around mid-court and comes off the back wall; a short ceiling ball, which hits the ceiling then the front wall and falls short in the court; and a mid-range ball, which hits the front wall and ends up in mid-court.

Off of each of the set-up shots, you need to be able to hit these three major offensive shots:

- The down the line shot is a ball that hits the front wall, travels along the side wall, all the way to the back wall. This is the most effective shot in the game but also the most difficult to consistently hit. Most players end up with the ball hitting the side wall and coming into center court.
- The pinch or splat shot hits the side wall then the front wall. This shot is the easiest to execute on a consistent basis and is most effective when your opponent is behind you.
- The cross court pass is a shot which carries the ball on the opposite side of the court, keeping your opponent deep and allowing you to control center court.

To practice your offensive shots, simply stand at the five foot line and hit one of the three set-ups. Then execute one of the offensive shots. If you're doing it right, there should be a lot of movement, which will really help your offensive play in matches.

—Andy Roberts is a top ranked professional and winner of the 1995 Memphis Pro Am, Pittsburgh Pro Am and the 1994 VCI Dallas.

## How to Take a Dive (And Still Win). By Drew Kachtik



Racquetball is a sport that brings us to a frenzied intensity level. This intensity often results in acts that defy all common sense, like throwing our bodies onto a



hardwood floor! Let's review the four basic fundamentals of diving to make sure you're getting the greatest benefits, with the least risk of injury.

- Wear a kneepad. It helps prevent injuries and provides a security blanket when you dive.
- Dive parallel to the ground. Too often players hurl their body at the ball with little balance or technique. This restricts your extension, and leaves you very off balance as you attempt to hit an effective shot. Try to remember to dive outward parallel to the ground to maximize extension of your body and arm.
- Use your non-racquet hand to balance and to brace your fall. This will help you protect your hips and elbows (and several other body parts you place at risk) and insure a quick recovery.
- Hit the ball upward. Although several of the

pros will hit an offensive shot off their dives, this is a very low percentage attempt. The highest percentage play off the dive is to hit the ball to the ceiling or up on the front wall in such a fashion that it allows you to recover and get back in the rally.

Remember, diving should be a last resort. If you are diving too often, you are probably making some positioning and shot selection errors. Dive only when there is no other option. Used effectively, diving is a great way to put the pressure on your opponent. *Editor's Note: Diving can increase your risk of injury and is not necessary to play the game well. These tips are offered for those players who choose to dive.*

—Drew Kachtik is a fierce competitor and winner of the 1992 National. Drew has finished in the top 5 world ranking the last 4 years.

By Jim Winterton

Here's a couple of drills that will really add points to your game. Studies that analyze movement on the racquetball court show that the majority of time, racquetball players must move forward rather than backward or laterally. How do you simulate forward movement? These two drills come to us compliments of Scott Phelps, U.S. Racquetball Team Speed Coach.

#### Movement Drill #1

Have your partner hold a racquetball shoulder-high at the receiving line, while you stand one step from the back wall. As your partner drops the ball, you must attempt to catch it before it bounces a second time. A variation of this drill is to toss one of the balls laterally. Again, you must catch it before it bounces twice. This movement better simulates serve return since the movement is both lateral and forward.

Some tips to remember: Make sure you do not drop one foot back to move

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AND FITNESS • 200

## 2 Ways to Get Your Feet Moving Forward

up. This is called a false step and will plague your game. To cure this problem put both heels against the back wall to start. This will force you to spring off both feet rather than drive off one foot. Make sure the last step you take is a crossover—you should cross over with your opposite foot so the ball is caught with a closed stance. And finally, always start from a crouched, low position with your weight evenly balanced.

#### Movement Drill #2

The second drill is the same routine, but with a racquet. Instead of catching the ball, you're going to hit an offensive shot if there is enough time. If there is not enough time, hit a ceiling ball or a z-ball. This reinforces good shot selection and closely simulates match play. As in the previous drill, make sure the last step is a crossover. And be careful not to position step; that is, not to move sideways into the ball, but straight ahead, taking the crossover as the last step.

These fast feet drills don't take long to do and are great when done at the beginning of a workout, rather than at the end. Research has shown that if a new skill is to be learned, the drill should be performed before the athlete is fatigued.

So start moving your feet and you will start to win more and more!

—Jim Winterton is the Head Coach for the U.S. Racquetball Team

How  
would  
you...

like to  
play a  
pro?



So just how good are they, anyway? You know, the pros. If you've ever wondered how well you'd perform against the real thing, this is your chance to find out!

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So start rallying your fellow club members to fill out those entry forms. Who knows, you could soon find yourself on court...with a nationally ranked pro!

All entries must be received by December 22, 1995. Limit one entry form per club member. The winning club will be determined by January 31, 1996 and notified shortly thereafter.

See adjacent contest entry form for rules and regulations.

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Since introducing the first oversize racquetball racquet, Ektelon continues to be the innovation leader. New Ektelon® technology and product improvements raise the performance level of every player. Try an Ektelon® racquet that fits your playing style and you'll see why Ektelon is the choice of champions – and the #1 brand in racquetball.



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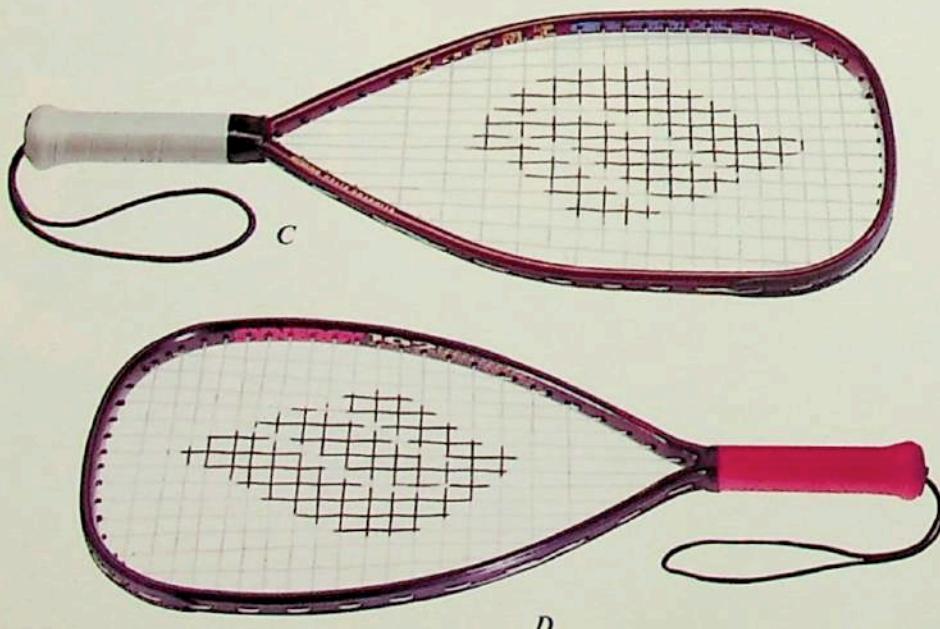
*Suggested retail: \$100.00 (Full cover included.)*

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The most power you can buy with fused graphite technology. Hybrid technology construction creates oversized power. Graphite in the throat/yoke area and aluminum in the racquet head create the ultimate fusing of power and durability. Fused graphite frame. Synthetic leather grip.

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See Racquet Comparison Chart on page 8 of this catalog for all racquet specifications.



**Cushion Response System™.** This patented handle system acts as a buffer between

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The Ektelon® patent-pending technology breakthrough that produces racquets of incomparable performance. Two geometric arcs in the frame's design, a Power Arc™ and a Flex Arc™, significantly improve the most essential playing characteristics of a racquetball racquet. Power. Feel. Responsiveness.



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*A modified teardrop headshape features a more rounded head area and wider expanded hitting zone or sweet spot. This improves control and helps with off-center hits.*

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The savvy, consistent competitor who possesses a "complete" game. Your playing strategy is based on court positioning, retrieving and precise shot execution. Dominate the game with a more maneuverable racquet that puts out power on demand.



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*Arc2™ Technology powers a large quadriform headshape in a Litening™ design.* This lightweight racquet combines the power to play today's faster game with increased swing speed and exceptional maneuverability. Arc2™ Technology. Litening™ design. 100% graphite head. New clear Vision Grip™ displays the patented Cushion Response System™ shock dampening handle.

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*The lightest racquet with a modified teardrop headshape.* Unique teardrop shape broadens the hitting surface for more power on the ball. Play hard. Play fast. This is an extremely responsive racquet with the new Ektelon® Ultra-Lite Litening™ design. Arc2™ Technology. 100% graphite frame. Cushion Response System™ with non-slip Cushion Response Grip™.

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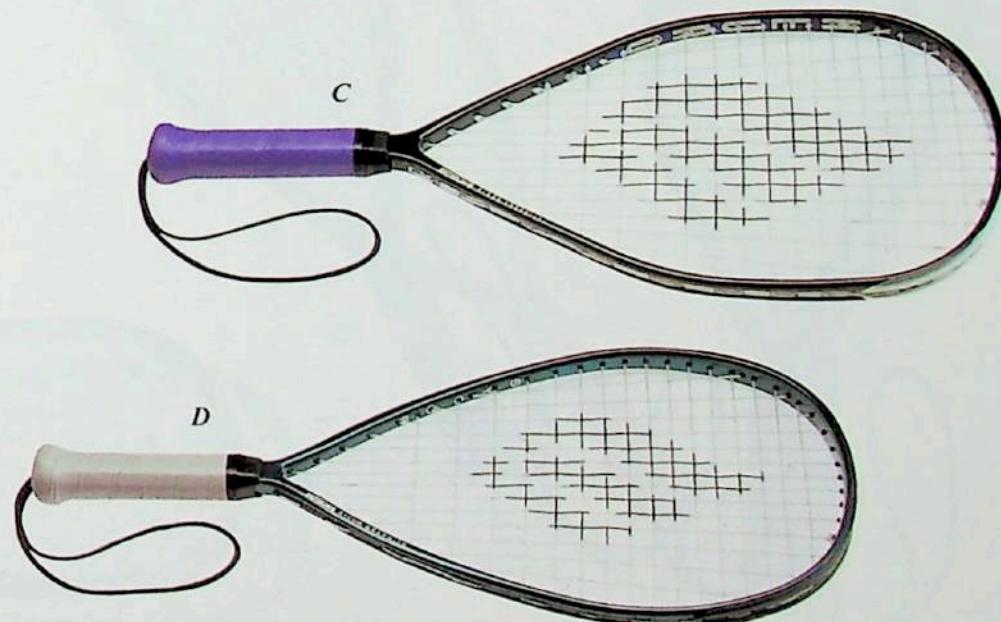
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*The most controllable power in a classic teardrop headshape.* A superb all-around racquet that brings you a greater level of accuracy. Controlled flex in the throat area adds consistency and confidence to your game. Arc2™ Technology. Graphite and fiberglass composite frame. Non-slip Cushion Response Grip™.

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Controllable power is now available in a fused graphite frame. Sacrifice nothing with this hybrid technology racquet. Play with the power of graphite and the durability of aluminum plus 95 square inches of maneuverability! Fused graphite frame. Grey synthetic leather grip.

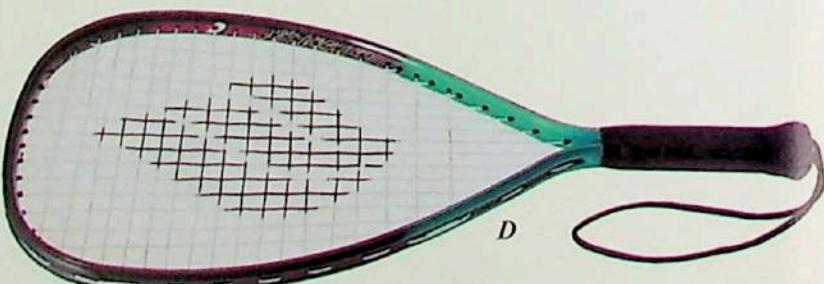
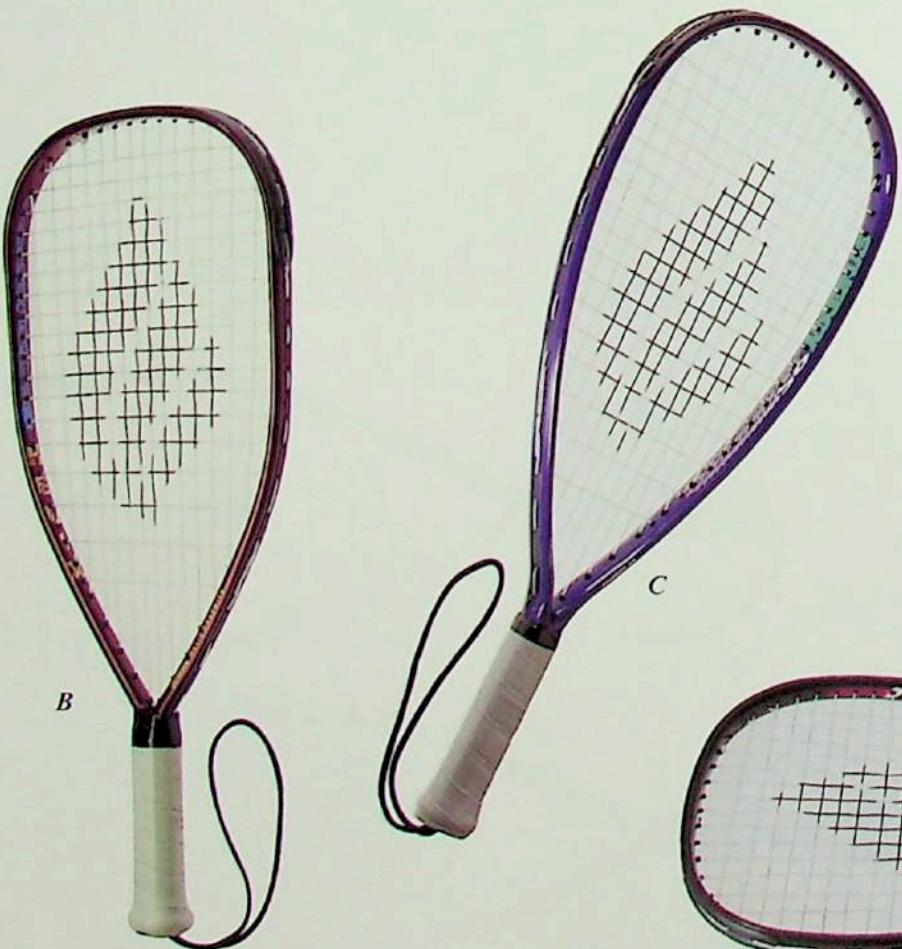
*Suggested retail: \$40.00 (½ cover included.)*

### D. NEW! DESTROYER™

Awesome oversize power advances your level of play. Never before has so much power come from an Ektelon® aluminum racquet—at an affordable level! When you don't play regularly, this is the racquet to destroy your opponents. Aluminum alloy frame. Black synthetic leather grip.

*Suggested retail: \$30.00 (½ cover included.)*

See Racquet Comparison Chart on page 8 of this catalog for all racquet specifications.



Racquets for

## THE UP AND COMER



*The fun seeker who plays racquetball to stay in shape. Improve your game with an Ektelon quality racquet that's easy to swing and has an enlarged hitting zone for effortless power.*

### A. NEW! RAMPAGE™

*Effortless power in an easy swinging aluminum alloy racquet. New oversized (95 sq. in.) headsize allows for easy hitting power and fewer mis-hits. Challenges comparable composite racquets at a fraction of the price. Aluminum alloy frame. Grey synthetic leather grip.*

*Suggested retail: \$25.00 (1/4 cover included.)*

### B. RYSON™

*Power made comfortable through injection molded technology. A hard-hitting racquet with a modified teardrop shape that broadens the hitting zone. Graphite has been engineered into the frame to create more power. Nylon matrix construction offers a damped feel for the most rigorous court play. Synthetic leather grip.*

*Suggested retail: \$35.00 (1/4 cover included.)*

### C. NEW! SYNERGY 102™

*The most power you can buy with fused graphite technology. Hybrid technology construction creates oversized power. Graphite in the throat/yoke area and aluminum in the racquet head lead to the ultimate fusing of power and durability. Fused graphite frame. Synthetic leather grip.*

*Suggested retail: \$50.00 (1/4 cover included.)*

### D. COMPRA™

*The starter racquet that will jump start your game. Extra-stiff modified teardrop frame produces more hitting power with less racquet twist to keep shots on target. Wishbone throat design elongates the main strings, putting extra punch in your shots. Rugged aluminum alloy construction. Synthetic leather grip.*

*Suggested retail: \$20.00 (1/4 cover included.)*



For your nearest dealer call

**1-800-2 TEAM EK**

(1-800-283-2635)

# 1995-96 EKTELON® RACQUET COMPARISON CHART

Once you define your playing style, narrow your selection to the racquets that give you the performance characteristics to enhance your racquetball game. Don't be afraid to demo many racquets that fall within your playing style category. You'll find that there are differences between materials, headshape and headsize to consider.

Playing Style	Model/Construction	Strung Wt. (grams)	Length	String Area	String Tension	Power Rating	Sugg. Retail
<b>The Slammer</b>    <i>The power player whose hard drive serves, power passing shots, jams, splats and overhead drives are standard fare.</i>	<b>NEW! ARC 2 CATALYST™</b> <i>The most innovative and powerful Ektelon® racquet ever!</i> 100% hand-laid graphite	240	21	102	35	14.5	\$250
	<b>ARC 2 FUSION™</b> <i>Arc2™ Technology redefines the quadriform headshape.</i> Hand-laid graphite and fiberglass	240	21	98	40	14	\$225
	<b>ARC 2 HELIX™</b> <i>The quadriform headshape designed for maximum power and vibration dampening.</i> Hand-laid graphite and fiberglass	245	21	97	40	11	\$100
	<b>NEW! SYNERGY 102™</b> <i>The most power you can buy with fused graphite technology.</i> Graphite and aluminum in a composite hybrid	235	21	102	35	9.5	\$ 50
<b>The Die Hard</b>    <i>The savvy, consistent competitor who possesses a "complete" game, often outlasting his/her opponent.</i>	<b>ARC 2 RAGE™</b> <i>Arc2™ Technology powers a large quadriform headshape in a Litening™ design.</i> Hand-laid graphite and fiberglass	215	21	98	35	13	\$200
	<b>ARC 2 XCESS™</b> <i>The lightest racquet with a modified teardrop headshape.</i> 100% Hand-laid graphite	195	21	98	35	12	\$140
	<b>ARC 2 NEURO™</b> <i>Speed and power in a lightweight racquet that's the most maneuverable.</i> Hand-laid graphite and fiberglass	215	20½	94	35	10.5	\$ 85
	<b>ARC 2 SYCOR™</b> <i>The most controllable power in a classic teardrop headshape.</i> Hand-laid graphite and fiberglass	245	20½	92	40	10	\$ 75
<b>The Occasional Warrior™</b>    <i>The true-believer who doesn't play often, but can hold his/her own on a racquetball court.</i>	<b>ARC 2 TRONIC™</b> <i>The best value graphite composite racquet made today.</i> Hand-laid graphite & fiberglass	245	20½	94	40	9.5	\$ 60
	<b>ARC 2 HELIX™</b> <i>Larger quadriform headshape designed for maximum power and vibration dampening.</i> Hand-laid graphite and fiberglass	245	21	97	40	11	\$100
	<b>NEW! SYNERGY 95™</b> <i>Controllable power is now available in a fused graphite frame.</i> Graphite and aluminum in a composite hybrid	235	21	95	32	9	\$ 40
	<b>NEW! DESTROYER™</b> <i>Awesome oversize power advances your level of play.</i> Aluminum alloy	235	21	102	35	8.5	\$ 30
<b>The Up and Comer</b>    <i>The fun seeker who plays racquetball to stay in shape.</i>	<b>RYSON™</b> <i>Power made comfortable through injection-molded technology.</i> Graphite & fiberglass fibers in a nylon matrix	245	21	94	25	8	\$ 35
	<b>NEW! RAMPAGE™</b> <i>Effortless power in an easy swinging aluminum alloy racquet.</i> Aluminum alloy	235	21	95	35	8	\$ 25
	<b>NEW! SYNERGY 102™</b> <i>The most power you can buy with fused graphite technology.</i> Graphite and aluminum in a fused composite hybrid	235	21	102	35	9.5	\$ 50
	<b>COMPRA™</b> <i>The starter racquet that will jump start your game.</i> Aluminum alloy	245	20½	90	32	8	\$ 20

# EKTELON. INDOOR COURT SHOES

Ektelon® performance footwear features the exclusive benefits of Snapper® rubber outsoles for unsurpassed traction on every point • a higher coefficient of friction than conventional rubber • superior traction on wet and dry surfaces • remarkably lightweight • more durable than gum rubber soles on all court surfaces.



A

B

C

D

## A. INDOOR COURT LOW™

The number-one-selling indoor court shoe designed specifically for racquetball, squash and other indoor court sports. Popular low-cut style. Garment leather upper and sleeve-like tongue design give a comfortable fit with great arch support. Breathable mesh lining. Ultra-lightweight, impact-resistant molded EVA midsole. Snapper® rubber outsole. Sizes 5 - 12, 13, 14.

*Suggested retail: \$54.95*

## B. INDOOR COURT 3/4™

All the performance characteristics of the popular Indoor Court Low in a 3/4 style - garment leather upper and sleeve-like tongue design give a comfortable fit with great arch support. Breathable mesh lining. Ultra-lightweight, impact-resistant molded EVA midsole. Snapper® rubber outsole. Sizes 5 - 12, 13, 14.

*Suggested retail: \$64.95*



## C. STYLUS™

Leather/mesh, low-cut indoor court shoe is an excellent all-around performer. GTS Ultralam upper increases medial and lateral support. Lightweight, breathable and shock absorbing. Snapper® rubber outsole. Sizes 5 - 12, 13, 14.

*Suggested retail: \$39.95*

## D. QUADRA™

A proven champion on the racquetball pro tour. Midsole is sculpted of Exolite™, which is lighter than traditional midsole materials yet more impact resistant. Sleeve-like tongue surrounds your foot for maximum arch support and comfort. Snapper® rubber outsole. Sizes 5 - 12, 14.

*Suggested retail: \$79.95*

*Exclusive Snapper® rubber outsole has the highest degree of traction and durability on all court surfaces - wet or dry.*

For your nearest dealer call

**I-800-2 TEAM EK**

(1-800-283-2635)

# EKTELON® RACQUETBALL APPAREL

## A. EKTELON® COTTON T-SHIRT

Premium weight, pre-shrunk 100% cotton T-shirt. White and Ash. Sizes S - XXL. Available with printed designs 01, 02, 04, 06, 07 (shown), 08, 09, 10, 13, 14, 15, 16, 17, 19 and 20.

*Suggested retail: \$15.00*



*A*



*C*

## B. EKTELON® COTTON SWEATSHIRT

9 oz., pre-shrunk 90% cotton/10% poly crew neck sweatshirt with set-in sleeve. White, Ash, Navy and Black. Sizes S - XXL. Available with printed designs 04, 10, 15 (shown), 20.

*Suggested retail: \$32.00*



*B*



*D*

## C. EKTELON® COLLARED SHIRT

100% combed cotton, two-button collared shirt. White, Ash and Black. Sizes: S - XXL. Available with printed designs (left chest): 10 (shown), 11; (full back): 04, 10, 15, 20.

*Suggested retail: \$32.00*

## D. EKTELON® TRAINING SHORTS

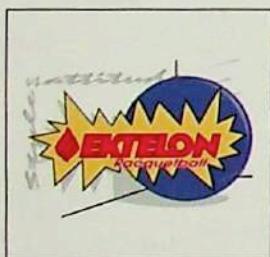
50% cotton/50% poly jersey short with drawstring waist and 6" seam. Ash only. Sizes S - XXL. Available with printed designs 10, 11 (shown).

*Suggested retail: \$18.00*

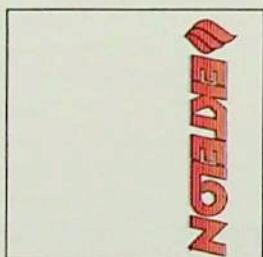
## E. EKTELON® LOW PROFILE CAP

100% cotton, pigment-dyed, low profile cap with heavy duty leather strap. Multiple colors. One Size. Available with embroidered designs 10, 11 (shown).

*Suggested retail: \$18.00*



*01*



*02*



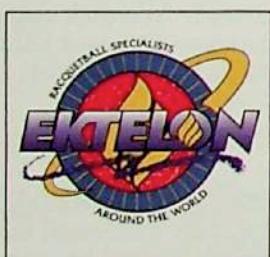
*04*



*06*



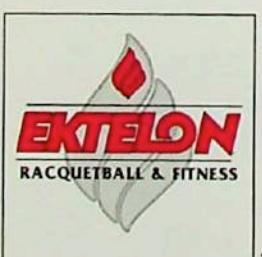
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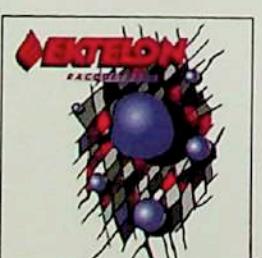
*13*



*14*



*15*



*16*



*17*



*19*

Play the game. Look the part. Now, Ektelon offers a complete line of racquetball wear to suit your individual style.



F



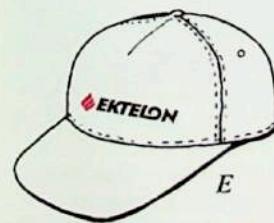
F



G



H



E



I



J

#### F. SIGNATURE WARM-UP SUIT

100% Antron® nylon, crinkle-finish, lined warm-up jacket with full front zipper and slash pockets. Matching lined pants have slash pockets and back left pocket. Black/Silver/Red with Black pants (shown) and Navy/Turquoise/Purple with Navy pants. Sizes: S - XXL. Available with embroidered designs 10, 11.

*Suggested retail: \$160.00*

#### G. SIGNATURE WARM-UP JACKET

100% Antron® nylon, crinkle-finish, unlined jacket with pullover styling and side pockets. Red/Black, Purple/Black (shown) and Royal/Black. Sizes: S - XXL. Available with embroidered designs 10, 11.

*Suggested retail: \$56.00*

#### H. SIGNATURE SHORTS

100% Antron® nylon, crinkle-finish shorts. Red, Royal, Purple (shown) and Black. Sizes: S - XXL. Available with embroidered designs 10, 11.

*Suggested retail: \$28.00*

#### I. SIGNATURE SWEATSHIRT

9 oz., pre-shrunk 90% cotton/10% poly crew neck sweatshirt with set-in sleeve. White, Ash, Navy and Black. Sizes: S - XXL. Available with embroidered designs 10 (shown), 11.

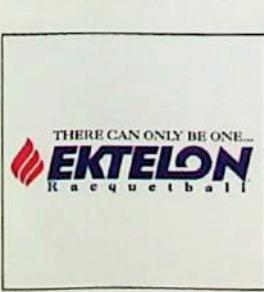
*Suggested retail: \$36.00*

#### J. SIGNATURE COLLARED SHIRT

100% combed cotton, two-button collared shirt. White, Ash, Black, Purple, Forest Green, Navy and Red. Sizes: S - XXL. Available with embroidered designs 10, 11 (shown).

*Suggested retail: \$36.00*

Antron is a registered trademark of DuPont



*If you have any questions about the new Ektelon® racquetball apparel, call your Ektelon® sales associate or 1-800-697-4704.*

# EKTELON RACQUETBALL GLOVES

Performance gloves with unmatched fit, grip and racquet feel. Constructed from only the finest, top-grade materials. Playtested and performance-stitched to insure lasting quality. New! Terry wristband and tab closure design allow maximum wrist flexing with minimum resistance.



## A. ARC 2 GRAPHITE™

Graphite leather forms to your hand like a second skin and offers shock absorbing advantages not found in conventional leather racquetball gloves. Machine washable and dryable. Retains its shape beautifully. New terry wristband and tab closure design. Sizes XS - XL.

*Suggested retail: \$19.95*

## B. MAXTACK™

Patented tackified process produces the ultimate grip of any racquetball glove. Won't lose its tack when washed in warm water and mild soap. High-quality Pittards leather wicks perspiration from your hand. New terry wristband and tab closure design. Sizes XS - XL.

*Suggested retail: \$17.95*

## C. NEW! COUGAR

Cougar leather glove gives you a sensitive racquet feel without tack, allowing quick grip changes. The unique Pittards dimple patterned leather absorbs perspiration quickly. Cool and comfortable. New terry wristband and tab closure design. Sizes XS - XL.

*Suggested retail: \$16.95*

## D. CLASSIC™

Unique tanning process allows the Cabretta sheepskin to dry soft and supple—every time you wear it. Ultra-thin leather is naturally tacky and rugged. Excellent racquet feel and grip. New terry wristband and tab closure design. Sizes XS - XL.

*Suggested retail: \$15.95*

## E. ALL PRO™

Naturally tacky, Cabretta sheepskin provides an excellent racquet feel and grip. Absorbs perspiration efficiently to keep your palm dry. Cool and comfortable. New terry wristband and tab closure design. Sizes XS - XL.

*Suggested retail: \$12.95*

## F. CONTROLLER™

Top-quality goatskin leather gives you a sure grip and enhanced racquet feel every time. This is one tough glove that's been designed for rigorous wear and tear. Cool and comfortable. New terry wristband and tab closure design. Sizes XS - XL.

*Suggested retail: \$9.95*

For your nearest dealer call

**1-800-2 TEAM EK**

(1-800-283-2635)

# EYEGUARDS

Properly worn, protective eyeguards can reduce your risk of serious eye injury on the court. Ektelon® offers you a complete spectrum of contemporary styles specifically designed to meet stringent quality standards. Eyeguards are suitable for both racquetball and squash.



## A. OLYMPUS™

Lightweight, contemporary polycarbonate eyeguard comes with a lifetime frame breakage warranty. Anti-scratch/anti-fog treated lenses. Also fits prescription lenses. Includes adjustable headstrap, protective drawstring pouch and prescription lens order form.

*Suggested retail: \$34.95*



## B. SPECTOR™

Contoured, wraparound design features a dual-curved, distortion-free lens that's anti-scratch and anti-fog treated. Self-adjusting, soft replaceable nose bridge. "Scooped" side-temple ventilation. Includes protective drawstring pouch.

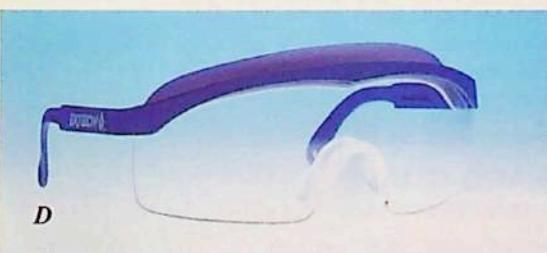
*Suggested retail: \$29.95*



## C. ODYSSEY™

Flexible and lightweight nylon/graphite frame comes with a lifetime frame breakage warranty. Cable ear pieces. Adjustable side arms. Anti-scratch/anti-fog treated polycarbonate lenses. Includes protective drawstring pouch.

*Suggested retail: \$24.95*



## D. SCOPA™

Hinged polycarbonate eyeguard comes with a shock-absorbent brow bridge. Distortion-free lens is anti-scratch and anti-fog treated. Adjustable sidearms. Includes adjustable headstrap and protective drawstring pouch.

*Suggested retail: \$19.95*



## E. QUANTUM™

Popular, hinged-frame design has an anti-fog treated polycarbonate lens and perforated sides to increase ventilation. Contoured, replaceable padded brow bridge. Includes adjustable headstrap.

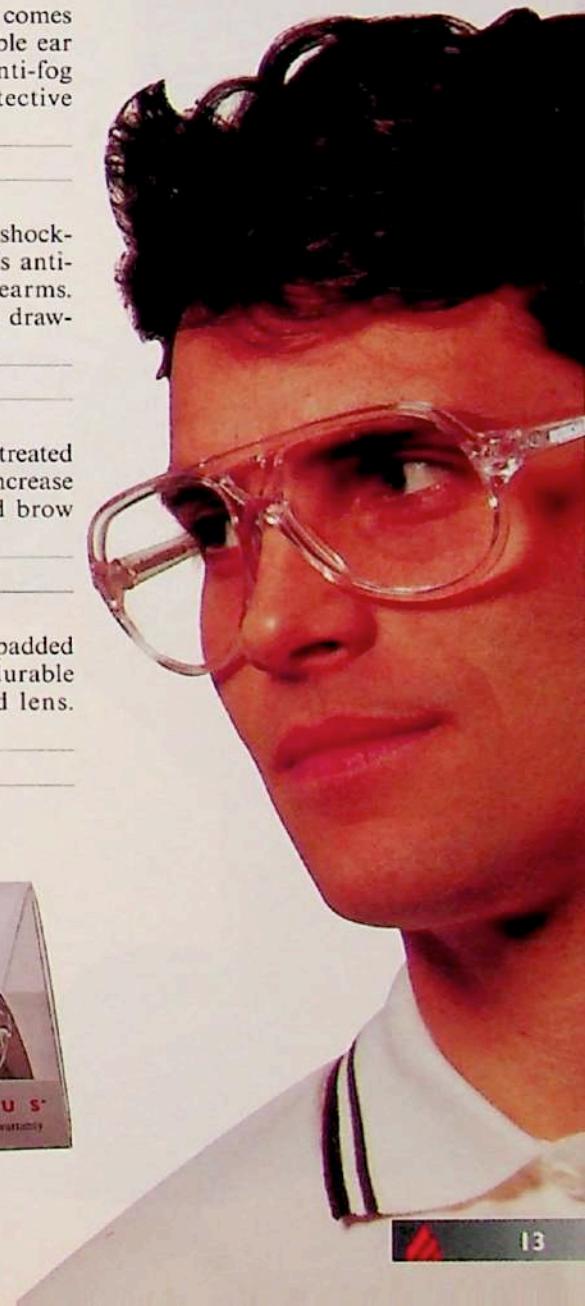
*Suggested retail: \$14.95*



## F. MIRAGE™

One-piece wraparound design, with molded, padded nose bridge and vented sides, is made of durable polycarbonate material. Anti-fog treated lens. Includes adjustable headstrap.

*Suggested retail: \$9.95*



# EKTELON. BALLS AND ESSENTIALS

There's no need to look anywhere else for all your racquetball needs. Customize your racquet with the finest accessories available. Ektelon® offers one-stop shopping for grips, string, vibration dampeners plus the best ball on the market today. See a certified USRSA technician for proper accessory installation and service.



\*String prices do not include dealer restringing charges. Ektelon suggests regular restringing (minimum one/year) for optimum racquet performance.

## A. NEW! PREMIUM SELECT BALLS

Responsive and lively, but not too fast for the average player. Improved consistency of bounce and durability. Familiar, easy-tracking optic blue color.

*Suggested retail: \$2.99 2-ball can*

## B. NEW! VISION GRIP™

Clear replacement rubber grip gives you 19% greater hand-to-racquet contact as compared to standard textured rubber grips; 59% greater contact than synthetic grips. Smooth, tacky surface. Displays the patented Cushion Response System™.

*Suggested retail: \$6.95 each.*

## C. RACQ-CORD™

Adjusts to a perfect fit around your wrist for greater control. Black and Purple/Black.

*Suggested retail: \$2.95 each.*

## D. CUSHION RESPONSE GRIP™

Synthetic replacement grip minimizes vibration throughout the frame. Tacky, non-slip surface. Black, Grey and Purple.

*Suggested retail: \$4.95 each.*

## E. RUBBER REPLACEMENT GRIP

Enhances control by minimizing hand slippage and twisting. Blue, Black, Grey and Purple.

*Suggested retail: \$6.95 each.*

## F. NEW! DURATRED™ GRIP

Gain maximum contact between hand and racquet in a replacement grip. The most durable textured racquetball grip available. Black only.

*Suggested retail: \$4.95 each.*

## G. RACQ-GUARD™ TAPE

Clear tape protects your racquet head and strings.

*Suggested retail: \$5.95 per roll*

## H. NEW! FLAME DAMPS™

Adds extra vibration dampening throughout the string bed. 3 to a pack - Purple, Grey and Black.

*Suggested retail: \$3.95*

## I. SWEATBANDS

Plush, absorbent cotton terry bands sport embroidered Ektelon® logo. One size. White and Black.

*Suggested retail: Headband: \$3.95 each, Wristbands: \$3.95 2-pack, 4" Widebands: \$4.95 2-pack*

## J. ARC2™ 16L GAUGE STRING

Delivers the perfect balance of sensitivity and power. Ultra-durable. Crystal White, Neon Yellow and Purple. 38 ft.

*Suggested retail: \$12.00 each.\**

## K. EXCELLE™ 16G STRING

Provides exceptional resilience and increased power for rigorous play. White and Purple. 38 ft.

*Suggested retail: \$9.00 each\**

# SPORT BAGS

These great looking sport bags are made of durable, waterproof nylon and are travel-rugged. Features include adjustable and detachable shoulder straps, zippered wet compartments, dual-webbed handles with cotton core grips, extra strong hardware and zipper pulls, reinforced bases and plenty of room for your Ektelon® racquetball gear!



A

## A. TOURNAMENT™

Designed for tournament players to take on the road. U-shaped zipper entry into roomy main compartment. Separate racquet pocket with top entrance. Mesh-paneled shoe compartment. Gusset pocket with nylon pouches. Includes large expandable pocket on one end and detachable glove cord on the side. 34" L x 12" W x 13" H.

*Suggested retail: \$59.95*



B

## B. ARC 2 EXPRESS™

Frequent players will appreciate the removable racquet bag large enough to carry two oversized racquets. Easy-entry main compartment. Expandable zippered side pocket to store essentials. Wet pocket inside. 24" L x 10" W x 12" H. Detachable racquet bag: 24" L x 3" W.

*Suggested retail: \$44.95*



C

## C. CROSS SPORT™

Large multi-sport bag with generous gusset pockets and nylon drawstring pouch. Ventilated, U-shaped zippered shoe compartment. Oversized zippered wet compartment inside. 26" L x 11" W x 12" H.

*Suggested retail: \$39.95*



D

## D. RACQUETBALLER™

Ideal for daily club visits. U-shaped zipper into spacious main compartment. Full-length zippered racquet pocket on the outside. Expandable zippered pocket and inside wet pouch. Detachable glove cord on the side. 23" L x 9.5" W x 13" H.

*Suggested retail: \$29.95*



E

## E. CHALLENGER™

Full-length side sleeve with snap closure fits two racquetball racquets. Holds a change of clothes neatly with functional shoe pocket. Additional zippered wet pocket. 24" L x 11" W x 12" H.

*Suggested retail: \$24.95*



F

## F. COURT TOTE™

Roomy bag with full-length side zipper. Inside zippered wet pocket. Large enough to hold multiple racquets. 22" L x 9" W x 12" H.

*Suggested retail: \$19.95*



For your nearest dealer call

1-800-2 TEAM EK

(1-800-283-2635)

# EKTELON. FITNESS GLOVES

Racquetball players, both male and female, should consider a regular regimen of strength training for increased endurance and injury prevention. That's why Ektelon® has developed a complete line of fitness training gloves to keep your performance from slipping.



## A. RIPLOCK™

Cabretta sheepskin leather glove is soft and naturally tacky. Specially designed leather/ elastic wrist wrap closure system insures full wrist support. Doubly-padded finger and thumb protection. Sizes XS - XXL.

*Suggested retail: \$24.95 pair*

## B. MAGNUM® II

High-quality leather glove gives you an excellent grip. Fully-padded finger and palm protection. Spandex mesh finger panels and backing assure hand ventilation and flexibility. Sizes XS - XXL.

*Suggested retail: \$17.95 pair*

## C. OPTIMA™

Moisture resistant, long-lasting pigskin leather glove. Dependable grip. Padded palm and thumb protection. Two-way stretch Spandex mesh backing insures a consistently snug fit. Sizes XS - XXL.

*Suggested retail: \$12.95 pair*

## D. EXTREME™ HANDBALL GLOVE

High performance for the serious handball player. Soft, natural deerskin leather. Exceptional comfort. Rugged long wear. Absorbent. Panelled finger construction and seamless palm give you an incredible fit. Sizes S - XL.

*Suggested retail: \$24.95 pair*



## NEW VIDEO RELEASE!

### THE RACQUETBALL WORKOUT

**A Total Body Fitness Program from Ektelon**

Top-ranked Ektelon racquetball pros, Michelle Gould and Andy Roberts, and professional fitness trainer Dan Obremski take you through a total body workout that combines traditional fitness exercises with the fun and fitness of racquetball. Progress through three completely different routines, each more challenging than the last!

*Suggested retail: \$19.95*

See our **SPECIAL OFFER** on page 33 of **TOTAL RACQUETBALL AND FITNESS Magazine!**

# EKTELON.

One Sportsystem Plaza  
Bordentown, NJ 08505

AARA

Ektelon is an official sponsor  
of the American Amateur  
Racquetball Association

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08505

BENETTON  
SPORTSYSTEM

# Coming Soon A Great Way to Get in on the Fun

Okay, so you haven't played racquetball in a while. Maybe you've never played, but you want to get involved. What do you do? Come to the next Ektelon Mixer!

Ektelon has just announced a great new way for players of all levels to experience the thrill of racquetball. The leading racquetball company is sponsoring a series of club "mixers" designed to introduce new players to the game.

"More people should be playing racquetball," explained Rob Ahrensdorf, Director of Marketing for Ektelon. "It's a great sport for all ages. It's a terrific workout. And on top of all that, it's a lot of fun. We want to create some excitement and encourage more people to play."

Ektelon plans to hold dozens of Mixer Events throughout the country in the coming season in cooperation with local fitness and racquetball clubs. Players of all levels, (especially newcomers!) can come out and enjoy basic racquetball instruction from the local pro, prizes, contests, refreshments, and demo racquets, eyewear, gloves and more.

Ektelon wants to attract players of all ages—men and women—including those who have never played and those who haven't played in years.

Look for the Ektelon Mixer Event coming to your area soon, and encourage your friends (players and non-players) to attend with you. The complete schedule of events will be announced in an upcoming Team Ektelon Newsletter mailed to your local fitness club.

"Our sport has wonderful benefits, and if the people won't come to us," explains Ahrensdorf, "we're going to take the sport to them."

What your **best**  
**shot** looks like.



And how  
serious  
players play  
racquetball.

The new  
Ektelon®  
Premium  
Select  
racquetball  
in the clear  
recyclable can  
as seen on  
the court or  
at a dealer  
near you.

BENETTON  
SPORTSYSTEM

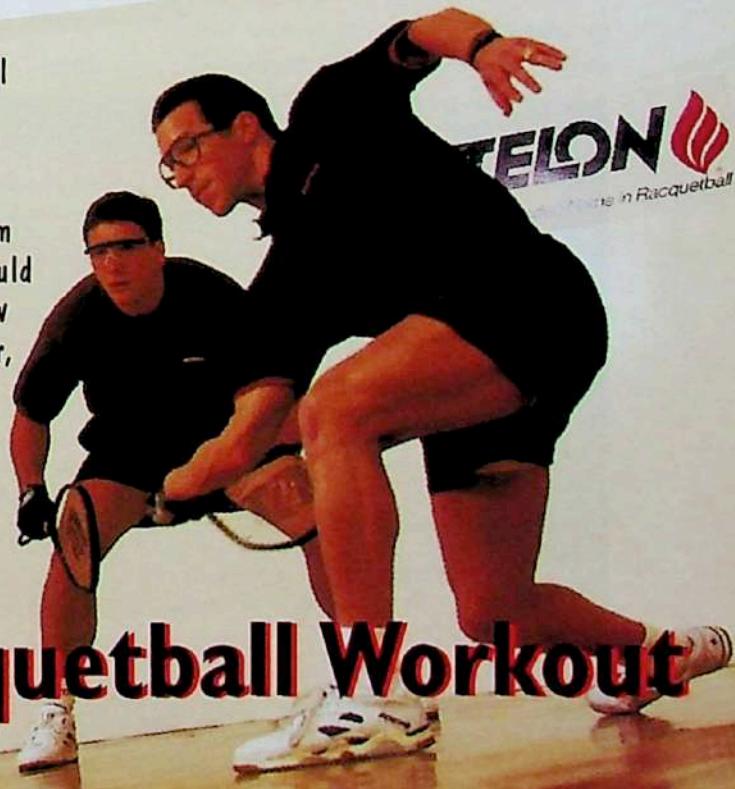


**EKTELON** New Video Release!

Take the work out of your  
workouts with a racquetball  
program that's fun and  
completely effective for  
total body fitness. Learn  
racquetball techniques from  
Ektelon pros, Michelle Gould  
and Andy Roberts. See how  
professional fitness trainer,  
Dan Obremski, varies  
three workout programs  
to keep you interested  
with weight training,  
swimming, in-line skating  
and racquetball!

## The Racquetball Workout

Get in on the fun and play  
your way to a great body!



Only \$19.95. Special Offer – FREE VIDEO with purchase of any pair  
of Ektelon indoor court shoes. See adjacent order form for details.

games played to 15 points. If one player wins both games, he/she has won the match. If each player wins one of the games, a tie-breaker is played to 11 points. To win any game, a player only needs a one point margin.

### Playing Doubles

Doubles is a game which involves longer and faster paced rallies and more strategy. At first, you may feel more cramped with so many players on the court at one time, but you will feel more comfortable the more you play.

During doubles play, the same rules apply except that there are now two players per team. On the serving team, one partner serves and the other stands in the doubles box on either side of the court. Once the serve has crossed the short line, the partner may leave the doubles box and play side by side with his/her partner. When the first partner has lost the serve, the second partner then steps into the service zone to serve.

When both players from a team have been put out (lost their serves), the receiving team then comes in to serve. Each server from each team accumulates points for their team. During the rally, the ball may be hit by either player on a team—usually whoever is closest to the ball.

### If You've Got Two Friends...

...you can play a game called **Cutthroat**, in which players compete one against two. In other words, the server plays against two receivers who are playing as a doubles team. When the server loses his/her serve, each player rotates one position in a clockwise fashion...i.e., the server assumes the doubles position on the right side of the court, the right side player takes over the left side and the left side player comes forward to serve. Each player keeps track of their own points until one player reaches 15 points to become the winner.

### Fun Games for Beginners and Kids

If you are just starting out and having trouble adjusting to the bounce of the ball, you may want to try a variation of racquetball where you increase the number of times the ball can bounce before contact is made. This is especially effective when teaching junior players. You can effectively play games where one player hits the ball after one bounce and the other player is allowed to retrieve the ball on two or more bounces to balance the difference in skill levels. This insures longer, more productive rallies and builds the hand-eye coordination skills needed to improve in the sport. Racquetball is easy to

play, requires minimal equipment and with very little practice, you can play long, exciting rallies. It's the most fun you can have while working out! *The rules and procedures explained in this article pertain to entry level players. Please consult page 43 for more complete explanations of advanced rules and game strategies.*

TOTAL RACQUETBALL  
AND FITNESS • 200

## 5 Helpful Racquetball Associations

### American Amateur Racquetball Association (AARA)

1685 West Uintah Street  
Colorado Springs, CO 80904-2921  
Tel: 719/635-5396 • Fax: 719/635-0685

The central organizing force for amateur racquetball events in the USA. Publisher of Racquetball Magazine and leading authority on the sport.

### International Healthclub & Racquet Sports Club Assn. (IHRSA)

263 Summer Street  
Boston, MA 02210  
Tel: 617/951-0055 • Fax: 617/951-0056

The information resource for health and racquet clubs. Provides special promotions and trade shows for the sport clubs in the USA and internationally.

### United States Racquets Stringers Assn. (USRSA)

337 South Cedros Avenue, Suite D  
Solana Beach, CA 92075  
Tel: 619/481-3545 • Fax: 619/481-0624

The practical resource for stringers, retailers and manufacturers to help them operate efficiently, competently and profitably. A clearinghouse for the exchange of racquet stringing information.

### International Racquetball Tour (IRT) (Men's Professional Tour)

13939 Northwest Cornell  
Portland, OR 97229  
Tel: 503/639-3410

The association of male racquetball players who play racquetball competitively and professionally (for prize money). An energetic group dedicated to showcasing some of the finest athleticism in all the racquet sports.

### Women's Professional Racquetball Assn. (WPRA)

11355 Affinity Court  
#189  
San Diego, CA 92131

The association of female racquetball players who play racquetball competitively and professionally (for prize money). A group that is always ready to do whatever it takes to promote their sport.

## RACQUETBALL GLOSSARY

Here are definitions for some of the terms found in Racquetball 101.

**Doubles Box.** The boxes on either side of the service zone where one doubles partner stands while the other serves.

**Fault.** Short serves, long serves and three-wall serves are examples of fault serves. Two of these serves in a row result in a loss of serve.

**Five foot receiving line.** The dotted red line behind the short line.

**Match.** Consists of 2 games to 15 points and an 11 point tie-breaker.

**Put out (or side out).** A player who has lost his/her serve.

**Rally.** The result of the server and receiver playing until one player cannot return their opponent's shot.



**Ready position.** Position the receiver assumes while awaiting their opponents shot—facing forward, bent over at the waist, knees bent and racquet head up at belt level with the racquet tip facing the front wall.

**Receiver.** The player standing in the back court receiving the serve.

**Server.** The player standing in the service zone serving the ball.

**Service Zone.** Area in which the server must stand to serve the ball.

**Short Line.** The solid red horizontal line closest to the back wall.

**Tie-breaker.** The third game in a match played when each opponent has already won one game. Played to 11 points.

## On Racquetball

### Why do I play better in practice than I do in a tournament?

It's all mental! Racquetball requires a lot of mental energy to beat someone that plays better than you. In fact, the best athletes don't always win. Learn ways to develop your mental toughness and you'll become a more competitive player.—AR

### Should I look at my opponent behind me?

Absolutely. Not only is this the only way you can properly anticipate your opponent's next shot, it is also safer. Any serious injury that could possibly happen in a racquetball match is going to happen from the racquet. By watching your opponent, you are able to stay clear of his/her racquet follow-through.—AK

### Where should I stand on the court when I'm not hitting the ball?

The optimum position is approximately 27 feet from the front wall. If you are in proper position, you should be at a 45 degree angle facing your opponent and about one step behind the five foot line.—AR

### How often should I use the ceiling ball?

Whenever the ball is not in the power zone or you have not had time to properly set your feet. Remember, a good ceiling ball will never hurt you. It allows you to wait for your shot, rather than letting your opponent lure you into shooting a low percentage shot.—AK

### Why do I skip the ball so much?

It could be a defective grip or bad technique concerning your stroke. If not, it could be that you are trying too hard to hit the ball low on the front wall. Remember, a rollout is not a shot, it's a result of a shot. Don't be afraid to hit cross-courts and down-the-lines. A great racquetball shot doesn't have to be low.—AR

### Which is better: a lob or a drive serve?

Both. It is very important that you mix up your serves. Don't get caught up in the mentality

that a drive serve is always used as a first serve and a lob serve should be used as a second serve. Be prepared to use either depending on your opponent and the situation.—AK

### Where should I stand to return serve?

The best place to stand is one racquet and arm length in front of the back wall, in the center of the court.—AR

### Should I rotate grips from forehand to backhand?

Unless it is totally uncomfortable for you, it's better to rotate grips when you turn and hit a backhand. By not rotating, you force yourself to use an incorrect wrist, which greatly increases the chances that you will make an error.—AK

### Can pros make a living playing racquetball?

This question gets asked quite often, and the answer is yes. We certainly don't make millions like other professional athletes, however, we do make a comfortable living.—AR

## On Fitness

### What are the best cardiovascular workouts?

This is different for everyone. But my favorite is cycle training (circuit training), a means of conditioning your body by incorporating several different exercises into your cardiovascular routine. If you normally ride the bike for thirty minutes, try riding for ten minutes and add the stairmaster for ten minutes and running for ten. The important thing is that you have consistency (3-6 days per week), variety, safety (perform exercises that will not stress your lower back, knees or hips) and intensity. Consult your trainer to establish your training heart rate and train at that level for fifteen to thirty minutes each workout.—DO

### I've never been one to eat breakfast. How important is it really?

It's very important. After eight hours of sleep, the liver can become almost depleted of glycogen. If you don't eat breakfast, it's likely your brain won't

get enough blood sugar to function at high levels.—JG

### Does caffeine help intensify on-court and workout performance?

Some theories say that caffeine can help, but many experts feel that caffeine, which is a diuretic causing you to lose fluids more quickly, may not be such a good performance aid.—JG

### How important is weight training for the average person?

Some form of weight (strength) training can be good for the average person. I would always start with some cardiovascular conditioning first. This gets your heart in better shape, thus allowing you to sustain more intense work than you are used to. Also, cardiovascular training helps regulate your weight. Remember, when you begin to train you may gain weight. Cardiovascular training will allow you to put on some muscle without gaining unwanted pounds.—DO

### I'm overweight. Will I burn off fat by exercising? Will weight training turn fat into muscle?

Aerobic exercise at low intensities (i.e. 55%-65% of maximum heart rate) will burn fat. Weight lifting will not change fat to muscle, because fat and muscle are two different forms of tissue. But if the heart rate is at the previously mentioned level, body fat can be burned and lean muscle mass improved.—JG

### I've just joined a health club. How do I go about putting together a fitness routine?

During your first week, set your fitness goals. Determine how much time you can devote to your program. Decide what activities you would like to participate in. Choose exercises and sports you enjoy! If possible, work with a professional trainer and together you can devise an enjoyable program that will help you meet your goals.—DO

### What percentage of my diet should contain fat?

The average daily diet should be 20% fat, 15% protein and 65% complex carbohydrates.—JG

# 16 Answers to the 16 Questions We Hear Most

*Jack Groppel (JG) is a leading authority in sports medicine, nutrition and fitness.*

*Aaron Katz (AK) is among the top ten ranked racquetball players and one of the best coaches in the game.*

*Dan Obremski (DO) is a certified fitness instructor and strength trainer as well as a racquetball pro.*

*Andy Roberts (AR) is the #2 ranked racquetball player and winner of two stops on the 1995 Pro Am Tour.*

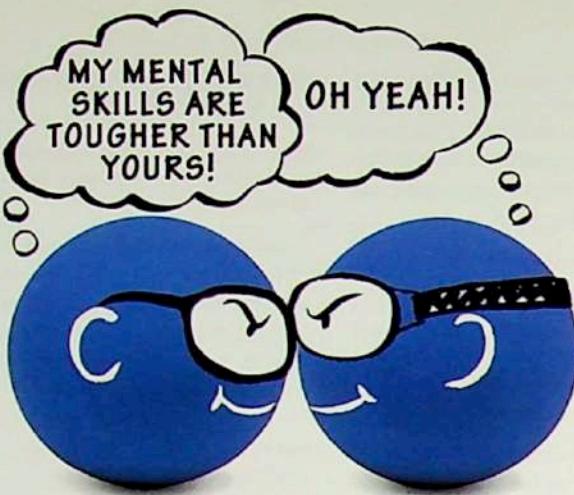


# Getting (and keeping) Your Head on Straight

By Diana McNab

You've been training for this match for months. You're in top physical shape. In practice, your shots are dead-on, and your serves unreturnable. However, once the match starts, your edge quickly dissipates and you find yourself out of the match before you know what hit you.

If this has ever happened to you in a racquetball game or other competitive match, here's some practical advice on how to win—even when your opponent is physically superior. You see, physical training and preparation are only part of the winning equation. Many matches are won (and won more consistently) because one player was mentally stronger



than the other. With mental skills training, you can develop the mental toughness every competitor needs to win.

The first step is to get "psyched up" without getting "psyched out." Players who tend to be more low key need to mentally pump up for peak performance. High-anxiety players need to focus and calm down. The goal is to find your optimum concentration level, or *Flow State*—on demand. This is the state every player strives for where mind and body become one, and actions seem effortless and instinctive. It's almost as if you're running on automatic pilot. How do you enter your Flow State?

1. You must first be physically warmed up, stretched out and aroused to obtain maximum oxygen and blood flow.

2. Breathe in through your nose to fully open your lungs. Hold for six counts and exhale for three counts through your mouth. This abdominal breathing vitalizes all your body parts and opens and stills your mind.

3. Shrug your shoulders to release all physical and mental tension. Draw up your shoulders on the inhalation, bend over, release your shoulders and blow tension out of your mouth.

4. Replace all negative thoughts with positive affirmations. *I am a power hitter! I am a quick, agile, finesse player!* When you think and feel only negative thoughts, you will start to choke...overthinking, overreacting, changing your game plan, losing concentration and confidence.

5. Visualize yourself playing with the exact technique, strategies and skills you want to use in your game. Close your eyes and see a large silver screen ten inches from your nose. See yourself using perfect technique, overcoming obstacles and winning the match. Watch yourself from the outside (as a spectator) using perfect technique, then from your own eyes (in-



## Think Practicing is Hard? Try Gaining Control of Your Mind!

By Michelle Gould

Someone once told me that I would always be my toughest opponent. I didn't realize until much later how true that was. Most people don't realize how much control over the outcome of a match the mind actually has. And that's why mental training is the most important part of anyone's racquetball game.

Mental toughness is not an inherited trait—it's a learned one. And I can tell you from personal experience, mental toughness comes from hard work and determination. Mental training is exactly what it says—training. If you think practicing all the stroke mechanics in racquetball is difficult, try gaining control of your mind!

Mental training is not only training yourself to remain calm and in control during all of your matches, but preparing yourself for anything that could happen during the match ahead of time—in your mind.

Being prepared for difficult situations before they arise will help you handle them with ease. Practice what kind of response you will give, or practice saying nothing at all (even when someone tries to push you past your limits). If you have rehearsed a response in your head that you are comfortable with, you will have an automatic response that will not disturb your physical performance.

Whether you have a bad referee making all of the calls in your opponent's favor...or an opponent who is cheating and calling you names as you walk by...or a match against someone you just don't like...you must be prepared.

Mental training in racquetball takes practice just like every other part of your game and conditioning. Work on getting control over your mind and your emotions, and you'll become a winner!

side yourself). See the whole performance—the pre-game warm-up to the successful end result—coming back from all situations and mistakes as a winner. If you believe it, you can achieve it!

**6.** Pinpoint focus on the ball. Blur out distractions. Zero in on a spot on the ball.

**7.** Absorb as many senses as possible on court. Focus on the feel of the racquet and the sound of the ball. Experience the smell, taste and touch of the sport.

**8.** Most importantly, focus on the *Now*, the very moment you are experiencing. Don't think about the past or future. Play one shot at a time. Sometimes as athletes try to get psyched up, they go too far and get psyched out. They are too worried about the score or end result. This worry over the future takes you out of the *Now*. Condemning yourself for past mistakes, errors or faults is like carrying negativity around on your back. Total focus, concentration and flow can only occur when you are 100% in the *Now*.

**9.** Turn on your automatic pilot. Play from your instincts, gut and intuition. Do this, and you are truly in your Flow State.

**10.** Finally, slow everything down so that it becomes bigger than life. Smile. Relax. It's your choice to play. The following relaxation techniques will help to maintain your Flow State:

**Jacobson's relaxation technique.** Tighten each muscle and then relax it. Go through your entire body to get rid of any stress, tension or knots.

**The shake-out.** Let go of your racquet and shake all your body parts to increase circulation and get blood and oxygen back into each muscle group.

**The "little room" technique.** Paint and furnish a special room in your head where you can go and relax, regroup, think and solve problems.

Now you can re-enter your game physically relaxed, refreshed and energized, and mentally calm, alert and focused. Winning is a matter of choice! If you prepare physically and mentally you can achieve personal bests every time out.

—Diana McNab is the Official Sports Psychologist for the U.S. Racquetball Team

## 16 Resorts with Racquetball Courts

TOTAL RACQUETBALL AND FITNESS • 200

### Amelia Island Plantation

#### Amelia Island, Florida

Features a full service resort spa for fitness and relaxation. Includes saunas, steam rooms, whirlpool, indoor/outdoor lap pool, racquetball, weight room and aerobics classes. Racquetball tournaments throughout the year. (800) 874-6878

### Bluewater Bay Resort

#### Niceville, Florida

Just minutes from the sugar-white beaches of Destin and the Emerald Coast. Golf, world class tennis, sailing, fishing, biking, swimming and racquetball across the way at Bluewater Racquet and Fitness Center. (800) 874-2128

### Callaway Gardens Resort

#### Pine Mountain, Georgia

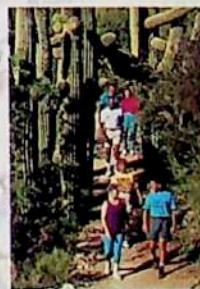
More than 14,000 acres of breathtaking gardens, woodlands, lakes and wildlife just 70 miles southwest of Atlanta. Golf, tennis, racquetball, boating, fishing, biking, swimming, fitness center and the world's largest inland, man-made white sand beach. (800) 282-8181



### Canyon Ranch

#### Tucson, Arizona

A year-round resort offering private consultations and workshops in lifestyle change, stress management and smoking cessation. Tennis, hiking, swimming, squash, racquetball and a yoga/meditation dome. (800) 726-9900



### Canyon Ranch

#### Lenox, Massachusetts

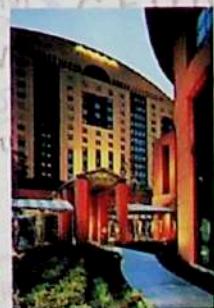
Resort features 100,000 sq. ft. spa with exercise and weight training rooms, indoor tennis, racquetball, squash, indoor pool and indoor jogging track. (800) 726-9900



### Hyatt Regency La Jolla

#### San Diego, California

Guests can tone up at the world-class Sporting Club at Aventine, located adjacent to the hotel. Swimming, racquetball, weight training, Jacuzzis, Nautilus equipment and more. (619) 552-1234



### Lexington Hotel/City Square Sports Club

#### Phoenix, Arizona

Just minutes from downtown entertainment. The adjacent City Square Sports Club features full-size indoor basketball court and 11 championship racquetball, squash and handball courts. (800) 53-SUITE

### Litchfield By the Sea

#### Pawleys Island, South Carolina

Guests will enjoy a 4,500-acre resort with natural lakes and over seven miles of unspoiled beach. Golf, tennis, racquetball and full-size theatre. (800) 845-1897

### The Lodge of Four Seasons

#### Lake Ozark, Missouri

This is the place to get all to it all! Three golf courses, 23 tennis courts, racquetball, marina, horseback riding, trapshooting and 16 swimming pools. (800) 843-5253

### Ocean Dunes and Sands Beach Club

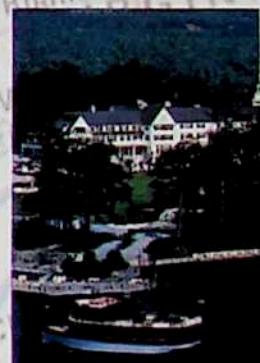
#### Myrtle Beach, South Carolina

These two vacation resorts are part of Sands Oceanfront Resorts. Amenities vary, but include indoor/outdoor pools, tennis, racquetball, golf privileges and summer children's programs. (800) 845-6701

### The Sagamore

#### Bolton Landing, New York

On a private island in Lake George stands the historic Sagamore. Activities include spa and fitness center, Donald Ross Golf Course, tennis, racquetball and water sports. (800) 358-3585



### Players Club Resort

#### Hilton Head Island, South Carolina

Located just minutes from the beach, golf, horseback riding, sailing, and deep sea fishing. Amenities include full health club and fitness center, racquetball and the Van Der Meer Tennis University. (800) 497-7529

### Swept Away

#### Negril, Jamaica

Private hideaway where couples can enjoy Caribbean-style verandah suites. Golf, tennis, air-conditioned racquetball and squash courts, and water sports. (800) 545-7937

### The Vic Braden Tennis College

#### Coto De Caza, California

Vic Braden has established one of the preeminent tennis colleges in the U.S., located in the foothills of the beautiful Saddleback Mountains. Swimming, basketball, racquetball, fitness center and restaurant facilities. (800) 42-COURT

### The Westin Resort

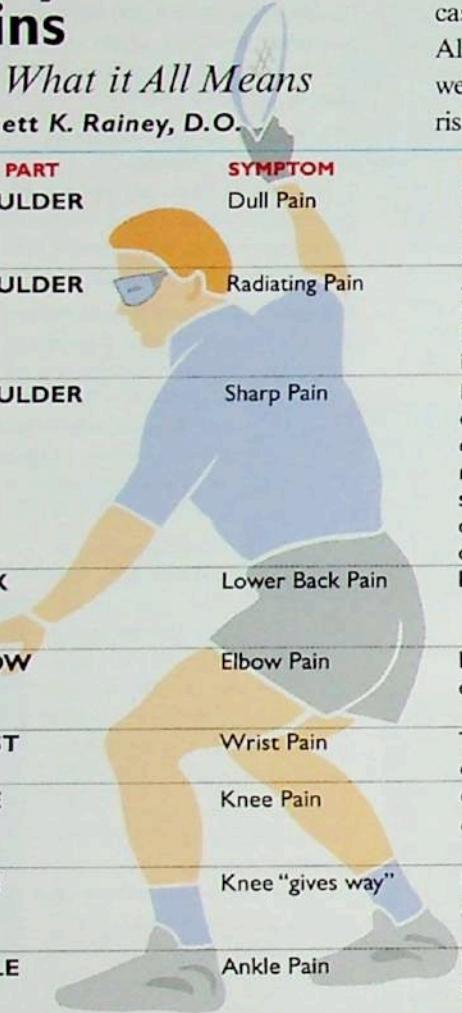
#### Vail, Colorado

In addition to exceptional skiing facilities, this premier resort features The Cascade Club, a workout mecca for many world-class tennis pros, golfers and champion ski racers. Enjoy tennis, racquetball, squash, gymnasium, weight training equipment, aerobics and fitness classes. (800) 228-3000

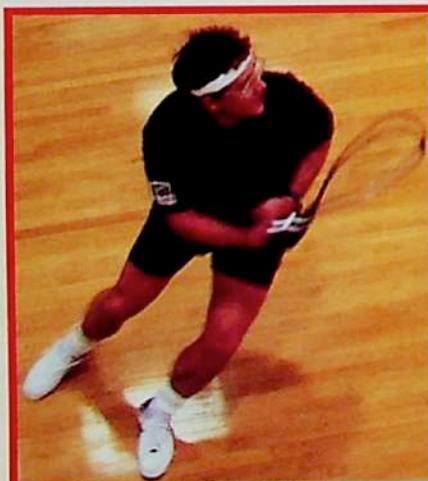
# Common Racquetball Pains

*And What it All Means*

By Rhett K. Rainey, D.O.



BODY PART	SYMPTOM	POSSIBLE CAUSE	TREATMENT	PREVENTION
SHOULDER	Dull Pain	Inflammatory disorders such as tendinitis of the rotator cuff.	Ice, rest and anti-inflammatory medications.	Consistent warm-up before each match.
SHOULDER	Radiating Pain	A more serious condition involving a nerve root. Possible pinched nerve in your neck.	See your physician.	N/A
SHOULDER	Sharp Pain	Rotator cuff syndrome or complete tear of the rotator cuff. Can be caused by repetitive elevation of the shoulder above 90 degrees or falling onto an outstretched arm.	Most often requires surgical repair or shoulder decompression.	When symptom exists, avoid repeated overhead motions.
BACK	Lower Back Pain	Lumbar strain.	Flexion exercises, ice, massage.	Exercise your quadriceps and stomach to provide maximum support.
ELBOW	Elbow Pain	Lateral epicondylitis or "tennis elbow."	Ice, rest and anti-inflammatory medications.	Warm up slowly. Consider restraining your racquet or changing to a larger grip.
WRIST	Wrist Pain	Tendinitis or cartilage tear.	Tape wrist for support.	Extension and flexion exercises for the wrist.
KNEE	Knee Pain	Can include inflammatory or cartilage tears.	Cartilage tears require arthroscopic surgical treatment.	Good strengthening programs for quadriceps and hamstrings.
KNEE	Knee "gives way"	Ligamentous injuries. ACL-deficient knee.	Brace, rehabilitation with physical therapist.	Good strengthening programs for quadriceps and hamstrings.
ANKLE	Ankle Pain	Sprain, loose cartilage bodies, tendinitis	Rest, ice and anti-inflammatory medication.	High-top shoes and strengthening exercises.



## How I Clobbered My Knee and Improved My Game

By Andy Roberts

It happened a year ago at the Shop 'N' Save Pro Classic in Pittsburgh. Playing good friend Jack Newman, I made a sudden change of direction and heard a "pop." Instantly my left knee was on fire and I knew I was seriously injured.

Hoping to avoid surgery, I opted for extensive rehab and other types of therapy. But after six missed tournaments and a lot of limping in the events I did play, I had no other choice but arthroscopic surgery. As it turns out, my injury was the best thing that ever happened to my game.

To make life easier for my knee, I dropped some weight. Getting lighter improved my overall fitness and my quickness on the court. (As I write this article, my movement is not back 100%. I still mentally shield my left knee from certain movements. It will take time to overcome this barrier.) With the extra time I had away from competition, I began to really analyze what I did well on the court and where I was weak. I also worked on improving my mental skills.

Since my surgery and rehab, I feel I've become a better player. Returning to the same form I had attained before injury is very gratifying. It's by far the hardest obstacle I've faced (both physically and mentally). To all of my fellow players who are suffering through injury or rehab—keep on working! The end result makes the suffering worthwhile.

to the nature of the racquet swing, and the back, knees and ankles from excessive bending, reaching and twisting. While possible causes and suggested treatments for the most common pains are offered here, you should always consult your physician for any medical advice.

—Rhett K. Rainey is the Orthopedic Surgeon, Team Physician, U.S. National Racquetball Team

# Fueling Your Body for a Great Workout

By Jack Groppel, Ph.D. and Les Knight, Ph.D.

Proper nutrition may well be the single, most limiting factor preventing athletes from achieving their maximum potential. So many athletes don't realize their potential because they don't understand nutritional fundamentals.

At L.G.E. Sport Science, we have each worked with numerous world-class athletes who approach the twilight of their career and say, "I wish I had realized how important nutrition really was earlier in my career. Who knows how good I could have been?"

Your body is like a racing Ferrari—a high performance machine. If you fuel the Ferrari with high-octane fuel only on race day, while every other day it's fueled with diesel fuel, the carburetor will still

entific base. Fasting before competing is one such theory. In fact, data illustrates that fasting will hurt your performance. The following guidelines will help you fuel your body for optimal performance:

- You need to consume a moderate amount of low-fat, high-energy food. Allow plenty of time for digestion.
- The pre-competition meal should be low in fiber because you may not want so much intestinal motility during training or performance. The purpose



## *If your body was a Ferrari, what would you put in the tank?*

get clogged. High levels of performance will be improbable.

This holds true in every facet of sport. The fuel you put into your system will dictate the functioning of your entire human performance machine.

Good sports nutrition is not a quick fix; it is a lifestyle which yields high returns in performance. The problem is that most athletes are aware of the importance of good nutrition, but the commitment is not there.

A sport performer cannot eat like the average person. A high-fat diet spells doom for the athlete because fat is an inefficient energy source and takes a long time to digest. A good diet is high in complex carbohydrates (fruits, vegetables and whole grains) and low in protein and fat. This gives you the energy needed to excel to your physiological potential.

### Pre-Game Meals

Many outdated theories exist about the pre-game meal. Most have little or no sci-

ence to support them. The purpose of the pre-competition meal is to "top off" your fuel tank so your Ferrari will sustain high performance longer.

- Eat a small meal two to three hours before competing.
- You should eat what you like to eat. Some athletes cannot tolerate fruit juices before competition. Others can. In a psychological vein, it truly is important to feel good about what you consume before you compete.
- Be sure to consume 2400 calories of carbohydrates during the 24 hours before competition.
- Drink up to 32 ounces of juice or sports drinks two hours before the event.
- Do not eat or drink anything except water or sports drinks one hour before competition.
- Do not experiment with foods before competition. The last thing you should do is read about a certain "magic" food and try it on the next day of competition. First, there are no magic foods. Second,

you should try new foods on practice days to see how well you tolerate them.

### Some Food Choices for the Pre-Competition Meal

Food	Calories
Apple	80
Banana	100
Bread – whole wheat	120
Oatmeal	140
Grapes	58
Pasta – 1 cup	200
Pancakes (3 4-in.)	240
Orange Juice (1 cup)	120
Yogurt with fruit (1 cup)	267
Bagel	150

At an American warm-up tournament for tennis' French Open one year, a top-ranked player we were working with had a good tournament but absolutely collapsed in the semi-finals to a player he should have beaten easily. The player's father called to discuss his concerns. We asked questions about how well the player slept the night before, was anything bothering him, what did he

# 3 Killer Serves You Can't Do Without

By Michelle Gould

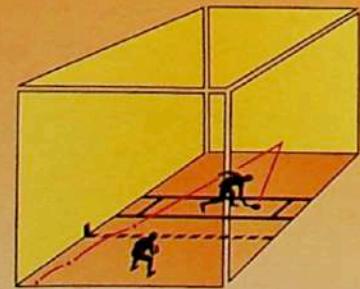
Your serve is the most important part of your game. With a killer serve, you can keep your opponent under pressure, off balance and constantly guessing. And by developing an arsenal of different serves, you'll be in a good position to force a weak return of serve.

There are three serves that every player must master. When practicing these serves, remember to use different angles and different positions in the service box to keep your opponent guessing. Always keep your service motion the same whether you're going to the backhand or the forehand. This way, your opponent cannot anticipate your serve.

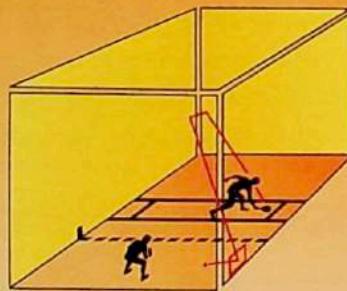
With a full set of service weapons at your command, your racquetball game will improve dramatically. So keep practicing your serves. If you do, I guarantee you will see killer results.

—Michelle Gould is the number one ranked female player and the winningest player in racquetball history, having won 103 professional and major amateur championship titles.

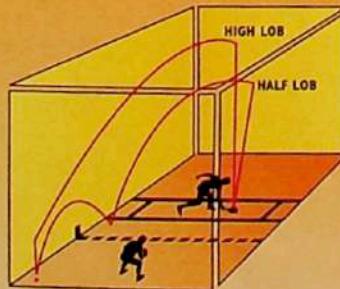
A good player should be able to serve **DRIVE SERVES** to both sides from many positions. The drive serve is a low, hard offensive serve. Locate a target 1'-2' up on the front wall that will angle the ball into the back corner. Contact the ball between calf and knee high, hitting slightly up on it to help pull it across the short line. The ball should bounce just beyond the short line, bouncing again before it strikes the back wall.



**Z-SERVES** should become second nature. Stand to one side of the service zone and contact the front wall 2'-3' from the far side wall. A low Z should hit the front wall about 3'-4' high; a high Z from 10'-15' up. The ball should bounce near the receiving line into the deep corner, rebounding somewhat parallel to the back wall.



**LOB SERVES** including full, half, and angled lobs should also be in your arsenal. Using a lifting motion, contact the ball on the rise between waist and shoulder level. The high lob should hit the front wall 15'-18' high and graze the side wall 30'-35' back. The half lob should strike the front wall 10'-12' up, bounce just past the short line, and approach your opponent shoulder to head high.



FUELING YOUR BODY, CONTINUED FROM PAGE 39

eat the night before, and what was his breakfast on the morning of the match.

On the last question, the father went, "Weelllll, he probably didn't eat what he should have." On further inquiry, we found that the night before, he and his family had gone out for Chinese food and the player ordered Chinese noodles, which he loved. He couldn't eat his entire portion, so he took it home. Guess what he had for breakfast the next morning? Yes, leftover Chinese noodles. We asked the father how often his son ate a pre-competition meal like that one. The father replied, "Never!"

The moral of this story is "don't experiment with foods."

## Pre-Exercise Meals

How much should you eat prior to exercise? Use the following guide:

Number of hours prior to exercise	Grams of carbohydrate per kilogram* body weight
4	4
3	3
2	2
1	1

\* one kilogram = 2.2 pounds

- During exercise, athletes rely primarily on their pre-existing glycogen and fat stores. However, for exercise lasting longer than one hour, a carbohydrate meal can elevate blood glucose.
- An athlete should not eat or drink anything except water for one hour before exercise. The only exception would be a properly formulated carbohydrate drink that does not retard fluid absorption (rehydration). This type of drink can be taken immediately before an event (within 10 minutes).

What you eat has a tremendous effect on how well your body will perform. You probably already know that. Now it's time to start acting on that knowledge. The next time you are preparing for that big match or race, remember to treat your body as if it were a high performance race car, and watch it perform for you!

—Excerpt from "Sports Nutrition" by Jack Gropel, Ph.D. and Les Knight, Ph.D. Copies of the book or information on their programs may be obtained by calling L.G.E. Sport Science at 1-800-LGE-PROG.

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\*Ektelon players as of July 31, 1995

15 Major  
Racquetball  
Tournaments

to enter, watch or enjoy!

**1995**

**May 24-29**

Ektelon U.S. National Singles Championships  
Downtown Houston YMCA  
Houston, Texas

**June 24-28**

Ektelon U.S. Junior Olympic Championships  
Los Caballeros  
Fountain Valley, California

**July 20-23**

U.S. National Skill Level Championships  
Lakewood Athletic Club  
Lakewood, Colorado

**July 21-30**

U.S. Olympic Festival  
Boulder, Colorado

**July 27-29**

International Masters Invitational  
Northwest Racquet, Swim & Health Club  
Minneapolis, Minnesota

**August 30-September 3**

IRF World Senior Racquetball  
Championships

Tom Young's Athletic Club  
Albuquerque, New Mexico

**October 18-22**

Ektelon U.S. National Doubles  
Championships  
City Square Sports Club  
Phoenix, Arizona

**December 16-20**

IRF World Junior Championships  
Racquetpower  
Jacksonville, Florida

**1996**

**January 25-28**

U.S. National Women's Senior/Master  
Championships  
Royal Athletic Club  
Burlingame, California

**February**

U.S. National Masters Singles Invitational  
City Square Sports Club  
Phoenix, Arizona

**March 1-3**

U.S. National High School Championships  
South Hampshire Racquet Club  
St. Louis, Missouri

**March 11-16**

Tournament of the Americas  
Cali, Columbia  
South America

**April 3-7**

U.S. National Intercollegiate Championships  
Location TBA

**April**

U.S. National Golden Masters  
Singles/Doubles  
Location TBA

**May 22-27**

Ektelon U.S. National Singles Championships  
Downtown Houston YMCA  
Houston, Texas

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1995 U.S. NATIONAL TEAM

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## 16 Things to Remember on Court

### Shot Selection

- When selecting your shots, if the ball is chest high or higher, go to your ceiling shot.
- If the ball is chest to thigh high, use a passing shot. Lower, go for your kill shot.
- If your opponent is behind you, pinch (hit the frontwall, then sidewall) to the same side as your opponent. If your opponent is even with you, use a passing shot. If your opponent is in front of you, use a passing or ceiling shot.
- When in doubt, go with a down the line shot as close to the side wall as possible. This should force a weak or defensive return.
- Good angles are more important than hitting the ball low. By using angles and hitting higher on the front wall, you eliminate skip balls or other unforced errors.
- Kill shots aren't the only offensive returns. A good passing shot that bounces twice before hitting the back wall will win a rally and is less likely to skip.
- Do not force your kill shots. Use your passing shots to get yourself in better position to hit kill shots.
- When hitting a passing shot, don't try to hit the ball low on the front wall. Instead, use a hitting range of 6"-24" off the floor. Then, if your shot is low, it will still be effective.

### Positioning

- To get into the proper court position for an offensive return, watch the ball at all times, then move as your opponent swings.

### Stroke Mechanics

- Consistent ball drop and good stroke mechanics are the keys to a great serve.
- Make sure to use your hips and shoulder rotation along with wrist snap to generate power in your serve.
- To return serve, your racquet should be centered in front of your body in a backhand grip, as most serves are to the backhand side.

### Serving

- On your drive serves, it is better to be short on your first attempt, as this can be adjusted by ball drop or aim point on the front wall.
- Keep your drive serves from hitting the side wall. You want to angle your serve to the corners to force your opponent to a deeper position in the back of the court.
- Try to keep the service motion the same on all your serves. This will create deception and keep your opponent guessing.
- When serving, the ideal first bounce range is approximately 6" in front of the short line to 2' past the short line. This range will help keep your serves from coming off the back wall and being easy set-ups for your opponent.
- Vary your serves and speeds to keep your opponent off balance and to force them to stay in center court to receive your serves.

# 38 Official AARA RULES

## 1 — THE GAME

### Rule 1.1 TYPES OF GAMES

Racquetball may be played by two or four players. When played by two it is called singles and when played by four, doubles. A non-tournament variation of the game that is played by three players is called cutthroat.

### Rule 1.2 DESCRIPTION

Racquetball is a competitive game in which a strung racquet is used to serve and return the ball.

### Rule 1.3 OBJECTIVE

The objective is to win each rally by serving or returning the ball so the opponent is unable to keep the ball in play. A rally is over when a player (or team in doubles) is unable to hit the ball before it touches the floor twice, is unable to return the ball in such a manner that it touches the front wall before it touches the floor, or when a hinder is called.

### Rule 1.4 POINTS AND OUTS

Points are scored only by the serving side when it serves an irretrievable serve (an ace) or wins a rally. Losing the serve is called a sideout in singles. In doubles, when the first server loses the serve it is called a handout and when the second server loses the serve it is a sideout.

### Rule 1.5 MATCH, GAME, TIEBREAKER

A match is won by the first side winning two games. The first two games of a match are played to 15 points. If each side wins one game, a tiebreaker game is played to 11 points.

### Rule 1.6 DOUBLES TEAM

(a) A doubles team shall consist of two players who meet either the age requirements or player classification requirements to participate in a particular division of play. A team with different skill levels must play in the division of the player with the higher level of ability. When playing in an adult age division, the team must play in the division of the younger player. When playing in a junior age division, the team must play in the division of the older player.

(b) A change in playing partners may be made so long as the first match of the posted team has not begun. For this purpose only the match will be considered started once the teams have been called to the court. The team must notify the tournament director of the change prior to the beginning of the match.

### Rule 1.7 CONSOLATION MATCHES

(a) Each entrant shall be entitled to participate in a minimum of two matches. Therefore, losers of their first match shall have the opportunity to compete in a consolation bracket of their own division. In draws of less than seven players, a round robin may be offered. See Rule 5.5 about how to determine the winner of a round robin event.

(b) Consolation matches may be waived at the discretion of the tournament director, but this waiver must be in writing on the tournament application.

(c) Preliminary consolation matches will be two of three games to 11 points. Semifinal and final matches will follow the regular scoring format.

## 2 — COURTS AND EQUIPMENT

### Rule 2.1 COURT SPECIFICATIONS

The specifications for the standard four-wall racquetball court are:

(a) Dimensions. The dimensions shall be 20 feet wide, 40 feet long and 20 feet high, with a back wall at least 12 feet high. All surfaces shall be in play, with the exception of any gallery opening or surfaces designated as court binders.

(b) Markings. Racquetball courts shall be marked with lines 1 1/2 inches wide as follows:

1. Short Line. The back edge of the short line is midway between, and is parallel with, the front and back walls.

2. Service Line. The front edge of the service line is parallel with, and five feet in front of, the back edge of the short line.

3. Service Zone. The service zone is the five-foot area between the outer edges of the short line and service line.

4. Service Boxes. The service boxes are located at each end of the service zone and are designated by lines parallel with the side walls. The edge of the line nearest to the center of the court shall be 18 inches from the nearest side wall.

5. Drive Serve Lines. The drive serve lines, which form the drive serve zone, are parallel with the side wall and are within the service zone. The edge of the line nearest to the center of the court shall be three feet from the nearest side wall.

6. Receiving Line. The receiving line is a broken line parallel to the short line. The back edge of the receiving line is five feet from the back edge of the short line. The receiving line begins with a

line 21 inches long that extends from each side wall. These lines are connected by an alternate series of six-inch spaces and six-inch lines. This will result in a line composed of 17 six-inch spaces, 16 six-inch lines, and two 21-inch lines.

7. Safety Zone. The safety zone is the five-foot area bounded by the back edges of the short line and the receiving line. The zone is observed only during the serve. See Rules 4.11 (k) and 4.12.

### Rule 2.2 BALL SPECIFICATIONS

(a) The standard racquetball shall be 2 1/4 inches in diameter; weigh approximately 1.4 ounces; have a hardness of 55-60 inches durometer; and bounce 68-72 inches from a 100-inch drop at a temperature of 70-74 degrees Fahrenheit.

(b) Only a ball having the endorsement or approval of the AARA may be used in an AARA sanctioned tournament.

### Rule 2.3 BALL SELECTION

(a) A ball shall be selected by the referee for use in each match. During the match the referee may, at his discretion or at the request of a player or team, replace the ball. Balls that are not round or which bounce erratically shall not be used.

(b) If possible, the referee and players should agree to an alternate ball, so that in the event of breakage, the second ball can be put into play immediately.

### Rule 2.4 RACQUET SPECIFICATIONS

(a) The racquet, including bumper guard and all solid parts of the handle, may not exceed 21 inches in length.

(b) The racquet frame may be any material judged to be safe.

(c) The racquet frame must include a thong that must be securely attached to the player's wrist.

(d) The string of the racquet should be gut, monofilament, nylon, graphite, plastic, metal, or a combination thereof, providing the strings do not mark or deface the ball.

(e) Using an illegal racquet will result in forfeiture of the game in progress or, if discovered between games, forfeiture of the preceding game.

### Rule 2.5 APPAREL

(a) Lensed Eyewear Required. Lensed eyewear designed for racquet sports is required apparel for all players. The protective eyewear must be worn as designed and may not be altered. Players who require corrective eyewear also must wear lensed eyewear designed for racquet sports. Failure to wear protective eyewear will result in a technical foul and the player will be charged with a timeout to secure eyewear. The second infraction in the same match will result in immediate forfeiture of the match. (See Rule 4.18 (a)(9)).

Note: A list of approved eyewear is available by writing the AARA National Office. The AARA recommends that players select eyewear with polycarbonate plastic lenses with 3-mm center thickness.

(b) Clothing and Shoes. The clothing may be of any color; however, a player may be required to change wet, extremely loose fitting, or otherwise distracting garments. Insignias and writing on the clothing must be considered to be in good taste by the tournament director. Shoes must have soles which do not mark or damage the floor.

(c) Equipment Requirements During Warm-up. Approved eyeguards must be worn and wrist thongs must be used during any on-court warm-up period. The referee should give a technical warning to any person who fails to comply and assess a technical foul if that player continues to not comply after receiving such a warning.

## 3 — OFFICIATING

### Rule 3.1 TOURNAMENT MANAGEMENT

All AARA sanctioned tournaments shall be managed by a tournament director, who shall designate the officials.

### Rule 3.2 TOURNAMENT RULES COMMITTEE

The tournament director may appoint a tournament rules committee to resolve any disputes that the referee, tournament desk, or tournament director cannot resolve. The committee, composed of an odd number of persons, may include state or national officials, or other qualified individuals in attendance who are prepared to meet on short notice. The tournament director should not be a member of this committee.

### Rule 3.3 REFEREE APPOINTMENT AND REMOVAL

The principal official for every match shall be the referee who has been designated by the tournament director, or his designated representative, and who has been agreed upon by all participants in the match. The referee's authority regarding a match begins once the players are called to the court. The referee may be removed from a match upon the agreement of all participants (teams in doubles) or at the discretion of the tournament director or his designated representative. In the event that a referee's removal is requested by one player or team and not agreed to by the other, the tournament director or his designated representative may accept or reject the request. It is suggested that the match be observed before determining what, if any, action is to be taken. In addition, two line judges and a scorekeeper may also be designated to assist the referee in officiating the match.

### Rule 3.4 RULES BRIEFING

Before all tournaments, all officials and players shall be briefed on rules as well as local court binders, regulations, and modifications the tournament director wishes to impose. The briefing should be reduced to writing. The current AARA rules will apply and be made available. Any modifications the tournament director wishes to impose must be stated on the entry form and be available to all players at registration.

### Rule 3.5 REFEREES

(a) Pre-Match Duties. Before each match begins, it shall be the duty of the referee to:

1. Check on adequacy of preparation of court with respect to cleanliness, lighting and temperature.

2. Check on availability and suitability of materials to include balls, towels, scorecards, pencils and timepiece necessary for the match.

3. Check the readiness and qualifications of the line judges and scorekeeper. Review appeal procedures and instruct them of their duties, rules and local regulations.

4. Go onto the court to introduce himself and the players; brief the players on court binders, local regulations, rule modifications for this tournament; explain misinterpreted rules.

5. Inspect players equipment; identify the line judges; verify selection of a primary and alternate ball.

6. Toss coin and offer the winner the choice of serving or receiving.

(b) Decisions. During the match, the referee shall make all decisions with regard to the rules. Where line judges are used, the referee shall announce all final judgments. If both players in singles and three out of four in a doubles match disagree with a call made by the referee, the referee is overruled (with the exception of technical fouls and forfeitures).

(c) Protests. Any decision not involving the judgment of the referee will, on protest, be accorded due process as set forth in the by-laws of the AARA. For the purposes of rendering a prompt decision regarding protests filed during the course of an ongoing tournament, the stages of due process will be first to the tournament director and second to the tournament rules committee. In those instances when time permits, the protest may be elevated to the state association and then to the National Board of Directors in the manner prescribed in the by-laws.

(d) Forfeitures. A match may be forfeited by the referee when:

1. Any player refuses to abide by the referee's decision or engages in unsportsmanlike conduct.

2. Any player or team who fails to report to play 10 minutes after the match has been scheduled to play. (The tournament director may permit a longer delay if circumstances warrant such a decision.)

(e) Defaults. A player or team may be forfeited by the tournament director or official for failure to comply with the tournament or host facility's rules while on the premises between matches, or for abuse of hospitality, locker room, or other rules and procedures.

(f) Spectators. The referee shall have jurisdiction over the spectators, as well as the players, while the match is in progress.

(g) Other Ruling. The referee may rule on all matters not covered in the AARA Official Rules. However, the referee's ruling is subject to protest as described in Rule 3.5 (c).

### Rule 3.6 LINE JUDGES

(a) When Utilized. Two line judges should be used for semifinal and final matches, when requested by a player or team, or when the referee or tournament director so desires. However, the use of line judges is subject to availability and the discretion of the tournament director.

(b) Replacing Line Judges. If any player objects to a person serving as a line judge before the match begins, all reasonable effort shall be made to find a replacement acceptable to the officials and players. If a player objects after the match begins, any replacement shall be at the discretion of the referee and/or tournament director.

(c) Position of Line Judges. The players and referee shall designate the court location of the line judges. Any dispute shall be settled by the tournament director.

(d) Duties and Responsibilities. Line judges are designated to help decide appealed calls. In the event of an appeal, and after a very brief explanation of the appeal by the referee, the line judges must indicate their opinion of the referee's call.

(e) Signals. Line judges should extend their arm and signal as follows: (i) thumb up to show agreement with the referee's call, (ii) thumb down to show disagreement, and (iii) hand open with palm facing down to indicate "no opinion" or that the play in question wasn't seen.

(f) Manner of Response. Line judges should be careful not to signal until the referee acknowledges the appeal and asks for a ruling. In responding to the referee's request, line judges should not look at each other, but indicate their opinions simultaneously in clear view of the players and referee. If at any time a line judge is unsure of which call is being appealed or what the referee's call was, the line judge should ask the referee to repeat the call and the appeal.

(g) Result of Response. If both line judges signal no opinion, the referee's call stands. If both line judges disagree with the referee, the referee must reverse the ruling. If one line judge agrees with the call and one disagrees, the referee's call stands. If one line judge agrees with the call and one has no opinion, the call stands. If one line judge disagrees with the referee's call and the other signals no opinion, the rally is replayed. Any replays, with the exception of appeals on the second serve itself, will result in two serves.

### Rule 3.7 APPEALS

(a) Appellable Calls and Non-Calls. In any match using line judges, a player may appeal only the following calls or noncalls by the referee: skip ball; fault serve, except screen serve; out serve; double bounce pickup; receiving line violation; and court hinder. At no time may a player appeal a screen serve, a hinder call (except court binders), a technical foul, or other discretionary call of the referee.

(b) How to Appeal. A verbal appeal by a player must be made directly to the referee immediately after the rally has ended. A player who believes there is an infraction to appeal, should bring

it to the attention of the referee and line judges by raising his non-racquet hand at the time the perceived infraction occurs. The player is obligated to continue to play until the rally has ended or the referee stops play. The referee will recognize a player's appeal only if it is made before that player leaves the court for any reason including timeouts and game-ending rallies or, if that player doesn't leave the court, before the next serve begins.

(c) **Loss of Appeal.** A player or team forfeits its right of appeal for that rally if the appeal is made directly to the line judges or, if the appeal is made after an excessive demonstration or complaint.

(d) **Limit on Appeals.** A player or team may make three appeals per game. However, if either line judge disagrees (thumb down) with the referee's call, that appeal will not count against the three-appeal limit. In addition, the game-ending rally may be appealed even if the three-appeal limit has been reached.

#### Rule 3.8 OUTCOME OF APPEALS

(a) **Skip Ball.** If the referee makes a call of "skip ball," the call may be appealed. If the call is reversed, the referee then must decide if the shot in question could have been returned had play continued. If in the opinion of the referee, the shot could have been returned, the rally shall be replayed. However, if the shot was not retrievable, the side which hit the shot in question is declared the winner of the rally. If the referee makes no call on a shot (thereby indicating that the shot did not skip), an appeal may be made that the shot skipped. If the no call is reversed, the side which hit the shot in question loses the rally.

(b) **Fault Serve.** If the referee makes a call of fault serve, the call may be appealed. If the call is reversed, the serve is replayed, unless if the referee considered the serve to be not retrievable, in which case a point is awarded to the server. An appeal may also be made if the referee makes no call on a serve indicating that the serve was good. If the no call is reversed, it will result in second serve if the infraction occurred on the first serve or loss of serve if the infraction occurred on the second serve.

(c) **Out Serve.** If the referee makes a call of out serve, the call may be appealed. If the call is reversed, the serve will be replayed, unless the serve was obviously a fault in which case the call becomes fault serve. However, when the call is reversed and the serve is considered an ace, a point will be awarded. An appeal may also be made if the referee makes no call on a serve (indicating that the serve was good). If the no call is reversed, it results in an immediate loss of serve.

(d) **Double Bounce Pickup.** If the referee makes a call of two bounces, the call may be appealed. If the call is reversed, the rally is replayed, except if the player against whom the call was made hit a shot that could not have been retrieved, then that player wins the rally. (Before awarding a rally in that situation, the referee must be certain that the shot would not have been retrieved even if play had not been halted.) An appeal may also be made if the referee makes no call thereby indicating that the get was not two bounces. If the no call is reversed, the player who made the two bounce pickup is declared the loser of the rally.

(e) **Receiving Line Violation (Encroachment).** If the referee makes a call of encroachment, the call may be appealed. If the call is overturned, the service shall be replayed. An appeal may also be made if the referee makes no call. If the appeal is successful, the server is awarded a point.

(f) **Court Hinder.** If the referee makes a call of court hinder, the rally is replayed. If the referee makes no call and a player feels that a court hinder occurred, that player may appeal. If the appeal is successful, the rally will be replayed.

#### Rule 3.9 RULES INTERPRETATIONS

If a player feels the referee has interpreted the rules incorrectly, the player may require the referee or tournament director to show him the applicable rule in the rulebook. Having discovered a misapplication or misinterpretation, the official must correct the error by replaying the rally, awarding the point, calling sideout or taking whatever corrective measure necessary.

### 4 — PLAY REGULATIONS

#### Rule 4.1 SERVE

The player or team winning the coin toss has the option to either serve or receive at the start of the first game. The second game will begin in reverse order of the first game. The player or team scoring the highest total of points in games 1 and 2 will have the option to serve or receive first at the start of the tiebreaker. In the event that both players or teams score an equal number of points in the first two games, another coin toss will take place and the winner of the toss will have the option to serve or receive.

#### Rule 4.2 START

The server may not start the service motion until the referee has called the score or "second serve." The serve is started from any place within the service zone.

(Certain drive serves are an exception, see Rule 4.6.) Neither the ball, nor any part of either foot may extend beyond either line of the service zone when initiating the service motion. Stepping on, but not over, the lines is permitted. When completing the service motion, the server may step over the service (front) line provided that some part of both feet remain on or inside the line until the served ball passes the short line. The server may not step over the short line until the ball passes the short line. See Rules 4.10 (a) and 4.11 (k) for penalties for violations.

#### Rule 4.3 MANNER

After taking a set position inside the service zone, a player may begin the service motion — any continuous movement which results in the ball being served. Once the service motion begins, the ball must be bounced on the floor in the zone and be struck by the racquet before it bounces a second time. After

being struck, the ball must hit the front wall first and on the rebound hit the floor beyond the back edge of the short line, either with or without touching one of the side walls.

#### Rule 4.4 READINESS

The service motion shall not begin until the referee has called the score or the second serve and the server has visually checked the receiver. The referee shall call the score as both server and receiver prepare to return to their respective positions, shortly after the previous rally has ended.

#### Rule 4.5 DELAYS

Except as noted in Rule 4.5 (b), delays exceeding 10 seconds shall result in an out if the server is the offender or a point if the receiver is the offender.

(a) The 10 second rule is applicable to the server and receiver simultaneously. Collectively, they are allowed up to 10 seconds, after the score is called, to serve or be ready to receive. It is the server's responsibility to look and be certain the receiver is ready. If the receiver is not ready, he must signal so by raising his racquet above his head or completely turning his back to the server. (These are the only two acceptable signals.)

(b) Serving while the receiving player/team is signaling not ready is a fault serve.

(c) After the score is called, if the server looks at the receiver and the receiver is not signaling not ready, the server may then serve. If the receiver attempts to signal not ready after that point, the signal shall not be acknowledged and the serve becomes legal.

#### Rule 4.6 DRIVE SERVICE ZONES

The drive serve lines will be three feet from each side wall in the service box, dividing the service area into two 17-foot service zones for drive serves only. The player may drive serve to the same side of the court on which he is standing, so long as the start and finish of the service motion takes place outside the drive serve zone. Violations of this rule, either called or not called, may be appealed.

(a) The drive serve zones are not observed for crosscourt drive serves, the hard-Z, soft-Z, lob or half-lob serves.

(b) The racquet may not break the plane of the 17-foot zone while making contact with the ball.

(c) The drive serve line is not part of the 17-foot zone. Dropping the ball on the line or standing on the line while serving to the same side is an infraction.

#### Rule 4.7 SERVE IN DOUBLES

(a) **Order of Serve.** Each team shall inform the referee of the order of service which shall be followed throughout that game. The order of serve may be changed between games. At the beginning of each game, when the first server of the first team to serve is out, the team is out. Thereafter, both players on each team shall serve until the team receives a handout and a sideout.

(b) **Partner's Position.** On each serve, the server's partner shall stand erect with back to the side wall and with both feet on the floor within the service box from the moment the server begins the service motion until the served ball passes the short line. Violations are called foot faults. However, if the server's partner enters the safety zone before the ball passes the short line, the server loses service.

#### Rule 4.8 DEFECTIVE SERVES

Defective serves are of three types resulting in penalties as follows:

(a) **Dead-Ball Serve.** A dead-ball serve results in no penalty and the server is given another serve (without canceling a prior fault serve).

(b) **Fault Serve.** Two fault serves result in an out (either a sideout or a handout).

(c) **Out Serve.** An out serve results in an out (either a sideout or a handout).

#### Rule 4.9 DEAD-BALL SERVES

Dead-ball serves do not cancel any previous fault serve. The following are dead-ball serves:

(a) **Ball Hits Partner.** A serve which strikes the server's partner while in the doubles box is a dead-ball serve. A serve which touches the floor before touching the server's partner is a short serve.

(b) **Court Hinders.** A serve that takes an irregular bounce because it hit a wet spot or an irregular surface on the court is a dead-ball serve. Also, any serve that hits any surface designated by local rules as an obstruction.

(c) **Broken Ball.** If the ball is determined to have broken on the serve, a new ball shall be substituted and the serve shall be replayed, not canceling any prior fault serve.

#### Rule 4.10 FAULT SERVES

The following serves are faults and any two in succession result in an out:

(a) **Foot Faults.** A foot fault results when:

1. The server does not begin the service motion with both feet in the service zone.

2. The server steps completely over the service line (no part of the foot on or inside the service zone) before the served ball crosses the short line.

3. In doubles, the server's partner is not in the service box with both feet on the floor and back to the side wall from the time the server begins the service motion until the ball passes the short line. See Rule 4.7 (b).

(b) **Short Service.** A short serve is any served ball that first hits the front wall and, on the rebound, hits the floor on or in front of the short line either with or without touching a side wall.

(c) **Three Wall Serve.** A three-wall serve is any served ball that first hits the front wall and, on the rebound, strikes both side walls before touching the floor.

(d) **Ceiling Serve.** A ceiling serve is any served ball that first hits the front wall and then touches the ceiling (with or without touching a side wall).

(e) **Long Serve.** A long serve is a served ball that first hits the front wall and rebounds to the back wall before touching the floor (with or without touching a side wall).

(f) **Out-of-Court Serve.** An out-of-court serve is any served ball that first hits the wall and, before striking the floor, goes out of the court.

(g) **Bouncing Ball Outside Service Zone.** Bouncing the ball outside the service zone as a part of the service motion is a fault serve.

(h) **Illegal Drive Serve.** A drive serve in which the player fails to observe the 17-foot drive service zone outlined in Rule 4.6.

(i) **Screen Serve.** A served ball that first hits the front wall and on the rebound passes so closely to the server or server's partner in doubles, that it prevents the receiver from having a clear view of the ball. (The receiver is obligated to place himself in good court position, near center court, to obtain that view.) The screen serve is the only fault serve which may not be appealed.

(j) **Serving before the Receiver is Ready.** A serve is made while the receiver is not ready as described in Rule 4.5.

#### Rule 4.11 OUT SERVES

Any of the following serves results in an out:

(a) **Two Consecutive Fault Serves.** See Rule 4.10.

(b) **Failure to Serve.** Failure of server to put the ball into play under Rule 4.5.

(c) **Missed Serve Attempt.** Any attempt to strike the ball that results in a total miss or in the ball touching any part of the server's body. Also, allowing the ball to bounce more than once during the service motion.

(d) **Touched Serve.** Any served ball that on the rebound from the front wall touches the server or server's racquet, or any ball intentionally stopped or caught by the server or server's partner.

(e) **Fake or Balk Serve.** Any movement of the racquet toward the ball during the serve which is noncontinuous and done for the purpose of deceiving the receiver. If a balk serve occurs, but the referee believes that no deceit was involved, he has the option of declaring "no serve" and have the serve replayed without penalty.

(f) **Illegal Hit.** An illegal hit includes contacting the ball twice, carrying the ball, or hitting the ball with the handle of the racquet or part of the body or uniform.

(g) **Non-Front Wall Serve.** Any served ball that does not strike the front wall first.

(h) **Crotch Serve.** Any served ball that hits the crotch of the front wall and floor, front wall and side wall, or front wall and ceiling is an out serve (because it did not hit the front wall first). A serve into the crotch of the back wall and floor is a good serve and in play. A served ball that hits the crotch of the side wall and floor beyond the short line is in play.

(i) **Out-of-Order Serve.** In doubles, when either partner serves out of order, the points scored by that server will be subtracted and an out serve will be called; if the second server serves out of order, the out serve will be applied to the first server and the second server will resume serving. If the player designated as the first server serves out of order, a sideout will be called. The referee should call no serve as soon as an out-of-order serve occurs. If no points are scored while the team is out of order, only the out penalty will have to be assessed. However, if points are scored before the out of order condition is noticed and the referee cannot recall the number, the referee may enlist the aid of the line judges (if they are being used) to recall the number of points to be deducted.

(j) **Ball Hits Partner.** A served ball that hits the doubles partner while outside the doubles box results in loss of serve.

(k) **Safety Zone Violation.** If the server, or doubles partner, enters into the safety zone before the served ball passes the short line, it shall result in the loss of serve.

#### Rule 4.12 RETURN OF SERVE

(a) **Receiving Position.**

1. The receiver may not enter the safety zone until the ball bounces or crosses the receiving line.

2. On the fly return attempt, the receiver may not strike the ball until the ball breaks the plane of the receiving line. The receiver's follow-through may carry the receiver or his racquet past the receiving line.

3. Neither the receiver nor his racquet may break the plane of the short line, except if the ball is struck after rebounding off the back wall.

4. Any violation by the receiver results in a point for the server.

(b) **Defective Serve.** A player on the receiving side may not intentionally catch or touch a served ball (such as an apparently long or short serve) until the referee has made a call or the ball has touched the floor for a second time. Violation results in a point.

(c) **Legal Return.** After a legal serve, a player on the receiving team must strike the ball on the fly or after the first bounce, and before the ball touches the floor the second time; and return the ball to the front wall, either directly or after touching one or both side walls, the back wall or the ceiling, or any combination of those surfaces. A returned ball must touch the front wall before touching the floor.

(d) **Failure to Return.** The failure to return a serve results in a point for the server.

(e) **Other Provisions.** Except as noted in this rule (4.12), the return of serve is subject to all provisions of Rules 4.14 through

**Rule 4.13 CHANGES OF SERVE**

(a) Outs. A server is entitled to continue serving until:

1. Out Serve. See Rule 4.11.

2. Two Consecutive Fault Serves. See Rule 4.10.

3. Ball Hits Partner. Player hits partner with attempted return.

4. Failure to Return Ball. Player, or partner, fails to keep the ball in play as required by Rule 4.12 (c).

5. Avoidable Hinder. Player or partner commits an avoidable hinder which results in an out. See Rule 4.16.

(b) Sideout. In singles, retiring the server is a sideout. In doubles, the side is retired when both partners have lost service, except that the team which serves first at the beginning of each game loses the serve when the first server is retired. See Rule 4.7.

(c) Effect of Sideout. When the server (or serving team) receives a sideout, the server becomes the receiver and the receiver becomes the server.

**Rule 4.14 RALLIES**

All of the play which occurs after the successful return of serve is called the rally. Play shall be conducted according to the following rules:

(a) Legal Hits. Only the head of the racquet may be used at any time to return the ball. The racquet may be held in one or both hands. Switching hands to hit a ball, touching the ball with any part of the body or uniform, or removing the wrist thong results in a loss of the rally.

(b) One Touch. The player or team trying to return the ball may touch or strike the ball only once or else the rally is lost. The ball may not be carried. (A carried ball is one which rests on the racquet long enough that the effect is more of a sling or throw than a hit.)

(c) Failure to Return. Any of the following constitutes a failure to make a legal return during a rally:

1. The ball bounces on the floor more than once before being hit.

2. The ball does not reach the front wall on the fly.

3. The ball caroms off a player's racquet into a gallery or wall opening without first hitting the front wall.

4. A ball which obviously does not have the velocity or direction to hit the front wall strikes another player.

5. A ball struck by one player on a team hits that player or that player's partner.

6. Committing an avoidable hinder. See Rule 4.16.

7. Switching hands during a rally.

8. Failure to use wrist thong on racquet.

9. Touching the ball with the body or uniform.

10. Carry or sling the ball with the racquet.

(d) Effect of Failure to Return. Violations of Rules 4.14 (a) through (c) result in a loss of rally. If the serving player or team loses the rally, it is an out. If the receiver loses the rally, it results in a point for the server.

(e) Return Attempts. The ball remains in play until it touches the floor a second time, regardless of how many walls it makes contact with — including the front wall.

1. In singles, if a player swings at the ball and misses it, the player may continue to attempt to return the ball until it touches the floor for the second time.

2. In doubles, if one player swings at the ball and misses it, both partners may make further attempts to return the ball until it touches the floor the second time. Both partners on a side are entitled to return the ball.

(f) Out of Court Ball

1. After return. Any ball returned to the front wall which, on the rebound or the first bounce, goes into the gallery or through any opening in a side wall shall be declared dead and the server shall receive two serves.

2. No Return. Any ball not returned to the front wall, but which caroms off a player's racquet into the gallery or into any opening in a side wall either with or without touching the ceiling, side wall, or back wall, shall be an out for the player failing to make the return, or a point for the opponent.

(g) Broken Ball. If there is any suspicion that a ball has broken during a rally, play shall continue until the end of the rally. The referee or any player may request the ball be examined. If the referee decides the ball is broken the ball will be replaced and the rally replayed. The server will get two serves. The only proper way to check for a broken ball is to squeeze it by hand. (Checking the ball by striking it with a racquet will not be considered a valid check and shall work to the disadvantage of the player or team which struck the ball after the rally.)

(h) Play Stoppage

1. If a foreign object enters the court, or any other outside interference occurs, the referee shall stop the play immediately and declare a dead-ball hinder.

2. If a player loses any apparel, equipment, or other article, the referee shall stop play immediately and declare an avoidable hinder or dead-ball hinder as described in Rule 4.16 (i).

(i) Replays. Whenever a rally is replayed for any reason, the server is awarded two serves. A previous fault serve is not considered.

**Rule 4.15 DEAD-BALL HINDERS**

A rally is replayed without penalty and the server receives two serves whenever a dead-ball hinder occurs.

(a) Situations

1. Court Hinders. The referee should stop play immediately whenever the ball hits any part of the court that was designated in advance as a court hinder (such as a door handle). The referee should also stop play (i) when the ball takes an irregular bounce

as a result of contacting a rough surface (such as court light or vent) or after striking a wet spot on the floor or wall and (ii) when, in the referee's opinion, the irregular bounce affected the rally. A court hinder is the only type of hinder that is appealable. See Rule 3.7 (a).

2. Ball Hits Opponent. When an opponent is hit by a return shot in flight, it is a dead-ball hinder. If the opponent is struck by a ball which obviously did not have the velocity or direction to reach the front wall, it is not a hinder, and the player who hit the ball will lose the rally. A player who has been hit by the ball can stop play and make the call though the call must be made immediately and acknowledged by the referee.

3. Body Contact. If body contact occurs which the referee believes was sufficient to stop the rally, either for the purpose of preventing injury by further contact or because the contact prevented a player from being able to make a reasonable return, the referee shall call a hinder. Incidental body contact in which the offensive player clearly will have the advantage should not be called a hinder, unless the offensive player obviously stops play. Contact with the racquet on the follow-through normally is not considered a hinder.

4. Screen Ball. Any ball rebounding from the front wall so close to the body of the defensive team that it interferes with, or prevents, the offensive player from having clear view of the ball. The referee should be careful not to make the screen call so quickly that it takes away a good offensive opportunity. A ball that passes between the legs of the side that just returned the ball is not automatically a screen. It depends on the proximity of the players. Again, the call should work to the advantage of the offensive player.

5. Backswing Hinder. Any body or racquet contact, on the backswing or on the way to or just prior to returning the ball, which impairs the hitter's ability to take a reasonable swing. This call can be made by the player attempting the return, though the call must be made immediately and is subject to the referee's approval. Note the interference may be considered an avoidable hinder. See Rule 4.16.

6. Safety Holdup. Any player about to execute a return who believes he is likely to strike his opponent with the ball or racquet may immediately stop play and request a dead-ball hinder. This call must be made immediately and is subject to acceptance and approval of the referee. (The referee will grant a dead-ball hinder if it is believed the holdup was reasonable and the player would have been able to return the shot, and the referee may also call an avoidable hinder if warranted.)

7. Other Interference. Any other unintentional interference which prevents an opponent from having a fair chance to see or return the ball. Example: When a ball from another court enters the court during a rally or when a referee's call on an adjacent court obviously distracts a player.

(b) Effect of Hinders. The referee's call of hinder stops play and voids any situation which follows, such as the ball hitting the player. The only hindrances that may be called by a player are described in rules (2), (5), and (6) above, and all of these are subject to the approval of the referee. A dead-ball hinder stops play and the rally is replayed. The server receives two serves.

(c) Avoidance. While making an attempt to return the ball, a player is entitled to a fair chance to see and return the ball. It is the responsibility of the side that has just hit the ball to move so the receiving side may go straight to the ball and have an unobstructed view of the ball. In the judgment of the referee however, the receiver must make a reasonable effort to move towards the ball and have a reasonable chance to return the ball in order for a hinder to be called.

**Rule 4.16 AVOIDABLE HINDERS**

An avoidable hinder results in the loss of the rally. An avoidable hinder does not necessarily have to be an intentional act and is the result of any of the following:

(a) Failure to Move. A player does not move sufficiently to allow an opponent a shot straight to the front wall as well as a cross-court shot which is a shot directly to the front wall at an angle that would cause the ball to rebound directly to the rear corner farthest from the player hitting the ball. Also when a player moves in such a direction that it prevents an opponent from taking either of these shots.

(b) Stroke Interference. This occurs when a player moves, or fails to move, so that the opponent returning the ball does not have a free, unimpeded swing. This includes unintentionally moving the wrong direction which prevents an opponent from making an open offensive shot.

(c) Blocking. Moves into a position which blocks the opponent from getting to, or returning, the ball; or in doubles, a player moves in front of an opponent as the player's partner is returning the ball.

(d) Moving into the Ball. Moves in the way and is struck by the ball just played by the opponent.

(e) Pushing. Deliberately pushes or shoves opponent during a rally.

(f) Intentional Distractions. Deliberate shouting, stamping of feet, waving of racquet, or any other manner of disrupting one's opponent.

(g) View Obstruction. A player moves across an opponent's line of vision just before the opponent strikes the ball.

(h) Wetting the Ball. The players, particularly the server, should insure that the ball is dry prior to the serve. Any wet ball that is not corrected prior to the serve shall result in an avoidable hinder against the server.

(i) Apparel or Equipment Loss. If a player loses any apparel,

equipment, or other article, play shall be immediately stopped and that player shall be called for an avoidable hinder, unless the player has just hit a shot that could not be retrieved. If the loss of equipment is caused by a player's opponent, then a dead-ball hinder should be called. If the opponent's action is judged to have been avoidable, then the opponent should be called for an avoidable hinder.

**Rule 4.17 TIMEOUTS**

(a) Rest Periods. Each player or team is entitled to three 30-second timeouts in games to 15 and two 30-second timeouts in games to 11. Timeouts may not be called by either side after service motion has begun. Calling for a timeout when none remain or after service motion has begun, or taking more than 30 seconds in a timeout, will result in the assessment of a technical foul for delay of game.

(b) Injury. If a player is injured during the course of a match as a result of contact, such as with the ball, racquet, wall, or floor, he will be awarded an injury timeout. While a player may call more than one timeout for the same injury or for additional injuries which occur during the match, a player is not allowed more than a total of 15 minutes of rest during a match. If the injured player is not able to resume play after total rest of 15 minutes, the match shall be awarded to the opponent. Muscle cramps and pulls, fatigue, and other ailments that are not caused by direct contact on the court will not be considered an injury.

(c) Equipment Timeouts. Players are expected to keep all clothing and equipment in good, playable condition and are expected to use regular timeouts and time between games for adjustment and replacement of equipment. If a player or team is out of timeouts and the referee determines that an equipment change or adjustment is necessary for fair and safe continuation of the match, the referee may award an equipment timeout not to exceed 2 minutes. The referee may allow additional time under unusual circumstances.

(d) Between Games. The rest period between the first two games of a match is 2 minutes. If a tiebreaker is necessary, the rest period between the second and third game is 5 minutes.

(e) Postponed Games. Any games postponed by referees shall be resumed with the same score as when postponed.

**Rule 4.18 TECHNICAL FOULS AND WARNINGS**

(a) Technical Fouls. The referee is empowered to deduct one point from a player's or team's score when, in the referee's sole judgment, the player is being overtly and deliberately abusive. If the player or team against whom the technical foul was assessed does not resume play immediately, the referee is empowered to forfeit the match in favor of the opponent. Some examples of actions which may result in technical fouls are:

1. Profanity.

2. Excessive arguing.

3. Threat of any nature to opponent or referee.

4. Excessive or hard striking of the ball between rallies.

5. Slamming of the racquet against walls or floor, slamming the door, or any action which might result in injury to the court or other players.

6. Delay of game. Examples include (i) taking too much time to dry the court, (ii) questioning of the referee excessively about the rules, (iii) exceeding the time allotted for timeouts or between games, or (iv) calling a timeout when none remain.

7. Intentional front line foot fault to negate a bad lob serve.

8. Anything considered to be unsportsmanlike behavior.

9. Failure to wear lensed eyewear designed for racquet sports is an automatic technical foul on the first infraction and a mandatory timeout will be charged against the offending player to acquire the proper eyewear. A second infraction by that player during the match will result in automatic forfeiture of the match.

(b) Technical Warnings. If a player's behavior is not so severe as to warrant a technical foul, a technical warning may be issued without point deduction.

(c) Effect of Technical Foul or Warning. If a referee issues a technical foul, one point shall be removed from the offender's score. If a referee issues a technical warning, it shall not result in a loss of rally or point and shall be accompanied by a brief explanation of the reason for the warning. The issuing of the technical foul or warning has no effect on who will be serving when play resumes. If a technical foul occurs between games or when the offender has no points, the result will be that the offender's score will revert to minus one (-1).

Note: The preceding was extracted from the OFFICIAL RULES OF RACQUETBALL published by the American Amateur Racquetball Association, and were current as of September 1, 1994. Rule 5 concerning tournaments is not reprinted here. Other sections in the rulebook not reprinted here include:

**6 — EIGHT AND UNDER MULTI-BOUNCE MODIFICATIONS****7 — ONE-WALL AND THREE-WALL MODIFICATIONS****8 — WHEELCHAIR MODIFICATIONS****9 — VISUALLY IMPAIRED MODIFICATIONS****10 — NATIONAL RACQUETBALL ASSOCIATION OF THE DEAF (NRAD) MODIFICATIONS****11 — WOMEN'S PROFESSIONAL RACQUETBALL ASSOCIATION (WPRA) MODIFICATIONS****12 — TRANSCOASTAL INTERNATIONAL RACQUETBALL TOUR (Men's Professional) MODIFICATIONS**

A copy of the complete OFFICIAL RULES OF RACQUETBALL may be ordered by contacting the AARA at 1685 Uintah, Colorado Springs, Colorado 80904-2921. Telephone 719-635-5396 or Fax 719-635-0685.

There is a \$2 fee for non-AARA members.

**By Luke St. Onge**

Racquetball is on the rebound—and that's great news for experienced players and newcomers alike. It means more exciting equipment choices and more opportunities to play and compete than ever before.

Remember the racquetball heyday of the '70s? Then how it leveled off by the late '80s? Well a number of factors were behind this, including a natural tendency for any sport to level off after the initial craze. As the court system evolved in the '80s, racquetball took a back seat to the glitter of aerobics, silver-plated weights and the latest fitness equipment.

But contrary to opinion, racquetball never went away. Many who grew up with the sport stayed with it. Clubs which continued to promote the game soon realized their racquetball members had the highest retention rate, used the facility more often and spent more money in the club than any other member group. According to a recent IHRSA report, a member in a top-level program tends to spend, on average, more than \$1,000 a year on product, food and other purchases in addition to the membership fee.\* Now, clubs which converted their courts to accommodate other activities are converting the courts back to racquetball.

And, as the '80s generation of players become parents, they now come out as a family to play. As a result, racquetball is reemerging as a mainstay of the university and court club industry.

So what do the '90s promise for racquetball? In a word, excitement! Last year alone, we have seen unprecedented activity in the industry. More manufacturers are getting into the sport and competition among them has increased. These companies are bringing new technologies to their equipment, including new materials, string patterns, graphics, sizing and weighting. Shoes and clothing are now designed for performance and for style—upbeat and colorful.

In February 1995, the Sporting Goods Manufacturer's Association held its first major meeting of the *Racquetball*

*Industry Initiative*—a cooperative effort with a mission to strengthen the game's image and promote it to players and clubs—something unheard of in the history of racquetball.

The court club owner's association, IHRSA, has returned to its roots—racquetball and tennis—the two major activities which started the '70s fitness craze. Today, 60% of IHRSA clubs (1400 out of 2300) offer racquetball.

On the competitive side, tournaments continue to proliferate. The AARA sanctions approximately 1200 out of 1500 tournaments a year. More players are playing on the A, B, C and D skill levels, and mature players compete well into the 80+ age division.

Ninety countries belong to the International Racquetball Federation. Racquetball is a full-medal sport in the Central American Games, Central American Caribbean Games and the Pan American Games (second in prestige only to the Olympic Games). It's also part of the U.S. Olympic Festival, the Mexican Olympic Festival, and the Costa Rica and Honduras Olympic Festivals. The U.S. National Team earned its seventh consecutive World Cup in 1994, facing the toughest field since the World Championships were established.

Racquetball plays an important role in today's total fitness environment while enjoying the benefits of a stable industry foundation and strong associations. With all this support, the game is sure to flourish well into the 21st century.

—Luke St. Onge is the Executive Director of the AARA (American Amateur Racquetball Association) in Colorado Springs, Colorado.

\*Source: *Profiles of Success, IHRSA Report, 1994*

## 5 AARA Racquetball Programs

**Recreational Club Players Program** entitles member facilities to offer reduced AARA recreational membership to its members.

**National, Regional and State Ranking System** recognizes players' accomplishments and helps with seeding of AARA sanctioned tournaments.

**Instructor Certification Programs** The American Professional Racquetball Instructors Organization (AMPRO) has certified over 500 instructors. The program has created a standardized level of quality racquetball instruction and offers clinics and testing nationwide.

**Referee Certification** is designed to instruct and certify any AARA member who wishes to become a qualified referee.

**Club Recreational Program** assists clubs in developing profitable racquetball programs while informing an estimated 7.5 million players about the sport.

**International Olympic Committee**  
President Juan Antonio Samaranch (center) at the U.S. Olympic Committee Training Center in Colorado Springs with AARA staff members (l-r) Dalene Werner, Becky Maxedon, Melody Weiss, David Totura, Jim Hiser, John Mooney, Luke St. Onge, Kevin Joyce, Linda Mojer, Rose Mooney, Wanda Wagner and intern Brian Eaton. Photo: Casey Gibson.



# Racquetball. The State of the Game.



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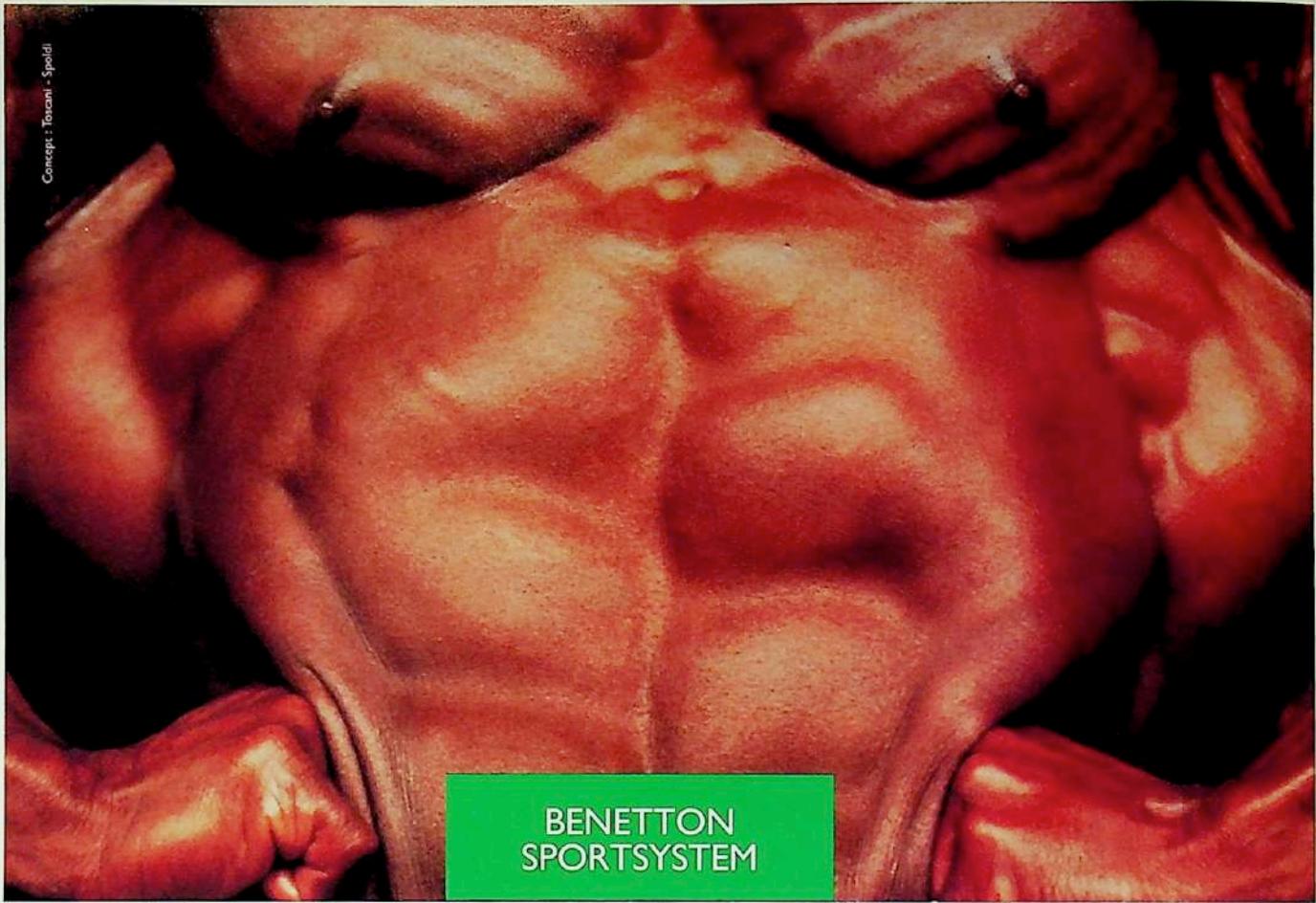
DO YOU PLAY  
SAFE

ARE YOU PROPERLY DRESSED  
FOR THE OCCASION?  
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POWER



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TO BUILD AN ATTACK.  
POWER IS MORE  
A STATE OF MIND  
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LET IT FLOW.  
THE NEW  
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IF YOU WANT THE  
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