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RACQUETBALL

MAGAZINE ONLINE



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from the editor

I am NOT a geek! (But I play one on "tv") Here's how it happened. In any one 24-hour day, I can be found writing, promoting, composing, creating, editing and designing. With only a limited number of *waking* hours, I've had to learn to do each of these projects more and more quickly. This internet thing seemed pretty fast and furious – perhaps I could add "surfing" to the list ...

When I finally approached an on ramp to the information superhighway and the eventual cybersite of my dreams, I had to ask myself "Now, who's going to do this, really?" Quite frankly, the undertaking scared me ... uploading every single piece of the AARA's historical and promotional material? (*It took me five years just to update it.*) The prospect of learning a new programming language? (*HTML stood for "ebola" in my book.*) Still, any day without a "fatal application error" is one worth living. I began my research.

Faced with the decision to irritate those behind me by hesitating on the Internet merge lane, or flooring my search engine to a virtual high speed launch ... I chose to get on, but lurk. I found other sites and I found the newsgroup. I found outdated information and an ancient version of the rules (*that newbies were quoting!*). In short, I found motivation! I would bring the AARA's collected knowledge to the masses! (*well, someday ... soon ... um ... any day now ... really.*)

Back in real time and space, free access disks, online offers, service provider brochures and website design seminar flyers had begun to pile up on my desk. Someone named Curt was pestering me with polite but persistent voicemail. As it turned out, Curt did indeed have just the "panacea" we were looking for. He made a special trip to see us, delivered his pitch, and made my headache go away. I could have everything I wanted and he and his colleagues would do all the techie stuff (*thank heavens ...*).

So, here we are. Thanks to Panacea's Curt Rettke, John Walczyk, Chuck Thomas and owner Gary Pan, we have liftoff. And according to a growing online audience, not a moment too soon ...

• <http://www.racquetball.org> • <http://www.racqmag.com> •
• email: rbzine@interserv.com •



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PHOTOS

This page (top): The U.S. Team & Delegation in Cali, Colombia; (middle): Twins Joseph and James Marchetti at National High Schools; (bottom): Lefty winners from NMRA singles (l-r) Paul Banales, Jay Krevsky and Rex Benham. Photo: Ron Pudduck.

ON THE COVER

California designer and racquetball fan Dave Titus managed to create this cool website illustration just before getting married last month. Look for more of his work to be featured at the RACQUETBALL Magazine website, and on future covers. To see some of his other projects, dial up his site at: <http://www.mmm.gnet.com/~titus>



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reader forum

KNEE ADVICE

I was interested in Dennis Hagerty's comments about playing racquetball after a total knee replacement (TKR). Yes, he can strengthen the knee. But strength is not the issue here. The problem is the bond between the artificial components of the total knee and the host bone. Over time this bond tends to weaken and if the components become loose, they require replacement with less chance of success the next time around. We know that mechanical stress on the knee makes loosening more likely. In this case the stresses produced by racquetball make it unreasonable to compete. Believe me, I can understand Mr. Hagerty's anguish in not playing, but this problem is not necessarily for a sports medicine orthopedist, but for an expert in TKR who, in my opinion, has given him good advice.

Rob Rutherford, MD – Spokane, WA

I am responding to a letter sent in under the Reader Forum of the latest issue of *RACQUETBALL Magazine* by a Dennis Hagerty of Gamarco, New Mexico.

I have had two total knee replacements, the last one just six months ago, and I can still play racquetball, dance and walk all day if I so desire. I would like to correspond with Dennis to find out what problems he is encountering or to lend him some encouragement to get him back to the game.

I had the right knee replaced in May of '94 and was back on the court in six weeks from the date of surgery. No problems at all. The left knee I had replaced in June of '95 and ran into a little problem with blood clots, but was still back on the court in 12 weeks. I have lost a step or two to the drive serves, and I play

a more control game, like shoot the ball every chance you get, but I can still play on a high B, low A level. And doubles is much easier on the legs, too.

Keith Eller – Chesapeake, VA

INDUSTRY HINTS

This is regarding the article by Brad Patterson in the January/February article of *RACQUETBALL Magazine*. I would like to comment on the negativism shown by some of the industry leaders.

What does the industry need? In my opinion, having a retail background and being a club manager, the future is a "better point of sale" material, possibly a more concise package of product, and more appealing merchandise. Added to these would be a fairer pricing package that would make the clubs more competitive.

One final note: as time goes on, there certainly will be fewer retail stores for manufacturers to call upon to sell these products. I ask you, then who will be left? ... the club.

Robert Brownstein

The Court Club: Albany, NY

LEADERSHIP SEMINAR

I just wanted to try to relay the enthusiasm that I have gained for the racquetball industry since attending the 1996 AARA Leadership seminar. From the time I arrived to the time I departed, it was an intense and informative program unlike I had ever imagined. The topics and outline of the seminar was one of the best I had ever been involved with in any industry. The speakers and support were outstanding throughout.

Since coming back to manage my club, three years ago, I have not seen the enthusiasm for racquetball like I had seen

ten years earlier. I think that this is due to a number of factors. Not only in my club but in talking with other state board representatives, and other club owners, I think that we are seeing a new beginning in many old and new racquetball players.

I think it will be up to the state board, club owners, managers and program directors to take this renewed interest and run with it. Through tournaments, challenge courts, club contests, leagues, shoot-outs and special programs I think we will all benefit from our efforts to promote racquetball. Through the AARA we have a support staff that is willing to go the extra mile in order to help us achieve our goals as a board. We just have to ask and stay focused.

Ric Crosby – Lilburn, Georgia

BAGGING IT ...

I have never written to AARA so I hope this works because I need some advice. I receive and read your magazine each time it arrives. You are the only source of expert advice I know if, so here goes.

I have been playing racquetball for about 4-5 years. I am now playing the best in the club and am winning at least 50% of the matches. I have good eye-hand coordination so I have been able to pick the game up quicker than most (no brag, I just have a knack for playing this game). I try to use all tips and hints that I read in your instructionals, and what I am doing now is playing smarter (right shot, right time). I thoroughly enjoy playing and hope to continue playing for many years.

I entered my first tournament last weekend. It was suggested that I enter the D division since this was my first, but I chose C. What I discovered was that I

could have handled many of the D players,, but C was tougher. I won my first match by one point in the tiebreaker, then I was beat two straight the second match. It would have been better to lose my first match because then I would have gone into the consolation bracket.

What was disappointing was the fact that the player that beat me should have played in the B bracket, and he knew it. He like winning and apparently has an ego problem. I have heard the term "sandbagging" and I guess I experienced the term first hand.

My questions are these: 1. What division should I enter? 2. Does sandbagging occur all the time? I am a fair person, and would not feel good about playing below my potential just to win. Please write back with some good advice.

Mike Sparrow – Temple, Texas

DOUBLES ...

I enjoy your publication very much! It's nice to read about the wide world of racquetball. One quick question, when are you going to publish an article on doubles? It seems that it's hard to find articles or books on this game. Thanks for a terrific magazine.

Thomas Woods – Bayside Hills, NY
[See Wilson's Game Plan, on page 40!]

U.S. OPEN DEJA VU?

First of all, I'd like to say that I'm very excited that amateur racquetball, professional racquetball (men and women), manufacturers, and the media have gotten together to actively promote racquetball. The 1996 U.S. Open looks like it's going to be one spectacular event.

I have a problem, however, with the way the AARA is promoting the event. In the March-April 1996 edition of *RACQUETBALL Magazine*, the Open is referred to as the "U.S. Open Debut", and the "inaugural U.S. Open".

However, there's already been a U.S. Open tournament. It was held in February 1995 in Indianapolis, Indiana. I know because I took second place in the Men's D division, and have a plaque to prove it.

I realize that this event wasn't the full-blown spectacle that the '96 Open is scheduled to be. However, I don't think that it's right to totally ignore the fact that there was an event

in '95. It was my first national tournament, and I am very proud of the fact that I took second place. But now you're treating it as if the event never existed.

I hope you don't think I'm being too sensitive. However, I'm very proud of my performance in the '95 tournament, and it's disheartening to see the tournament being downplayed. Thanks for listening.

Ken Zwyers – Chicago, Illinois
zeker@realinfo.net

[You're right. The '95 event you refer to did carry the title "U.S. Open." The AARA did so to establish rights to the name so that it could be duly registered to the organization. However, long-range plans were always to have the "U.S. Open Racquetball Championships" equate to its counterparts in tennis and golf — that is, to include the pros. The "U.S. Open" has quickly evolved to that point, making the '96 version a "debut" of that concept in its truest sense, with the added bonus of having the National Skill Level Championships held at the same time. — Editor]

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**THERE'S MORE "NET" IN
RACQUETBALL THAN YOU THINK**

No, it's not another rule change.
But if you thought that you'd only
see nets in tennis and badminton,
you might want to take another
look ... at racquetball on the "NET"

<http://www.racquetball.org>

May - June 1996

RACQUETBALL PLAYERS TAKE UP SURFING!!

By Curt Rettke

crettker@panatech.com

Surfing the World Wide Web, that is. The Web is a rapidly expanding collection of sites on the Internet which allow displays of text, audio and video via computers. The AARA has now put up its own home page on the Web at <http://racquetball.org>. This exit ramp off the Information Superhighway contains all kinds of goodies for the racquetball enthusiast. The topics include AARA programs, history, upcoming tournament dates, tournament results, record setting events, national championship listings, U.S. National Team information, U.S. Olympic Committee information, AARA official publications and references, an official sponsor listing, and other related sites to visit. In the near future you'll also be able to dial up an online version of *RACQUETBALL Magazine*, shop an electronic mall for AARA products and memberships, plus see U.S. National Team player profiles and photos, more colorful graphics spicing up the entire site, and links to your local state organizations.

Why is the Internet so hot? The Internet is one of many facets of what is being called the Information Age Revolution. For the past few decades, the world has been developing fairly sophisticated islands of automation with computers accessing a local area network via cabling or modems. The Internet provides a very cost effective means to connect all of the local area networks and remote computers in the world into one global network. You can send an email to someone else on the opposite side of the world which arrives a few minutes later for just pennies. You can video teleconference with a business partner in England instead of flying over there. Your company can advertise to the whole world via a home page instead of traditional paper-based marketing materials. Many people even have personal Web pages now. Without leaving your house, you can search for almost any information you desire from what

HERE'S WHAT YOU'LL FIND ON THE AARA HOMEPAGE ...

About the AARA

AARA Programs

Sanctioned Tournaments

U.S. National Team

U.S. Olympic Committee

Racquetball Worldwide

AARA Official Publications & Reference

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Other Sites to Visit

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Sport History & Overview

Demographics, Summary, Facts & Figures

The Olympic Dream

AARA Profile & Programs

Sponsorship Opportunities

Media: Publications & Video

National Office contact information

National Office Staff List

State Affiliates Directory

AARA PROGRAMS

Membership

Sanctioning & Membership Benefits

Local Governance, Sanctioned Events

Secondary Athlete Insurance

Site Liability Insurance, Publications

Rankings

AARA Board of Directors

AARA Councils & Commissioners

State Organization Directory

State Newsletters & Websites

American Professional Racquetball Organization

"Club Racquet" Newsletter, including:

"AmPRO Insider" — for Instructors

"AmPRO Bottomline" — for Management

"AmPRO Courtside" — for Programmers

"AmPRO Sidelines" — for Coaches

List of new certified instructors

Clinic Schedule

American Collegiate Racquetball Association

ACRA Regional Directors

ACRA Regional Events & Results

Colleges & Universities with courts

How to start your own Program

Referee Certification—Lists of current refs

AARA Scholarship Program

Application information



The Panacea team poses before a local landmark (l-r): Curt Rettke, John Walczyk, Chuck Thomas, Gary Pan.

is essentially the largest library in the world. You can purchase your favorite products via electronic malls instead of traveling to your local mall. All of these services and many others will gain popularity as the Internet and related technologies progress and mature.

So how do I get access to the Web? You first need a PC with access to the Internet via a modem or network. If you have a modem, traditional Internet service providers such as America OnLine, CompuServe and Prodigy start at about \$10 per month. However, newcomers such as AT&T, MCI and many local firms are all offering very attractive rates between \$12 and \$20 per month for unlimited Internet access. All of these companies offer local access numbers for most areas of the United States. Please note the AARA home page is best viewed with the Netscape Navigator 2.0 or the Microsoft Internet Explorer Internet browsers. A 28.8 Kilobyte per second modem is also highly recommended but not necessary.

USER NOTEBOOK

Commentary about the web and racquetball, by some of the most active "surfers" online ...

GLENN CARLSON
U.S. Professional Racquetball Association [USPRA] Website:
www.uspra.com
email: cyberkid@pipeline.com

I began my WWW page because I love the sport of racquetball and had the insight to see the endless possibilities the Internet has to offer. The Internet is an expanding universe of networks that has doubled in size annually for a decade and now spans 150 nations. It's huge body of potential consumers are hooked into 6.64 million computers at a single keystroke. There are already 100,000 Web sites, and that number doubles every ten weeks.

The USPRA website currently lists everything from up-to-the-minute tournament results, a World Wide Player listing, to a pro shop called "The Racquetball Depot." In the second month of operation, our site was voted one of the Top 5% of all World Wide Web sites. We have been reviewed by every major search engine and received high marks in every category. After only six months on the Net we have had over 45,000 hits and last month alone over 6,000 players from around the world logged in to access the information we provide. The site contains over 4.5 megabytes of information about the sport of racquetball and that figure grows by 10% every month. Future plans include 30

second audio and video clips from top players giving instructional tips about the game, live chats from IRT pro stops and live broadcasts of matches from pro stops over the Internet. Our new address is <http://www.uspra.com>.



<http://www.racqmag.com>

How do I get to the AARA home page? Now that you have access to the Internet, your next step is to start up your Internet browser. All of the above Internet access providers give a free browser with their service. You then type in the Uniform Resource Locator (URL), or address, for the AARA home page. The address is: <http://racquetball.org>. The "front page" of the home page now appears. Just click on any colored, underlined text to bring up additional information on that topic. These are called hyperlinks. To help you know where you have been, any hyperlinks which have been accessed previously during the same session will appear with a different color. You can also easily retrace your previous "steps" by clicking on a back arrow near the top of the browser.

Internet Demographics. The CommerceNet/Nielson Internet Demographics Survey provides the following Internet findings from a survey of people 16 years or older living

ROBERT TARRALL

Unix System/Network Administrator
Laboratory for Computational Dynamics, Colorado University-Boulder
e-mail: tarrall@solarz.Colorado.edu

I'm a sysadmin, so I'm on a computer attached to the net about 8-12 hours a day. That's "way" too long to sit on my butt when I should be in a court practising... thus my interest in racquetball online. :-)

There seem to be a lot of rules questions in the newsgroup — the usual "can I play the ball after it hits the front wall for the second time" type questions, and some tougher ones as well. It'd be nice if Otto (or perhaps a score of well-educated underlings, depending on how popular this is) could be available to answer questions sent via email. The answers could be posted to the Web page so that they'd benefit future seekers of information as well.

One last thing — maybe some tips on training regimens for racquetball — there are plenty of videos out there that tell you how to hit the ball but fewer sources of information on which off-court exercises are good for improving power and endurance on-court.

ED CHANG

website: www-video.eecs.berkeley.edu/~changed/Rball/rballpage.html
email: changed@eecs.berkeley.edu

Since racquetball and web-surfing are two of my favorite activities, it was natural for me to put together my own racquetball web page. I see it

List of applicants and recipients
Elite Training Camps
Description, qualifier & Application form

SANCTIONED TOURNAMENTS

AARA Schedule of Events

1996, 1997, 1998, 1999, 2000

AARA Regional Events

1996 Adult Regional Qualifiers

1996 Junior Regional Qualifiers

Regional Weekends through 2000

AARA National Events

High School National Championships

Intercollegiate National Championships

National Singles Championships

Junior Olympic National Championships

National Doubles Championships

U.S. OPEN Racquetball Championships

Results

Record Book: AARA National Champions

U.S. NATIONAL TEAM

Current team list & bios

How to Qualify

Team events

Tournament of the Americas (April)

World Championships (August)

Results

Record Book: Tournament of the Americas

Record Book: World Championships

Record Book: Pan American Games

U.S. Team Alumni

U.S. OLYMPIC COMMITTEE

USOC Bulletin Board System

Elite Camp descriptions

U.S. Team Trials

U.S. Junior Team Trials

Pan American Games

Results

Record Book: U.S. Olympic Festival Results

Record Book: Pan American Games

RACQUETBALL WORLDWIDE

International Racquetball Federation

Demographics & Profile

Affiliates List & Continental Associations

Contact information & Staff List

IRF Calendar

International Events

Pan American Racquetball Confederation
"Tournament of the Americas"

WHAT DID THEY SAY ??

AFAIK	As Far As I Know
BTW	By The Way
BRB	Be Right Back
FAQ	Frequently Asked Questions
FWIW	For What It's Worth
IANAL	I Am Not A Lawyer, (but ...)
IDK	I Don't Know
IMHO	In My Humble Opinion
IFKWIM	If You Know What I Mean
LOL	Laughing Out Loud
OTOH	On The Other Hand
PMFJI	Pardon Me For Jumping In
TIA	Thanks In Advance
TPTB	The Powers That Be
TTFN	Ta Ta, For Now
ROTFL	Rolling On The Floor Laughing
RTFM	Read The Fabulous Manual
SOHF	Sense Of Humor Failure
SPAM	Stupid Person's AdvertiseMent
WRT	With Respect To
YMMV	Your Mileage May Vary
YWIA	You're Welcome In Advance

<http://www.uspra.com>

in the United States and Canada: • 17% have access to the Internet • 11% have used the Internet in the past three months • 8% have used the Web in the past three months • Internet users average 5 1/2 hours per week on the Internet • On average, people spend just as much time on the Internet as they do watching rented video tapes • Males represent 66% of Internet users and account for 77% of Internet usage • 14% of Web users have purchased products or services over the Internet • On average, Web users are upscale (25% have incomes over \$80K), professional (50% are professional or managerial), and educated (64% have at least college degrees) • 81% of Internet users are under 45 years old (O'Reilly & Associates Study published 1995).

If you compare this to racquetball demographics section of the AARA home page, you will find that both Internet users and racquetball players

as a way of giving back a little to the racquetball community by making some basic information available to racquetball players online. I've written up some basic rules and equipment advice, and I've drawn a court diagram to show the different lines and zones. In the future, I'd like to add some animation, maybe some basic stroke mechanics lessons.

The great thing about the internet is that it makes it easy for people to share information. People can set up their own web page or join the discussions on the newsgroup. Another way to contribute is to add to the Frequently Asked Questions (FAQ) list. I'd encourage everyone to get acquainted with the internet — you may find new playing tips, a new racquet, or even a new partner! See you on the net!

RENE HEHEMANN

Site: www.pi.net/~erfrene/home.html

E-mail: erfrene@pi.net

As you know my interest in racquetball dates back to 1978. Since the early eighties I have been involved in promoting the sport in the Netherlands and Europe. In the past decade racquetball was promoted in the old fashioned way.

Working with my computer is one of my other hobbies, it was not hard to bring the two things together. Looking for new means to promote the sport, I stumbled on the Internet in June 1995. In the first months I discovered the possibilities on the NET, and in the back of my head, I wanted to eventually create my own Home Pages for racquetball. Another way to promote the game in Europe! By the end of October I had my first edition of my Home Page and three

subpages. The European Racquetball Federation Home Page, the News subpage, the General Information subpage and the European Calendar subpage. By November I had added two more subpages with the results of the 8th European Championships and the 5th European Masters.

Periodically I revise the Home Page and the subpages. By doing that I hope that racquetball-fans keep coming back to my site. In the next few months I will modify my Home Pages, make them more colourful, add new texts and new pictures. I also want to include a counter and add some kind of form. Finally I'd like to introduce Hot Java. I am open for other suggestions as well. I hope more people involved in racquetball will join the racquetball family on Internet.

10

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Winner

<http://www.panatech.com>

tend to be upscale, professional, educated males under 45 years of age.

Credits. The AARA home page is designed, housed and maintained by Panacea Consulting, Inc., 2030 Clarendon Boulevard, Suite 205, Arlington, VA 22201-2291. Our home page address is <http://www.panatech.com>. Panacea performs systems and network integration services, telecommunication services and Internet services. If you wish to contact us regarding our services or to place an advertisement on the AARA home page, call Panacea at (703) 841-4348 or send email to webmaster@panatech.com. We also welcome your submissions and suggestions to make the AARA home page an invaluable tool for the racquetball community.

Lastly, I wish to express my sincere appreciation to Chuck Thomas and John Walczyk, who spent many late nights putting up this home page. Fortunately, we had some couches for them to sleep on!



OMRI BUZI

Website: www.geocities.com/paris/1985

e-mail: buzi@ix.netcom.com

I became interested in putting together a homepage when I started to surf the Internet. I saw that many individuals have their own home page where they tell about their interests and activities. I searched for racquetball on the Internet and saw that there was not much about racquetball. I started my homepage in September of 1995 with the support of my dad, Sam Buzi, who also plays racquetball. I spend a few hours every week on the Internet searching for subjects that interest me. The Internet has substituted almost all the time I used to sit and watch television. I am also active in the Boy Scouts and I regularly go on camp-outs. I also spend time on the Internet corresponding with both kids and adults that have signed my guest book. I send e-mail to my dad who spends a lot of time traveling. I spend time on the Internet looking for material about things I learn in school. I use online references and encyclopedias.

I am trying to get sponsored by a racquetball company and if I do I will write it on my page. My original intention of this page was to inform people about the Texas Amateur Racquetball Association (TARA) activities and rankings but I find it difficult to keep my page updated because of all my other commitments. I will make sure to update my page before the next RACQUETBALL Magazine comes out!

IRF World/National Intercollegiates

IRF World Championships

IRF World Senior Championships

IRF World Junior Championships

Results

Record Book: World Champions

Record Book: World Teams

Record Book: World Results

Record Book: Tournament/Americas

Record Book: World Games

Official IRF Rules

OFFICIAL PUBLICATIONS & REFERENCE

RACQUETBALL Magazine ONLINE

Abridged Rules for Everyday Play

1996 AARA Official Rules of Racquetball

1996 Factbook

Approved Eyeguard List

Tournament Director's Guidebook

Racquetball Bibliography/Reading List

Court Specifications

Racquetball 101: A Club Owner's Handbook

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RETURN TO MAIN PAGE ...

americas: cali, colombia



TOURNAMENT OF THE AMERICAS NOTEBOOK

At opening ceremonies, Jorge Alberto Mejia, representing the Colombia Olympic Committee (above), stated that he fully expects to see racquetball in the 2004 Olympic Games • The field was of the highest quality, with open players from 12 countries • Host country Colombia has great elite athletes and a great future if it becomes organized as a federation • Honduras sent five players, including top open player Franklin Raudales who wrecked his knee playing soccer on the day off • There was disappointment that Mexico and Canada fielded teams of only two men and two women each. The result: Canada dropped from the No. 2 position in the hemisphere to No. 5, which will seriously hurt future seedings.

PARC elections were held, appointing four year terms to:

Keith Calkins (USA), President
 Luke St. Onge (USA), Secretary General
 Enrique Villegran (Mexico), Treasurer
 Jose Viera (Bolivia), Vice President
 Oswaldo Maggi (Argentina), Vice President
 Jeff Leon (Panama), Vice President
 Manuel Medina (Venezuela), Vice President
 Ruben de la Guardia (Panama), Vice President

The PARC Congress voted to award the Pan Am Trials to Winnipeg, Canada in the Spring of 1998. • The PARC Congress voted to add mixed doubles (taking the place of one singles player per team) on a trial basis through 1999 • 1997 Tournament of the Americas will be held in Chihuahua, Mexico.

The organization of the games under General Manager Dr. Gabriel Reyes was fantastic, making it quite possibly the best overall





Tournament of the Americas held to date • The friendliness and genuine caring of the people of Cali made all the athletes and delegates feel special and comfortable • The transportation between the Hotel Dann and the club was always on time and frequent • A special thanks to Jim Hiser, Head official of the IRF and PARC who worked the desk, kept everything on

time and settled any dispute. Only once in ten days did the Rules Committee have to meet.

Venezuela, Panama, Bolivia, Colombia, Argentina and Ecuador brought juniors from age 10 to 18. All forecast a bright future for their country's program.



tournament of the americas: results

U.S. Racquetball Team earns 10th Tournament of the Americas Cup

**Tammy Brockbank upsets veteran
teammate Laura Fenton ... Brian
Rankin beats national champ Michael
Bronfeld**

The U.S. National Racquetball Team brought home both individual and team gold from the 10th Annual Tournament of the Americas held in Cali, Columbia, April 1-7. The U.S. squad was made up of current world, national and Olympic Festival champions – all seeking a tenth consecutive U.S. national team win against some of the toughest competition in the Pan American Racquetball Confederation. Top athletes from twelve countries tried for the cup, but the U.S. held on to it.

Tammy Brockbank, a former junior and intercollegiate champion from Boise, Idaho was successful in defeating seasoned veteran, Laura Fenton of Lincoln, Neb. in the women's singles final game 15-12, 15-13. Taking third and fourth places, respectively, were Malia Bailey of Norfolk, Va. and Canadian team member Christine VanHees.

In men's competition Brian Rankin, '95 national singles bronze medalist from Springfield, Mo. beat current national open singles champion Michael Bronfeld of Carmel Valley, Calif. in a narrow tiebreaker, 4-15, 15-12, 11-10. Taking third and fourth places respectively were Derek Robinson of Indianapolis, Ind. and Canada's Mike Ceresia.

In doubles the U.S. was also victorious with the team of Bill Sell of Huntington Beach, Calif. and Adam Karp of Santa Ana, Calif. defeating the Mexican team of Alvaro Maldonado and Eduardo Gonzalez 10-15, 15-12, 11-3. On the women's side, U.S. teammates and current national doubles champions Michelle Gould of Boise, Idaho and Cheryl Gudinas of Chicago, Ill. defeated the Mexican team of Rosie and Lupe Torres in straight games of 15-7, 15-3.



RESULTS

Men's Open Singles: Brian Rankin (USA) def. Michael Bronfeld (USA) 4-15, 15-12, 11-10; Derek Robinson (USA) def. Mike Ceresia (Canada) win by forfeit.

Women's Open Singles: Tammy Brockbank (USA) def. Laura Fenton (USA) 15-12, 15-13; Malia Bailey (USA) def. Christine Van Hees (Canada) 15-9, 15-7.

Men's Doubles: Bill Sell/Adam Karp (USA) def. Alvaro Maldonado/Eduardo Gonzalez (Mexico) 10-15, 15-12, 11-3; Gonzalo Amaya/Juan Carlos Tapias (Bolivia) def. Antonio Yamin/Ralph Reinhart (Venezuela) 15-13, 15-6.

Women's Doubles: Cheryl Gudinas/Michelle Gould (USA) def. Rosie Torres/Lupe Torres (Mexico) 15-7, 15-3; Maria Fda. Romero/Jack Parado (Bolivia) def. Virginia Pacheco/Lucia Sapere (Argentina) 15-5, 15-12.

FINISH BY COUNTRY

Overall Team	Women's Team	Men's Team
1. USA	1. USA	1. USA
2. Mexico	2. Mexico	2. Mexico
3. Bolivia	3. Bolivia	3. Colombia
4. Colombia	3. Canada	4. Bolivia
5. Argentina	5. Argentina	5. Argentina
6. Canada	6. Colombia	5. Canada
7. Venezuela	7. Dom. Republic	7. Venezuela
8. Dom. Republic		8. Panama
8. Panama		9. Honduras
10. Honduras		10. Ecuador
11. Ecuador		11. Chile
12. Chile		

PRO KENNEX HIGH SCHOOL CHAMPIONSHIPS

by Jen Yokota

Over 130 student-athletes converged on St. Louis for the 1996 ProKennex AARA U.S. National High School Championships, sponsored by Penn Racquet Sports, held in early March at the South Hampshire Racquet Club. Prestigious singles titles were secured by first-time winner Rhonda Rajsich of Thunderbird High School in Phoenix, Arizona and defending champion Eric Storey of Lawrence North High School in Indianapolis, Indiana. Both also earned invites to the 1996 Junior Team U.S.A. tryouts for their wins.

Boy's Gold

In the boy's division, #7 seeded freshman Ryan Staten of Dodge City, Kansas was knocked out in the round of sixteen by Seaside, Oregon senior Dan Darling, while Willie Tilton of Colorado Springs, Colorado survived a close call by Josh Tucker of Joplin, Missouri.

But the only true "upset" in the division occurred in the quarterfinal round, when #6 Erin Brannigan, a junior from Sand Point, Idaho defeated Jed Bhuta of Montgomery Academy, Alabama in a close tiebreaker, 8-15, 15-9, 11-9. After recovering from a big deficit in the tiebreaker, Brannigan's endurance from soccer helped him get past Bhuta, who sent several cut-off attempts into the ground.

The first semifinal was a rematch of last year's round between Mark Bloom and Eric Storey. This year's version shaped up to be Eric's toughest match of the tournament. The first game stayed close throughout, before Storey was able to take it 15-13. In the second, Storey held commanding leads of 9-0, then 12-1, before Bloom was able to mount a minor comeback. Still, Eric held on for the win at 15-2.

The final between Storey and Californian Rocky Carson served as the first meeting ever between the two, since they compete in different junior age divisions. A very focused Storey only allowed Carson one service attempt, and never gave Carson

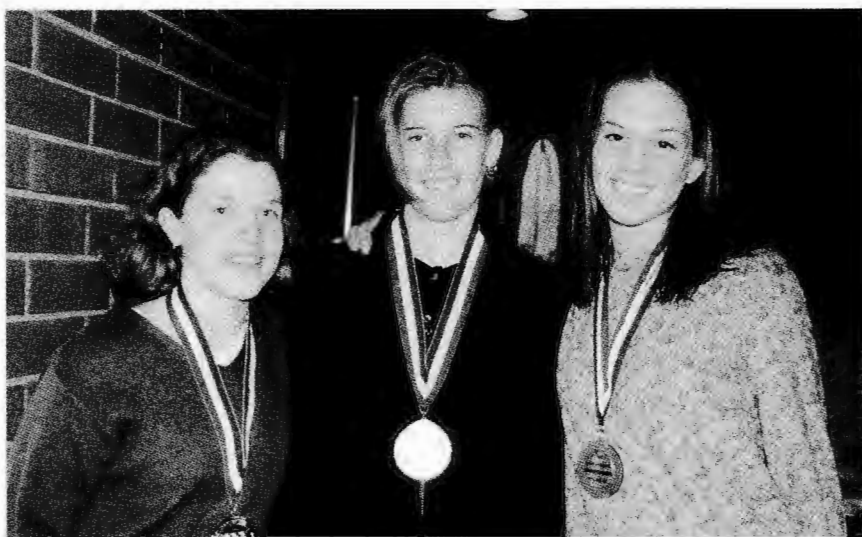
an opening as he won the first game 15-0. The second was a complete turnaround, with Carson taking an early 2-0 lead. Storey tapped in a pinch that Carson amazingly retrieved and put away. Rocky then proceeded to increase his lead to 7-0 before Storey launched a comeback and briefly regained an advantage at 8-7. The two battled back and forth before Carson was able to finish with a win to force the tiebreaker.

In the third, Carson and Storey stayed even until, tied at three points apiece, Storey returned to the plan that had won him the first game and took the match win, 11-5.

Girl's Gold

The girls gold bracket found the top eight seeds surviving to the quarterfinals. There, the only scare came to #4 seeded Katie Gould of Lafayette High School in St. Louis, who was taken to a tiebreaker by #5 Colleen Maginn of Portage-Turner High in Wisconsin. In the other match-ups, top seed Rhonda Rajsich defeated Brooke Crawford of Henley High School in Klamath Falls, Oregon; #2 Erin Frost, also of Henley, "drove" a great service game past Meghan Guardiani of Marlboro, Massachusetts; and #3 Sara Borland beat Nerinx Hall senior Aimee Tackes in two.

Semifinal match-ups between pairs of U.S. Junior Team members offered interesting viewing ... the first between juniors Rhonda Rajsich and Katie Gould. Gould jumped



Girls top three (l-r): Silver medalist Sara Borland, Champion Rhonda Rajsich and bronze medalist Katie Gould weren't camera shy at the awards ceremony. Photo: Jim Hiser.

national high schools: continued ...

to a quick lead in the first game with a mixture of serves and near-perfect pinches combined with backhand down-the-line kills. But Rajsich is never one to be counted out. She overcame a large deficit to even it up and eventually take the first game 15-12. In the second, Rajsich held on to her momentum, never gave Gould a chance to get into the game and closed out the match, 15-7.

Sidenotes:

The Sportsmanship Award went to Jason Schlude of St. Louis University High for his non-stop help throughout the tournament to AARA staffers Margo Daniels and Jim Hiser. Jason was awarded with a ProKennex Kinetic Bag. • The unofficial Iron Man Award went to Andrew Tucknott of Lincoln Southeast High School in Lincoln, Nebraska, who endured seven matches - on Sunday alone, while playing in three events. • Junior Team USA was represented by nine members at the tournament. • Wake-Up Calls were delivered to players and parents staying at the host hotel in the form of jackhammers used by the hotel's remodeling crew. • Multi-sport athletes were common as many of the competitors play other high school sports such as basketball, baseball, volleyball and soccer.

feeling nervous and pressured would be natural. But that was not the case as she overcame her usual slow starts by taking control and jumping to a fast lead in the first game. But, as she had in her semifinal, Rajsich launched a quick comeback with a combination of lob and drive serves. The two battled back-and-forth and had some exciting rallies until a series of incredible Rajsich diving gets helped her pull off a narrow game one win, 15-14.

Borland responded with effective drive serves to set up another lead in the second, but Rajsich again fought back to gain a 12-10 advantage. In the next rally, Rhonda picked up a point from a questioned roll-out, then reinjured a troubled left ankle on the following play. A tough cookie, Rhonda appeared to be in severe

pain throughout the 15-minute injury timeout, leaving questions as to whether she would be able to continue.

Borland recalled, "My first instinct was to see if she was okay. But I didn't want to win with a forfeit." Nor did she take sympathy on her opponent when play resumed. Most who know Rhonda knew that quitting was not an option, so when she regained the serve it was no surprise that she took the final point for the win.

Team Gold

Beaverton High School of Beaverton, Oregon, used strength in numbers and a favorable balance of girls and boys to capture the overall team title. Beaverton earned 123.5 team points to beat out Lincoln Southeast High School of Lincoln, Nebraska with 121 points, and Lafayette High School of St. Louis, Missouri with 109 points.

Beaverton's girls squad led the way, capturing the third place girl's team title, from a field of twenty teams. Beaverton's young ladies scored a total of 81.5 points, to finish behind first place Henley High School of Klamath Falls, Oregon with 105 points and Nerinx Hall of St. Louis, Missouri with 88.5 points. The boy's squad added 22 points to the overall team total, and the mixed doubles teams contributed another 20 to the win.

1996 marked the ninth year, and the largest draw, for this growing national event, plus a seventh consecutive year at the St. Louis location. An already strong junior program in Oregon, along with a new OJRA High School League, brought many new faces to the tournament. Returning to the event for the first time since 1989 was a team from Sarasota High School in Sarasota, Florida, who took home the boys team title.

Additional material provided by the Oregon Junior Racquetball Association.

RESULTS-BOY'S SINGLES GOLD: Eric Storey (Indianapolis, Ind.) def. Rocky Carson (Santa Maria, Calif.) 15-0, 12-15, 15-4. **GIRL'S SINGLES GOLD:** Rhonda Rajsich (Phoenix, Ariz.) def. Sara Borland (Bettendorf, Iowa) 15-14, 15-11. **Boy's Doubles**—Larry Peek/Mike Harmon (Sarasota, Fla.) def. Andrew Tucknott/Jason VonKaenel (Lincoln, Neb.) 15-13, 9-15, 15-9. **Girl's Doubles**—Erin Frost/Brooke Crawford (Klamath Falls, Ore.) def. Liana Kerwood/Christina Lewendal (Beaverton, Ore.) 15-8, 15-2. **Mixed Doubles**—Andrew Tucknott/Maggie DeBord (Lincoln, Neb.) def. Eric Arnsberg/Liana Kerwood (Beaverton, Ore.) 15-11, 15-8. **TEAM FINISHES-Boys:** 1. Sarasota High School, Florida; 2. Snider High School, Indiana; 3. Lincoln Southeast High, Nebraska. **Girls:** 1. Henley High School, Oregon; 2. Nerinx Hall, Missouri; 3. Beaverton High School, Oregon. **Overall:** 1. Beaverton High School, Oregon; 2. Lincoln Southeast High, Nebraska; 3. Lafayette High School, Missouri.

1996 E-FORCE AARA INTERCOLLEGIATE WORLD / NATIONAL CHAMPIONSHIPS

Eric Muller and Tammy Brockbank earned spots on the U.S. National Team for their intercollegiate wins in Fountain Valley, California on April 7. Brigham Young University won its second straight combined team title, along with a second women's team victory, while the University of Southern Colorado won its first men's team title. Following are the official results available at press time ...

Men's #1 Singles: Eric Muller (Harvard) def. Craig Rappaport (Univ. of Pennsylvania) 13-15, 15-8, 11-10; **Men's #2 Singles:** Richie Wagner (Univ. of Memphis) def. Javier Moreno (Univ. of Southern Colo.) 15-3, 15-12; **Men's #3 Singles:** Luis Bustillos (Univ. of Southern Colo.) def. Andy Yambrek (Univ. of Memphis) 12-15, 15-14, 11-8; **Men's #4 Singles:** Shawn Royster (Univ. of S.Colo.) def. Andy Reiff (Univ. of Fla.) 15-7, 15-6; **Men's #5 Singles:** Scott Erker (Univ. of Fla.) def. Tim Watkins (Univ. of Southern Colo.) 15-5, 15-10; **Men's #6 Singles:** Christian Guerra (Univ. of Southern Colo.) def. Dodd Gengenbach (Univ. of Memphis) 15-11, 15-14.

Men's #1 Doubles: Javier Moreno/Luis Munoz (Univ. of Southern Colo.) def. Kelly Kerr/Richie Wagner (Univ. of Memphis) 15-10, 15-9; **Men's #2 Doubles:** Luis Bustillos/Christian Guerra (Univ. of S.Colo.) def. Bryan Berkey/Asher Friend (Indiana) 15-7, 15-5; **Men's #3 Doubles:** Shawn Royster/Tim Watkins (Univ. of Southern Colo.) def. Scott Moerman/Dino Tashie (Univ. of Memphis) 15-10, 15-14.

Women's #1 Singles: Tammy Brockbank (Boise) def. Kerri Stoffregen (Miami Univ.) 14-15, 15-5, 11-5; **Women's #2 Singles:** Julie Taylor (BYU) def. T.J. Baumbaugh (Penn St.) 15-2, 15-3; **Women's #3 Singles:** Lori Whitlock (BYU) def. Jeanine Burgert (Univ. of N.Texas) 15-2, 15-5; **Women's #4 Singles:** Darla Wenger (BYU) def. Amy Rowell (Univ. of N.Texas) 15-4, 15-10; **Women's #5 Singles:** Amanda Van Orman (BYU) def. Lisa Miller (Nichols) 15-5, 15-13; **Women's #6 Singles:** Jacquie Bianchi (BYU) def. Tamra Kay (SMSU) 15-2, 15-2.

Women's #1 Doubles: Britt Engel/Sadie Gross (Univ. of Memphis) def. Christine McAlpine/Julie Taylor (BYU) 15-4, 15-2; **Women's #2 Doubles:** Darla Wenger/Lori Whitlock (BYU) def. Erin Cooper/Tere Rivera (Bryant) 15-3, 15-2; **Women's #3 Doubles:** Jacquie Bianchi/Amanda Van Orman (BYU) def. Rachel Patel/Amy Thurman (Univ. of N.Texas) 15-2, 15-10.

FINAL TEAM RESULTS (combined totals) — 1. Brigham Young University, 5855; 2. University of Memphis, 5438.5; 3. University of Florida, 3245; 4. Nichols College, 2814.5; 5. Pennsylvania State University, 2806.5; 6. University of Missouri/Columbia, 2427; 7. Southwest Missouri State University, 1587; 8. Baldwin Wallace College, 1336; 9. Texas A&M University, 1059.5; 10. U.S. Military Academy, 1019.5; 11. University of N.C./Chapel Hill, 486; 12. U.S. Air Force Academy, 342; 13. Providence College, 277.5. * Combined team points are only available to colleges which field a squad made up of at least two male and two female players.

WOMEN'S TEAM RESULTS — 1. Brigham Young University, 4400; 2. University of North Texas, 2378; 3. Pennsylvania State University, 2181.5; 4. University of Memphis, 2055.5; 5. University of Missouri/Columbia, 1217; 6. Southwest Missouri State University, 1075; 7. Treasure Valley Community College, 1000; 8. U.S. Military Academy, 940; 9. Bryant College, 905; 10. Boise State University, 905; 11. Miami University, 800; 12. University of Florida, 684; 13. Texas A&M University, 636; 14. Nichols College, 580.5; 15. University of Alaska, 532; 16. Shippensburg University, 466; 15. Baldwin Wallace College, 406; 16. Worcester Polytechnic Institute, 400; 17. University of N.C./Chapel Hill, 399.5; 18. Providence College, 272; 19. University of Tulsa, 200; 20. U.S. Air Force Academy, 124.

MEN'S TEAM RESULTS 1. University of Southern Colorado, 4350; 2. University of Memphis, 3383; 3. Indiana University, 2879; 4. University of Florida, 2561; 5. Nichols College, 2234; 6. Brigham Young University, 1455; 7. University of Missouri/Columbia, 1210; 8. University of California/Berkeley, 1080; 9. Harvard Law School, 1000; 10. Baldwin Wallace College, 930; 11. University of Pennsylvania, 800; 12. Pennsylvania State University, 625; 13. Southwest Missouri State University, 512; 14. Texas A&M University, 423.5; 15. Mott Community College, 400; 16. College of St. Rose, 332; 17. Rensselaer Polytechnic Institute, 266; 17. U.S. Air Force Academy, 218; 18. University of Alaska, 214; 19. University of North Texas, 200; 19. Columbus State Community College, 132; 20. University of Wyoming, 99; 21. University of N.C./Chapel Hill, 86.5; 22. University of Tulsa, 82.5; 23. U.S. Military Academy, 79.5; 24. University of Calif./Santa Barbara, 66; 25. Boise State University, 61; 26. University of Tennessee, 51; 27. Rancho Santiago College, 34; 28. SUNY/Farmingdale, 25.5; 29. Kent State University, 7; 30. Providence College, 5.5.



TOP: Overall team champions for a second year running – Brigham Young University.

BOTTOM: First-time men's team champs – University of Southern Colorado.

Photos: Courtesy, John Colantoni.





the line in

Defending Champion — Michelle Gould (odds 5 to 6) ... once again break your bank and bet the farm ... has too many strengths to lose her favorite event ... has been undefeated on

tour, where she rarely even dropped a game ... great serve and power ... most consistent shooter on the tour. Strengths: serve and deep court play ... Weakness: foot-speed during rallies.



'95 Silver Medalist — Malia Bailey (odds 1 to 3) ... lost at recent Tournament of the Americas ... showed some inconsistency and lack of motivation ... real life pressures of job and family seem to be priority ... if she trains hard in the weeks before Houston, she could again be a factor. Strengths: experience and patience ... Weakness: motivation.

'95 Bronze Medalist — Cheryl Gudinas (odds 1 to 3) ... equals Michelle in dedication and determination but lacks confidence against certain players ... has the all-around game to beat anyone ... needs to develop better footspeed ... always prepares well for Houston ... exhibits some inconsistency in early rounds on tour. Strengths: backhand splat and serves ... Weakness: footspeed.



'95 Semi-finalist — Laura Fenton (odds 1 to 4) ... hasn't beat any of the top seeds this season ... lost to Brockbank in the finals of Tournament of the Americas and showed some deficiencies ... needs to develop more consistency with service return, especially on squash lob serves ... can handle pressure of "tour" players. Strengths: moves well and forehand ... Weakness: inconsistent.

Tammy Brockbank (odds 1 to 3) ... most improved contender ... upset top-ranked Bailey and Fenton at recent Tournament of the Americas ... occasionally lacks confidence, but recent team victory and collegiate win should help ... good power and shot-making ability ... needs more experience but watch out, could upset anyone at any time! Strength: backhand ... Weakness: backhand.

Counterclockwise from top right: Michelle Gould, Malia Bailey, Cheryl Gudinas, Laura Fenton.

Jackie Gibson (odds 1 to 2) ... played one pro event and went to finals ... moves well, serves well and has good all-around game. Strength: shooting from deep court ... Weakness: old injuries (or new ones) could take their toll over a long tournament week.

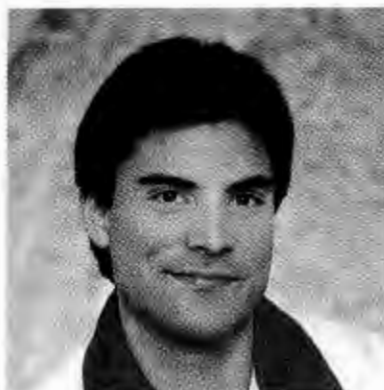
Amy Kilbane (odds 1 to 3) ... improved tremendously on the women's pro tour ... good speed and serve ... has confidence to beat anyone ... one of few players on tour to take a game from Michelle ... another dark horse, but could make semis. Strengths: speed and agility ... Weakness: temperamental.

SLEEPERS — Lynne Coburn (1/5) ... '95 quarterfinalist ... great serve but lacks consistency; **Chris Evon** (1/6) ... '95 quarterfinalist ... does she have desire?; **Kersten Hallander** (1/5) ... most gifted physically but inconsistent; **Marcy Lynch** (1/6) ... good player but not enough tools; **Kerri Stoffregen** (1/6) ... needs more experience but could be an early threat.

by
**Jim
Hiser**

houston...

Defending Champion — Michael Bronfeld (odds 1 to 1) ... determined to set a record and be the first "three-peat" national champion ... always peaks at Houston ... tremendous hand speed and foot speed ... exhibited some inconsistencies at Tournament of the Americas ... needs to develop more consistent drive serve. Strengths: hand speed, passing shots ... Weakness: serve.



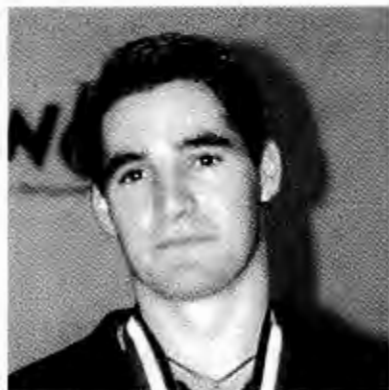
'95 Bronze Medalist — Brian Rankin (odds 1 to 3) ... tour experience has benefited his concentration ... never gives up ... good service game that frustrates opponents ... needs to concentrate early in games so he doesn't fall behind ... tendency to be inconsistent early. Strength: patience ... Weakness: backhand pinch.



'95 Semi-finalist — Doug Ganim (odds 1 to 3) ... as before, never underestimate ... great lob serve and still can shoot ... gets better as he plays so if he makes it through first rounds he could beat anyone. Strength: experience is his greatest asset ... Weakness: conditioning and early round sluggishness.



Top candidate for #4 seed — Adam Karp (odds 1 to 2) ... '95 U.S. Olympic Festival singles champion ... has improved all year ... tour experience a definite plus ... plays well against top players but sometimes struggles in early rounds. Strengths: speed and shot making ability. Weakness: winning big matches at Houston.



Ruben Gonzalez (odds 2 to 1) ... ageless competitor, but will playing two divisions (40+ and open) take its toll? ... will achilles injury be a factor? ... has played well at recent pro stops ... has the ability to beat all the top seeds ... definitely a contender that all the other players would rather see stay on the pro tour, *exclusively*. Strengths: experience, quickness, consistency. Weakness: recent injuries.

Dan Obremski (odds 1 to 4) ... absent from competitive play for a long period of time ... recent injuries could affect performance ... inability to kill the ball has been his nemesis. Strengths: great retrieving ability and conditioning ... Weaknesses: down-time and inconsistency.

Derek Robinson (odds 1 to 4) ... has talent but doesn't seem to be able to win big games ... must get through early rounds ... never know which Derek will show up ... the one who won the Olympic Festival in '94 or the one who lost in the quarterfinals in '95! Strength: retrieving ability ... Weakness: ability to hit on the run.

SLEEPERS — Tony Boscia (1/6) ... '95 quarterfinalist ... lacks intensity and experience; **Mike Engel** (1/3) good all around game could be factor; **James Lorello** (1/6) ... '95 quarterfinalist ... would have to get a great draw; **Todd O'Neil** (1/6) ... has got to beat his Houston jinx!; **Craig Rappaport** (1/5) ... unknown, but beware!; **Eric Storey** (1/5) ... inexperience could cause early defeat; **Shane Wood** (1/6) ... out of shape, could lose tough matches. **Chris Cole** (1/3) ... if he plays at all, a recent ACL injury could take its toll.

Clockwise from top left:
Michael Bronfeld, Brian Rankin,
Doug Ganim and Adam Karp.

pro file: irt & wirt

PROMUS HOTELS PRO CLASSIC IN MEMPHIS

by Darrin Schenck

The land of Elvis. It rained, it snowed, we were on TV, isn't life on tour grand? At the Racquet Club of Memphis the usual crew was on hand — plus Tim Doyle, who returned to the action after a layoff due to back problems.

Early rounds

The first round had some great match-ups, including two of the hardest hitters on tour — Tim Sweeney vs. Louis Vogel. In the end it was Vogel who looked sharp in a see-saw match and advanced in four games. In other four-game match-ups, Derek Robinson defeated Todd "Jelly Donut" O'Neil; Mike Ceresia showed up but lost to Brian Rankin; and Jason Mannino took out Scott Reiff. The "longest match" went to Josh Messina and Mike Engel, who battled it out for over two hours before Engel took the match 11-5 in the fifth.

Round of sixteen

The sixteens had its own brand of excitement, including a single-game loss by Swain to Robinson and Doyle beating Vogel in four. Everyone else won in three ... Guidry over Jelso, Ray defeating Engel, Monchik over Rankin, Mannino squeaking past Kachtik, Ellis sweeping Karp, and local hero Andy Roberts winning over Dan Fowler.

Quarterfinals

Doyle looked faster than ever and — down two games to one — had a chance to go ahead 8-4 in the fourth. But an untimely string break during a long rally changed the momentum, and Swain came back to win the all important third game, and match, 11-7. Ray and Guidry, always an interesting match-up, provided about two hours worth of entertainment for the Memphis crowd. This match had everything: three super tiebreakers and great diving gets ... even Mike Ray dove!!! Unfortunately, this gambit would effect him in his next round, but he did pull out the win in the end. Monchik and Mannino usually put on a good show, but this time Mannino looked a little flat, and lost 11-5 in the fourth.



Mike Ray & Mike Guidry in Memphis quarterfinal. All photos: Courtesy Killshot.

ADVANCING IN MEMPHIS: PROMUS HOTELS CLASSIC

Round of 16

Cliff Swain def.....	Derek Robinson 11-4, 11-7 5-11, 11-4
Tim Doyle def.....	Louis Vogel 11-5, 11-2, 10-12, 11-4
Mike Guidry def.....	Tony Jelso 11-2, 11-2, 11-7
Mike Ray def.....	Mike Engel 11-4, 11-1, 11-7
Sudsy Monchik def.....	Brian Rankin 11-3, 11-3, 11-1
Jason Mannino def.....	Drew Kachtik 11-9, 11-8, 12-10
John Ellis def.....	Adam Karp 11-6, 11-4, 11-2
Andy Roberts def.....	Dan Fowler 11-7, 11-4, 11-2

Quarterfinals

Cliff Swain def.....	Tim Doyle 11-4, 5-11, 11-10, 11-2
Mike Ray def.....	Mike Guidry 11-13, 14-12, 11-6, 13-15, 11-8
Sudsy Monchik def.....	Jason Mannino 11-6, 11-7, 12-10, 11-5
Andy Roberts def.....	John Ellis 11-9, 11-6, 11-5

Semifinals

Cliff Swain def.....	Mike Ray 11-3, 11-7, 5-11, 11-7
Andy Roberts def.....	Sudsy Monchik 5-11, 11-9, 6-11, 11-6, 11-4

FINAL

Andy Roberts def.....	Cliff Swain 10-12, 11-5, 3-11, 11-9, 11-6
-----------------------	---

John Ellis, a recent nemesis to Roberts, couldn't put it all together as Andy advanced in three straight.

Semifinals

The first match pitted Andy Roberts and Sudsy Monchik, a classic power face off. The two traded games to the tiebreaker, where Andy slowed the pace, and won 11-5, exiting the court to cheers from the hometown crowd of "Andy, Andy!" There's no place like home. Swain and Ray played a close match, although Ray was obviously hampered by a sore shoulder from his preceding match against Guidry. Mike was unable to stick with his usual game plan, which gives Cliff trouble, and Swain went on to win 11-7 in the fourth.

Final

So this final was just as the odds-makers would have wanted: #1 vs. #2. Andy had the advantage of playing on the court he grew up with, plus a momentum added by the vocal hometown crowd — but Cliff is at his best when the odds are against him. The match opened with the first game going to Cliff 12-10, followed by Andy winning the second 11-5. Cliff dominated the third 11-3, before Andy squeaked the fourth 11-9. The start of the fifth was tight, but Roberts soon took over to win 11-6. This stop marked the second half of the season, and Andy started it out right, taking the title and the first place check.



Andy Roberts in Atlanta.

ADVANCING IN ATLANTA: VCI CHALLENGE #3

Round of 16

Cliff Swain def.....Brian Rankin 11-6, 11-5, 11-5
Drew Kachtik def.....Louis Vogel 11-4, 11-7, 8-11, 11-13, 11-6
Tony Jelso def.....Brian Simpson 12-10, 11-7, 13-15, 11-3
Mike Ray def.....Woody Clouse 6-11, 11-8, 11-9, 11-6
Sudsy Monchik def.....Mike Engel 11-8, 11-6, 11-5
Jason Mannino def.....Tim Doyle 5-11, 11-5, 12-10, 11-3
Mike Guidry def.....Scott Reiff 11-0, 9-11, 11-2, 7-11, 11-6
Andy Roberts def.....Dan Fowler 7-11, 11-7, 8-11, 11-9, 11-8

Quarterfinals

Cliff Swain def.....Drew Kachtik 11-3, 11-3, 11-6
Mike Ray def.....Tony Jelso 11-4, 11-4, 11-7
Sudsy Monchik def.....Jason Mannino 11-2, 11-7, 11-5
Andy Roberts def.....Mike Guidry 11-7, 11-6, 5-11, 11-7

Semifinals

Mike Ray def.....Cliff Swain 5-11, 11-9, 9-11, 11-4, 11-8
Sudsy Monchik def.....Andy Roberts 8-11, 11-3, 11-7, 12-10

FINAL

Sudsy Monchik def.....Mike Ray 11-3, 11-5, 11-6

VCI CHALLENGE CUP SERIES #3 IN ATLANTA

Once again the IRT ventured to "Hotlanta" for the VCI Challenge Cup Series, where a host of local players were on hand to watch the pros battle it out for the title. Qualifiers for this event included James Mulcock, Buz Sawyer, Grant Giles, Vince Kelley, Aaron Embry, Mike Green and Brian Simpson.

Opening Rounds

And speaking of Brian Simpson, he became the story of the weekend by beating #5 seed John Ellis in four games! Although Ellis looked a little flat, Simpson played a tough match and pulled out some close games for the upset. The #10 seed Adam Karp and Scott Reiff went the distance in the best match of the first round. Reiff, not known for his luck in five games, pulled out the tiebreaker 11-7, with a close call ending the

match. Karp calmly discussed the call with the ref, but to no avail.

Another good first round match-up was #20 Mike Ceresia against #13 Woody Clouse. Clouse won the first, lost the next two, then took game four to force the tiebreaker. There the two players battled for nearly two hours before Woody was able to pull it out, 11-7. Other first round winners included Vogel over Ruben Gonzales (welcome back Rubes!), Rankin over Derek Robinson, Kachtik over Mike Glowa, Jelso over Josh Messina, Ray over Mike Green, Monchik over Vince Kelley, Engel over Darrin Schenck, Mannino over Dave Sable, Doyle over Aaron Embry, Guidry over Grant Giles, Fowler over Todd O'Neil and Roberts over Buz Sawyer.

Ding!! Round Two

In the second round played on Thursday, Andy Roberts and Dan Fowler went to yet another career five game match. Fowler seems to get closer every time these two play, but Andy still managed to pull out

the victory 11-8. Mike Guidry waged a back-and-forth battle against Reiff, with Guidry winning in the fifth 11-6. Jason Mannino, although slowed by a twisted ankle from his first match, managed to beat Tim Doyle in four. Mike Engel lost to Sudsy Monchik in three, as did Brian Rankin to Cliff Swain. Mike Ray defeated Woody Clouse in four, while Tony Jelso did the same to Brian Simpson. Drew Kachtik outlasted Louis Vogel in an ugly five game match in which both were slowed by injuries, but Drew managed to pull out the fifth 11-6.

Quarterfinals

The quarterfinals offered some familiar match-ups, including Monchik vs. Mannino, Swain vs. Kachtik, and Guidry vs. Roberts. Still slowed by his ankle injury, Jason lost to Sudsy in three while Drew fell just as quickly against Swain. Mike Guidry played a closer match that went to four games before the Roberts drive serve proved to be too much. Mike Ray and somewhat-regular quarter-finalist Jelso played the last match of the day, where Ray controlled the court to sweep in three.

Semifinals

The semis saw Roberts against Monchik, and Swain against Ray — a standard lineup over the last few tournaments — and the level of play just keeps getting better and better. In Memphis, Roberts had won the battle with the help from the hometown crowd, but

this was another week and Sudsy had other ideas. Monchik lost the first game 11-8, but came back to win the next three 11-3, 11-7, 12-10 in a ball-blasting display of raw power.

It seems that the only guy to really give Cliff Swain trouble (aside from Monchik) is Mike Ray, who has spoiled more than one tournament for Cliff this season. Trading leads from the start, Cliff won games one and three and Ray won games two and four, then jumped out to a huge 9-2 lead in the tiebreaker. But Cliff is never out of a match, and he slowly chipped away at his deficit, even getting some help from Ray in the form of some missed opportunities. Swain had battled back to a two-point margin at 8-10 when Ray served a lob-nick serve to the backhand. Cliff's return barely skipped, but was still a skip. Ray pulled off the upset and was on his way to the finals.

Final

The final featured two players of completely contrasting styles — Monchik rips every ball and Ray's shots sometimes appear to have a parachute attached to them. Both players are well-liked by the fans, and a good show was expected, but Ray seemed a little flat after his long match with Swain the day before, and Sudsy was on every ball that Ray hit. Monchik was just too much for Ray, as he won in straight games of 11-3, 11-5, 11-6.

ADVANCING IN PITTSBURGH

Round of 16

Cliff Swain def.	Derek Robinson 11-3, 9-11, 3-11, 11-7, 11-3
Jason Mannino def.	Tim Doyle 5-11, 10-12, 12-10, 11-8, 14-12
Louis Vogel def.	Dan Fowler 11-8, 5-11, 11-8, 11-3
Sudsy Monchik def.	Dave Sable 11-7, 11-5, 11-4
Adam Karp def.	Mike Guidry 7-11, 11-2, 11-0, 11-5
Tony Jelso def.	John Ellis 12-10, 11-8, 11-2
Andy Roberts def.	Brian Rankin 12-10, 11-8, 11-2

Quarterfinals

Cliff Swain def.	Jason Mannino 11-2, 11-0, 11-3
Mike Ray def.	Louis Vogel 11-5, 11-3, 11-5
Sudsy Monchik def.	Adam Karp 11-4, 11-7, 11-5
Andy Roberts def.	Tony Jelso 11-4, 10-12, 11-8, 11-5

Semifinals

Cliff Swain def.	Mike Ray 11-6, 11-2, 11-4
Andy Roberts def.	Sudsy Monchik 11-2, 8-11, 11-7, 11-6

FINAL

Cliff Swain def.	Andy Roberts 7-11, 11-5, 11-9, 11-3
-----------------------	-------------------------------------

PITTSBURGH PRO-AM

For the third stop in a row, the IRT went to yet another winter wonderland — tough assignments for us West Coast guys. The Racquet Club of Pittsburgh was our destination, and everyone arrived in top form.

The qualifying draw was stacked with players, including hometown hero Dan Obremski. Dan made it into the main draw along with Matt Adesso, Adam Priamo, Tim Ackerman, Mike Orr, and Karl Waeckerle. As usual, the top seeds advanced unscathed, while other first round match-ups were a bit tougher, including Derek Robinson over yours-truly Darrin Schenck, Brian Rankin over Josh Messina, John Ellis over James Mulcock in five, Adam Karp over Buz Sawyer in four, a surprise upset of Woody Clouse by Dave Sable, Tony Jelso over Jason

Thoerner, Mike Engel over Mike Glowa, Dan Fowler over Kerry Graham, Tim Doyle over Brian Simpson, and by far the closest match of the first round, Jason Mannino over a returning-to-form Ruben Gonzales 11-7, 6-11, 6-11, 12-10, 12-10!

Round Two: Sixteens

The sixteens held a few surprises, including #16 seed Derek Robinson taking Cliff Swain to a tiebreaker before losing the fifth 11-3. And, not to be outdone by his first round upset, Mannino was at it again, this time spoiling Tim Doyle's run. Doyle was up 2-0 and big in the third, but stalled and then lost 14-12 in the fifth. Mike Ray won in three over Mike Engel, Monchik did the same to Sable, and Adam Karp

took advantage of a slowed Mike Guidry to win in four. In another surprise, Tony Jelso beat John Ellis in straight games. And to round out the evening, Louis Vogel provided some excitement in his match with Dan Fowler, where some of the between-game antics proved to be more entertaining than the match itself. Welcome to life on tour!

Quarterfinals

The quarterfinals saw a close match between Andy Roberts and Tony Jelso, who played well but was outlasted by Andy 11-4, 10-12, 11-8, 11-5. The other three matchups were not as close, with each ending in straight games. Mannino, visibly slower from his other two lengthy matches, was routed by Swain; Mike Ray played his typical steady pace to

defeat Vogel; and Sudsy Monchik took Adam Karp out of the tournament in short order.

Semifinals

The semis headlined the top four players in the world: Monchik vs. Roberts and Ray vs. Swain. The Racquet Club of Pittsburgh was sold out in anticipation. Although Ray has had Swain's number as of late, it was not to be in this semifinal, as Cliff won in three straight 11-6, 11-2, 11-4.

The Monchik/Roberts match-up was a bit closer, with Andy winning in four games of 11-4, 10-12, 11-8, 11-5. Andy was putting away everything he could touch and hoped to be the favorite going into the finals on Sunday.

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Photo by John Foust

Final

A capacity crowd wondered if Cliff Swain could break the Pittsburgh drought. Roberts started off strong with an 11-7 first game win, but Cliff was undaunted by the preliminary charge and settled into his game plan of keeping Andy off balance and running. Cliff took the next three games with an array of great gets, perfect execution and even a little touch shot now and then — to win this stop 7-11, 11-5, 11-9, 11-3.

WIRT PHILADELPHIA GRAND SLAM

By Cheryl Gudinas

The Highpoint Athletic Club in Chalfont, Pennsylvania hosted the second stop of back-to-back tourneys for the WIRT, January 25-28. A favorite site for many of the pros, the club, Molly O'Brien and her staff once again put on a wonderful tournament, and the players were thrilled to be back.

Round of 16 Opener

Top seeds Michelle Gould and Cheryl Gudinas were victorious in early rounds, but #3 seed, Chris Evon, had

a rough go of it early on, falling to Molly O'Brien in four games. In the #4 spot, Amy Kilbane spoiled quarterfinal hopes for Janet Myers after a straight game win. Marcy Lynch played brilliantly to eliminate Michelle Wiragh (perhaps that IDN was kicking in?!), and Kim Machiran also won easily, defeating Lisa Calitri in three.

The barn-burners of the 16s included a grudge match between Doreen Fowler and the ever-intense Anita Maldonado, in which Doreen advanced through an 11-6 breaker victory. A bit earlier than either player would have preferred, Laura Fenton (after a few missed stops this season) came in as the #12 seed against #5 seeded Lynne Coburn. This rollercoaster match flip-flopped games until the fifth when Fenton put a great game together to win 11-2.

Quarterfinals

A true-to-form Gould didn't allow the long reach of Kim Machiran to derail her at all, and instead, she just got better as she went along to win three straight, 11-8, 11-3, 11-1. Molly O'Brien continued her fine play, showing Fowler that she was on a mission to make it to the next round in straight games, while Cheryl Gudinas did the same in defeating Marcy Lynch, who never seemed to get in her groove. But Laura Fenton found herself in yet another close five-game struggle, this time

ADVANCING IN CHALFONT

Round of 16

Michelle Gould def.....Dina Moreland 11-1, 11-0, 11-0
Kim Machiran def.....Lisa Calitri 11-6, 11-2, 11-3
Laura Fenton def.....Lynne Coburn 8-11, 11-4, 4-11, 11-0, 11-2
Amy Kilbane def.....Janet Myers 11-4, 11-5, 11-6
Molly O'Brien def.....Chris Evon 6-11, 11-7, 11-5, 12-10
Doreen Fowler def.....Anita Maldonado 7-11, 11-8, 12-10, 6-11, 11-6
Marcy Lynch def.....Michelle Wiragh 11-4, 11-1, 11-3
Cheryl Gudinas def.....Lorraine Galloway 10-12, 11-1, 11-7, 11-1

Quarterfinals

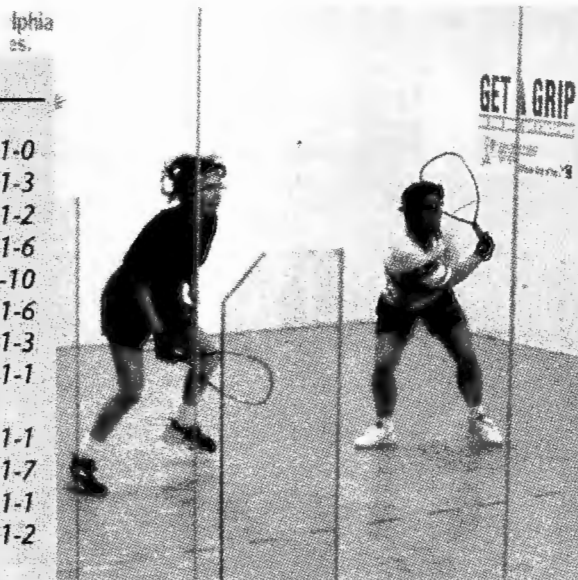
Michelle Gould def.....Kim Machiran 11-8, 11-3, 11-1
Laura Fenton def.....Amy Kilbane 8-11, 11-7, 11-5, 8-11, 11-7
Molly O'Brien def.....Doreen Fowler 11-5, 11-7, 11-1
Cheryl Gudinas def.....Marcy Lynch 11-1, 11-6, 11-2

Semifinals

Michelle Gould def.....Laura Fenton 11-8, 11-1, 11-1
Cheryl Gudinas def.....Molly O'Brien 11-5, 11-4, 12-10

FINAL

Michelle Gould def.....Cheryl Gudinas 11-2, 6-11, 11-0, 11-4



Laura Fenton (left) and Amy Kilbane go the distance in Chalfont. Photo: Courtesy, WIRT.

emerging as the victor over Amy Kilbane with a much narrower margin of 11-7. Any match up between these two is a treat to watch!!

Semifinal

In the semis, Fenton's run was destined to end as she went up against former doubles partner Michelle Gould. But Laura gave Michelle a run for her money early in the first, but still dropped the game 8-11. Then, typical of Michelle, she responded to the wake up close-call, and kicked it into high gear to cruise through the next two, 11-1, 11-1.

Prior to their match, Molly O'Brien popped up everywhere to good naturedly remind opponent Cheryl Gudinas of how much she wanted to win their match. But Gudinas was on her own mission to redeem herself for an early round loss the previous week. Cheryl started out strong, but Molly seemed to improve with each game, and only narrowly lost the third 12-10.

Final

The final would again see current doubles partners Gould and Gudinas face off. In the first game, Gudinas had a difficult time returning Gould's devastating drive serves, and rarely managed to get into the service box herself. But in the second it was Gudinas who held service early, taking a 6-0 lead. Gould tried to stage a comeback by switching from her drive serves to lobs, but the attempt fell short with a 6-11 loss. But Michelle quickly recaptured her game face, her drive serve, and her "business as usual" mode, to dominate the next two games with splats and cross court kills and win the match, 11-2, 6-11, 11-0, 11-4.

ANNAPOLIS OPEN

In mid-February, another snowstorm followed the women's pros to a first-time WIRT host site, the Merritt Athletic Club of Annapolis, Maryland.

Early rounds

Even with only one forfeit due to the weather, no unseeded players advanced past the round of sixteen. Marcy Lynch was taken to five games by unseeded veteran Janet Myers, but Lynch would prevail in the 11-5 tiebreaker.

Quarterfinals

In the quarters, Molly O'Brien faced a much-improved Anita Maldonado (seeded #3 for the tournament), and

get through the match early in straight games of 11-10, 11-6, 11-1. Amy Kilbane, #4 seed, needed four games to defeat Marcy Lynch, while Michelle Gould played solid ball against Lorraine Galloway to advance in three. Perhaps the most interesting match was between "hometown" favorite Lynne Coburn and #2 seeded Cheryl Gudinas, who could get nothing going early and found herself down 2-0 in games before she knew it. But in the third, Coburn cooled off a bit and allowed Cheryl to win a game and get back on track. In the fourth Coburn missed some shots she hadn't earlier, and Gudinas began to look a bit more confident with an 11-3 win. In the fifth, Gudinas was glad to get out of there alive with an 11-6 victory.

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ADVANCING IN ANNAPOLIS

Round of 16

Michelle Gould def.by
 Lorraine Galloway def.Doreen Fowler 11-4, 14-12, 11-7
 Marcy Lynch def.Janet Myers 11-9, 7-11, 11-9, 7-11, 11-5
 Amy Kilbane def.by
 Anita Maldonado def.by
 Molly O'Brien def.Kim Machiran win by forfeit
 Lynne Coburn def.Dina Moreland 11-8, 11-7, 11-4
 Cheryl Gudinas def.by

Quarterfinals

Michelle Gould def.Lorraine Galloway 11-0, 11-8, 11-2
 Amy Kilbane def.Marcy Lynch 11-5, 3-11, 11-6, 11-4
 Molly O'Brien def.Anita Maldonado 12-10, 11-6, 11-1
 Cheryl Gudinas def.Lynne Coburn 3-11, 8-11, 11-7, 11-3, 11-6

Semifinals

Michelle Gould def.Amy Kilbane 11-7, 11-2, 11-2
 Cheryl Gudinas def.Molly O'Brien 11-8, 12-10, 7-11, 9-11, 11-5

FINAL

Michelle Gould def.Cheryl Gudinas 11-1, 11-1, 11-1



ABOVE RIGHT: Lynn Coburn goes for a forehand. **ABOVE:** In one of his last matches before moving to Korea, referee Curl Karmelin is thanked by Michelle Gould (left) and Cheryl Gudinas in Annapolis. **RIGHT:** Cheryl Gudinas (foreground) leans in for a shot against Michelle Gould in their final. **Photos:** Courtesy WIRT.



Semifinals

Gould looked strong against Amy Kilbane by mixing her patented drive serves with accurate squash lobs. Kilbane could do nothing to return the lobs, which allowed Gould to play her usual serve-and-shoot style and win in straight games.

Gudinas continued to struggle against Molly O'Brien, this time taking the first two games, 11-8, 11-10, but dropping the next two, 7-11, 9-11. And O'Brien was fired up for the tiebreaker, but Gudinas would go back to basics, and slug away until she could get the win, 11-5.

Final

After having struggled all tournament, Gudinas did not give Michelle Gould much to worry about in the final. Gould kept her guessing on serves, and Gudinas didn't see many offensive opportunities for herself. So another WIRT title went to Gould, with a handy 11-1, 11-1, 11-1 victory.



Not just a sweet spot

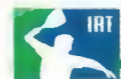
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PRO UPDATE

From Press Releases

PROMUS HOTELS NAMED TITLE SPONSOR OF U.S. OPEN RACQUETBALL CHAMPIONSHIP

The American Amateur Racquetball Association formally named the Memphis-based Promus Hotel Corporation as title sponsor of its debut U.S. OPEN event to be held later this season. A press conference was hosted by the event's designated charity, the St. Jude's Children's Research Hospital in Memphis on April 30. The "Promus Hotels U.S. OPEN Racquetball Championships" will feature both the men's and women's top-ranked pros, along with the nation's best amateurs in skill division competition at the Racquet Club of

Memphis, November 13-17. The Promus Hotel Corporation is the parent company for Embassy Suites, Hampton Inn, Hampton Inn & Suites, and Homewood Suites and was represented at the press conference by President Ray Schultz and Senior Vice-President Mark Wells.

APPLAUSE

Thanks to Promus Hotels for sponsoring a wonderful event in Memphis. The tournament staff did a great job — thanks to Marty Austin, Martha, Tangela, and the rest of the crew for all their hard work. At VCI's third challenge stop in Atlanta, everybody did a great job

hosting an exciting event. But next year, please try to arrange some above zero temperatures and halfway decent weather!!!



EKTELON RE-SIGNS ANDY ROBERTS TO THREE YEAR CONTRACT

Andy Roberts, the #2 ranked IRT men's pro player this season, was recently re-signed to a multi-year contract by Ektelon. After over-

coming a potentially career-ending knee injury suffered by 1994 in Pittsburgh, Andy claimed a series of tour stop wins in 1995, plus several more recent victories in 1996 to regain his top ranking and to re-establish himself as one of Ektelon's top pro players.

Andy commented, "It's great to be continuing my relationship with the leader in the industry. Ektelon has always been in the forefront in racquetball performance technology, which, in turn, helps translate into wins for me."

Dave Peck, Ektelon's Player Promotions Manager and former National Champion commented, "Andy is one of the most strategic and tenacious players ever to compete. His dedication to the sport on and off the court reflects the characteristics that Ektelon is looking for in sponsored players. Most recently, he's been featured in our Ektelon Racquetball Workout video, which is designed in part to introduce new people to the game, and was featured in our Total Racquetball and Fitness Magazine as well. He's been a Team Ektelon player throughout his career and gladly, will be for the remainder of his pro career."

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pro rankings & calendar

IRT RANKINGS

1. Cliff Swain2384
2. Andy Roberts2292
3. Sudsy Monchik1887
4. Mike Ray1718
5. Mike Guidry.....1494
6. John Ellis.....1334
7. Drew Kachtik1324
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9. Jason Mannino.....920
10. Tony Jelso900
11. Tim Doyle.....826
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13. Mike Engel.....682
14. Dan Fowler638
15. Brian Rankin.....621
16. Woody Clouse.....612
17. Aaron Katz620
18. Derek Robinson.....380
19. Mike Ceresia.....310
20. Darrin Schenck309

VCI CHALLENGE CUP SERIES BONUS POOL

1. Cliff Swain
2. Sudsy Monchik
3. Andy Roberts
4. Mike Ray
5. Mike Guidry
6. Drew Kachtik
7. Louis Vogel
8. Tony Jelso

TACKI-MAC BONUS POOL

1. Mike Ray
2. John Ellis
3. Louis Vogel
4. Jason Mannino
5. Mike Engel
6. Brian Rankin
7. Woody Clouse
- 8T. Darrin Schenck
- 8T. Josh Messina

HEAD ATHLETIC BONUS POOL

1. Cliff Swain
2. Sudsy Monchik
3. Mike Ray
4. Louis Vogel
5. Mike Engel
- 6T. Dan Fowler
- 6T. Adam Karp
8. Brian Rankin

PRO PENN GLOVE BONUS POOL

1. Mike Ray
2. Louis Vogel
3. Jason Mannino
4. Mike Engel
- 5T. Brian Rankin
- 5T. Woody Clouse
7. Darrin Schenck
8. Mike Glowa

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1. Michelle Gould.....983
2. Cheryl Gudinas.....612
3. Amy Kilbane481
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1996 PRO TOUR SCHEDULE

May 15-19

IRT World Championships
Bayhill Athletic Club
Milpitas, California

June 5-9

IRT Tournament of Champions
RAD Eyewear WIRT
Tournament of Champions
Multnomah Athletic Club
Portland, Oregon

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The Racquet Club of Memphis
Memphis, Tennessee

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CHITOSAN, WEIGHT MANAGEMENT AND HEALTH

by Marcy Lynch, C.N.C.



Wouldn't it be nice if there was a quick fix, a magic pill or a liquid meal replacement that would make all our weight worries disappear and assure us of dynamic health and longevity? If you've read any of my previous articles you know that I'll be the first to tell you that there is no such thing. Eating a low-fat, balanced diet, exercising regularly and assuring the body of proper nutrients is

the only way to lose weight, keep it off and live a healthy lifestyle.

Having said that, my attention has been drawn lately to a discussion of various fibers, their ability to block the body's absorption of fat and the resulting impact that could have on health. It's known that dietary fiber has the ability to help the body absorb less fat by randomly entrapping some of the lipids (fat) and passing them through the digestive tract without being assimilated (remember the oat bran craze?). Fibers also have important cleaning attributes which aid in the digestive process and promote regularity along with intestinal health.

I have most recently been introduced to a unique fiber called chitosan. Chitosan is derived from the exoskeletons of shell fish. In nature, chitosan is second in abundance only to cellulose which is derived from plant sources. Unlike cellulose, chitosan has a positive ionic charge. Most fibers are either neutral or negatively charged. This positive charge gives chitosan the potential to attract and chemically bind with lipids, bile acids and other negatively charged molecules present in the digestive tract.

In vitro laboratory research shows that chitosan can entrap significantly higher amounts of lipids than other fibers. Research on laboratory rats (rats fed high fat diets along with doses of chitosan) confirms chitosan's ability to attract and pass, in the fecal matter, lipids in the digestive tract.

There are many forms or grades of chitosan. Some low grade forms are used in cosmetics and cleaning agents. One form of chitosan has been used in cleaning up oil spills because of its ability to attract and bind with oil (fat). The highest grade chitosan is now being marketed in capsule form for consumption by those desiring to reduce their dietary intake of fat.

Who might benefit from such a product? The potential benefit with regard to weight loss is extraordinary. Thirty-three percent of adult Americans are obese. Sixty-eight percent are overweight. Reducing the amount of fat which the body absorbs also reduces the number of calories associated with that fat, assisting in the moderate calorie reduction needed for weight loss.

Beyond vanity, there's no denying that excess body fat plays a significant role to our overall health. Scientific study after study shows that being over fat placed us at a higher risk of disease; heart disease, stroke, diabetes and some forms of cancer.

Chitosan does not work in isolation. As a component of a weight management program that includes a low fat diet and exercise, chitosan can offer valuable assistance.

I believe that too much focus is placed on repairing damage or curing disease in the American health care system. We wait to get sick and then be "fixed." The task of staying healthy and preventing disease is up to each of us individually. We have it within our power to make the changes that will keep us healthy. Nutrition is clearly a key, whether it's fending off interior attacks from free radicals or reducing fat intake.

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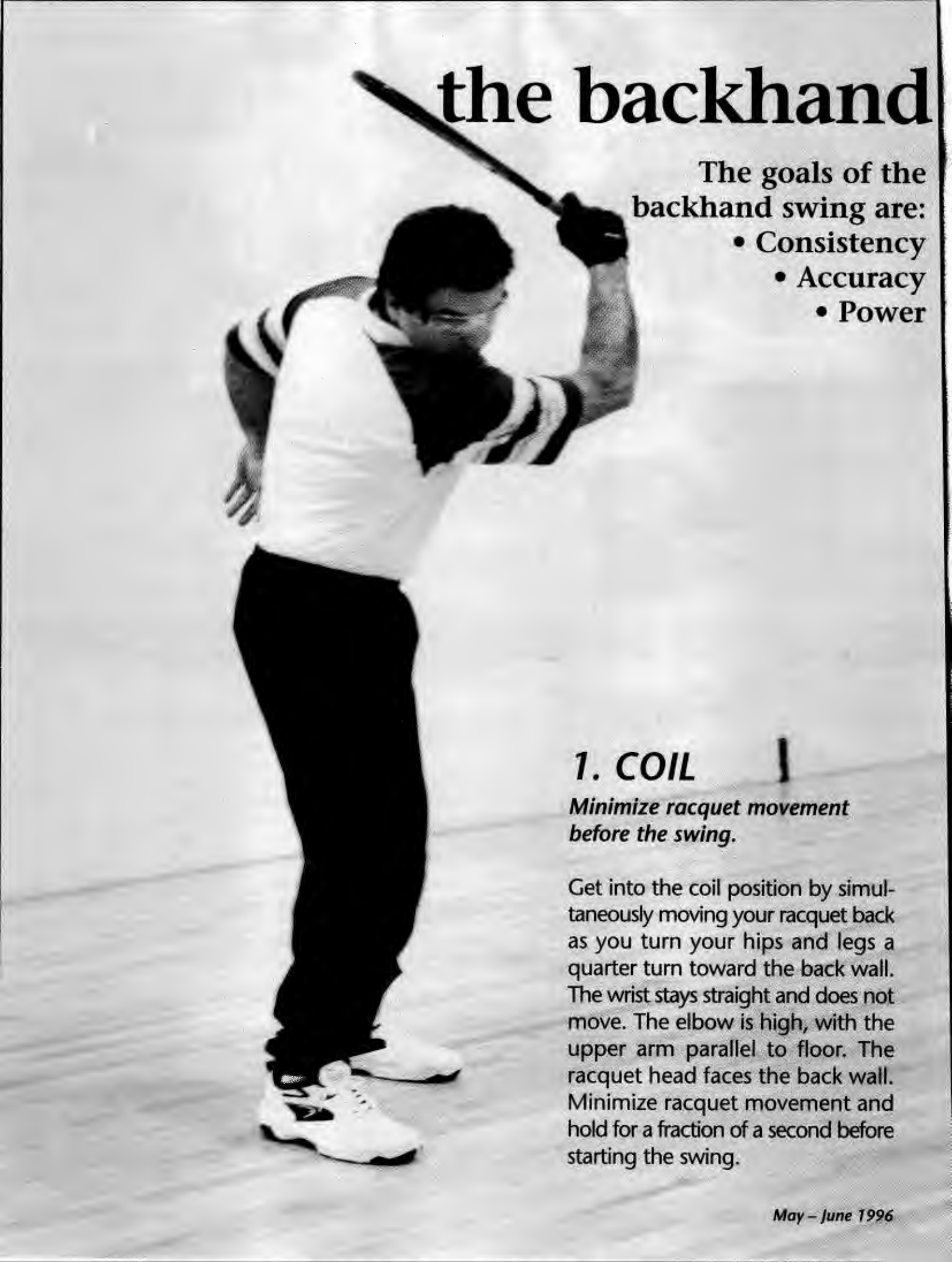
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the backhand

The goals of the backhand swing are:

- Consistency
- Accuracy
- Power

1. COIL

Minimize racquet movement before the swing.

Get into the coil position by simultaneously moving your racquet back as you turn your hips and legs a quarter turn toward the back wall. The wrist stays straight and does not move. The elbow is high, with the upper arm parallel to floor. The racquet head faces the back wall. Minimize racquet movement and hold for a fraction of a second before starting the swing.

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2. EXTENSION

Head, shoulder, arm and wrist form a straight line.

Step forward toward the ball. Drive the front leg forward and drive your shoulder and elbow through the ball. Bend or straighten your front leg to adjust to the height at which you're making contact with the ball. Drive hard. When your elbow is aligned with your front knee, fully extend your arm to contact the ball when it is at the heel of your front foot. Upon contact with the ball, head, shoulder, arm and wrist form a straight line extending to the end of the racquet. If you adjust to the height at which you're making contact with the ball, you should be able to kill the ball from the shoulder to shoelace height.





3. FOLLOW THROUGH

Hip rotation is the source of power.

The hips come around as you follow through with the racquet, and your body naturally follows upward. Hip rotation is the source of power in the backhand, as it is in the forehand.

Tips from the Top ...

"To me, the backhand is a much more natural stroke. The backhand is a pull stroke, while the forehand is a push stroke, and it's always easier to pull something than it is to push it. One of the things I try to get beginners to do is to spend equal time on the backhand and forehand ... and hopefully they'll progress with no favoritism."

Doug Ganim, World, National and U.S. Olympic Festival doubles gold medalist.

"You need to learn to grow and change with the game. If you're willing to do that, then you're going to become a very good racquetball player."

Tom Travers, two-time national champion, racquetball teacher and coach.

"The number one thing at all levels is to go out there and have a good time. I find that to be good advice for top pros and for low-ranked amateurs just trying to get a workout."

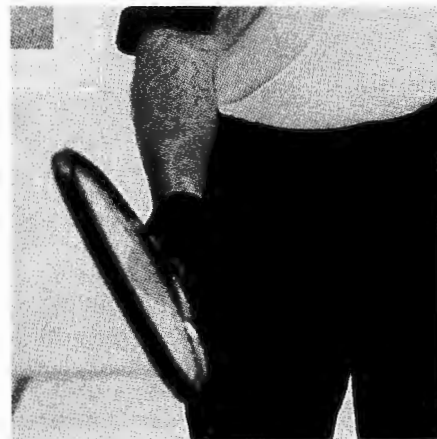
Cliff Swain, Top ranked IRT pro tour athlete.

"I use my lower body - my hips, legs, waist and back - to generate all my power. I try to rotate my body as far as possible before I strike the ball." **Doug Ganim**

BACKHAND GRIP

The backhand grip is slightly different from the forehand grip. Most players rotate their grip on the handle so that the face of the racquet turns slightly downward. This adjustment helps keep the face of the racquet perpendicular to the floor when it contacts the ball during the backhand swing. Changing your grip can give you more control of the racquet during backhand shots.

Do what works best for you.





PERFORMANCE SERIES:
Shot Selection—Winning Combinations
 By Michelle Gould



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Racquetball is an easy game to learn and provides a fantastic way to get a total body workout and have a lot of fun at the same time! If you can master a few simple guidelines about the smartest shots to choose and when to hit them, you will be on your way to a winning style of play. Many players have a difficult time just getting the ball to the front wall during a rally, let alone trying to hit the smartest shot.

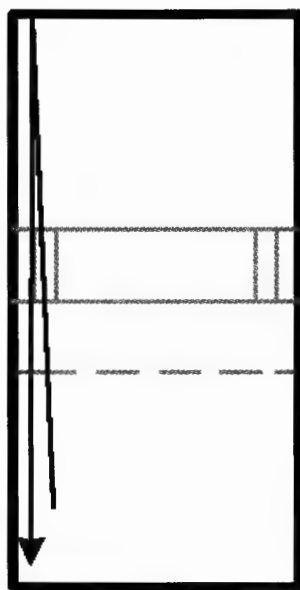
You'll have to be patient as your mind and body learn these skills and adjust to a new and improved game plan with your shot selection. If you persevere, the results will be well worth the effort. With improved shot selection, you will experience greater success with your game, even when your shots are less than perfect.

There are three primary shots that all players must be familiar with: (1) the down-the-line passing shot, (2) the cross court passing shot, and (3) the pinch shot. These three shots are the ones most often used in the game of racquetball. Refer to the diagrams to see what each of these shots looks like.

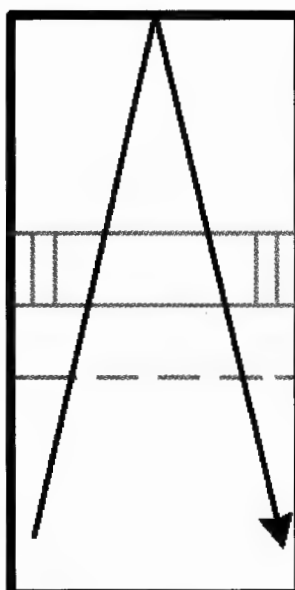
It's basic — you always want to hit a shot that will put the ball at the farthest point away from your opponent. This will always be a shot that is hit to, or ends up in, one of the four corners. The down-the-line, cross court, and pinch shots will get the ball into the four corners. Your job is to figure out which corner is the furthest from your opponent. Some specific examples follow.

The down-the-line and cross court passing shots are excellent offensive shots when used in the proper situations. They should be used offensively when your opponent is in center court, or immediately next to center court. Remember, you always want your shot to travel to the farthest point away from your opponent. When you make them travel the greatest distance to retrieve your shot, your chances of making this a "rally-ender" will go up substantially.

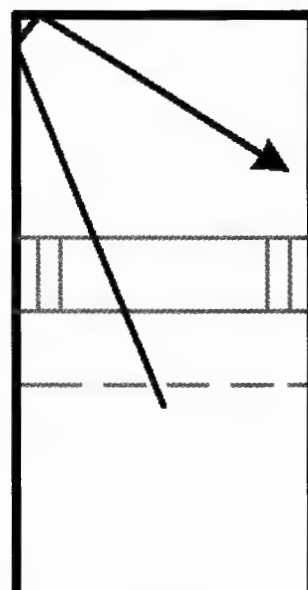
In each of the remaining diagrams, "you" are represented by the "X" and are shown hitting the ball. Your opponent is represented by the O. **In diagram #1** (next page), the down-the-line passing shot is the highest percentage shot, not a cross court shot (because a cross court shot would have to travel through the middle of the court, within one step of your opponent, to get to



*Down-The-Line
 Passing Shot*



*Cross Court
 Passing Shot*



*Pinch
 Shot*

the opposite back corner). By hitting a down-the-line pass, you force your opponent to travel the farthest distance to retrieve your shot.

In diagram #2, the cross court pass is the better shot because your opponent has taken one step toward your side wall and has left the far side of the court open. This leaves a down-the-line passing shot within a single step, and they may be able to cut it off before it passes them. If you hit a cross court passing shot, your opponent will have to run the farthest distance to retrieve your shot.

In diagrams #3 and #4, the pinch shot is the highest percentage shot you can hit because your opponent is behind you in the back of the court. This makes one of the front corners the farthest point away from your opponent. Again, you always want your shot to travel to the farthest point away from your opponent. Hit the ball into the side wall your opponent is standing closest to; which will send the ball to the opposite side of the court, or ... the farthest point away from your opponent. Again, your chances of ending the rally with this shot are significantly better.

There is one other basic principle that you must learn and be disciplined enough to use as an automatic reaction. If you don't have an offensive opportunity, go on defense by hitting a ceiling ball. A ceiling shot will reduce your chances of making an unforced error and allow you enough time to regain center court position. The ideal game plan during any rally should place you as close to the center of the court as possible, where you will have a much better chance of retrieving your opponent's shots, and you will be better prepared to make offensive shots.

Always remember this: the optimal game plan requires that players at any skill level must know where their opponent is positioned on the court before they can choose the highest percentage shot. It will take some time and practice on your part to get used to making decisions about which is the right shot. But if you practice diligently, it can become an automatic response. Racquetball is a great game for everyone to enjoy – good luck with these shot selection strategies. I hope they bring as much success to your game as they have brought to mine! If you have more questions concerning shot selection, contact a local certified instructor or your club pro for help.

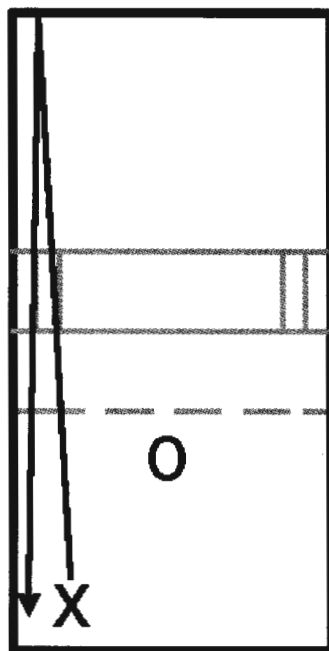


Diagram 1

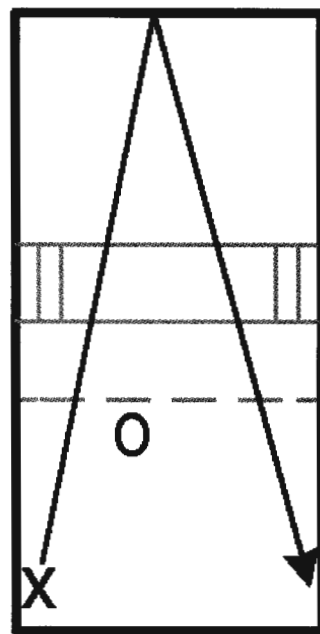


Diagram 2

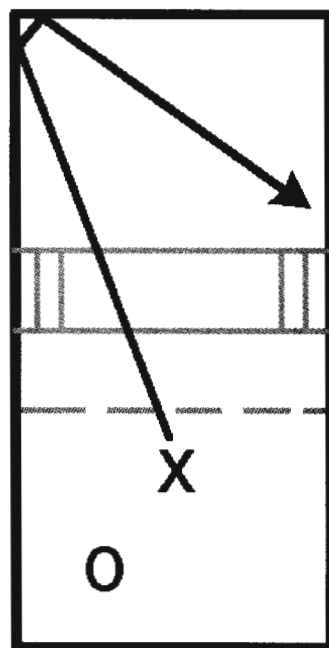


Diagram 3

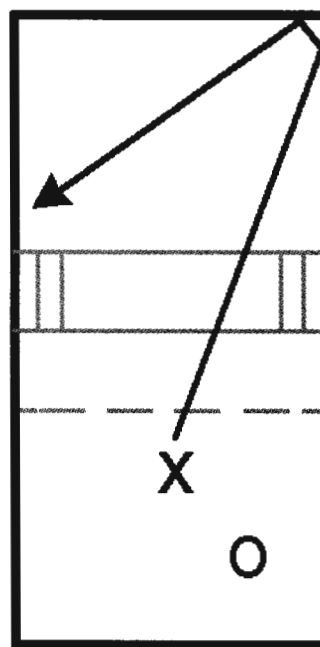


Diagram 4

AMPRO TIP: BODY LANGUAGE ... THE SILENT MESSAGE

**By Fran Davis, Assistant U.S.
National Team Coach & Diana
McNab, U.S. National Team
Sports Psychologist**



"The mind can heal the body, but the body can never heal the mind." Never underestimate the power of your mental game ... and in racquetball, like all sports, the strength of your mind shows up in your body language ... you can't hide it or run away from it!

A confident, poised and relaxed ready position enables your mind to think clearly and effectively to make the proper shot selection. Your mind and body need to be thinking, acting and saying the same things, or else there is dissonance or disconnection between eye-hand and eye-foot selections.

Let's take a look at some of the elite athletes for our sport who clearly possess this poised, relaxed ready position as well as a poised relaxed game ... in other words they are prime examples of what the experts call positive body language: Cliff Swain, Jackie Paraiso-Gibson, Michelle Gould, Mike Ray, Sudsy Monchik and Michael Bronfeld.

So what is positive body language?

First of all relax your neck and shoulders – eyes controlled, only seeing the ball. Check your stance and make sure your center (belly button) is over your ankles and the weight is evenly distributed on your thighs and feet. Reaction happens fastest from a centered, relaxed and ready body. Everything in sports is "FLOW" or in other words, all circuits are open.

When we have fears or negative thoughts, we tighten up. This pulls up on our centers so we are off balance, our neck and shoulders tighten and trap carbon dioxide so we get less oxygen to our brain.

Here are some relaxation mind/body responses:

#1) Nostril Breathing – is the #1 technique to clear the mind and relax the body. Inhale through your nose, close your eyes and dilate your lungs like a balloon. Pause, and when you exhale out of your nose release all fears, negativity and toxins. Three deep nostril breaths and then open your eyes and you are 100% in "flow."

#2) Shoulder Shrugs and Relax – Inhale through your nose again, pull up on your shoulders and circle them backwards to release pressure.

#3) Monkey Slump – Close your eyes. Bend over and put your hands on your knees. Inhale through your nose and as you exhale let your lower body fall between your legs. Exhale and come up one vertebrae at a time. Open your eyes and re-assume your ready position.

#4) Wrist and ankle circles and deep inner brain stretches – these open up all your tendons and ligaments for circulation and reflexes.

"You can only play the mental game to the point that your body is open, relaxed and can receive instructions from your mind." Good Luck!

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GAME PLAN: *It takes Two, Baby!* By Lynn Adams



As I travel the country doing clinics and talking to players of all skill levels, one fact is becoming painfully clear ... some of us aren't as young as we used to be. (Oh surprise, you say, as you go through your third tube of Ben Gay this week.) As a result, I have noticed that doubles is fast becoming the game of choice (or necessity, however you want to look at it). In fact, at a recent clinic, I was asked why there aren't more instructional articles dealing with doubles. So, I'm happy to respond with a series of articles covering topics like doubles shots, serves, court coverage, communication, how to pick a partner and the "cardinal rules" of doubles. If you have any particular questions about doubles which you would like to see covered, drop the AARA a line and I'll include the answers in an upcoming article.

Shot Selection in Doubles

Here comes an understatement: Doubles is a different game than singles. Yet, so many players try to use a singles strategy in a doubles match. Obviously, there are some constants between the two games, but let's focus on the shots that are uniquely suited to doubles.

First, look at the court size (20' wide X 40' long). If you want to make your opponents run the furthest distance, you must make them run the 40' length of the court. Shots that move a player from side wall to side wall only force them to run approximately 15 to 16 feet. (Take a long stride and reach out your racquet. You can make up that distance quickly). Your standard down-the-line and cross court shots – whether kills or passes – will only move your opponent from side to side. So how can you make a player run 25 to 35 feet? You have two choices: some type of pinch, or a slow-moving "dink" shot. These shots, if hit properly, rebound into the front section of the court. This is so important in doubles, because you now have two opponents covering the court. Consequently, you feel more pressure to hit the "perfect" shot. A pinch or "dink" forces your opponent to run forward, and cover more ground. Once you have them moving up and back, as well as side to side, you have effectively opened up more of the court to hit all your other shots.

Let's look at the different types of shots and your options for the best times to hit them.

- **Pinch** – especially effective when the opponent playing the opposite side is behind your partner. Also effective if the opposite side opponent is slow to move forward.
- **Reverse pinch** – especially effective when the opponent on your side is playing behind you. It forces them to negotiate around you and your swing before running for the ball.
- **Splat** – a splat shot essentially takes the same path as a pinch shot. So wait to hit your splats until the opponent playing the opposite side is hanging back, preferably behind your partner.
- **Dink** – I'm afraid I can't help you much with technique on the "dink" shot. I've never been able to hit it, and frankly, people who can should be banned from playing racquetball! But, if you're a good dinker, more power to you, and I hope I don't have to play you soon.

Another excellent shot for doubles is the wide angle pass. Because four people take up more court space than two, it stands to reason that there isn't as much room to move around. A pass that hits a side wall, and then travels toward the middle of the court, can handcuff or "jam" an opponent. Because they are closer to the side wall, a wide angle pass will leave them less time to react, and position the ball too close to their body to get much power. It's a very effective shot. Hit lots of wide angle passes.

Another aspect of doubles that changes your shot selection is the lefty/righty team. You now have two backhands covering the middle of the court. If your opponents typically have stronger forehands than backhands, you want to hit an abundance of shots smack-dab in the middle of the court. That includes hitting passes right up the middle, ceiling balls in the center of the court, and going for kill shots up the middle instead of up and down the line. We are so conditioned in singles to go up and down the line and cross court, that to hit a shot to the middle of the court goes against the grain. If you aren't used to playing a lefty/righty team, remind yourself often to keep the ball in the middle.

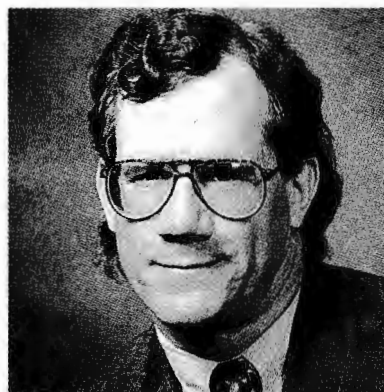
Until next time: have fun, play hard and wear your eyeguards!



MAINS & CROSSES:

Why Racquetball String is Different from Tennis String

By Steve Crandall



What kind of string do you have in your racquet? I don't mean the brand and model name ... I mean just the generic category: is it racquetball string or tennis string? I'm sure many won't know.

Can you imagine a similar situation in any other sport? A skier who's not sure if they're using downhill or cross-country skis? An auto racer who doesn't know slicks from knobby tires? Of course not. Because, while downhill and cross-country might both be "skiing," they have very different equipment needs. The same goes for drag racing versus dirt-track.

Likewise for racquetball and tennis: they're different in almost every way. The racquets and balls; the environments and, most importantly, the techniques of play are different. And even though you can't readily see the differences in the strings, they're different too.

From the standpoint of string construction, these differences are extremely technical – and to the extent that I leave the details to the R&D people, I don't always try to understand why different nylon polymers, coating thicknesses, braid angles, and yarn diameters produce different physical properties in the finished product. Like most consumers, I have to take the experts' word for it.

But unlike some consumers, I've had the opportunity to try just about every string on the market and, from the player's standpoint, the differences between racquetball and tennis string are obvious.

The biggest difference is "feel." Racquetball strings are designed to give you more "pop" off the racquet face, because sheer power is critical to the game, and racquetball "strategy" often consists of trying to overpower the opponent. In tennis, ball control and finesse play more important roles: a player may combine spins, slices, ground strokes and lobs in a single point.

Because power rules in racquetball, the strings are typically strung looser than in tennis. Through careful selection of materials and construction methods, textile engineers have managed to make racquetball string

perform optimally at 20 to 55 lbs. of tension, versus the 45-75 lb. range that works best in tennis.

Racquet dynamics are also different. The sweet spot on a racquetball frame is usually very close to the head, since shots are often taken right next to the wall. There are no walls in tennis, so tennis players have the luxury of having their sweet spot located more centrally.

When the racquet face smashes into a ball, the string tries to stretch equally on both sides of the point of impact. Off-center strikes in racquetball impose extra stress on the "short" end of the string, next to the head of the frame. Racquetball string is engineered to resist breakage and respond well under these conditions, while many tennis strings would snap prematurely.

On the other hand, with so many spin shots in tennis, the main strings are constantly being "sawed" back and forth against the crosses. Tennis strings must therefore be highly resistant to "notching." This is not as big a problem in racquetball.

Tennis strings are designed to withstand outdoor environmental variables such as humidity, UV light, and abrasive dust that the ball picks up (especially on clay courts). Indoor racquetball is free of these problems, so manufacturers have been able to redirect their R&D into other areas of racquetball playability.

The differences between tennis and racquetball strings are not usually visible to the naked eye, but they're there nonetheless. If you buy your own string at retail, it makes sense to look for packaging that identifies the string specifically for racquetball. If you take your frame to a professional stringer, you should specify that you want racquetball string. Once your stringer appreciates your interest, they may be eager to offer suggestions, to help you find the racquetball string that's best for your style of play.

Steve Crandall is Vice President of Sales & Marketing for Ashaway Racket Strings.

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AmPRO AMERICAN PROFESSIONAL RACQUETBALL ORGANIZATION Club RACQUET

THE QUARTERLY FOR PROFESSIONAL IN THE BUSINESS OF RACQUETBALL • January - February - March 1996

The following is an excerpt from the current issue of "AmPRO ClubRACQUET" – a quarterly publication for professionals in the business of racquetball. The newsletter contains four sections, entitled: AmPRO INSIDER (for professional instructors); AmPRO BOTTOMLINE (for club owners & managers); AmPRO COURTSIDE (for racquetball programmers); and AmPRO SIDELINES (for racquetball coaches).

The publication is made available to all AmPRO members, IHRSA clubs, and members of the AARA Court Club Program. For more information on receiving the quarterly newsletter, please contact AmPRO Executive Director Michelle Gould at 208/362-3844.

AmPRO INSIDER Excerpt ...

Whats YOUR Racquetball Plan???

by Mary Lyons, AmPRO Clinician

Racquetball is Dead! We've all heard it, and some even believe it. In the 70's racquetball boomed because it was fast, easy to learn, fun, and a great workout! So what changed? Why did racquetball decline in the early 90's?

It's possible that the novelty of the sport wore off, but the game certainly hasn't gotten slower — in fact, technological changes in equipment have actually made the game even faster. Players are still burning 800+ calories in an hour, adding variety to a workout schedule, having a great time, and yes, it's still easy to learn and loads of fun to play. So, why the decline? And, why are numbers on the rise again?

The answer is simple ... programming!! The 70's club management and construction philosophy of "If you build it, they will come"

has long been outdated. A successful racquetball program is exactly that ... a program, not an accident. A plan ... conceived, refined and executed by a professional racquetball director/programmer.

A racquetball director? ... programmer? And where would you find one of these? AmPRO! The American Professional Racquetball Organization is an organization dedicated to developing professional instructors, coaches and programmers capable of evaluating, planning and implementing a multi-faceted, successful racquetball program in any club.

AmPRO Certified Professionals are trained in three main categories: instruction, coaching and programming. A two day certification clinic puts prospective instructors, coaches and programmers through rigorous on- and off-court training, where they are taught how to create and maintain successful, and profitable, racquetball programs.

INSTRUCTOR CLINICS

Attendees are taught the basics of stroke and swing as well as a consistent method for teaching those skills. Shot selection, serve, return of serve, safety, rules and drills for offensive and defensive shots are covered at length. Budgeting, record keeping and the benefits versus drawbacks of private and group instruction for the club as well as the instructor are clearly outlined. Consistency, positive attitude and professionalism are stressed as important

1996 AMPRO INSTRUCTOR CLINICS

Date — Site — City

May 17-19 — Site To Be Determined — Jacksonville, FL

June 6-7 — What A Racquet — San Francisco, CA

June 15-16 — Severance Athletic Club — Cleveland, OH

Late June — Sports Spectrum Fitness Complex — Harbor City, CA

June/July — Site To Be Determined — Seattle, WA

July 12-14 — Tom Young's Athletic Club — Albuquerque, NM

August — Wyoming Athletic Club — Casper, WY

September — Site To Be Determined — Boise, ID

For additional information, or to schedule your own clinic, please call Michelle Gould at (208) 362-3844.

characteristics of a successful instructor.

COACHING CLINICS

In addition to basic teaching and coaching principles, attendees are taught the latest techniques used in training elite athletes, including those used with the U.S. National Team. On- and off-court drills for speed, agility and stroke mechanics are emphasized. Coaches are taught how to use video analysis to improve a player's stroke mechanics as well as shot selection and game strategies. In-season/off-season training, nutrition, weight training, conditioning, and goal setting as well as principles of ethical and responsible coaching are among the many subjects covered in this two day program.

PROGRAMMING CLINICS

Attendees are introduced to a vast number of programs and activities that will ensure an active and successful racquetball program: leagues, round-robins, tournaments, challenge courts, and more. Special women's, junior and senior programs that can bring in those elusive non-prime time players. Family activities, demo nights, social mixers — all designed to make it fun and exciting for your existing member/player, as well as attractive to potential new members and players. Attendees will learn how to create a Racquetball Directory, set up a matching service for old, new or visiting players.

Budgets, seasonal planning ... and much, much, more!!

Industry research tells us that racquetball members have lower turnover than typical fitness members and that they are likely to spend more money in other areas of the club. Want to find out how to access that revenue for your club??? Get involved with the appropriate AmPRO programs, build your personnel resources, and get on track toward improving or developing your club's racquetball programs.

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changingtimes

by Luke St. Onge

By a vote of 41-0 – taken at the Pan American Sports Organization (PASO) Congress in Guatemala – the National Olympic Committees from this hemisphere officially accepted racquetball as a full medal sport in the 1999 Pan American Games in Winnipeg, Canada.

The vote was an exciting one for our sport, since discussion of the '99 program had been slated for the first day — but as the very last agenda item — of the PASO Congress. In addition to the Pan American Games, racquetball was also accepted for the third time as a medal sport in the Central American Caribbean Games (Mericaibo, Venezuela, 1998) and the Central American Games (San Pedro, Honduras, 1997). A special thanks to Keith Calkins whose international leadership made these accomplishments possible.

Here at home, the Racquetball Industry Initiative was unveiled at the IHRSA Convention in San Diego, where over 300 video and workbook packages were given to club owners in attendance. The initiative was widely hailed as a welcome and long-awaited project within the industry. For the first time in well over 16 years, negativism about our sport was rare and, in fact, well over 20 clubs indicated that they were adding courts to their facilities.

When Rob Ahrens Dorf recently decided to change careers and join Coleman Spas of Arizona, the sport lost a great advocate. Rob's efforts at Ektelon centered on unifying the various factions of the industry as well as expanding the sport. With vitality and fresh ideas, Rob assumed a leadership role in the RIA and, along with Brad Patterson of the SGMA, served as the driving force behind the resurgence of the sport. Good luck Rob – you'll be sorely missed.



TOP: At the PASO Congress in Guatemala, Luke St. Onge (far right) is joined by (L-R) Alfredo Lamont, Keith Calkins and Anita DeFranz.
BOTTOM: At the IHRSA Conference in San Diego, James Hiser and Connie Martin staff the AARA booth.

rb:global

'99 PAN AMS IN WINNIPEG

In 1999, Winnipeg will play host to one of the most important competitions in racquetball history. At the most recent P.A.S.O. meetings in Guatemala City, racquetball was confirmed as a full medal sport in the 1999 Pan American Games, an event second only to the Olympics in significance as a multi-sport festival. Winnipeg hosted the 1967 games (still regarded by many as the best games to date) but the '99 version promises to be an event well remembered.

The benefits to racquetball are many. By maintaining our status as a medal sport, our legitimacy is established. For our "Olympic Dream" to continue, we must "show" well in Winnipeg. This will also improve our chances of attracting new countries to our game. With Winnipeg's multi-cultural make-up, we will have a great opportunity to showcase our game to new markets. And one of the best advantages in '99 will be television. Broadcast contracts have been signed giving racquetball the unique opportunity for international exposure. To this end, negotiations have begun to use a portable court for the feature matches, which will add even more in-house spectators to the aired broadcast numbers.

We have not reached this stage easily. Heavy lobbying by the International Racquetball Federation (IRF), Racquetball Canada, and Racquetball Manitoba helped to keep racquetball in the games. A top notch local organizing committee was formed not only to host the '99 Games, but several national and international events prior. They are being ably assisted by the IRF and Racquetball Canada.

There are signs that racquetball has already made significant inroads as a Pan Am sport. At the official flag raising in Winnipeg last September — attended by P.A.S.O. members, local dignitaries as well as the Winnipeg Pan-Am committee — current world champion Sherman Greenfeld and Winnipeg resident was invited to raise the flag along with swimmer Shannon Shakespeare. Another local observance was an illustra-



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BOOKS FROM JR RACQUETBALL

Half Price Sale ... "Racquetball and Zen," "Racquetball without Zen," "Keeping your eye on the Ball," "Racquetball for People who Hate Racquetball" \$4.99 each! NEW! The Jesus Manuscript: Jesus would have been a Good Racquetball Player, \$9.99. Add \$4.00 for handling with each order from: JR Racquetball, PO Box 33, Jesup, IA 50648.

AARA SCHOLARSHIP DEADLINE

The deadline to apply for a 1995-96 AARA scholarship is June 15, 1996. To obtain an application, please call Kevin Joyce at 719/635-5396, ext. 23 or write the AARA at 1685 West Uintah, Colorado Springs, CO 80904-2921.



Sherman Greenfeld and Shannon Shakespeare assist in the flag raising in Winnipeg. Photo: Courtesy Ron Brown.

tion of a racquetball player on bus passes used by thousands of Winnipeg residents in the month of March.

For those of us who have felt that racquetball is one of the most exciting games in the world, our time may be at hand. The 1999 Pan-Am Games in Winnipeg will provide a significant springboard for racquetball into the next millennium.

by Ron Brown
Racquetball Manitoba

IRF NOTES

IRF President Han Van der Heiden attended the IOC Summer Federation Congress in Lausanne, Switzerland in March. Mr. Van der Heiden is Secretary of the recognized IOC Federations which comprise 17 federations.

WORLD CHAMPIONSHIP UPDATE: Cox

Communications will televise both delay and live coverage of the World Championships this summer in Phoenix. Forty-plus countries are expected to compete with new entries from the Bahamas, Vietnam, Sweden, Tonga, Jamaica and India. A special fundraiser will be held by the New Mexico Racquetball Association in June to help offset the costs of some of the delegations.

JAMAICANS NEEDED: The Jamaican Racquetball Team needs male and female players to compete in international competitions. Jamaican passport will be necessary. Contact John Edwards at 607/756-4016 for more information.

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tournament update

WOMEN'S SENIOR-MASTERS TOURNEY GOES WEST

by Kendra Tutsch

For the first time ever, the Women's Senior/Masters tournament was held west of the Mississippi at the Royal Athletic Club in Burlingame, California. Ninety-nine women converged on the club to compete, three of whom had played in all seven events since they began in 1990: Mary Low Acuff, Jo Kenyon and Kendra Tutsch. The total field of players was 20 greater than last year's tournament in Atlanta.

The women were treated to a tour of the Napa Valley wine country prior to the start of the round robin competition, which opened on January 26. There were so many matches going on it was hard to keep track. The tournament desk was staffed by event director Jack Hughes and "super" volunteer Vinnie Caramagno. The third tournament director, Terry Rogers, also competed in the 45+ division.

By Sunday, all that was left was for the champions to be crowned. In the 35's,

Deb Tisinger beat Linda Moore in a tiebreaker, a replay of the 1995 Houston finals. In the 40+, Karen Holden beat Elaine Dexter, while in 45+, Nancy Kronenfeld lost to Eileen Tuckman in the final, after splitting with her when they met in flight competition. In 50+, Meri Jean Kelley, a newcomer to the division, took first place over perennial champion Sharon Hastings-Welty after winning both games in their head-to-head competition. The "new age group" effect also occurred in the 55+, where first-timer Nancy Butts took top honors, dropping only one game to second place finisher Mildred Gwinn (who had also just moved into the division). It was more of the same in the 60+ division, where Kathy Mueller, who turned 60 only two weeks before the tournament, took first place over Jo Kenyon by total points after they split their matches in the double round-robin. Reta Harring in 65+ and Mary Low Acuff in 75+ were repeat champions by total points.

So another Women's Senior/Masters Championships Tournament was declared it a great success — except for a few sore muscles. Music box trophies were awarded and pictures taken, then most headed for the airport in beautiful

sunny California weather to return home (some to 25 below zero weather). But all resolved to really get in shape by next year's event at the Sports Barn in Chattanooga, Tennessee.

For more information on the Women's Senior/Master Racquetball Council or the 1997 tournament, contact Kendra Tutsch at 608/233-5865 or write her at 110 South Midvale Blvd., Madison, Wisconsin 53705.

RESULTS—35+: 1. Debra Tisinger, CA; 2. Linda Moore, NE; 3. Janet Tyler, FL; 4. Cheryl McConaghy, NM. **45+:** 1. Eileen Tuckman, FL; 2. Nancy Kronenfeld, IL; 3. Terry Rogers, CA; 4. Mary Murray, FL. **50+:** 1. Meri Jean Kelley, CA; 2. Sharon Hastings-Welty, OR; 3. Pat Tarzon, IL; 4. Margaret Hoff, IL. **55+:** 1. Nancy Butts, WI; 2. Mildred Gwinn, NC; 3. Jean Tull, VA; 4. Nancy Martin, CA. **60+:** 1. Kathy Mueller, AZ/MN; 2. Jo Kenyon, FL; 3. Lola Markus, IL; 4. Mary Walker, CA. **65+:** 1. Reta Harring, WI; 2. Dorothy Vezetinski, WA; 3. Roberts Schoenfeld, NM. **75+:** 1. Mary Low Acuff, NC; 2. Eleanor Quackenbush, OR.

NATIONAL MASTERS SINGLES IN TEMPE

by Ron Pudduck

Over 150 masters players from around the U.S. and Canada assembled at the beautiful Arizona Athletic Club in Tempe, Arizona for their annual singles championships. The three day round-robin tournament offered top-flight competition to some of the best 45+ singles players on the continent.

With large numbers in many of the age brackets, flights were set up to pit groups of players against each other. Flight winners then played off for first, second, and third. So, after three days of stiff competition the winners were crowned.

If you like lots of great play and want to play a variety of people, then the National Masters Racquetball Association is for you. The NMRA hosts three, self-refereed, round-robin events



The women's 60+ division (l-r): Sue Embry, Lola Markus, Mary Walker, Kathy Mueller, Ann Byers, Jo Kenyon. Photo: Courtesy, Meri Jean Kelley.

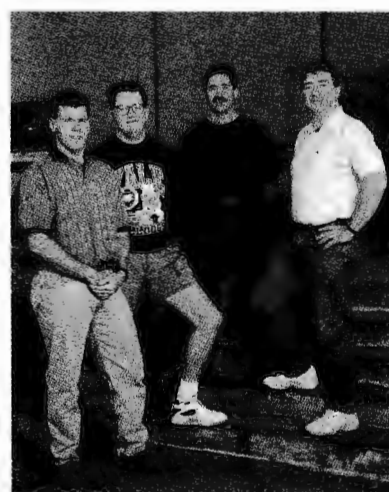


Can you guess the winner? This "apres-match" shot of Leland Riets of Minnesota (left) and Lee Graff of Oregon tells all. Photo: Courtesy, Ron Pudduck.

each year in February, April and July. Breakfasts, lunches and a Saturday night awards banquet are all included in the entry fee.

To join the NMRA, receive their membership directory, three issues of the RACQUET Racket newsletter and entry applications to all NMRA tournaments (only \$25 for 3 years) contact: Carole Stoll or Paul Banales, c/o NMRA, 4201 N. 83rd Drive, Phoenix, Arizona 85037 or call 602/849-6298.

RESULTS—WOMEN'S SINGLES—45+: 1. Linda Miller-Maliff, IN; 50+: 1. Meri Jean Kelley, CA; 2. Sharon Hastings-Welty, OR; 3. Nidia Funes, CA; 55+: 1. Pat Delveccio, AZ; 60+: 1. Jo Kenyon, FL; 2. Kathy Mueller, MN; 3. Susan Embry, CA; 75+: 1. Mary-Low Acuff, NC. **MEN'S SINGLES—45+:** 1. Tommy Ochoa, AZ; 2. Gary Mazaroff, NM; 3. Frank Rusch, IL; 4. Jack Crowther, CA; 50+: 1. Mike Aubrey, AZ; 2. Bill Wolfe, NY; 3. Dennis O'Brien, ID; 4. Tom Lundy, AZ; 55+: 1. Charlie Garfinkel, NY; 2. Robert Large, KS; 3. Lee Riens, MN; 4. Paul Becker, MI; 60+: 1. Jay Krevsky, PA; 2. Paul Banales, AZ; 3. Rex Benham, AR; 4. Ron Pudduck, MI; 65+: 1. Jim Wisstrom, WA; 2. Vance Lerner, CA; 3. Phil Dziuk, IL; 4. Jack Bogasky, VA; 70+: 1. Tony Duarte, CA; 2. Bob Fraser, CA; 3. Bud Gattiser, NV; 4. Pete Farina, AZ; 75+: 1. Earl Acuff, NC; 2. Lulzell Wilde, UT; 3. Don Goddard, MT; 4. Fred Felton, TX; 80+: 1. Wyman Woodyard, NB.



ABOVE: Making their debut at the conference were (l-r): Chris Baker (Mississippi), Al Schof (Louisiana), Bill Perrone (Kansas) and Tom Farley (Maine). Both photos: John Foust.

ABOVE: AARA 1996 Leadership Conference Attendees — Although they did not line up in alphabetical order, many of the attendees listed following did appear in the group photo. Can you spot your state president? **Alabama:** Jim Garner; **Arizona:** Skip Schultz, Tracy Tabler; **California:** Dave Curtis; **Colorado:** Howard Tilton; **Delaware:** Tom Bennet; **Florida:** Mary Lyons, Sue Gilbert; **Georgia:** Ric Crosby; **Idaho:** Helen & Jack Dunsmoor; **Illinois:** Geoff Peters, Laurel Davis; **Indiana:** Bill Bigler, Jerry Bryant; **Kansas:** Bill Perrone; **Louisiana:** Al Schof; **Maine:** Tom Farley; **Massachusetts:** Charlie Munroe; **Michigan:** Tom Blakeslee, Jim Easterling; **Minnesota:** Terry Kisling; **Mississippi:** Chris Baker; **Missouri:** Jen Yokota; **New Hampshire:** William Gargan; **New Mexico:** Gary Mazaroff, Felicia Duran, Paula Sperling, Ralph Waddington; **New York:** Diane Nero; **North Carolina:** Jan Stelma; **North Dakota:** Cam Tweten, Mike Orr, Kevin Boe; **Ohio:** Bruce Drye, Shelley Ogden; **Oregon:** John Giunta, Rod Anderson, Gary Vanderson; **Rhode Island:** Joe Fonseca, Jay Wargat; **South Carolina:** Robert Campbell; **Tennessee:** Terry Davis; **Texas:** Annie Muniz, Bob Sullins, Dan Davis; **Utah:** Tom Shearman, Bryan Bennett, Tony Glavas. **Former AARA President:** Keith Calkins; **Eastern Collegiate Racquetball Conference:** Jesse Albright; **1996 World Championships:** Donna Angelopolus; **AARA Board of Directors:** Doug Ganim, Dario Mas, Carlton Vass; **Industry Leaders and Sponsors:** **SGMA:** Brad Patterson; **Ektelon:** Rob Ahrensford; **Penn:** Amy Wishingrad; **Head Racquet Sports:** Ian Arthur; **"Mastery of Racquetball":** Larry Adams, Ben Adams.

THE NOVICE

by Matt Farrell



My voice cracked like when I was in the seventh grade, my pencil shook in my hand like when I took the ACT, and my palms were sweating like when I asked my wife to marry me.

This strange pubescent relapse occurred when I entered my first racquetball tournament. I lost in the first round of the "C" division to a man with a limp who was 20 years older than me, but that's not really why my body was thrown into a chemical imbalance.

"Mr. Farrell, you play in the loser's bracket on Saturday morning," the tournament director said.

"OK, I'll be here," I said.

"Oh, but before you go, you're refereeing the match on court #8 in five minutes," he said.

"Excuse me?"

"Yeah, everyone has to referee other matches in the tournament," he told me.

I've only played racquetball on and off for a few years, and had never crossed the line of playing in a tournament until the night before. The tournament was everything I had expected - free t-shirt and all the bananas I could eat. But I didn't expect to have to officiate.

How hard could it be?

But then I reflected in my mind about the start of my own singles match, when I had asked my opponent: "We play to 15, right?" That's when I fully discovered the side effects of anxiety.

I was given a doubles match to referee. My familiarity with doubles

equals that of my knowledge of Newt Gingrich. I don't know much, nor do I care to learn. To make it worse, the mixed doubles teams I drew were good. I mean, really good. They were players who had played in enough tournaments to have the gall to expect quality officiating. How dare they.

I lumbered up to my officiating perch, which felt like hovering over the court in a helicopter. I couldn't hear and everything echoed. I have never been so high over a racquetball court, except of course when I was in high school and a buddy and I spit on that guy playing racquetball down at the YMCA.

Play started. Things were going fine.

"5 serving 2," I said, confidently.

"It's 2 serving 5," said one man on the court.

"Yeah, you're right, my mistake, 5 serving 2," I repeated.

Play proceeded.

"Side out!" I commanded.

"What?"

"I said 'Sideout.' I think. It will be a sideout if it's OK with all of you that is." I had just lost control, and it was only seven points into the first game.

My voice started to crack.

Play proceeded.

"Short!" I said of one woman's first serve.

"Short?" she said. "That's two points you have cost us. I'm counting."

My pencil shook in my hand.

Play proceeded.

I then noticed that they had pretty much started to call their own match at this point. I was only a formality now.

My palms were in full bore sweat.

Oh, sure, they would look at me every now and then, but it wasn't really to spread holiday cheer, I deduced. In hindsight, my shoulder shrug and confused look on close calls didn't portray the confidence becoming of a good referee. I felt, though, that the shoulder shrug was a sign of strength, since I really just wanted to jump off the perch and run.

The match ended. I apologized to the four players and left embarrassed ... without waiting around to see if I had to referee another match, but not without learning a valuable lesson. It's easy to sit back and criticize officiating. A lot of times the officials don't get paid much, if anything. In my case, I paid \$20 to take the abuse.

Everytime a player was disgusted with his or her shot I wanted to yell at them: "See, you're not perfect either." But I didn't.

For my next match, I now have two handy phrases that I will direct toward my referee: "Yes, ma'am" or "Yes, sir."

Matt Farrell is a Communications Coordinator for U.S. Swimming at the U.S. Olympic Training Center in Colorado Springs.

rb:people

BEHIND THE SCENES: PROGRAMMING

by Becky Maxedon

Jim Hiser's official job title is Associate Executive Director of Programming ... meaning that most anything in the way of a formal AARA program falls under his eye.



"Specifically, I work with junior development, referee certification, AmPRO certification and instruction, national events. U.S. adult and junior teams, amateur status, elite camp selection and instruction, collegiate programming, coaches development and preparation of numerous manuals and guidebooks to assist instructors and racquetball tournament directors," Hiser says.

Jim joined the AARA staff in the fall of 1988 when he moved to Colorado from Michigan where he had been teaching mycology at

Eastern Michigan University, as well as running the first Racquetball Super Series (the Super 7). In that former life, Jim had also served as a member of the Apollo 16 microbiological support crew which sent the first micro-organisms on lunar missions!

Here on the ground, Jim deals with so many grass roots programs that each presents numerous challenges. "If I had to focus my energies in one direction, one that would yield the most substantial results, it would probably be educating club owners and managers on the importance of proper programming for racquetball," mused Hiser. "Unfortunately, many clubs still believe

that the racquetball area in their club should be self-sufficient and self-promoting. This popular, but damaging, 1970's philosophy still prevails in many clubs and is, I believe, the major reason why some racquetball programs suffer."

"Although we have created numerous programs for all levels of players, they are absolutely useless without a trained individual in the club to implement the program. Racquetball is one, if not the only, area in health clubs that is expected to survive without proper programming and instruction," Hiser contends. The revamped AmPRO program, under the direction of newly-appointed Michelle Gould, boasts over 500 certified instructors and is ready to roll.

Another of Jim's favorite programs is the annual elite training camp. A tremendous amount of preparation goes into each summer's camps, held at the Olympic Training Center in Colorado Springs. Jim feels it's worth it. "The elite camps are, without question, one of my most rewarding experiences. It's a constant challenge to provide the most updated training information and to educate aspiring athletes in techniques specific to racquetball. The camp challenges athletes beyond what they believe is possible, and for some athletes, the camp actually changes their focus and outlook on life."

Although every area provides a certain level of satisfaction for Hiser, he feels the most rewarding areas are working with junior athletes, instructing and directing at the elite camps and involvement with international development.

"I've had the good fortune of working with thousands of juniors, following many of them through their college and professional careers. I honestly believe that every junior has a unique talent or characteristic that, if nurtured, will develop in the most positive way. It's very rewarding to see young athletes develop a certain confidence and pride in themselves, and achieve recognition and satisfaction in their accomplishments."

He feels the international growth of the sport has also provided some of his most rewarding experiences. "The friendships and cross-cultural experiences are something that you carry with you forever and go far

beyond the normal competitive racquetball experiences."

Jim feels that 1996 will be a landmark year for racquetball. "Now, I know you hear this kind of statement every year from someone, but this year is truly different. With the U.S. Open, RIA initiative, the portable court, and a new commitment by television to racquetball, 1996 should be the year for racquetball's regeneration."



Jim's right hand in his many complex endeavors is Dalene Werner. Dalene has been with the AARA since July of 1991 when she came on board as a receptionist. Many of you may have talked to Dalene in that early period, but a recent promotion to Executive Secretary has sequestered her in an office in close proximity to both Jim and Executive Director, Luke St. Onge. There she has the often stressful task (which she takes on with great enthusiasm) of working for both of them! Dalene is responsible for keeping order among all the many program details: organizing, tracking files, typing correspondence and book drafts, plus tending to other projects Jim undertakes.

In addition to that, Dalene assists with airline and hotel reservations, amateur status records, supplying information to U.S. National and Junior Team members and helps out where needed to keep things running smoothly. And she still finds time to fill in in the reception area when the need arises!

What does Jim do in his spare time?

"Since I travel so much, when I get a free week-end, I usually just like to relax, watch movies, and occasionally write. I enjoy writing instructional and training books, but sometimes I find it difficult to find enough time to complete such projects. I currently have two books that I have 70 percent completed, but have not been able to work on either for a couple of months."

Even his shutterbug hobby takes on "program" status. "Of course, my slide shows are always challenging and exciting to create. They have become so extravagant that I can only really create one or two a year." Anyone who has had the pleasure of seeing one at a national championship knows exactly what he's talking about!

Physically, Jim enjoys jogging and, of course, playing racquetball. "The elite camps force me to get in shape each year, and I still consider myself competitive in my age group."

You could actually substitute the word "facilitator" for Program Director and you would have a pretty good description of what Jim does here at the AARA. And he's always willing to talk about it ... call him at 719/635-5396, extension 30.

CELEBRITY JUNIOR FUNDRAISER IN MINNEAPOLIS

by Cindy Tilbury

The Minnesota State Racquetball association board members and parents set a goal of sending as many of our junior players to Junior Nationals in Milwaukee as want to go. To do so, rather than putting on the same old bakesale, we did something a little different at the Decathlon Athletic Club in Bloomington.

Five former Minnesota Viking football team members and seven local club pros donated their time to be raffled off as "half a doubles team." A silent auction was held and the highest bidder got to play with their favorite football or racquetball pro. Tournament directors Lois Anderson Kollodge and Dana Sibell Anderson put the round robins together in a "three-flight round-robin of two games to 11" format, with the three flight winners and a wild card team advancing to the semifinals.

From the first time they heard about the tournament, most of the juniors knew exactly who they wanted to bid on. Twelve-year-old Brent Schulenberg had always dreamed of playing with racquetball pro Todd Stead, while Brent's regular doubles partner, Darren Hubbard, was dying to play with Hart Johnson. Justin Anderson made sure he outbid everyone to play with Viking Leo Lewis. Other celebrities included Rufus Bess, John Turner, Jeff Robinson and Brad Madson. In addition to the regular tournament proceeds donated to Junior Team Minnesota, bidding raised another \$300.



Minnesota Vikings (l-r) John Turner, Brad Madson, Rufus Bess and Jeff Robinson help out Junior Team Minnesota. Photo: Courtesy Lols Kollodge.

As expected, top national doubles players Stead and Johnson made it to the semifinals, with Hart and little Brent winning that game 10-11. In the finals, Northwest Clubs pro Jane Peters Burkhardt and her partner, Bob Flanders, took Hart and Brent to another 10-11 game in the final. So, Hart Johnson and Brent Schulenberg will be ready next year to defend their title against any celebrity takers — assuming Brent bids high enough to get paired up with Hart again.

FUTURE CHAMPS

by Connie Batchelder

At 6:30 a.m. one recent Saturday, 24 kids could be seen walking and peddling their bicycles to a lone residence in Mesa, Arizona. What could possibly motivate kids from 8 to 14 to get up at the crack of dawn (the same kids that need 30 minutes of prodding to get out of bed on school mornings)? A trip to the Arizona Cardinal's football camp? Not! An autograph session with the Phoenix Suns? Nope. This group was motivated by the third Annual Warriors Junior Racquetball Tournament held at the personal racquetball court of Merlin and Patti Rowley, fondly referred to as "Rowley's Court."

Kids of all ages were invited to compete in the Junior Tournament — those who just learned the game, kids with no tournament experience, and even some "seasoned players." Team Ektelon player/touring pro Karen Key and Ektelon rep Steve Benson were also on hand with official tournament banners, draw sheets, score cards, and prizes to create a "tournament atmosphere." This was the first tournament for many of the participants, and not one they're likely to forget.

After hours of spirited play, Nicholas Rowley earned the Grand Prize. Linford brothers, Jeff and Jason, took first and second place, respectively, followed by Jeff Standage and Shawn Figerowa. So, was it a success? Measured by the amount of fun and enthusiasm generated, there was no question. Many of the kids returned the following morning and after school to work on their strokes, improve their game, and to just plain have fun.

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Thanks go to Merlin and Patti Rowley for a very successful event, for their time and devotion in promoting racquetball and for providing opportunities for juniors. Who knows? Some of these kids could be tomorrow's future champs!

KUDOS FOR ANITA AND REVIE

by Laura Patterson

At some point in time, we all complain about the way a tournament is handled ... inequities in prize money, round robin versus single or double elimination, starting times, etc. Often our complaints fall on deaf ears, but not in this case. Last year I received an application for an annual tournament held in Chicago, called Revie Sorey. I was very excited about going because I had heard that it was a great tournament. But when I looked at the breakdown of the prize money, I immediately picked up the phone and called the tournament directors. Neither were in, but Anita returned my call.

There was quite a disparity in the prize money for the men and women. There must have been ten divisions that offered cash awards, but the women only had an opportunity to win money in three of them and the payout in the women's open was not equal to that of the men's division. I understood that in the past, the tournament had not gotten support from the women. But in talking to some of the women from Michigan who had attended this tournament for the past two years, I found that this was no longer the case.

I explained my concerns to Anita and she said that they would keep this in mind. When I received my application this year, I was pleasantly surprised. There were still ten divisions with cash payouts, but the women could win money in five of them and the open division payouts were equal. Definitely a start. In any event, I appreciate the change that Anita and Revie made, and wish them great success.

A CLASS ACT

by Jay Keddle

Playing basketball every day at lunchtime at the Boston Athletic Club, I heard about this "kid" from South Boston who had grown up in the handball and racquetball culture that began in the legendary L Street Gym in "Southie." The young man is Cliff Swain.

After six months I finally got to see this racquetball legend, who had been touted as the best ever to play the game. I met him on the basketball courts as he moved, passed, and shot with the grace of Michael Jordan. He was quick as a cat in getting balls that we normally let go out of bounds. After the game, I asked him for a few tips on my racquetball game and he gracefully offered advice. This guy, I thought to myself, is a real class act.



TOP: Arizona Junior pose on "Rowley's Court." Photo: Courtesy, Karen Key. **CENTER:** Revie Sorey, Anita Efron and Glynn Williams. Photo: Courtesy, Innovative Concepts. **BOTTOM:** Matt and Michael show off their autographed Cliff Swain posters. Photo: Courtesy, Jay Keddle.



Pros are making impressions nationwide with youngsters following the tour. A very happy Bobby Beyersdoerfer (above) found himself on the receiving end of a generous gift of five autographed racquetballs, an autographed pro tour program and a glove signed by John Ellis after he attended a pre-holiday pro stop. Photo: Courtesy, William Huseman.



ABOVE: Scott Winters of Ektelon
BELOW: Dave George of Wilson



Another six months passed while Cliff traveled (and won) on the pro tour. I heard that he was going to put on an exhibition, so I decided to take my two sons, Michael, 8, and Matthew, 6, to hopefully meet Cliff. My sons and I had been playing racquetball every weekend for about a year. So, needless to say, they were really excited about meeting the best to ever play the game.

While we were waiting in the lobby, Cliff walked in, exchanged a couple of greetings, then came over to us and said that he had something special for my boys. We followed him upstairs to the pro shop where he took out two pro green racquetballs and signed them "Cliff Swain, #1 in 95" in gold letters and gave one to each of my sons. They stood in awe while gazing up at this superstar! He then took out two full-size Cliff Swain posters and signed one "Michael, Always Work Hard!, Cliff Swain" and the other one "Matthew, Best of Luck!" He gave the two posters to my sons and went downstairs to play in the exhibition. My two sons were so excited that they beamed with pride.

SCOTT WINTERS NAMED SENIOR MANAGER OF EKTELON

Rick Margin, Vice President of Marketing for Prince Sports Group, Inc., recently announced the promotion of Scott Winters to the position of Senior Manager of Ektelon Racquetball. In his new capacity, Winters will be responsible for overseeing all Ektelon product development and marketing. Winters was first hired as the Ektelon product manager in 1994, after being actively involved in the sport at its height, beginning in 1979 as a health club manager and sport

programmer/organizer with professional playing and teaching experience. He also claims eight years of top-level product development, sales and marketing experience with Ektelon, Richcraft, Etusa and Transition Racquet Sports. "Racquetball is on the verge of a new awakening," insists Winters. "And I look forward to working with the AARA as well as key retailers and club directors to help grow the game and carry-on the integrity of the premium racquetball brand."

Winters replaces Rob Ahrensdoerf who left Ektelon to take the position of Vice President of Sales and Marketing for Coleman Spas.

DAVE GEORGE JOINS WILSON RACQUETBALL

Wilson Racquetball announced the addition of Dave George as the company's sales representative in Northern California and Nevada. Dave brings 17 years of experience as a racquetball player, teacher, coach and club director to his new assignment.

"We couldn't be more excited," said Jay McGregor, Vice President of Sales and Marketing at Wilson Racquetball. "Dave's reputation in the racquetball community and his love of the sport make him instantly credible as a representative of Wilson and its products."

"After a few years on 'sabbatical' from racquetball involvement at the state and national level, I'm happy to return in my new position with Wilson Racquetball," said George. "I eagerly look forward to contributing my time and talents to the growth of both the sport of racquetball and Wilson."

PASSINGS

MARIA HAGAIN, 58, of Lilburn, Georgia, and 25-year old daughter Jennifer Marie, were involved in a tragic and fatal automobile accident on March 1, 1996. A popular figure at the annual World Senior and national championships, Maria was a well-liked player among her peers in age division competition. In a feature article by her company's in-house publication "Connections," Maria was quoted "I love the game and I love to win, but I really play for fun, exercise, mental agility and the friends I make. Those are the rewards of the game for me."

As a customer service representative with Scientific Atlanta, Maria had been particularly excited about the upcoming Olympics — but disappointed that racquetball would not be included. According to her husband Daniel, "She went right out and bought one of the commemorative bricks for the Centennial Olympic Park and had it inscribed 'Maria E. Hagain (heart/loves) Racquetball' . Racquetball was so special to her, she wanted it to be a part of the Olympics, even in a small way ..."

The Cuban-born Maria always wore a smile — on the court and off — and truly left her mark on the sport by touching the lives of all who knew her in a very special way. In memory of her love for racquetball, Scientific Atlanta has arranged to solicit donations to be made in her name by friends and co-workers to the AARA scholarship fund.

KEN LARAMORE. I still can't believe the sudden passing of our friend and fellow board member, Ken Laramore. Every Friday night for the past few years, friends and I would meet at the Kirkwood Fitness Club, where we all grew to recognize Ken as the most enthusiastic member of the club staff. One of his last acts had been to support "Team Delaware" at the Baltimore pro stop. During a very emotional match with Dan Fowler, it was Ken's voice that I heard the loudest, providing support, confidence and enthusiasm. Unfortunately, this was to be the last time that I would speak with Ken. Soon thereafter, he became ill, was rushed to the hospital and passed away. With Ken's passing, Delaware racquetball lost a good friend, whose enthusiastic, unselfish contribution to our sport will be sorely missed. *Tribute by Tom Delle.*

LEONARD B. MARKS, 73, a longtime textile and insurance executive in St. Louis, Missouri passed away December 3, 1995 of cancer at his home in Chesterfield, Missouri. Mr. Marks served in the Army Air Forces as a B-17 navigator in World War II over North Africa and Italy and, in 1945, completed pilot training and was one of 11 dual-rated officers at the time. A member of the board of directors of the International Racquetball Association, he served as national rules commissioner. Mr. Marks also was active in the Senior Olympics for 16 years, accumulating more than 30 awards and 10 gold medals in racquetball. Memorial contributions may be made to the American Cancer Society, 1280 Research Boulevard, St. Louis,



ABOVE: Maria Hagain in Albuquerque in 1990.
LEFT: Ken Laramore.
BELOW LEFT: Leonard B. Marks. All photos, courtesy family.

1995 AWARD WINNERS

Male Athlete of the Year Michael Bronfeld had an excellent season in 1995, leading off with a silver medal finish in the Pan American Games in Buenos Aires, Argentina in March. Just weeks later, Bronfeld became one of only five athletes in history to hold on to a men's open national singles title for a second consecutive year. This year Michael hopes to set a new record for the books, with a successful "three peat" bid.

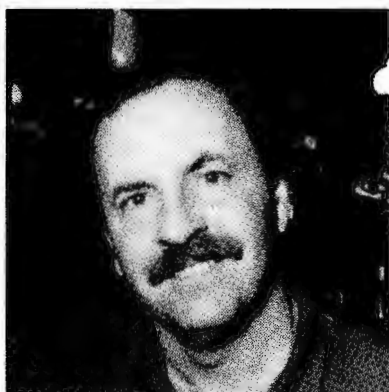
Female Athlete of the Year Michelle Gould can't argue with supporters who claim her to be "the most winningest female in racquetball." She too made history for the sport at the Pan American Games with her gold medal victory early in the '95 season, then reclaimed her women's open national singles in Houston last May. Gould capped the year with another in a series of national doubles titles, while at the same time dominating the women's pro tour.

Male Age Group Athlete of the Year Bobby Sanders of Cleveland, Ohio, is a long-time age group competitor with a string of wins to his credit. In 1995, Sanders won the AARA men's 55+ national singles title, earned a silver medal invitational finish, plus reached the quarterfinal round of the men's 55+ doubles competition with career partner Otis Chapman.

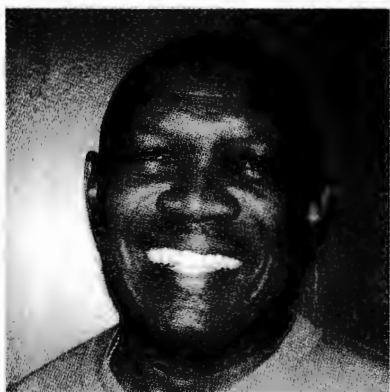
Peggy Steding Award winner Shelley Ogden became motivated early in the 1995 season by a silver medal finish in the Women's 45+ division at national singles, with a loss to long-time doubles partner Gerri Stoffregen. Just a few months later, Shelley regrouped to take her first IRF World Senior/Master Championship title in that same division. Then, at national doubles, Shelley took "double gold" in the Women's 45+ with Stoffregen and in Mixed 45+ with partner Mike Stephens.

Hall of Fame athlete Mary Low Acuff has dominated the "upper echelons" of age group competition among women since 1984, with career wins that include forty-five national titles, nine silver medals and a scant two bronze medal finishes. In 1994 alone, Mary Low took five national titles and a world championships victory, then followed up in 1995 with a record of nine national wins and another world title to her credit. The mother of eight is a long time supporter of the AARA and, at 77, is a living legend in racquetball who continues to compete in every tournament available to her.

Hall of Fame contributor Keith Calkins boasts a career of service to racquetball that runs the gamut from developing one of the first junior camps in California, to a long-running term as a member, and often-elected officer, of the AARA board of directors. In addition to his terms as both treasurer and president of the board,



CLOCKWISE ABOVE: Hall of Fame inductees Mary Low Acuff, Keith Calkins, Johnny Hennen and Gary Mazaroff. CLOCKWISE BELOW: Athletes of the Year Michael Bronfeld and Michelle Gould, and Age Group Athletes of the Year Shelley Ogden and Bobby Sanders.



Keith has also served international racquetball interests with elected appointments to the Pan American Racquetball Federation (as President since 1986) and the International Racquetball Federation (as former Vice President since 1980). But Keith will be best known for his professional guidance of the AARA during its most turbulent time, and for the type of subsequent leadership which has enabled the AARA to take its place among the most well-regarded national governing bodies in the U.S. Olympic Committee structure. After assuring the utmost respect for the organization by his example, Keith continues to guide PARC in its Pan American Games work, plus assist the IRF in its bid for inclusion in the Olympic Games.

Hall of Fame athlete Johnny Hennen is probably one of the best liked and respected athletes to ever play the game. On court Johnny is legendary for a lack of defense, and a non-stop, aggressive style. Hennen is probably best known for his doubles prowess, where he earned six national doubles titles, five of them paired with fellow Hall of Famer Ed Remen. Johnny matched this record with six national singles titles, becoming one of a rare group of athletes to earn dual titles in any given year — doing so four times, in 1983, 1988, 1992 and 1993. This particular accomplishment was recognized in 1994, when Johnny was tapped to receive the Male Age Group Athlete of the Year award.

Hall of Fame contributor Gary Mazaroff has a history of service to racquetball second to none. He has served, uninterrupted, as president of the New Mexico Racquetball Association since 1974, while bringing that organization to the forefront of the AARA's state affiliate structure. Through APRO and AmPRO instructional programs, Gary has certified hundreds of players and instructors, while himself serving as a teaching pro and instructor since the late 70s. Gary also served as an assistant coach for two world championship U.S. national teams, then took that expertise "on the road" by coaching teams from Bolivia, the Dominican Republic, Honduras, Argentina and Guam. At present, Gary is working with teams from Tonga, Nicaragua, Sweden, Hong Kong and Vietnam in preparation for the 1996 World Championships. He has been one of the driving forces behind the phenomenal growth of the World Senior Racquetball Championships, now in its eleventh year, and played a major role in fundraising efforts to support the Olympic Dream. In 1989, Gary was given the John Halverson Award in recognition of his many achievements.



Current national champion Michael Bronfeld and bride Christina Russo Bronfeld were wed December 2 in Carmel California. According to "sources" Michael had stubbornly refused to even consider dancing at his own wedding — right up to the last minute. After throwing a scare into his parents Ed and Gloria (who had feared that the pair would forego the traditional "first dance" altogether), Michael and Christina took to the floor. There, the two showed off the results of several months of ballroom dancing lessons they had secretly taken just for the occasion. Photo: Courtesy, Ed & Gloria Bronfeld.

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SANCTIONING: The IRF (International Racquetball Federation), AARA (American Amateur Racquetball Association), and the NMRA (New Mexico Racquetball Association). Players must present proof of membership with their International Association; otherwise, an AARA competitive license (\$20.00 for 12 months) is required for participation in this tournament.

EVENT DIRECTOR: Gary Mazaroff, 505-266-8960

ENTRY FEES: \$100.00 per player, \$150.00 total for husband/wife team, \$40.00 for non-playing spectator (includes meals and banquet). Make checks payable to: World Senior Racquetball Championships (WSRC). ALL FEES MUST BE PAID IN U.S. CURRENCY.

RULES & FORMAT: Tournament play follows IRF rules unless otherwise specified. Round-robin format for qualifying rounds Tuesday through Friday. Matches consist of 3 games to 11 points. Matches are self-officiated. One tournament point earned for each game point scored, 3 points earned for each game won, and 7 points earned for each match won. At a minimum, top 8 qualifiers in each age group earn berths in the Saturday Championship Medal Round. Flight winners are guaranteed a berth. Saturday play off matches consist of 2 out of 3 games to 11 points with finals 2 out of 3 games to 15 points with an 11-point tiebreaker (single elimination). First match times will be available at registration on Monday, August 28.

Tournament play begins Tuesday, August 27, at 7:00 am.
ALL PLAYERS MUST CHECK IN AT REGISTRATION DESK PRIOR TO PLAYING FIRST MATCH. MANDATORY PLAYERS MEETING ON MONDAY, AUGUST 26, AT 7:00 P.M.

ENTRY DEADLINE: All registration forms and fees must be received at the WSRC office no later than AUGUST 1, 1996. Enter early to guarantee a space. Entries are limited to the first 400. **ABSOLUTELY NO REFUNDS AFTER AUGUST 1, 1996.**

GREAT HOSPITALITY! Pre-tournament reception/Players meeting at the Sheraton Uptown on Monday evening. Lunch at Tom Young's Tuesday through Saturday. Tournament Banquet Saturday evening. Shuttle service between clubs and Sheraton Hotel. Hospitality Room. Silent Auction to benefit **THE OLYMPIC DREAM**. Pre-Tourney Golf Outing.

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TOURNAMENT ENTRY FORM. PLEASE PRINT ALL INFORMATION LEGIBLY.

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Address _____
City _____ State _____ Zip _____
Country _____ Gender (Circle One) Male Female
Age As Of 8/27/96 _____ Date of Birth _____
Home Phone (____) _____ Work Phone (____) _____

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Spectator(s) Name(s): _____

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ENTRY MUST BE RECEIVED BY AUGUST 1, 1996 • ABSOLUTELY NO REFUNDS AFTER AUGUST 1, 1996

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☐ 40+	☐ 40+
☐ 45+	☐ 45+
☐ 50+	☐ 50+
☐ 55+	☐ 55+
☐ 60+	☐ 60+
☐ 65+	☐ 65+
☐ 70+	☐ 70+
☐ 75+	☐ 75+
☐ 80+	☐ 80+
☐ 85+	☐ 85+
☐ Wheelchair	☐ Wheelchair

PLAYER LEVEL

☐ Advanced (Open, AA)
☐ High Intermediate (A, B)
☐ Low Intermediate (C, D)
☐ Novice

Other Seeding Information: _____



MEN

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1. Michael Bronfeld, CA
2. Dan Fowler, MD
3. Doug Ganim, OH
4. Chris Wright, MO
5. Brian Rankin, MO
6. David Hamilton, OH
7. Derek Robinson, IN
8. Jeff Wilson, NM
9. George Delaney, MA
10. Bruce Erickson, MO

Men's A

- 1T. Rocky Carson, CA
- 1T. Mike Negro, CO
- 3T. Ryan Braley, WY
- 3T. Andrew Haywood, TX
5. Ryan Staten, KS
6. Grant Barker, MO
7. Bill Groombridge, CA
8. Dana Cornelius, CA
- 9T. Lance Hodgkinson, OH
- 9T. Jack Long, TX

Men's B

1. Rob Teren, OH
2. Bill Groombridge, CA
3. Don Detimore, FL
- 4T. Doug Brehm, OH
- 4T. Dan Davis, CO
- 4T. Tim Franklin, OH
- 7T. Scott Foster, CA
- 7T. David Oettel, CO
9. Steve Erdos, CT
10. Imtiaz Vohra, CT

Men's C

1. Glen Childers, TX
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- 5T. Joseph Austin, Jr., LA
- 5T. Bob Sutherland, NJ

Men's D

1. Mark Schnittker, CO
2. Jodie Hittle, ME
- 3T. John Odell, NM
- 3T. Jerry Toiler, MO
- 3T. Rick Valleroy, MO
6. William O'Neil, CA
- 7T. Frank Juarigue, OH
- 7T. Oswald Rolle, BH
9. Jeff Dahr, Jr., NE
10. Tony Foiles, AR

Men's Novice

1. Brian Waldron, OH
2. Ed O'Neil, OH
3. Chris Hann, NY

- 4T. Ervin Elliott, DE
- 4T. Roy Lee Luna, NM
- 4T. Mike Mawn, DE
- 4T. Chuck Parris, NC
- 4T. Lonnie Quinn, CT
- 4T. Joey Sacco, MO
- 4T. Larry Schmalfeldt, IN

Men's 19+

1. Brian Fredenberg, TX
- 2T. Matt Fontana, FL
- 2T. Brad McCuniff, IA
- 4T. Scott Grunin, NY
- 4T. Ryan Homa, WI
5. Franco Palmer, CA
- 7T. Matt Adesso, OH
- 7T. Mark Spangenberg, CA
- 9T. Mike Locker, MN
- 9T. Scott Smith, MO

Men's 25+

1. James Lorello, FL
2. Brian Londo, CA
3. Rob French, IA
4. Mark Cavallard, NY
5. Curtis Winter, FL
- 6T. Scott Consoli, FL
- 6T. Dave Ganim, OH
- 6T. Chris Gallagher, IN
9. Dan Llacera, DE
10. John Rodriguez, NY

Men's 30+

1. John Amatulli, IN
2. Dave Peck, TX
- 3T. Bruce Erickson, MO
- 3T. Rob French, IA
5. Chris Gallagher, IN
6. Robert Lybbert, WA
- 7T. Randy Anderson, OH
- 7T. Ken Fichthorn, CA
- 7T. Tim Hansen, FL
- 7T. Rabbit Rogers, ID

Men's 35+

1. Dave Peck, TX
2. Mike Martinez, CA
3. Tim Armstrong, KS
4. Mitch Smith, PA
5. Bill Lyman, IL
6. Bobby Haab, NY
7. Will Rosa, MO
8. Joe Hassey, AZ
- 9T. Jim Durham, CA
- 9T. Mitch Posner, NJ

Men's 40+

- 1T. Gene Couch, FL
- 1T. Ed Garabedian, PA
- 1T. Gary Mazaroff, NM
- 1T. Rick Sorenson, MO
- 5T. Tom Travers, OH
- 5T. Darryl Warren, CA
7. Randy Stafford, TN
8. Bill Deluca, MI
9. Sal Perconti, FL
10. Tom Weniger, CA

Men's 45+

1. Doug Dickman, MO
2. Mitt Layton, FL
3. Greg Hasty, IL
4. Dominic Palmieri, OH
- 5T. Rick Rusari, FL
- 5T. Johnny Northern, MI
7. Micah Brown, CA
- 8T. Jim Bailey, VA
- 8T. Garrett Parks, CA
10. Jim Brane, MO

Men's 50+

1. Ray Huss, OH
2. Horace Miller, IL
3. Tom McKie, TX
4. Russ Deegan, FL
5. Craig Olsen, NE
6. Ron Johnson, IL
7. Lowell Rogers, MO
8. Dennis O'Brien, ID
- 9T. Les Barbanell, NJ
- 9T. Joe Gellman, NM

Men's 55+

1. Jim Wilkins, UT
2. Rex Lawler, IN
3. Bobby Sanders, OH
4. Gordon Kelly, MI
5. Jerry Davis, OH
6. Ron Hutcherson, IN
7. Tom Udvari, NJ
- 8T. Charlie Garfinkel, NY
- 8T. Dario Mas, DE
- 8T. Jim Middleton, MO

Men's 60+

1. Paul Banales, AZ
2. Otis Chapman, OH
- 3T. Jack Dunsmoor, ID
- 3T. Jerry Holly, CA
5. Art Johnson, CO
- 6T. Don Alt, OH
- 6T. Rex Benham, AR
8. Irwin Weintraub, FL
9. Art Hurley, NM
10. George Wade, MO

Men's 65+

1. Joe Lambert, TX
2. John Bogasky, VA
3. Barney Friesth, SD
- 4T. Charles Kaiser, MI
- 4T. John O'Donnell, IL
- 6T. J.D. Driver, MI
- 6T. Don Grieve, IL
- 6T. Jim Herron, OH
- 6T. Benjamin Kerr, CA
- 6T. Mal Roberts, FL

Men's 70+

1. Jack Gushue, NY
2. Victor Sacco, nY
3. Richard Davis, TX
- 4T. Tony Duarte, CA
- 4T. Simon Widerman, TX
- 6T. Mal Roberts, FL

- 6T. Charles Russell, CA
- 8T. Earl Acuff, NC
- 8T. Robert McAdam, TX
10. Bill Gencarella, CA

Men's 75+

1. Charles Russell, CA
- 2T. Earl Acuff, NC
- 2T. Luzell Wilde, UT
- 4T. Allen C. Shepherd, MD
- 4T. George Spear, FL
5. Al Romero, NM
- 7T. Hank Richard, GA
- 7T. Cam Snowberger, PA
- 7T. Irving Zeitman, KY
10. Bill Refranz, FL

Men's 80+

1. John Pearce, TX
2. Allen C. Shepherd, MD
3. Harry Steinman, MD
- 4T. Jack Daly, VA
- 4T. Steve Ordos, MN

Men's 85+

1. Ralph Hoyle, NY

WOMEN

Women's Open

1. Lisa Hjelm, CA
2. Michelle Gould, ID
3. Laura Fenton, NE
4. Kim Machiran, MD
5. Malia Bailey, VA
6. Rachel Gellman, NM
7. Dina Moreland, CA
- 8T. Chris Evon, CA
- 8T. Robin Rodriguez, AK
10. Ines Querios, CT

Women's A

- 1T. Esmeraldo Berrich, CO
- 1T. Sadie Gross, SD
- 3T. Erika Juhl, DE
- 3T. Candy Masson, GA
5. Donna Brown, CA
6. Kelly Craig, FL
7. Judy Sands, OH
8. Leisa Marquart, NE
9. Melissa Harmon, LF
10. Sandy Kerr, MO

Women's B

1. Esmeraldo Berrich, CO
2. Angela Burth, VA
- 3T. Joanna Boyte, NC
- 3T. Yesenia DelBusto, LF
- 5T. Jeni Fuller, NM
- 5T. Kristen Kovar, NE
- 5T. Deb McCament, OH
8. Melissa Gray, MO
- 9T. April Settell, CO
- 9T. Linda Vallieres, VT

Women's C

1. Anita Antony, CO
2. Lorene Stadig, CO
3. Laurie Gordon, CT
4. Gina Fulner, TX
5. Kassi Herr, FL
6. Belinda Dettman, FL
7. Chris Herrmann, MO
8. Hope Lindberg, WA
9. Tammy Tolbert, OH
10. Sandy Claussen, NE

Women's D

1. Gina Fulner, TX
2. Linda Demro, CA
3. Jacqueline Duprey, KS
4. Yolanda Groombridge, CA
- 5T. Julie Bauman, CA
- 5T. Fanny Duenas, FL
- 5T. Terry Rruvillion, OH
8. Jodi Veneruso, CT
- 9T. Linda Brockett, CT
- 9T. Kirstie Hickman, MO

Women's Novice

1. Suzanne Carpenter, OH
2. Cari Mitlitsky, NY
3. Kelly Fisher, OH
4. Pearl Rodarte, NM
- 5T. Christy Eilerman, MO
- 5T. Florence Long, NJ
- 5T. Barbara Pratt, NM
- 5T. Susan Smiley, DE
9. Tatiana LaForest, NY
10. Adrienne Bennett, DE

Women's 19+

1. Tammy Brockbank, ID
2. Kerri Stoffregen, OH
3. Rachel Gellman, NM
4. Amy Kilbane, OH
- 5T. Kelly Craig, FL
- 5T. Elaine Mardas, OH
- 7T. Anthnita Dickerson, OH
- 7T. Teresa Fitzgerald, FL
- 7T. Jennifer Gould, MO
10. Dana Anderson, MN

Women's 25+

1. Kim Russell, GA
2. Jen Yokota, MO
3. Doreen Fowler, DE
4. Michelle Wiragh, MD
5. Tonda Davis, MO
6. Sheila Collins, TN
- 7T. Anthnita Dickerson, MI
- 7T. Gail Guy, NH
- 9T. Sandra Cabrera, CA
- 9T. Cheryl Ford, CA

Women's 30+

1. Karin Sobotta, WA
2. Kersten Hallander, FL
3. Kim Machiran, MO
4. Lorraine Galloway, NY
5. B.J. Ehr Gott, CT
- 6T. Cindy Grace, OH

rankings ... rankings

- 6T. Debbie Tisinger, CA
8T. Carol Bastien, IL
8T. Teri Lawrence, FL
8T. Paula Saad, OH

Women's 35+

1. Debbie Tisinger, CA
2. Linda Moore, NE
3. Kelly Kirk, MN
4. Carol Bastien, IL
5T. Cheryl McConaghy, NM
5T. Janet Tyler, FL
7. Mary Lyons, FL
8. Val Shewfelt, UT
9. Cari Kresa, FL
10. Mary Bickely, OH

Women's 40+

- 1T. Karen Holden, CA
1T. Janet Myers, NC
3. Renee Fish, FL
4T. Elaine Dexter, CA
4T. Marcy Lynch, PA
4T. Joanne Pomodoro, MA
7. Wanda Collins, WA
8T. Mary Bickley, PA
8T. Laura Patterson, MI
10. Juliet Campbell, CT

Women's 45+

1. Terry Ann Rogers, CA
2. Shelley Ogden, OH
3. Donna Ebner, MO
4. Eileen Tuckman, FL
5. Judy Sands, OH
6T. Sharon Hastings-Welty, OR
6T. Kelly Kirk, MN
8T. Agatha Falso, FL
8T. Dianne Nero, NY
10. Betty Butterbaugh, IN

Women's 50+

1. Sharon Hastings-Welty, OR
2. Marijean Kelley, CA
3. Nancy Butts, WI
4. Gerri Stoffregen, OH
5. Pat Tarzon, IL
6. Nidia Funes, CA
7. Agatha Falso, FL
8T. Mildred Gwinn, NC
8T. Margaret Hoff, IL
8T. Jeannie Van Winkle, MO

Women's 55+

1. Kathy Mueller, MN
2. Jo Kenyon, FL
3. Helen Dunsmoor, ID
4. Nancy Butts, WI
5. Mildred Gwinn, NC
6. Annabelle Kovar, NE
7T. Marion Johnson, TX
7T. Jean Tull, VA
9. Sylvia Sawyer, UT
10. Nancy Martin, CA

Women's 60+

1. Jo Kenyon, FL
2T. Mary Walker, CA
2T. Kathy Mueller, MN
4. Lola Markus, IL
5T. Cleat Ching, PA
5T. B.G. Railey, TN
7. Mary Low Acuff, NC
8. Peggy O'Brien, Ire.
9. Reta Harring, WI
10. Ann Byers, OR
9. Susan Embry, CA

Women's 65+

1. Reta Harring, WI
2. Mary Low Acuff, NC
3. Dorothy Vezetinski, WA
4. Roberta Schoenfeld, NM
5. Bridin Ui Mhalosan, Ire.
6. Mary Lou Kackert, NM

Women's 70+

1. Mary Low Acuff, NC
2T. Marilyn Cuneo, Mn
2T. Marion Russell, CA
4. Dorothy Vezetinski, WA
5. Ruth Crosson, CO

Women's 75+

1. Mary Low Acuff, NC
2. Eleanor Quackenbush, OR

BOYS

Boy's 8 & Under

1. Matthew Hammond, TX
2T. Nick Arturo, AK
2T. Andrew Grissom, CA
4. Jamie Landeryou, Can.
5. Jonathan Dawson, OR
6T. Sean Baker, TX
6T. Cesgo Velgis, Mex.
8T. Paul Bennett, UT
8T. Justin Erdman, OH
8T. Chad LaForest, NY

Boy's Multi-bounce

1. Matthew Hammond, TX
2. Nick Arturo, AK
3. Charlie Pratt, OR
4. Ivan Sanchez, Mex.
5. Sean Baker, TX
6. Scott Rieders, OR
7T. Justin Erdman, OH
7T. Cameron Leiting, WI
9T. Paul Bennett, UT
9T. Jonathan Brittain, OR

Boy's 10-

1. Steven Klaiman, TX
2. Jon Hellner, OR
3. David LaForest, NY
4. Brandon Shoemaker, OH
5. Andrew Kopf, NY
6. Sam Basta, MO

- 7T. Bernard Dormanb, CA
7T. Cesgo Velgis, Mex.
9T. Tyler Hollingsworth, OR
9T. Simon Jackson, IN

Boy's 12-

1. Jack Huczek, MI
2. Trevor Crowe, OR
3. Matthew McElhiney, FL
4. Cory Martin, WI
5T. Erik Leetch, AR
5T. Zack Miller, CA
7. Bart Crawford, OR
8. Patrick DeBord, NE
9. B.J. Basta, MO
10. Jake Kavan, NE

Boy's 14-

1. Ryan Staten, KS
2. Shane Vanderson, OR
3. Jeffrey Gomer, AL
4. Grant Baker, MO
5. Scott Fisher, NY
6. James Ford, WY
7. Sanjay LaForest, NY
8. Adam Tueller, UT
9. Joel Worthington, KS
10. Bobby Hanson, AK

Boy's 16-

1. Rocky Carson, CA
2. Abe Valdez, OR
3. Hal Spangenberg, CA
4T. Bucky Freeman, TX
4T. Tyler Siggins, CA
4T. Josh Tucker, MO
7T. Erin Brannigan, ID
7T. Garin Meguerditchian, NY
9. Adam Tueller, UT
10. Brit Berkey, IN

Boy's 18-

1. Shane Wood, MA
2. Eric Storey, IN
3. David Hamilton, OH
4. Nate Gagne, ME
5. Jesse Keaveny, AK
6. Evan Pellowski, WI
7T. Matt Davenport, MO
7T. Erik Ekman, MA
9. Terrance Holbrook, UT
10. Stephen Mykalcio, NY

GIRLS

Girl's 8 & Under

1. Kelley Fisher, OH
2. Brandi Hanson, OR
3. Marcelo Moreno, Mex.
4T. Lindsay Fuller, TX
4T. Brandi Jacobson-Prentice, Can.
4T. Molissia Martin, WI
4T. Ashley Murphy, MO
8. Rebeka Kopf, NY
9. Christine McCracken, NM
10. Jenny Epstein, NY

Girl's Multi-bounce

1. Kelley Fisher, OH
2. Dominique Winfrey, OH
3. Kimberly Walsh, UT
4. Molissia Martin, WI
5T. Eleni Guzman Valgis, Mex.
5T. Dianne Meyer, OR
7. Marcelo Moreno, Mex.
8T. Alison Bertagnoli, WI
8T. Elizabeth Ferguson, OR
8T. Ashley Murphy, MO

Girl's 10-

1. Kimberly Irons, OH
2. Adrienne Fisher, OH
3. Lindsay Deutsch, TX
4. Kastle Arturo, AK
5. Deraí Darling, OR
6. Jesi Fuller, NM
7. Cari Mitlitsky, NY
8T. Trinity Garcia, CA
8T. Brandi Hanson, OR
8T. Melissa Holden, CA

Girl's 12-

1. Kristen Walsh, UT
2. Cari Mitlitsky, NY
3T. Melanie Mueller, CO
3T. Karina Odegard, Can.
4. Crystal Winfrey, OH
5. Molly Law, CO
6T. Keely Brannigan, ID
6T. Krystal Csuz, IL
6T. Juliana Mayor, NY

Girl's 14-

1. Sara Borland, IA
2. Brooke Crawford, OR
3. Kristen Kovar, NE
4. Lisa Kerr, Can.
5. Maggie DeBord, NE
6. Kristen Walsh, UT
7. Leisa Marquart, NE
8. Meghan Guardiani, MA
9T. Jeni Fuller, NM
9T. Cari Mitlitsky, NY

Girl's 16-

1. Vanessa Tulao, TN
2. Katie Gould, MO
3. Erin Frost, OR
4. Amanda MacDonald, Can.
5. Colleen Maginn, WI
6. Leisa Marquart, NE
7. Erin Frost, CA
8. Lindsay Sears, IN
9T. Jill Brittain, OR
9T. Meghan Guardiani, MA

Girl's 18-

1. Sadie Gross, SD
2. Shannon Feaster, RI
3. Kori Grasha, NY
4. Rhonda Rajsich, AZ
5. Christie Van Hees, Can.
6. Theresa Larsen, OR
7T. Dawn Gates, IL
7T. Sabrina Pasos, Mex.
9. Michelle Reeves, OR
10. Colleen Maginn, WI

WHEELCHAIR

- 1T. Chip Parmelly, CA
1T. Donna Cline, TX
3. Rick Slaughter, TN
4. Gary Baker, WV
5. Steve Kuketz, MA
6. Ray Bradley, NM
7T. Ross Davis, TX
7T. Mark Fenn, TN
7T. Les Gorsline, WI
7T. Audie Kemp, IN

Rankings Dated: 04/10/96

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MAY

May 10

Merced Spring
Open @ Merced
Sports Club
Merced, CA
209/722-3988

Northern Kentucky
IRT Classic
World of Sports
Florence, KY
606/371-8255

Spring Fling Cash
Classic @ Orlando
Fitness & RC
Orlando, FL
407/645-3550

Top 20 City
Challenge Finals
Westport AC
St. Louis, MO
314/569-0648

Women's Classic
Gold River
Racquet Club
Gold River, CA
916/638-7001

**Junior Regional
#11 @ Northeast
RC - Columbia
Heights, MN
612/421-8608**

May 12

Wilson/Westport
Top 20 @ Westport
Sanctioning Clubs
St. Louis, MO
314/569-0648

May 15

IRT World
Championships
Bayhill Ath. Club
Milpitas, CA
408/946-2151

May 16

6th Annual Spring
Open @ Pikes Peak
YMCA, Colorado
Springs, CO
719/598-2328

May 17

Atlantic Coast RB
Champs
Wilmington AC
Wilmington, NC
910/763-9655

Falcon Farewell
Falcon S & F
Complex
Suwanee, GA
770/667-9211

O.R.A. Women's
Only Tourney
Mid-Town AC
Cincinnati, OH
513/351-3000

Park Point Open
Park Point AC
Santa Rosa, CA
707/578-1640

Pro Sports Open
Pro Sports Club
Bellevue, WA
206/885-5566

Tournament of Aces
@ Tri-City Leisure
Center
West Columbia, SC
803/736-7491

Wilson 3-Wall
Outdoor Classic
Santa Lucas High
School Courts
W. Palm Beach, FL
407/731-4648

**Junior Regional
#15 @ Sunset AC
Portland, OR
503/244-9659**

2nd Annual YMCA
Campaign
YMCA of Central
Kentucky
Lexington, KY
606/254-9622

MAY 22-27

**Ektelon AARA
29th U.S.
National Singles
Downtown YMCA
Houston, TX
713/659-8501,
or call the AARA
719/635-5396**

May 26

Memorial Day
Racquetball Smash
JCC of Palm Beach
W. Palm Beach, FL
407/689-5747

JUNE

June 7

Chuck Prince 15th
Ann. Diabetes
Bally Scandinavian
Boca Raton, FL
407/499-9887

For Women Only
Sports Barn
Chattanooga, TN
615/266-1125

Maverick AC 15th
Anniv. Tourney
Arlington, TX
817/275-3340

Pig Roast
Congress Park AC
Dayton, OH
614/890-6073

Spalding/IRT Yogi
Berra's RB & F
Fairfield, NJ
201/444-0859

June 8

11th Ann. Pepsi
Cup/CO Team
Aurora A C
Aurora, CO
303/750-3210

June 10

14th Ann. Gold
Country Open
Auburn Court
House
Auburn, CA
916/885-1964

June 14

Elite 8
Championships
21st Point
Mountain View, CA
415/791-6350

For Women Only
Harbor Square AC
Edmonds, WA
206/639-2585

5th Ann. Crystal
Coast Classic
Sports Center of
Morehead
Morehead City, NC
919/726-7070

calendar ... calendar

June 21
All Military
Championships
Downtown AC
Norfolk, VA
804/625-2222

Summer Splat
Modesto Court
Room
Modesto, CA
209/577-1060

5th Ann. Tampa
Metro @ Central
City YMCA
Tampa, FL
813/229-9622

JUNE 22-26
Ektelon AARA
23rd U.S. Junior
Olympics
Southridge AC
Greenfield, WI
414/421-5770
or call the AARA
719/635-5396

June 28
Quad West
Summer Classic
Quadrangle AC
Clearwater, FL
813/535-4901

Riverside Wellness
& Fitness Doubles
Shootout
Newport News, VA
804/875-7525

Star of the North
State Games
Courts Plus
Fargo, MN
701/293-6193

JULY

July 6
Garden State
Games @ Rutgers
University
New Brunswick, NJ
201/444-0859

July 12
Head Tour-Summer
Doubles
Continental AC
Columbus, OH
614/890-6073

Summer Pro Am
Northeast RC
Columbia Heights,
MN
612/572-0330

The Courthouse of
Blues @ The
Courthouse RC
Jackson, MS
601/932-4800

Interbay-Glover
YMCA Open
Tampa, FL
813/839-0210

1996 NATIONAL EVENTS

MAY 22-27 Ektelon AARA 29th U.S. National Singles Championships @ Downtown YMCA: Houston, Texas

JUNE 22-26 Ektelon AARA 23rd U.S. Junior Olympic Championships @ Southridge Athletic Club: Greenfield, Wisconsin

JULY 18-20 NMRA International Masters Invitational: Las Vegas, Nevada

JULY 20-27 National Elite Training Camp: USOTC, Colorado Springs, Colorado

JULY 27-AUG. 2 U.S. Junior Team Trials: USOTC, Colorado Springs, Colorado

AUGUST 09-17 IRF 8TH WORLD CHAMPIONSHIPS @ City Square Sports Club: Phoenix, Arizona

AUGUST 27-31 IRF 8th World Senior Championships @ Tom Young's Athletic Club: Albuquerque, New Mexico

OCTOBER 03-05 Annual AARA Board of Director's Meeting: Colorado Springs, Colorado

OCTOBER 16-20 Ektelon AARA 29th U.S. National Doubles Championships: Phoenix, Arizona

NOVEMBER 13-17 AARA 1st U.S. OPEN Racquetball Championships: Memphis, Tennessee

DECEMBER 19-22 IRF 8th World Junior Championships: TBA

July 13
Commonwealth
Games @ Lancelot
Family Fitness
Vinton, VA
703/981-0205

July 19
16th Ann. Cystic
Fibrosis Open
Courts Plus
New Bern, NC
919/633-2221

Spalding/IRT
Summer Games
Classic AC
Lyndhurst, NJ
201/444-0859

July 26
Ballard Open
Olympic AC
Seattle, WA
206/789-5010

3rd Annual
Summerfest Tourn.
Glass Court S & F
Lombard, IL
708/629-3390

July 27
Bluegrass State
Games @ UK
Seaton Center
Lexington, KY
606/288-6011

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Wilson • Official Glove

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IRF World Senior
Racquetball Championships 59

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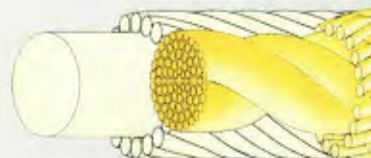
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