

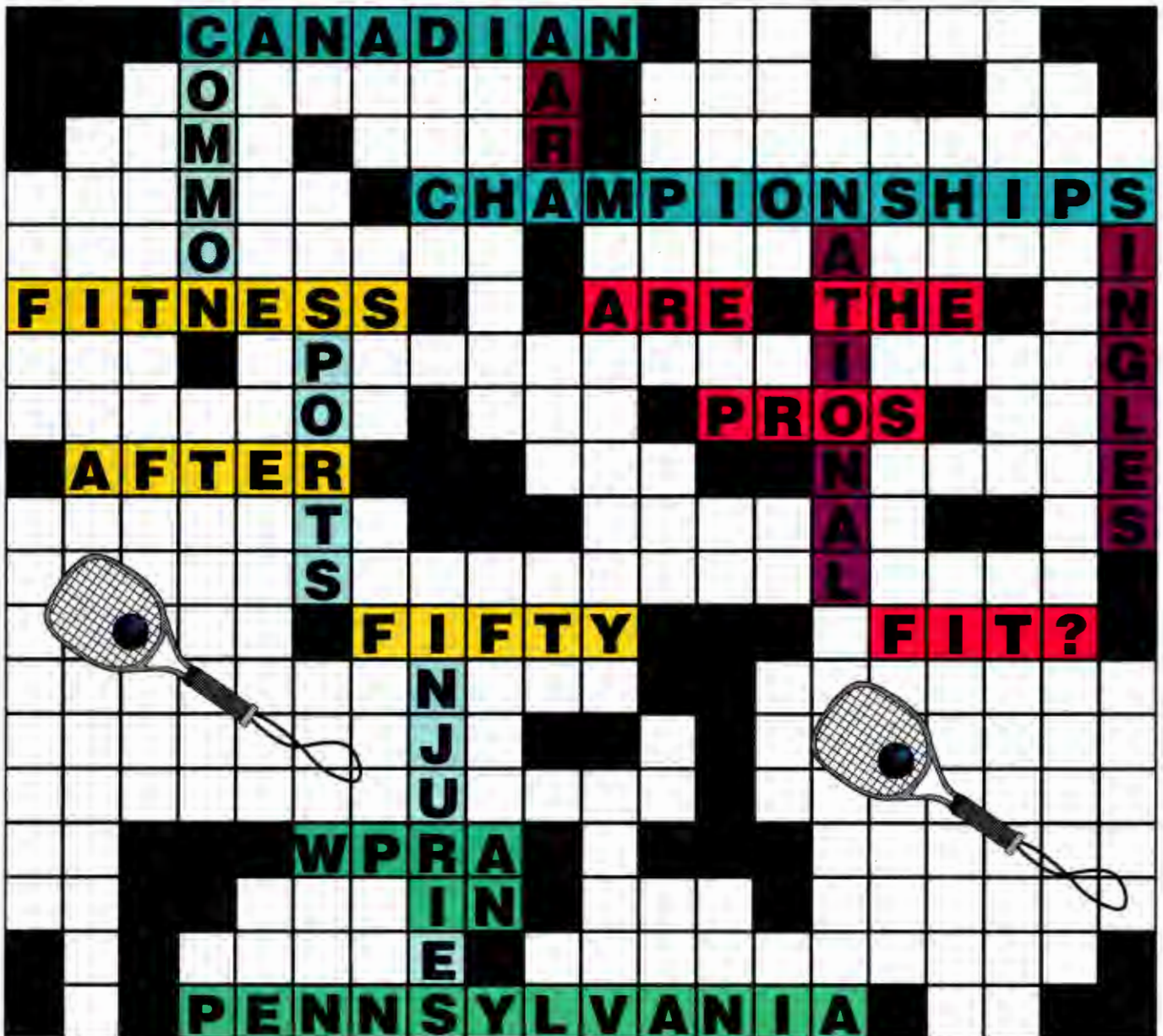


National Racquetball Magazine

July/August 1989

Vol. 18, No. 6

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LETTERS TO THE EDITOR

Norm Chastised

What a cheap shot you directed at Caryn McKinney in your May column! I have followed Caryn's career for over seven years. You, on the other hand, have obviously not seen her play, particularly during the past twelve months. She is one of the most, if not the most, consistent player on the tour. She can play an aggressive game-style, total control, or anything in between. Without a doubt, Caryn is the most intelligent and focused of competitors.

Why do you wish to taint something she has worked so hard for with your petty uninformed comment? Has it ever occurred to you to ask the opinion of Caryn's and Lynn's competitors? Perhaps they can offer some insight that you clearly do not have!

It's too bad you have the opportunity to express such a blatant, cold opinion when it is entirely ignorant and lacking in any factual backing. You clearly owe Caryn an apology. Individuals should be given praise and credit when goals are attained, not belittled just because your favorite player was the perennial champ! Pull your head out, Norm!

Debbye Alexander
North Augusta, SC ○

Largest Racquetball Collection?

Many people are collectors of various items. Some collect stamps, some coins, and some matchbooks. As it happens, I collect racquetball cans (containers).

For the past fifteen years I have been involved in racquetball as both a player and Board member of various racquetball associations. During this time, I have also been collecting racquetball cans.

I began calling my treasures a "rac-

quetball can collection," but the racquetball manufacturers started packaging balls in cardboard and plastic cans, cardboard boxes and even clear plastic rectangular boxes. So I now call it my ball "container" collection which includes such standouts as the AMF Head metal can with the purple "Plum" ball, the Trenway cardboard container with the "pump up ball" Super Z-ball and all of the Seamco containers (nine in all). How many of today's players remember these?

I am continually seeking new containers for my collection and would appreciate hearing from anyone who has old or unusual pieces. I will purchase the balls and containers to add to my collection.

Jim Easterling, 321 Village Drive, Lansing, MI 48911, (517) 887-0459 ○

Seeking Scholarships

In your April 1989 issue, there was an article in the "Letters to the Editor" section, which referred to college racquetball scholarships.

I would appreciate you providing me with any information you have on colleges which offer racquetball scholarships or as to how I could find out.

I am 15 years old and have been playing racquetball for 3 years. In 1987, I was second in the Canadian junior championships in the 14 & under age group. Seeded number 2 in Canada, I am extensively involved in racquetball and I am looking to become a top player as I develop and improve my skills and abilities. Although I will not be eligible for college until 1991, I would like to make some inquiries and see what opportunities are available to me in the future.

Thank you and I look forward to your response.

Rocko Roach
Mississauga, Ontario, Canada

Editor's Note: See articles on 1989 Collegiate Championships and ACRA in our June issue. Good luck! ○

Backhand Praise!

The article on Stroke Mechanics by Hollander and Stevenson in the May issue of *National Racquetball*, was the best of its type I have ever read. It provided a thorough analysis of the backhand stroke with excellent step by step illustrations.

This has done more to help my backhand than any instructor or video tape. Congratulations on a fine article and please let's have more on other strokes.

Bill Guscam
Fairmont, WV ○

American Racquetball Instruction Camps

Several months ago you ran an advertisement in your magazine for American Racquetball Instructional Camps. I assumed this was a reputable organization and sent an application along with \$225.00 fee.

The day arrived for the camp to begin and when I arrived at the club, much to my surprise, the camp had been cancelled. I was not notified of the cancellation nor was my \$225.00 returned.

You have since run articles in your magazine promoting such camps. This experience certainly leaves a negative opinion regarding the character of these camp promotions.

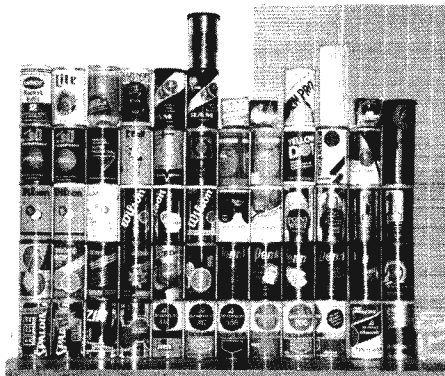
I have enclosed a copy of a letter sent to the director of the camp, but up to this date I have not received acknowledgment of the letter nor a refund.

I think it would be wise to check the reputation of camps advertising in your magazine. Prospective students assume your endorsement of such camps.

I would appreciate any help in recovering my \$225.00 fee from Mr. Nolan. I will be sending copies of this letter to: Head, A'me and Penn who also endorsed this camp.

Ken E. White
Lima, OH

Editor's Note: Don't let one bad apple spoil the barrel. This is the only camp we have received complaints about. Nolan's camps ran last year without a problem and were recommended by a number of people. For some reason he was unable to meet his obligations this year. We have been attempting to reach him for the past four months without success, so cannot provide an explanation. We regret your bad experience but assure you this is not the way other professional clinicians do business. Nolan's lack of integrity should not be considered the norm. ○



FITNESS AFTER FIFTY

At 56 years of age, pint-sized Jo Kenyon (barely five feet tall and 100 lbs.) is justifiably proud of her racquetball accomplishments. Last year she was a double gold medalist at the AARA National Singles Championships winning both the 50+ and 55+ divisions at Houston. She attributes her wins more to overall fitness than to racquetball prowess and has agreed to share with our readers her general plan for fitness after fifty.

Jo's healthy lifestyle comes from following a stringent diet and exercise programs developed over several years of training and conditioning both mind and body. She comments: "One of the reasons I enjoy my workouts so much is that in addition to the physical benefits, they seem to give me a natural 'high'. It's hard to describe the feeling of well-being after a rigorous workout. The time right after exercise is always one of the most satisfying periods in my day."

Jo fell in love with racquetball about six years ago and quickly realized how important general fitness was to success on the court. After attending the AARA Elite Training Camp at Colorado Springs a few years ago, she was motivated to begin a regular weight training program. She spent six months getting stronger and improving her game without much attention to diet, but eventually accepted the idea that weight management must also be a part of any program for total fitness.

Jo read volumes on diet, nutrition, etc. and eventually developed a dietary plan she is comfortable with, (see sample A). Her simple equation for losing weight — "Exercise burns calories and the intake must be less than the amount burned for weight loss to occur. The food consumed must also be the kind which helps the body burn calories, (e.g. carbohydrates). A healthy diet tailored to the needs of the individual in combination with conditioning and regular exercise guarantees results."

Jo spends three to four hours daily pursuing fitness activities including about two hours of racquetball, one to one-and-



Jo Kenyon

one-half hours of cardiovascular workouts three times weekly, (see cardiovascular workout sample B) and jogging or biking on alternate days. This type of schedule can be tough to stick to so she uses some mental gymnastics to keep herself on track. "When the program gets tough from time to time, I focus on the fact that continuing the effort will continue to give me an edge over other players of my own age and even younger. This gives me the incentive to continue. Nowadays when I miss my daily workout for some unavoidable reason, I find myself restless, often irritable and even depressed. Exercise has become as much a part of my life as eating and sleeping — without it my day just isn't complete."

Jo Kenyon's fitness program is her way of life. Her approach to exercise, diet and lifestyle has changed dramatically since her first introduction to the game of racquetball. She even attributes her mental toughness and determination to the program.

"Working out is as beneficial mentally as physically. Because of the discipline involved and the effort expended, adhering to a workout program gives you a tremendously good feeling about yourself. When I look around and see so many soft, sedentary, out-of-shape people of my age and in younger generations, I really pity them. They are missing out on a part of life which is theirs for the taking — an opportunity to eat well, exercise properly, maintain a healthy body and feel great. This has to be the real secret of longevity." ○

Sample A

My diet consists of:

- Oatbran cereal with skim milk for breakfast.
- Fruit, bagel or whole grain bread for lunch.
- Tossed salad, baked potato with lowfat cottage cheese, and a couple of scoops of non-fat frozen yogurt for dinner.

Yum-yum!

Sample B

My workout:

Monday-Wednesday-Friday

6:30 a.m. - 8:00 a.m.

- 12 minutes on stationary bike
- 15 minutes on rowing machine
- 12 minutes on Nordic Ski Machine
- 20 minutes on Versa Climber
- 15 minutes on treadmill
- Abdominal machine*: 3 sets of 20 repetitions
- Rotating torso machine*: 2 sets on each side, 20 repetitions
- Back extension machine*: 3 sets of 20 repetitions

(*Weight used dependent on individual needs and abilities)

Excellent cardiovascular workout!

On non-workout days I usually run 3-4 miles, 3 times a week, and 6 miles once a week. This is in addition to 1-2 hours of racquetball daily.

At night, I rest!

Editor's Note: The effectiveness of Jo's fitness program can't be argued. She won both national singles titles again in 1989.

COMMON SPORTS INJURIES

by Dr. Richard Honaker



Dr. Richard Honaker is a diplomate of the American Board of Family Practice and an avid racquetball player.

A racquetball player will experience numerous injuries during his/her racquetball career. Knowing how to recognize and treat them can allow an early return to play.

1. Contusions

These injuries are commonly known as bruises. They result from injuries to the soft tissues of the body, causing breakage of the small capillaries with bleeding into the tissue. This bleeding results in swelling; often immediate. The greatest danger is injury to underlying structures, such as blood vessels, nerves and bones. In racquetball, contusions are commonly the result of colliding with walls, players, balls and racquets. Treatment should be the immediate application of an ice pack, applying pressure and elevating the injured site. All three measures reduce swelling, which causes the tissue damage. Flexibility exercises should be maintained as the muscle pumping action will reduce swelling fluid, pumping it back into the bloodstream. This will also maintain muscle and joint flexibility. Permanent damage is rare and return to activities can occur once pain has subsided for approximately one to three days.

2. Strains

Strains are the result of the stretching of muscles and tendons. (Tendons are the fibrous continuation of a muscle as it attaches to a bone.) Strains usually occur with rapid onset from over-stretching or bending too quickly. The result is the stretching, without tearing, of the fibers in the muscles and tendons. Some swelling may occur. The treatment for these injuries is ice massage, which can be accomplished by taking small Dixie cups filled with water, placing them in the freezer, and once frozen, peeling the

paper off one end to use as a roll on the ice pack. Ice massage should continue for 30 to 60 minutes at a time in cycles of three to five times per day. Following the initial 24 to 26

hours of using ice, a 24-hour period of rest should occur, followed by application of heat to speed healing.

3. Sprains

A sprain is the result of stretching a muscle and tendon to the point of testing some or all of the fibers of the tendon. This is basically a strain, taken one step further. It results in greater pain, swelling and disability. The ankle sprain is the most common. This can often develop into a chronic problem, but will heal well if treated quickly and properly, allowing a safe and early return to activity.

There are three degrees of severity with an ankle sprain. The first degree injury where the ankle ligaments are stretched is minor and most common, there is no ankle instability and return to sport occurs within approximately two weeks. A second degree sprain occurs when the ligaments are partially torn and the ankle swells immediately with bruising noted. This may require three to six weeks of rest before return to physical activity. The third degree sprain is serious and may even require surgery and casting. It usually takes eight to 12 months for the ligaments to heal.

The treatment of an ankle sprain depends a great deal on the amount of pain and swelling. During the first 48 hours, to reduce pain and swelling, ice massage should be applied, as described previously, for approximately 30 to 60 minutes, five times per day. A stationary ice pack is also acceptable. One should insulate the skin from the ice with plastic wrap or a towel. An elastic bandage, wrapped from the toes upwards and from the outside of the foot towards the inside, will reduce swelling. Elevation above the

(continued on page 6)

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Common Sports Injuries

(continued from page 5)

heart will also help. An immobilization splint may be necessary and anti-inflammatory medicines may be used to reduce swelling and inflammation. During the first week, one can walk on an injured ankle if it is not uncomfortable. Otherwise crutches or a cane should be used. A brace or a cast may also be necessary, depending upon the degree of the injury, with pain being the guide. Stiffness can occur and should be reduced by range of motion exercises. Drawing 50 large zeros in the air with the great toe four times a day, will maintain range of motion. During the second week and longer, rehabilitation is undertaken with flexibility and strengthening exercises. To test your ankle for readiness to return to activity, use the following rule: When you can stand on the toes of the injured ankle for 20 seconds, and hop on the toes 10 times you can begin to run. Initially, walking fast or jogging in a straight line is followed by progression to running in large figures of eight. Finally one can use running zig-zags, with a return to sport when zig-zagging can be done without discomfort.

4. Fractures

Fractures, or broken bones, result in swelling and pain. Limitation of use is most important. X-rays should be taken and treatment usually consists of immobilizing the injured area and the joint on both sides of the injured bone. Small, uncomplicated fractures of the fingers and toes can be treated by buddy taping, which involves putting cotton between the two digits and taping them together for support. Splints, braces and casts may also be necessary. These should obviously be cared for by your physician. Fractured bones that result in a fracture line extending into a joint, where two bones move upon each other, are usually more serious with the possible progression to arthritis.

5. Arthritis

Arthritis is a chronic inflammation of a joint, usually from old trauma. This may

result in bony irregularities with swelling following exercise, as well as during wet and cold weather. The treatment for arthritis is to avoid overuse. Range of motion exercises should be undertaken. Following exercise, ice should be applied for approximately one hour, and if pain persists beyond 24 to 26 hours, heat may be applied to speed healing. Anti-inflammatory medications may be necessary.

6. Tendinitis

The tendons are the fibrous structures which attach muscles to bones. When tendonitis occurs, they become swollen and tender. This is usually the result of overuse with repetitive motion or extreme degrees of motion about a joint. Common types of tendonitis will respond to rest until you have been pain free for three days, and the application of ice during the initial inflammatory phases (approximately three days). Use an ice pack three times per day for 30 to 60 minutes. Following this, heat may be used. In particularly resistant cases, which have been present for longer than several weeks, the best routine is the alternating applications of ice and heat at half-hour intervals. Daily cycles involving a two hour period are best. Doctors often prescribe anti-inflammatory medications to help heal tendonitis. Aspirin taken in high doses is an excellent anti-inflammatory medication. Due to the stomach upset that occurs with high dosage, one should use Ecotrin or Ascriptin, three tablets, four times per day for a week. This should be discontinued if there is any abdominal pain, ulcers, or history of allergy to Aspirin. Ibuprofen, found in Advil, Nuprin and Medipren, is also an anti-inflammatory drug when taken in high doses of three tablets four times per day. Take these with food to prevent stomach upset. Prior to using these high doses of Aspirin or Ibuprofen, you should definitely consult with your physician to be sure he/she feels it is safe for you. Persistent tendonitis can often be treated with special splints and braces as well as shots of cortisone into the tendon sheath surrounding the inflamed tendon. The most important treatment, however, is resting the injured site.

7. Bursitis

Bursas are fluid filled sacks which cushion and prevent friction around joints and tendons. These are found in most joints of the body, but most commonly become inflamed and painful in the shoulder and hip areas as surrounding muscles move over them excessively. Contributing factors are overuse, weak muscles, strenuous training, prior injuries and previous trauma. Treatment includes resting the injured joint, possibly including a sling, an ice pack 30 to 60 minutes twice a day, and 15 minutes after any excessive use. This should be followed with heat approximately five days after the injury has cleared up. Anti-inflammatory medications and/or injections of cortisone may be necessary. When one returns to sports after this kind of injury, one must return slowly, using range of motion exercises to prevent stiffness and scar tissue from forming.

8. Low Back Pain

This may be caused by muscle strains or sprains but can also be caused by a facet joint syndrome, degeneration of the disc or overloaded connective tissue (tendons, ligaments, cartilage). This can be debilitating and chronic. It should be treated with the following measures. For severe problems total bed rest is necessary. The ideal position is flat on the back with a pillow under the knees to prevent pull on the back. To reduce pain and muscle spasm initially, the use of ice and/or massage is important and later stiffness can be treated with heat. Moist heat is best. For persistent problems, anti-inflammatory drugs, muscle relaxers, and physical therapy may be important. In rare cases braces, traction and surgery are necessary. As back pain resolves, flexion exercises are the most important treatment. These are accomplished by bending forward in the pelvic tilt or knee raise manner. In some cases, bending backwards is also helpful. For the pelvic tilt, lie flat on the back with knees bent and feet flat on the floor. The abdominal muscles are tightened and the pelvis is tilted so that the small of the back is flat on the floor. Hold position for ten seconds, relax and repeat approximately 15 times,

three times daily. The knee raise exercise is also performed lying flat on the floor. A pelvic tilt is performed then the knees are raised slowly to the chest, (one at a time), hugged with the arms then lowered one at a time without straightening. This should be repeated at the same frequency as the pelvic tilt. Extension of the back is accomplished by lying on the stomach then raising the upper body to lean on the elbows. This position should be held for 30 seconds and gradually worked up to five minutes. As with any back injury, avoid heavy lifting. Lift with the knees bent and the back straight. Avoid sitting or lying in one position for long periods. Sports activities should be gradually worked into when you have been without symptoms for five to seven days. Danger signs with back pain include pains that radiate into the legs or numbness or weakness in one leg. An inability to control one's urine or bowels is also a sign of nerves being pinched. Persistent pain requires investigation and x-rays.

9. Lacerations

Lacerations occur frequently during collisions with partners, walls, and racquets. For initial treatment use pressure to stop bleeding and cleanse with warm water. The three main determinants of the need for stitches are the degree of bleeding, the potential for scarring, and the degree of gaping of the wound. Following initial first aid and/or stitching, the wound should be cleaned twice daily and an ointment such as Mycitracin, Polysporin or Bacitracin applied. Wounds should be covered for as long as they are draining. Watch for infection, signaled by the presence of redness, swelling and pus. Tetanus booster should be updated every five years for dirty wounds and every ten years for clean wounds.

With an injury, the cardinal rule is use of common sense in treatment. Most injuries will be obvious as to degree of severity and method of treatment but if you have questions, please consult your health care professional. The greatest danger with racquetball players is their avid desire to return to activity, which if not restrained appropriately, can result in

chronic problems. A general rule of thumb is returning to sports when discomfort is still present will result in the prolongation of the discomfort. Return after most injuries should occur only after a several day period of complete resolution of all symp-

toms. To stay healthy, listen to your body and do what it says. ○

Editor's Note: Send your questions and/or comments to Dr. Richard Honaker, c/o National Racquetball Magazine, P.O. Box 6126, Clearwater, FL 34618-6126.



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A TWO-WALL RACQUETBALL COURT THAT COSTS LESS THAN A ONE-WALL COURT

by Tom Martin

Our Park and Recreation people recently built a free-standing (not fenced-in) single-wall racquetball court in our local park. You may have played on this type court; on a pass shot you chase the ball into the next county. Consequently, the court is seldom used for playing racquetball. However their efforts prompted me, a four-wall player, to try to design a more useful low cost, outdoor racquetball court.

My court design is unconventional as it has two, 10 ft. high front walls rather than one, 20 ft. high, front wall. Two, double-front wall courts can be built across the 60 ft. width of a standard

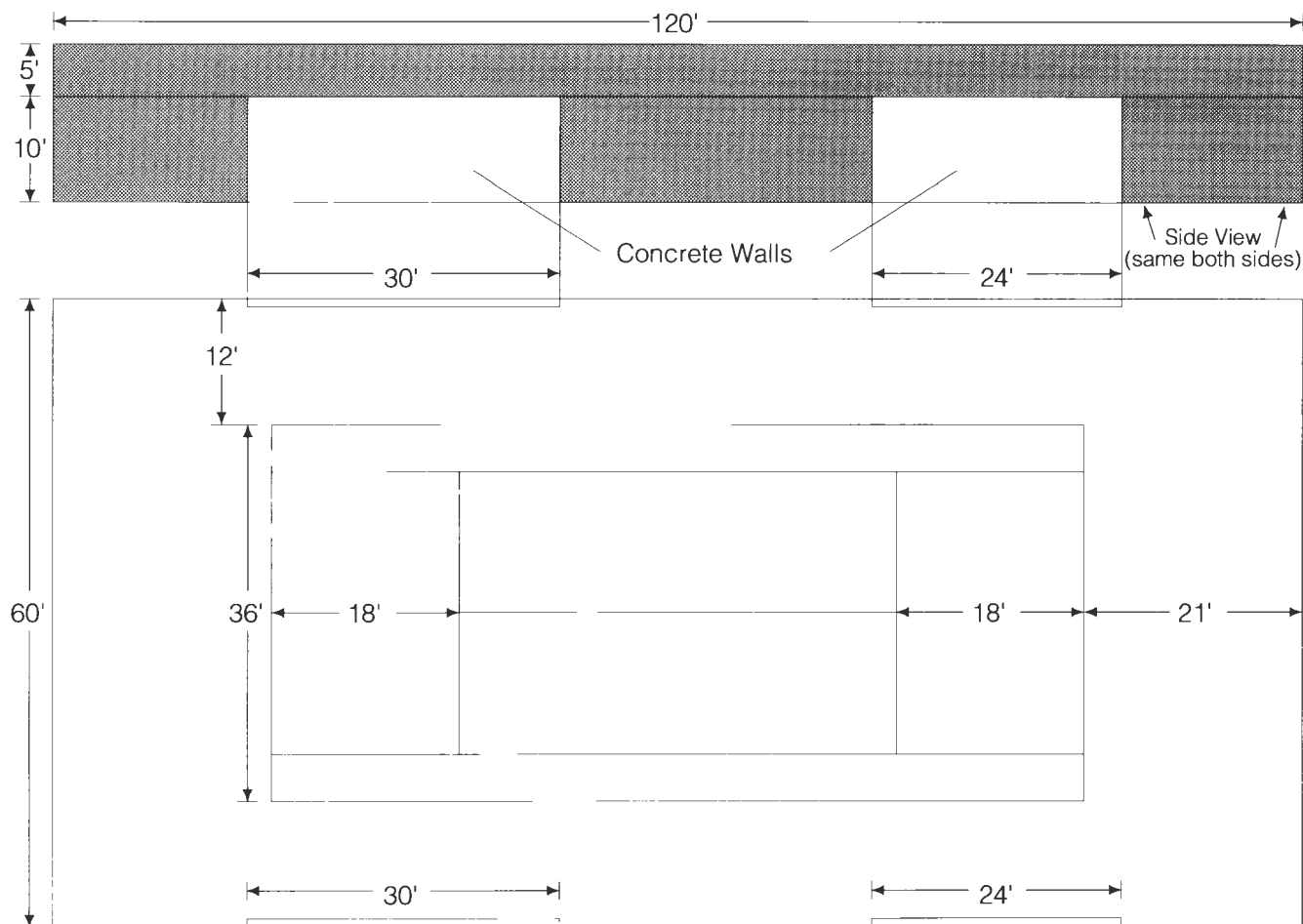
tennis enclosure. This location utilizes the property, court surface, fencing and lighting necessary for tennis play. This leaves only the cost of the two walls for each court. Each double-front wall court would require only 400 to 600 sq. ft. of walls; which is approximately the same as in a one-wall court.

The double-front wall court has no sidelines to cause confusion with the tennis lines. And the court walls do not obstruct or endanger tennis play. They can serve as excellent tennis practice walls.

The object of double-front wall rac-

quetball is to serve and return the ball to hit your front wall (your opponent's back wall) on either the fly or first bounce. Failure to do so, is a point for opponent. The ball can be returned on the fly, first bounce, or off your back wall. Which is the same shot selection as standard four-wall racquetball. As opposing players, or teams, shoot from their own front wall, from different ends of the court, there can be no hinders.

We now need a few courts for evaluating the concept of double-front wall racquetball. Just two strategically placed walls in a tennis enclosure, are all we need to proceed. ○



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ARE THE PRO'S FIT?

by Dan Obremski



Andy Roberts

This is the first in a series of interviews bringing you training schedules and tips from the top racquetball professionals in the world.

Our first interview is with Andy Roberts, U.S. team member, and national amateur champion. He is ranked in the top 16 on the men's pro tour.

Q: Does playing in a number of tournaments

each month take a toll on your body?

A: Yes, definitely. What I've had to do the past couple of years is pick and choose my tournaments, and plan a schedule four to six months in advance. Nevertheless, my arm and lower back are still a little tired after a tournament. I feel that this fatigue comes from overuse, not from being out of shape.

Q: How much rest do you take between tournaments?

A: Before any tournament I take two days off and do nothing but rest and stretch. At certain stages rest is as important as training. The break also allows me to peak physically and mentally at a tournament.

Q: In terms of physical training, what do you do with the rest of your week?

A: Well, I am an advocate of weight training, but heavy weights seem to restrict my swing. So I lift once a week, with very light weights and very high repeti-

tions. I think this gives me a boost of confidence more than physically strengthening me. My weight training is a maintenance program to keep the strength I have.

Q: What about running or cardiovascular endurance?

A: My running schedule consists of three days of sprints. Day 1 - 440s; Day 2 - 220s; and Day 3: 10 x 100s. This builds my leg power. For endurance I ride Lifecycle 30 minutes at random at level 10, then move to the Stairmaster for 15 minutes at the top level.

Q: You spoke of peaking mentally. Are there things you do to improve your mental toughness?

A: I'm a strong advocate of hypnosis. My hypnotist helps me concentrate on positive things only. I try to block out all negative thoughts. I'm also studying a few books on building self confidence.

(continued on page 23)



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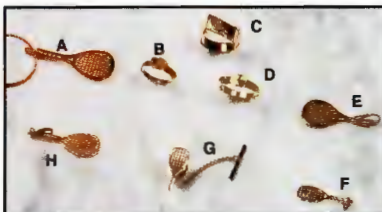
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FIVE COMMON MISTAKES OF RELOCATION OUT OF THE BOX AFTER SERVE

by Fran Davis

This month we will discuss procedures to get you out of the service box and into good court position after the serve. This is called relocating out of the box. In racquetball serves, court position and relocating out of the box are closely interrelated and quite important.

Many racquetballers are guilty of executing dynamite serves, then standing in the service box admiring them. Unfortunately, when you stay too long in the service box you are usually passed or jammed. It is imperative to get out of the box quickly and efficiently after your serve passes the short line, and move

into proper court position for retrieve of the serve. Don't be vulnerable to the pass or jam by watching your serve too long.

In summary, serves are the #1 weapon in the game of racquetball. In order to keep serving and scoring points, you must follow-up a good serve with an even better center court position by relocating out of the box properly. The following information will give you a clearer understanding of the proper procedures for accomplishing this.

Being in the right place at the right time will make you a more consistent winner. Don't get caught looking. ○

Incorrect Techniques

1. Serve and remain in the service box.



Correct Techniques

1. Serve and relocate quickly and efficiently to center court. Shuffling and floating in the box depending on where the ball is (25' back).



2. Relocate by back peddling (do not look at the ball).

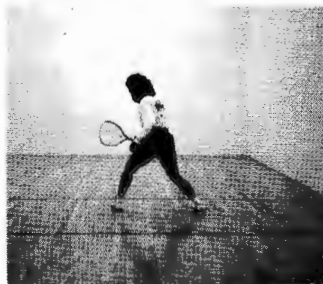


2. Relocate by moving toward the corner to which the ball is headed. Look over your shoulder and be 25' and back.



Incorrect Techniques

3. Drive serve — back foot moves up (does not remain stationary and pivots) and now you shuffle out.



Correct Techniques

- 3a. Drive serve in front of you — back off front foot (back foot remains stationary and pivots), cross over in front of you, now shuffle out at a 45° angle toward front corner, 25' and back.



- 3b. Drive serve behind you — back off front foot (back foot remains stationary and pivots), cross over back and behind you, now shuffle out at a 45° angle toward front corner, 25' and back.

4. Z-serve — watch the ball and follow out and around never taking your eye off it (too vulnerable).

4. Z-serve — watch the ball cross the line then switch and look over the shoulder at the corner to which the ball is headed. Remain at a 45° angle and shuffle back behind the 25' mark.

5. Lob serve — slowly move out of the box as if strolling on a Sunday morning walk.

5. Lob serve — move out of box as soon as the ball crosses the short line. Remember, move quickly to center court position at a 45° angle toward the corner to which the ball is traveling.

WHAT'S THE CALL?

by Michael Arnold



Lines Are Part of Service Zone

Q: If during my serve I have my foot on the short line, do I lose my serve or is it a foot fault resulting in second serve?

Jack Rotan, TX

A: The five-foot area known as the service zone includes the front line and short line. Since you can start the serve from any place within the service zone, having your foot on the line is not an infraction, Jack. Starting the service motion with your foot over any part of the front line is a foot fault. For a review, check Rules 2.1. b, 4.2 and 4.10. a.

Bounce Away; A Player Has Rights

Q: In a playoff for third during a sanctioned tournament in St. Louis, the referee informed me I could bounce the ball a maximum of four times before I served. He said excessive bouncing of the ball is distracting to the receiver.

Though the referee couldn't cite the rule, in the interest of time I agreed to abide by his ruling. Because I'm in the habit of bouncing the ball numerous times as part of my routine, the change affected my concentration, and since I am a certified referee I found it annoying to have to yield to what I thought was an improper ruling. Needless to say, I lost. Is there such a rule? And what are a player's rights in a situation like this?

Bev Powell, Lovington, IL

A: If there is any solace, Bev, you were correct. There is no such rule? Under Rule 3.9, a player who feels the referee has interpreted or applied a rule incorrectly may require the ref to show him/her the rule in the book. If the ref refuses, or can't point out the specific

rule, the player may ask the same question of the tournament director. While the tournament director usually is the last line of appeal in most tournaments, a player may pursue the matter through the state Board of Directors.

The rules are clear. A player has rights. They should be utilized.

(From the whatever-it's-worth department: If my memory serves me correctly, the former U.S. Racquetball Association had a rule which permitted the server to bounce the ball a maximum of three times in preparation for the serve.)

Can A Z-Serve Be A Screen?

Q: I played a left-hander who served a Z-serve to my backhand (I'm righthanded). The ball passed right in front of him before crossing the short line and I called a screen. He said there is no such thing as a screen on a Z-serve. Is that so? If that's the case, if I suspect such a serve is coming can I move up to hit the ball and call a hinder because he is blocking my view?

Tom Corr, Riverwoods, IL

A: There can be a screen on a Z-serve and it generally happens when the serve passes in front of the server, as in the situation you described. Don't expect the call automatically, however, especially if you aren't in good center court position or the ref catches you leaning to the wrong side.

Tom, I caution you against moving closer to the server in an effort to get the hinder or screen call, as you most certainly have taken yourself out of good court position. You would be better advised to anticipate that tricky serve than to anticipate a call from the ref. ○

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VARIETY — THE FIRST KEY TO DEVELOPING YOUR SERVICE GAME!

by Caryn McKinney



Whether you are a beginner, intermediate, or advanced player, the quality of your service game directly affects how often you come off the court a winner. All too often, I see players serving only two or three different serves for an entire match. Take it from experience, variety is truly the "spice of life" when it comes to your service game.

I think of it this way:

1. There are three variables on every serve — the angle of the ball, the height of the ball, and the speed of ball.
2. Every time you change one of these variables, you have a different serve. Your opponent sees something different so he/she must react differently and still be prepared to make an effective return.
3. You can change the angle of the ball by altering where you stand in the service zone or by altering where your serve contacts the front wall.
4. You can change the height of the serve by adjusting the height at which you make contact with the ball.
5. The speed of the ball is the last variable you should alter (because it's the most difficult to control). Particularly for mid to low level players, I suggest you hit most of your serves at what I call a "competitive" pace. That is, the pace that is comfortable for you — without trying to hit the ball too hard or too soft.

The purpose of this article is not to teach you a complete service game. The message I want to get across is that even while you are developing your game, you can try different serves merely by chang-

ing any one of the forementioned variables. For example, if you typically use a drive serve to your opponent's backhand for your first serve and a lob serve to his/her backhand for your second serve, consider this:

1. From the same position, try a drive serve to his/her forehand.

2. From a different position in the service zone, try your drive serve to the backhand and your new serve to the forehand.
3. Try all of the above for your lob serve.
4. Try a Z-serve — even if it's not a great one, at least it's something different, which means your opponent is not used to seeing it or returning it.
5. While trying these very basic changes, you now have a service repertoire of nine serves instead of two. And you haven't even started to scratch the surface — the possibilities are endless...

How do you feel when you're playing someone who does something different with the serve almost every time? Off balance? Unaware of what to look for or where to move? What do you do with the return? You can cause these same problems for your opponents.

Even though each serve may not be perfect at first, you must develop variety in your service game. When you do, every serve doesn't have to be a winner to be effective because your opponent can no longer anticipate the same few serves over and over.

So keep 'em on their toes. Challenge your opponents — and yourself! You may even ace 'em with a "not so good, but different" serve! Good luck! ○

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FOUR STEPS TO A BETTER BACKHAND REVERSE PINCH

by Bret Harnett

Bret Harnett has mesmerized fans with his combination of overwhelming power and incredible court speed since joining the pro tour. In this issue, he continues a series of instructionals designed to help beginning and mid-level players improve specific areas of their game.

A backhand reverse pinch? What kind of shot is that? It's a shot you'll be glad to add to your bag of offensive racquetball weapons.

As the name suggests, it's a backhand pinch hit into the reverse corner. As a right-hander, you are normally expected to hit your backhand pinch attempts into the corner closest to your backhand, on the left side of the court. Hitting a reverse pinch means going to the far corner, the right-hand corner normally used for your forehand pinches.

It may seem like a lot of trouble, especially if you have never attempted a reverse pinch before, but once you become accustomed to hitting the shot, you'll love using it.

It's an unexpected shot. Surprise shots are effective for a variety of reasons. When your opponent anticipates shots, you will rattle his confidence. You may choose not to hit another reverse pinch for the rest of the match, but it won't matter. Your opponent will hesitate a split-second, wondering if it's coming again. Surprise shots are also great for a psychological advantage. If you drill one of these spectacular shots for a winner, you will often stun your opponent mentally.

The path of the ball as it carries away from the corner and bounces back towards you is a difficult one for the retriever to follow. With more usual shots, your opponent can get a jump on the ball as you swing. With a reverse pinch, your follow-through will go into center court, blocking your opponent back briefly. Often, before he has taken a step towards a reverse pinch, the ball has bounced twice.

There are drawbacks to this shot. It is difficult to hit properly, and it can only be used in limited game situations. Becoming familiar with the shot, and knowing its limitations will add a new dimension to your racquetball game.

Here are the four basic — and crucial — steps to hitting great backhand reverse pinches.

Step One: Open Your Hips To The Front Wall

It is possible to hit a backhand reverse pinch from the left-hand side, the center, and even the right-hand side of the court. You simply adjust the angle of the shot as your court position changes from one side to the other.

The crucial step is opening your hips to the front wall. This means you're closer to the side wall than your front foot.

During a classical racquetball stroke, best position means you're hips are closed to the front wall, or completely facing the side wall. The reverse pinch is not classical, just spectacular (when you make it work). If you don't open your hips to the front, there is no way to make the contact needed with the ball to angle it to the opposite corner.



Step Two: Set Up With Racquet High

By opening your hips, you will be planting your feet solidly. However, you will also be limiting your weight transfer from the rear foot to the front foot. For that reason, you must set up for the shot with your racquet high.

Doing this, will dip your front shoulder down. This is important because, with limited weight transfer, you must generate power with shoulder and hip turn into the shot. A high racquet, and a shoulder cranked back to begin the shot makes it much easier.



Step Three: The Contact Point

Without the proper contact point, there is no way for you to hit the opposite

corner. Do some experimenting. Choose a single stance on the court, and begin hitting the ball from various contact points. If you are a right-hander hitting backhands, you will notice the deeper, or closer to your back foot that you hit the ball, the more it goes to the left (backhand side). As you begin contacting the ball closer to your front foot, the ball "straightens" out. Midway between your feet, contact with the ball will drive it straight ahead (the normal contact point for a down-the-line shot). The reverse pinch demands contacting the ball even closer to your front foot, so the ball angles to the right.

In other words, hit the ball as early as possible. The earlier you hit it, the sharper its angle into the opposite corner. Experimentation and practice will teach you how early to hit the ball in a given situation



Step Four: Follow-through Toward The Far Corner

Finally, you must concentrate on extending your follow-through in the direction you want the ball to go.

This ensures that you concentrate on hitting directly into the reverse corner. The follow-through to center will "freeze" your opponent's court coverage.



Shot Selection With The Backhand Reverse Pinch

This is not a high percentage shot. It's more difficult because you must hit the ball much earlier than usual.

The reverse pinch is normally hit from mid-court. Attempting it from deep court works less often.

The element of surprise with use of a backhand reverse pinch will help keep your opponents guessing and add a new dimension to your game. ○

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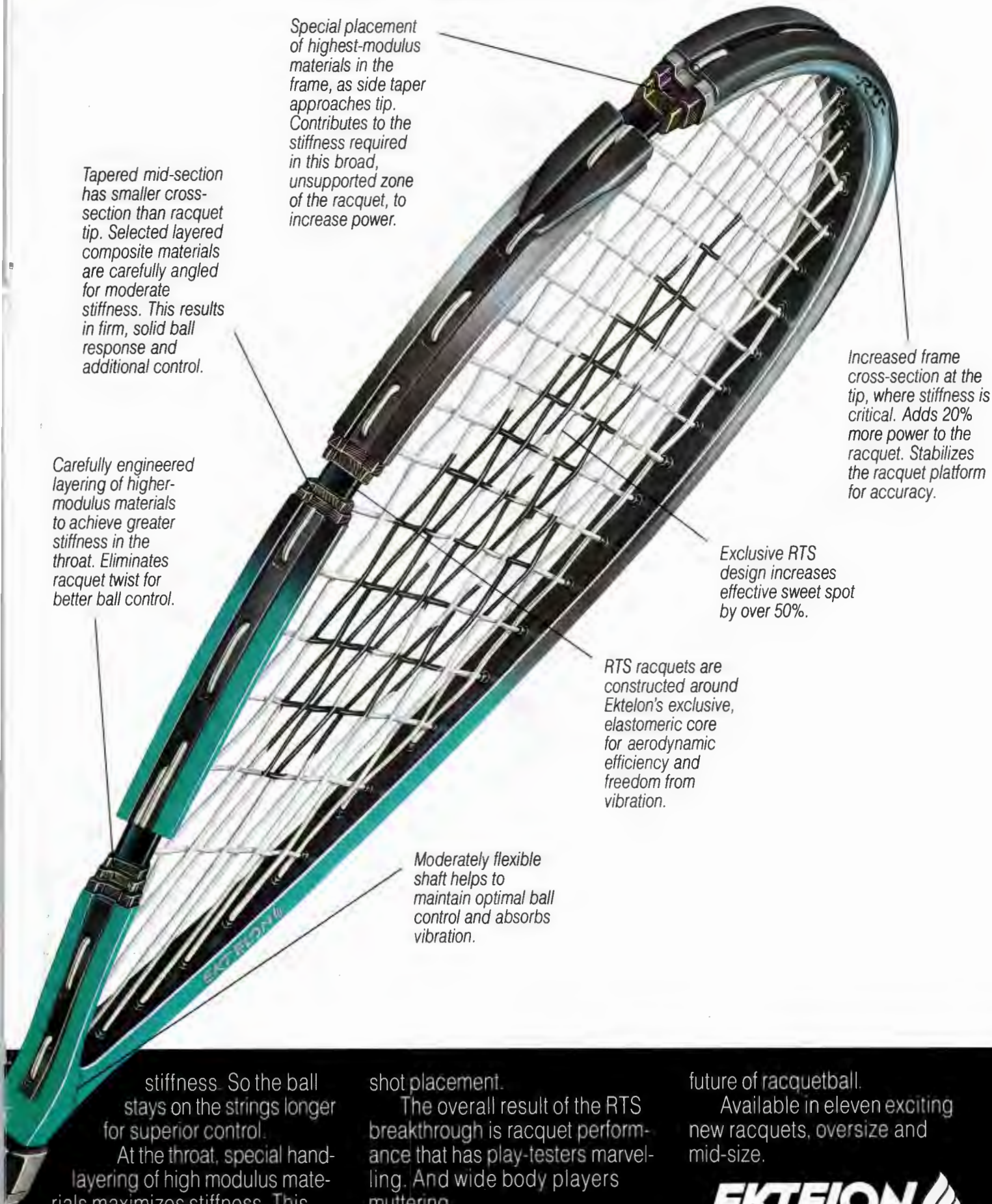
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YEAR OF THE COACH L'ANNÉE DE L'ENTRAÎNEUR



STUPP AND HARRIPERSAD CAPTURE CANADIAN TITLES

The national championships the year following the world championships can be a bit of a let down for A division players. Such was not the case as over 500 players arrived in Toronto in May for the 19th annual national championships.



Roger Harripersad



Heather Stupp

Pearson International Airport by members of the volunteer committee who "shuttled" them to the Venture Inn on the "airport strip" in Toronto. Participants from all across Canada met in the lobby of the hotel to renew old friendships and make

new friends. In addition to the week of racquetball action, the CRA holds its board of directors, annual general meeting and several committee meetings to take advantage of the volunteers in attendance at the championships.

As part of a change in the development plan for the national team program, a new team was not selected at the national as has been customary in past years. The committee intends to select a new team every two years leading up to the world championships which are held bi-annually. However, players may be added to the team at the discretion of the coaching staff between selections. The next world championships are scheduled for Caracas, Venezuela in August of 1990. This change was also structured to meet goals of the committee and reflect the requirements of Sport Canada.

Arriving athletes were picked up at

new friends.

From the hotel was a short ten minute walk there to the Airport Racquetball and Fitness Club tournament site. In order to accommodate the large number of players, the Brampton Racquetball Club was also utilized. Both facilities are members of the Pegasus Clubs.

At the registration on Canada's Victoria Day holiday, named for British Queen Victoria, tournament director Paul Barron welcomed everyone to this year's event. Words of welcome were also spoken by CRA president Dan Stone of Halifax, Nova Scotia. Included in the player's package for the 1989 event was a two piece sweatsuit, a racquetball glove and various pieces of tournament and general information about the City of Toronto and the surrounding municipalities of Mississauga and Brampton.

The event was under the direction of

chairman Paul Barron, who held the same position in 1988. Last October, Barron was appointed national chairman of tournaments. He was assisted by Dennis McMurray. The committee worked for nearly two years to produce what has to be considered the best nationals ever.

Defending champions Heather Stupp and Sherman Greenfeld were seeded number one in their respective A divisions, but only Stupp defended her title. Greenfeld injured his right knee in the second round and had to default due to the injury prior to his third match.

In the women's A group, unseeded Cheryl Irving of Montreal knocked off number three seed Carol McFetridge of Toronto in the opening round. Irving would eventually make it into the semifinals. In women's doubles, the upset continued in the semifinals as the national team pairing of Josee Grandmaitre and Nadia Verilli of Montreal lost a tiebreaker to Vicki Brown and Debbie Ward both of Vancouver. Grandmaitre and Verilli did take third place. Brown and Ward were defeated in the final by Linda Ellerington of Saskatoon and Lori Johnstone of Calgary.

Number two seed Mike Ceresia was defeated by Martin Mercier of Hull, Quebec, 11-9, 11-4 and 11-8 to earn a birth in the semifinal. The men's A final pitted number three seed Simon Roy against fourth seed Roger Harripersad. Roy, a three-time Canadian junior champion, made it to the finals for the second consecutive year. He was defeated by Greenfeld in 1988. Harripersad, from Calgary, defeated Roy in four games to capture his first A division national singles title.

Stupp, 25, of Montreal claimed her third consecutive and fourth overall singles championship, (she also won in 1981) by defeating Sue MacTaggart in straight games in the final. The match took only 50 minutes to complete.

Another positive aspect of the 1989 championships was the number of wheelchair participants. Nineteen athletes competed in two divisions and participation is expected to double in 1990 as the Canadian Wheelchair Sports Association is financially supporting the CRA wheelchair program. Winners of the two divisions were Mark Cormack and Chris Stoddart.

Over 600 people attended the awards banquet. The 3M Company presented as part of the Year of the

Coach in Canada, medals to two long time coaching development volunteers, Carol McSorely of Fredericton, New Brunswick and Roger Friesen of Winnipeg, Manitoba in conjunction with the Year of the Coach program. The women's A players presented a beautifully framed picture to Monique Parent for her attendance at her 15 consecutive national championships. She has been instrumental in coaching and promoting the sport of racquetball in her native province of Quebec, and throughout Canada and the world. Parent was the national women's team coach from 1986-88.

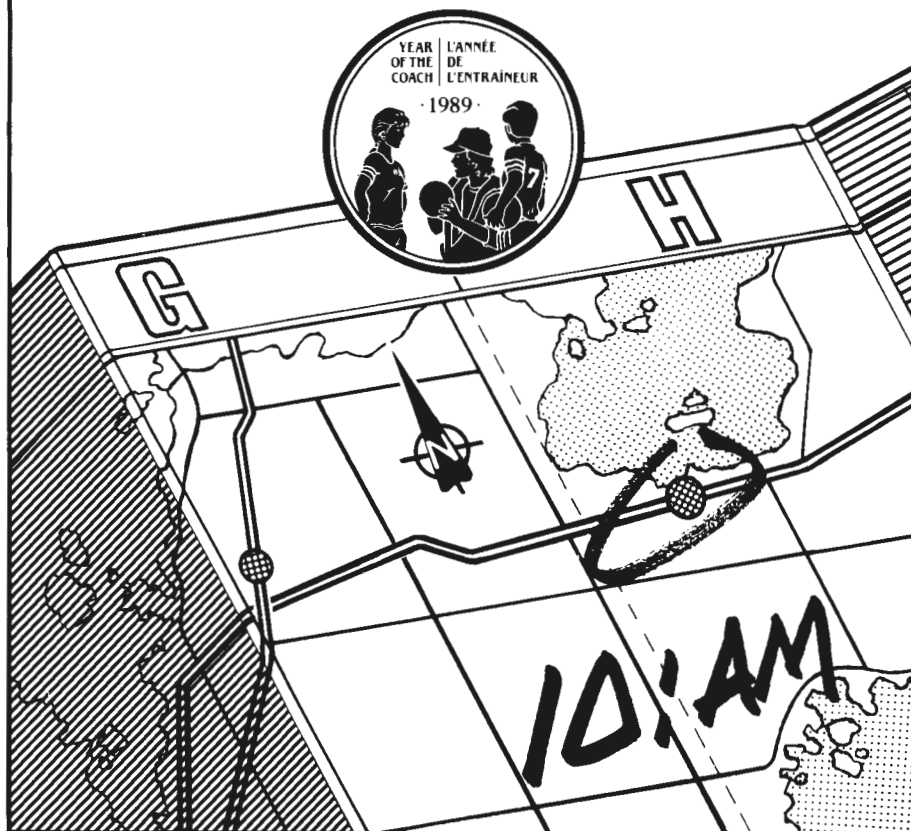
Next year the championships will be held in Montreal. ○

NEW COMMITTEE CHAIRS ANNOUNCED

At the 1989 board and annual general meetings, new chairs were announced for the wheelchair, officiating and national team committees. Interim chairman Barry Huggins of Winnipeg was appointed chairman and Roger Plante of St. Sauveur, Quebec was re-appointed CRA officiating chairman. Former technical director Benoit Turcotte was appointed to the position of national team chairman. All positions are for a two year term. ○

Thanks Coach!

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THE BUTTER'S NOT HARD YET

by WPRA staff writer

If you've ever heard basketball announcer Chick Hearn do his play by play for the Lakers, then you know his famous and clever statements. His favorite is one he uses when the score is so lopsided that the game is virtually over. It goes something like this... Well folks, the refrigerator door is closed. The light is out, the eggs are cooling and the butter is getting hard.

In Pennsylvania, at the Shawnee at Highpoint Club, site of the WPRA's fifth pro tour stop, Lynn Adams sent out a message to all of those who thought she was history for the season. That message, spoken loud and clear was... Well folks, the butter's not hard yet!

Adams scored a victory over Caryn McKinney in the finals, moving closer to regaining the number one position.

Adams and McKinney took very different paths to reach the finals. McKinney struggled and almost exited the tournament in the quarters finals. Adams breezed through her matches, without dropping a single game.

Interestingly, this was McKinney's first tournament ever at the sole #1 ranking. This was Adams first tournament in six years where she wasn't #1. Lynn had this to say, "I can only assume that Caryn is feeling the pressure of having to win. No matter how much you prepare...until you experience the unique pressure of being at the top, you just have no idea how tough it is."

With the same calm demeanor she had displayed getting to the finals, she started racking up the points quickly and easily won the first game 11-2.

The second game started like the first, with Adams taking a quick lead. But McKinney fought back from a 6-2 deficit to tie the game at 6-6. Lynn responded by recovering the serve and running three points of her own. Caryn, however, prevailed by shutting Lynn down at nine points and took game two, 11-9.

Lynn, annoyed after losing the second game, came out deadly accurate and determined to squash Caryn in the third game. She quickly built an 8-0 lead and the crowd wondered if they were going to see a donut, when Caryn won a rally and

served at 0-8. Caryn rekindled Lynn's attempt to pinch to the backhand corner and scored her first point. Lynn recovered the serve, and quickly scored two more points making the game 10-1. Caryn pulled out two more points before Lynn finally shut her down and won game three 11-3.

Game four was a battle down to the wire. At 2-2, Caryn put together a rally. Hitting with a sense of confidence and grace, she built a 6-2 lead and the crowd was buzzing about a tiebreaker.



Lynn Adams (left) battling it out with Caryn McKinney in the finals.

They buzzed a little too soon, however, as Lynn roared back, scoring four fast points before Caryn remembered to take a timeout.

When play resumed, Lynn hit a drive serve to Caryn's backhand that was called short by the ref. Lynn appealed, and the line judges overruled the ref and he declared it an ace. Caryn was so shaken by the call, she lost the next two points. She quickly called her last timeout to compose herself.

After the timeout, Caryn came back and won the serve. Down 6-9, she rallied, fought back to 9-9. But 9-9 was as close as she would get. Lynn won the next two points and the fourth game 11-9.

Lynn, who hadn't won in a while, she showed more happiness after this win than she had at previous tournaments. "I am definitely excited," said Adams. Losing is great for giving perspective to

anyone's life. I'm having to relearn a lot of lessons this season, but I'm enjoying the struggle."

Adams' win not only brought her closer in points to McKinney, but gave her a \$3,000 check and a Sony color television. McKinney walked away with \$1,500 and a Sony portable compact disc player.

Semifinals

Two very different semifinal matches took place on Saturday evening of the four-day event. Adams took on Marci Drexler, winning in three quick games, and McKinney battled a tough Toni Bevelock down to the wire in four games.

The first game between Adams and Drexler was close, with both players hitting the ball hard. However, Adams won the first game 11-7. In games two and three, Adams slowed the games down and mixed-up the pace, never letting Drexler get comfortable with any one speed. The game plan worked well, and Adams took games two and three, 11-4, 11-2. In the other semifinal, Toni Bevelock pushed Caryn hard. Caryn controlled the first game, diffusing Toni's powerful backhand by consistently hitting the left hand corner with her backhand and took game one 11-6.

Game two looked identical to game one with Caryn in control. Down 10-7, Toni used her backhand as she forced two McKinney errors. Toni won the next rally and the second game 11-10. McKinney didn't allow any chances to go by in the third game and took that game 11-6.

Game four was exciting. Neither player took much of a lead, with the points being scored back and forth 3-3, 3-4, 4-4, 5-4, etc. At 9-9, with Toni serving, Caryn won an exciting and pivotal rally to break serve. Toni couldn't recover from the rally and Caryn quickly scored the last two points, winning the match and the fourth game 11-9.

Quarter Finals

The women's tour strength is getting deeper every year, and the quarters proved that no round is easy.

Marci Drexler played an exciting four game match with Marcy Lynch. Lynch,

TOURNAMENT NEWS



Pro doubles winners and runner-up: (left to right) Marci Drexler, Jackie Paraiso, Mary Lyons and Susan Morgan.

fresh from an upset win over #5 seed Jackie Paraiso, looked as though her intent was to continue her momentum through the seeds when she took game one, 11-7. But Drexler put a stop to Lynch's quest by winning the next three games, 11-7, 11-5, 11-5.

In the other quarter finals match, Toni Bevelock squared off with newcomer, Malia Bailey. Malia, a veteran of several pro events over the years, made a very strong showing, beating #6 seed Cindy Doyle in the 32's and top ten player Dottie Fischl in the 16's. The match was tough as Toni won the first game 11-4, lost the second 4-11, and went on to win the third and fourth 11-7, 11-10. Even though she lost, Malia served notice that she was a player not to be taken lightly in the future.

Lynn Adams was matched up against Molly O'Brien, and Adams took it in a fast three. O'Brien started out with a 4-0 lead, but couldn't hold onto it, as Adams came back to win 11-7. The next two games saw a lot of uncharacteristic skips from Molly enabling Lynn to win rather easily, 11-2, 11-5.

The last quarter final match was the most exciting match of the tournament pitting the "Ice Princess" Kaye Kuhfeld, against Caryn McKinney. Tough, intense and close, the match could have gone to either player. Caryn took the first game

11-9 and Kaye responded by grabbing the second and third games 11-9, 11-5. The fourth game appeared to be all Kaye's, but after building a substantial lead, McKinney came back and won game four, 11-9. In the tiebreaker, McKinney prevailed, winning 11-8.

Doubles Quarter Finals

The women's doubles is always a crowd pleaser, and this tournament play was no exception.

The #1 seed of McKinney and O'Brien were eliminated in their first round of play by the new team of Susan Morgan and Mary Lyons of Florida. Morgan and Lyons came back from being down two games to none, winning 11-6 in the tiebreaker.

Jannell Marriott teamed with Cindy Doyle to defeat Andrea Katz and Dottie Fischl in their quarter final battle. It was also a tiebreaker that decided the winners with Marriott and Doyle winning 11-4 in the final game.

Jackie Paraiso and Marci Drexler, followed suit and took out Marcy Lynch and Malia Bailey, 11-8 in a tiebreaker.

Toni Bevelock and Kaye Kuhfeld decided that while tiebreakers were fun to watch, they were a lot of work, as they beat Janet Grimaldi and Roz Olson, 11-2, 11-7, 11-1.

Semifinals

Morgan/Lyons beat Marriott/Doyle to easily, 11-2, 11-7, 11-3 to advance to the finals. While Paraiso/Drexler were pushed by Bevelock/Kuhfeld, 6-11, 11-5, 9-11, 11-7, 11-3.

Finals

The finals match lasted only 45 minutes. The fine team work of Morgan and Lyons was too much for the power blasters Drexler and Paraiso, winning their first ever women's pros doubles event, 11-2, 11-2, 11-9. ○

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Men's D: Mark Colello/Eric Alao def. Winston Ho/Glen Adachi 15-6, 12-15, 11-8

Men's Seniors: John Popovich/Greg Chun

def. Lloyd Waialae/Robin Transfiguracion 15-1, 15-3

Men's Masters: Sam Koanui/John Davis def. Billy Ornellas/Art Andres 15-10, 13-15, 11-3

Women's B: Melissa Coglandro/Pet Rock def. Annette Gargaran/Kathy Bolocan 15-7, 15-11

Women's C: Jodie Nakatani/Charlene Oshiro def. Irma Taylor/Geri Young 15-2, 15-4 ○

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ANYONE COULD WIN!

\$210,000 NATIONAL HANDICAP CHALLENGE SET FOR 1990

by Norm Blum

Okay, it was nice being the May cover-boy of *National Racquetball Magazine*. For about a week I was the center of attention. "Saw ya on the cover, Norm." "Nice belly, Norm." Lara Campbell, 16, a part-time employee of mine, was ecstatic.

"Wait till I show this to my friends. Their bosses work for McDonald's and Hardee's. My boss is on the cover of a magazine." Even her mom wanted an autographed copy.

But I have to confess my fantasy wasn't fulfilled. I've always wanted to be an athletic hero. My Walter Mitty dream is to be cheered at mid-court raising my fist in triumph after winning a national championship. I want to hold a press conference and describe the winning shot.

At 34 with an ever so slight belly, slow foot speed and inconsistent backhand, it hardly seems more than a dream. Until now, that is. Now I can play Marty Hogan or Mike Yellen and send them packing. "Nice match, Mike, can you catch that next flight home?"

The \$210,000 National Handicap Racquetball Championships set for 1990 makes it possible for a C tournament player to meet the likes of a Yellen or Hogan and have a chance of winning.

With the handicap system anyone of any ability can win. Each player will receive handicap points depending on his or her playing level. The idea is the brain-storm of former AARA president Paul Hendrickson and a couple of Massachusetts associates. It's borderline genius and should pump enthusiasm into the sport of racquetball.

Sixteen different regional tournaments will be played January 26 to February 9, 1990. The top eight finishers will advance to the final in Auburn, Massachusetts in early April.

Yes, the \$295 entry fee is steep but the rewards are worth it. First place receives \$100,000, runner-up a lofty \$30,000. Players will be seeded in each region according to arrival date of their entry. Theoretically since everyone is even, there can't be a top seed.

In each game the player with the higher handicap will start with the difference between the two handicaps. A C player receives a plus 13 handicap while a men's open player is at plus two. In a match between a Men's C and Men's Open, the C player would start at 11 (13-2) and the

Open player at 0. Against a pro, the C player would start at 13 serving minus 6. A crack here, a lucky shot there and the crowd will start singing "Good-bye, Marty."

For you Doubting Thomases, the prize money is guaranteed and not dependent on the number of entries. I can understand the skepticism, especially when flyers for past professional events have been distributed and the tournament cancelled a week before the scheduled date. However, Hendrickson's group is handling this event professionally and, more importantly, in a first-class manner. They've started publicizing the event a year in advance and already have close to 100 entries. If the \$295 is a bit much, there's a convenient payment plan available.

Handicap tournaments have been successful in other sports. In a recent bowling tournament, a person with a 160 average took home the six-figure prize. A 160 bowler is like a C player. Sometimes he'll record a strike but most often will leave the 10 pin up and need a little body English to convert the spare.

The drawback to the racquetball handicap system is in identifying the C player. According to Hendrickson, each player will be checked through the AARA state association. But what about those who never played in a tournament and have no ranking? The tournament director will have the right to reclassify players but this may not be easy to do considering the tendency of some players to look a little worse than they are when there's cash at stake.

Just as a lark, I played a handicap match against Susan Morgan, the two-time National 30+ champion. A women's open player receives plus eight points and a C player is at plus 13, thus the C player has a 5-0 lead. I eventually lost both games 15-13 and I had a chance of winning both times but thoughts of winning \$100,000 danced through my head. Psychologically being up 9-4 at one point gave me a boost of confidence but I quickly lost it at 13. In a regular game Susan pummelled me 15-2. Ouch.

A legitimate C player does have a chance to win but, a lot depends on the luck of the draw. If he meets a 40+ player like Virginia's Ed Remen in the first round, pack the bags. Ed, at plus 10, would be

spotting only three points to the C player and would make that up easily. Therefore it's imperative for Remen to meet a pro player like Egan Inoue who is capable of serving 15 straight aces. A player like Egan might bear down against someone like Remen, but lighten up against a C player. A carom off the racquet into the corner and one crack serve is all a C player needs against a pro.

Realistically I would give the odds to a 30+ player like Ben Koltun or Rich Wagner. Both are former pros who still have the talent to hang in with the pros. Given a six serving minus six advantage they have to be favored.

Quite frankly, I'm not the C player who will win it. But if I did, it would make a hell of a cover photo! O

ROCKFORD PRO-AM

The Mulford Athletic Club in Rockford, IL was the setting for the First Annual Rockford Pro/Am Racquetball Tournament April 14, 15, 16.

In the pro division Cliff Swain of Massachusetts defeated #1 ranked Ruben Gonzalez of New York 11-2, 11-6, 11-5 to capture the \$2,300 first-place prize money. The total purse was over \$7,000.

In the men's open division of the amateur draw, the current Illinois State Racquetball Association champion, John Negrete from Chicago defeated Jim Jeffers of Illinois 11-6 in a tiebreaker.

Cheryl Gudinas won the women's open division title. O



Club owner, Dana Mecum (left) and Herb Grigg (right), the club's consulting manager, presenting Cliff Swain with a giant \$2,300 check.

PRO DOUBLES IN COLORADO

Some of racquetball's top players converged on the Racquet World at Inverness in Englewood, Colorado for the Michelob Pro-Am on April 26th-30th. A huge crowd had gathered to watch an exciting weekend of racquetball.

The best match of the tournament pitted Jack Nolan and Bobby Rodriguez against Mike Guidry and Drew Katchtik. These two teams had met twice before and split their matches. After two hours of play, they had again ended in a tie. In the tie breaker, Nolan and Rodriguez finally prevailed 11-10. In the other matches, Swain/Price advanced over Jelso/Vogel. Ray/Gonzalez beat Boscia/Helton and Newman/Roberts edged out Zeller/Clouse.

In the semi's, Newman/Roberts met Ray/Gonzalez and last year's champions, Swain/Price met Nolan/Rodriguez. Newman and Roberts shot out of the blocks on Gonzalez and Ray and jumped out to a quick lead. Ray and Gonzalez slowly climbed back to win 11-10. The second game stayed close, until Ray and Gonzalez put together a string of rallies and won 11-6. Newman and Roberts, however, regrouped and came out in the third game ripping and ran away with the game 11-3. The fourth game was very close until Ray took over the match at 6-6 with his forehand and Gonzalez/Ray team won 11-7 to advanced to the finals.

The second semifinal pitted local prodigy Bobby Rodriguez and Jack Nolan against Cliff Swain and Gerry Price. Price and Swain used their power advantage to get a quick lead in the first game and cruised the rest of the way to an 11-7 win. The second game was very close as the Nolan/Rodriguez team slowed the pace down by using wide angle shots to move Swain out of position to win 11-9. In game three, Swain and Price came out blasting and used their power to win 11-5. Rodriguez and Nolan came back in game four to slow the pace down again and Price and Swain fell behind early and never recovered as Rodriguez and Nolan won 11-5. In the deciding game, Rodriguez and Nolan started out where they left off in game four, as they maintained good position and slowed the pace. But, at 0-10, Price and Swain got the serve

back and took a time out to regroup. Price adjusted his serve and started firing crack serves at Nolan's backhand, resulting in 10 straight points. After a forehand reverse pinch by Nolan at 10-10, Swain stepped into the spotlight to serve at 10-10, and cracked an ace for a winner. Swain and Price had won 11-10. The crowd was stunned, having just witnessed one of the greatest come-backs of all-time.

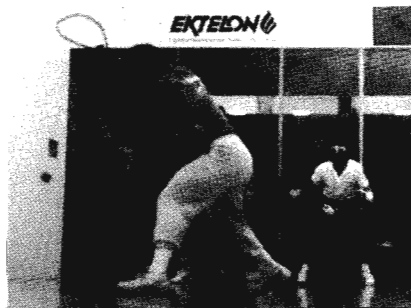
The standing-room-only crowd was ready for the finals. The question was, Could anyone beat Cliff and Gerry?

Price and Swain came out in the first game smoking. Price was controlled the right-side as Swain played some of his best racquetball. They used their power and exploded to an 11-3 win in the first game. Ray and Gonzalez come out in the second game and slowed the pace down with lob serves and dominated the game 11-5.

Game three was close, each team trying to make the other play in their style with the pace alternating from a fast and powerful game, to slow and controlled. Finally Price and Swain each hit a big winner for an 11-9 victory and a 2-1 lead. Down 2-1, Ray and Gonzalez took command of the fourth game as Rueben dove and retrieved everything that Price and Swain could lay down and took game four 11-2.

In game five, the two teams started off trading blows and were all tied 4-4. Then Price and Swain made their move and bolted out to an 8-4 lead. Ray and Gonzalez countered, however, working as one as they crawled back to 6-8. At 6-8, Price hit a backhand that appeared to be down the middle for a winner, however, Gonzalez did a full 360 turn, hit the ball behind his back, fell to the floor, got up, dove, and saved the ball again. Swain hit a backhand and Ray ended the most theatrical and exciting rally of the tournament with a forehand pinch. Ray ended "the rally" with a resounding shot, as the crowd went wild. With the wind out of their sails, Gerry and Cliff didn't score another point the rest of the match and lost a heartbreaker 11-8. The biggest Pro-doubles tournament in the nation was over and Mike Ray and Rueben Gonzalez are Champions. ○

Photo by Kenneth R. Sanchez



Doubles action with Ruben Gonzalez serving in the foreground.

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Are The Pros Fit?

(continued from page 9)

Another mental rehearsal I practice is the review of videotapes. I can analyze certain opponents and also study problems I may experience with my stroke.

Q: Do you follow a specific diet?

A: I really don't have a particular diet, but I do stay away from red meat. In terms of meals, I try to eat four times a day. I also eat lots and lots of fruit.

Q: Do you follow any different programs in the off-season?

A: Because of all my commitments with the team and my career, I really have no off-season. I train the same all year. I do have a goal of building more upper body strength some day.

Q: How do you drill or practice?

A: I do 40 minutes of timing drills developing my rhythms and stroke, then 40 minutes of playing and practice games with specific goals in mind.

Q: To what do you attribute your powerful backhand and forehand?

A: Watching videotapes of myself I've noticed that most of my power stems from my legs. I would say that my lower body rotation and snap, as well as good timing, with a precise contact point are all factors. I also take a very big backswing.

Q: Do you believe in cross training for racquetball?

A: Yes, I do. I feel that basketball helps my endurance so I participate in a weekly league. I also play squash and golf. The squash helps my endurance and the golf helps my concentration.

Q: Can you give your fans one fitness tip you feel is important?

A: My motto is: no legs, no game. I'd say that developing muscular strength and endurance is invaluable. I suggest working hard, at your own pace, on the Lifecycle and the Stairmaster ○

ASSOCIATION ROUNDUP

AARA

by Luke St. Onge

These past several months have already come to represent an historical period for the AARA and racquetball. During this time, racquetball was officially added to the program of the Pan American Games, and invited to participate in the 1989 Olympic Festival in Oklahoma City. This month the US Team will make its first appearance at an Olympic Festival as a Class A Olympic sport, and preliminary discussions are already underway to place racquetball on the schedule of the Pan American Games in Cuba and Argentina.

Following the United States Olympic Committee vote to add the AARA to its list of Class A governing bodies in February, a meeting of the International Olympic Committee in Barcelona, Spain held equal promise for our sport. In April, Han Van der Hieiden, President of the International Racquetball Federation, was elected President of the Recognized Sports Federations. This group represents those Sports Federations (including the IRF) which have met all the require-



ments for inclusion in future Olympic Games. Federations for softball, orienteering, squash, bowling, rollerskating and taekwondo all join racquetball in being recognized on the international Olympic scene. These actions are giant steps toward putting racquetball into the Olympic Games.

In direct response to our new Class A status, racquetball will make its premiere appearance at an Olympic sponsored event this month at the Olympic Festival in Oklahoma City. At such a prestigious, multi-National sports event, we will be sure to put our best foot forward. Thirty-two of the top men and women players in the United States will compete in a team format in both singles and doubles. Semifinalists from the National Doubles and quarterfinalists from National Singles will be grouped into north, south, east and west teams to compete at Huffman Hall on the campus of Oklahoma University.

Over the course of the ten-day event, our sport will truly be on show. Over 1200 media credentials have already been issued, representing some of the most influential press coverage any sport could ask for. I can't begin to tell you how exciting it is to see racquetball included in USOC press releases, along with swimming, basketball, gymnastics, boxing and

other Olympic sports.

Racquetball will be featured on July 28, 29 and 30, and we invite all AARA members to become a part of this historic and pioneering event of racquetball by attending the Olympic Festival. O

ACRA

by Neil Shapiro

As the conclusion of the racquetball season and the school year university classrooms and athletic facilities become dormant for the Summer. Now is a perfect time to begin fund raising projects to provide capitalization for Fall racquetball programs on your campus.

The following ideas have been contributed by Ed Martin of California and a variety of fund raising specialists elsewhere.

Many university and college athletic departments do not provide funds for intercollegiate racquetball programs. Schools that do provide funds, usually fall incredibly short of the necessary amount needed for a successful program. Therefore, the private sector is an important market for raising the capital to fund a team.

The most important factor in successful fund raising is the volunteer committee and the private club is usually the place to start developing this group. Two or three key people with connections in the business community are vital. These "key" people should be alumni of the university, active racquetball players at a local club, or involved in the ownership or management of local business. Most clubs usually have players who meet the above criteria, but it may not be easy to find them. The club manager, assistant manager or program director should be able to help identify potential community members. Call club managers, don't just walk in unannounced. Managers are typically very busy and should be contacted in advance if your meeting is to be successful. Local booster clubs are also a rich source for finding committee members.

Fund raising must be creative and fun if your goals are to be reached. A few examples are listed: Spaghetti or crab feeds; Tournaments; Tournament program ads; Raft trips; Raffles (such as used cars); T-shirt and hat sales; Racquetball marathons; Team member sponsorship; Cocktail parties; Theme parties (Halloween, 50s, Christmas); Haunted house; Golf and tennis tournaments.

These are a few ideas used successfully throughout the country. Your local committee may come up with it's own unique activities.

The importance of finding local corporate and business leaders in your community

(continued on page 26)



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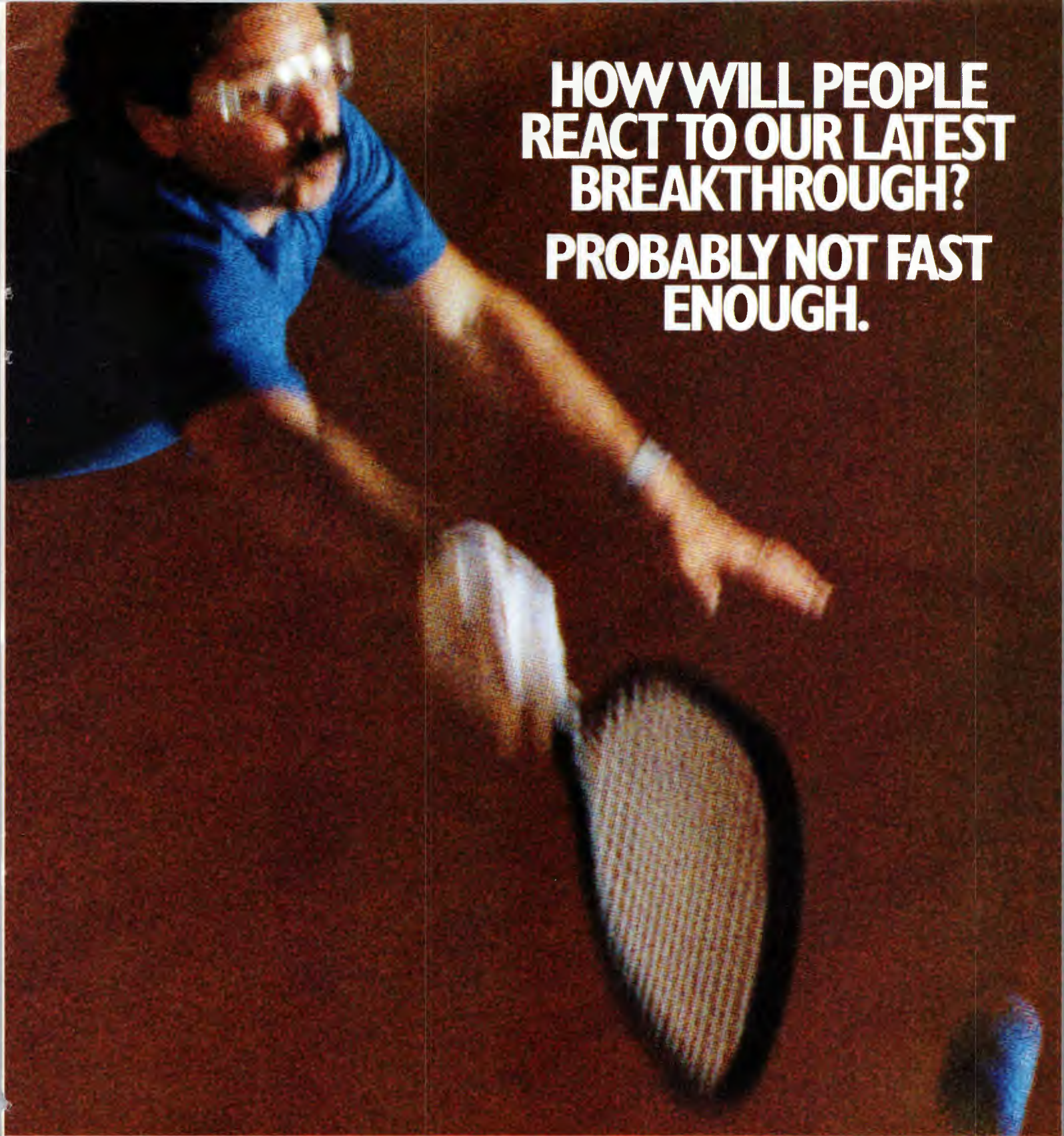
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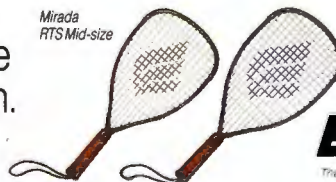


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cannot be over-emphasized. Men and women with influence in the community will motivate their peers to contribute time and funds to your racquetball program if plans are carefully presented to them.

Fund raising Outline

- I. Local organizing committee
 - a. school alumni
 - b. member of local club
 - c. racquetball enthusiast
 - d. business owner or manager
 - e. student involvement with committee is essential
- II. Organization
 - a. meet monthly
 - b. local business leader should chair committee
 - c. open separate non-profit bank account
 - d. give organization a name
 - e. contact a local public relations firm for free representation
- III. Fund raising
 - a. think big (it takes 20 carwashes to match the income generated by a successful costume party)
 - b. tap local business leaders to influence their friends
 - c. be creative — make activity fun!
 - d. plan well in advance — three to four months before event
 - e. include all team members
 - f. use community service announcements (free) concerning your event with local media — radio, television and newspaper.

Three or four successful, large events are much easier than ten small, moderately successful fund raisers. Also, two or three key business leaders will attract others to your committee and give it the credibility necessary for success. ○

CRA

by Bill Houldsworth

During the summer months, racquetball in Canada slows to a certain extent but the annual meetings of the board of directors still take place. The meetings are held each year in conjunction with the senior championships. This past May they were in Toronto. Several CRA committees also met to establish plans and agendas for the summer months and the upcoming season.

At the board meetings, members were introduced to Raymonde d'Amour-Savole, the new CRA sport consultant from Sport Canada. She was assigned to the sport of rac-



quetball in February, however this was the first time she met the full board. Raymonde replaced Trice Cameron who has been reassigned as a consultant for winter Olympic sports.

The board meetings produced decisions which will affect the sport in Canada. The CRA will now conduct business, (assuming legal approval is obtained), under the name of Racquetball Canada. The change was made to simplify confusion over two former designations, Canadian Racquetball Association and Association Canadienne de Racquetball. With the plans to market a new souvenir line in time for the Fall season, we see the change as a streamlining affect. The new souvenirs will use the present logo of the ball and racquet with the name of Racquetball Canada in stylized printing.

The board also approved the recommendation of the national tournament committee to award the 1990 senior championships to the Quebec Racquetball Federation with the host club of Anjou in Montreal. Club Anjou is one of 19 Nautilus Plus clubs within the province of Quebec. In addition, the 1990 junior championships were awarded to the Saskatchewan Racquetball Association. Regina Court and Fitness Club in Regina will host the event.

At the awards banquet of the 1989 senior nationals, the 3M Company of Canada presented long-time coaches Carol McSorley and Roger Friesen with Coach of the Year awards. This year has been designated the "Year of the Coach" in Canadian sport. 3M is presenting a male and female coaching award to each national sports organization. McSorley from Fredrickton, New Brunswick and Friesen of Winnipeg have long been involved in the coaching of juniors and the development of racquetball in Canada. McSorley was a key member of the junior development committee which wrote the five level skill awards program for the CRA. Friesen is presently a regional master course conductor in Manitoba and Saskatchewan.

Two years ago the CRA undertook to transfer the ranking program from the University of British Columbia to the national office in Ottawa. The program has been literally re-written and presently parallel runs are being done. The new system, under the guidance of ranking chairman Dorothy Jeffery and CRA vice president Jean Desautels will provide members and provincial associations with additional information and special run requests for tournaments. The CRA would like to thank the Canadian Sports Center computer department and especially Susan Duncan for ensuring that our new program will adequately serve the membership.

Funding for 1989-90 from Fitness and Amateur Sport (Government of Canada) will be cut approximately 7% from the previous year. At the board meetings, the budget for

this year was passed with no major cuts to any CRA program.

At the annual general meeting, of directors at large were elected. Nominated were Usher Barnoff, Barb Jabbour, Ian McKenzie and Benoit Turcotte. Barnoff and McKenzie were elected to the position for three year terms. Turcotte was appointed to fill the remaining two years of an existing three year term of a vacant director at large position. Elected were Dan Stone, president, Ian McKenzie, first vice president, Frank Hutnik, second vice president, Jean Desautels, vice president/finance and Benoit Turcotte, secretary.

In an effort to increase the number of services to its members, the CRA has made arrangements with American Express Travel Services to permit members to arrange for travel needs, the toll free telephone number 1-800-267-1591. The company will locate the lowest fares available. Please identify yourself as a member of the CRA. Athletes using the trust fund for the winnings and expenses, can expect an updated form to reflect the changes in racquetball. The new form should be distributed by August 1st. ○

WPRA

by Chris Evon

Summertime is a chance for most of us to hang up our racquets for a little while, take a break from the heavy tournament schedule and "revive" ourselves physically and mentally and prepare for another intense and exciting season. But while the WPRA Board of Directors may take a break from their games, we also use the summer months to work on projects that are important to our growth and stability.

This summer seems busier than most as we continue to work on short- and long-term goals and develop a three year plan for the organization. We will be meeting with the RMA in June to be a part of their task force finding out what the priorities are of racquetball players throughout the country. With the help of Caryn McKinney and Barb Faulkenberry we will be able to show the WPRA Nationals over the interservice. We will also be working on increasing our public relations possibilities, securing our events for next season, designing and printing our 1989-90 Tour Book, and enhancing our membership program.

The work is hard, the hours are long, but when that first tournament of the season gets off the ground and we look forward to another solid season, the feeling of stepping forward is one of which we can all feel proud ○



AARA Official Rankings April 28, 1989

Mens Open: 1-T. Sweeney, IL; 2-D. Ganim, OH; 3-R. McKinney, PA; 4-A. Roberts, TN; 5-J. Cascio, PA; 6-C. Cole, MI; 7-B. Erickson, MN; 8-T. Boscica, CO; **Mens A:** 1-T. Gately, VA; 2-J. Bonnett, MI; 3-B. Johnson, PA; 4-J. Allen, MS; 5-S. Corrigan, OH; 6-S. Arizmendi, NY; 7-C. Kleuabthong, WA; 8-B. Kaylor, OH; **Mens B:** 1-S. Patel, NJ; 2-R. Dargan, PA; 3-B. Schirmacher, MN; 4-G. Phipps, MI; 5-M. Lugge, WA; 6-B. Cowley, IN; 7-S. Hale, IL; 8-S. Polikoff, DE; **Mens C:** 1-R. Hendren, MD; 2-J. Gallegos, DE; 3-M. Kingery, IN; 4-J. Laskero, IL; 5-W. Zapata, WA; 6-R. Woodcox, MI; 7-W. Bugar, IL; 8-D. Delger, MT; **Mens D:** 1-E. Gough, WA; 2-R. Blackwood, CA; 3-J. Eliasik, IL; 4-J. Fetterman, CA; 5-F. Galan, TX; 6-J. Hall, OK; 7-R. Helm, IL; 8-T. Linn, GA; **Mens Novice:** 1-J. Fallabel, PA; 2-B. Dougan, NJ; 3-T. Wilson, TX; 4-D. Faust, PA; 5-R. Cain, TX; 6-B. Dudley, WA; 7-J. Fallagel, PA; 8-R. Rangle, CA; **Mens Wheelchair Open:** 1-G. Baker, WV; 2-M. Jenkinson, WV; 3-S. Hickey, WV; 4-J. Harman, WV; **Mens 8NB:** 1-S. Vanderson, OH; 2-W. Tilton, CO; 3-G. Manzuri, CA; 4-G. Gose, NM; 5-S. Huggins, FL; 6-T. St. Pierre, FL; 7-S. Reddelheim, TN; 8-R. Remen, VA; **Mens 8:** 1-J. Gautreau, TX; 2-M. Saad, CO; 3-S. Vanderson, OH; 4-J. Huczek, MI; 5-J. Townsend, WI; 6-G. Gose, NM; 7-S. Huggins, FL; 8-T. St. Pierre, FL; **Mens 10:** 1-M. Hurst, FL; 2-B. Zimmerman, MI; 3-E. Storey, IN; 4-C. Locker, MN; 5-S. Rodd, VT; 6-R. Buchanan, MD; 7-J. Gautreau, TX; 8-T. Siggins, CA; **Mens 12:** 1-A. Thompson, WI; 2-J. Armbricht, NC; 3-J. Icenogle, CA; 4-S. Wood, CA; 5-A. Gross, MN; 6-J. Mannino, NY; 7-S. Zimmerman, MI; 8-F. Dean, AL; **Mens 14:** 1-A. Engel, FL; 2-B. Beugen, MN; 3-J. Ellenberger, WI; 4-R. Davis, IN; 5-J. Aghaloo, TX; 6-C. Pfaff, OH; 7-A. Labra, CA; 8-S. Monchik, NY; **Mens 16:** 1-J. Ellis, CA; 2-R. Walden, FL; 3-J. Gillooly, MA; 4-J. Bonnett, MI; 5-R. Covell, MI; 6-A. Engel, FL; 7-B. Hartinger, MN; 8-T. Talley, WI; **Mens 18:** 1-M. Guidry, TX; 2-M. Locker, MN; 3-J. Floyd, MI; 4-J. Waggoner, FL; 5-E. Ramm, CA; 6-K. Gelhaus, CA; 7-M. Engel, MD; 8-C. Garrido, TX; **Mens 19+:** 1-M. Bronfeld, CA; 2-R. McKinney, PA; 3-B. Erickson, MN; 4-J. Negrete, IL; 5-S. Graham, CT; 6-M. Lowe, CA; 7-R. Ryder, PA; 8-B. Rodriguez, CA; **Mens 25+:** 1-D. Negrete, IL; 2-J. Young, PA; 3-B. Lyman, IL; 4-M. Morrison, FL; 5-J. Emes, PA; 6-R. French, MN; 7-G. Weitzel, IN; 8-D. Ferris, MN; **Mens 30+:** 1-B. Corcoran, AZ; 2-E. Garabedian, PA; 3-R. Dern, IL; 4-J. Young, PA; 5-M. Morrison, FL; 6-R. Olson, ME; 7-R. Babkoff, OH; 8-D. Hardan, WA; **Mens 35+:** 1-S. Hastings, MI; 2-E. Garabedian, PA; 3-D. Kovanda, OH; 4-C. Kunkel, CA; 5-C. Laury, WA; 6-P. Reddelheim, TN; 7-R. Brenner, PA; 8-T. Lavoi, MN; **Mens 40+:** 1-E. Remen, VA; 2-J. Hennon, TX; 3-H. Grigg, IL; 4-M. Arnold, IN; 5-J. Northern, MI; 6-R. Galbreath, PA; 7-M. Stephens, MI; 8-M. Belah, CA; **Mens 45+:** 1-R. Reicher, DE; 2-R. Johnson, IL; 3-R. Hutcherson, IN; 4-R. Galbreath, PA; 5-M. Waldo, IL; 6-B. Lindsay, TX; 7-B. Parra, CA; 8-T. Perna, OH; **Mens 50+:** 1-D. Mas, DE; 2-B. Sanders, OH; 3-B. Schram, IL; 4-R. Adams, CA; 5-S. Williams, WA; 6-J. Fay, TX; 7-D. Jones, VA; 8-R. Lawler, IN; **Mens 55+:** 1-V. Lerner, CA; 2-O. Chapman, OH; 3-N. Goldetsky, MN; 4-J. Bogasky, VA; 5-C. Gross, PA; 6-F. Kilbride, CAN; 7-G. Kurtz, IL; 8-D. Ryan, MA; **Mens 60+:** 1-J. Bareilles, VA; 2-J. Lambert, TX; 3-P. Miller, IN; 4-F. Kilbride, CAN; 5-G. Towns, IL; 6-R. Faby,

Men's Pro Tour Official Rankings March 15, 1989

1	R. Gonzalez	11,265.0
2	C. Swain	10,250.0
3	B. Harnett	10,160.0
4	E. Inoue	8,940.0
5	M. Hogan	8,315.0
6	M. Yellen	8,035.0
7	M. Ray	5,605.0
8	G. Price	4,885.0
9	D. Obrenski	4,465.0
10	E. Andrews	4,445.0
11	C. Brysman	4,195.0
12	A. Roberts	4,155.0
13	G. Peck	4,085.0
14	J. Newman	3,795.0
15	D. Johnson	3,675.0
16	R. Harripersad	2,870.0
17	D. Peck	2,655.0
18	W. Clouse	2,265.0
19	S. Lerner	2,130.0
20	T. Doyle	2,105.0
21	M. Ceresia	1,800.0
22	A. Katz	1,745.0
23	Plazak	1,675.0
24	D. Katchtik	1,665.0
25	T. Sweeney	1,405.0

MD; 7-R. Caretti, MI; 8-G. Melvey, ND; **Mens 65+:** 1-N. Sans, CA; 2-A. Shepherd, MD; 3-L. Wilde, UT; 4-E. Acuff, VA; 5-C. Snowberger, PA; 6-T. Duarte, CA; 7-D. Goddard, MT; 8-A. Burke, MI; **Mens 70+:** 1-C. Russell, CA; 2-L. Wilde, UT; 3-A. Shepherd, MD; 4-J. Singer, CA; 5-I. Gumer, KY; 6-G. McDougall, SD; 7-H. Minor, CO; 8-G. Spear, NY; **Mens 75+:** 1-J. Pearce, TX; 2-H. Cole, NM.

Womens Open: 1-T. Bevelock, AZ; 2-M. Bailey, VA; 3-R. Levine, CA; 4-C. Evon, IL; 5-J. Hastings, MI; 6-C. Gudinas, IL; 7-M. Gilman, OR; 8-L. Ecker, MI; **Womens A:** 1-N. MacFetrich, MD; 2-H. Gray, VA; 3-A. Silva, PA; 4-D. Schmidt, IL; 5-T. Friedrich, MI; 6-P. Musselman, PA; 7-K. Beane, NH; 8-S. Huczek, MI; **Womens B:** 1-D. Bercili, PA; 2-M. McIntosh, CO; 3-P. Missirlian, NE; 4-S. Turner, CT; 5-L. Clark, OH; 6-E. Garrett, TN; 7-K. Klouser, PA; 8-K. Perry, CA; **Womens C:** 1-M. Harrington, IL; 2-M. Webb, PA; 3-M. Bishop, PA; 4-B. Duncan, TN; 5-D. McCauley, MI; 6-J. Chester, WA; 7-K. Gillette, IN; 8-K. Ivory, CA; **Womens D:** 1-L. Hamilton, OH; 2-J. Nixon, IL; 3-J. Hall, CA; 4-S. Kinney, WA; 5-W. Raft, TX; 6-C. Shelton, OK; 7-D. Tracy, MA; 8-K. French, IL; **Womens Novice:** 1-J. Bulle, NJ; 2-M. Remen, VA; 3-T. Brockbank, ID; 4-R. Greene, PA; 5-J. Williams, TX; 6-L. Celozzi, MD; 7-S. Elfes, MI; 8-A. Kennard, WV; **Womens 8NB:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-A. Reddelheim, TN; 4-K. Thompson, WI; 5-J. Hardeman, TN; 6-M. Manzuri, CA; 7-R. Belden, CO; 8-E. Daniels, CA; **Womens 8:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-M. Manzuri, CA; 4-J. Hardeman, TN; 5-E. Smith, OH; 6-Jill Trachsel, MN; 7-A. Reddelheim, TN; 8-M. Dorsey, VT; **Womens 10:** 1-D. Derr, FL; 2-S. Mattioli, MA; 3-J. Koppel, TX; 4-K. O'Connor, FL; 5-Jill Trachsel, MN; 6-S. Gross, MN; 7-A. Meyer, CO; 8-M. Donovan, IN; **Womens 12:** 1-A. Beugen, MN; 2-A. Roehler, PA; 3-T. Jobson, FL; 4-D. Derr, FL; 5-J. Meyer, CO; 6-A. Boland,

WPRA Official Rankings April 16, 1989

1T	L. Adams	2160.0
1T	C. McKinney	2160.0
3T	T. Bevelock	1220.0
3T	M. Drexler	1220.0
5	K. Kuhfeld	890.0
6	M. O'Brien	810.0
7	Jackie Paraiso	750.0
8	M. Lynch	540.0
9	C. Doyle	516.7
10	D. Fischl	466.7
11	C. Evon	320.0
12	C. McFetridge	270.0
13	S. MacTaggart	250.0
14	A. Katz	216.7
15	M. Bailey	210.0
16	R. Whitmire	200.0
17	S. Robson	170.0
18T	R. Goblish	160.0
18T	J. Grimaldi	160.0
20	K. Langlotz	120.0
21	T. Ingram	116.7
22	S. Morgan	100.0
23	R. Chilcoate	83.3
24T	C. Baxter, M. Chin, R. Olson, T. Petrocy	80.0

MT; 7-M. McGregor, FL; 8-A. Meyer, CO; **Womens 14:** 1-E. Icenogle, CA; 2-H. May, CA; 3-B. Engel, FL; 4-J. Spangenberg, CA; 5-A. Roehler, PA; 6-J. Meyer, CO; 7-D. Peterson, WI; 8-A. Crocker, CO; **Womens 16:** 1-H. Dunn, MA; 2-T. Alonzi, CO; 3-S. Pinola, PA; 4-R. Lockey, TX; 5-A. Simmons, FL; 6-A. Melville, MN; 7-E. Icenogle, CA; 8-N. Sloan, IN; **Womens 18:** 1-M. Gilman, OR; 2-H. Sibell, MN; 3-S. Cox, FL; 4-C. Doyle, NY; 5-H. Gray, VA; 6-R. Lockey, TX; 7-T. Spangler, WA; 8-L. Kadlec, MN; **Womens 19+:** 1-C. Gudinas, IL; 2-L. Coburn, MD; 3-L. Ecker, MI; 4-L. Anthony, CA; 5-P. Musselman, PA; 6-L. Troszak, MI; 7-K. Hallander, FL; 8-R. Levine, CA; **Womens 25+:** 1-M. Bailey, VA; 2-G. Grigsby, KY; 3-J. Pochilly, NH; 4-M. Lyons, FL; 5-L. Kupish, CA; 6-L. Screeton, IN; 7-P. Musselman, PA; 8-T. Gatarz, NJ; **Womens 30+:** 1-M. Bickley, PA; 2-S. Morgan, FL; 3-C. Ortiz, WA; 4-T. Gatarz, NJ; 5-T. Hokanson, CA; 6-B. Harrison, OH; 7-J. Risch, TX; 8-C. Shields, IL; **Womens 35+:** 1-C. Dattisman, PA; 2-F. Ifert, PA; 3-L. Farmer, IL; 4-T. Hokanson, CA; 5-N. Kronenfeld, IL; 6-M. Kelley, CA; 7-C. Stomberg, MN; 8-A. Falso, FL; **Womens 40+:** 1-M. Kelley, CA; 2-D. Hinkin, PA; 3-A. Falso, FL; 4-G. Benham, AR; 5-P. Tarzon, IL; 6-M. Weldin, DE; 7-Y. Cox, PA; 8-B. Powell, IL; **Womens 45+:** 1-C. Lombardi, VA; 2-K. Mueller, MN; 3-M. Johnson, TX; 4-N. Loomis, VA; 5-J. Schmidt, FL; 6-S. Sawyer, UT; 7-S. Busch, MO; 8-S. Welty, OR; **Womens 50+:** 1-J. Kenyon, FL; 2-M. Crawford, NY; 3-C. Ching, PA; 4-K. Mueller, MN; 5-M. Walker, CA; 6-J. Gartland, MA; 7-L. Hunt, TX; 8-S. Embry, CA; **Womens 55+:** 1-J. Kenyon, FL; 2-R. Mooney, CO; 3-M. Acuff, VA; 4-M. Walker, CA; 5-C. Gautreau, TX; **Womens 60+:** 1-M. Acuff, VA; 2-P. Melvey, ND; 3-C. Gautreau, TX; 4-E. Quackenbush, OR; 5-R. Cowle, NY; **Womens 65+:** 1-M. Acuff, VA; 2-E. Quackenbush, OR; 3-N. Friedland, NM; **Womens 70+:** 1-Z. Friedland, NM.



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NORM BLUM'S PASSING SHOTS

RUMOR CONTROL — **Marty Hogan** chuckles when he hears the rumors. One rumor says he's frustrated with organizing professional racquetball and has retired to live on his Missouri ranch.

"And you'll probably hear more rumors this summer," **Hogan** says. "Men's professional racquetball has been in a comatose state all year. But all I can report now is positive news."

According to **Hogan**, three stops have been secured for the first half of the year; October 4-8 in Salem, OR; October 25-29 in Arlington, VA and November 9-12 in New Orleans. "We have contracts and deposits and we won't make any announcements of sites until we have them in hand."

Hogan says rumors are rampant this time of the year and that's the nature of the racquetball industry. There will probably be talk of certain players not committing to the tour but that's a joke. What are they going to do? Continue playing in \$500 tournaments? I don't think so. All I know is we have the financial backing and things look real positive."

CAUGHT IN THE ACT — If you wear **Ektelon** shoes while playing golf you'd better rake your trap. The company logo is on the sole and one player tells us he was admonished by the greenskeeper. "He took one look at my shoes and knew it was me."

SPEED DEMONS — With today's players stronger than ever, here are the updated speed statistics on racquet sports. Badminton shuttlecocks have been clocked at 145 miles per hour, racquetballs at 127 and tennis at a mere 110. Publications such as *National Racquetball Magazine* have increased the awareness of the dangers without eyeguards but there are still some problems.

One misconception among those who wear eyeglasses is that their glasses provide adequate protection. Not so says **Dr. M. James Carlson**, chairman of the American Optometric Assoc.'s Sports Vision Section. "Ordinary glasses when hit with a speeding ball, can smash into your face like a branding iron."

SHOP TALK DEPARTMENT — **Bob Feinberg** is the new product manager of racquets, balls and gloves for **Ektelon**. He was with **Easton Sporting Goods** which is known for its bats and bikes. "The same technology is used and the materials are similar, only they are used in different ways," said **Feinberg** on the differences between the two sports... **Theresa Nunn**, player coordinator for **Ektelon**, has left the industry for the world of real estate... Former national champion **Dave Peck** is selling insurance for **New York Life** in Texas.

POTPOURRI — Big brou-ha-ha between **Jeff Leon** and the AARA. **Leon** is contemplating legal action against the association for placing him on probation. **Leon** was placed on probation for his alleged involvement in the fracas at the 1988 U.S. National Singles Championships. Now really, does this lawsuit belong in our already overcrowded court system? The AARA shouldn't have to put up with

such nuisance suits... Is racquetball following the trend of tennis? At the Southeast Regional Singles Championships, the eldest semifinalist was 22. **Alan Engel**, 16, who was pegged by this columnist to be among the top five pros in a few years, reached the final before losing a close match to **Charlie Nichols**... National high school champion **Jason Waggoner** won't be playing three divisions in a tournament anytime soon. **Waggoner** literally passed out from dehydration during a match... I played racquetball at one apartment complex and the surface was so slippery I could have used ice skates...

The Southeast Regionals was switched at the last minute from the **Atlanta Sporting Club** to **Racquetpower** in Jacksonville, FL. According to ref czar **Otto Dietrich**, the Georgia tournament director didn't have any sponsors lined up and the club, which has played host to several national caliber events didn't want to risk holding an event that could ruin its reputation. Can't blame them, can you?... A club is lucky when a glass court breaks 24 hours after a tournament that virtually ran around the clock and needed every available court.

Sporting goods stores and racquetball clubs have this in common: They love rainy days. People arrive in masses during that time... Being a new dad I can relate to proud parents, but I just shake my head when a father of an eight-year-old girl keeps me on the phone for 30 minutes bragging about his daughter. One women's open player, commented: "Sure she's won titles. But when there are only two or three in your division it's hardly an accomplishment. By the time she's a teenager those trophies will be the only ones she'll have." Well, dad, how's that for diplomacy?... Here's something they never taught me at Ohio University's journalism school. I did a question and answer session with **Marty Hogan** and some folks say I was too hard on former men's commissioner **Jim Hiser**. Maybe I'm dense, but those weren't my words, they were **Marty's**... The NFL division, held at the U.S. Nationals last year. It didn't work out and won't unless the format is changed. It was idealistic to think the players would pay their own airfare, lodging and miscellaneous expenses just to catch up on old times and win a trophy. Sorry, but today's athletes need big bucks to entice them.

POTPOURRI PART II — 60 Minutes' **Andy Rooney** on the recent wave of treadmills in clubs: "Why don't people just walk around the neighborhood." Our new "Hot Shot" t-shirt with two colorful racquetball scenes on the back in puffed ink, is quote a hit... (We've let him think he slipped this by us. - Pub.)

THINGS I LIKE — The concept of the handicap tournament, being spotted points and players who tell the referee they skipped the ball.

THINGS I DISLIKE — Bragging parents, tournaments that begin with matches at 7:00 a.m. and playing on a full stomach. O

PRESIDENT'S COLUMN

by Van Dubolsky

As the AARA celebrates its first official appearance in an Olympic-sponsored event this month, I thought it would be interesting to share a list of our peer sports in the Group A category. The National Governing Bodies (NGBs) of the sports reprinted here are each involved in the same type of promotional activity and development that the AARA conducts on a daily basis. Like the AARA, each organization wants to promote its sport, increase its membership base, encourage grassroots development, and support outstanding amateur athletes in their quest for the gold. We are happy to be among such good company in the Group A Olympic family:



Archers - National Archery Association

Athletics - The Athletics Congress of the USA, Inc. (TAC)

Badminton - United States Badminton Association (USBA)

Baseball - United States Baseball Federation (USBF)

Basketball - Amateur Basketball Association of the U.S.A.

Biathlon - United States Biathlon Association, Inc. (USBA)

Bobsledding - United States Bobsled & Skeleton Federation, Inc.

Bowling - United States Tenpin Bowling Federation (USTBF)

Boxing - USA Amateur Boxing Federation, Inc. (USAABF)

Canoeing - American Canoe Association (ACA)

Cycling - United States Cycling Federation (USCF)

Diving - United States Diving, Inc. (USD)

Equestrian - American Horse Shows Association (ASHA)

Fencing - United States Fencing Association (USFA)

Field Hockey (Men) - Field Hockey Association of America

Field Hockey (Women) - United States Field Hockey Association

Figure Skating - United States Figure Skating Association (USFSA)

Gymnastics - United States Gymnastics Federation (USGF)

Ice Hockey - Amateur Hockey Association of the U.S. (AHAUS)

Judo - United States Judo, Inc. (USJI)

Luge - United States Luge Association, Inc. (USLA)

Modern Pentathlon - United States Modern Pentathlon Association

Racquetball - American Amateur Racquetball Association (AARA)

Roller Skating - U.S. Amateur Confederation of Roller Skating

Rowing - United States Rowing Association (USRA)

Shooting - National Rifle Association of America (NRA)

Skiing - United States Ski Association (USSA)

Soccer - United States Soccer Federation (USSF)

Softball - Amateur Softball Association of America (ASA)

Speedskating - United States International Speedskating Assoc. (USISA)

Swimming - United States Swimming, Inc. (USS)

Synchronized Swimming - United States Synchronized Swimming, Inc.

Table Tennis - United States Table Tennis Association (USTTA)

Taekwondo - United States Taekwondo Union (USTU)

Team Handball - United States Team Handball Federation (USTHF)

Tennis - United States Tennis Association (USTA)

Volleyball - United States Volleyball Association (USVBA)

Water Polo - United States Water Polo, Inc. (USWP)

Weightlifting - United States Weightlifting Federation (USWF)

Wrestling - USA Wrestling

Yachting - United States Yacht Racing Union (USYRU)



IV TOURNAMENT OF THE AMERICAS

by Carlos Sieveking

The IV Tournament of the Americas was held at the San Jose Indoor Club in Costa Rica on March 16-22, with 135 players representing the U.S., Canada, Mexico, Costa Rica, Bolivia, Colombia, Chile, Venezuela, Honduras, Panama, Brazil, Dominican Republic, Puerto Rico, Peru and Guatemala. During the week-long tournament, men and women from the sixteen countries played in singles categories of Open, A, B, C, Senior (35+), Master (40+) and Open Doubles.

Among the top North American players were 1989 World Champions Andy Roberts (USA) and Heather Stupp (CAN), Canada's #1 ranked Sherman Greenfeld, and the 1989 U.S. Doubles Championship teams of Brian Hawkes/Bill Sell and Toni Bevelock/Malia Bailey. National teams from Mexico, Costa Rica, Bolivia, Colombia and Venezuela also turned out in force and gave excellent performances at this tournament.

The club had a little of everything, with facilities for tennis, indoor/outdoor swimming, gymnastics, bowling, and the many meetings held during the week. Organization of the event was also first-rate, and the people of San Jose made our stay very enjoyable and pleasant — making the trip unforgettable. Our thanks and congratulations go to Rudolfo Echeverria and his group.

Important delegation meetings were held by participating countries of the Pan American Racquetball Confederation (PARC), headed by Keith Calkins. Luke St. Onge, Executive Director of the American Amateur Racquetball Association and the International Racquetball Federation was also in attendance. It was then that we were informed of the official recognition of racquetball as a Pan American Games sport, and learned that the 1991 Games would be held in Cuba and then in Argentina in 1995. Conversations about racquetball being a demonstration sport in the 1992 Olympic Games in Barcelona were also underway. Orlando, Florida was chosen as the site of the V Tournament of the Americas in March 1990, and Santiago, Chile unanimously approved as the host of the 1991 event.

While all the business was being attended to, tough competition was underway. In the Men's Open final, Andy Roberts defeated Sherman Greenfeld in two games of 15-10, 15-6. In an early

match against Malia Bailey, Heather Stupp injured herself just seven points into the game and had to withdraw from further play. Malia went on to win the Women's Open by defeating her doubles partner Toni Bevelock after three games of 9-15, 15-13, 15-7. In the Open Doubles, Bill Sell and Brian Hawkes defeated Paul Shanks and Mike Ceresia of Canada in straight games of 15-4, 15-12. Winners in the remaining skill and age divisions were Fernando Useche, Columbia (Men's A); Ricardo Castro, Costa Rica (Men's B); Enrique Villegas, Mexico (Men's C); Cithia Canseco, Bolivia (Women's A); Rose Marie Koberg, Costa Rica (Women's

B); Larry Greene, Canada (Men's Senior); and Enrique Gumucio, Bolivia (Men's Masters). ○



U.S. Team members at the Tournament of the Americas.

WELCOME TO THE HALL OF FAME

by Allan Seitelman, Chairperson, Hall of Fame

The AARA is proud to announce that three individuals were elected by more than two-thirds of the selection committee into the Hall of Fame. Charles M. Garfinkel, William Schmidtke and Luzell D. Wilde were inducted in May. Each of these players survived an arduous selection process. Over 100 people were considered for nomination. Each of the individuals selected have an unique claim to being an important part of racquetball history which was the basis for their selection into the Hall of Fame.

Other Hall of Fame members are: Charlie Brumfield, Gene Grapes, I.R. Gumer, Robert J. Kendler, Larry Lederman, Joseph Sobek and Peggy Steding. Below are brief biographies of the three new inductees:

Charles M. Garfinkel

Charlie Garfinkel is one of the unique personalities in our sport. He has been playing racquetball for over 25 years while also competing at a national level in tennis and squash. The "Gar" as he likes to be called has won 16 National titles, and innumerable state and regional championships. Since turning 35 he has won 17 regional titles and from 1984 to 1987 he won 27 straight tournaments and 100 straight matches in the 45-and-over division. His 95% lifetime winning per-

centage is one of the highest in history. The Gar is also the only player to have a serve named after him.

William Schmidtke

Bill Schmidtke, 47, is considered one of the pioneers of the sport. He has been competing for 22 years and, in 1968 took second place at the first National Singles. He has accumulated eight national titles, over 20 state titles and over 200 local titles. He played on the pro tour from 1973 to 1979 and was ranked in the top four for four of those years. He has the distinction of having a racquet named after him and is one of the few racquetball players ever to be featured in *Sports Illustrated*.

Luzell D. Wilde

Luzell Wilde is one of the distinguished elder statesman of racquetball. He has been playing for over 20 years, the last 13 at the national level. He has won 25 national championships adding a title to his belt every year but one since 1981. At 71 he sets an example of competitiveness, sportsmanship and dedication to the game that many "younger" players should emulate. Luzell's motor home, a familiar site at many events, has over 180,000 racquetball miles logged on it. He also has the distinction of accumulating 7,500 golf points — more than anyone in history. ○

REGIONAL REPORTS

Region Eleven

NEBRASKA RACQUETBALL REBORN

submitted by Penny Missirlian

Racquetball is definitely on an upswing in Nebraska. This was proven in early March when the Nebraska Racquetball Association held the largest singles championship in the state's history. The 1989 championship event drew 163 players to the Sports Courts in Omaha and when the draws were completed, a grand total of 234 entries had been processed. Juniors came out of hiding for this event as well, with 34 youngsters participating and many of them taking home medals for winning or placing in their age brackets.

In Open tournament play, the final match came down to contest between long-time friends John MacLean and Jim Brown. After having Jim removed as the referee in his previous semifinal match, John went on to "remove" Jim from the running in their final, winning in straight games. On the other end of the spectrum, players



Todd Crider takes a racquet blow in the eye — good thing for eyeguards!



John MacLean State Open Champion

in the five junior divisions, especially the 8-and-under, stole everyone's heart. If you've never included the junior divisions in your state championships, I challenge you to do so — both for the fun of it and to ensure the future of racquetball.

As everyone in Nebraska knows, this is our first year as an affiliated organization of the AARA and are we thrilled. In less than a year we have advanced from the number 51 state

ranking position in October, to 42 in December, and are now hovering in the 20s. This makes us the fastest growing

state in the national organization, and our goal is to reach and maintain a membership roster of 1,000. So far, our Coors Light Open series opener has been a success, Nebraska players made a good showing in our region, and one of our outstanding juniors, Todd Crider, has been featured in an issue of "Kids, Kids, Kids". As our visibility grows, all of the struggles we have gone through to reorganize and bring our association together with the AARA seem more worthwhile, and we couldn't be happier with the outcome. ○

Region Five

MSU REACHES OUT TO JUNIORS

submitted by Rick Bezousek

Two members of the Memphis State University racquetball team, Rick Bezousek (captain) and Sergio Gonzalez (co-captain), have decided to take their show "on the road" to reach junior-level racquetball players across the country. The two will be conducting a series of junior clinics designed to familiarize players and their parents with the intercollegiate structure and the many opportunities for advanced play it presents as youngsters mature and grow into tomorrow's champions.

As more and more colleges fund athletic scholarships for racquetball achievement, juniors will find themselves in a better position to pursue higher education with the help of their racquets. The current World and National Intercollegiate Championship team of MSU offers an excellent resource through the clinics, which will also draw on the training expertise of National Team Coach Larry Liles.

The first of these clinics is scheduled for August 11-13 at the Sports Club in Omaha, NE. Dubbed the "Top Gun" Open Invitational and Junior Camp, the three-day program includes a series of exhibitions, junior sessions on how to set collegiate and Olympic goals, social events and an open tournament. For more information on how to schedule a clinic, please contact Larry Liles at (901) 678-2816. For details on the "Top Gun" camp, contact Penny Missirlian at (402) 339-0410. ○



The eight and under spirit: (from left) Travis Mettenbrink, Mike Mears, David Liakos, Jeff Dahr and Jason Williams friends forever!



THE 1989 NEW YORK STATE CHAMPIONSHIPS

The 1989 New York State Singles and Doubles Championships continues to be one of the premier events in the Northeast. The tournament held February 10-12, 1989 at Long Island Racquetball Club featured competition in 44 different divisions of play.

Special features of this tournament include the drawings for over 250 prizes and the variety of people who enter from beginner to expert and from young to old. This year divisions from 8-and-under to 65+ were offered. This diversity of ages speaks well of the development of our sport in New York.

The Men's Open was the scene for many upsets and near upsets. Tiebreakers were the rule rather than the exception throughout the event. Sean Graham made his way to the finals via a tiebreaker win over Pete Chardavoyne in the semifinals. Mike Sekul advanced to the finals with tiebreaker wins over Adam Priamo in the 16's, Jay Ryan in the quarter finals and Matt Nagel in the semifinals. Sean Graham won his first major non-junior title in New York with a tiebreaker victory over Mike Sekul in the finals.

The Men's Open Doubles was won by Carmine Caccavalle and Pete Chardavoyne who spoiled Charlie Horton's and Mike Clifford's return to tourna-

ment play by beating them in the finals.

Melanie Britton won the Women's Open with a convincing victory over Tina Petrocy.

The Women's Open Doubles was won by Ilene Sofferman and B. J. Ehr Gott who defeated the mother/daughter team of Ellen and Marion Crawford.

In age divisions Rich Baer revenged his loss to Sean Graham in the Open by beating him to win the New York 19+ title.

John Peterson continued to dominate whatever age division he enters in the Northeast by winning the Men's 30+ title. He has not lost at local or state level tournaments in six years.

Ellen Crawford won the Women's 19+ and Melanie Brittan emerged as the only double winner taking the Women's 25+ division as well as the Open title.

In the Men's 40+ division, three former state champions were on hand to claim the title. Surprisingly, none of them (Bruce Shafer, Jim Winterton, and Frank Ciacola) emerged as the state champion. Andre Hopkins won the title with tiebreaker wins over his doubles partner, Frank Ciacola.

Adam Priamo emerged as the 18-and-under champion. The 16-and-under title was won by Todd Sabatini who played the entire tournament without losing a game. ○

STATE CHAMPIONS

Men's Open: Sean Graham; **Men's A:** Stephen Beihacker; **Men's B:** Fabian Pedraza; **Men's CC:** Chris Meurer; **Men's Novice:** Timothy Alvarez; **Men's 19+:** Rich Baer; **Men's 25+:** Bill Kelley; **Men's 30+:** John Peterson; **Men's 30+ Inter:** Mike Dautrich; **Men's 35+:** Brian McDermott; **Men's 40+:** Andre Hopkins; **Men's 40+ Inter:** Les Barbanell; **Men's 45+:** John Mootz; **Men's 50+:** Charlie Garfinkel; **Men's 55+:** Danny Liacara, Sr.; **Men's 60+:** Walter Shur; **Men's 65:** Saal Lesser; **Men's 18:** Adam Priamo; **Men's 16:** Todd Sabatini; **Men's 14:** Jamie Hopkins; **Men's 12:** Chris Voscopoulos; **Men's 10:** Barry Hirsch; **Men's 8:** Keith Benderoth; **Women's Open:** Melanie Britton; **Women's A:** Ilene Sofferman; **Women's B:** Jean Halahan; **Women's C:** Jean Halahan; **Women's CC:** Michele Mignano; **Women's Novice:** Colleen Crowe; **Women's 19+:** Ellen Crawford; **Women's 25+:** Melanie Britton; **Women's 30+:** Tina Petrocy; **Women's 35+:** Karen San Filippo; **Women's 12:** Stephanie Zeh; **Men's Open Doubles:** Caccavalle/Chardavoyne; **Men's B Doubles:** Levasseur/Pedraza; **Men's C Doubles:** Secreti/Krasinski; **Men's 30+ Doubles:** Burns/Schramm; **Men's 40+ Doubles:** Hopkins/Ciacola; **Women's Open Doubles:** Sofferman/Ehr Gott; **Women's B Doubles:** Gagliardi/Kudlik; **Women's C Doubles:** Pellegrino/Beard; **Women's 30+ Doubles:** Gottlieb/Kelly; **Mixed Doubles:** Caccavalle/San Filippo.

AARA SCHEDULE OF EVENTS

July 7-9

White River Park State Games
Finals TBA
Renee LaBonne 317/255-7730

July 11-15

Tri-City Open
Tri-City
551 E. State Street
American Fork, UT 84403
Dave Rasmussen
801/756-5224

July 13-16

National Seniors Invitational
Continental Athletic club
6124 Busch Blvd.
Columbus, OH 43229
Ron Woolard 614/846-8400

July 14-16

July Jam
Court House Racquet Club
1545 Helton Drive
Florence, AL 35630
205/764-0034

July 21-23

Dawg Days Summer in Savannah
Racquet Plus
4 Oglethorpe Professional Blvd.
Savannah, GA 31406
Patti Iott 912/355-3070

July 28-30

Colorado State Games
Air Force Academy
Colorado Springs, CO
Steve Holzapfel

July 28-30

Courts Plus Open
P.O. Box 148
New Bern, NC 28560
Mike Dimoff 919-379-0550

August 5-6

2nd Junior Championships
Sports Courts Health Club
4812 S. 114th Street
Omaha, NE 68137
Penny Missirlian 402/339-0410

August 11-13

Alamance Open
Alamance Racquet & Fitness Club
607 Alamance
Burlington, NC 27215
Sue Cumpston 919-227-6565

August 11-13

Doubles Warm-Up
Lakeland YMCA
3620 Cleveland Heights Blvd.
Lakeland, FL 33803
Grace Page 813/644-3528

August 11-13

Georgia State Doubles
Atlanta, GA
Mike Brooks 404-422-7776

August 11-13

Peach Classic
Atlanta Falcons Health Club
I-85 Suwanee Road
Suwanee, GA 30174
Martha Lenoir
404-945-8977

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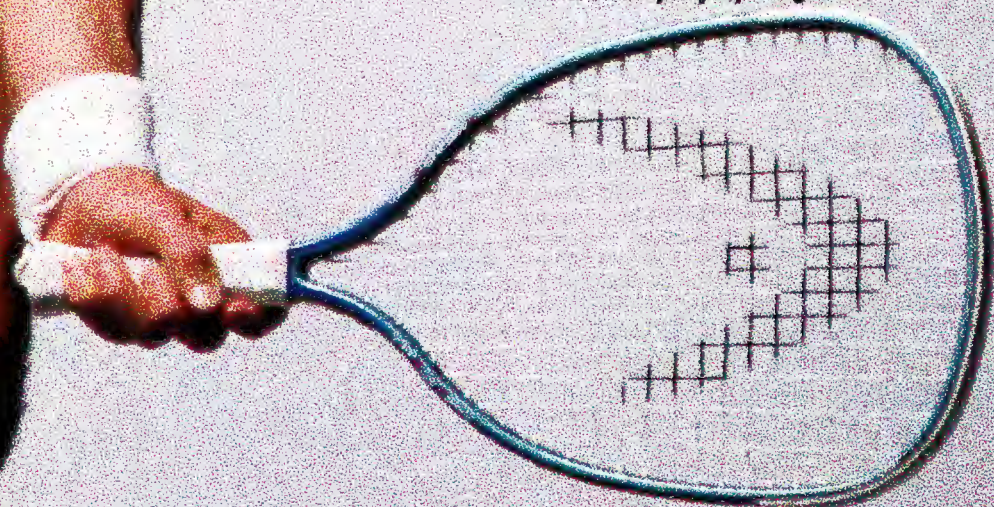
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