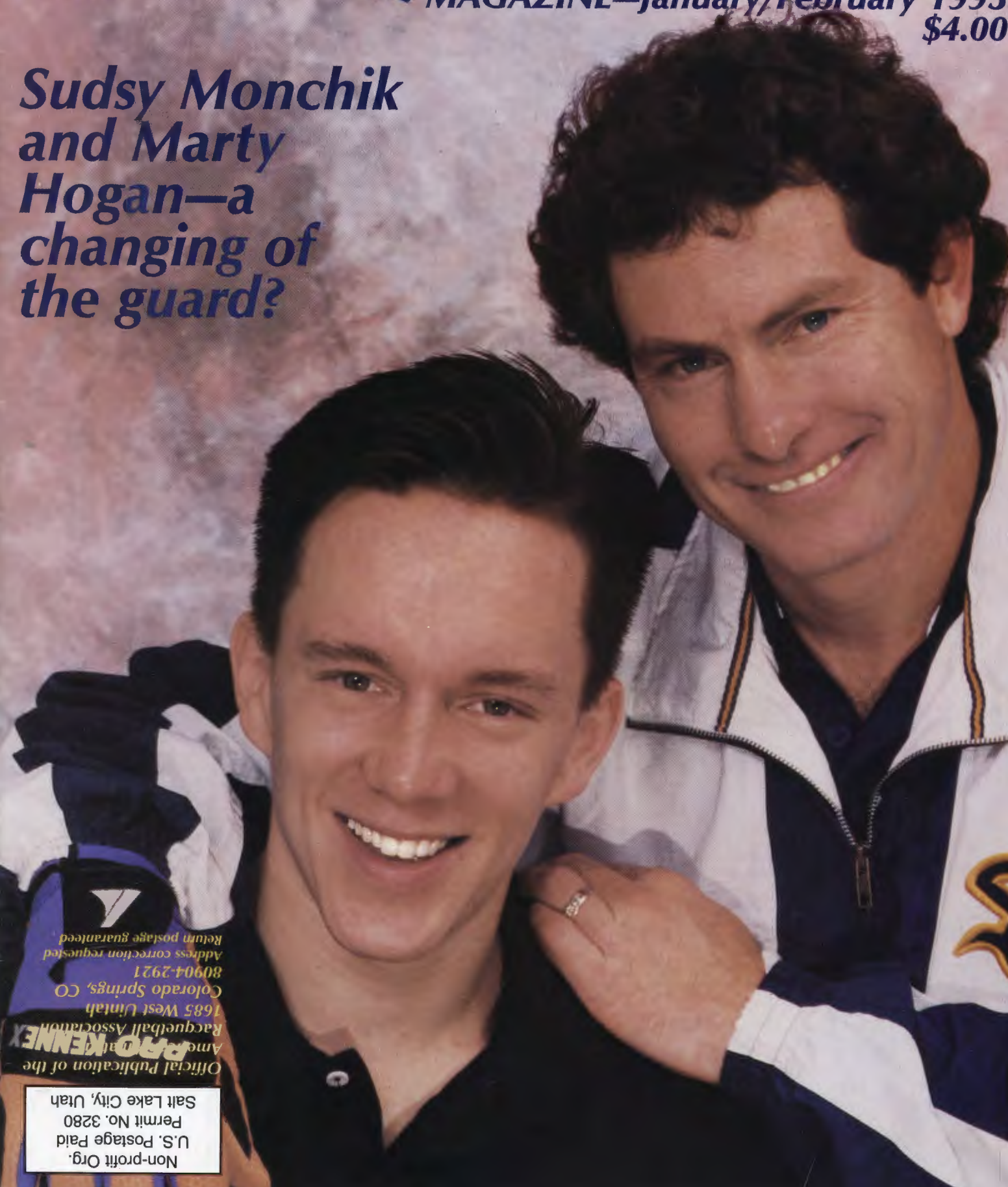


RACQUETBALL

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*Sudsy Monchik
and Marty
Hogan—a
changing of
the guard?*



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FROM THE EDITOR

By Linda Mojer

Here in the national office, we're always talking about it. Trying to figure it out. Wanting to address the situation, manipulate the data, massage the issue and get a handle on it. We want to make it happen, but how exactly can we get more women to enjoy racquetball?

Well, right after National Doubles I knew the answer. Months later I'm still convinced. It's mixed doubles.

The numbers at nationals bore me out. Mixed age division brackets were full and the competition was fierce. With the exception of the occasional macho "I'll take everything and save you" attitude, the playing field was level, the women held their own and loved it.

For myself, I had a great time playing only mixed divisions, and my initial strategy had been to choose great partners (thanks Gary and Jim). Unfortunately the flaw in that plan was quickly uncovered - by our opponents - and "playing the girl" became an even better strategy. It all became clear ... I saw every shot, up close.

But I didn't mind, and I really don't think any of the women did. Like any national championship, we were there to get on the court, compete and win as often as possible - so we could keep playing.

Throughout the draws, all the way up to mixed open, women were a determining factor in every victory. And they were aware of that responsibility, they communicated with their partners and relished the challenge of both. Married partners stayed that way and pick-up partners became fast friends.

So what better motivation to commit, have fun and improve your skills than to be an equal, or better, partner on the mixed doubles court? That's my plan for '95 - and I'm determined to enjoy every minute of it. Hope you will too ...

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ON THE COVER

Sudsy Monchik and Marty Hogan share a few laughs at National Doubles in Jacksonville. Photo: Michael C. Fraser.

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reader forum

EARLY STARTERS

This year I decided to try racquetball and handball with my fifth and sixth graders under our Physical Education themes striking, receiving,

ness. We only used the front wall because of space, but the skills and competition were at very good levels.

The kids were thrilled to receive the racquets, t-shirts and posters the AARA provided as participation prizes. I wish you could have seen their faces when their names were picked.

I love racquetball and the competition, so it was a delight to teach and watch the students improve. Hopefully many of these kids will continue to play this sport for a lifetime.

Last week after school I organized racquetball and handball tournaments for the fifth and sixth graders. Each day I had about 20 boys and 8 girls. The boys and girls had their own tournaments. These were the kids that received the prizes that you sent! Thanks again!

Happy Holidays and Happy Racquetball!

*Mrs. Lisa Ann Trainer
Osseo Elementary School
Osseo, Minnesota*

ONE SERVE FOR ALL

Recently received my copy of RACQUETBALL Magazine and enjoyed reading through it, as I always do. I started racquetball late in life, age 50, and am now 68 and am still playing three to four times per week—some local tournaments, and a few Mas-

ters and Golden Masters tournaments. I read with interest the article by Otto Dietrich, "What's the Call?" and am responding to his suggestion of adopting the rule that

the pros have been using for some time. I really like the idea. It will make players concentrate more on their serve and not just step up and slam it and figure, "Well, I've always got the second serve," and then lob it. It will also provide more court play. Also, it will speed up tournament play, which always seems to lag.

I'm not too excited about the other aspect of adopting the table tennis rule of winning by two points, however. Keep up the good work!

*John N. Rice
Rochester, Minnesota*

DENVER PRO/AM

I have just attended the PRO/AM Christmas Classic hosted by Lakewood Athletic Club in Lakewood, Colorado. I am new to racquetball but have competed in several local, national and Pro/Am stops. This tournament was the best run of all.

As I see it, some of the things which really helped were:

1) Matches were scheduled an hours and fifteen minutes apart instead of the usual one hour. Almost all matches were on time and many got started early.

2) Players were encouraged to start early when the previous match finished early. This helps create a cushion for those matches which run long.

3) This was a loser ref format. In order to not "lose" the losers for refer-

eing, the match ref is instructed to have the loser of the match bring the scorecard to the desk (hence, no escape).

4) In general, losers were assigned to referee at the same court they played on. This was not done in all cases since a D player would not be a good choice to referee an A match. Those in charge were sensitive to this issue.

Of course, none of this would be effective without the full support of the staff and club members. In particular, I saw a high level of cooperation by club members to volunteer to referee the first round matches each day, which was critical to staying on schedule. Special recognition should go to Marianne Alonzi who did an incredible job of organizing and running the tournament.

I do have a question about something I had not seen previously.

In the men's open final, one of the players was actively being coached through the glass by the use of key words and hand signals. I don't see any AARA rule which references coaching during play. If that is the case, I would suggest a rule which forbids coaching during play. It seems that the amateur aspect of the game becomes tainted if one is required to get a coach in order to compete.

Thanks again to the Lakewood Athletic Club staff for a great tournament. I look forward to attending again next year.

*Michael Neeser
Reno, Nevada*

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A MAN CALLED SUDSY

Sudsy Monchik is arguably the most gifted racquetball player ever. But getting a handle on anything other than his playing skills can be as difficult as returning his drive serve.

by Tom Slear

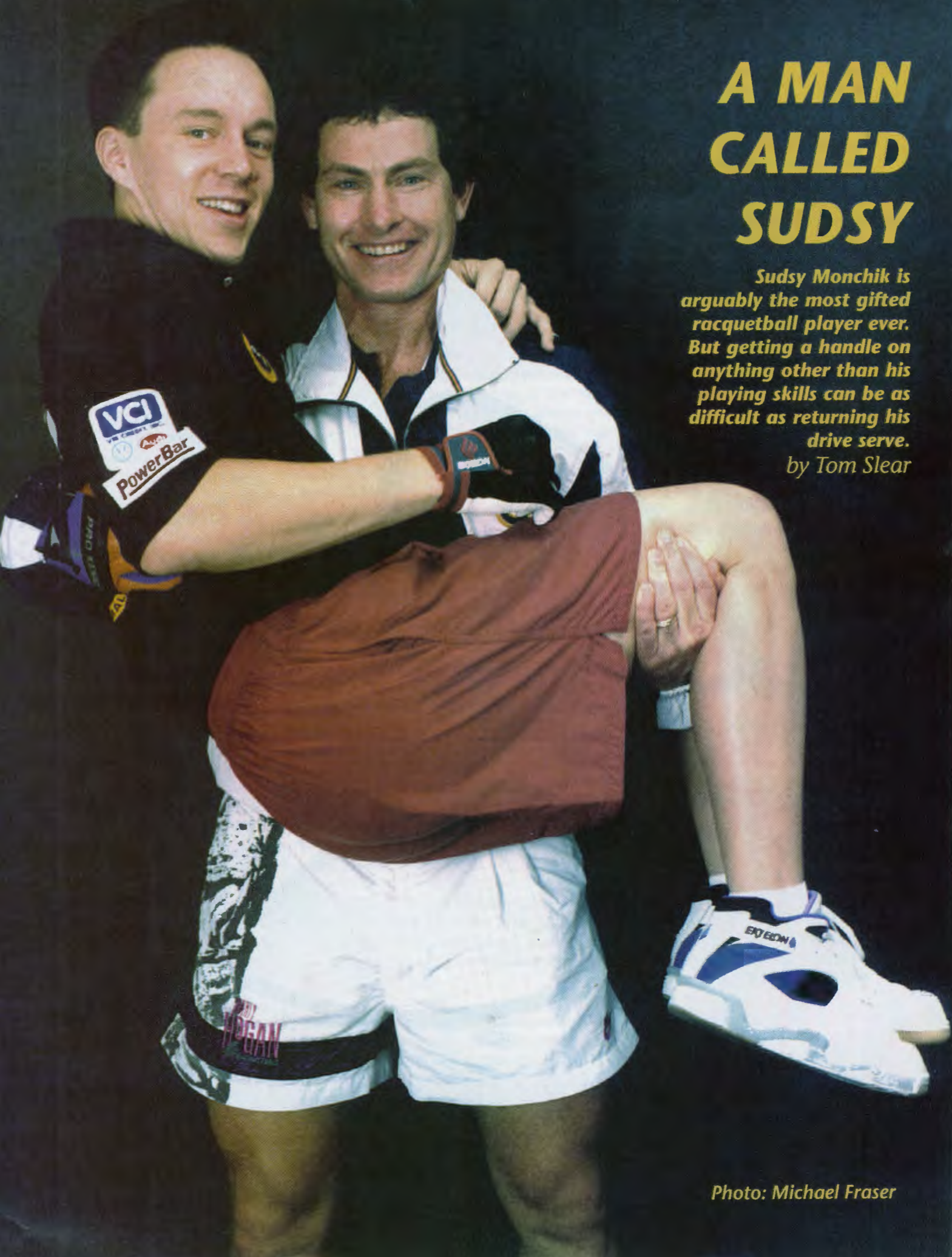


Photo: Michael Fraser

Go ahead, try to get a fix on Walter Klugewicz, a.k.a. Sudsy Monchik, racquetball prodigy and charmer extraordinaire. It ain't easy. It's not that he won't talk. In fact, he answers all questions in prolific detail. It's just that the parts don't always add up to a coherent whole.

At times, his words convey confidence that borders on arrogance, which is understandable, considering that he recently turned 20, has a few bucks in his pocket, and is widely touted as the best thing to hit racquetball since the glass wall. Under such conditions, who wouldn't spread an air of contentment? When talking about his most treasured title to date, the CFC Professional Nationals last June in Portland, Ore., he expresses disappointment that Cliff Swain, the top ranked player on the tour, didn't advance to the finals. Instead, Monchik had to settle for an injured, No. 4 Drew Kachtik, whom he beat in four games.

At other times, however, Monchik takes a stab at self-effacement. He will tell you that he's the kid on the professional tour, a rank beginner. He breezed to titles as a junior with skills that no longer suffice. He has to analyze his game impartially, as do Swain, Kachtik, and the other seven players ranked ahead of him, probing for weaknesses that were overlooked as an amateur. In short, he has to go back to school. To use his humble words, which

certainly spark guffaws from everyone involved with the pro tour, "I have to earn the respect of the other players; I have to pay my dues."

Then there's his nickname, Sudsy, which he earned when he was a baby and barely able to crawl, but smart enough to lick the suds off the tops of other people's beer-filled glasses. He assumed the last name of step-father Allen Monchik years ago. Yet why embrace the moniker, particularly when he claims a dislike for the taste of beer?

"Sudsy's my personality," he says. "Sudsy is me. I'm Sudsy, plain and simple. That's it. Nobody's going to take it away from me. That's who I am. Nobody calls me Walter. It's not me. If somebody yelled, 'Walter,' right now, I wouldn't turn my head."

Got it? If not, join the crowd. The simple truth is that Monchik is abundantly talented, yet a mere two years out of high school. It's unfair to expect a self-evaluation as sophisticated as his racquetball skills. Contradictions far outnumber convictions. Youthful energy far outweighs emotional restraint.

"He only knows two speeds, all out and stop..."

... says Steve Guarnieri, a high school friend whom Monchik calls a personal trainer – another apparent contradiction. Allen Monchik and others who know Sudsy well say he trains about as hard as George Foreman.

Yet even if the star himself can't describe this personality dubbed "Sudsy," others are only too happy to fill the vacuum.

John Ellis, No.8 on the professional tour, has been friends with Monchik since a day ten years ago when the two were in Michigan for a tournament and "this weird looking kid walked right up to me and asked to play."

Talk about chutzpah. Ellis was one of the best 12-and-unders in the country. Monchik was a kid, a full two years younger. Every pore in his body should have been oozing deference.

Deference? Forget that. A couple of years earlier, Monchik had approached Dave Peck for a game at a racquetball camp. The two had never met and Peck was ranked among the top three nationally. Still, Monchik phrased his request as, "Come on, let's play. I'm going to kick your a--."

Peck's memory mostly supports Monchik's version of the initial introduction. "It could have been that," he said. "I'm sure it was something derogatory."

"I didn't beat him, but..." Monchik added as the two talked recently during a pro tour stop in Baltimore. Peck nodded his head in agreement.

By comparison, Monchik was downright polite with Ellis. The outcome, however, was similar. In games that were closer than he thought possible, Ellis saw the elements of quickness and power – to say nothing of confidence – that would lead Monchik to become the first player ever to win an AARA national champion-

FROM RACQUETBALL'S LAST SUPERSTAR TO POSSIBLY ITS NEXT

By Tom Slear

The urge to compare is irresistible. One was – the other is – baby-face young, unnervingly brash, and abundantly talented.

But there is a major, major difference. Marty Hogan fulfilled all expectations and then some. He dominated racquetball to such a degree during the late 1970s and the early 1980s that he was more than simply a champion, he was the game itself.

Sudsy Monchik, however, remains mostly potential. The skills for Hogan-like domination are apparent, but the jury is still out on his motivation, at least according to the sport's only superstar with name recognition beyond the readers of *RACQUETBALL*.

"You can tell he is an exceptional athlete, and he probably has more natural ability than anybody," says Hogan, 37, married, the father of three, and a consultant to ProKennex. "But when I was young, I had one goal: be the best racquetball player. I gave up a lot – everything – for the benefit of the game. It was seven, eight hours a day, day after day, training, running, lifting weights, and playing. This is where I question Sudsy. Will he be No. 1 with his present mental outlook? Not a chance."

Hogan, never one to smooth the rough edges of his opinions, envisions Monchik rising from No. 10 to at least No. 4 on the professional tour this year mostly because of a dearth of worthy competition. Everybody ahead of Monchik, with the exception of Cliff Swain (No. 1) and possibly Tim Doyle (No. 2), are mere "warm-up players," none of whom "works on changing his game or even cares if he loses."



PHOTO: MICHAEL FRASER

"If I'm wrong about those guys, then Sudsy won't get there," Hogan admits, "but I really believe that Sudsy is the only one out there with the game to threaten Swain over the long run. Much like I was, Sudsy is aggressive and he is creative with his shot making, but he talks a stronger game than I did. I always knew my mouth didn't win me a single point, my racquet did. Sudsy is just giving people a reason to get up for playing him."

Having said all of that, Hogan concedes that he is pulling for Monchik: "The sport is crying for new talent, and Sudsy is the guy who can take racquetball to the next step. I'd like to see him succeed."



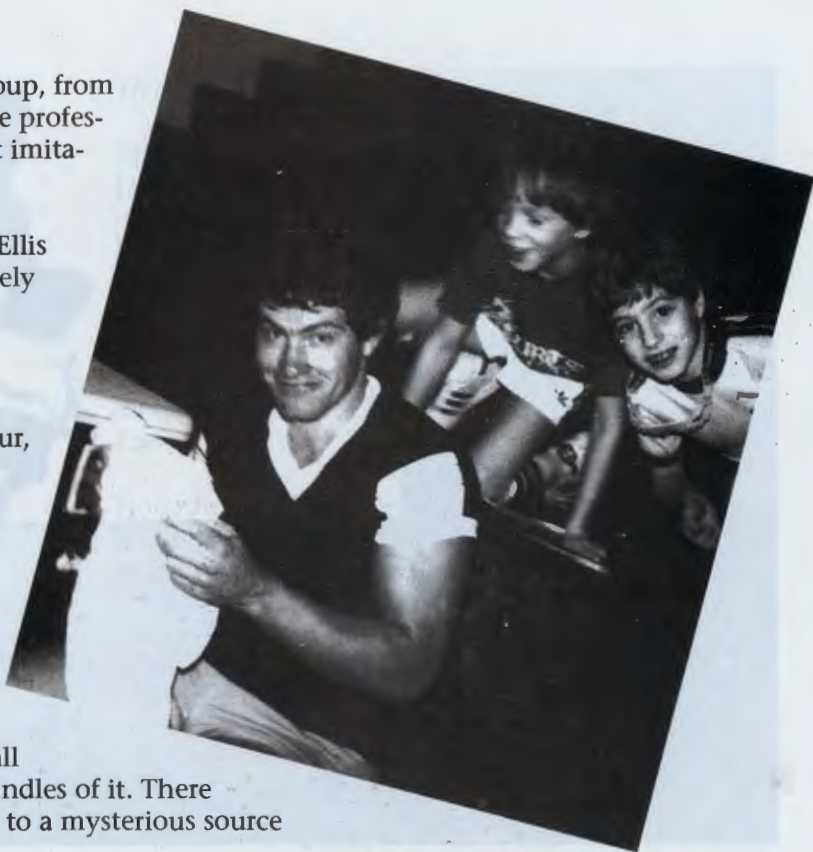
PHOTO: STEVE LERNER

ship in every singles and doubles junior age group, from 8-and-under to 18-and-under, and then join the professional tour and promptly win racquetball's best imitation of an Olympic gold medal.

"He has the ability to be one of the best ever," Ellis concedes. "He does things on the court you rarely see, or never see."

That's Sudsy.

Ruben Gonzalez, the No.6 player on the pro tour, goes way back with Monchik, back to the time when Gonzalez was beginning to carve out a niche for himself in racquetball circles and Allen Monchik asked him to take on seven-year-old Sudsy as a student. Allen owned the pro shops in three racquetball clubs, including the one in the club near the family home on Staten Island, N.Y. He played often and had developed into a solid B player, so he felt reasonably capable of judging racquetball potential. He was convinced that Sudsy had bundles of it. There was also the confidence, a trait Allen attributes to a mysterious source that struck with a massive dose.



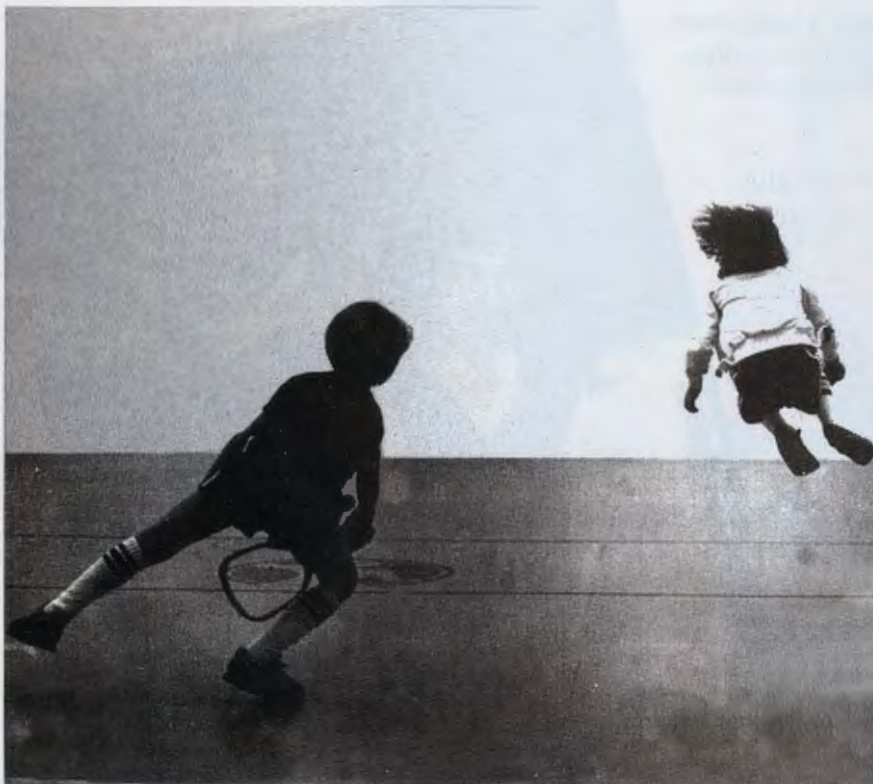
Gonzalez initially treated Sudsy like his other students. "I was out there every day, sometimes twice a day, to make money," he says. "But this kid was different. Normally, a father pays for lessons and it's all the father's desire. Not in this case. Sudsy had his own desire, and quickness and playing ability. After a while, it was no longer a money thing. I began to train him, and train him hard. Drills and more drills, practice and more practice. I guess you could say that I took him from the beginning to when he could go out on his own."

Monchik learned the lessons well. At a tour stop last March in California, teacher and student met for the first time in a tournament. The teacher got no respect. After a rough first game (2-11), Monchik won the next three, 11-5, 11-8, 11-8.

That's Sudsy.

Jim Hiser, AARA's associate executive director for programming, mixes gratitude and humor in his tone when he says that Monchik has matured considerably since the days when he was 11 and Hiser caught him carrying a six pack of beer into a motel room in Newport Beach, Calif. But it was not the early stages of an alcohol problem. Monchik insists he rarely drinks even now and





Above, the 1981 version of Sudsy. Left, Sudsy perfecting an early style.

other players on the tour support that contention. Yet the scene reflects the pubescent Monchik: brash, fearless, rebellious, and in constant search of an adrenaline rush.

"Not too much bothered him back then," says Hiser, whose problems were compounded by Monchik's natural leadership. Other players, even the older ones, gravitated toward him and awaited his guidance.

"He was clever," Hiser adds. "He'd always cover his bases. In Chicago an ashtray was thrown out of a hotel room and hit a car window. When the police came to investigate, firecrackers were thrown out of the hotel. Then there was the time soap detergent was put in the fountain of a hotel lobby. Sudsy was always a suspect, but like I said, he was always covered himself. Nobody would ever squeal on him."

Hiser noticed that Monchik's mischievous mind-set ran out of steam with the advent of the U.S. Junior National Team in 1990. Maybe he began to realize that his pranks risked embarrassing not only himself, but the United States as well. Or maybe he came to understand that leadership means responsi-

bility. Hiser is not sure which. Nevertheless, Monchik's old colors faded. As proof, Hiser cites an incident at a training camp when two girls overindulged in alcohol and one passed out.

"By the time an administrator found out about it later that evening," Hiser recalls, "Sudsy had already taken care of things. He had seen to it that the girls were looked after and they were disciplined later. He handled it properly, very maturely."

That's Sudsy.

Monchik says he's making "good money," but good money is a relative term. When you're 20, it means a new car (in Monchik's case, a 1995 black, five-speed Maxima – "Speed, baby, and luxury," he says.) and enough cash in your pocket to get through the day. Monchik still lives with his family on Staten Island, so his expenses are minimal. Regardless, his wallet gets depressingly thin at times ("Spends it like it's Monopoly money," says Ellis.), prompting him to work for his father on occasion.

Allen Monchik good-naturedly transmits signals on two frequencies when he talks about Sudsy. On the one hand, he is awed by Sudsy's pure athletic



talent. He may be pigeon-toed and lack muscle definition, and when he walks you expect him to fall forward with every step, but put him into a competitive framework and his speed and grace make opponents look silly.

On the other hand, Allen Monchik admits that Sudsy has spent a good part of his 20 years refining an act. With a goal in mind, he can charm a condom from a priest. In one sentence, Allen highlights Sudsy as the ringer who will clinch a basketball victory at work. In another sentence, he mentions how politically adept Sudsy can be when playing racquetball against potential sponsors or Allen's bosses.

"He will play down, *really* down, when he's playing people from the Port Authority," says Allen, who now works as a project manager for an asbestos control company which has the Port authority of New York and New Jersey as a major customer. "When he plays someone who might sponsor him, he plays down even further. The ball never gets below waist level. He's a character. When he comes to work for me, he wants to be a supervisor without ever climbing a ladder."

That's Sudsy.

After the pro nationals last June, Monchik called Ellis from the Portland airport. Ellis had been eliminated in the round of 16 and was already home in Stockton, Calif. Monchik wanted to stop by for a visit, but there was a problem. A girl in the waiting area had caught his attention. Monchik just *had* to meet her. Ellis was incredulous. Monchik had just won the most coveted title in racquetball and all he could talk about was some woman he didn't know.

Nonetheless, Ellis played along. He knew Monchik had a polished line that women inexplicably bought. He also knew that Monchik could no more resist a challenge than a dog could pass up a t-bone.

Ellis drew a line in the sand. He expected the girl on Monchik's arm by the time the plane arrived in Sacramento. When the wheels touched down an hour later, Monchik not only had a temporary girlfriend, but she was willing to set Ellis up with one of her friends.

"He used to blow me off my feet," Ellis says. "Not anymore. Nothing he does surprises me now."

That's Sudsy.

At 43 and with a new grandson, Gonzalez is both literally and figuratively the grandfather of the pro tour. He has seen a lot of players come and go, though perhaps none so gifted as Monchik. Experience has taught Gonzalez that flash has the permanence of a patch of snow in July. A long-term career rests atop three pillars: the discipline to practice endlessly, the maturity to resist complacency, and the hunger to continually improve.

Whether it's flash or substance for Monchik, Gonzalez won't say directly, but he does offer this observation: "I used to call Sudsy and say, 'Come on, let's play, we need the work.' The last year or two he hasn't returned my calls. I don't bother calling anymore."

"I play racquetball for the love of it," counters Monchik. "I don't do this for the money. I play because I love the game, just like when I was eight."

That's Sudsy.



AT NATIONAL DOUBLES – New Teams or Not?

Did it really matter? Could two accomplished singles players who had never played doubles together gel into a successful team, or would they simply split their space into two long, narrow singles courts and hope for the best? Would a long-time team that's practically telepathic finally win a national title, or be denied along the line? Would defending champions be upset early, late, or at all? With as many new pairings as well-established ones, the answers weren't easy.

A jam packed men's open line-up was filled with surprises, last-minute match-ups and familiar faces. For representing his half of the men's open defending championship team, Eric Muller claimed the top seed with three time world doubles champion and former partner Doug Ganim. Ganim and Muller won the 1992 World Doubles title in Montreal, but the two could not defend in '94 after Ganim narrowly missed the World Team cut. Instead, Muller went on to win his second world doubles title with John Ellis in August. Already on the Pan Am Team in singles, Ellis opted out of national doubles to clear the way for a possible win by Ganim and Muller.



In the #2 position, for representing one-half of last year's silver medal team, Tim Sweeney paired with former junior phenom and recently crowned pro national champion Sudsy Monchik. Fast friends since Tim broke Sudsy's collarbone at the '93 Olympic Festival in a non-judged wrestling match, Monchik and Sweeney had been planning to team up for doubles since early summer.

Spots #3 and #4 were taken by national singles champion Michael Bronfeld and long-time partner Bobby Rodriguez, and former Olympic Festival champions Jeff Evans and Todd O'Neil, respectively. Each of the top seeded teams lived up their billing, and secured spots on

next summer's Olympic Festival roster by reaching the semi-final round, but not without close calls. All four of the qualifying matches went to tiebreakers, which varied widely in intensity.

Back in the Limelight

Enjoying a warm welcome back to competition, '90 national doubles champion Jim Floyd teamed with '92 world singles champion Chris Cole to force Ganim and Muller to an 11-9 third game. Jacksonville's finest, Glenn Warren and Curtis Winter, played to a packed gallery of local fans as they pushed O'Neil and Evans to an 11-5 tiebreaker. Making comebacks individually while teaming for the first time, former national champion Brian Hawkes and Marty Hogan came on strong in

Top: Tim Sweeney and Sudsy Monchik ham it up during the award ceremony. Photo: Margo Daniels. Above: Jackie Gibson and Joy MacKenzie. Photo: Steve Lerner.

their first game against Bronfeld and Rodriguez, but fizzled in the third to receive the dreaded donut. SMSU alumni Alan Engel and Derek Robinson logged the finest performance of the round, then lost a contested call at 10-10 that won the match for Monchik and Sweeney.

In the semifinal, O'Neil and Evans stayed on their tiebreaker streak, taking Ganim and Muller to three before losing 11-2.

Monchik and Sweeney held Bronfeld and Rodriguez to two games, after squeaking by 15-14 in the first and improving in the second, 15-4.

Counting their final, Monchik and Sweeney played a total of four times, and got better with each round. What started out as modified singles play did come together in the end, with Sweeney lending experience and calm to the frenzied acrobatics and shotmaking of Monchik. At 27, Sweeney's own athleticism is still equal to that of his 20-year old partner, but Monchik seemed to be everywhere at once in their straight game win over Ganim and Muller.

The Final

Coming out of the gate, Monchik and Sweeney could do no wrong as they took a 14-2 lead in game one before Ganim and Muller knew what had happened. The turning point came with an avoidable on Sudsy, who had crossed over into forehand territory and returned a shot back into himself, hindering Eric in a big way. On the next rally, Tim forgot that it was his turn to hit the ball and watched, bemused, while the rally ended without him. Taking advantage of the

lapse in concentration, Ganim and Muller forced a series of errors that saw Sweeney and Monchik both begin skipping balls, one after another. At 11-14, Suds dove for a forehand pinch, rolled out the return and regained serve. On the final point, Eric pushed off Tim as he followed a shot around to his forehand and skipped it, then asked for a hinder and was denied.

In game two, things stayed quite a bit closer with points staying even to 4-4 before Eric slumped into a forehand skip-fest for a sideout and several points. Then it was Sudsy's turn for errors on both sides and they evened up again at 8-8. A frustrated Ganim got a rare chance to use his backhand, and ran three points to regain serve and earn their first lead in the match, but it didn't last long. Sudsy mixed it up with a cross court pass winner, then a forehand pinch, and Tim aced a drive serve to Ganim, who then missed a diving forehand and a backhand pinch attempt to take it to 13-10. A floater hit Eric on the pass for another point, but he regained serve when Sudsy missed a diving retrieval for a last sideout. Then, receiving at 10-14, Sudsy rolled out a backhand return of serve for half-out, followed by Tim's own pinched version on the forehand side. At match point, a cross court pass to the right disappeared into the glass and Muller completely lost sight of the last shot for the match.

No newcomers here

In women's open, Laura Fenton and Michelle Gould led the lineup, claiming the top seed to defend their title. But the two

EKTELON AARA U.S. NATIONAL DOUBLES CHAMPIONSHIPS **26th National Doubles Championships celebrated in Jacksonville, October 19-23**

Maintaining a stable average over the past several years, just under 600 teams competed in the Ektelon AARA U.S. National Doubles Championships, sponsored by Penn Racquet Sports, in Jacksonville, Florida October 19-23. The 26th annual event, hosted by the Racquetpower Health & Fitness Club, also served as a qualifier for the U.S. National Racquetball Team, the 1995 U.S. Olympic Festival and the 1995 Pan American Games. Winning pairs in Men's and Women's Open were appointed to the U.S. Team and earned final Pan Am spots, while the top four men's and women's open teams qualified to compete at next summer's U.S. Olympic Festival in Colorado Springs, Colorado.

Firsts ...

Although many winners had singles titles to their credit, or wins with other partners, a full two-thirds of this year's gold medalists were crowned national champion "teams" for the first time - even the big guns. Sudsy Monchik and Tim Sweeney had never played before the tournament, but pulled out the victory. Jackie Gibson and Joy MacKenzie came into the event with plenty of experience as a team, but no national titles, and changed that record. Former junior singles champion Elaine Hooghe teamed with current junior up-and-comer David Hamilton for an upset win in mixed open and their first title.

The men's, women's and mixed A divisions also featured first time champions, with wins by Floridians Oscar Delgado/Frank Garcia, Tennessee's own Nora Byrn/Tracey Smith, and Georgian John Marinich with Ohio's Janice Miller. Other first-time team champions were locals Aaron Metcalf/Jason Thoerner in Men's 19+ and the high-profile pairing of Florida Marlin Jeff Conine with Marty Hogan, who won Men's 25+. In Men's 30+, former national open doubles champion with another partner, Tim Hansen won his first title with Joe Icaza. And, after many years of trying, George DeLuca and Craig Kunkel took a big win in Men's 45+, as did Lee Graff/Thomas Penick in Men's 55+, Paul Banales/Tom Moore in 60+ and Herb Nathan/Mal Roberts in the 65+ division.

In the women's age group competition, Ohio's Amy Kilbane (who won in '92 with another partner) and Kerri Stoffregen won their first joint Women's 19+ title. Cheryl Gudinas and Kim Russell added their first shared Women's 25+ doubles title to a long list of singles wins, as did Janell Marriott/Janet Myers in Women's 40+, and Jo Kenyon and Lola Markus who took home not one, but two, gold medals for wins in the 55+ and 60+ divisions.

In the popular and growing mixed age divisions, four new teams rose to the top of their brackets. Pat Chesterman and Mark Nomura took their first Mixed 25+ title, as did Debbie & Kevin Tisinger in Mixed 30+. Elaine Dexter and David Azuma took a big upset win in Mixed 40+, while Rose Stoltman and Arthur Johnson won their first Mixed 50+ title.

In all, 22 out of 33 divisions saw new titlists, proving once again that any weekend can be "the" weekend in doubles!

had not had the opportunity to play again since teaming up for the first time and winning the national title last year. In the meantime, Fenton earned the current World doubles championship title with Jackie Paraiso Gibson, and Gould won her second World singles title in August. Even without the practice, they two seemed quite likely to repeat.

Taking the #2 spot, twins Jackie Paraiso Gibson and Joy Paraiso MacKenzie also looked strong coming off a mid-summer U.S. Olympic Festival victory. In fact, new mom Jackie appears to be in even better condition than before the birth of her first child in April, and Joy has come to match her sister in determination and commitment to the game. Although they're not really telepathic, on every rally it's a pretty sure bet that each knows exactly what the other is going to do.

Left-hander Robin Levine and Malia Bailey claimed the #3 spot, followed by '92 national champions Mary Lyons and Susan Morgan Pfahler in the #4 position. Bailey, a new mom in April herself, logged another quick recovery, but national singles champion Levine had been plagued with injuries and illness all summer long. As always, Lyons and Pfahler give fits to their opponents with a style unmatched in the game. All but one of the top four seeds would advance into the semi-final and qualify for the 1995 U.S. Olympic Festival.

Unlike the men's quarterfinal, the women's Festival qualifying round was won in straight games by all. Gould and Fenton dis-

patched local hopefuls Kersten Hallander and Claudia McCarthy, 15-7, 15-5, while Lyons and Pfahler advanced past Cheryl Gudinas and Kim Russell, 15-8, 15-6. In a much closer test, former junior and intercollegiate champion Elaine Hooghe teamed with '92 junior and current intercollegiate champion Kerri Stoffregen to stage an upset win over Bailey and Levine, 15-13, 15-14. Gibson and MacKenzie also took a straight game win over their counterparts from a decade earlier, '84 national champions Diane Green and Julie Pinnell.

Dollars to Donuts

After a slow start and 15-0 first game loss, even the most loyal Jacksonville fans might have taken bets against favorites Mary Lyons and Susan Pfahler in their semifinal against Laura Fenton and Michelle Gould. But the cheering began anew in the second game and after all was said and done, the local pair had knocked the top seeds out of contention and earned a spot in the finals, with a 0-15, 15-7, 11-5 win. Another tiebreaker was set in the bottom half of the draw, as Hooghe and Stoffregen narrowly took the first game over Gibson and MacKenzie, 15-14. But the twins rallied to take the next two games by much wider margins, 15-9, 11-3. The wins set up a grudge rematch of the 1992 final.

'92 Rematch

The match began in typical fashion - with Lyons and Pfahler taking control with irritatingly precise shots that have little or no velocity to, or rebound off, the front wall. The typical response is to answer with harder and harder shots. Mary sticks her racquet in front of them, re-

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– Hank Minardo
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– Brian Mirich
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CONINE AND HOGAN WIN MEN'S 25+

Florida Marlins outfielder Jeff Conine and long-time pro racquetball legend Marty Hogan both came out of "retirement" to compete at national doubles where they won — playing as a team for the first time — the Men's 25+ division.

Conine had some free time to brush up his racquetball skills this season, and a bit of frustration to work out. Before the baseball strike, Conine was approaching a record for consecutive games played. In the down time, Conine has been training for a new position at third base next season. — Hogan, who holds six pro national crowns and over 100 career tournament wins, petitioned to regain his amateur status in order to compete in this event. The AARA permits pro tour players to retain their amateur status by placing any tour winnings in trust with the organization to be used for training. In Hogan's case, the semi-retired pro was able to qualify as an amateur after taking a full year off from the pro tour. — Conine and Hogan have more than this title in common. Hogan won the Boy's 18 and under national championship in 1975, followed a decade later by Conine, who won the same title in 1985.

moves all the pace and sends it back at shoulder height to draw the opponent into back court. Susan will then drop a forehand pinch into the vacated area. At least that was the plan ... it worked against Jackie and Joy two years ago, and it worked for exactly six points this year.

Down 1-6 in the first game, Jackie and Joy revved up a power game that was just too much to handle. A quick-footed and determined Jackie buried a series of pinch shots, forehand and backhand, forward and reverse. She picked them out of the air in mid-court and rolled practically every one. "She was on fire," said Lyons later, "she couldn't miss." On her own side, Joy quietly matched her sister's precision, missing only one shot that she lost in the glass. Everything else was put down ... the line, overhead rollouts, wide forehand pinches, short hops and straight in rally-enders. The warm-up gave the twins a 15-9 first game win.

It was more of the same in the second, combined with uncharacteristic errors by Mary and Susan, that reversed the rematch outcome for Jackie and Joy, giving them a long-sought national title win. The 15-5 victory renewed their U.S. National Team appointments for another year, and will send them winging to Buenos Aires, Argentina next March for the Pan American Games.

And from the Sidelines ...

Personalities

Irv Zeitman of Louisville, Kentucky and Phil Dziuk of Homer, Illinois played in the Men's 70+ and Men's 65+ divisions respectively. Both of these players competed in the first IRA National Doubles Championships in 1969 at the JCC in St. Louis, Missouri ... Former pros Marty Hogan, Dave Peck, Davey Bledsoe, Janell Marriott, Lynn Adams Clay, Charlie Garfinkel, Diane Green, Gail Woods and Brian Hawkes were all seen competing for titles in their various divisions ... Past Hall of Famers Jo Kenyon, Ed Remen and Charlie Garfinkel were on hand as was past AARA Executive Director, Tom McKie ... Members of the first U.S. National Racquetball Team Mary Ann Cluess and Barbara Faulkenberry competed in their respective women's divisions ... The racquetball industry was well-represented by: Terri Graham & Lynn Adams/Wilson; Ron Grimes/E Force; Doug Ganim/Head; Elaine Hooghe/Transition; Brian Mirich & Mark Spangenberg/Courtesy Sports; Scott Winters, Andy Hughes & Dave Peck/Ektelon; Herb Peters/Kleershot; and Doug Smith/Network Marketing.

The numbers

Over \$4,000.00 was raised in the silent auction with the proceeds going to the Olympic Dream and the AARA Court Club Program ... Over 5000 cups of

Powerade were given out during the five days of competition.

Families in racquetball

Parents & offspring: Larry Crook & daughter Kimberly of Lakewood, Colorado took fourth place in Mixed A. Larry also played in Mixed 45+ and Kim took second in Women's 19+ ... Dennis Rajsich and daughter Rhonda of Phoenix, Arizona competed together in Mixed Open ... Gerri Stoffregen of Cincinnati, Ohio won Women's 45+ and took second in Mixed 45+ and daughter Kerri, also of Cincinnati, won Women's 19+ and took third in Women's Open ... Mike Mojer of Orlando, Florida played in Men's 50+ and 60+ and daughter Linda Mojer of Colorado Springs, Colorado played Mixed A and Mixed 40+.

Couples: Californians Kevin and Debbie Tisinger won the Mixed 30+, Leslie and Mike Pawka of San Diego, took second in the Mixed 35+ ... Stu Hastings and wife Kaye of Clarkston, Michigan took second in both Mixed 19+ and 25+ divisions ... Jacksonville's Randy Pfahler played in Men's

30+ and 35+ and wife Susan won Women's 35+ and took second in Open ... Jerry Stoltmann played in Men's 55+ and wife Rose of Mequon, Wisconsin won Mixed 55+ ... Jack Dunsmoor and wife Helen of Boise, Idaho took second in Mixed 55+.

With a large number of entries, tournament director Margo Daniels thought she could use an extra hand. Daughter Erika flew in on Friday from California to help her mother keep things straight at the tournament desk.

Heartbreaker in Mixed

It was all over and the handshakes underway. At match point in the mixed open semi-final, Cindy Conine dug out a remarkable retrieval that rebounded up to the front wall and dinked into the left front corner. A screened Jeff Evans made a late attempt to go around Jeff Conine for the save, then asked referee Pam Goddard for a hinder – and got it. Several rallies later, the match ended with a disappointing 11-10 loss for the Conines. They later placed third in the division, repeating last year's finish.

THE WINNERS >>>

MEN'S OPEN: Sudsy Monchik & Tim Sweeney. **WOMEN'S OPEN:** Jackie Gibson & Joy MacKenzie. **MIXED OPEN:** David Hamilton & Elaine Hooghe. **Men's A:** Oscar Delgado & Frank Garcia. **Women's A:** Nora Byrn & Tracey Smith. **Mixed A:** John Marinich & Janice Miller. **Men's 19+:** Aaron Metcalf & Jason Thoerner. **Men's 25+:** Jeff Conine & Marty Hogan. **Men's 30+:** Tim Hansen & Joe Icaza. **Men's 35+:** Dave Peck & Evan Terry. **Men's 40+:** Jim Bailey & Davey Bledsoe. **Men's 45+:** George Deluca & Craig Kunkel (Pleasant Hill, Calif.). **Men's 50+:** Jerry Davis & Jack Ross. **Men's 55+:** Lee Graff & Thomas Penick. **Men's 60+:** Paul Banales & Tom Moore (Arcadia, Calif.). **Men's 65+:** Herb Nathan & Mal Roberts (Melbourne, Fla.). **Men's 70+:** Saal Lesser & Victor Sacco (Norwood, N.Y.) — **Women's 19+:** Amy Kilbane & Kerri Stoffregen. **Women's 25+:** Cheryl Gudas & Kim Russell. **Women's 30+:** Diane Green & Julia Pinnell. **Women's 35+:** Mary Lyons & Susan Morgan Pfahler. **Women's 40+:** Janell Marriott & Janet Myers. **Women's 45+:** Shelley Ogden & Gerri Stoffregen. **Women's 55+:** Jo Kenyon & Lola Markus. — **Mixed 19+:** Rick Decastro & Laura Fenton. **Mixed 25+:** Mark Nomura & Pat Chesterman. **Mixed 30+:** Kevin & Debbie Tisinger. **Mixed 35+:** Chris Evon & Bill Lyman. **Mixed 40+:** David Azuma & Elaine Dexter. **Mixed 45+:** Leo Marsocci & Agatha Falso. **Mixed 50+:** Arthur Johnson & Rose Stoltman. **Mixed 55+:** Jo Kenyon & Ron Maggard. For complete "top four" results, see the November/December 1994 issue.

Introducing SKIP & D.B. ...

two cartoon characters who you might recognize as regulars at your local health club. Skip is a slender mesomorph, fleet of foot, witty, meticulous in attire and confident of his athletic abilities. D.B. (double bounce) is a sloppy, overweight, crafty complainer who always finds a way to score points. Their game is racquetball ... the cartoon setting can be in the locker room, on- or off court, the corner juice bar, lounge, indoors or out. Their supporting cast is made up of "Fly," "Rollout," "Ace," "Scooter," "Speedy" & "Juicy." We hope you enjoy Rick Dahl's cartoons, which will appear in RACQUETBALL Magazine in 1995, beginning with the next issue.



SEASON OPENS FOR DOYLE WITH TWO IN A ROW!

By Jack Newman

CRYSTAL CITY PRO-AM

The Skyline Club in Arlington, Virginia welcomed back the IRT for a September weekend of racquetball. This club had hosted many Pro-Stops in the 80's and it was nice to see them back on the schedule. Now let's turn to the action.

Rookie Upsets

There were two good matches in the round of 32's. The first one found young David Hamilton from Ohio come in and get his first pro win by defeating Mike Ceresia in five games. Scott Reiff and Eric Muller were next up to see who would win this battle of up and coming racquetball stars. After five close games Reiff was able to prevail and win in the tiebreaker.

Round of Sixteen

The round of 16's opened with Aaron Katz and Ruben Gonzalez resuming their rivalry. This season Katz seems to be playing with renewed confidence

and it continued in this match as he was able to defeat Gonzalez in five games. This was after Ruben had built up a 2-1 lead in games. Mike Ray and Woody Clouse are two players who seem to be long overdue for a break through to the finals, but one player would be out in the second round. Each player took turns winning two games each as these lefties headed to the fifth and final game. Mike Ray, with a few extra kills, was able to hold off Woody 11-9 in the tiebreaker. Tim Doyle and Scott Reiff stepped on the court in a battle of two of the best servers in the game. Reiff was looking for his breakthrough match to get him to the final eight. Each game would come down to the wire with three of the games finishing 11-9, including the fifth game which went to Doyle.

Quarterfinals

The quarters started with Andy Roberts, back from knee surgery, trying to break his hex against Mike Guidry. Guidry pulled it out in game one, 13-11, but Roberts was able to turn things around and win the next three games to move into the semifinal. The battle of Texas was next with Drew Kachtik against Aaron Katz. In the days of the local Texas tournaments, Katz would always have Drew's number, but not here. Drew won easily in three straight games to advance.

Mike Ray looked as good as he had all season as he jumped all over Tim Doyle to win the first two games. But you can never count Doyle out and bad luck seems to be following Mike all season. Doyle served his way back and won the next



PHOTO: JOHN FOUST

three games to move into his semi. John Ellis is always stuck into the same bracket with Cliff Swain – and that is usually not a good place to be. The only way to get out of there is to beat Swain and Ellis had not yet done so. This match found Ellis pushing Swain to five games, but Cliff dug down for a little extra and won the tiebreaker.

Semifinals

Tim Doyle and Drew Kachtik faced off in center court to see who would reach the finals. Drew won game one 11-9, Doyle won game two, 11-6, Drew game three, 11-7. Could Doyle come back and go another five game match? Tim Doyle held Drew off in game four, 12-10. The fifth game saw Doyle show strong reserve to win 11-8

ADVANCING IN CRYSTAL CITY

Round of 16

Cliff Swain def. Tony Jelso 12-10, 11-2, 11-3, 11-5
John Ellis def. Mike Glowa 11-1, 11-4, 11-3
Mike Guidry def. Dan Fowler 11-7, 11-8, 11-4
Andy Roberts def. Todd O'Neil 9-11, 11-4, 11-7, 11-9
Drew Kachtik def. David Hamilton 11-9, 11-4, 12-10
Aaron Katz def. Ruben Gonzalez 11-8, 7-11, 10-12, 11-2, 11-6
Mike Ray def. Woody Clouse 11-5, 5-11, 11-7, 6-11, 11-9
Tim Doyle def. Scott Reiff 11-8, 6-11, 11-9, 9-11, 11-9

Quarterfinals

Cliff Swain def. John Ellis 9-11, 11-4, 11-8, 10-12, 11-8
Andy Roberts def. Mike Guidry 11-13, 11-6, 11-4, 11-5
Drew Kachtik def. Aaron Katz 11-3, 11-4, 11-4
Tim Doyle def. Mike Ray 6-11, 6-11, 11-7, 11-5, 11-3

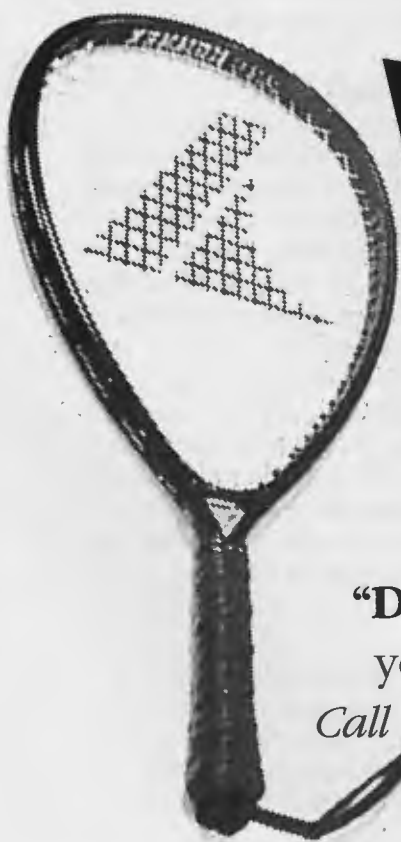
Semifinals

Cliff Swain def. Andy Roberts 3-11, 11-4, 11-4, 11-5
Tim Doyle def. Drew Kachtik 9-11, 11-6, 7-11, 12-10, 11-8

Finals

Tim Doyle def. Cliff Swain 9-11, 12-10, 11-6, 11-7

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to advance to the finals. Swain vs. Roberts is usually a finals match, not a semifinal, but with Andy's injury he had moved down to the #4 ranking. But Andy came out strong and beat Swain 11-3 to win game one, before Swain turned things around to win the next three games to move to the finals.

Final

Swain does not lose final matches and Doyle would have to be tired after three straight five-game matches. Swain won a close game one, 11-9. But after that the unexpected happened – Doyle showed mental strength no one had seen in the past as he came back and handed Swain a rare finals defeat. Doyle took the next three games and the title – for his first of the year.



Drew Kachtik (left) and Ruben Gonzalez meet in the Riverside quarterfinals. Photo: Woody Clouse

CAMPBELL'S/V-8 PRO-AM

The Tournament House in Riverside, California has always been a mecca for great racquetball and has always been a favorite stop among the top pros. Tim Doyle would try to continue his winning ways, while Cliff Swain would look to regain his dominance of the Riverside event. This event had a huge draw in the pro division with a full qualifying draw on Wednesday. Now let's go to the courts.

Early Rounds

Two of the round of 32 matches proved interesting. The first match found two local Californians battling it out. Joey Paraiso, from the famous racquetball family, defeated Tony Jelso in four games to advance to the round of sixteen. Local star Steve Lerner, who always plays well here, had an off day as Eric Muller was able to knock him off in three straight games.

Round of Sixteen

The sixteen's started with Roberts and Guidry easily defeating Karp and Vogel to advance. Gonzalez moved into the quarters by defeating Dan Fowler in three games and Drew Kachtik did the same to Roger Harripersad. Control players Mike Ray and

Aaron Katz had another classic five game battle, with Ray battling back to win and advance. Tim Doyle continued his good play, defeating Paraiso in three straight. Woody Clouse and John Ellis always have great five game matches and Riverside would be no exception. Down 2-1 in games, Clouse fought back to win the next two games and the match in five games. Swain defeated Eric Muller in three straight.

Quarterfinals

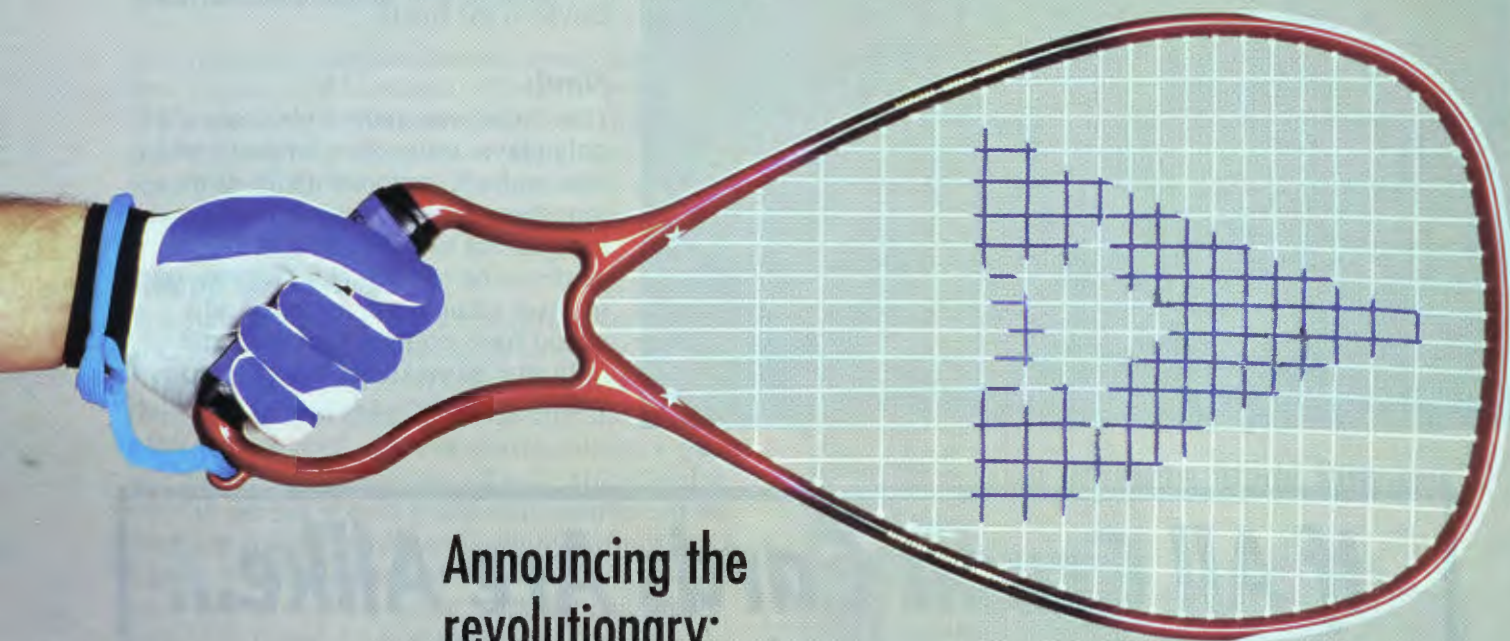
The round opened with Roberts continuing his winning ways over Mike Guidry, who got off to a slow start this season and seems to be stuck in the quarters. Gonzalez broke his slump as he handled Drew Kachtik in four games to advance into the semi-finals. Mike Ray jumped out with a game one victory over Tim Doyle, but as he

did in Virginia, Doyle came back to win the next three games and advance. The big upset occurred when Woody Clouse, playing inspired ball, was able to knock off Cliff Swain in four games, marking the second straight tournament loss for Cliff.

Semifinals

Would Ruben be able to handle Doyle's serves in this round? Doyle played with extreme confidence after winning the last tournament, moving out to a 2-1 lead in games. But Ruben came back to win game four, 12-10 to push the match to the fifth

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ADVANCING IN RIVERSIDE

Campbell's V8

Round of 16

Cliff Swain def. Eric Muller 12-10, 11-1, 11-3
 Woody Clouse def. John Ellis 13-11, 8-11, 6-11, 11-9, 11-8
 Mike Guidry def. Louis Vogel 11-5, 11-6, 12-10
 Andy Roberts def. Adam Karp 11-0, 11-2, 10-12, 11-9
 Drew Kachtik def. Roger Harripersad 11-8, 13-11, 11-3
 Ruben Gonzalez def. Dan Fowler 11-3, 11-7, 11-9
 Mike Ray def. Aaron Katz 11-4, 9-11, 7-11, 11-8, 11-3
 Tim Doyle def. Joey Paraiso 11-3, 11-8, 10-12, 11-9

Quarterfinals

Woody Clouse def. Cliff Swain 11-9, 10-12, 11-7, 11-8
 Andy Roberts def. .. Mike Guidry 11-2, 10-12, 11-5, 5-11, 11-4
 Ruben Gonzalez def. Drew Kachtik 11-8, 3-11, 11-1, 11-2
 Tim Doyle def. Mike Ray 4-11, 11-7, 11-9, 11-9

Semifinals

Andy Roberts def. Woody Clouse 11-5, 12-10, 11-3
 Tim Doyle def. ... Ruben Gonzalez 8-11, 11-1, 11-6 10-12, 11-2

Finals

Tim Doyle def. Andy Roberts 11-8, 11-1, 8-11, 2-11, 11-8

game. Game five was all Doyle as he served his way to an 11-2 victory to go to the finals. In the other semi, Clouse was trying to reach his first career final while Andy Roberts was seeking to regain his groove. It worked for Roberts, who was able to control the match and win in three games to go against Doyle in the finals.

Finals

Tim Doyle was trying to become the only player other than Swain to win back-to-back tournaments in quite a long time. In a rare move, Doyle jumped out to the early lead 2-0 in games as he tried to close Roberts out in three straight games, but Andy would have none of that as he not only won game three, but game four as well to move into a fifth and deciding

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game. There Doyle regrouped and won his second straight tournament 11-8 in the tiebreaker. With Swain in a slump, Roberts regaining his form and Doyle on fire, this could make for an interesting season.

VCI MONTREAL PRO-AM

VCI sponsored the first international stop of the year in beautiful Montreal, where the players of the IRT always enjoy the chance to show their skills to the international community. Here, Tim Doyle would be going for the three-peat while Cliff Swain would try to rediscover his winning ways.

Round of Sixteen

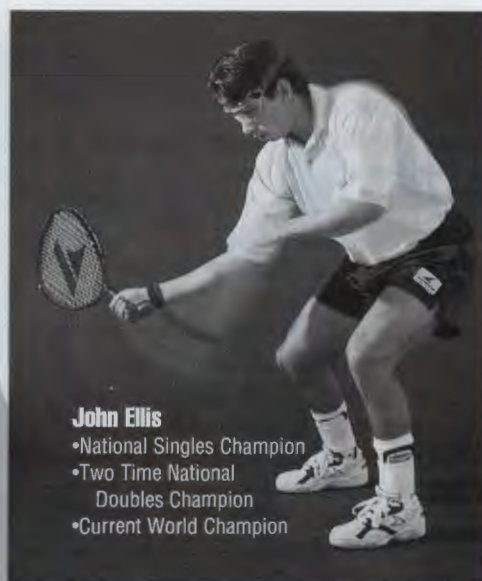
The sixteen's is where the real action takes place and there was no exception in Montreal. Drew Kachtik was able to hold off an inspired Mike Ceresia who was playing for his city and country. Mike, who hasn't seen the quarters in a few years, lost in four games but played well. Mike Guidry tried to get his season going as he continued his winning streak over Louis Vogel by winning in four games. Sherman Greenfeld, world amateur champion and current Canadian national champion, looked to defeat Andy Roberts, but Andy had different plans as he was able to advance with a four game victory.

Dan Fowler looked sharp as he started off with a 2-1 lead in games over Ruben Gonzalez. But Ruben always plays well in Montreal as he came back to win in five games. Aaron Katz again found himself against Mike Ray in a round of sixteen match-up, but this time Aaron kept his momentum and won the match in three straight games. Tim Doyle started off over-confident as he lost the first two games of his match against an inspired Tony Jelso. But Doyle recovered and showed strong reserve as he won the next three games and the match. John Ellis and Woody Clouse continued their season long match-up – this time Ellis prevailed in four games ending Woody's hot streak. Swain, looking for a tournament win, defeated a tough Brian Rankin in four games.

Quarterfinals

Kachtik has always seemed to have Guidry's number in their past match-ups. This match started out the same as Drew won the first two games, but

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Cliff Swain (left) meets Drew Kachtik in the Montreal semifinal.
Photo: Woody Clouse

Guidry came back and won games three and four to move the match to a fifth and deciding game. Drew hung tough and edged Mike out 11-8 in the fifth. Andy Roberts was next as he defeated Ruben Gonzalez in four games to move into the semifinals. Tim Doyle stopped Aaron Katz in his tracks with a four game victory, while Cliff Swain was pushed to four games but was still able to defeat John Ellis.

Semifinals

Doyle vs. Roberts is one of the best rivalries in the game and this match was no exception. Doyle started off strong by winning game one 11-6. But Roberts, seeking a final, won games two and three, 11-8 and 11-9 to take the match lead. But Doyle, as he has the last few tournaments, was able to bounce back and win 11-5 and 11-1 in the tiebreaker to get into his third straight final. Kachtik who has yet to defeat Swain tried again but to no avail as Cliff took the match in four games to move into the finals.

Final

Could Doyle beat Swain twice in a row and win his third straight tournament? Swain started with an 11-7 first game win. Game two went to Doyle 11-8. Game three Swain 11-4. Game four Doyle 11-9. This match seesawed back and forth with both players showing a strong will to win, but in the end Swain was able to stop Doyle's winning streak with an 11-6 victory and a return to the winner's circle.

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ADVANCING IN MONTREAL

Round of 16

Cliff Swain def. Brian Rankin 11-9, 12-10, 9-11, 4-11, 11-0
John Ellis def. Woody Clouse 11-4, 11-9, 10-12, 4-11, 11-2
Mike Guidry def. Louis Vogel 11-7, 3-11, 11-2, 11-9
Drew Kachtik def. Mike Ceresia 9-11, 11-7, 7-11, 13-11
Andy Roberts def. . . Sherman Greenfeld 11-8, 11-9, 11-13, 11-5
Ruben Gonzalez def. .. Dan Fowler 5-11, 11-8, 9-11, 11-5, 11-8
Aaron Katz def. Mike Ray 11-8, 12-10, 11-5
Tim Doyle def. Tony Jelso 1-11, 10-12, 11-7, 11-6, 11-3

Quarterfinals

Cliff Swain def. John Ellis 11-9 11-5, 9-11, 11-7
Drew Kachtik def. Mike Guidry 11-7, 11-5, 3-11, 7-11, 11-8
Andy Roberts def. Ruben Gonzalez 11-2, 11-0, 2-11, 11-5
Tim Doyle def. Aaron Katz 3-11, 11-5, 11-6, 11-2

Semifinals

Cliff Swain def. Drew Kachtik 11-9, 8-11, 11-3, 11-9
Tim Doyle def. Andy Roberts 11-6, 8-11, 9-11, 11-5, 11-1

Finals

Cliff Swain def. Tim Doyle 11-7, 8-11, 11-4, 9-11, 11-6

Early Rounds

The 32's started with Brian Rankin defeating Scott Reiff in four close games. Brian has been playing very well and seems poised to beat one of the top eight. Louis Vogel and Tony Jelso staged a great five game match with Vogel pulling it out. Derek Robinson, another young player, beat the youngest player on the tour, Sudsy Monchik in a surprising four game upset. Roger Harripersad was able to win in three easy games over Eric Muller. The other upset of the round saw Adam Karp easily beating a disappointing Mike Ceresia in three straight.

Round of Sixteen

The sixteen's found no upsets as all of the top eight seeds were able to win their matches. Mike Guidry continued his struggles having to battle from two games back to win in five games against Dan Fowler. Drew Kachtik had all he could handle from Brian Rankin as he was pushed to an 11-9 tiebreaker victory. Ruben Gonzalez broke his hex against Aaron Katz as he defeated Aaron

HALLOWEEN CLASSIC

Schaumburg, Illinois and the Woodfield Racquet Club played host to one of the longest running tournaments held Halloween weekend every year. This club has some of the most knowledgeable and enthusiastic fans on the tour. Also the Saturday night Halloween party is world famous. By the way, there's also some great racquetball being played.



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ADVANCING IN SCHAUMBURG

Round of 16

Cliff Swain def. Adam Karp 11-5, 11-3 12-10
 John Ellis def. Woody Clouse 8-11, 11-4, 11-6, 11-6
 Mike Guidry def. Dan Fowler 12-14, 5-11, 11-7, 11-2, 11-4
 Drew Kachtik def. Brian Rankin 9-11, 11-1, 11-5, 7-11, 11-9
 Andy Roberts def. Louis Vogel 11-9, 11-5, 11-7
 Ruben Gonzalez def. Aaron Katz 11-7, 13-11, 4-11, 11-2
 Mike Ray def. Derek Robinson 11-4, 4-11, 11-6, 11-4
 Tim Doyle def. Roger Harripersad 11-9, 11-7, 11-5

Quarterfinals

Cliff Swain def. John Ellis 11-8, 11-7, 11-0
 Mike Guidry def. Drew Kachtik 11-6, 2-11, 12-10, 11-6
 Andy Roberts def. Ruben Gonzalez 11-4, 11-6, 11-6
 Mike Ray def. Tim Doyle 11-5, 12-10, 3-11, 11-6

Semifinals

Cliff Swain def. Mike Guidry 10-12, 13-11, 11-8, 11-7
 Andy Roberts def. Mike Ray 11-7, 11-6 9-11, 7-11, 11-2

Finals

Cliff Swain def. Andy Roberts 11-2, 11-5, 11-1



Derek Robinson and John Ellis warm up in Schaumburg. Photo: Woody Clouse

in four close games. John Ellis won his second straight match against Woody Clouse in a four game match.

Quarterfinals

The quarterfinals started with Kachtik vs. Guidry. Drew always seems to have Mike's number, but in one of Guidry's better matches of the year he got out of the quarters by defeating Kachtik in four games. Andy Roberts continued his quiet move toward the finals with a quick three straight victory over Ruben Gonzalez. Mike Ray, who has been mired in a year long slump, found himself facing the hottest player on the tour this season, Tim Doyle. But Mike stepped up looking like the Ray of old as he eliminated Doyle in four games. Cliff Swain continued his dominance of the tournament by smashing John Ellis in three straight. Cliff had yet to lose a game in the tournament.

Roberts vs. Ray have had many memorable matches in the past and this was no exception. Andy jumped out to a 2-0 lead in games only to find a determined Mike Ray come back and win the next two. The fifth game found Roberts serving too well as he defeated Ray 11-2 to advance to the finals. The two top ranked lefties in the game saw Guidry give Swain his first loss of the tournament, with a close 12-10 defeat in the first. But this just seemed

to make Swain mad as he battled back to win the next three games and the match.

Final

This final reflected "one of those days" where one player plays his best and the other player plays his absolute worst. In this case, Swain played his best and Roberts played his worst, giving Swain another three straight victory with only one game lost the entire tournament. The final was only 20 minutes long as Swain earned his second straight victory.

IRT UPDATE

By Hank Marcus

VCI/IRT SPEED GUN RAISES FUNDS FOR FIBROMYALGIA RESEARCH: VW Credit, Inc. in conjunction with the IRT will offer the VCI "Hard Hitting Contest" at all VCI Challenge Cup Series events this season. The contest is open to amateurs only and the top five hitters win prize money. Entry fees are donated to the IRT's official charity - Fibromyalgia research.

SPECIAL THANKS: The IRT Tour has been making stops virtually every weekend and it is important to say a few thank you's. The pros were thrilled to

return to the beautiful Skyline Club in Crystal City for the first time in five years for the Charles E. Smith Companies Pro-Am. Thanks to Larry Boswell and Blair Desio for all their work. The next stop was a traditional stop for the Campbell's/V-8 Pro-Am at the Tournament House in Riverside, California. Always a great event thanks to Rich Wagner, Robin Dixon, Vance Lerner, and all the staff and fans. The first VCI Cup event of the year was a challenge for all the pros as IRT ventured back to the French section of Montreal and the tremendous Nautilus Plus club. The fans and media were tremendous and the tournament was great success thanks to Michel Gagnon. Last and surely not least is the Halloween Pro-Am at Woodfield Racquet Club in Chicago. The Negrete brothers put on an event that is second to none with non-stop parties and action.

PROS & AMATEURS: The following policy clarifies the IRT rules concerning pro/amateur status effective this season:

1. Players ranked #10 or higher in the IRT rankings on September 1st and January 1st of each season will be asked to declare whether they will retain amateur status.
2. Those players retaining amateur status will have 25% of any winnings on the IRT Tour deducted from their prize money.
3. At any time a player may renounce his amateur status and be paid his full prize money from that event.

PRO RACQUETBALL ADOPTS BALL CHANGE RULE: IRT Commissioner Hank Marcus has decided that, effective November 10, 1994 the pro tour will institute a policy that calls for a new ball at the start of the third game.

"I thought it was time for an educational process in the sport of racquetball. The amateurs hit the ball about 130 mph and the pros approximately 170 mph, often at a concrete wall, and you can't expect the ball to stay the same. No ball is made to be used until you lose it or it breaks, but that is what racquetball players do today," Marcus said.

Tennis players buy new balls when they begin a match and Marcus wants racquetball players to begin thinking about playing with a ball that is always at its peak performance. No one hits the ball as hard and as fast as the pros, but Marcus believes that racquetball players should begin to consider keeping the equipment, balls and strings at a level to deliver maximum playability, just like in tennis.

"At any level of racquetball, especially the pros, the ball is hit so hard that, like tennis, it is important to change balls to get maximum quality and bounce," agreed top-ranked touring pro Cliff Swain.

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In a game where serves have been clocked at over 180 mph, that rule applies equally to players and balls. Any questions?

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INTERNATIONAL RACQUETBALL TOUR

Supports Fibromyalgia Research

Top 16 Rankings from World Racquet Sports Association

1. Cliff Swain 10.52
2. Tim Doyle 9.19
3. Andy Robert 8.60
4. Mike Guidry 8.25
5. Drew Kachtik 8.21
6. Mike Ray 7.65
7. Ruben Gonzalez 7.65
8. John Ellis 7.56
9. Woody Clouse .. 7.05
10. Aaron Katz 6.95
11. Sudsy Monchik . 6.84
12. Dan Fowler 6.56
13. Louis Vogel 6.28
14. Roger Harripersad
..... 6.27
15. Adam Karp 6.20
16. Brian Rankin 6.18

VCI Challenge Cup Series Bonus Pool

Based on finishes in the six
VCI Challenge Cup events

sponsored by VW Credit,
Inc. The following rankings
include the Montreal and
Baltimore events

1. Cliff Swain 2000
- 2T. Tim Doyle 1250
- 2T. Andy Roberts ... 1250
4. Drew Kachtik ... 1000
5. Mike Guidry 800
6. Mike Ray 600
- 7T. Ruben Gonzalez. 500
- 7T. John Ellis 500

Penn Glove Bonus Pool

Includes finishes in all IRT
events

1. Tim Doyle
2. Mike Guidry
3. Woody Clouse
4. Dan Fowler
5. Louis Vogel
6. Brian Rankin
- 7T. Scott Reiff
- 7T. Todd O'Neil

1995 IRT Tournament Schedule

JANUARY

18-22

Hampton Inn Pro Classic
Racquet Club of
Memphis
Memphis, Tennessee

25-29

Alabama Pro Racquetball
Open @ Downtown
YMCA
Birmingham, Alabama

FEBRUARY

1-5

VCI Challenge Cup Series
#4 presented by VW
Credit, Inc. @ Falcon's
Complex
Atlanta, Georgia

15-19

Shop n' Save Pro-Am
Racquet Club of
Pittsburgh
Pittsburgh, Pennsylvania

MARCH

8-12

CCFA Pro-Am Shootout
Downtown YMCA
Houston, Texas

March 29-April 2

Greater Phoenix
Interconnect Pro-Am
LaMancha Racquet Club
Phoenix, Arizona

APRIL

5-9

VCI Challenge Cup Series
#5 presented by VW
Credit, Inc.
Schoeber's Athletic Club
Pleasanton, California

19-23

Cameco Pro-Am
RiverRacquet Ath. Club

Saskatoon, Canada
26-30

Sporting House Pro-Am
The Sporting House
Las Vegas, Nevada

MAY

10-14

VCI World
Championships
presented by VW Credit,
Inc. - Club TBA
Columbus, Ohio

17-21

CFC Grand Nationals
Club TBA
Seattle, Washington

JUNE

7-11

IRT Tourney of
Champions
Multnomah Athletic Club
Portland, Oregon

IRT Satellite Tour

January 13-15

Billings, Montana

March 17-19

Auburn, Massachusetts

April TBA

Rochester, New York

May 5-7

Lyndhurst, New Jersey

May 5-7

Paducah, Kentucky

June 9-11

Mountain View, California

Canadian IRT Satellite Tour

January 27-29

Scarborough, Ontario

February TBA

Winnipeg, Manitoba

March 31-April 2

Chatham, Ontario

April 21-23

Brampton, Ontario

For Canadian information
contact Adrian Webb at

519/748-5585

WOMEN'S PRO RACQUETBALL TOUR RE-SIGNS WITH PENN

Marci Drexler, president of the Women's Professional Racquetball Association (WPRA) announced the renewal of Penn as the official racquetball for the tour in a multi-year contract. The tour has been in existence since 1979 and Penn has been the official ball since 1985.

"We're happy to continue working with Penn, we feel it's the best ball in the industry and we look forward to a long association," said Drexler. The tour currently has eight stops with fifty to sixty pros playing in the tournaments. "We have a total membership of over 200 women and we plan on working hard this year to encourage more women to play the game," Drexler continued.

Helping the tour keep their competitive edge is the Penn Pro Series Bonus Pool. The top two players in the Penn Pro Series events win bonuses which include U.S. Open tickets.

Michelle Gould is currently the #1 ranked player on the tour followed by Marci Drexler, Robin Levine, Cheryl Gudinas and Lynne Coburn.

Drexler says the tour is looking for a major sponsor so they can have more tournaments not only for consistency, but so the players have more security.



HOW TO EVALUATE NUTRITIONAL SUPPLEMENTS

By Marcy Lynch, C.N.C.

Have you ever walked into a health food store and found yourself staring glassy-eyed into the rows of pills, powders and potions that promise everything from a sleek physique to

massive muscle growth? It's appealing and confusing at the same time. The appeal is the lure of the "silver bullet" – that one pill or product that will make it easier to look or feel better – without any extra effort. The confusion is that amidst all the glitz and glitter, there are some truths that are either exaggerated or mis-represented.

Let me tell you right up front that before you spend a dime on nutritional products, make sure you've covered the basics. There is no substitute for hard work and training. There are no short cuts. If you

ANYTHING ELSE IS JUST A MITTEN.



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want to get big you must lift, if you want to be fast you must do speed work, if you want to hit better shots on the racquetball court you must practice. When it comes to fueling your body, in order to make it operate you must eat the proper diet (as I mentioned in past articles: 65%-70% complex carbohydrates, 15% protein, 15-20% fat) and drink enough water (minimum 64 oz./day).

Once you've covered the basics, you can start to pay attention to the details, the refinements, the fine tuning, what I call "the critical edge."

So how do you sift through the gobble-d-gook of nutritional claims? Here are a few guidelines to assist you:

1. There is no single product or pill that "does it all." Various products have specific purposes. Beware of the single products that claim to be the only thing you need.
2. Be careful about mixing and matching different vitamins and minerals and trying to guess what amounts you need. More isn't always better. The effect of certain nutrients are determined by certain ratios of one vitamin to another. The companies who produce "systems" of products have generally considered the synergistic effect of the various nutrients within their products.
3. Gel capsules dissolve far more readily than tablets. Tablets are compressed at 1200 lbs. of pressure and require binders/fillers to keep them together.
4. Natural vs. synthetic - is there a difference? The best vitamins are a combination of both natu-

rally derived nutrients and compounds that imitate the chemical structure of the nutrient. The body recognizes the two forms as identical and reacts to them just the same.

5. The most important determining factor in the quality of the product is its absorbability. Are the nutrients in a form that the body can absorb? Since there are no regulations or guarantees on absorption required on labels, how do you know? The only way to know is to call or write the company and ask for absorption studies. Keep in mind that *solubility* does not necessarily relate to absorbability. A vitamin may dissolve but does the body take it in or pass it through? One indication of mal-absorption is the bright yellow color of the urine. If you can see it, your body didn't get it.

In summary, the best advice is to become an educated consumer. The job will soon become a little easier. On October 25, 1994, the Hatch bill was signed into law. The Hatch bill will provide, as did the food labeling laws, more accurate label information as well as prohibit false product claims. It will also provide consumers access to research essential to understanding ingredients. This bill is long overdue and may start to weed out a lot of the companies looking to make a fast buck from a billion dollar industry.

Play hard, train hard, eat well, and when you're ready to add the "the critical edge" do your homework! For personal assistance or information call the Nutrition Helpline @ 800/473-9743.

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EKTELON ANNOUNCES NEW EYEWEAR ADVANCES

Due to the fast pace of racquetball, it is essential to use the proper equipment to help ensure safety. In particular, protective eyewear should not be taken lightly. With this in mind, Ektelon recently announced the availability of its new SCOPA eyewear. SCOPA features adjustable side arms that provide a customized fit and a padded brow bridge that provides maximum comfort. The SCOPA also features a distortion-free, shatter-resistant polycarbonate lens that's specially treated to eliminate fogging and scratching. The suggested retail price of the SCOPA is \$19.95. For price-conscious consumers, Ektelon has also announced a new piece of eyewear called Mirage. Mirage is a great valued eyewear available for \$9.95 suggested retail. For dealer information, call 800/283-2635.

E FORCE UNDER NEW OWNERSHIP

E Force racquetball was acquired on September 16 by an investor's group led by former Ektelon executive of the 1970s and early 80s, Ron Grimes. The company then relocated to San Diego and resumed operations on October 3. The new management, product development, operations and sales team is comprised of individuals with over 375 combined years of racquetball experience. Focusing primarily

on high performance racquets, E Force's product development program is now led by Ray Mortvedt and Todd Colburn, both former heads of Ektelon's research and development department. Former pro champion and E Force founder Egan Inoue has also signed a long term agreement to continue advising the company and participating in its product development efforts.

Along with the acquisition, Grimes announced racquet improvements, including reduced weight of all composite frames to 205 grams and increased string tension to 35 pounds. The Weapon, Real Deal, Terminator and Predator are now strung in San Diego by USRSA certified stringers using only top quality Gosen multi-filament strings. Individuals may contact E Force at 10355 Roselle Street, Suite A, San Diego, California 92121. Phone 619/623-4040 or fax 619/452-0040.

ASHAWAY OFFERS LINE OF STRINGS

A complete line of quality racquetball strings is available from Ashaway Racket Strings, the only U.S. manufacturer of strings for racket sports. Ashaway has engineered three distinctly different racquetball strings to offer players power, durability, and control. Ashaway DuraKill™ racquetball string is recommended for extremely powerful



players, for whom string breakage is a problem. PowerKill™ strings are recommended for advanced players looking to increase the velocity of their shots without sacrificing control. SuperKill™ II is Ashaway's value/performance string for racquetball, featuring a multi-stranded monofilament structure with an abrasion-resistant outer wear layer. For additional information on Ashaway racquetball strings, contact Ashaway Line & Twine Mfg. Co., P.O. Box 549, Ashaway, Rhode Island 02804 or phone 401/377-2221, fax 401/377-9091.

GAMMA SPORTS ACQUIRES PLAYER'S CHOICE

Ray Harrington, Executive Vice President and C.O.O. of Gamma Sports recently announced the

purchase of Player's Choice trademark and assets from Lee-Co Enterprises. Player's Choice has over 20 common law marks in addition to its own trademark and markets and sells its product line worldwide. Its products are accessory related in the categories of tennis, golf and other sporting goods.

Gamma Sports is a Pittsburgh based manufacturer and marketer of high tech, performance tennis strings, racquet, accessories and court equipment. Started in 1975 with the introduction of patented Gamma irradiated tennis strings, Gamma is now a leading worldwide marketers of racquet strings and equipment. Gamma also owns Total Sports which is a full line sporting goods distribution business that services schools, recreation facilities and municipalities around the U.S. and the world.

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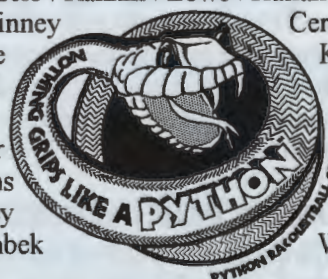
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SELECTING STRENGTH EXERCISES FOR YOUTH

The National Youth Sports Foundation For The Prevention of Athletic Injuries, Inc. has published *Selecting Strength Exercises*, by Wayne L. Westcott, Ph.D. The publication answers questions about strength training exercises for youth, particularly those performed with free-weights. It includes information on contra-indicated exercises – why they are less desirable and risks involved. Also included is a list of recommended exercises for each muscle group. *Selecting Strength Exercises* is available from the Foundation for \$3.50 plus \$1.75 shipping and handling. The National Youth Sports Foundation For The Prevention Of Athletic Injuries, Inc. is a non-profit organization working to promote the safety of children and adolescents participating in sports. For more information about the Foundation and its services write NYSFPAL, 19 Meredith Circle, Needham, Massachusetts 02192.

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GUEST EDITORIAL: An Analysis of Interactive Pleasure Enhancement in the Context of Competitive Racquetball (Or, Are We Having Fun Yet?)

By Stephen Wallenfels

Racquetball Director, Tri-City Court Club



I have not visited every racquetball facility across the country. I do not have a degree in psychology, sociology or any of the other behaviorally related disciplines, nor is this study founded on hard, empirical science. But I have seen enough match play, and participated in enough post-match de-briefings to make some simple observations based on the following:

*Assumption #1:
We like to have fun.*

*Assumption #2:
Racquetball is fun.*

Hypothesis: We like to play racquetball because it is fun.

And a definition of terms: Webster defines fun as; (adj>) Providing entertainment, amusement, or enjoyment; a party.

Now I would hardly call racquetball a party, but many tournaments offer what one could define as a party atmosphere. Lets say racquetball qualifies in that context. Regarding entertainment or amusement, there is room for debate. But if WWF or slash 'n maim movies can be considered forms of entertainment, racquetball, merely by possessing many of the same qualities, is certainly entitled to some degree of consideration. I feel comfortable with the following statement:

As defined by Webster, racquetball is, can be, or at least contains critical elements of "fun."

Having defined "fun," the next step is to defend my assumptions by offering some evidence or supporting data. I think it would be tedious and needlessly indulgent for me to address assumption #1; We like to have fun. The truth in that statement is self-evident. Speaking within the accepted norms, humans prefer to have fun over the alternative. Assumption #2; Racquetball is fun, however, is less clear-

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cut. Even though people like to have fun, and people play racquetball, the constitution only guarantees "...the pursuit of happiness..." It does not specifically state that fun shall exist in any particular activity. Including racquetball.

By making some previously substantiated observations, one can safely infer certain qualities of fun are present in racquetball. For example, people generally smile when they are experiencing fun. It is not that uncommon to see a racquetball player smile. People laugh when they are having fun. I once saw a player laugh during a consolation match in Spokane in 1986. These types of behaviors support my contention that fun, or pleasure enhancement, exists in racquetball. Therefore, racquetball is fun.

Now that I have successfully defended assumptions 1 and 2, it is time to test my hypothesis: *We play racquetball because it is fun.*

METHOD

My research consisted of a series of informal conversations in which I directly asked, or inferred the questions, "Do you play racquetball because it is fun?" My sample population was made up of pre-match and post-match participants, males and females, between the ages of 12 and 65.

RESULTS

I quickly determined that it was safer to question the pre-match participant population, therefore my results are slightly skewed in that direction. Of that group, 94 percent responded yes, they play racquetball because it is fun, 4 percent said they play because they have nothing else better to do. 1.8 percent said they play because their spouses or parents make them. A statistically insignificant percentage (less than 2%) said no, they did not play racquetball because it is fun.

Of the post-match participant population, I noticed an unexpected anomaly. Only 50 percent played racquetball because it is fun. The other 49 percent had a distressing tendency to express their answer with expletives, other forms of verbal abuse, and/or the spontaneous throwing of nearby objects such as gloves, balls, racquets or gym bags.

This discovery was inconsistent with the findings of the pre-match sample population and merited additional research. Directly after competing, nearly 50 percent fewer people admitted to playing

racquetball because it is fun. When asked to explain the loss of pleasure enhancement, they listed reasons such as sandbagging, cheating, poor scheduling, not enough rest, too much rest, a bad draw, cracked racquet, loose strings, tight strings, sore back, and generally being fat, tired, out of shape and too old.

On a hunch, I compared the post-match population to the outcome of their specific matches. There was nearly a perfect correlation! 98.4 percent of the post-match players that won, still played racquetball because it is fun. 99.8 percent of the post-match players that lost had no idea why they played the "!!#!# game" and seriously doubted they would ever play again.

As is the case with most good science, the search for answers only leads to more questions.

CONCLUSION

So what happens to "fun" during a match? Having shown that pleasure enhancement statically exists in high quantities prior to competition, but is dramatically reduced directly after competition, I can only draw one conclusion. Its existence appears to be predicated on the outcome. Winners agree that they play racquetball because it is fun. Losers, well, they need to find another reason to try again. Perhaps they hope to win (and consequently have fun) the next time they play.

At the risk of compromising the scientific integrity of this study, I must lean toward a philosophical solution. Consider – there was a time, as children, when we played simply because it was fun. The act of doing was all that mattered. Winning and losing was not an issue. But as adults, once we get caught up in the importance of outcomes, it is easy to forget the simplicity of just playing.

I am familiar with sayings such as "show me a good loser and I'll show you a loser," and "winning isn't everything, it's the only thing." That type of credo may be a necessary way of life for the elite athlete, but does not hold true for the average club player. When fun is removed from the game, even competitors at the highest level lose interest, their performance suffers, and they eventually quit. My preferred approach is "it is nobler to have played and lost than never to have played at all." If you can keep that in mind, especially after losing a hard fought match, then I can guarantee one thing ... *You will have fun playing racquetball. No matter what.*



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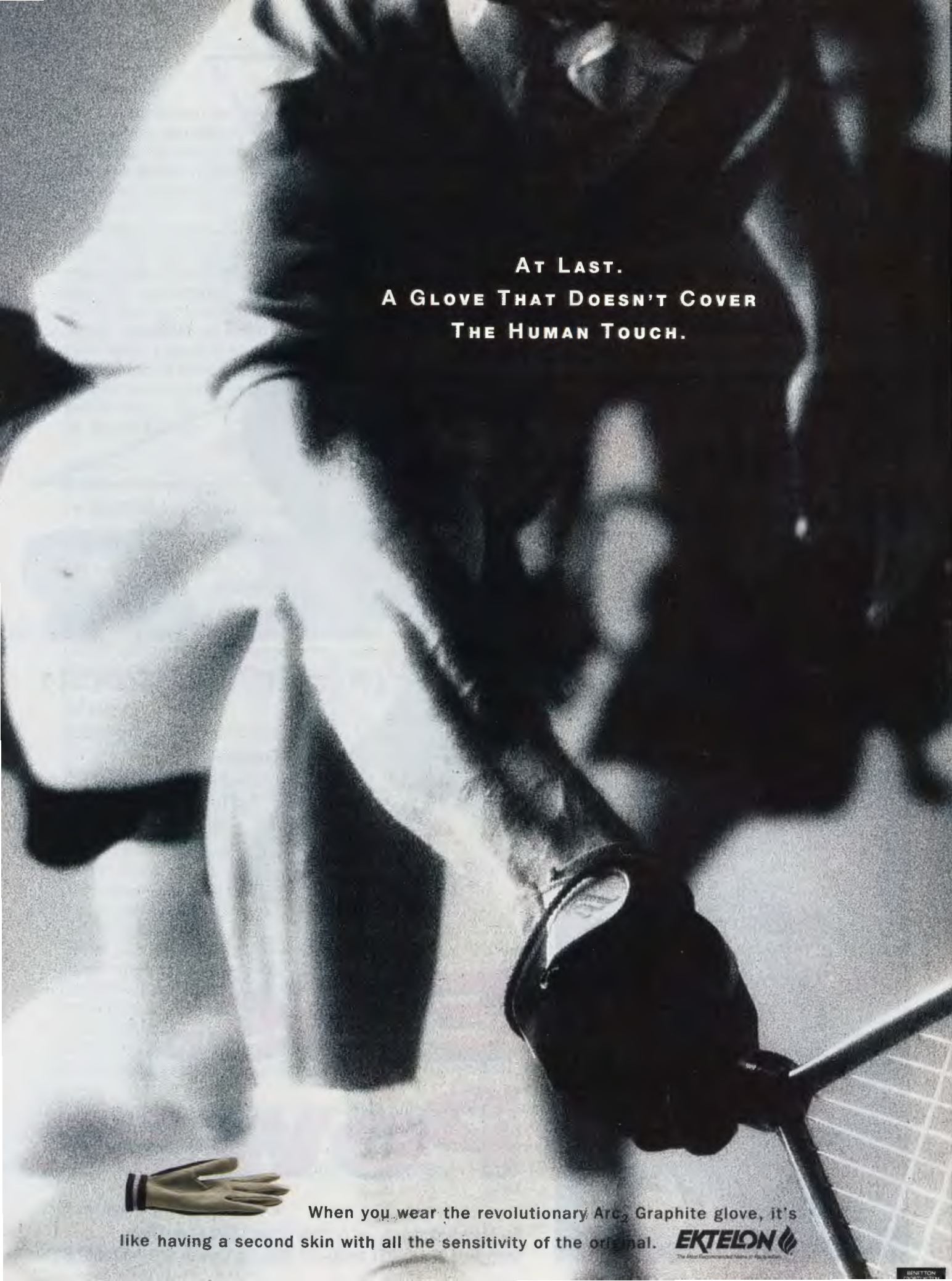
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TOURNAMENT TIPS

By Aaron Katz

I find it very distressing to see how many people enter a tournament not expecting to win. They enter for a number of reasons – wanting to have a good win and a good time, desire to meet new people and to compete in a new environment. While all these can be great reasons to enter a tournament, the bottom line is ... if you're going to go through the time and expense to play a tournament, you might as well do your best to win it. Here are some basic fundamentals to help you in your quest to drive home on Sunday with the first place trophy.

PLAY THE PROPER DIVISION

Don't enter a division higher than your actual skill level. In other words, do not "play up." Many times I've had people say "I'm really a C player, but I always play better in the B's, I don't care if I win..." But that's a cop out. The truth is, it hurts more to lose in a division you expect to win – where you put more pressure on yourself, and you end up not playing well. The solution is to deal with the pressure. The only way you are ever going to reach your peak is to learn to win when you and others expect it of you. It's easy to play well when your expectations are low. But you really find out what you're made of when you win when your expectations are high. That's what makes Cliff Swain so tough – he thrives on the pressure of having everyone gunning for him.

PREPARE YOURSELF MENTALLY AND PHYSICALLY

You cannot just hop in your car Friday, show up at the club and expect to play your best racquetball. Mentally you must have a routine prior to each match that best prepares you to concentrate. Physically you must train so your body can handle the rigors of a three day tournament, playing upwards of six matches in a division. Cardiovascular, muscular strength and endurance are all necessary to survive a tough tournament (and a few ibuprofen for Sunday morning won't hurt either).

FIGHT THE FIRES

Invariably, to win a tournament you will, at some point, snatch victory from the jaws of defeat, or gut out a match when you're not playing your best.

Avoid the "this just isn't my day" syndrome when things start going bad. *Do not* let negatives consume your thoughts. Say to yourself, "Let's figure out how to win the match." Make adjustments, switch racquets, call time-outs, change pace, anything – just hang in there and get the job done. You will play your best ball after you have survived the tough one. You have faced the worst and will be more relaxed.

DON'T BE SATISFIED

Play one match at a time, and during each of those matches, play one point at a time. Avoid the mentality of "I made it to the semifinals so anything from here on is a bonus." Prepare to play your best in each match. The only way you improve after losing is if you have given it your best shot and played to win, then you can look back and see what you could have done differently.

LEARN TO INTERNALIZE

That sounds pretty heavy doesn't it? But all it means is concentrate on your game and play the best you can. Don't focus on the end result – like fear of losing or the thrill of victory. Too often competitors obsess on winning or losing – remember the end result is just a by-product of your preparation and your performance. Concentrate on these and not the end result.

In the end we should all enjoy the tournament experience, but I think we all enjoy it just a little bit more when we win. Or at least when we can say "I played my hardest and did everything in my ability."

GAME PLAN

Strategy from the Wilson Racquetball Pro Staff

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There is something special about beginnings. A fresh start holds the hope and promise that, yes, this time will be even better than before. There is excitement and nervousness ... we aren't exactly sure what to expect, but we know it will be interesting. Vowing not to make the same mistakes as in the past, we attack all obstacles with verve and enthusiasm. While "the known" is a safe and secure feeling, you can't beat a new beginning for waking up your soul and shaking your psyche to attention.

What does this have to do with racquetball ... and you? Think about how many times you've wanted to improve your game. When you suffer a close loss, nagging thoughts like, "if only my serve was a bit more accurate" or "my backhand should have been a touch lower" just add to your misery. So maybe this is the time to jump start your game and energize your technique.

I'd like to share some hints – proven tips that have worked for me and a lot of other top racquetball players – that might improve your game. Plus a thought on how to make your own personal contribution to the growth of our sport, and more importantly, to the growth of another person.

Learn to assess your game

Whenever I teach a lesson, my first question is always, "What are your strengths?", followed by "What are your weaknesses?" Most players are at a loss to answer either question. If you're unsure about the plus

and minus sides of your game, here's a couple of ways to find out.

Play a match and try to analyze what makes you tense, what offers some form of elation, even what causes you to feel nothing. For instance, if you find yourself mentally saying "oh no" when someone starts a lob serve motion, you may be telling yourself that your ceiling balls

are ineffective or inconsistent, and you wish they would serve something low and hard. If one of your strokes is noticeably weaker than the other, you will usually try to find ways

to avoid hitting on that side. Maybe you run around your backhand, or receive serves off to one side instead of standing in the middle. On the other hand, if you break into a little smile when your serve cracks into the corner exactly where it is supposed to, you've hit on a positive point in your game.

Another way to pinpoint strengths and weaknesses is to track your practice habits. It's human nature - we



Racquetball legend Lynn Adams is the most successful female player in the history of the sport. Retired from the professional circuit, Adams recently joined the new Wilson Racquetball team as manager of education and player development. Her responsibilities involve racquetball education and community relations at all levels of the sport, including the administration of a nationwide teaching program.

tend to work on what we're good at and stay away from what makes us feel uncomfortable. No one likes to feel awkward or un-coordinated, yet in order to truly reach our greatest potential, we must do just that.

A third way to assess your game is to ask your opponents. If asked nicely, the people who play with you day in and day out might reveal which shots in their arsenal get to your weaknesses, and which ones they try to stay away from. Hey, it's worth a try. The most they can say is "Are you nuts?"

Get ready for the new racquetball you

Once you've settled on a list of positive and fixables in your game, you are ready for a fresh start, a new beginning, the new racquetball you.

First, find a good teacher. Be prepared to take more than a couple of lessons. Start with one item on your fixable list, then put your patience hat on and your ego aside. I would suggest working on one area of your game at a time. If you need some variation, combine your problem practice time with something you've already mastered, just to keep your spirits up. But remember that the more time you spend working on a particular weakness, the more quickly it will become a strength. Now here's an inside tip: You don't have to practice hours and hours in order to be effective! Consistency is the key. I believe it is much better to spend three fifteen-minute sessions a week than one forty five-minute session. Repetition is how you change a flaw in your game into an asset. So don't feel that unless you have hours to devote to your game, it's useless to work on it.

Once you feel confident that the stroke or strategy you've been working on can be scratched off the fixable list, take on another project. It really doesn't matter how long the process takes. Whether it's three months or three years, the end result is that you have invested in something that gives you great pleasure ... and now you're enjoying yourself even more.

Now make a difference in someone else's life

Let's shift gears for a moment. As a member of the Wilson racquetball team, I can attest to the fact that everyone at this new company is taking a closer look at promoting and developing the sport. As I said earlier, there is something about change and new beginnings that causes us to look at things a little bit differently. I know that sometimes we feel that, as individuals, it is difficult to make any type of difference that would be considered significant. But that's not true.

For instance, there is a lot of talk in our industry about the shortage of juniors playing racquetball. When I visit a club, the management wants to know about any good junior programs going on. The general feeling seems to be that in order to make a difference, one must start a program, one that attracts a lot of kids. Which can be an intimidating task for most of us. Organizational skills, dollars, and most of all - time - stop us from getting involved.

But what if we reached out to just one kid? Take a few hours twice a month and take a youngster to the club with you. Get on the court, play a little, learn a little, have lunch together and just have fun.

Studies show that an important factor to the healthy growth of a child depends on their special bond forged with an adult. We all want to feel that someone thinks we're special. If we could all give the gift of feeling special to just one child, think what an impression we could make. Not only would we be making a difference, but we might just add a few new racquetball players along the way. And who knows ... maybe you'll enjoy yourself so much, you'll start up that junior program.

Have fun and good luck with *your* fresh start!



PARI TIP: ALWAYS PUT SAFETY FIRST

By Fran Davis

Assistant U.S. National Team Coach

Safety is an area often overlooked and taken for granted, but we really need to pay more attention to it so we protect ourselves as well as our opponents. No matter your level – a beginner just starting out, or an advanced player playing leagues/tournaments – safety is an issue that cannot be ignored. I urge you to take this subject matter seriously and review these very basic principles of safety that are as important as the ABC's.

SAFETY FOR YOURSELF & YOUR OPPONENT

Warm up

Your muscles are like a rubber band – if the rubber band is brittle it will break or snap, if the rubber band is warm it will stretch quite a distance. So warm up those muscles by getting a nice sweat going by riding a stationary bike, treadmill, rower, stairmaster, sauna or hot shower.

Stretch

Now that your muscles are warmed up, stretch so you don't pull a muscle – get them nice and loose and limber.

Eyeguards

I cannot say enough about wearing eyeguards. Protect one of the most important parts of your body, your eyes, from an erratic hit or a funny bounce. Especially at developing levels of play where there is less racquet control than with more advanced play. All of the governing organizations — the AARA, WPRA and IRT — insist on protecting their players by making eyeguard use mandatory if you are playing in one of their events. Make it a habit to wear eyeguards whether you are practicing alone, hitting the ball around with a friend, just warming up, or playing in a serious match. By getting into the habit it will become second nature and a part of your normal equipment, rather than an extra piece of equipment to get used to.

Wrist thong

It's an AARA rule ... you must wear your wrist thong so the racquet is secure and cannot fly across the court if you lose your grip.

Watch the ball

Be square to the front wall and look peripherally over whichever shoulder the ball is on. Never turn completely around and look at the ball and your opponent head on, where you run the risk of getting hit in the face. On the other hand, if you do not watch the ball at all and only watch the front wall (a common mistake) you could actually get hit more often — not only with the ball, but with the racquet as well. If you back up into the shot without looking, you have *no* idea where the ball ended up after you hit it, and you might be in the direct path of the ball, the racquet, or both.

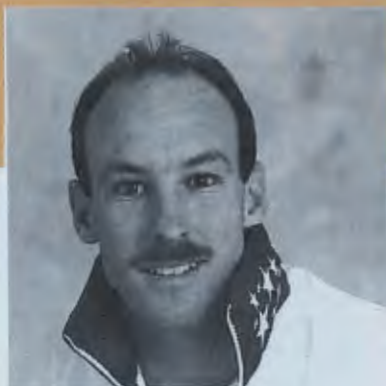
Be a step and swing away

Do not get too close to your opponent when you are on the defense. Give your opponent room to shoot comfortably and safely.

Knock ...

... on the door before you enter. If people are still playing on your 7:00 pm court at 7:05, look inside and wait until that rally is over and then knock before entering to claim your court.

You are never too advanced a player to keep safety tips in mind. Remember safety is always first. Good luck.



DEVELOPING A TRAINING PROGRAM

By Scott Phelps
U.S. Team Speed Coach

Training programs are vital to any successful athlete, but creating a good training program can be a confusing and time consuming task. What goes into your training program? Skills, conditioning, weight training, but how much of each and when? All these are very important aspects of your game that must be addressed. Let's see what we can do by simply working backwards. Analyze your best game, then analyze your average game and determine the strengths and the weaknesses of each. Write them down on a piece of paper in columns side by side. Be very honest and even a little over-critical of yourself. The only way to plan for better performance in the future is to break down the present and the past. Now you can use this information to develop a menu to supply your training program with drills and exercises.

First we will evaluate the strengths that give your game consistency. The key to the best part of your game is practicing it at a high intensity level and making quality the only focus. You must continue to hit the ball

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accurately and skillfully; that's how you win matches. Write down as many drills as you can think of that are related to the strengths of your game. Next, research some new drills that relate to your strengths. Find at least 10 new drills from which you can choose a menu. It is extremely important to develop variety into your training routine. This will help you to be excited about practice and push your mental toughness as you have to adapt to new stimuli on a consistent basis. When you play matches or even pick-up games, the situations are new and different. Training time should try to utilize the same variety as game situations. Keep your list—we'll refer back to it soon.

Evaluating your weaknesses can help you make the biggest improvements in your game. To create strengths from your weaknesses can be a long process, but one that is very rewarding. It is critical at this point to understand that time is the key element. In a short amount of time some success can be gained, but it will not be long lasting unless you make a long term commitment to changing your game. My greatest frustration is when athletes want to become better, but are not willing to go through the natural process of transformation from

an old habit to a new one. Sometimes your game may even get worse. This is OK!!! Do not make the mistake of giving up on doing what is good and right just for immediate gratification. We all want success but sometimes we need to be very patient in working, and sometimes struggling, through some tough times. This is what training your weaknesses is all about. If you are willing to dedicate yourself and work toward the future you will not regret the time you must put in to achieve your goals.

Now, list *all* your weaknesses, and remember to be critical. Next, list all the drills that pertain to your weaknesses and do some research to find 10 new drills to work on those areas. Be sure not to limit yourself just to strokes. Think of footwork, flexibility, explosiveness, mental aspects, nutrition – everything that has to do with your game.

After creating your lists, decide what areas are the most important and identify goals toward which to train. Make sure they are understandable so that anyone could read them and know exactly what you are trying to accomplish, and make sure that they are attainable. Think of walking up stairs, with each goal being a new step as you work your way to the top floor.

How many days per week are you going to work out? How long are you going to dedicate to training, and how much to playing each week? Once you figure these things out you can then start to plug in your drills to improve your weaknesses and sharpen your strengths. Think in terms of 2 to 1 ratios. For every one strength, you should work on two drills to improve weaknesses. Again, focus your attention on quality when practicing your strong points. For your weaknesses, start slow to make sure you are approaching them correctly. Try not to sacrifice speed of learning for the solid motor development of your lesser skills. Once you become comfortable with the new drills and your weaknesses start to improve, change your focus to more intensity and speed. Always concentrate on the mental toughness and quality of your skills and drills. Perfect practice makes for perfect play in competition, but try not to get hung up on quantity of time or strokes. If you accomplish your training goals for the day, then have the discipline to quit on a positive note.

As a final step in your evaluation process, think down the road a year or two and decide where you want to be as a player. To achieve these goals you must make some sacrifices. Focus on continuing to

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polish your strengths while breaking down your weaknesses. This will take time and there is no getting around this fact. Be critical of your game, but don't get discouraged. Remember that honest evaluation is a must in order to move forward to the next level. If you need help on finding drills and exercises, call the AARA or write to me and I will be happy to try and help you as best I can! I am very interested in hearing from you, especially with suggestions for upcoming articles. Please drop me a card or letter and let me know what you are having trouble with, and maybe we can find a few others who also need working the same areas. And if you are interested in my training video, contact me at Speed Quest, 29970 S. Beaver Creek Rd., Mulino, Oregon 97042.

WHAT'S THE CALL?

By Otto Dietrich
National Rules Commissioner

By now, the 1994-95 racquetball season is in full swing. I can tell because questions about the rules and refereeing are coming fast and furious. Here are some that I thought were the best as I read through my stack of mail. Perhaps one of these issues is one that you've wondered about. If not, drop a line to me as these folks did!



Q: At my club, there's a problem that sometimes comes up in doubles. During a rally, a player from Team A hits a good passing shot that gets by both members of Team B, who then give up trying to return the shot. But before the ball bounces a second time, it hits one of the players on Team A. If neither member of Team B had any kind of chance to return the ball, is it true that Team B wins this rally? I have looked through the rules and cannot find the answer to the question.
Chris Gibbs, Ridgecrest, California.

A: It's true! After it hits the front wall, the ball remains in play until it bounces on the floor a second time (Rule 4.14(c)1). Subparagraph five of that rule says that failure to make a legal return also occurs when "a ball struck by one player on a team hits that player or that player's partner." So, if a ball that you or your partner hits hasn't bounced twice and it hits either of you, **you lose** – even if the other player has no chance of returning it. This rule applies equally in singles and doubles.

Q: My partner and I were playing in the Mixed A Doubles division against a guy who was an *open* player and a girl who was a high level "C" player. The tournament director decided to let them play in the "A's" because of the girl's ability. However, when it was my turn to serve to her, the guy would stand in the center of the court near the five-foot line so he could return the "Z-serves" that I was hitting to the girl. I hit this serve because she had been returning my drive and lob serves very well. The open player even hit me twice on the return of serve because he was standing so close to me that I didn't have time to get out of the way. There should be a rule prohibiting one player from crossing over the center line to return the serve. Also, we need a better system for placing players in their proper division. *Mary Ann Wehl.*

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A: This sounds like one of those "How many things can you find wrong in this picture?" puzzles. First, your opponents *were* playing in the wrong division. Rule 1.6 says that "A team with different skill levels must play in the division of the player with the higher level of ability." If you, or better yet, the tournament director knew the rule and properly applied it, then the "sandbagging" situation (as well as the other problems you described) wouldn't have happened.

Secondly, there is no rule that requires that you serve to one particular partner, or that prohibits your opponents from having either partner return it. Also, there is nothing that prevents the type of defensive positioning that your opponents were using or from one player hitting every ball for their team during a match. Admittedly, such matches are usually not much fun and personally I wouldn't want to be that person's partner, but what they did is within the rules.

Lastly, your lament about being hit by the return of serve is probably not valid. Generally, if you hit a serve that results in your being hit by the ball (either on a straight-in shot or a cross-court pass as defined in the rulebook), it's likely that you were guilty of an avoidable hinder and should have lost the rallies each time you got hit. The serve is the *one* time that the person hitting the ball (the server) has full control over his position when the ball is hit by his opponent. Therefore, it's generally true that the server should be able to "avoid" most hinders on the return of serve. So I guess the bottom line of this is that while the receiving team can't force you to serve any particular serve, they can effectively keep you from using certain types of serves.

Q: At last spring's National Singles, I was surprised by the amount of confusion over when an appeal is a "charged appeal." Rule 3.7(d) states "if either line judge disagrees (thumbs down) with the referee's call, that appeal will not count against the three-appeal limit." Several spectators and I feel that it would be fairer if the referee should *not* charge an appeal when both line judges signal "no opinion." However, under the current rule, an appeal would be charged. I would like to see it changed to say that "if either line judge *agrees* (thumbs up) with the referee's call, that appeal *will* count towards the three-appeal limit." *Eric Jubin, Akron, Ohio.*

A: You've cited the right rule, and are correct that an appeal should be charged if neither line judge expresses an opinion about the referee's call. The policy of not charging an appeal is based on the idea that if either line judge agrees with the player, then the appeal wasn't totally unfounded. But when neither line judge is sure, the basis for the appeal is less clear. The Board could have gone either way, but decided that, unless one line judge agrees with the player (has a thumb down), then an appeal is charged. This was taken into account when the number of chargeable appeals allowed per game was set at three. While I don't personally think a change is needed, your idea will be treated as a formal suggestion and addressed in the next round of proposed rule changes.

The Final Shot! Thanks to all of you (300 plus) that completed the survey on the "one serve concept" at National Doubles in Jacksonville. I'm putting the results into a database and will publish the results soon. Scott Reiff gets the award for the funniest comment about the two spelling errors that crept onto the survey sheet. He advised me that he "knows a grate speling teecher!"



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THE tLc GOAL SETTING MODEL FOR RACQUETBALL

By Richard Krinsky, Ph.D.

Professor of Psychology and Sport Consultant
University of Southern Colorado



Life is simple for me. I have basically three loves, first and foremost is my family, followed by my work and playing racquetball. The order of the latter two is arbitrary.

I began playing racquetball when I was a freshman at Michigan State University in the early 60's, and I have been playing ever since. I look forward to playing today with the same zeal, but not as much energy, as I did when I was 17. Recently, I've begun to integrate my professional interests with racquetball through the emerging field of sport psychology. I now teach both upper and lower division sport psychology courses, and I'm also a sport consultant for our collegiate NCAA-II wrestling team, and the coach and sponsor of our racquetball club team. Therefore, I'm either engaged in teaching principles of sport psychology to students in academic situations, or engaged in helping athletes to apply those same principles in competitive situations.

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What I would like to share with the readers of *RACQUETBALL Magazine* is a formula for enjoying the sport of racquetball, or for that matter, a formula for enjoying sport in general. The formula derives through goal setting, and I describe this algorithm as the tLc model. The t and c represent the technical skills and conditioning required for varying levels of racquetball competition, and the L represents the love of playing the game. The L factor is important because independent of your skill level and physical condition, if L decreases your enjoyment of playing decreases and your risk for burn out and quitting increases.

Most athletes believe that goal setting (attaining a standard of proficiency within a specified time limit) will assist them in achieving peak performance. Because racquetball players set goals on their own does not automatically insure increased performance. If those goals were inappropriate from the outset, or not set in a systematic fashion, performance may stay static, or actually decrease due to anxiety and frustration. Understanding the goal setting process will enable racquetball players to use goal setting more effectively.

To understand the process, a distinction between outcome and performance goals should be made. On the one hand, outcome goals focus on the results of a contest. Statements relating to "who



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won the match" would be reflective of those goals. On the other hand, performance goals focus on improvements relative to one's past performance. "I made fewer unforced errors," or "I didn't run out of gas in the tiebreaker," are statements reflective of those goals. Racquetball was a more stressful activity for me when I was a younger player because I was more concerned about outcomes of matches. I decreased and I was no longer enjoying the game. Today, I try to instruct students and athletes in the art of goal setting. I usually delineate these eight basic goal-setting principles:

Set Specific Goals in Measurable Terms

Goals like "doing your best" are not as good as setting explicit, specific, and numerical goals. Increasing a player's lob serve by 5%, or adding an additional five minutes of aerobic training on the stairmaster, would be examples of goals which would show performance improvements. Set measurable goals!

Set Difficult but Realistic Goals

Goals should be difficult but within the player's ability. I encourage players to set point goals when

playing opponents of superior ability. Setting a personal goal of five points may be a difficult but realistic goal of a B-level player who is matched against an A-level player. In this situation, players losing matches can receive encouraging feedback regarding their personal level of performance.

Set Short- and Long-Range Goals

Most racquetball players are preoccupied with long-range goals like winning an upcoming tournament, or being #1 on the club ladder. It is important for players to set short-term goals in order to realize their longer-term goals. You may not be the #1 player on the ladder unless you are able to increase your power, and also the consistency of your backhand pinch shots. If you are thinking generally about the goal of winning, you're probably are not thinking specifically about the goals which are necessary for winning.

Set Performance Goals Rather than Outcome Goals

Racquetball players cannot control the performance levels of their opponents or the calls made by referees. Unfortunately, these are factors which may determine the outcomes of matches. It is hard to win matches when your opponent is "rolling everything out." However, racquetball players can control the number of practice matches they play within a week. They can increase the lesson schedule as well as their cross-conditioning efforts. These are all performance goals, the feedback from which may increase player's technical skills and level or motivation. It is hard to teach players not to worry about athletic outcomes that are not within their locus of control.

Set Goals for Practice and Competition

Players should set practice as well as competition goals. It is unfortunate that many players only set goals for the latter. Practice, from this orientation simply becomes mini-competition. Outcome goals are generally stressed, (who beats who). Winning becomes the goal, and pressure remains high. Common practice goals might be as simple as completing a stretching routine before competition. Drilling on ceiling shots and cross-court passing shots for 10 minutes might also be valuable practice goals.

Set Positive, not Negative, Goals

Goals can be set in positive as well as in negative terms. Increasing the percentage of first serves

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would be an example of a positive goal. Decreasing the number of first serve faults would be the same goal, but expressed as more of a negative goal. Whenever possible, goals should be expressed positively. Positive goals force players to identify behaviors which should be exhibited and which can be practiced. Positive goals help racquetball players to think of success rather than failure.

Set Target Dates for Attaining Goals

Setting target dates, especially for conditioning goals, is important for goal accomplishment. One of the problems for people trying to get in shape is that they fail to establish performance goals for each practice session. Typically they set general outcome goals which are vague and spuriously linked to a motivational structure. Setting specific training goals and target dates helps to motivate athletes by reminding them of the importance of accomplishing their objectives in realistic lengths of time and allowing for the satisfaction of seeing their goals achieved.

Identify Goal-Achievement Strategies

Players may set appropriate goals, but fail because proper goal achievement strategies were not delineated. The goal of hitting more accurate ceiling shots might be an important performance goal, but the player may fail in accomplishing the goal because appropriate strategies for success were never delineated. For instance, trying to image a target on the ceiling and hitting 25 forehand and backhand shots at it might be a useful strategy for improving accuracy.

In summary, personal goal setting is a powerful tool for keeping players focused on improvement aspects of recreational and competitive racquetball performance. Players will enjoy the game more when feedback from their efforts maps into success rather than failure. When I play an open level player, I try not to think about winning the match, but scoring six or seven points which is, I believe, realistic for a player at my level. When the match is over I usually feel good about the opportunity I've had to play tougher opponents than I expect to meet in tournaments. But this is especially true if I achieve my target goal of six or seven points. Goal setting will keep you focused on the imprinted factors which result in improved racquetball performance.

Those factors are your technical skills (t) and physical conditioning (c). Both of these factors are within the control of the player and amenable to manipulation through systematic practice and play. The L factor should remain constant or increase if the game is satisfactory and rewarding. After more than 30 years of play, I'm still addicted to playing this wonderful game. The L factor, for me, still remains high.

I try to convince students that athletic activity can either add to the enjoyment of one's life, or become a source of anxiety, stress and frustration. By applying these simple goal setting techniques, athletic activity may become a more positive experience and a major source of enjoyment throughout life.



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LEARN YOUR LESSONS III: ADVANCED RACQUETBALL

After almost a full year of preparation, from shooting footage of the U.S. National Team in training last February – to final edit of video and print materials in the fall, "Learn your Lessons III: Advanced Racquetball" is now available from the AARA. Authored by James Hiser, Ph.D. and leading experts in the field of racquetball training, Learn Your Lessons III is a complete training tool which includes not only the half-hour video tape, but a 100-page workbook along with an one-hour audio tape, all which constitute the first comprehensive training package designed for the elite racquetball player. Here is a sample of what the instructional package has to offer ...

To properly prepare for any sport an athlete must be knowledgeable of numerous disciplines. Although racquetball is a relatively young sport, and many past players have excelled primarily due to their natural athletic ability, the next generation of elite players must be aware of modern training tech-

niques in areas such as weight training, aerobic and anaerobic conditioning, nutrition, psychology and scheduling periodization.

The serious racquetball player no longer has the luxury of only training for six to eight months. The racquetball season now extends year round, and a systematic approach to training is necessary to maximize your training time. Although most athletes compete often, few organize their training regime to peak for important events. As levels of competition improve and knowledge of training techniques increase, athletes will need to prepare and train according to specific schedules.

This instructional series concentrates on five specific areas: physical conditioning, strategy, mental training, peak training and nutrition.

PHYSICAL CONDITIONING

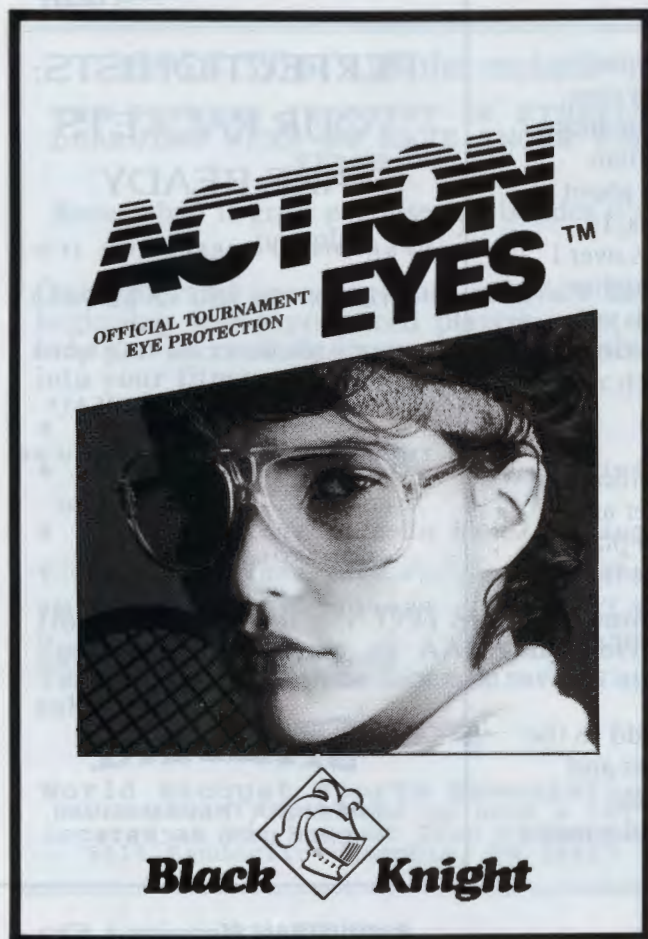
Racquetball players use explosive movements to hit the ball or quickly take the first step to retrieve the ball. Thus, you must train for lower body speed/agility and upper body explosive movement. The exercises presented in the "Speed Training" segment will improve your on-court movement and permit you to get to the ball more quickly.

STRATEGY

After completion of your training exercises and discussion with your coach you should have a fairly good idea of your own strengths and weaknesses. The game plan you develop should concentrate on utilizing your strengths and compensating for your weaknesses. Many racquetball players "learn as they play" or simply just play their own strengths, oblivious to their opponent's weaknesses. This segment teaches the player how to evaluate not only his own strengths and weaknesses, but that of his opponent(s). Two methods of scouting are presented and from them the player can select the one that works best for them.

MENTAL TRAINING

Winning in sports is understanding what is in the athlete's control and what is not. The more in control you feel about your sport and your life, the better you feel about yourself. Before you begin any training schedule it is important to know about yourself. Psychological and sports specific profiles will help you learn more about your own strengths and weaknesses. Sample profiles are provided in this segment that can be used along with exercises to



help you gain a better knowledge of those strengths and weaknesses that will ultimately help you improve your game. The segment also includes Values Clarification, Goal Setting, Concentration and Focus, Confidence Inventory and Desire and Motivation.

PEAK TRAINING

Elite athletes can only hold a peak performance level for a maximum of two or three weeks. Thus you must schedule your training to peak for the most important competitions. This segment shows you how to take the time to schedule your entire season to pinpoint tournaments and determine which events will be "peak" tournaments for you. When you plan in this way, you'll see that you can only "peak" two or three times per year.

NUTRITION

The typical tournament meal does not properly prepare the racquetball athlete for competition. The serious player needs to be aware of post-competition nutrition as well as pre-event preparation. One of the first places an athlete can start to improve upon total performance is sports nutrition. What an athlete chooses to eat and drink ultimately affects their strength, timing and endurance. This segment deals with the axiom that "input determines output!"

With the advancement in training techniques, the popularity of worldwide racquetball and the inclusion of racquetball in the Pan American Games, racquetball is now entering a new era.



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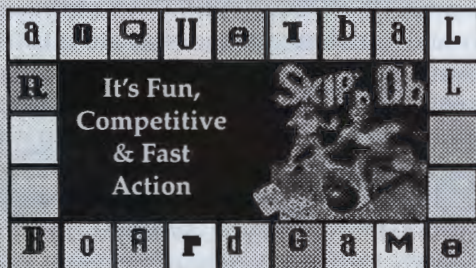


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Players who succeed in the future must not only possess the skill, but also the will. The task is not easy, but the rewards are substantial. This training system is meant to give the serious racquetball athlete the opportunity to be a gold medalist, whether in the Pan American Games or in their state championships.

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WHY BECOME USPRA CERTIFIED?

By Wayne Barrow

In talking with dozens of racquetball instructors each year one topic that invariably comes up is instructor certification. Many instructors ask, "Why should I make the commitment of time, energy and money to become a member of the U.S. Professional Racquetball Association as a certified instructor?" Most of the answer is found in the question itself and hinges on the word "commitment." What is your commitment to yourself, your players and the sport? Determining the answers to those questions will provide you with the answer to "why certify?"



Commitment to Yourself

The major part of being committed to yourself means taking pride in what you do. It means becoming the best instructor you can be, whether you teach in exchange for a membership or teach for a living. Deciding to increase your skills and knowledge should not be solely dependent on external motivation, on what someone else is going to give you in return for your effort. Even if you

have no interest in doing more than you are right now, make a commitment to be the best you can at what you *are* doing. Your motivation and reward is internal. At the very least your confidence in yourself will grow and your self-esteem will increase tremendously.

The other part of being committed to yourself involves advancement and extrinsic rewards. Some instructors wonder why they have not been given more responsibility in their club, why they aren't getting more new or repeat students or why they are not earning more money. To answer this "why?" they must ask themselves a "what?". What are they doing to earn those things? The effort of advancing skills must come before the greater external rewards are gained. Becoming USPRA certified is the best place to put forth your initial effort.

Commitment To Your Players

Have you ever known any ad lib instructors? Ad lib instructors walk into the court and say the first thing that falls out of their mouth. They sometimes have the attitude of "I can hardly wait to hear what I have to say!" Instructors like that are hurting their players more than they are helping them. A good instructor will make a commitment to understanding how to best teach each player. That means studying each student's game style and learning style, then making changes in your teaching style to accommodate the student. Without this knowledge an instructor is in danger of teaching from the narrow, cookie cutter system. Such a system does not recognize the differences in players' games and learning styles, but requires that each player learn to play the same style of game in the same fashion. That can create frustration and burnout in the

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instructor and the players. USpra certification will help you recognize the differing needs of your players and learn new methodologies for meeting those needs. Make a commitment to your players and learn new methodologies for meeting those needs. Make a commitment to your players and attend the next USpra clinic in your area.

Commitment To The Sport

Odds are that you involved in teaching because you enjoy racquetball and you get something out of helping others enjoy it more. Take that a step further and make a commitment to the sport by becoming the best instructor you can be. By insuring that your teaching is optimally effective, you are increasing the odds that your students will maintain a lifelong enjoyment of the game. Ultimately, by increasing your skills as an instructor, you are increasing the ability of our sport to attract and retain players. So, make a commitment to growing the sport and become USpra certified.

So, commitment to yourself, commitment to your players and commitment to your sport should compel you to become certified.

But what if...?

... I have been teaching for twelve years already? Great! Certification will verify that you are knowledgeable, qualified and committed. And you will get to share what you know with others less experienced than you. USpra needs you!

... I teach only occasionally? All the more reason to attend a clinic. The exposure to new ideas, proven concepts and time tested methods will be invaluable to you, and ultimately, to your students, employer and the sport.

... I have just started teaching? Congratulations! Just like a beginning player, you want to learn the right ways of doing things from the beginning. USpra will make sure you start off strong and advance as quickly as possible.

... I only teach beginners? Yours is arguably the hardest level to teach and undoubtedly the most critical for the growth of the sport. You need to make sure you are starting them off well and giving them every chance to enjoy racquetball to its fullest. USpra will equip you to do just that.

When you look at all the benefits to yourself, your players and the sport, the question to ask becomes "why *not* become certified?"

Wayne Barrow is president of ProSource, a racquet sport instruction, development and consulting firm. A racquetball professional since 1982, he has taught thousands of players through lesson, clinics and camps in the Carolinas and New England. He is a U.S. Professional Racquetball Association certified advanced instructor. Article copyright ProSource, 1993. All rights reserved.

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CHANGING TIMES

By Luke St. Onge

Happy New Year! Racquetball is about to enter a new era. For the first time in over fifteen years, a summit meeting has been called by the AARA requesting that all manufacturers, associations and club owner's meet to brainstorm and formulate a strategy to meet the challenges of the 90's. And we've got some important issues to discuss ...

For years we have been hearing that racquetball is in decline, it was only a fad, and it's a sport of the past. But it's simply not true. The truth is that racquetball did not meet the challenge of its vertical growth of the 70's in the full fitness clubs of the 80's and 90's. In fact, the industry actually withdrew its support from the club associations and relied on sheer luck to maintain the racquetball player base. So we find ourselves where we are today.

In fact, it can truly be said that since 1980 there has not been any major promotion of the sport by

anyone other than the AARA. Yet, for major promotions the industry has the power, resources and expertise that the AARA just can't match. Our U.S. player base today is anywhere from 7 million players (SGMA figures) to 5.4 million players (NSGA figures) with a gloomy forecast for a continued downtrend. Over the past 15 years the industry has failed to meet the challenge presented by the sport by directly marketing to the club owners to build courts or even to keep existing courts.

Many, many factors have combined to allow this to happen - far too many to address here. But this "head in the sand" attitude is changing. There is a new breed of manufacturer and club owner influencing the industry. The timing is right for a cooperative effort to promote racquetball in an intelligent, systematic way under a unified banner.

So - the SGMA and the AARA have scheduled a summit meeting to be held February 4th, at 1:45 pm in the SGMA booth, as part of the Super Show at the World Congress Center in Atlanta, Georgia. The AARA has agreed to be a neutral, umbrella organization to implement the plan in the field. The plan has the total support of the IHRSA (Court Club Association) of 2,400 fitness clubs in the U.S., of which 65% have racquetball courts.

The initial plan and overview will address two major projects. The first will be to develop a video that will show the physical and mental benefits of the sport, plus how racquetball retains membership, attracts new members, generates \$90,000 per year per court for a club with an active program, and how racquetball is fitness and fitness is racquetball. A second project will be to develop a guidebook for hands-on administration of moneymaking programs and events.

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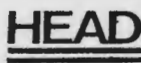


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EKTELON & AARA SIGN NEW THREE-YEAR CONTRACT

Ektelon and the AARA have joined together to once again support the promotion and development of racquetball through mutual sponsorships and programs.

Ektelon will be the exclusive title sponsor of the AARA U.S. National Singles, Junior Olympics and National Doubles as well as the supporting regional events. Ektelon has also agreed to sponsor the main grass roots developmental programs, including the U.S. Professional Racquetball Association (now USPR, formerly PARI), as well as the AARA Court Club Program designed to promote racquetball in court clubs by retaining members, attracting new club members and generating a profit for the court club industry.

The sponsorship of these key AARA events and programs shows Ektelon's continued support and commitment to the competitive and grass roots player through the AARA. The AARA/Ektelon relationship is now entering its eighth year.

The focus of the summit meeting will not be to determine *whether* we should move forward with the promotion, but instead *how* we will establish a timeline and obtain commitment from everyone involved. Who will come? Who will commit? I can't answer but I can say that this approach is right for racquetball. If it isn't embraced by the industry in 1995, it still will happen — it will just take a little longer to accomplish its goals.

And what else should we look forward to in 1995? ... The first Pan American Games for racquetball in Argentina in March * A U.S. Olympic Festival in Colorado Springs in July * The U.S. Team will compete in the Australian Open in August * A much enhanced World Seniors Championships in Albuquerque, New Mexico in August * Wilson assumes title sponsorship of the Skill Nationals (A,B,C,D) and the Intercollegiate Nationals * A new look to the AARA/Ektelon Regionals and Nationals * *Racquetball Magazine* to upgrade pro and instructional series, plus add more color photos throughout * Selection of the top 25 racquetball clubs in the U.S. * More and more programming of racquetball in court clubs * More industry sponsors of AARA events and programs ... It all promises to be a most exciting and challenging year!

CASH IN ON RACQUETBALL



The American Amateur Racquetball Association (AARA) and IRSA (the Association of Quality Clubs) have teamed up to show you the profitability of racquetball through the AARA RACQUETBALL

Learn how to:

- * **Market racquetball to new members and beginners**
- * **Teach introductory clinics**
- * **Identify the Do's and Don'ts of a league system**
- * **Set up a racquetball calendar of events**
- * **Coordinate round robins and one-day events**
- * **Add to your bottom line with racquetball**

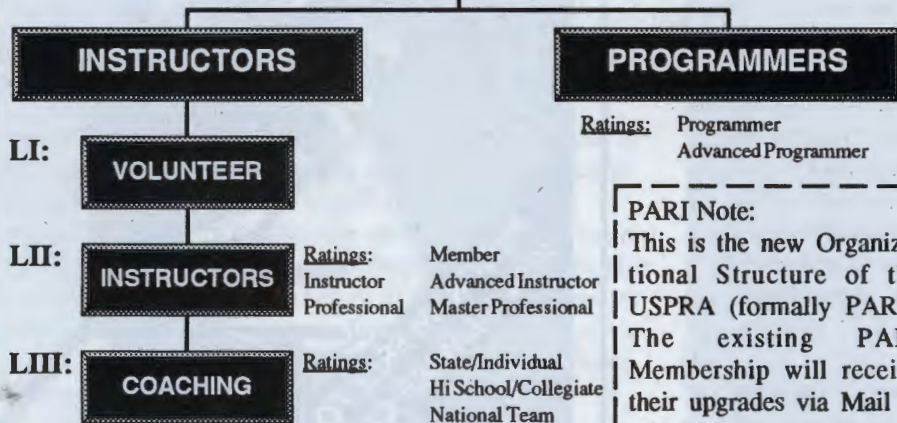
**Have you signed up yet?
Call John Mooney at
719/635-5396 for information.**



of VOLUNTEERS*INSTRUCTORS*COACHES*PROGRAMMERS

UNITED STATES PROFESSIONAL RACQUETBALL ASSOCIATION

By Connie Martin
USPRA Commissioner



PARI Note:
This is the new Organizational Structure of the USPRA (formerly PARI). The existing PARI Membership will receive their upgrades via Mail in mid-January.

PARI has a new name **USPRA** and some exciting new programs ...

After 6 years, PARI was in need of growth, especially in the Programming and Coaching areas. The push for to separate PARI (Instructors & Programmers) was initiated because of the varying needs of different Clubs and those working there. The addition of the Coaches Program was brought about because of the varying levels of 'Teams' for Juniors, Hi-Schools, Colleges, US and International.



Wayne Barrow
Administrative Director



Lynn Adams
Director of Instruction



Connie Martin
Director of Programs



Jim Hiser
Director of Coaching

Wayne Barrow, a 14 yr. veteran of teaching, programming and managing clubs as well as a Racquet Sports Rep for the past 4 years, will be the Administrative Director of the USPRA Instructors and Programmers Program. Lynn Adams, a 7 Time National Champion, one of the Country's top Clinicians and current Promotion Manager for Wilson will revamp and head the existing Instructional Program while Connie Martin, founder of PARI and 20 yr. veteran of the Racquetball Industry will now begin a new area of USPRA for Program Directors. Jim Hiser, the AARA Assistant Executive Director, AARA Director of Programs, and founder of the Elite Training Camp, will head the new Coaching Program.

USPRA TEACHING PROFESSIONALS

If you wish to take a lesson from one of these Teaching Professionals call 1-719-635-5396 for phone numbers.

Lynn Adams**	Libertyville, CA
Richard Bruns*	Napa, CA
Curt Ballantyne	Medford, OR
Wayne Barrow**	Milford, NH
Steve Carlson	Fargo, ND
Marion Crawford	Minoa, NY
Wanda Collins	Bellingham, WA
Tod Danielson	Kingswood, TX
Fran Davis**	San Francisco, CA
Jerry Dimitratos	Marysville, CA
Nick DiSabatino	Landenberg, PA
Rachel Gellman	Alb., NM
Dave George**	Colma, CA
Johnnie Gray	Depere, WI
Rhonda Grisham	Houston, TX
Jeff Hanno	Watertown, NY
Dennis Kaufman	Lodi, CA
Kevin Kennedy	Jersey City, NJ
Fred Klemperer	Syracuse, NY
Kaye Kuhfeld	Indianapolis, IN
Kathy Langlotz	Bryan, TX
David Lockridge	Buford, GA
Mary Lyons**	Jacksonville, FL
Joe O'Halloran	Attleboro, MA
Connie Martin**	Gresham, OR
Jon Martin	Gresham, OR
Raymond Maestas	Las Vegas, NM
Gary Mazaroff**	Alb., NM
Linda Moore*	Lincoln, NE
Brad Nicholson	Green Bay, WI
Mike Nugent	Houston, TX
Gene Pare'	Campbell, CA
Carol Pellowski**	Men. Falls, WI
John Pushak	Monroeville, PA
Mike Sabo	Mundelein, IL
Skip Schultz	Phoenix, AZ
Ross Shoemaker	Hayward, CA
Barb Simmons	Sarasota, FL
Karin Sobotta*	Kenniwick, WA
Bill Taliaferro	Dallas, TX
Jeff Wilson	Alb., NM
Jim Winterton**	Syracuse, NY
Joe Wittenbrink	Albuquerque, NM
Ken Woodfin*	Houston, TX

* Level III Professionals
** PARI Clinicians

Get On the Mail List...If you would like to be on the Mailing List for the Instructors, Programmers or Coaches Clinics, please contact Wanda at the AARA-USPRA office at 1-719-635-5396.

WILSON TO SPONSOR AARA NATIONAL SKILL LEVEL CHAMPIONSHIPS AND ALL COMPETITIVE ACRA EVENTS

The newly organized Wilson Racquetball Corporation has taken an aggressive step in becoming the exclusive title sponsor of the AARA National Skill Level (A,B,C,D) Championships and the American Collegiate Racquetball Association's competitive events and programs. Wilson will be the title sponsor of the AARA U.S. National Intercollegiate Champions as well as the ACRA Regionals. This is Wilson's first move into the sponsorship market since 1980 and demonstrates its new philosophy toward the promotion and development of grass roots programs in the sport.

A A R A • N E W S

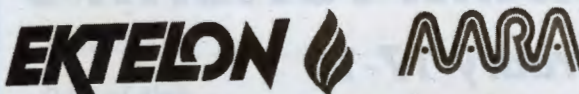
Friends of Racquetball get Travel Break to Pan Ams

The U.S. Olympic Committee through CARTAN Tours has arranged excellent rates for travel and lodging for those wishing to attend the racquetball competition at the Pan American Games. Racquetball will make its debut in the Pan American Games, March 13-17 in Buenos Aires, Argentina. Contact Don Williams, Vice President of Sales & Marketing, CARTAN Tours, Olympic Division, 800/841-1994, in California 310/546-9673.

AARA Tightens Eyeguard Rule

With increasing pressures from the industry and risk management interests, the AARA has tightened its eyewear approval rule for sanctioned events. Effective January 1, 1995, only eyewear tested to ASTM F803 or CSA impact standards may be worn in sanctioned events. (This includes a North American Standard for impact if a joint standard is approved by CSA and ASTM.) Eyewear that meets that standard will appear on an "AARA Current Listing of Lensed Eyewear

THE AARA SCOREBOARD



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SMSU		12	15	10	1

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1995 U.S. OPEN RACQUETBALL CHAMPIONSHIPS

February 17-19

Indianapolis, Indiana

**Level 5 for Championship Divisions
Level 3 for Skill Divisions (A,B,C,D)**

Host Clubs

Keystone Fitness Center (Tournament Headquarters) 3455 Harper Road, Indianapolis, IN 46240 317/846-1111 & Greenbriar Athletic Club, 1275 West 86th Street, Indianapolis, IN 46260, 317/257-3261

Lodging

Homewood Suites Hotel, 2501 East 86th Street, Indianapolis, IN 46260, 317/253-1919 (1 bedroom suite for up to four, \$69; 2 bed suite, \$79. All stays include complimentary breakfast)

Official Ball

Penn Ultra Blue/Tournament

Tournament Detail

Format: Friday and Saturday preliminary rounds will be played in round robins of 4-8 players in each bracket. Matches are played back-to-back and are self-officiated. The top two in each bracket qualify for medal rounds on Sunday. Players that do not qualify for a medal round may continue to compete in a blind draw handicapped doubles division. All players are guaranteed at least four matches.

Scoring: round-robin matches are three games to 11, with bonus points for games won and matches won; medal rounds are best two out of three games to 11; finals are played in regulation format – two games to 15 with 11-point tiebreaker if needed.

Rules: AARA rules apply, unless otherwise specified. AARA Competitive License is required, and may

be purchased at the tournament desk for \$20.00.

Tournament Director: Mike Arnolt @ 317/926-2766.

Entry Fee & Deadline

\$55.00 per player, \$15.00 hospitality fee for non-participants (includes Saturday night social) Play begins @ 8:00 AM on Friday, February 17.

Round robin format requires all persons in division begin at the same time. Total entries will determine start time. Draw limited to 350. No refund after February 1. Entries accepted after deadline incur \$10 late fee. Starting times available by calling 317/846-1111 after 5:00 PM Tuesday, February 14.

Tournament Amenities

Hospitality by Olive Garden
Embroidered Souvenir Shirt
Minimum of four matches per player

Saturday night social – catered snacks buffet; silent and live auction to benefit Olympic Dream, Court Club Program and INSRA Scholarship; door prizes and Disc Jockey
Engraved plaque to all division winners

Transportation

The U.S. Olympic Committee Travel Desk and United Airlines offer their lowest airfares to national events. United offers you 5% off any published United fare, regardless of cost. To take advantage of the program, make your reservations by calling 1-800-521-4041 (daily between 8:30 am and 8:00 pm EST) and use the special AARA conference account number 578ES.

Indy Connection Limousine from Indianapolis International Airport to Homewood Suites, \$14 share ride. Call 317/241-7100 prior to or upon arrival.

Enterprise Rent-a-Car special rate. Call 317/876-9882 with AARA ID #D21339 for a compact car @ \$13.99 per day.

Complimentary shuttle schedule between Homewood Suites and Clubs.

To enter, complete entry on facing page ...

EKTELON



The Olive Garden
ITALIAN RESTAURANT

ATTENTION PLAYERS

Just a reminder — If you are heading into your competitive season and are preparing for regional and national AARA events, you should also be prepared to compete with the blue Penn Tournament ball. The Penn Ultra-Blue Tournament is the official ball of the AARA, and will be used throughout the regional and national championship season.

designed for Racquetball," that will be updated annually and on an intermittent basis, as necessary.

Eyewear that has been packaged by the manufacturer under the old language (made for racquet sports) will no longer be allowed in sanctioned events after September 1, 1995. This is a grandfather clause to be applied to previous listings. For more information and a list of approved eyewear, call Mike Arnolt at 317/926-2766.

U.S. Open Championships for Racquetball

The U.S. Open Championships, among the most prestigious events in the world of golf and tennis, has made its move into racquetball. The inaugural U.S. Open Racquetball Championships will be held February 17-19 in Indianapolis, Indiana, where more than 350 players are expected to compete in the three-day event.

The fully sanctioned AARA event will utilize the Keystone Fitness Center and Greenbriar Athletic Club which boast a combined total of 22 courts. Patterned very closely after the World Seniors, the AARA U.S. Open Racquetball Championships will use a round-robin format, with four to eight players in a bracket, before going into the medal round.

How will this event differ from AARA national championships and invitationals? In two ways: it will be played in three days versus the normal five to six days, and along with the open and age divisions of 19+ through 80+, it will include the full complement of A, B, C, and D skill divisions.

"This event and the format under which it is played, offers players of all skill levels a chance to compete under the same roof," said AARA Executive Director Luke St. Onge.

U.S. OPEN RACQUETBALL CHAMPIONSHIPS ENTRY

Please print all information legibly

Name _____

Address _____

City _____

State/Zip _____

Date of Birth _____

Home Phone _____

Work Phone _____

Entry Fees

Individual \$55.00 _____

Non-Participant Hospitality \$15.00 _____

(Name) _____

AARA Competitive License \$20.00 _____

Donation to Olympic _____

Dream/Scholarship \$ _____

VISA/Mastercard service charge ... \$5.00 _____

Late fee, if applicable \$15.00 _____

TOTAL _____ \$ _____

VISA/MC _____ Exp _____

I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Keystone Fitness Center, Greenbriar Athletic Club, Olive Garden, AARA, or the Indiana State Racquetball Association.

Signature/Date _____

Division Entered (One only)

Men ()	Women ()	
_____ 19+	_____ 50+	_____ 80+
_____ 25+	_____ 55+	_____ Open
_____ 30+	_____ 60+	_____ A
_____ 35+	_____ 65+	_____ B
_____ 40+	_____ 70+	_____ C
_____ 45+	_____ 75+	_____ D

Make checks payable to: U.S. Open Racquetball, and mail to: 3833 North Meridian Street, Suite 307, Indianapolis, IN 46208. FAX entries accepted with Visa/MC only @ 317/926-2772. Entry must be received by February 6, 1995

AARA U.S. NATIONAL HIGH SCHOOL CHAMPIONSHIPS



WILSON AARA U.S. NATIONAL INTERCOLLEGIATE CHAMPIONSHIPS

MARCH 3-5

South Hampshire Racquet Club
6727 Langley
St. Louis, Missouri 63123
314-353-1500

JUNIOR TEAM TRYOUT QUALIFIER

Gold division winners will qualify for a team trial spot for "Junior Team U.S.A."

Tournament Information ...

ENTRY FEES: \$40.00 First Event (includes referee fee), \$20.00 Second Event.

DIVISIONS: Singles, doubles and mixed doubles. Players may enter singles and doubles (in doubles, both players must be from the same school).

ENTRY DEADLINE: Received no later than Friday, February 17, 1994. (Postmarked by 02/14)

PLAY BEGINS: 3:00 p.m. Friday, March 3rd.

Local players may begin on Thursday evening.

LODGING: Holiday Inn Southwest, 10709 Watson Road, St. Louis. Rate: \$53.00 per night for up to four persons to a room. For reservations call 1-800-682-6338 or 314-821-6600 and mention the High School Championship to receive special rate.

MARCH 29 - APRIL 2

Downtown YMCA
1000 Church Street
Nashville, Tennessee
615/254-0631

U.S. NATIONAL TEAM QUALIFIER

#1 Singles Winners will be appointed to the U.S. National Racquetball Team

Tournament Information ...

ENTRY FEES: \$50.00 First event per person (includes referee fee), \$20.00 Second event.

DIVISIONS: Men's Team Singles #1, #2, #3, #4, #5, #6 & Doubles #1, #2, #3.
Women's Team Singles #1, #2, #3, #4, #5, #6 & Doubles #1, #2, #3.

ENTRY DEADLINE: Received no later than Monday, March 20, 1994. (Postmarked by 03/17)

PLAY BEGINS: 8:00 a.m. Wednesday, March 29th. No Exceptions.

LODGING: The Holiday Inn/Crown Plaza is located two blocks from the Downtown YMCA. Rate: \$75.00 per night for up to four persons to a room. For reservations, call 1-800-447-9825 and mention National Intercollegiate to receive special rate.

Official Events of the American Amateur Racquetball Association

TOURNAMENT DIRECTORS: Margo Daniels & Jim Hiser, (AARA, 719/635-5396.), plus High School Commissioner Jim Murphy @ 314/353-1500 and ACRA/Intercollegiate Commissioner Neil Shapiro @ 518/436-9522. **OFFICIAL BALL:** Penn Tournament. **ALL ENTRIES ARE FINAL:** IF any entries are accepted after the deadline, an additional \$15.00 late fee will be assessed. Absolutely no refunds after deadlines have passed. **AARA MEMBERSHIP REQUIRED:** Non AARA members should add \$20.00 for a one-year competitive license membership. (Note: If you have recently joined the AARA and have not received your membership card, you must present your receipt copy of the membership application or a cancelled check upon registration.) **UNITED AIRLINES** offers you their lowest fares to sanctioned events. For reservations, phone United's Olympic Travel Desk at 1-800-521-4041 between 8:30 am and 8:00 pm EST daily, and reference the special AARA conference account number 578ES.

**TO ENTER BY PHONE, OR REQUEST AN OFFICIAL ENTRY FORM —
CALL THE AARA NATIONAL OFFICE @ 719/635-5396**

The age and open divisions are Level 5 events, which equates to the World Seniors, NMRA Invitationals and the National Women's Senior/Master Championship. The Ektelon/AARA U.S. National Singles and National Doubles are Level 6 events. The skill division segment is a Level 3.

There are a few twists in the format, according to tournament director Mike Arnolt.

Round-robin matches of three games to 11 will be played back-to-back. And, they will be self-officiated. "Disputes will be settled with a choice of dueling pistols, knives or disqualification," Arnolt said with levity. He pointed out that all other tournaments which run with this system are virtually problem-free.

The scoring for the round-robin is based on total points, comprised of: each point scored; plus three more points for winning a game; plus seven additional points for winning a match. All three games must be played.

The top two players from each round-robin bracket will play in a straight draw Sunday. Those matches will be two of three games to 11 and the finals will be two games to 15, with an 11-point tiebreaker. Players who do not qualify for the straight draw may participate in a complimentary blind draw handicap doubles event.

This inaugural event promises something special with hospitality provided by the Olive Garden and a monogrammed tournament shirt to each participant. Homewood Suites, which offers amenities like free breakfast and scheduled shuttle to the clubs, is the host lodging site, and special air fares are available from United Airlines. Penn Ultra Blue is the official ball for the U.S. Open. Ektelon will offer play testing of its racquets and provide product prizes.

A Saturday Night Social, which features a catered snack buffet, silent and live auctions to benefit the scholarship and Olympic Dream funds, disc jockey and door prizes. The entry fee is \$55.

If you have any questions, refer to the entry application in this issue, or call Mike Arnolt at 317/926-2766.

NATIONAL MASTERS RACQUETBALL ASSOCIATION (NMRA) 45+ Singles Tournament

February 23-25, 1995

Phoenix, AZ

Deadline & Fees

February 9, 1995 – \$120.00 per entrant, \$25.00 spouse/guest fee. No telephone entries or entries without payment accepted. Entry restricted to first 240 entrants due to court limitations. No refund of entry and/or guest fees after February 16, 1995.

Host Clubs

City Square Sports Club, 100 West Clarendon, Phoenix, AZ 85013, 800/927-8483 – La Mancha Racquet Club, 8221 North 23rd Ave., Phoenix, AZ 602-995-1234

Host Hotels

(Mention NMRA tournament when making reservations)
Quality Hotel 3600 North Second Avenue, 602/248-0222 (\$59.00/night) – Lexington Hotel, 100 West Clarendon, 800-927-8483 (\$90.00/night)

Format & Rules

Round robin, match consists of one 21 point game, plus 3 extra points to the winner. Loser receives points scored. Matches are self-officiated. AARA rules govern, unless otherwise specified by tournament director. AARA and NMRA dues must be current to compete. Awards will be given to the first four places in each division, souvenir shirt to each participant.

Hospitality

Breakfast and lunch daily, refreshments and fruit will be provided. Spouses/guests can use host club for exercise. Banquet at the Quality Hotel.

To receive an official entry form, or to request membership and be added to the mailing list, contact the National Masters Racquetball Association at: 4201 North 83rd Drive, Phoenix, AZ 85037 – Tel: 602/849-6298, 6288



BLACK



CHOUKALAS



GARRISON



GOMEZ

R B : P E O P L E

AARA AWARDS SCHOLARSHIPS

The AARA is proud to announce the recipients of 1994 scholarships. There are four young men out of 16 applicants who were awarded \$500 scholarships at the October meeting of the Board of Directors.

Steven Black is a sophomore at Brigham Young University in Provo, Utah. He teaches intermediate racquetball at BYU and is a member of the BYU racquetball team. This year Steve won the Utah State Collegiate Championships and the Rocky Mountain Regional Collegiate Championships in singles and doubles in the #1 division. On a state-wide level Steve is the 1994 19+ division champion and is currently ranked fifth in the men's open division. He plans to complete his education and enter a business career, while continuing to help the BYU racquetball team win a national championship.

Chris Choukalas began his college education at the University of Arizona in Tucson this past fall, majoring in pre-computer science with an ultimate goal of

attending medical school. Chris began playing racquetball when he was 13 and was a member of Team Arizona Juniors for three years. Chris has attended elite training camps in Colorado Springs, Colorado in 1992 and 1993 and was invited to attend the National Junior Team trials in 1993.

Glenn Garrison is the eldest member of the scholarship team at 22. He transferred from Brookdale Community College in Lincroft, New Jersey to Tulsa University in Tulsa, Oklahoma this past fall to run their racquetball program and play in Division I on their racquetball team while pursuing his academic career. Glenn has been playing racquetball since he was 13 and served as the club pro at The Club At Woodbridge in Matawan, New Jersey. In 1994 Glenn captured most titles in his area including Northeastern Intercollegiate Regional Division I men's singles champion, GSRA men's open singles champion, GSRA men's 19+/25+ 2nd place champion. His list of racquetball accomplishments is long and impressive.

Brian Gomez is a freshman at Toledo University in Toledo, Ohio. He has been playing racquetball for the past four years and attended an elite training camp in Colorado Springs, Colorado in 1993 where he was chosen Most Outstanding Junior. He was on Junior Team Ohio for three years. He is also a member of the United States Racquet Stringers Association. Brian excelled academically at Lake High School in Millbury, Ohio where he was a member of the National Honor Society for three years and was selected to Who's Who Among American High School Students.

JOE SAWBRIDGE SENDS PERSONAL BEST

In a remarkably generous act, an ailing Joe Sawbridge made an all-time personal donation of \$1,000.00 to the AARA to close out 1994. In an accompanying note, Sawbridge expressed his love for the sport: "Please accept enclosed check for \$1,000.00. My brain is about to shut down so this will have to be my last 'aware act.' I wish the best for the 'best' organization in world. With best wishes, Joe Sawbridge." Sawbridge suffered a stroke in February of



SAWBRIDGE



SHEPHERD

1991, and has been confined to a wheelchair for several years. But when presented with the "Friendship Award" at the 1992 World Senior Championships in Albuquerque, the determined former player made his way to the platform on foot to accept. His devotion to the sport is inspiring and heart-warming.

[Note: The March/April "RB:People" section will be devoted to our many benefactors. In it we will publish a complete list of individuals who made tax-deductible donations to the AARA in 1994. Look for your name!]

SHEPHERD NAMED USOC MANAGER OF DISABLED SPORTS

Mark Shepherd Jr., of North Ridgeville, Ohio joined the U.S. Olympic Committee as its Manager of Disabled Sports in September. A bronze medalist in

the 1994 Ektelon AARA U.S. National Singles Wheelchair Division, Shepherd was also a member of the U.S. men's wheelchair basketball team in 1993-94 and is internationally ranked in wheelchair tennis. In addition to being featured in several publications, Shepherd was the co-author and principal actor in a 1991 video called "Ramp of Hope."

WEINBERG STRICKEN WHILE PLAYING

David Weinberg, 64, of Loudonville, New York succumbed to heart failure and died this fall while competing in the World Senior Racquetball championships in Albuquerque, New Mexico.

Born in New York City, Mr. Weinberg had lived in the Albany area since 1966. Before his retirement in 1990 he served as a court reporter for the New York state Court of Claims. Mr. Weinberg was a member of Temple Beth Emeth in Albany. He was a championship racquetball player.

Survivors include his wife, Enid Tendler Weinberg; two daughters, Lisa G. Weinberg of New York City and Roberta H. Weinberg of New Haven, Connecticut; a son, Richard M. Weinberg of Loudonville, and a sister Lenore Gorkin of Flushing, Queens.



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



TEAM PHYSICIAN RAINEY & FIANCEE WED ... U.S. National Team physician Rhett Rainey was married to Kelly Smurlo on October 1.



MICHIGAN RACQUETBALL HALL OF FAMERS ... Four new inductees to the Michigan Hall of Fame were honored at the MRA annual banquet at the Davison Racquet Club in November. Pictured with 1985 inductee Jim Hiser (center), they are (l-r): Gordon Kelly, Irene Acherman-Chmura, (Hiser), Donna Henry-Brewer and William "Radiation Man" Gottleib.

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National racquetball champion and fitness consultant looking for business partners to capitalize on trends in fields of fitness, prevention and sports nutrition. Entrepreneurial athletes, business people, medical professionals and others can benefit without capital risk or geographic limitations. Interested? Call Marcy Lynch at 1-800/473-9743.

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Tournament proven since 1987: automatic no-conflict scheduling through finals, complete draw sheets, player rosters, many reports. Save much time/effort, great results, best price/performance, lease option. Also software for challenge ladders, ratings, rankings, leagues, mixers, databases. Satisfaction guaranteed. Win Sports: 714/894-8161.

Wheelchair Instructional Video

If you need to sharpen your skills, pick up a copy of the National Wheelchair Racquetball Association's instructional videotape for wheelchair racquetball. The action packed videotape features world champion Chip Parmelly and other top wheelchair athletes, and is available for \$45.00 (shipping and handling included). To order, please send check or money order made payable to NWRA, to Geno Bonetti, Director/Spinal Cord Program at HealthSouth of the Greater Pittsburgh Rehab Hospital, 2380 McGinley Road, Monroeville, PA 15146.

RACQUETBALL SPORTSWEAR



A

A. U.S. RACQUETBALL TEAM LOGO SWEATSHIRT 50/50 Fruit of the Loom, with National Team eagle logo on front, USA on back, AARA on sleeve. White. S, M, L, XL, XXL \$20.00. *Team Logo T-Shirt (not shown)* — 100% cotton. Same design as sweatshirt (without sleeve logo) White. S, M, L, XL. \$12.00

B. USA RACQUETBALL POLO SHIRTS All cotton, with tri-color embroidery. (S,M,L,XL) Colors: Navy, Pink, White, Blue & other assorted colors. \$29.00

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Learn your Lessons I — A step by step approach outlining the fundamentals of racquetball. Learn the basics of stroke mechanics, court positioning and strategy. Great for the beginner interested in improving their racquetball skills.

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B

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Order Total _____

Postage \$ 4.50

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RACQUETBALL

COURTESY SPORTS
THE FUTURE OF RACQUETBALL



MEN

Men's Open

1. Michael Bronfeld, CA
2. Jimmy Lowe, KY
3. Doug Ganim, OH
4. Rich Baer, NY
5. Dan Fowler, MD
6. John Ellis, CA
7. Dave Cardillo, NY
8. David Hamilton, OH
9. Sean Graham, CT
10. Gary Mazaroff, NM

Men's A

1. Jim Secondiani, MA
- 2T. Joey Sacco, CA
- 2T. David Sparling, CA
4. Jim Brane, MO
5. Jaime Alexander, TX
6. David Meagher, MD
7. Earl Haskins, CO
- 8T. Steve Black, UT
- 8T. Chris Clogston, WA
- 8T. Robert Lybbert, WA

Men's B

1. Richmond Ellis, AZ
- 2T. Raymond Bierner, AZ
- 2T. Lenny Haney, SC
4. Grant Barker, MO
5. Doug Markle, OH
6. Jody Morris, TX
7. Tom Macarle, AZ
8. John Lewis, CT
- 9T. Jason Jansen, ND
- 9T. Roger Vega, FL

Men's C

1. Carlton Rebeske, AZ
2. Justin Carey, NY
3. Ron Frantz, CA
4. Cliff Slinkard, AR
- 5T. Mark Bouchard, MA
- 5T. Ken Watson, MI
- 7T. Mark Robert, WA
- 7T. Mike Walsh, NJ
9. Glen Childers, TX
10. Mark McNabney, IN

Men's D

1. Glen Childers, TX
2. Mark Sandoval, CO
- 3T. Steve Erdos, CT
- 3T. Keenan Jarnigan, CO
- 3T. Rod Miller, AR
6. Chad Gilbert, ND
- 7T. Ed Day, OH
- 7T. Carl Pitts, TX
9. Doug Maritan, AR
10. Derek Cochran, GA

Men's Novice

1. Glen Kersten, AR
2. Sean Dannas, PA
3. Earl Tewksbury, NY
- 4T. Greg Albert, FL
- 4T. Billy Barker, OH
- 4T. David Leon, GA
- 4T. Greg Roberts, MA
- 4T. Frank Serra, TX
- 4T. Troy Shafford, ND
- 4T. Robert Stavick, NJ

Men's 19+

1. Brian Fredenberg, TX
2. Bob Horner, MO
3. Tim Sweeney, IL
4. Matt Fontana, FL
5. Craig Rappaport, PA
- 6T. Jim Ellenberger, WI
- 6T. Jason Thoerner, FL
- 8T. Rich Baer, NY
- 8T. Pat Gonzales, AZ
- 8T. Aaron Metcalf, FL

Men's 25+

1. Dave Cardillo, NY
2. Tony Boscia, CO
3. John Negrete, IL
- 4T. Dan Hugelen, MT
- 4T. Jim Jeffers, IL
- 4T. David McAfee, FL
- 7T. Bryan Londo, CA
- 7T. Brad McCunniff, IA
- 7T. Dave Werschay, MN
10. Oscar Alvarez, FL

Men's 30+

1. Armando Alonso, FL
2. Jimmy Lowe, KY
3. Bill Serafin, NJ
4. Bill Lyman, IL
5. Greg Hayenga, MN
6. Joe Mootz, NY
7. Kevin Thiessen, AR
8. Bill Sell, CA
9. Greg Freeze, CA
10. Greg Diaz, FL

Men's 35+

1. Mitch Smith, PA
2. Dave Schwent, MO
3. Mike Martinez, CA
4. Tim Armstrong, MO
5. Andy Pitock, IL
6. Steve Wattz, CA
7. Jim Luzar, WI
- 8T. Nathan Deer, TN
- 8T. Mitch Posner, NJ
10. Jacky Grayson, FL

Men's 40+

- 1T. Mitt Layton, FL
- 1T. Gary Mazaroff, NM
3. John Marinich, OH
- 4T. Jim Luzar, WI
- 4T. Tom Travers, OH
- 6T. Walter McDade, TN
- 6T. Dan Sublett, AR
8. Gregg Mandell, IL
9. Mike Kane, TN
10. Sal Perconti, FL

Men's 45+

1. Tim Lavoij, MN
- 2T. Dan Davis, TX
- 2T. Greg Hasty, Sr., IL
- 4T. Dave Kovanda, OH
- 4T. Doug Toth, MI
6. Gene Ezell, TN
7. Doug Dickman, MO
8. Barry Berger, AZ
9. Bob Christ, FL
10. Mark Daigle, NY

Men's 50+

1. Ron Johnson, IL
2. Brab Parra, CA
3. Ray Huss, OH
4. Ron Galbreath, PA
5. Les Barbanell, NJ
6. Luis Guerrero, CA
7. Erhard Gruenwald, IL
8. Dick Melhart, WA
9. Jerry Davis, OH
10. Lynn Corbridge, UT

Men's 55+

1. Bobby Sanders, OH
- 2T. Charlie Garfinkel, NY
- 2T. Rex Lawler, IN
4. Dario Mas, DE
5. David Jordan, NJ
6. Ken Moore, CA
7. Dave Lund, MI
8. Paul Becker, MI
- 9T. Dan Day, FL
- 9T. Lee Graff, OR

Men's 60+

1. Don Alt, OH
2. Paul Banales, AZ
3. Ken Moore, CA
4. Rex Benham, AR
5. Bert Shulimson, IL
- 6T. Frank Taylor, OH
- 6T. Frank Trask, ME
8. Jim Railey, TN
9. Lynn Hahn, MI
10. Chris Doyle, MA

Men's 65+

1. Joe Lambert, TX
2. Mal Roberts, FL
- 3T. J.D. Driver, MI
- 3T. Barney Friesth, SD
5. Donald Grieve, IL
- 6T. Carl Buschner, MA
- 6T. Bob Englund, MN
8. Jack Gushue, NY
- 9T. Richard Davis, TX
- 9T. Hugh Groover, AR

Men's 70+

1. Nick Sans, CA
2. John Bareilles, VA
3. Cam Snowberger, PA
- 4T. Don Goddard, MT
- 4T. Jess Nero, NY
- 4T. J.W. Studak, TX
- 7T. Earl Acuff, NC
- 7T. Glenn Melvey, ND
- 7T. John Siewert, WI
- 7T. Andy Trozzi, MA

Men's 75+

1. Earl Acuff, NC
2. Charles Russell, CA
- 3T. C. Allen Shepherd, MD
- 3T. Andy Trozzi, MA
5. Harry Steinman, MD
6. Ralph Greco, OH
7. George Spear, NY
8. Fred Felton, TX

Men's 80+

1. John Pearce, TX
2. Harry Steinman, MD
3. Steve Ordos, MN
4. Wyman Woodyard, NE

WOMEN

Women's Open

1. Lorraine Galloway, NY
2. Robin Levine, CA
3. Cheryl Gudinas, IL
4. Kerri Stoffregen, OH
5. Karin Sobotta, WA
- 6T. Anthnita Dickerson, MI
- 6T. Elaine Hooghe, OH
8. Dana Sibell, MN
9. Kersten Hallander, FL
10. Marcy Lynch, PA

Women's A

- 1T. Ann Hemphill, AL
- 1T. Rhonda Rajsich, AZ
- 1T. Wyllis Vidrine, OH
4. Wendy Smith, NJ
5. Julie Murphy, TX
6. Mary Beke, AZ
7. Vallana Perrault, MN
8. Sandy McCarthy, NY
9. Brenda Kauffman, IN
10. Pam Benson, MN

Women's B

1. Victoria Carpenter, NC
2. Joyce Schafer, CA
3. Cathy Alexander, VA
4. Julie Duca, CO
5. Jennifer Reiser, MT
6. Jill Rhodes, AR
- 7T. Kathy Geels, FL
- 7T. April Schwoebell, WA
9. April McAfee, FL
10. Becky Brannan, NM

Women's C

1. Karen Wozniak, AZ
2. Concepcion Prat, GA
3. Cheri Prickett, AR
4. Mary Lauer, MI
5. Karen Morris, AR
6. Maria Shelby, NM
7. Maggi Rausch, OH
8. Cathy Rossi, NY
- 9T. Melisa Boyd, UT
- 9T. Paula Furey, MD

Women's D

1. Marie Michael Hill, NJ
2. Barb Carrington, IL
3. Rose Madden, AR
4. Cindy Lyster, TN
- 5T. Joanne Loiselle, CT
- 5T. Michelle Oaks, GA
- 5T. Fran Outten, FL
- 5T. Gail Rutschilling, OH
- 5T. Lynn Slaughter, FL
- 5T. Julie Solberg, ND

Women's Novice

1. Rose Madden, AR
- 2T. Sue Forsberg, NH
- 2T. Pam Potter, FL
- 4T. Natasha Bethell, FL
- 4T. Stacey Brown, NY

NATIONAL RANKINGS

- 4T. Mary Lauer, MI
4T. Alice Murphey, NJ
8. Monica Hernandez, AR
9. Debbie Robertson, AR
10. Rhondaleigh Austin, NJ

Women's 19+

- 1T. Amy Kilbane, OH
1T. Kerri Stoffregen, OH
3. Rachel Gellman, NM
4. Jen Yokota, MO
5. Cara Pellowski, WI
6T. Andrea Beugen, MN
6T. Lourdes Garcia, CO
6T. Beth Katz, NY
9. Eklova Icenogle, MA
10. Jill Crouse, CA

Women's 25+

1. Josee Moore, FL
2T. Lorraine Galloway, NY
2T. Kim Russell, GA
4. Kersten Hallander, FL
5T. BJ Ehrigott, CT
5T. Megan O'Malley, IL
5T. Allison Wohl, MO
8. Pat Bornhorst, OH
9. Ellen Crawford, NY
10. Kelley Beane, NH

Women's 30+

1. Karin Sobotta, WA
2. Mary Bickley, PA
3. Janet Tyler, FL
4. Mary Lyons, FL
5. BJ Ehrigott, CT
6. Kim Machiran, MO
7T. Pat Bornhorst, OH
7T. Paula Cheslik, AZ
7T. Lori Harper, WI
7T. Gerri Stoffregen, OH

Women's 35+

1. Susan Pfahler, FL
2. Linda Moore, NE
3. Debbie Tisinger, CA
4T. Marcy Lynch, PA
4T. Cheryl McConaghy, NM
6. Roz Petronelli, MA
7. Kathy Treadway, TN
8T. Mary Lyons, FL
8T. Cindy Zerkowski, MI
10. Janet Insko, MI

Women's 40+

1. Janet Myers, NC
2T. Debbie Chaney, IN
2T. Sue Dipiano, MO
4. Joanne Pomodoro, MA
5. Nancy Lee Jensen, NE
6. Renee Fish, FL
7T. Laurel Davis, IL
7T. Janet Insko, MI
9T. Darcy Chastain, MN
9T. Leslie Kishigian, MI

Women's 45+

1. Linda Miller, IN
2. Meri Jean Kelley, CA
3T. Agatha Falso, FL
3T. Gerri Stoffregen, OH
5T. Sharon Hastings-Welty, OR
5T. Dianne Nero, NY
5T. Shelley Ogden, OH

8. Bev Powell, IL
9T. Paula Sperling, NM
9T. Grace Touhy, IL

Women's 50+

1. Sharon Hastings-Welty, OR
2. Nidia Funes, CA
3. Gerri Stoffregen, OH
4. Kay Halverson, CT
5. Mildred Gwinn, NC
6. Marilyn Fisher, IL
7. Sylvia Sawyer, UT
8T. Linda Perry, TX
8T. Jessica Schreier, FL
10. Janet Howard, VA

Women's 55+

1. Kathy Mueller, MN
2. Jo Kenyon, FL
3. Marion Crawford, NY
4T. Helen Dunsmoor, ID
4T. Joanna Rada, PA
6. Mary Walker, CA
7. Jean Tull, VA
8T. Cleata Ching, PA
8T. Susan Embry, CA
8T. Joann "Pete" Jones, CT

Women's 60+

1. Jo Kenyon, FL
2. Lola Markus, IL
3. Mary Walker, CA
4. Mary Low Acuff, NC
5. Cleata Ching, PA
6. Jane Peterson, FL
7. Reta Harring, WI
8. Rebecca Dixon, OH

Women's 65+

1. Reta Harring, WI
2. Mary Low Acuff, NC
3. Dorothy Vezetinski, WA
4. Phyllis Melvey, ND
5. Rebecca Dixon, OH

Women's 70+

1. Mary Low Acuff, NC
2. Eleanor Quackenbush, OR
3. Joann "Pete" Jones, CT

Women's 75+

1. Mary Low Acuff, NC

BOYS

Boy's 8 & Under

1. Matthew Hammond, OH
2. Geoffrey Mora, CA
3. Tyler Hollingsworth, OR
4. Michael Kamin, TX
5T. Shane Karmelin, MD
5T. Alex Roske, MN
5T. Blake Vonkaenel, NE
8. Jeremy Robbins, TX

- 9T. Marshall McDade, TN
9T. Brad Slocum, FL

Multi-Bounce

1. Jeremy Robbins, TX
2. Dan Sheppick, OR
3. Matthew Hammond, OH
4. Tyler Hollingsworth, OR
5. Ross Lennertz, WI
6. Jonathan Brittain, OR
7T. Michael Goodwyn, TX
7T. Brandon Shoemaker, OH
7T. Shawn Spindler, IN
10. Shane Karmelin, MD

Boy's 10-

1. Jack Huczek, MI
2. Jim Gooden, TX
3. Joshua Epstein, NY
4. Bart Crawford, OR
5. Cory Martin, WI
6T. Bernie Dorman, CA
6T. Andrew Woodrich, IN
8. Trevor Crowe, OR
9. Steven Klaiman, TX
10. David Foye, MD

Boy's 12-

1. Shane Vanderson, OH
2. Grant Barker, MO
3. Scott Fisher, NY
4. Philip Hammond, OH
5. Jason Jansen, ND
6. Lane Mershon, GA
7. Zak Miller, CA
8. Seth Taylor, IN
9T. Cory Martin, WI
9T. Dan Olson, ME

Boy's 14-

1. Ryan Staten, KS
2. Dan Gottlieb, NY
3. Jeffrey Garner, AL
4. Shane Vanderson, OH
5. Justin Carey, NY
6. Rocky Carson, CA
7. Nick Puz, CA
8T. Lee Hammons, CA
8T. David Liakos, NE
8T. Willie Tilton, CO

Boy's 16-

1. Eric Storey, IN
2. John Stanford, Jr., FL
3. Mark Hurst, FL
4T. Mark Bailey, IN
4T. Rich Wagner, CA
6. Abe Valdez, OR
7. Sam Ryder, WI
8. Brandon Terry, OR
9. Hal Spangenberg, Jr., CA
10. Jed Bhuta, AL

Boy's 18-

1. Shane Wood, MA
2. David Hamilton, OH
3. Brian Siegel, NJ
4. Tom Helfrich, MO
5. Shane Dodge, ID
6. Shai Manzuri, CA
7. Todd Criger, NE
8T. Mark Bloom, LA
8T. John Stanford, Jr., FL
8T. Eric Storey, IN

GIRLS

Girl's 8 & Under

1. Adrienne Fisher, OH
2. Melissa Holden, CA
3. Jesi Fuller, NM
4. Katie McClure, GA
5T. Kimberly Irons, OH
5T. Taryn McDonough, CA
5T. Ashley Mora, CA
8. Lindsay Fuller, TX
9. Brittanie Heatherman, GA
10. Leslie Luna, NM

Multi-Bounce

1. Adrienne Fisher, OH
2. Kelley Fisher, OH
3. Molissia Martin, WI
4T. Deidra Kamin, TX
4T. Ashley Mora, CA
6T. Jesi Fuller, NM
6T. Kimberly Irons, OH
8. Allison MacWade, PA
9. Melissa Holden, CA
10. Lindsay Fuller, TX

Girl's 10-

1. Crystal Winfrey, OH
2. Kimberly Irons, OH
3. Molly Law, CO
4. Heather Holden, CA
5. Megan Stone, MN
6. Candice Tueller, UT
7. Janet Olsson, OR
8. Carrie Olson, ME
9. Kimberly Markins, AZ
10. Jeanine Fuller, NM

Girl's 12-

1. Kristina Matchett, OR
2T. Eve Bateman, PA
2T. Rebecca Dulloff, TX
4. Kimberly Irons, OH
5T. Keely Brannigan, ID
5T. Melanie Mueller, CO
7. Kindra Sears, IN
8T. Emileigh Basta, MO
8T. Nicie Strand, MN
8T. Crystal Winfrey, OH

Girl's 14-

1. Katie Gould, MO
2. Milisa Boyd, UT
3. Sara Borland, IA
4. Jill Brittain, OR
5. Lindsay Sears, IN
6. Leisa Marquart, NE

7. Liana Kerwood, OR
8. Becki Bowman, IN
9. Megan Guardiani, MA
10. Brooke Crawford, OR

Girl's 16-

1. Sadie Gross, SD
2T. Erin Frost, OR
2T. Vanessa Tulao, TN
4. Melisa Boyd, UT
5T. Erica Daniels, CA
5T. Colleen Maginn, WI
7. Shannon Feaster, DC
8. Alison Siegel, NJ
9T. Jennifer Doak, WY
9T. Jennifer Liakos, NE

Girl's 18-

1. Shannon Feaster, DC
2. Tammy Brockbank, ID
3. Sadie Gross, SD
4. Andrea Beugen, MN
5. Christy Gould, MO
6. Stephanie Torrey, MA
7. Vanessa Tulao, TN
8T. Allison Cremo, CA
8T. Erin Frost, OR
8T. Kayla Harvey, WY

WHEELCHAIR

1. Chip Parmelly, CA
2. Gary Baker, WV
3. Steve Kuketz, MA
4. Mark Shepard, OH
5. Jeannie Nicklos, TX
6. Les Gorsline, WI
7. Audie Kemp, IN
8. Marc Fenn, IN
9. Dave Andrews, IN
10. Wayne Dake, WI

Wheelchair Athletes!

Look for wheelchair competition on January 13-15 at the California State Championships and at the Indianapolis Open, plus at IRT Stops in Atlanta February 1-5, and in Pittsburgh February 15-19th.

Rankings

Dated:

11/28/94

JANUARY

January 18

Alaska Athletic Club Open
Anchorage, AK
907/562-2460

Hemophilia (15th)
Supreme Courts
Memphis, TN
901/794-2288

Ralph Schomp Invitational
Denver Athletic Club
Denver, CO
303/534-7331

January 19

Lion Is Host
Park Center Club
Boise, ID - 208/343-2288

Snowball Open @ Highpoint
Racquet & Fit Center
Albuquerque, NM
505/293-5820

January 20

American Fitness Winter Open
American Fitness Center
Louisville, KY
502/425-4471

Atlantic City Open
Tilton Athletic Club
Pleasantville, NJ
609/487-1947

Frostbite Shoot Out
Nautilus of Pottstown
Pottstown, PA
215/326-6216

Glens Falls Championships
Glens Falls YMCA
Glens Falls, NY
518/793-3878

Hy-Miller Open
Baywinds Athletic Club
Sandusky, OH
419/626-6250

Iron Range Open
Supreme Court R/B & Fitness
Virginia, MN
218/749-8318

Maple Courts Winterfest
Maple Courts
Troy, MI - 810/362-3777

Smash & Splash
Green River Rec Center
Green River, WY
307/875-4772

Spalding Winter Classic
BQE Fitness & R/B Club
Woodside, NY
718/726-4343

Sunshine Classic
Athletic Express
Gaithersburg, MD
301/258-0661

Harbour Isle Athletic Club
Open - Tampa, FL
813/229-5062

The Parkland
Executive Hlt & Sports Center
Manchester, NH
603/627-4552

Waycross Winter Open
Waycross Athletic Club
Cincinnati, OH
513/742-1700

25th Annual Peter Cornell R/B
Richmond YMCA
Richmond, VA
804/644-9622

January 26

5th Ann Playgirl Invitational
Lakewood Athletic Club
Lakewood, CO
303/989-5545

January 27

Ball Breaker @ Kourt House
Laramie, WY
307/742-8136

Bell Socialization Open
York, PA - 717/848-5767

Best Of The Best
Club Green Meadows
Vancouver, WA
206/256-1510

Cabin Fever Open
YMCA Jamestown
Jamestown, ND
701/253-4101

Coors Light Series
Heights Health & Racquet
Club - Powell, OH
614/548-4188

Coors Light Winter Open
Royal Court - Kearney, NE
308/236-5110

Festival Foods/Classy 100
Open @ Nautilus
Erie, PA - 814/868-0072

Four Season Doubles Only
Four Seasons Country Club
Crestview Hills, KY
606/341-3687

Hall of Fame Pro-Am
Northeast Racquetball Club
Columbia Heights, MN
612/572-0330

LA/Rollout @ Hilltop Commu-
nity Ctr. - Lewiston, ME

Racquetball One Series
One On One Athletic Club
Ann Arbor, MI
616/554-4820

Snowcreek Winter Open
Snowcreek Athletic Club
Mammoth Lakes, CA
619/934-8511

Special K Racquetball Series
Parma Courts
Chesterland, OH
216/729-8032

Winter Jam @ Athletic Club @
Maryland Farms
Brentwood, TN
615/373-5120

13th Summit City Open
Summit City Coprut Club
Ft. Wayne, IN
219/485-1671

1995 National Womens Sr/
Masters @ Southern Athletic
Club - Lilburn, GA
404/923-5400

January 28

1995 AARA Junior Regionals
Summit City Court Club
Ft. Wayne, IN
219/485-1671

FEBRUARY

February 3

Aurora City Open
International A.C. of Aurora
Aurora, CO
303/696-9313

Blue Ball
Teton Athletic Club
Riverton, WY
307/856-5424

Bud Light Open
Pennyrile Racquetball
Hopkinsville, KY
502/885-4200

Fitness Classic
Fitness Inc. - Pocatello, ID
208/233-8035

Hastings YMCA Open
Hastings YMCA
Hastings, NE
402/463-3139

Icicle Open
Allentown R/B Club
Allentown, PA
215/821-1300

ORA Women's Only Tourney
Congress Park Athletic Club
Cincinnati, OH
513/941-7641

Racquet World Invitational
The Club - Orlando, FL
407/645-3550

Saint Clair Winter Open
Saint Clair Racquet Club
St. Paul, MN
612/690-0600

Stratford Open
Stratford Athletic Club
Stratford, CT
203/378-2211

NATIONAL CALENDAR

Three Wall Open @ Palm
Beach Community College
West Palm Beach, FL
407/738-7973

Valentine Shootout
Courtsouth Merchants
Knoxville, TN
615/688-3600

Westmoreland County Open
Racquettime - Greensburg, PA
412/466-7325

Wintergreen Open
Laurel Health & Racquet
Laurel, MD
410/987-0980

15th Annual Track & Rac.
Open @ Track & Racquet Club
Fayetteville, NY
315/446-3141

ORA Intercollegiate Doubles
Ballwin-Wallace College
Berea, OH - 216/826-2286

February 4
Juniors Winter Tournament
The Alaska Club
Anchorage, AK
907/337-9550

February 10
Alpha Double Trouble
Alpha R/B Club
Mechanicsburg, PA
717/533-4554

Cancer Society Benefit
Sports Barn
Chattanooga, TN
615/266-1125

Cupid's Kill Shot
Fitness Plus
Cheyenne, WY
307/638-7587

Decathlon Invitational
Decathlon Athletic Club
Bloomington, MN
612/854-7171

Ice Fog Classic
Alaska Athletic Club
Fairbanks, AK
907/456-1914

Michelob Light
Grand Forks Tennis Centre
Grand Forks, ND
701/746-2790

Old South Open
Fitness USA - Raleigh, NC
919/832-5595

Performance Jeep-Eagle Pro-
Am @ Harbor Square Athletic
Club - Edmonds, WA
206/778-3546

St. Valentine's Day Massacre
Idaho Falls Racquet Club
Idaho Falls, ID
208/522-2712

St. Valentine's Day Massacre
Sport Court - Lincoln, NE
402/475-5686

St. Valentine's Day Rac-Attack
Woodcreek Athletic Club
Tyler, TX - 903/561-6800

Valentine's Tourney
Racquetball International
Windham, ME

Winter Open @ American
Family Hlt & Fitness
Richmond, VA
804/330-3400

NY State Doubles
Wantaugh Club
Smithtown, NY
516/360-0979

2nd Annual Wildcat Open
UR Seaton Center
Univ. of KY, Lexington, KY
606/886-9118

2nd Nashua Athletic Club
Open @ Nashua Athletic Club
Nashua, NH
603/889-5520

February 11
No Cry Babies II Warm-Up
Quadrangle West A.C.
Clearwater, FL
813/535-4901

February 15
Doubles Tune-Up Tourney
The Alaska Club
Anchorage, AK
907/337-9550

U.S. National Masters
Racquetball Assn. Singles
City Square Sports Club
Phoenix, AZ
602/279-9633

February 17
Coors Light Series
Racquettime - Powell, OH
614/548-4188

John Marsden Winter Classic
North Conway Athletic Club
No. Conway, NY
603/356-5774

Juvenile Diabetes Foundation
Merrit A.C. - Security
Baltimore, MD
410/377-7390

Lou Clavelenx Open
Hammonasett Health &
Racquet - Madison, CT
203/245-7196

Meadowlands Open
Classic Athletic Club
Lyndhurst, NJ
201/444-0859

Men's Pro Stop
Racquet Club of Pittsburgh
Monroeville, PA
412/856-3930

Playboy Open @ Sporting
Club at Denver Tech
Englewood, CO
303/779-0700

Racquetball One Series
Michigan Athletic Club
Grand Rapids, MI
616/554-4820

Scottsbluff YMCA Open
YMCA of Scottsbluff
Scottsbluff, NE
308/788-5588

CO Sate High School Champi-
onships @ Lynmar Racquet &
Health Club
Colorado Springs, CO
719/598-4069

AARA Regional Intercollegiates
Southern Athletic Club
Oklahoma City, OK
405/329-6453

February 18
Camp Confidence Pro Am
All American Health Club
Baxter, MN - 218/829-6453

MN State High School
Championships @ 98th
Racquet, Swim & Health Club
St. Louis Park, MN
612/435-7127

February 22
Silver Racquet Pro Am
Alaska Athletic Club
Anchorage, AK
907/562-2460

February 23
Tornado Alley R/B Classic
Family YMCA of Wichita Falls
Wichita Falls, TX
817/761-1000

5th Annual Family & Friends
Pikes Peak YMCA
Colorado Springs, CO
719/598-2328

February 24
Boise City Championships
The Court House
Boise, ID - 208/377-0040

Coors Light Series
Congress Park Athletic Club
Powell, OH - 614/548-4188

Doubles Duel @ The Condi-
tioning Spa - Greeley, CO
303/352-0974

Grand Island YMCA Open
Grand Island YMCA
Grand Island, NE
308/381-2516

Midwest Seniors/Masters
Series @ Northeast Racquet-
ball Club - Minneapolis, MN
612/572-0330

Open Tournament
Rappahanock YMCA
Falmouth, VA
703/371-9622

Silver Bullet Bash
Rawlins Rec Center
Rawlins, WY - 307/328-4573

Snowball Fest
The Fitness Club/Champions
Waterville, ME

Spalding Shootout
BQE Fitness & R/B Club
Woodside, NY
718/726-4343

NC State Championships
Charlotte R/H Club
Charlotte, NC
919/885-5566

WLNH Racquetball Classic
Gifford Hills Tennis & Fitness
Gifford, NH - 603/293-7546

February 25
St. Valentine's Open
Boyertown YMCA
Boyertown, PA
610/369-1011

MARCH

March 2
North Jeffco March Madness
North Jeffco R/B & Fit Ctr
Arvada, CO - 303/431-9004

March 3
Ball Buster @ Fitness Inc.
Pocatello, ID
208/233-8035

Coors Light R/B Classic
Four Season Country Club
Crestview Hills, KY
606/341-3687

Killshot Klassic
One On One Athletic Club
Ann Arbor, MI
313/761-4440

March Madness
Courts Plus Fitness
Fargo, ND - 701/237-4805

March Winds @ Lincoln YMCA
Lincoln, NE - 402/434-9200

Midwest Seniors/Masters
Series @ Lake Country
Racquet & A.C.
Hartland, WI
414/367-4999

Special K Racquetball Series
Severance Athletic Club
Chesterland, OH
216/729-8032

The ProKennex Open
Continental Athletic Club
Powell, OH
614/548-4955

NATIONAL CALENDAR

13th Annual Adirondack
Open @ Glens Falls YMCA
Glens Falls, NY
518/793-3878

Adult Metro Regional
Burnsville RS & HC
Burnsville, MN
612/920-6652

CT State Championships
Downtown Racquetball Club
New Haven, CT
203/248-6634

ME State Doubles
Racquetball International
Windham, ME

NH State Singles
Salem Athletic Club
Salem, NH - 603/893-8612

NJ State Singles @ King's
Court - Lyndhurst, NJ
201/444-0859

TN State Singles
Downtown YMCA
Nashville, TN
615/254-0631

WY State Juniors @ Sheridan
YMCA - Sheridan, WY
307/674-7488

3rd Annual Firefighters/MDA
Simmons Center
Durcan, OK - 405/252-2910

March 4
Ektelon Super Series #3
Athletic Express
Gaithersburg, MD
215/723-7356

March 8
Lowell & Co AK State Doubles
The Alaska Club
Anchorage, AK
907/337-9550

2nd Annual CCFA Pro-Am
Shootout @ Downtown YMCA
Houston, TX
713/783-0098

March 9
Flatiron Athletic Challenge
Flatiron Athletic Club
Boulder, CO
303/499-6590

March 10
GSRA Most Awesome Kids #II
The Racquet Place
Matawan, NJ
908/536-6653

Northwest Open
Bellingham Athletic Club
Bellingham, WA
206/676-1800

Omni 41 Open
Omni 41 Sports & Fitness Ctr.
Schererville, IN
210/865-6969

Upcoming National Events

1995

January 27-29 Women's Senior/Master Atlanta, GA
February 23-25 NMRA Masters Singles Phoenix, AZ
March 03-05 U.S. National High Schools St. Louis, MO
March 13-18 Pan American Games Buenos Aires, Argentina
March 29-April 2 Wilson U.S. National Intercollegiates Nashville, TN
April 20-22 USNMRA Singles/Doubles Pittsburgh, PA
May 24-29 Ektelon AARA U.S. National Singles Houston, TX

The U.S. Olympic Committee Travel Desk and United Airlines offer their lowest airfares to national events. United offers you 5% off any published United fare, regardless of cost. To take advantage of the program, make your reservations by calling 1-800-521-4041 (daily between 8:30 am and 8:00 pm EST) and use the special AARA conference account number 578ES.

Spring Fever Doubles
Pennyrile Racquetball
Hopkinsville, KY
502/885-4200

Tournament of Champions
La Masters Fitness Center
W. Chester, PA
215/436-6200

Wilson MN Doubles
Tournament @ NE Racquetball
Club - Columbia Heights, MN
612/572-0330

Adult Metro Regional
Sawmill & Westerville A.C.
Powell, OH - 614/548-4188

Adult Metro Regional
Wyoming Athletic Club &
Casper YMCA
Casper, WY - 307/265-6928

NY State Singles
Colonie Court Club - Albany
Smithtown, NY
516/360-0979

7th Railyard Open
Railyard Athletic Club
Woodsville, NH
603/747-8006

March 17
Central Penn Open
Central Penn R/B Club
Harrisburg, PA
717/564-4171

Ides Of March Tourney
Fitness Forum - Sanford, ME

Lincoln City Championships
Cottonwood Club
Lincoln, NE - 402/475-3386

Luck O' The Irish Open
Tilton Athletic Club
Pleasantville, NJ
201/444-0859

Lucky Leprechaun
Sundown Club - Liverpool, NY
315/699-9029

St. Paddy's Day Open
Riverview Racquet Club
Eastlake, OH
216/942-5613

12 Annual Benefit for UCP
Suburban R/B & Swim Club
St. Cloud, MN
612/251-3965

WY State Doubles
Kourt House/Laramie A.C.
Laramie, WY
307/742-8136

March 22
CRA/AARA CO State Singles
Edge Athletic Club
Broomfield, CO
303/286-8079

March 24
Coors Silver Bullet
Johnson City Racquetball
Johnson City, TN
615/282-3091

Greater Cincinnati Cit Singles
Waycross Athletic Club
Powell, OH - 614/548-4188

Greenbriar Classic
Greenbriar Athletic Club
Indianapolis, IN
317/257-3261

Mathisen Tire Tournament
Supreme Courts
Virginia, MN
218/749-3818

Midwest Seniors/Master
Series @ Baywinds Athletic
Club - Sandusky, OH
419/626-6250

Racquetball One Series
Michigan Athletic Club
East Lansing, MI
616/554-4820

Spalding NYC Open
BQE Fitness & R/B Club
Woodside, NY
718/726-4343

Spring Classic R/B Tourna-
ment @ Quadrangle West
A.C. - Clearwater, FL
813/535-4901

Tallmadge Kiwanis Classic
Tallmadge Fitness Center
Akron, OH - 216/869-9038

1st American Title 30+
Championship
Bellevue Athletic Club
Bellevue, Wa
206/455-1616

Adult Metro Regional
Track & Racquet Club
Fayetteville, NY
315/446-3141

ID State Singles
The Court House
Boise, ID - 208/377-0040

MD State Singles @ Athletic
Express - Gaithersburg, MD
410/987-0980

ND State Championships
Courts Plus Fitness
Fargo, ND - 701/237-4805

WY State Doubles
Kourt House & Laramie A.C.
Laramie, WY
307/742-8136

THEIR SWEET SPOT.

OUR STRIKE ZONE.

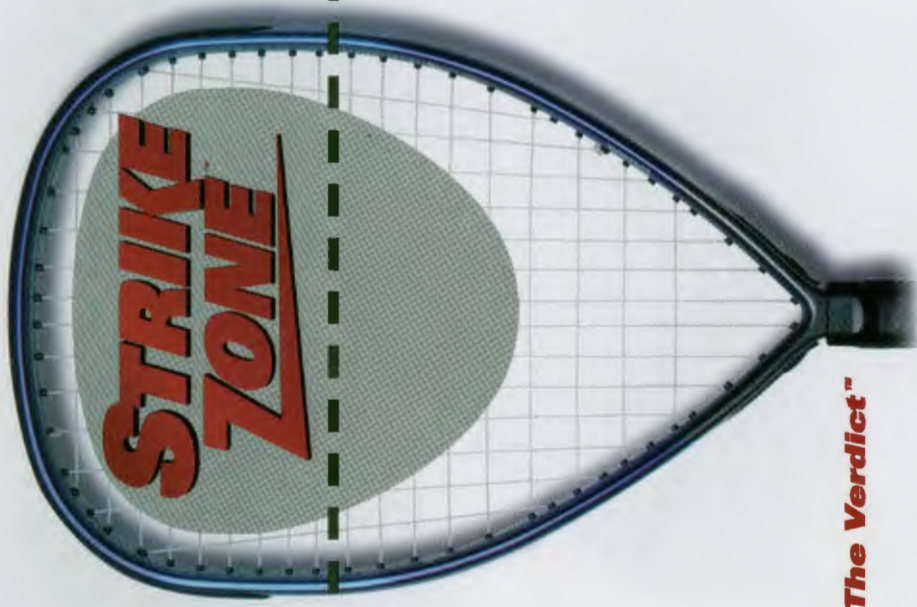


Other Racquets

You hit most of your shots
above this line.



So what Einstein put the
sweet spot down here?



The Verdict™

A little known fact: tournament level players hit almost 70% of their shots in the top third of the racquet.

Which is nearly a zip code away from the so-called sweet spot. That's why players can't get the consistent power they want. Because the sweet spot ain't all that sweet.

So we created the Strike Zone.

Dramatically larger than any sweet spot, the Strike Zone energizes the top third of the racquet to generate the explosive power you want.

Consistently. Accurately. Every shot. Every time.

To get that performance, we precisely engineered the exact degree of stiffness needed throughout the Strike Zone,

using a constant cross-section of high modulus graphite and Kevlar®. Below the Strike Zone, we tapered the frame to provide control without torque or vibration.

The Strike Zone. The Verdict.

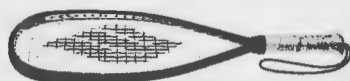
The first of many new ideas to come from the new leadership of Wilson Racquetball.

Where our goal is to energize the sport and take your game to

the next plateau of performance. But don't take our word for it. Just demo the Verdict. And judge for yourself.

Wilson
RACQUETBALL

IT'S A SWEET GAME,
WHEN THE MIND IS HUSHED AND
THE BODY HUMS.



Fusion™ Arc₂ technology and hand-laid graphite in devastating tandem. Created to tighten the bond between mind, body and equipment.

EKTELON
The Most Recommended Power In Recreation

BENETTON
SPORTSYSTEM