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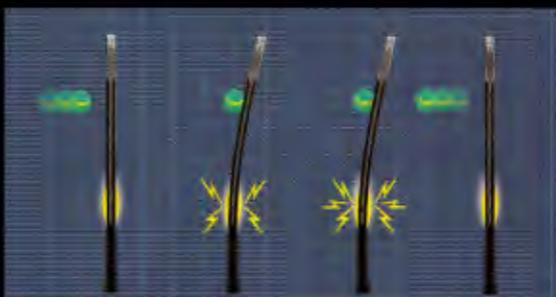
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## from the >>>



In August, the USRA Board of Directors and national staff held a special administrative session to discuss long-term goals and to re-visit the organization's mission statement. At the close of a long day with a professional facilitator, that statement was condensed to a single sentence, which now reads: *The USRA is dedicated to promoting the sport of racquetball in the United States for the purpose of developing competitive players.*

What was the point of this exercise? Well — perhaps more so than simply achieving the consensus goals of "focus" and "direction" for the sport's leaders — the statement might say more by omission than by anything else. Huh? Sorry ... It's not what it *says* that is particularly meaningful (or even different), but what it *doesn't say*.

It doesn't say that the USRA is responsible for convincing club owners to keep courts open. We are thrilled to be able to do that whenever we can, but very often — by the time we're frantically called upon — management decisions have already been made, based on low usage, or outright lobbying for your square footage by other fitness interests. We offer program information that can help *build* participation, but someone (locally) has to take responsibility for implementing those programs. It doesn't say that the USRA is a clearinghouse for club management, profitability and/or public information on where to find a court. There are professional organizations, like IHRSA and a growing number of independent websites, with that aim.

It doesn't say that the USRA is responsible for equipment sales, or consumer buying trends. We like to see that the market is healthy, and that USRA members represent a considerable percentage of that market, since that's good for everyone. But — beyond official product partnerships — we offer visibility for marketers and advertisers through the magazine and sponsorship of national events. For creating consumer demand and a profitable market, there are professional organizations, like the RMA, with that aim.

It does say that the USRA promotes the sport (*through RACQUETBALL magazine, and sanctioned tournaments, and state associations, and membership, and national teams, and special programs, and marquee events and scholarships, and ...* ). It does say that the competitive player is the end result (and since racquetball, by nature, is competitive at all levels, it's all inclusive). That aim - alone - is an important component of what is needed for the sport to grow. It needs an environment (courts); it needs consumer marketing and demand (manufacturers); and it needs an organized player base (USRA).

At any given moment, any one of these components may seem to be struggling, and require change. But it's always wise to be careful what you wish for ... as you may surely get it. Going into the holiday season, I know what I want. How about you? More importantly, are you willing to be *very, very good* to get it? Happy Holidays!

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*... on the cover ... At 50, Ruben Gonzalez still amazes fans with wins that consistently keep him on the U.S. Team roster. In Vegas, he and Mike Gudry reclaimed their '99 title. Inset: They've won before, with other partners, but Kim Russell and Cheryl Gudinas now claim their first Open doubles championship as a team.*

*... this page ... Women's 35+ champs Terri Graham and Chris Evon, during their Open semi-final. All photos: John Foust.*

# reader forum

## Some Good, Some Bad

As a competitive racquetball player for 19 years, playing pro stops and being a state champion three years in a row, I thought I had seen it all. But playing in the National Doubles tournament I experienced the best sportsmanship I have seen in a long time. Playing in the Mixed 30+ division with Debbie Bryant, we were tied 10-10 in the breaker. Mark Nomura hit a shot that we thought skipped but the ref did not. Thankfully and surprisingly, Mark admitted — even before we contested — that he also thought the ball skipped. Throughout the whole match, Mark had made these types of calls but to do it to concede the match is another story for almost any racquetball player. However, Mark stood steadfast in his decision, even under the protest of his partner that it did not skip. I take my hat off to Mark and applaud his sportsmanship. I plan to remember this and hope this also affects others in the same way. Mark Nomura gets my vote for Sportsman of the Year honors!

*Eddie Alberty  
Greensboro, North Carolina*

National Doubles was a great tournament. I would recommend it to anyone who is considering going to their first national event. We had an opportunity to watch some great doubles matches: men's, women's, mixed, open, skill, and age. We also had a lot of fun playing against some talented competitors and some wonderful sportsmen (both men and women).

However, this year I witnessed such a display of poor sportsmanship that I had to write this letter. I won't mention the players' names because the problem is larger than just these two, but suffice to say these were two 'mature', open level players. I was embarrassed to be in the gallery as the one player taunted and demeaned his opponent, and both stood toe-to-toe, physically threatening each other. The gallery just looked on, shaking their heads in disbelief as the referee did nothing. We all stood there wondering how this could not be a technical for one or both players and, in one sense,

blaming the referee for letting it get so far out of hand. An early technical to that first player would have avoided this entire situation.

Please don't misunderstand; while the players are completely responsible for their actions — we all share in this display of poor sportsmanship. Every referee that has looked away and not given that technical after a taunting, or a racquet smashed against the wall, or a profanity at a missed shot, or excessive arguing after a close call shares in this embarrassment. By not enforcing the rules, we encourage this behavior. Every spectator who smiles and thinks it's cute or entertaining when the players ridicule and demean one another shares in this problem. Every player that has participated in such a display is part of the problem. Every manufacturer that sponsors a player and does not come down hard on them for such behavior is hurting our sport.

Oh, I know that some players are jerks and always will be, no matter what any of us do, but we don't have to condone or accept their behavior. No one is looking for players to be perfect or robots; all of us who play love the fire of competition. But, it's our responsibility — all of us: referees, spectators, players, and manufacturers — to let them know that they're hurting our sport and we're not going to accept it any longer.

*Sal Perconti  
St. Petersburg, Florida*

## Starting Over

I'm writing this letter to all the players out there that have grown to love the game of racquetball and want to give back to the sport as much as they have received. I have been playing for 20 years, and have worked in the club industry for almost as long — doing everything from cleaning toilets for a membership to running regional and state championships. A year ago, my position was eliminated and, as so commonly happens, a "warm body" within the company replaced another quality racquetball director. I was devastated. I had just found out that my wife

and I were expecting our first child. I wasn't sure if my tenure in the club business had come to a close and I would be forced to pursue a job outside of my field. I decided that I had so much to offer in the club industry that someone out there would respond to my calls and resumes.

After nearly one year of frustration and rejection, Geoff and Tracy Hunter, owners of the Naples Fitness Center in Naples, Florida, have given me a wonderful opportunity to continue teaching and being involved with racquetball programming. Before that, months had gone by of being over- and under-qualified for jobs in the business, and I wasn't sure how my wife and I were going to get by, especially after the birth of our son, Tyler. After seeing Geoff Hunter's name in *RACQUETBALL* magazine, I thought about giving him a call to see if he had an opening at his club. We were able to work things out and the next thing I knew, we were packing our bags and moving to "paradise."

Now that I'm at a club that has owners who want to see racquetball succeed, I can finally enjoy the birth of my son and bring life back to normal. I want to thank people like Linda Mojer, Connie Martin, Gary Mazaroff and Bruce Erickson that kept me in mind while I was scanning the country in search of a job. My heartfelt thanks go out to Geoff and Tracy Hunter who saw what I had to offer them and their club. Many people in Florida and around the country are familiar with the Hunter family and their involvement in racquetball. I hope my letter will encourage people not to give up on racquetball and continue to support the clubs and organizations that have made it their main priority.

*Bill Crist  
Naples, Florida*

## Special Treatment

I have played racquetball for over a decade now and I was impressed for the first time last month. As the 80's ended, racquetball dwindled. It appeared that so did the directors who knew or cared about actually running a great tourna-

**Congratulations to Lola Markus for being named the 2002 Al Wetherill Award winner at the recent World Seniors.**

ment. Hospitality has always been one of the best parts of playing racquetball.

This past month I received a phone call from Dave Ellis asking if I would be playing the Stockton Pro-Am. I had also heard from another friend at my club that he had also received a similar telephone call. At that point we had just bought a new house and I was wavering. Unfortunately, the joys of home ownership overruled my need to play racquetball that weekend.

But Dave Ellis' phone call put me in a tailspin regarding my decision. Had I played that weekend, the sole reason would have been because of his telephone call. It is nice to finally see a tournament director who is making an effort to bring a little life back into the sport. I heard the tournament was a great success. Thank you Dave, and keep up the great work!

*Joanne Hall  
Sacramento, California*

## **Pro Officiating**

Isn't it about time that we had professional referees at national tournaments? How much longer do we have to hear the pathetic pleading for referees over the PA system? Other sports programs don't seem to have this problem. It would certainly speed the tournaments along if each court were assigned a referee for a 4-8 hour shift and we didn't have to beg for a referee to start each match.

It would certainly increase the quality of the referees, which is always a point of contention. Also, players who 'count on' referee money to help with their expenses could still sign up for part-time shifts. One important advantage is that the referees could be given info packages, in advance, that include instructions, responsibilities, hints, and - here's an idea - the rules. How many times have we heard, while watching a match, the players asking the referee if they know the particular rule being invoked? Maybe the USRA could even put together a short video, which could be inexpensively reproduced or available online. Currently, the referee often doesn't even want to be there and is just trying to fulfill an obligation. With professional referees, we could have better matches and more smoothly run tournaments.

*Sal Perconti  
St. Petersburg, Florida*

First and foremost, I do love the sport of racquetball, but the thing I'm growing to hate more than broccoli is reffing. In Vegas I reffed a 45+ C/D match from hell that went from bad to worse. In hindsight, I realize I should have done a couple of things, like 1) Not wavering on calls; I allowed some re-plays on both sides that I probably shouldn't have. 2) Called technicals on backtalk; perhaps both teams would have gotten frustrated enough to fire me. 3) Reminded them that they could have had line judges. And 4), when whats-his-name

got in my face to blame me for his loss, to remind him that he and his partner served at game point in BOTH 15-14, 15-14 games. Was it my fault they couldn't close the door?

I know people who ref enough matches to cover their entry fees and probably next month's car payment. I understand the need for refs, but is it possible to, maybe, hand out a sheet of paper with just some general rules for those who may not be experienced at it? On the sheets can be [in general] what constitutes an avoidable hinder; when is a footfault a footfault (one person told me it was a side/half out but it's not), where can a person NOT stand in the serving box when drive serving or Z serving. When can a ref start calling technicals. I know ref clinics are offered but everyone doesn't always have the opportunity to participate in them.

The tournament staff was wonderful. They stopped whats-his-name from verbally abusing me after the match (which probably stopped a whole lot of other stuff too). I go to work to get stressed out. I don't care to do on my recreational time. Maybe some more education on reffing could help?

*Pamela Trent  
Mount Juliet, Tennessee*

I wanted to give you some feedback on the National Doubles. I live in Vegas, so I went down to the Sporting House to watch the action. First of all, the players were amazing. Not only with their level of skill, but with their level of sportsmanship. It was absolutely a pleasure to watch and I had the best seat in the house: above the court, standing right beside the referee. Which brings me to my next point.

Don't worry, I'm not going to simply say the ref [was bad] (like the players had suggested all game). There was more to it than that. The ref's face was red, eyes bloodshot. For racquetball to get the recognition that it deserves, shouldn't the refs take the sport as seriously as the players undoubtedly do? Maybe it was a last-second assignment but, geez, if the ref is impaired, what does that say about the level of the sport? Please, racquetball is the best sport in the world. Let's all try to bring it to the level that it wholeheartedly deserves.

*Tim Woodward Jr.  
Las Vegas, Nevada*



**Photo: Mike Wolfe.**

# THE ROAD TO THE



accumulate high-level ranking points plus earn seeding consideration at "The Finals." **WAIVERS:** All legitimate waivers of qualifying competition at any of these events must be approved **prior** to the scheduled regional weekend. All waivers must be directed to – and approved by – the USRA Headquarters. Individual regional tournament directors may not approve exclusions from play, for any reason.

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	Orlando Fitness & Racquet Club . . . . .	Orlando, Florida . . . Bill Herr . . . 407-880-7790 x552
	Athletic Club of Bloomingdale . . . . .	Bloomingdale, Illinois . . . Dave Negrete . . . 630-483-6829
	Central Courts . . . . .	Columbia Heights, Minnesota . . . Dennis Ring . . . 952-883-2148
	Executive Health & Sports Center . . . . .	Manchester, New Hampshire . . . Kelley Beane . . . 603-759-2729
	Sportime of Syosset . . . . .	Jackson Heights, New York . . . Tom Keogh . . . 718-429-8489
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	Racquetball & Fitness Clubs of San Antonio . . . . .	San Antonio, Texas . . . Lance Gilliam . . . 210-344-8596
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May 2-5	Southern Athletic Club . . . . .	Oklahoma . . . Dave Watson . . . 918-541-0722

## other recognized qualifiers ... for seniors 45 & up

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 [These qualify 45+ entrants ONLY! ... 35+ & 40+ players in the preceding events must still take part in a regional qualifier — from the first group shown above — in order to compete at National Singles].

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 WSMRA Championship . . . . . National Singles [45 & up]  
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Women's Open finalists (L-R):  
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## players win big in vegas!

*The all-time largest group of doubles players from across the country, unfazed by air-travel, made the trek to Las Vegas, Nevada to put it all on the line in search of a national title at the Ektelon 34th U.S. National Doubles Championships, presented by Penn. With nearly 800 participants playing in 62 divisions, the Las Vegas Sporting House hosted the largest national doubles draw in USRA history. Even though most players arrived under a full moon, no one could have predicted the oddities that would transpire over the next few days. Las Vegas – the city where dreams are made and broken – lived up to its billing in more ways than one.*

### **Early Upsets**

In the Men's Open U.S. Team Qualifier, the division opened with Jason Thoerner and Mitch Williams eliminating No.5 seeded Jonathan Dunn and Greg Solis. The first game was a point battle to the last, but Thoerner and Williams controlled the second to advance, 15-14, 15-9. Then came another surprise as Brian Fredenberg and Jim Minkle took out No.4 seeded Doug Ganim and Michael Bronfeld. Multi-crowned national and world doubles champ Ganim is considered by some to be the best left-side partner in the game, and he seemed to be on his way to another good finish after the he and Bronfeld took the first game 15-7. But Fredenberg and Minkle put their heads down and, with better execution, took the next two, 15-9, 11-7, for the win.

Next up were No.3 seeded Texans Drew Kachtik and Todd O'Neil – both former tour players – against a relatively inexperienced team of youngsters, Matt Gehling and Brent Walters. To everyone's surprise the youngsters controlled the entire match and easily disposed of Kachtik and former world doubles champion O'Neil 15-6, 15-7 for the new "upset of the tournament."

With three top-seeded teams already dispatched in the first round, the buzz among the crowd was "upset." Surely that would end when the No.2 seeded team of Bret Harnett and Adam Karp took the court against Dan Llacera and Brian Pointelin? On paper it looked like a blowout in the making – Karp had been in the event finals three of the last four years, winning twice, and Harnett, a former top-ranked pro, was enjoying a home field advantage. Llacera and Pointelin, the official racquet stringers for the event, had never made it out of the first round at a national doubles event.

The first game followed script, as Harnett and Karp tore up the court and rolled to a 15-4 victory. The second game started out as another whole story – one that would become familiar to Llacera and Pointelin as the tournament moved along. Returning to the court a bit more determined, they quickly jumped out to an 11-5 lead, before Harnett began to hit his groove on his serve and tied the score at 11-11. Rattled by Harnett's deadly

Men's Open finalists (L-R): Brian Pointelin, Ruben Gonzalez, Mike Guidry, Dan Llacer.



wrap-around serve to Llacer, the stringers called a time-out to regroup, and were able to slow Harnett down to win the second game, 15-13, and force a third.

In the tiebreaker Llacer and Pointelin built a 7-0 lead fueled on high emotion and great gets by both players to keep the ball in play. But the more experienced team of Harnett and Karp quickly caught up to, and surpassed, Llacer and Pointelin with a 10-0 run, relying heavily on Harnett's serve. "I just told Dan to keep shooting," said Pointelin. "I thought we were playing well even when they made their comeback. We just had to relax and play our game."

They relaxed even more after a side-out on a long serve by Harnett, and eventually they knotted the score at 10-10. Harnett and Karp had another shot at match point, but Pointelin replied with a rollout return of Karp's lob into the glass and — after a diving retrieval of Harnett's serve — Llacer hit a pinch rollout to get his team back into the box. Llacer then hit a lob serve that dribbled down the back wall, which Harnett struggled to get behind and pitch to the ceiling. The attempt fell short and the upstarts claimed their first turnover, 11-10.

The No.1 seeded team of Ruben Gonzalez and Mike Guidry must have been checking for targets on their backs as they went to their own tiebreaker later in the evening, after dropping the second game in their match

against Jeff Garner and Mike Harmon. The former National Doubles champions regained their composure, however, and quickly squashed any talk of upset by controlling the tiebreaker and becoming the only seeded team among the top-five to advance into the quarterfinals with a 15-5, 8-15, 11-4 victory.

### **Quarterfinals**

With those surprises in the first round, the qualifying division seemed wide-open. Gonzalez and Guidry, after surviving their early round scare, were still the favorites — and showed why — with a straight game victory over Woody Clouse and Chris Crowther 15-12, 15-13. The other match in the top half of the draw featured Fredenberg and Minkle versus Thoerner and Williams — two teams that had posted upsets in the round of 16. Thoerner and Williams won the match going away 15-6, 15-7 to earn their spot in the semifinals.

Amid all of the excitement in the round of 16, the fact that the No.6 seeded team of Josh Tucker and Chris Wright and the No.7 seeded team of Jack Huczek and Eric Muller had barely gotten through with tiebreaker wins almost went unnoticed. Tucker and Wright were tested again in the first game of their quarterfinal match against Matt Gehling and Brent Walters but were able to escape with a 15-14 win and rolled in the second game, to 15-9.

## **2001 Ektelon 34th National Doubles Championships**

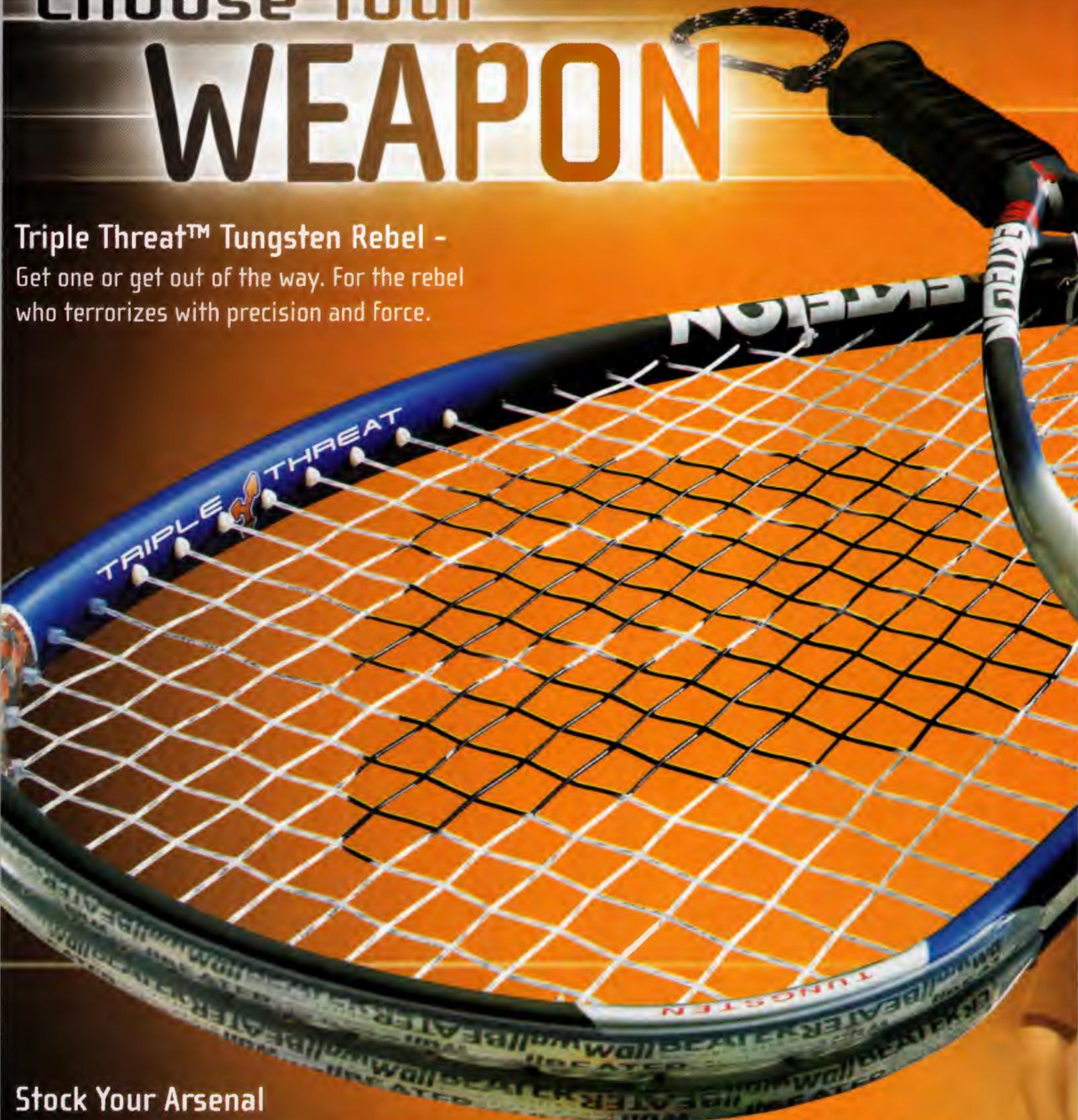
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Huczek (foreground), Llacera and Muller line up.

Current National Singles Champion Huczek and former two-time World Doubles Champion Muller faced Llacera and Pointelin, who again shocked a capacity crowd by taking the first game 15-13. After Huczek and Muller replied with 15-7 in the second game the stage was set for yet another exciting tiebreaker.

Llacera and Pointelin jumped out to an early 3-nothing lead only to see Huczek and Muller close the gap and tie the score there. After numerous

side-outs, they remained tied at 6. But that was the last point that Huczek and Muller would score as Llacera and Pointelin finished the match on a 5-0 run and inched a bit closer to a team spot.

### Semifinals

In the top half of the draw, Gonzalez and Guidry faced Thoerner and Williams in a close first game that looked like it had another shot at turning into an upset, before Gonzalez and Guidry were able to pull away in the end 15-11.

Gonzalez, at 50, looked just as good as Gonzalez at 30, as he made spectacular dives and rollouts between his legs. "Ruben is amazing," Guidry said. "He was moving really well today ... but he always does."

The second game was controlled by Gonzalez and Guidry, after Thoerner was injured early when he and partner Williams collided going for a ball in the backcourt. Williams landed on Thoerner's hand and Thoerner hit his head against the back wall. After a long injury timeout Thoerner came back onto the court but it was obvious that he was hurt. The team even went so far as to set up to receive serve in the "I" formation, leaving Williams solo for the return. Eventually Gonzalez and Guidry won 15-9.

Guidry already had renewed his appointment to the U.S. National team by qualifying in singles last May, but Gonzalez needed a win in the semifinals to stay on the team. "I am excited about making the team again because it means that I get to go back to Puerto Rico (for Worlds next summer) where I am from." Explained Gonzalez, "My mother still lives there and she has never got a chance to see me play."

The semifinal in the bottom half of the draw featured the No.6 seeded team of Tucker and Wright against the Cinderella team of Llacera and Pointelin. Based on their surprising play in previous rounds, Llacera and Pointelin had begun to win the crowd over and they kept their new fans happy in the first game as they dominated 15-4. But Tucker and Wright began to hit their shots in the second game, at 5-5, then went on a 9-0 run to take a 14-5 lead. Llacera and Pointelin tried to recover but fell short and succumbed 15-9 to face their fourth straight tiebreaker.

For the tiebreaker their original strategy had been to hit more passing shots to try and force Tucker and Wright to shoot from the backcourt. But the plan quickly

changed when Llacera made a reverse rollout pinch to start off the second game. "I shouted out that I was the best shooter on that court, and Brian told me to forget the passes and just keep shooting," said an excited Llacera after the match. The back-up plan worked as Llacera shot his team into the semifinals and onto the U.S. National team with an 11-1 victory.

Visibly moved about making the U.S. National team, a teary-eyed Pointelin said "This is so big I couldn't even describe it if I tried."

"This is just very special for me, my family, and my friends."

Llacera added, "I have been trying to make this team for 13 years ... 13 years, who would have ever thought?"



## Finals

Going into the finals everyone was wondering if the rookies had it in them to pull off one more amazing upset. It would be their biggest challenge yet, going against the veteran team of Gonzalez and Guidry that had played together for many years. But as the previous rounds had shown – anything was possible.

Gonzalez and Guidry knew, going in, that they had to play hard. "They beat a lot of great teams to get this far," said Guidry. "Any team that gets to the finals is playing great and has a chance to win." Not taking any of those chances, Gonzalez and Guidry came out of the gates smoking and quickly built a 10-3 lead and then went up 14-8. Llacera and Pointelin seemed a little nervous in their first finals appearance but that soon dissipated and they regained their earlier swagger.

After facing game point three times during their comeback, Llacera and Pointelin suddenly found themselves serving for the game at 14 all. Llacera pushed a lob serve to Guidry who blasted an overhead cross-court return into the back of Llacera's head from five feet away. Llacera went down immediately, quickly re-considered charging the mound, then took most of his 15-minute injury timeout. Still a little shaken, "I felt like I had been on a cruise for a week and everything was spinning," Llacera returned to the service box, re-served the lob and promptly ended the first game with a pinch rollout.

A murmur ran through the crowd. Could it actually be possible for the stringers to take it to the house? How could a team that had never made it out of the first round suddenly be one game away from a national title?

Gonzalez and Guidry refused to let up and re-focused for the second game, where their experience began to shine through after the two sides fought to a 6-6 tie. "There was a rally where I had a good dive that I think ignited us in the second game," said Gonzalez. "We were more aggressive in the second game and we knew that we had to keep shooting the ball." 'Ignited' was the right word as Gonzalez caught fire and rolled out the next four shots. The two sides switched serves once after that before Gonzalez and Guidry finished off the game with a 9-0 run to take it to three.

"Our experience was hugely important for us when we get into those situations," said Guidry. "We got a little tight in the first game when they were putting pressure on us – which they should have – but we were able to rebound." The tiebreaker belonged to Gonzalez and Guidry as they started on a 7-0 run and never looked back, taking the third game, and the match, 11-2. "I wasn't surprised at how well they played because they have been playing great all week," said Guidry. "I think that our experience helped us out in the second and third games."

"We had a good run," a dejected Pointelin said after the match. "There was a lot of pressure being that it was our first national final against two great players and a great team."

*Excitable ... In rear court, Llacera (far right) and Pointelin (left) had plenty to celebrate all week long.*

*Top down:  
vs. Karp/Harnett  
vs. Huzcek/Muller  
vs. Tucker/Wright  
vs. Gonzalez/Guidry  
and talking it over.*



## Women's Reunion

The women's open field saw action on Thursday, with the top four seeds sitting back to watch with byes. Those that did see action used their matches as a warm-up for later rounds as they all advanced in straight games. Malia Bailey and Rhonda Rajsich showed what was to come by drubbing Diane Moore and Mary Pomeroy 15-2, 15-2. U.S. Junior Team Alumni Janel Tisinger and Kristen Walsh flew past Kari Gardner and Lisa Hjelm 15-2, 15-11, while Chris Evon and Terri Graham, along with Elaine Albrecht and Kerri Wachtel, also advanced.

## Quarterfinals

In the quarterfinals, top seeded defending champions Laura Fenton and Jackie Paraiso Rice faced the No.8 seeded junior team alumni Janel Tisinger and Kristen Walsh. It was billed as the classic "experience versus youth" playoff, for good reason. Fenton, 39, and Rice, 35, both highly ranked on the LPRA tour, faced former junior team member, Tisinger, 18, and current intercollegiate champ and USRA Junior Female Athlete of the Year, Walsh, 19.

After losing 15-3 in the first game, and narrowly salvaging the match 15-14 in the second, the youngsters charged out to a 10-0 lead in the tiebreak, but couldn't close out the match point. They exchanged side outs several times as the veteran pros picked at the lead to close it to 6-10 before the second service by Walsh opened the final exchange. After a long rally of ceiling shots and wide-angle passes, Tisinger blasted a winning pass shot along the left wall, which edged past Rice with just enough angle to drop out of play in back court, with no hope of return by Fenton.

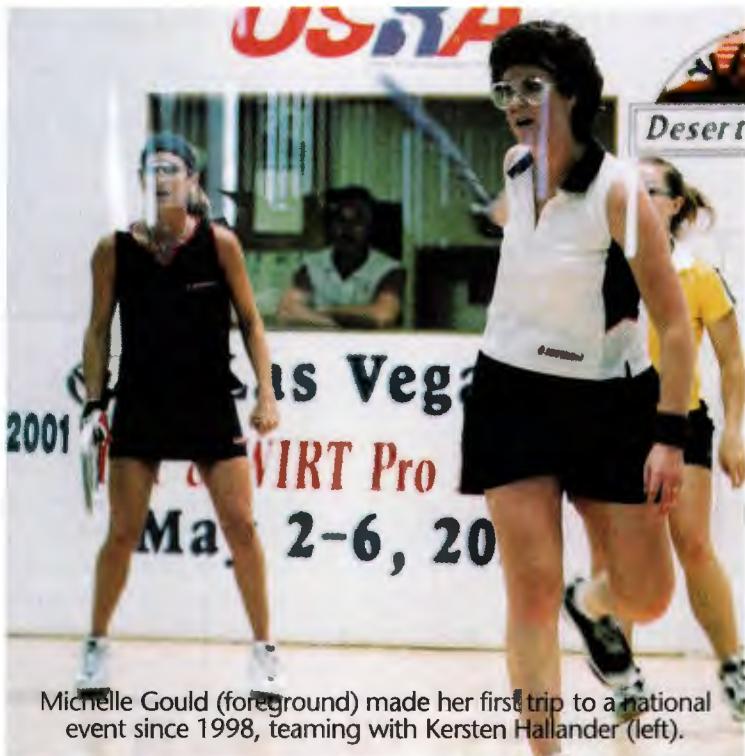
Fenton and Rice have been plagued by injuries over the past two years, including a recent ankle surgery by Rice over the summer off-season. But the youngsters were in top form in advancing past their veteran opponents, aided by support from "racquetball moms" Debra Tisinger and Marianne Walsh, who also competed against each

other in the women's 35+ division between restless bouts of spectating in the stands.

The only other seed to fall in the quarterfinals was the No.4 pairing of Mary Lyons and Susan Pfahler, who were eliminated by the new team of Malia Bailey and Rhonda Rajsich. In the No.2 spot, the semi-un-retired Michelle Gould and Kersten Hallander advanced in straight games, as did the No.3 seeds, Cheryl Gudinas and Kim Russell.

## Semifinals

The women's semifinal matches promised to be exciting and lived up to their billing with both going to tiebreaker. In the top-heavy draw, Kim Russell and Cheryl Gudinas were out to ruin Michelle Gould's return to tournament action by defeating her and new partner Kersten Hallander. The first game was tight with many ties and lead changes, as both teams came through with clutch shots. In the end Gould



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and Hallander squeaked out the victory 15-14. The second game saw more of the same but Gudinas and Russell came out on top, 15-11, to force a deciding third.

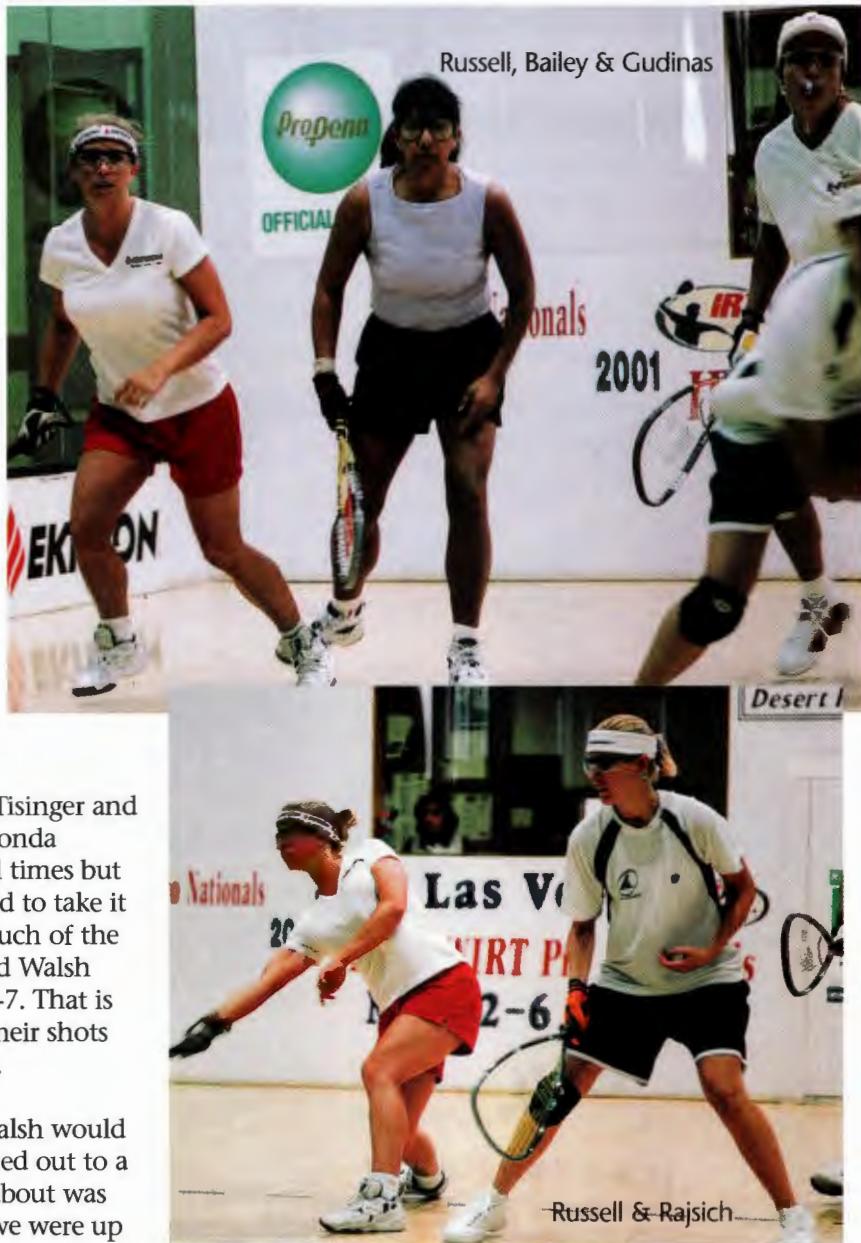
There, it was all Russell and Gudinas as they jumped out to a big lead that they never relinquished. They were in control the entire final game and rolled to an 11-1 victory. Russell made the final shot by flicking a forehand off the tip of her racquet that hit the front wall and died.

"I have been in the finals of this tournament before and I feel like doubles is my forte," said Russell. "Because of that, I was nervous this morning but I talked to my mom and she has a knack for saying the right things. I went into the match with a lot of confidence."

The other women's semifinal pitted Janel Tisinger and Kristen Walsh against Malia Bailey and Rhonda Rajsich. The first game was knotted several times but Tisinger and Walsh pulled ahead in the end to take it 15-11. The second game was controlled much of the time by Bailey and Rajsich but Tisinger and Walsh wouldn't go away, pulling within two at 9-7. That is when Bailey and Rajsich started to make their shots and cruised 15-9 to take it to a third game.

Again, it looked as though Tisinger and Walsh would run away with the tiebreaker as they jumped out to a commanding 9-1 lead. "All I could think about was 'comeback,'" said Rajsich. "I knew that if we were up 9-1 that the match wasn't over, so just because they were up I knew it wasn't either." With their confidence still intact, Bailey and Rajsich finished the match on a 10-0 run built on Rajsich's amazing retrievals and Bailey's shooting. "I was thinking that I needed to do something different," said Bailey about the large deficit in the tiebreaker, "I just didn't know what it was, so I started to hit a straight lob that I think they might have tried to do too much with."

Rajsich would try to make Sunday extra special for herself by celebrating her birthday with a victory in the finals. "I came here to win this and tried not think of making the (U.S. National) team," she said. "In Houston I felt like I had a let down after I made the team so I went into this just thinking about winning. Tomorrow is my birthday so maybe it is meant to be."



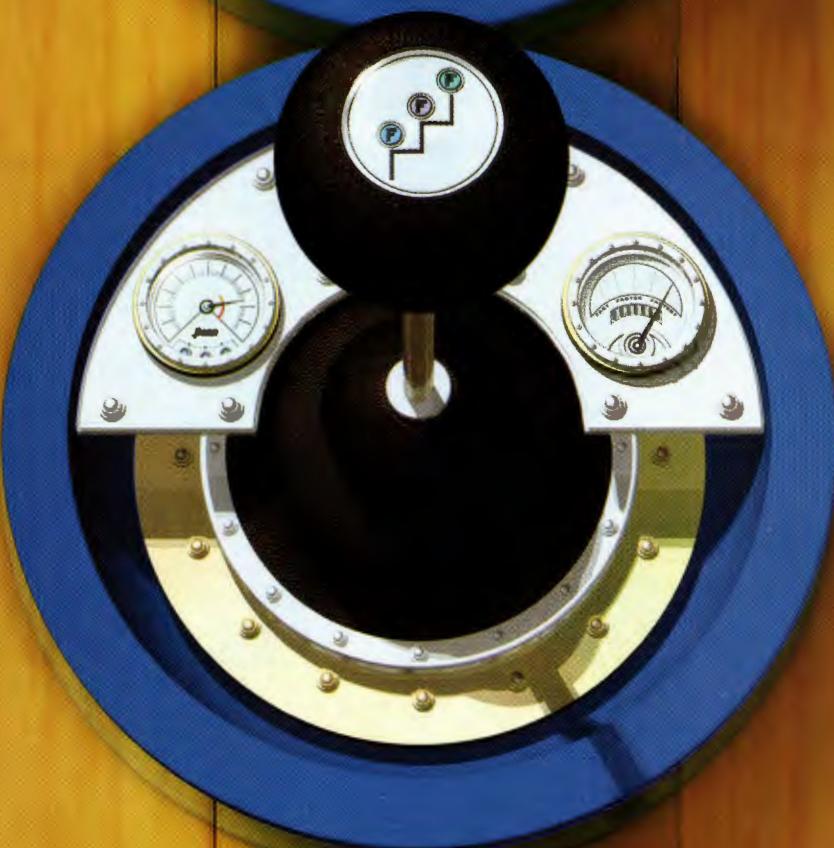
### Finals

For long-time national team veteran Gudinas, a victory would not only mean that she would reign as a U.S. National Doubles champion, but also bookend the singles title she won this past May in Houston. "I am kind of on a streak and I don't want it to end," said Gudinas. "I felt confident going into this tournament because I feel that Kim (Russell) is the best doubles player in the world."

In the first game they looked like the best doubles team in the world by starting the game out on an 8-0 run. Bailey and Rajsich were able to close the gap with three quick points to bring the score to 8-3 but they never got any closer in the first game, eventually falling 15-4.

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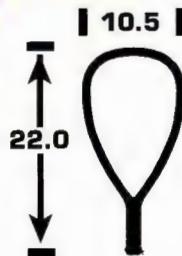
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## How E-Force Technology Creates Strongest Frame

Tri-Carbon Frame • Total Carbon Head • F.A.T. Zones

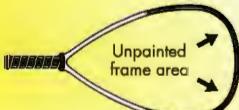
### Tri-Carbon Frame

This is an optimum blend of 3 higher-stiffness minimum-weight carbons. It increases stiffness without adding weight, adds power and durability.



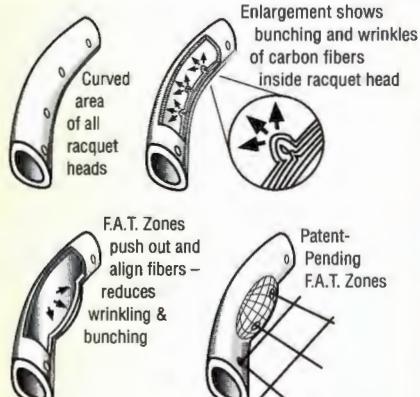
### Total-Carbon Head

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The extra-strong frame (created by Tri-Carbon construction, Total Carbon Head and F.A.T. Zones) allows E-Force to achieve maximum power through the use of new extra-large string holes (Full Motion String Technology) plus the longest mainstrings and cross-strings in racquetball.

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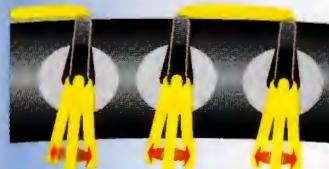
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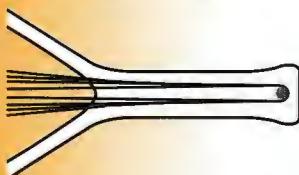
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them at the outside edges of the frame. Strings do not touch interior string holes and move unrestricted in free space. This provides increased string bed deflection and 8 extra inches of cross string power.



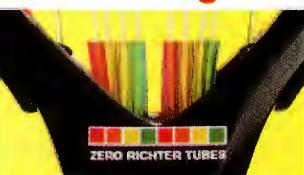
### NEW – Longest Cross Strings

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"They were playing good," said Rajsich. "They were hitting all of their shots and I felt like I didn't take advantage of the opportunities that were given to me."

The second game was much closer as Bailey and Rajsich did begin to take advantage of the opportunities that they were presented with. They started the game on a 3-0 run only to see Gudinas and Russell catch up to tie the score there. Bailey and Rajsich again inched their way ahead to lead 6-3 and again Gudinas and Russell were able to catch up and tie the score. Both sides continued their cat-and-mouse game until the score was 11-9 in favor of Bailey and Rajsich.

"We called a timeout to refocus and point out our positives to each other," said Gudinas. Russell added, "She would tell me that I was the best doubles player and I would tell her how quick she was. It was all about thinking positive thoughts and keeping our heads in the game." Their plan worked as they pulled away with the lead for good and took the second game, and match, 15-12, to earn their first national women's open title as a team.

## Defenders

Through all 62 draws, several players were able to successfully defend their titles at this year's tournament. In the men's divisions Gene Pare and Troy Stallings successfully held onto their 45+ title; Kevin Dorr and Mike Pawka also were able to repeat in the men's 55+. Mary Lyons and Susan Pfahler defended their women's 40+ crown; while Jody Nance and Mark-O Perez made it four out of five years as champions in the mixed 30+. They also won the division in 1997, 1998, and 2000.

## Double-Time

Mitch Williams was a double-gold medalist, after taking a win in the Men's 24- with Brent Walters and a mixed open victory with Kristen Walsh.

Jody Nance and Mark-O Perez were also dual winners, with titles in the Mixed 25+ and 30+ divisions; while Shelley Ogden took home gold medals in the women's 50+ with long-time partner Gerri Stoffregen, and in the mixed 50+ with Frank Taddonio.

Chris Evon also won the Women's 35+ with Terri Graham & Mixed 40+ with Bill Lyman; and Merijean Kelley won Women's 55+ with Nidia Funes and the Mixed 55+ with Mike Pawka ... who also took a second gold medal in the men's 55+ with Kevin Dorr.

## Ektelon 34th U.S. National Doubles Championships — Final Results

### U.S. TEAM QUALIFYING OPEN DIVISIONS

**Men's OPEN:** Ruben Gonzalez (Staten Island, N.Y.) & Mike Guidry (Carrollton, Texas) def. Dan Llacer (Rehoboth Beach, De.) & Brian Pointelin (Salt Lake City, Utah) 14-15, 15-6, 11-2

**Women's OPEN:** Cheryl Gudinas (Lisle, Ill.) & Kim Russell (Austin, Texas) def. Malia Bailey (Norfolk, Va.) & Rhonda Rajsich (Phoenix, Ariz.) 15-4, 15-12

### Men's AGE Divisions

**24:** Brent Walters (Raleigh, N.C.) & Mitch Williams (Washington, N.C.) def. Jeffrey Garner (Hoover, Ala.) & Mike Harmon (Sarasota, Fla.) 15-13, 15-12

**25+:** Jonathan Dunn (Newhall, Calif.) & Greg Solis (Orange, Calif.) def. Jonathan Bell (Sutton, Mass.) & Shane Wood (Auburn, Mass.) 15-10, 15-6

**30+:** Brian Fredenberg (Dallas, Texas) & Jim Minkle (Houston, Texas) def. Jimmy Lowe (Anchorage, Alaska) & Jeff Stark (Olympia, Wash.) 15-14, 14-15, 11-5

**35+:** Bret Harnett (Las Vegas, Nev.) & Greg Peck (Flower Mound, Texas) def. Dave Eagle (Vandalia, Ohio) & Dave Watson (Miami, Okla.) 15-7, 15-2

**40+:** Marty Hogan (Chesterfield, Mo.) & Dave Peck (Austin, Texas) def. Tim Hansen (West Palm Beach, Fla.) & Gordon Kirkland (Orlando, Fla.) 15-10, 9-15, 11-1

**45+:** Gene Pare (Campbell, Calif.) & Troy Stallings (Sioux Falls S.D.) def. Jim Hiser (Colorado Springs, Colo.) & Tom Travers (Westlake, Ohio) 15-6, 13-15, 11-10

**50+:** Jim Carson (Fullerton, Calif.) & Tom Hanson (Lake Tahoe, Calif.) def. Bert Castelanelli (Lodi, Calif.) & Mike Palmer (West Sacramento, Calif.) 15-2, 15-5

**55+:** Kevin Dorr (Silver Spring, Mary.) & Mike Pawka (San Diego, Calif.) def. Don Cipriani (Chicago, Ill.) & Bob Van Zeyl (Cedar Grove, N.J.) 15-9, 15-13

**60+:** Jerry Davis (Cleveland, Ohio) & Jack Ross (Miami, Fla.) def. Jerry Monell (San Diego, Calif.) & Thomas Penick (San Diego, Calif.) 12-15, 15-1, 11-3

**65+:** Otis Chapman (Cleveland, Ohio) & Thomas Penick (San Diego, Calif.) def. Paul Banales (Phoenix, Ariz.) & Tom Moore (Arcadia, Calif.) 15-6, 15-14

**70+:** Vance Lerner (Murrieta, Calif.) & Fred Pourroy (Riverside, Calif.) def. Duane Russell (Lansing, Mich.) & Marvin Schinagle (Beachwood, Ohio) 15-11, 15-13

**75+:** Duane Russell (Lansing, Mich.) & Marvin Schinagle (Beachwood, Ohio) def. Robert McAdam (Crowley, Texas) & Charles Russell (Milbrea, Calif.) 15-3, 15-1

**80+:** Robert McAdam (Crowley, Texas) & Charles Russell (Milbrea, Calif.), unchallenged

### Men's SKILL Divisions

**Elite:** John Kennis (Butte, Mont.) & Ron Roesti (Butte, Mont.) def. David Hunter (Powell, Tenn.) & Walter McDade (Nashville, Tenn.) 15-9, 15-5

**A:** Daniel Nye (Portland, Ore.) & Tony Upkes (Sioux Falls, S.D.) def. Kevin DeCosta (Carlsbad, Calif.) & Bill Gurner (Cordova, Tenn.) 15-8, 15-7

**B:** Shannin Rudman (Rapid City, S.D.) & Doug Simons (Rapid City, S.D.) def. James Durst (San Diego, Calif.) & Rengen Rajendran (San Diego, Calif.) 6-15, 15-8, 11-1

**C:** Jim Latter (San Jose, Calif.) & Doug Maxson (Monte Sereno, Calif.) def. Eddie Barber (Salt Lake City, Utah) & Eddy Connor (Riverton, Utah) injury default

**24- C/D:** Mike Lesmerises (Liverpool, N.Y.) & Jon Solomon (Ballston Spa, N.Y.) def. Michael Carrillo & Brandon Welch (Bakersfield, Calif.) 15-12, 10-15, 11-10

## Las Vegas Sporting House

### Las Vegas, Nevada: October 3-7, 2001

25+ A/B: Andrew Goldman (Belleair, Fla.) & Sal Perconti (St. Petersburg, Fla.) def. Roman Kurywczak (Roselle Park, N.J.) & Bill Lako (Monmouth Junction, N.J.) 3-15, 15-4, 11-6  
 25+ C/D: Alex Baker & Ro Blackwood (Oceanside, Calif.) def. Wayne Bristol (Rancho Cucamonga, Calif.) & Juan Diaz (Ferris, Calif.) 15-14, 15-11  
 35+ A/B: William Cannon (Montevallo, Ala.) & Ron Martucci (Birmingham, Ala.) def. Larry Graham (Camarillo, Calif.) & Dan McGahan (Fullerton, Calif.) 15-12, 6-15, 11-7  
 35+ C/D: Jim Latter (San Jose, Calif.) & Doug Maxson (Monte Sereno, Calif.) def. Alex Baker & Ro Blackwood (Oceanside, Calif.) 15-10, 7-15, 11-6  
 45+ A/B: Michael Benedict (Colorado Springs, Colo.) & Randy Kyzar (Colorado Springs, Colo.) def. James Diamantides (Humble, Texas) & Glen Huey (Houston, Texas) 15-12, 15-4  
 45+ C/D: Mike Cass (Rosamond, Calif.) & Larry Knetzger (Kennesaw, Ga.) def. Garry Carter (Napa, Calif.) & Peter Cassidy (Richmond, Calif.) 15-11, 15-4  
 55+ A/B: Stephen Adler (New York, N.Y.) & Arnold Garelick (New York, N.Y.) def. Harvey Sussman (Jacksonville, Fla.) & Jon Wuerfel (Destin, Fla.) 14-15, 15-14, 11-3  
 55+ C/D: Steven Lavorgna (Wayne, N.J.) & Paul Wehmeyer (Hackensack, N.J.) def. Michael Lippitt & Raul Lopez (Danville, Ga.) on total points

#### Women's AGE Divisions

25+: Debra Bryant (Sneads Ferry, N.C.) & Lori Lepow (Altamonte Springs, Fla.), unchallenged  
 30+: Diane Moore (Griffith, Ind.)/Mary Pomeroy (Chesterton, Ind.) def. Debra Tisinger (Simi, Calif.)/Mae Chin Varon (North Hills, Calif.) injury forfeit  
 35+: Chris Evon (Wheeling, Ill.) & Terri Graham (Wheeling, Ill.) def. Kari Gardner (Carmichael, Calif.) & Lisa Hjelm (Carmichael, Calif.) 15-2, 12-15, 11-6  
 40+: Mary Lyons (Neptune Beach, Fla.) & Susan Pfahler (Neptune Beach, Fla.) def. Elaine Dexter (Pleasanton, Calif.) & Linda Moore (Madison, Neb.) 15-4, 15-9  
 45+: Carla Hiatt (Lincoln, Neb.) & Linda Moore (Madison, Neb.) def. Elaine Dexter (Pleasanton, Calif.) & Leslie Pawka (San Diego, Calif.) 15-14, 9-15, 11-10  
 50+: Shelley Ogden (Cincinnati, Ohio) & Gerri Stoffregen (Cincinnati, Ohio) def. Donna Ebner (St. Peters, Mo.) & Judy Sands (Cedar Grove, N.J.) 15-8, 15-9  
 55+: Nidia Funes (Novato, Calif.) & Merijke Kelley (Palo Alto, Calif.) def. Joy DeSantis (Woodland Hills, Calif.) & Sylvia Sawyer (Orem, Utah) 15-3, 15-3  
 60+: Gloria Piscoran (Newberg, Ore.) & Gail Schaefer (Randallstown, Md.), unchallenged  
 65+: Jo Kenyon (Tallahassee, Fla.) & Lola Markus (Park Ridge, Ill.), unchallenged

#### Women's SKILL Divisions

Elite: Mary McKinney (Springdale, Ark.) & Karen Morris (Springdale, Ark.) def. Huguette Keohen (San Diego, Calif.) & Janel Tisinger (Simi Valley, Calif.) 0-15, 15-9, 11-3  
 A: Julie Bulrich (Portland, Ore.) & Cheryl Shipman (Tualatin, Ore.) def. Melissa Borgwat (Sacramento, Calif.) & Lora Gonzales (Antioch, Calif.) 15-8, 12-15, 11-8  
 B: Sarah O'Brien (Woodstock, Ga.) & Nathania Stewart (Smyrna, Ga.) def. Loretta Marks (Aurora, Colo.) & Bette Miller (Aurora, Colo.) 15-7, 15-4  
 C: Claudine Andola (Tampa, Fla.) & Sara Noyes (Clearwater, Fla.) def. Kathleen Matson (Henderson, Nev.) & Serene Wright (Las Vegas, Nev.) 15-9, 15-5  
 D: Barbara Christensen (Sandy, Utah) & Kimberly Walsh (Salt Lake City, Utah) def. Lisa Davis (Pelham, Ala.) & Tracey

Flaesch (Elkridge, Md.) 15-8, 15-1

24- C/D: Heather Fender (Colorado Springs, Colo.) & Tracey Flaesch (Elkridge, Md.), unchallenged  
 25+ A/B: Stephanie Cobb (Detroit, Mich.) & Karen Green (Waterford, Mich.) def. Pam Avery (Jacksonville, N.C.) & Catherine Land (Winterville, N.C.) 15-13, 11-15, 11-10  
 25+ C/D: Claudine Andola (Tampa, Fla.) & Sara Noyes (Clearwater, Fla.) def. Linda Dick (Woodbridge, Va.) & Barbara Evans (Timonium, Mary.) 15-14, 15-13  
 35+ A/B: Marie Eatough (Mentor, Ohio) & Sara Pocinski (South Euclid, Ohio) def. Rhonda Kochis (Edmond, Okla.) & Karen Morris (Springdale, Ariz.) 15-12, 15-2  
 35+ C/D: Barbara Christensen (Sandy, Utah) & Lisa Davis (Pelham, Ala.), unchallenged  
 45+ A/B: Carla Francis (Castro Valley, Calif.) & Nancy Large (Napa, Calif.) def. Pat Campisano (Cincinnati, Ohio) & Debbie Ulliman (Westerville, Ohio) 15-11, 15-13  
 45+ C/D: Linda Dick (Woodbridge, Va.) & Barbara Evans (Timonium, Md.), unchallenged

#### MIXED DOUBLES Divisions

OPEN: Kristen Walsh (Salt Lake City, Utah) & Mitch Williams (Washington, N.C.) def. Jill Trachsel (St. Louis, Mo.) & Mike Locker (Edina, Minn.) 12-15, 15-2, 11-0  
 Elite: Melissa Borgwat & Mark Salinas (Sacramento, Calif.) def. Solanna Taragan (Redondo Beach, Calif.) & Brian Siderits (Torrance, Calif.) 15-12, 14-15, 11-7  
 A: Kim Cameron & Richard Ramirez (Fremont, Calif.) def. Debbie Ulliman (Westerville, Ohio) & Kevin Keenan (West Chester, Ohio) 15-12, 15-12  
 B: Julie Bulrich (Portland, Ore.) & Brad Hardy (Aloha, Ore.) def. Sharon Dunn (Southlake, Texas) & Tracey Robinson (Arlington, Texas) 15-3, 15-6  
 C: Renee Willemsen (Eugene, Ore.) & Kent Hollingsworth (Salem, Ore.) def. Loretta Marks & Marc Schnittger (Aurora, Colo.) 15-10, 15-12  
 D: Edith Smith & Calvin Hunt (Greenville, N.C.), unchallenged  
 24+: Kari Gardner & James Swift (Carmichael, Calif.) def. Jeni Fuller (Albuquerque, N.M.) & Brad Bodai (Carmichael, Calif.) on total points  
 25+: Jody Nance (Stockton, Calif.) & Mark-O Perez (Visalia, Calif.) def. Rachel Gellman & Tommy Medina (Phoenix, Ariz.) 15-8, 12-15, 11-6  
 30+: Jody Nance (Stockton, Calif.) & Mark-O Perez (Visalia, Calif.) def. Debra Bryant (Sneads Ferry, N.C.) & Eddie Alberty (Greensboro, N.C.) 15-12, 15-5  
 35+: Malia Bailey (Norfolk, Va.) & Jimmy Lowe (Fairbanks, Alaska) def. Lynn Skadeland (Sherwood, Ore.) & Jon Martin (Gresham, Ore.) 15-14, 15-8  
 40+: Chris Evon (Wheeling, Ill.) & Bill Lyman (Berwyn, Ill.) def. Debra Tisinger (Simi, Calif.) & Troy Stallings (Sioux Falls, S.D.) 13-15, 15-13, 11-8  
 45+: Meena Evans (Advance, N.C.) & Mark Baron (Herndon, Va.) def. Julie Pinnell (DeBary, Fla.) & Bill Greaney (Orlando, Fla.) 15-12, 15-12  
 50+: Shelley Ogden (Cincinnati, Ohio) & Frank Taddonio (Chandler, Ariz.) def. Susan Kieffer (Nisswa, Minn.) & Denny Vincent (Blacklick, Ohio) 15-10, 15-12  
 55+: Merijke Kelley (Palo Alto, Calif.) & Mike Pawka (San Diego, Calif.) def. Nidia Funes (Novato, Calif.) & Price Thomas (Redwood City, Calif.) 15-9, 15-6  
 60+: Jo Kenyon (Tallahassee, Fla.) & Jim McPherson (Arlington, Texas) def. Lola Markus (Park Ridge, Ill.) & Donnie Hendricks (Tulsa, Okla.) by forfeit

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Author Dave Stob and awards banquet "mistress of ceremonies" Joanne Pomodoro compare notes courtside.

Over 200 players, representing eleven countries, once again descended on Albuquerque, New Mexico for the 13th World Senior Championships leading into the Labor Day holiday weekend. The organizing council, under the leadership of Gary Mazaroff and Paula Sperling, continued the tradition of providing outstanding hospitality and solid competition for all participants and spectators. Countless volunteers generously gave of their time and energy to ensure that the participants, whether first-timers or multi-year veterans enjoyed their week at the foot of the Sandia Mountain Range.

The tournament began Monday evening with an all-player meeting at the host hotel, where Paula and Gary briefed the players on the unique tournament format, venue access, and international rule modifications. The meeting also provided first time participants with an introduction to the camaraderie and deep friendships that are integral to

## World Senior Racquetball

Story by Dave Stob • Photos by Mike Wolfe

this special event. Past champions and top-rated players shared appetizers, and insights, with beginners of all skill levels.

Tuesday through Friday is scheduled to provide preliminary round-robin competition for men and women alike. Players squared off against six to nine opponents over the four-day stretch, in matches of three games to 11. The self-referee format offers ample opportunity for players to display respect for each other and the game through good sportsmanship in their matches. Cumulative scores of points earned, plus games and matches won in the preliminary rounds determined which players would move on to final single-elimination play on Saturday.

With only two matches per day, on average, there was plenty of free time for participants to travel to the surrounding areas. Many people took the opportunity to visit nearby Santa Fe, enjoy the handiwork of local artisans in some of the fancy shops, take a tram ride up the mountain, or just hang out with their friends at the various clubs.

The tournament headquarters at the Albuquerque Marriott provided a central place for players and spectators to eat lunch and scan the extensive collection of silent auction items under the watchful eye of volunteer Dr. Damian Jelso. The silent auction raised \$6,000 for the Olympic Dream, adding to the previous total of over \$250,000 raised for this ambitious goal.

Saturday's medal round play at the Midtown Sports and Wellness Club enabled all participants to gather in one location for the first time since Monday's opening meeting. From

the Men's 35+ finals (where Dave Watson of Oklahoma defeated Donald Sims of the US Army, currently stationed in Kuwait 11-5, 11-7) to the Men's 65+ finals (where Jerry Holly of California defeated perennial champion Don Alt of Ohio in a tie-breaker 8-11, 11-10, 11-6) — the spectators saw fantastic shot-making and exciting rallies sprinkled with excellent displays of genuine sportsmanship and community.

Early morning play saw a rematch of the 2000 Men's 40+ Final, in which Dave Eagle of Ohio narrowly defeated Jeff Wickers of Colorado 11-10, 5-11, 11-4. After the match, Jeff reported that the difference this year was due to Dave's relentless backhand pressure, including a blistering 5-0 run at the end of game three to finish out the week for the crafty left-hander. Others who faced Eagle through the week found his non-returnable crack ace serves to be the real difference.

While Eagle was finishing off Wickers, Donald Sims and Gabe Astalos of California were locked in an intense battle of contrasting styles of play in the Men's 35+ bracket. Astalos' conventional play with the standard mix of drives, cross-court passes, and timely pinches ultimately was not quite enough to overcome Sims' high passes, round-the-world shots and no-look touch shots.

On occasion the players needed to resolve rallies with rulings; occasionally calling upon spectators to help them recall what should be done. One humorous exchange involved Astalos apparently forgetting a particularly pertinent rule violation, to which Sims quipped, "It is most

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 PROKENNEX



Women's 35+: Diane Mueller, Laura Fenton, Lorraine Galloway, Solana Taragan.



Men's 35+: Gary Mazaroff, Dave Watson, Donald Sims, Scot Consoli.



Women's 45+: Mary Keenan, Joanne Pomodoro, Brenda White



Men's 45+: John Vohland, Greg Benson, Ruben Gonzalez, Mark Baron.

convenient to forget the rules that adversely affect your performance and the outcomes of a rally in self-officiated play."

Ultimately Sims wore Astalos down and prevailed 11-10, 10-11, 11-3. After the match Astalos was heard talking to some of the spectators and said that Sims prevailed because he viewed it as an endurance contest as much as a test of racquetball prowess. Seems like the military conditioning regimen in Kuwait prepared him to endure the cumulative effect of the week's play better than most others.

The Men's 45+ division included a first year visit from former touring pro Ruben Gonzalez. Ruben displayed his gracious demeanor throughout the week, making himself available to players and spectators alike at all venues. His near legendary sportsmanship and sense of fair play was very obvious as he methodically crafted his victories while ensuring that opponents scored points in each game. In his semifinal match against Greg Benson of California, he hit a wide-angle pass, which cracked out off the back wall. While some players would pump their fists and yell out a guttural cry of glee, Gonzalez merely smiled at Benson and then walked back to shake his hand as if to say "Sorry about that."

After winning the division with a solid 11-3, 11-6 victory over Mark Baron of Virginia, Gonzalez said he enjoyed the tournament format. He felt like he needed to be aware of everyone in his division throughout the entire week since he had never played against most of his opponents. Unlike the pro tour, where Gonzalez had a game plan for every opponent, these players were relatively unknown to him and captured his analytical side. He liked the fact that the round-robin format relieves the pressure of having to win each match. He said that he had such a good time that he plans to return next year to compete in the 50+ division, and hopes to bring his family with him as well. Commenting on his reputation for good sportsmanship, Gonzalez said he plays with two principles in mind at all times: "Don't take anything you don't deserve" and "Don't embarrass anyone."

The Men's 50+ medal round pitted familiar faces against each other. Early morning play saw another rematch of a 2000 finals with Tom Rall of California and Denny Vincent of Ohio squaring off in an exciting match complete with fabulous gets and incredible shots. Rall gave Vincent a donut in game one and served for the match at 10-10 in game two only to lose 11-10 in an outstanding comeback effort by Denny. Vincent went on to avenge his 2000 loss and advanced with an 11-7 win.

Next, Vincent faced Darryl Warren of California who reached the semi's after a freak, but frightening, eye injury while *observing* play Friday afternoon. In spite of the slight blur in his vision, Warren disposed of Vincent rather easily on his way to the finals. Frank Taddonio earned the right to play Darryl by winning the bottom half of the bracket. Warren's 11-7, 11-7 victory re-established his reputation as an excellent player and put the rest of the contestants on notice that he plans to make his mark in the fifty-plus competition in the future.

On the Women's side of the draw many results were determined by the results of the week's round-robin play, but medal rounds were scheduled

in the 40+, 45+ and 50+ divisions. Debra Tisinger rolled through her matches once again to repeat as the 40+ titleholder and preserve her string of nine consecutive world titles. In the Women's 45+, Mary Keenan of Colorado landed the top qualifier position, after her dominance during the week, then held onto that top seed through medal round play. Keenan won game one of her semi-final match against a much-improved Brenda White of Illinois, 11-8, with solid frontcourt play and timely drive serves that put White on the defensive. White changed tactics in game two with wide-angle passes and lob serves, which kept Keenan in deep court and negated her outstanding ability to pinch anything left in front court. The new game plan led Brenda to an 11-9 victory and forced a tiebreaker, but the effort had strained her leg and she could not sustain the pressure in the last game and Keenan came out victorious 11-6.

On the other side of the Women's 45+ draw, last year's champion and No.2 positioned qualifier, Joanne Pomodoro of Massachusetts, barely escaped an upset and defeated Karen Key of Arizona which then moved her into the all-southpaw finals against Keenan. Repeating her preliminary round performance, Keenan defeated Pomodoro in straight games for the title, 11-9, 11-3. After the finals, Joanne gracefully stated that Brenda White's tiebreaker really should have been the final against Keenan, as White gave Keenan a better match, in her opinion.

Limited medal round play among women on Saturday was due to noticeably reduced participation by women in many divisions. Throughout the week, hosts and participants had expressed disappointment in the general decline of women's numbers in this premier event. One female player summed it up in two words: "Tom Young's." The closure of Tom Young's and its 15 courts has resulted in a more dispersed tournament and less time where everyone is together. While we all regret this unfortunate turn of events, it should serve as a reminder to each of us throughout the worldwide racquetball community that our sport is inextricably linked to the continued health of court facilities.

The tournament concluded with a player's banquet on Saturday evening at the Marriott. Mistress of ceremonies Joanne Pomodoro once again kept the evening light and fun with her unique brand of humor. Highlights of the evening were many special awards granted to many special people. The coveted Al Wetherill Memorial Sportsmanship Award was presented to Lola Markus who will proudly display this traveling trophy for the coming year. She was so moved by the recognition that she could hardly find words to say to all those gathered. The evening concluded with a final auction which raised an additional donation for the Olympic Dream, bringing cumulative contributions to \$250,000 over the course of the long-running event.

Whether you are a seasoned veteran or newly eligible to play in senior events, this tournament is definitely one to put on your calendar regardless of your skill level. The format of competition, spread over several days, provides ample opportunity to meet new people, relax in the sunny southwest, and vacation with your family. Thanks to the hard work of the entire World Seniors Council, you can be virtually assured of a good time and great hospitality sandwiched (or as Joanne says "sangwitched") by spirited competition. Don't take my word for it, check it out for yourself!

## 2001 IRF 13th World Senior Championships FINAL RESULTS

### MEN'S DIVISIONS

Men's 35+: Dave Watson, Oklahoma, def. Donald Sims, U.S. Army, 5, 7  
Men's 40+: Dave Eagle, Ohio, def. Tom Neill, New Mexico, 9, 9  
Men's 45+: Ruben Gonzalez, New York, def. Mark Baron, Virginia, 3, 6  
Men's 50+: Darryl Warren, California, def. Frank Taddonio, Arizona, 7, 7  
Men's 55+: Glenn Allen, Virginia, def. Joe Quirke, Illinois, (6), 4, 4  
Men's 60+: Warren Reuther, Louisiana, def. Leland Rients, Minnesota 3, (7), 10  
Men's 65+: Jerry Holly, California, def. Don Alt, Ohio, (8), 10, 6  
Men's 70+: Joe Lambert, Texas (370 pts) def. Pearce Grove, Virginia (349 pts)  
Men's 75+: Duane Russell, Michigan (392 pts) def. Jack McAfee, Oregon (240 pts)  
Men's 80+: Robert McAdam, Texas (351 pts) def. Earl Acuff, North Carolina (338 pts)

### WOMEN'S DIVISIONS

Women's 35+: Laura Fenton, Missouri (343 pts) def. Lorraine Galloway, New York (302 pts)  
Women's 40+: Debra Tisinger, California, def. Diane Bohling, Texas, 2, 9  
Women's 45+: Mary Keenan, Colorado, def. Joanne Pomodoro, Massachusetts, 9, 3  
Women's 50+: Susan Kieffer, Minnesota, def. Linda Neel, Oregon, 10, 5  
Women's 55+: Mary Lou Furaus, New Mexico (285 pts) def. Cecelia Palaski, California (163 pts)  
Women's 60+: Sharon Hastings-Welty, Oregon (270 pts) def. Gloria Piscoran, Oregon (170 pts)  
Women's 65+: Jo Kenyon, Florida (273 pts) def. Naomi Eads, Missouri (227 pts)  
Women's 70+: Lola Markus, Illinois (289 pts) def. B.G. Railey, California (137 pts)  
Women's 75+: Mary-Lou Acuff, North Carolina, unchallenged

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# ProFILE Tour News



## Summer Cooler

By Anthony P. Zeringue

LRA Executive Board Member & Web Manager

The International Racquetball Tour (IRT) served up the 2001-2002 season with its first annual tour stop in New Orleans, at the 2001 Summer Cooler Pro Am hosted by the Elmwood Fitness Center August 9-12. This being the first stop since early June, the question was: who would have the winning edge?

Early rounds and quarterfinal matches stuck to the seeding plan, but there were two particular matches worth mentioning in the round of sixteen: Dan Fowler vs. Mike Guidry, ninth and eighth seeds respectively, and a rematch of national open finalists, Rocky Carson vs. Jack Huczek, the fifth and twelfth seeds. Both matches were classic racquetball duels ending in tiebreakers. The match between Guidry and Fowler looked like it would never end, as both refused to give an edge to either, and after two hours of hard play, Guidry finally emerged as the victor 10,(6),3,(9),9. After dropping the first game, Huczek looked as though he could do no wrong and planned to steam roll into the next round. Even Carson himself exclaimed, "Can I just get a break?!" Well, those darn racquetball gods were listening, and Carson bolted his comeback by taking the final two games to advance 8,(3),(1),8,5.

In the quarters, all four top seeds took care of business. The first match was between Cliff Swain and Tim Doyle. After dropping a close first game, Swain won the next three to move in the semis (10) 7, 9, 8. Next up was Sudsy Monchik, who defeated Guidry in three straight, 8, 5, 6. Between John Ellis and Alvaro Beltran, the two had fairly close games, until Ellis prevailed 6, 9, 8. Jason Mannino and Carson faced off in the last match of the evening, where the first game remained close before Mannino overtook Carson, and won the next two fairly promptly 9, 4, 4.

The first semifinal featured Swain and Ellis. Ellis came out strong in game one, keeping Swain off-balance and away from front court to win it 11-3. In game two Swain took command early with his power serves, jumping out to a 10-2 lead. Ellis fought back to cut the lead to one, but Swain ended his comeback with a neat little get in front court to take the game 11-9. Game three saw Swain again taking command with his power

strokes and serves to an early lead of 8-2, but the cat-like Ellis scratched and clawed his way back in the game, cutting the lead to 7-9. Swain then regained the serve with a forehand winner, and finished the game with an ace and splat shot rollout. Game four was somewhat reversed, as Ellis took a six point lead. Down 3-9 Swain mounted his own comeback, scoring a point here and a point there. Before you knew it, it was tied 10-10. From there Swain finished the match after Ellis skipped his backhand splat shot attempt and the final point was an ace by Swain to win it 12-10.

The next semifinal was between Monchik and Mannino, whose first game was not all that fancy. After exchanging point for point to reach 5-5, Monchik pulled away with his deep court winners to take the first game 11-5. In game two, Mannino stayed in control. Noticing that Monchik was staying back, Mannino took advantage by putting the ball away as quickly as possible, not to let him get anything going. After winning game two 11-4, Mannino continued to control the tempo of the match by timing Monchik's serves well. He was so much in control of game three he only launched only one dive and won the game 11-1. In game four the crowd expected Monchik to make a run to force the tiebreaker, but Mannino did not give him a chance. If he was not making diving put-aways, Mannino was killing it from back court to win the game 11-4 and upset the number one seed.

The final paired Swain and Mannino, in a repeat of the previous final at the Portland stop at the end of last season. After a 90-minute wait for IRT referee Erin Brannigan to conclude his own open semifinal tiebreaker, the match got underway with Swain serving three straight aces. He did not let up from there, controlling front court, moving quickly and, of course, rolling out splat shots to take game one 11-3. In game two Swain took a 9-5 lead before Mannino launched his comeback by scoring four straight points to tie it at 9. After several exchanges and sideouts, Mannino closed out the game, 12-10. In the third, Swain served five aces and ran off ten unanswered points, then ended the game with a front court pinch shot for an 11-3 win. In game four Mannino took a 4-0 lead and did not let Swain get any closer than two points. On an unforced error by Cliff, Mannino claimed game four, 11-6. In the

... **CONTINUED ON PAGE 53**

# • men's tour rankings • scorecard • schedule

## INTERNATIONAL RACQUETBALL TOUR SEASON RANKINGS

[Rankings following Stockton]

Points	Player	Last Hometown	Last Issue	Last Year
1. 3798	Cliff Swain	Braintree, MA	2	1
2. 3771	Sudsy Monchik	Staten Island, NY	1	2
3. 3115	Jason Mannino	San Diego, CA	4	4
4. 2906	John Ellis	Stockton, CA	3	3
5. 2293	Alvaro Beltran	Chihuahua, Mexico	6	27
6. 2204	Rocky Carson	Santa Maria, CA	5	7
7. 2092	Tim Doyle	San Diego, CA	8	5
8. 1902	Derek Robinson	Kennewick, WA	7	9
9. 1838	Mike Guidry	Carrolton, TX	9	6
10. 1462	Dan Fowler	Rockville, MD	10	10
11. 1205	Mike Green	Ontario, Canada	13	n/a
12. 1163	Mike Locker	Minneapolis, MN	11	11
13. 1058	Erin Brannigan	Sagle, ID	12	14
14. 931	Kane Waselenchuk	Alberta, Canada	14	31
15. 866	Jack Huczak	Rochester Hills, MI	17	25
16. 804	Brian Istace	Alberta, Canada	18	56
17.	No information available beyond top 16			
18.				
19.				
20.				



## 2001-2002 INTERNATIONAL RACQUETBALL TOUR SCHEDULE & SCORECARD

New Orleans .....Cliff Swain def. Jason Mannino.....3-11, 11-9, 11-7, 12-10  
 Stockton .....Jason Mannino def. Alvaro Beltran .....11-2, 10-12, 11-6, 11-5

October 25-28 .....Chicago, Illinois .....Halloween Classic @ Athletic Club of Bloomingdale, 630-893-9577  
 November 14-18 .....Memphis, Tennessee .....Hilton 6th U.S. OPEN @ Racquet Club of Memphis, 901-765-4400  
 December 6-8 .....Denver, Colorado .....Lakewood Pro Am @ Lakewood Athletic Club, 303-989-5545

### 2002

January 17-20 .....Coral Springs, Florida .....Harold McKahand Memorial Pro Am @ LA Fitness, 954-755-3300  
 Jan. 31 - Feb. 3 .....Boston, Massachusetts .....Foxwoods Pro-Am @ Ridge Athletic Club, 781-848-0800  
 February 7-10 .....Fairfield, New Jersey .....New Jersey Pro-Am @ Classic Athletic Club, 973-227-4000  
 March 14-17 .....San Diego, California .....San Diego Open @ American Athletic Club, 619-477-2123  
 April 11-14 .....Greensboro, NC .....NC Open Championships @ Pyramids Wellness Center, 336-275-1391  
 April 24-28 .....Las Vegas, Nevada .....Pro Nationals @ Las Vegas Sporting House, 702-733-8999

For information concerning any IRT events, contact Dave Negrete at 630-430-1IRT [1478] or send e-mail to negretz@mindspring.com





## Season Opens in Charlotte

World Juniors Claim a Semi

After two years of waiting patiently, Janet Myers finally hosted a women's professional event in Charlotte, North Carolina. Hosted by the Charlotte YMCA and directed by Shane Hummel, the event surpassed expectations not only in excitement but with the second largest draw for the women since last year's U.S. Open. For the first time in the young history of the new tour, two former junior world champions reached the semi-finals: Claudine Garcia of the Dominican Republic, and Kristen Walsh of Salt Lake City, Utah.

And the event was prime for upsets. Both of the top two seeds had undergone off-season surgeries and no one really knew what to expect after a three-month layoff. Surprises cropped up early, in the round of 32, with unseeded tour rookie Claudine Garcia ousting No. 7 Doreen Fowler. Garcia has been participating on the international scene for many years and most U.S. Team players realized her potential, but this was her LPRA debut.

In the next round, Kristen Walsh nudged past No. 3 seeded Rhonda Rajsich, who continues to struggle after her tremendous performance at the 2000 U.S. Open. Rhonda's frustrations were magnified in game four, when she was ahead 14-11 and holding serve. Her inconsistency and poor shot selection resulted in the

loss of four straight points — and eventually the game and match.

The draw's semifinal matchups featured two veterans in the top bracket and two rookies in the bottom. Cheryl Gudinas and Kersten Hallander had previously battled in Chicago to record the longest match in LPRA history (2 hours 25 minutes), and everyone expected their rematch to be similar. Although each game was close, with the lead going back and forth, Cheryl's consistency proved too much for Kersten.

The other semi was a run-and-shoot battle, with both ladies consistently making unbelievable dives and gets, including a set of five full-out diving returns in one rally by Kristen. Although it seemed that Claudine was nervous to start, she rapidly found herself and forced Kristen to a fifth game. Narrowly missing her chance, Claudine skipped two forehand shots for the match and Kristen eventually squeaked out the win 17-15.

The final went as most predicted, with Cheryl controlling the match with her patented Z-drive serve and precise passes. Although the match was over in three straight, it was evident that Kristen's game has drastically improved and she will be a force to reckon with on this year's tour. If the year's first event is any indication of what is to follow on the LPRA tour, this year should see larger draws, more upsets and a new aggressive style of play.



Many thanks go to Bill Belk (pictured center above) for sponsoring the successful kick-off event. Although it was the first pro stop to be held in Charlotte, Mr. Belk vowed it would not be the last!



*International Flavor on Tour! Lori Jane Powell (Canada), Susana Acosta & Rosy Torres (Mexico), Claudine Garcia (Dominican Republic) & Jennifer Saunders (Canada).*

## Ladies Professional Racquetball Association Season Rankings

[Dated 10/15/01, following first tour stop in Charlotte]

Points	Player	Hometown	Last Issue	Last Year
1. 420.00	Cheryl Gudinas	Lisle, IL	1	2
2. 148.00	Jackie Paraiso	San Diego, CA	2	1
3. 96.00	Kersten Hallander	San Diego, CA	5	4
4. 83.00	Kerri Wachtel	Cincinnati, OH	8	18
5. 75.00	Kristen Walsh	Salt Lake City, UT	14	28
6. 71.00	Rhonda Rajsich	Phoenix, AZ	3	49
7. 53.00	Laura Fenton	Overland Park, KS	4	23
8. 43.00	Susana Acosta	Chihuahua, Mexico	6	5
9. 37.00	Lori-Jane Powell	Calgary, Alberta, Canada	9	13
10. 36.00	Claudine Garcia	Dominican Republic	n/a	n/a
11. 31.00	Janet Myers	Charlotte, NC	12	10
12. 30.00	Kim Russell	Austin, TX	16	n/a
13. 26.00	Denise Mock	Allen, TX	15	25
14. 22.20	Doreen Fowler	Rockville, MD	7	11
15. 21.00	Johanna Shattuck	Denver, CO	13	19
16. 16.00	Dina Moreland	Montgomery, AL	19	n/a
17. 15.00	Linda Moore	Madison, NE	23	35
17. 15.00	Michelle Lucas	Annandale, VA	11	9
19. 12.20	Jennifer Saunders	Canada	21	n/a
20. 12.00	Kim Machiran	Ballwin, MO	10	7



## • women's tour rankings • scorecard • schedule

### 2001-2002 LADIES PRO RACQUETBALL ASSOCIATION SCHEDULE & SCORECARD

Charlotte .....	Cheryl Gudinas def. Kristen Walsh.....	15-11, 15-8, 15-12
October 18-20* .....	Albuquerque, New Mexico .....	Midtown Athletic Club, 505-266-8960
November 2-4.....	Colorado Springs, Colorado .....	Lynmar Racquet & Health Club, 719-598-4069
November 15-19 .....	Memphis, Tennessee.....	Racquet Club of Memphis, 901-765-4400
Nov. 30 - Dec. 2.....	Saskatoon, Saskatchewan, Canada .....	River Racquet Athletic Club, 306-242-0010
December 6-8* .....	Denver, Colorado.....	Lakewood Athletic Club, 303-989-5545

### 2002

January 18-20.....	Rosarito Beach, Mexico .....	Rosarito Beach Resort
February 15-17.....	Chicago, Illinois .....	Athletic Club of Bloomingdale, 630-893-9577
March 1-3 .....	Minneapolis, Minnesota.....	Central Courts, 763-572-0330
April 12-14 .....	San Diego, California.....	Sorrento Valley Racquetball & Fitness Center
May 2-4.....	Site TBA.....	Site TBA
June 21-23.....	McLean, Virginia.....	Tyson Sports & Health, 703-527-7785

\*Combined LPRA/IRT stops feature a Saturday final.

For more event details and complete tournament drawsheets online, go to [www.ladiesproracquetball.com](http://www.ladiesproracquetball.com) > "Events"

**www.ladiesproracquetball.com**

## 3 -- PLAY REGULATIONS

### Rule 3.1 SERVE

In Open Division competition, the server will have one opportunity to put the ball into play. In all other divisions, the server will have two opportunities to put the ball into play.

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

### Rule 3.2 START

The server may not start the service motion until the referee has called the score or "second serve." The serve is started from any place within the service zone. (Certain drive serves are an exception. See Rule 3.6.) Neither the ball nor any part of either foot may extend beyond either line of the service zone when initiating the service motion. Stepping on, but not beyond, the lines is permitted. However, when completing the service motion, the server may step beyond the service (front) line provided that some part of both feet remain on or inside the line until the served ball passes the short line. The server may not step beyond the short line until the ball passes the short line. See Rule 3.9(a) and 3.10(i) for penalties for violations.

### Rule 3.3 MANNER

After taking a set position inside the service zone, a player may begin the service motion--any continuous movement which results in the ball being served. Once the service motion begins, the ball must be bounced on the floor in the zone and be struck by the racquet before it bounces a second time. After being struck, the ball must hit the front wall first and on the rebound hit the floor beyond the back edge of the short line, either with or without touching one of the side walls.

### Rule 3.4 READINESS

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

### Rule 3.5 DELAYS

Except as noted in Rule 3.5 (b), the

referee may call a technical foul for delays exceeding 10 seconds.

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

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

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

### Rule 3.6 DRIVE SERVICE ZONES

The drive serve lines will be 3 feet from each side wall in the service zone. Viewed one at a time, the drive serve line divides the service area into a 3-foot and a 17-foot section that apply only to drive serves. The player may drive serve between the body and the side wall nearest to where the service motion began only if the player starts and remains outside of the 3-foot drive service zone. In the event that the service motion begins in one 3-foot drive service zone and continues into the other 3-foot drive serve zone, the player may not hit a drive serve at all.

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

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

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

### Rule 3.7 DEFECTIVE SERVES

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

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

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

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

### Rule 3.8 DEAD-BALL SERVES

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

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

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

### Rule 3.9 FAULT SERVES

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

(a) Foot Faults. A foot fault results when: 1. The server does not begin the service motion with both feet in the service zone. 2. The server steps completely over the service line (no part of the foot on or inside the service zone) before the served ball crosses the short line.

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

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

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

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

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

(g) Illegal Drive Serve. A drive serve in which the player fails to observe the 17-foot drive service zone outlined in Rule 3.6.

(h) Screen Serve. A served ball that first hits the front wall and on the rebound passes so closely to the server, or server's partner in doubles, that it prevents the receiver from having a clear view of the ball. (The receiver is obligated to take up good court position, near center court, to obtain that view.)

(i) In open division play, if a serve is called a screen, the server will be allowed one more opportunity to hit a legal serve. Two consecutive screen serves results in an out.

(j) Serving before the Receiver is Ready. A serve is made while the receiver is not ready as described in Rule 3.5(b).

### Rule 3.10 OUT SERVES

Any of the following results in an out:

(a) Two Consecutive Fault Serves [see Rule 3.9], or a single fault serve in open division play.

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

(c) Touched Serve. Any served ball that on the rebound from the front wall touches the server or server's racquet before touching the floor,

or any ball intentionally stopped or caught by the server or server's partner.

(d) Fake or Balk Serve. Any movement of the racquet toward the ball during the serve which is non-continuous and done for the purpose of deceiving the receiver. If a balk serve occurs, but the referee believes that no deceit was involved, the option of declaring "no serve" and having the serve replayed without penalty can be exercised.

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

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

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

(h) Out-of-Court Serve. An out-of-court serve is any served ball that first hits the front wall and, before striking the floor, either goes out of the court or hits a surface above the normal playing area of the court that has been declared as out-of-play for a valid reason [See Rule 2.1(a)].

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

### Rule 3.11 RETURN OF SERVE

#### (a) Receiving Position

1. The receiver may not enter the safety zone until the ball bounces or crosses the receiving line. 2. In making an "on the fly" return attempt, the receiver may not strike the ball until the ball breaks the plane of the receiving line. However, the receiver's follow-through may carry the receiver or the racquet past the receiving line.

3. Neither the receiver nor the racquet may break the plane of the short line, except if the ball is struck after rebounding off the back wall. 4. Any violation by the receiver results in a point for the server.

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

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

wall before touching the floor.  
(d) Failure to Return. The failure to return a serve results in a point for the server.  
(e) Other Provisions. Except as noted in this rule (3.11), the return of serve is subject to all provisions of Rules 3.13 through 3.15.

#### Rule 3.12 CHANGES OF SERVE

(a) Outs. A server is entitled to continue serving until one of the following occurs: 1. Out Serve. See Rule 3.10. 2. Two Consecutive Fault Serves [see Rule 3.9], or a single fault serve in open division play [see exceptions: 5.0]. 3. Failure to Return Ball. Player or team fails to keep the ball in play as required by Rule 3.11 (c). 4. Avoidable Hinder. Player or team commits an avoidable hinder which results in an out. See Rule 3.15.  
(b) Sideout. Retiring the server in singles is called a sideout.  
(c) Effect of Sideout. When the server (or serving team) receives a sideout, the server becomes the receiver and the receiver becomes the server.

#### Rule 3.13 RALLIES

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

(a) Legal Hits. Only the head of the racquet may be used at any time to return the ball. The racquet may be held in one or both hands. Switching hands to hit a ball, touching the ball with any part of the body or uniform, or removing the wrist safety cord during a rally results in a loss of the rally.  
(b) One Touch. The player or team trying to return the ball may touch or strike the ball only once or else the rally is lost. The ball may not be carried. (A carried ball is one which rests on the racquet long enough that the effect is more of a sling or throw than a hit.)  
(c) Failure to Return. Any of the following constitutes a failure to make a legal return during a rally: 1. The ball bounces on the floor more than once before being hit. 2. The ball does not reach the front wall on the fly. 3. The ball is hit such that it goes into the gallery or wall opening or else hits a surface above the normal playing area of the court that has been declared as out-of-play [See Rule 2.1(a)]. 4. A ball which obviously does not have the velocity or direction to hit the front wall strikes another player. 5. A ball struck by one player on a team hits that player or that player's partner. 6. Committing an avoidable hinder. See Rule 3.15. 7. Switching hands during a rally. 8. Failure to use a racquet wrist safety cord. 9. Touching the ball with the body or uniform. 10. Carrying or slinging the ball with the racquet.  
(d) Effect of Failure to Return. Violations of Rules 3.13 (a) through (c) result in a loss of rally. If the serving player or team loses the rally, it is an out. If the receiver loses the rally, it results in a point for the server.

(e) Return Attempts. The ball remains in play until it touches the floor a second time, regardless of how many walls it makes contact with — including the front wall. If a player swings at the ball and misses it, the player may continue to attempt to return the ball until it touches the floor for the second time.

(f) Broken Ball. If there is any suspicion that a ball has broken during a rally, play shall continue until the end of the rally. The referee or any player may request the ball be examined. If the referee decides the ball is broken the ball will be replaced and the rally replayed. The server resumes play at first serve. The only proper way to check for a broken ball is to squeeze it by hand. (Checking the ball by striking it with a racquet will not be considered a valid check and shall work to the disadvantage of the player or team which struck the ball after the rally.)  
(g) Play Stoppage — 1. If a foreign object enters the court, or any other outside interference occurs, the referee shall stop the play immediately and declare a dead-ball hinder. 2. If a player loses any apparel, equipment, or other article, the referee shall stop play immediately and declare an avoidable hinder or dead-ball hinder as described in Rule 3.15 (i).  
(h) Replays. Whenever a rally is replayed for any reason, the server resumes play at first serve. A previous fault serve is not considered.

#### Rule 3.14 DEAD-BALL HINDERS

A rally is replayed without penalty and the server receives resumes play at first serve whenever a dead-ball hinder occurs. Also, see Rule 3.15 which describes conditions under which a hinder might be declared avoidable and result in loss of the rally.  
(a) Situations — 1. Court Hinders. The referee should stop play immediately whenever the ball hits any part of the court that was designated in advance as a court hinder (such as a vent grate). The referee should also stop play (i) when the ball takes an irregular bounce as a result of contacting a rough surface (such as court light or vent) or after striking a wet spot on the floor or wall and (ii) when, in the referee's opinion, the irregular bounce affected the rally.  
2. Ball Hits Opponent. When an opponent is hit by a return shot in flight, it is a dead-ball hinder. If the opponent is struck by a ball which obviously did not have the velocity or direction to reach the front wall, it is not a hinder, and the player who hit the ball will lose the rally. A player who has been hit by the ball can stop play and make the call though the call must be made immediately and acknowledged by the referee. Note this interference may, under certain conditions, be declared an avoidable hinder. See Rule 3.15. 3. Body Contact. If body contact occurs which the referee believes was sufficient to stop the

rally, either for the purpose of preventing injury by further contact or because the contact prevented a player from being able to make a reasonable return, the referee shall call a hinder. Incidental body contact in which the offensive player clearly will have the advantage should not be called a hinder, unless the offensive player obviously stops play. Contact with the racquet on the follow-through normally is not considered a hinder.  
4. Screen Ball. Any ball rebounding from the front wall so close to the body of the defensive player that it prevents the offensive player from having a clear view of the ball. (The referee should be careful not to make the screen call so quickly that it takes away a good offensive opportunity.) A ball that passes between the legs of a player who has just returned the ball is not automatically a screen. It depends on whether the other player is impaired as a result. Generally, the call should work to the advantage of the offensive player.  
5. Backswing Hinder. Any body or racquet contact, on the backswing or on the way to or just prior to returning the ball, which impairs the hitter's ability to take a reasonable swing. This call can be made by the player attempting the return, though the call must be made immediately and is subject to the referee's approval. Note the interference may be considered an avoidable hinder. See Rule 3.15. 6. Safety Holdup. Any player about to execute a return who believes that striking the opponent with the ball or racquet is likely, may immediately stop play and request a dead-ball hinder. This call must be made immediately and is subject to acceptance and approval of the referee. (The referee will grant a dead-ball hinder if it is believed the holdup was reasonable and the player would have been able to return the shot. The referee may also call an avoidable hinder if warranted.)  
7. Other Interference. Any other unintentional interference which prevents an opponent from having a fair chance to see or return the ball. Example: When a ball from another court enters the court during a rally or when a referee's call on an adjacent court obviously distracts a player.  
(b) Effect of Hinders. The referee's call of hinder stops play and voids any situation which follows, such as the ball hitting the player. The only hindrances that may be called by a player are described in rules (2), (5), and (6) above, and all of these are subject to the approval of the referee. A dead-ball hinder stops play and the rally is replayed. The server resumes play at first serve.  
(c) Responsibility. While making an attempt to return the ball, a player is entitled to a fair chance to see and return the ball. It is the responsibility of the side that has just hit the ball to move so the receiving side may go straight to the ball and have an unobstructed view of and swing at the ball. However, the receiver is responsible for making a reasonable effort to

move towards the ball and must have a reasonable chance to return the ball for any type of hinder to be called.

#### Rule 3.15 AVOIDABLE HINDERS

An avoidable hinder results in the loss of the rally. An avoidable hinder does not necessarily have to be an intentional act. Dead-ball hindrances are described in Rule 3.14. Any of the following results in an avoidable hinder:

(a) Failure to Move. A player does not move sufficiently to allow an opponent a shot straight to the front wall as well as a cross-court shot which is a shot directly to the front wall at an angle that would cause the ball to rebound directly to the rear corner farthest from the player hitting the ball. Also when a player moves in such a direction that it prevents an opponent from taking either of these shots.  
(b) Stroke Interference. This occurs when a player moves, or fails to move, so that the opponent returning the ball does not have a free, unimpeded swing. This includes unintentionally moving in a direction which prevents the opponent from making an open, offensive shot.  
(c) Blocking. Moves into a position which blocks the opponent from getting to, or returning, the ball; or in doubles, a player moves in front of an opponent as the player's partner is returning the ball.  
(d) Moving into the Ball. Moves in the way and is struck by the ball just played by the opponent.  
(e) Pushing. Deliberately pushes or shoves opponent during a rally.  
(f) Intentional Distractions. Deliberate shouting, stamping of feet, waving of racquet, or any other manner of disrupting one's opponent.  
(g) View Obstruction. A player moves across an opponent's line of vision just before the opponent strikes the ball.  
(h) Wetting the Ball. The players, particularly the server, should ensure that the ball is dry prior to the serve. Any wet ball that is not corrected prior to the serve shall result in an avoidable hinder against the server.  
(i) Apparel or Equipment Loss. If a player loses any apparel, equipment, or other article, play shall be immediately stopped and that player shall be called for an avoidable hinder, unless the player has just hit a shot that could not be retrieved. If the loss of equipment is caused by a player's opponent, then a dead-ball hinder should be called. If the opponent's action is judged to have been avoidable, then the opponent should be called for an avoidable hinder.

**Rule 3.16 TIMEOUTS & Rule 3.17 TECHNICAL FOULS AND WARNINGS** apply to tournament play, using an official.

silkscreened

1.



2.



embroidered

7.



SILKSCREENED

1. Short sleeve Tee — 100% cotton. Colors: White, Ash. \$18.00
2. Long sleeve Tee — 100% pre-shrunk cotton. White, Ash. (no XXL) \$22.00
- [Not shown] Sweatshirt — Lee 85/15. Heather Grey. \$32.00

EMBROIDERED

3. Sweatshirt (Authentic Pigment Dyed) Garment washed 80/20. Color: Denim (no XXL). \$35.00
4. Denim Jacket [Lee] — (no XXL) \$60.00.
5. Duffle Bag. Navy. \$45.00
6. Wind Shirt — 100% polyester by Port Authority. Navy. \$60.00
7. Tipped Polo Shirt (Anvil Cotton Deluxe) Colors: White w/navy, Navy w/white. \$32.00

[Not shown] Baseball "Sandwich" Cap (two-tone bill) Colors: Navy/white, Red/white. \$18.00.

All items available in Medium, Large, X-Large & XXL (unless noted).

6.



5.



3.



4.

866-443-2777

When ordering by phone, please have your credit card ready, along with a street shipping address (no p.o. boxes) and a daytime phone number (in case we have a question about your order).

Your final cost will include \$6.95 shipping/handling for the first three pieces, plus \$1.00 per piece thereafter. Please allow 4-6 weeks for delivery.

## Down-the-Line Cross Court Wide Angle

In this issue, we'll expand on "The Pass Shot" — the number one offensive shot in the game — that I introduced in the July/August 2001 issue. If you recall, the pass shot was defined as a shot that hits 18" and lower on the front wall and bounces twice before the backwall.

There are three kinds of passes:

- **down-the-line [dtl]**
- **cross court [cc]** and
- **wide angle [wa]**. Once again, we'll focus on the contact point discussed in both the May/June (racquets on the floor) and the July/August (the height on my leg) and expand upon that concept with racquets set up along the front wall.

By referencing these "contact points" from previous articles, you'll be able to apply the concept to this lesson using the racquets on the front wall. Once again, you can see how by changing the contact point in your hitting zone (everything else about your stroke and footwork remains the same) you can change your pass shot options to result in a great deal of deception. At the pro level deception is the key; it keeps my opponents off balance and guessing. As the #1 player on the IRT Pro Tour I not only use this very concept, I swear by it. Try it sparring with a friend before you break it out in a tournament or a league, then sock it to your opponents ... just like I do to Cliff, Jason and John.

Remember the "pass shot" is the #1 offensive shot in the game, the highest percentage shot, and you should be using this shot whenever your opponent is on, or in front of, the dotted line. My magical "pass shot" has gotten me out more trouble than you could imagine and it's been instrumental in helping me climb to the



## The Three Passes ...

#1 ranking on the pro tour. So have some fun testing the angles and running your opponent around the court. I certainly do.

Here's a philosophy I live and die by ... "if you can win the rally with a pass or kill — always pass." I'd rather be safe than sorry, wouldn't you?



1.

**Trick #1 • Ready Position**  
The front wall is clearly marked with three racquets:  
• to my right (with cover) = down-the-line [dtl]  
• to my immediate left (no cover) = cross court [cc].  
• to my extreme left (with cover) = wide angle [wa].



2.

**Trick #2 • Down the Line**  
• Contact the ball for the dtl at the position of the second racquet on the floor (see May/June 2001 issue).  
• Contact the ball knee high and lower (see July/August 2001 issue).  
• Hit the ball at the racquet to the right of me on the front wall.  
• The ball hits between me and the closest side wall (in this case the right wall), does not hit the side wall and bounces twice before the back wall.



3.

**Trick #3 • Cross Court**  
• Contact the ball for the cross court at the position of the third racquet on the floor (May/June).  
• Contact the ball knee high and lower (July/August).  
• Hit the ball at the racquet to the immediate left of me on the front wall.  
• The ball hits between me and the furthest side wall (in this case the left wall), does not hit the side wall and bounces twice before the back wall.



4.

**Trick #4 • Wide Angle**  
• Contact the ball for the wide angle between the cross court position of the third racquet and the reverse pinch position of the fourth racquet (May/June).  
• Contact the ball knee high and lower (July/August).  
• Hit the ball at the racquet to the extreme left of me on the front wall.  
• The ball hits between me and the furthest side wall (in this case the left wall), this time the ball *does* hit the side wall on the fly, slightly behind your opponent, and then bounces twice before the backwall.



## Winning Racquetball: The Zone by Marcy Lynch

In the last issue I mentioned awareness as the first step toward improving your mental game. Now that you are gathering information and recognizing patterns in your game, perhaps those realizations have presented some options for you. Awareness is what I call the entryway to the performance state referred to as 'the zone'.

How do you define the zone? Have you experienced it? What does it feel and look like? How do you know when you are in it? How do you create it for yourself?

The easiest way to describe the zone is 'being in the moment' ... performing at or near your best without 'thinking' about it. There are no thoughts of past or future performance – just the here and now. In fact, it is so compelling to be in the zone, that not being in it is frustrating. Most of us who have experienced the feeling of effortless performance want to repeat it as often as possible. It does seem to be an elusive state unless you develop a plan to create it.

Before creating that plan, it's important to identify some of the 'blocks' that keep you from being in the zone. There are many blocks, and as you are developing your awareness, you will begin to identify them. Most blocks fit into one of the following three main categories: self-judgment, distraction, and attachment to outcome.

Self-judgment refers to the ongoing monologue in our head. That monologue is the inner voice of our thoughts and feelings. Self-judgment is when that voice becomes critical and judges everything we do; 'that was a stupid shot — why did I do that?', 'my backhand stinks', 'I couldn't hit the side of a barn today.' When we are in the zone, there may still be *commentary* but it takes the form of non-critical observation; 'that serve I hit forced a weak return', 'my opponent is playing very far forward, I will hit more passes than kill shots', 'I missed that last set up because I rushed my shot.'

Distraction relates to thinking about things other than the present, 'I have to pick up the kids after I'm finished here'; 'I'm overwhelmed at my job'; 'I wonder what's for dinner!'. We all do it to a greater or lesser degree. Winners do it less.

Attachment to outcome is a tricky concept. We all desire a particular outcome when we compete and it is normal and natural to want to win. 'Attachment' is about needing to win in order to feel good about ourselves or prove something to ourselves and/or others. Attachment creates pressure and pressure blocks the natural flow associated with being in the zone.

Now that we have identified what prevents us from being in the zone, we can take specific steps to address each one, thereby developing a plan. The plan will include not only steps, but learnable skills, such as focusing, visualizing, and letting go. These skills will be the subject of the next article. Until then, continue to journal your games and matches. Remember, awareness is the key to change. The notes you take as you journal will become the basis of your mental game plan.

To subscribe to my free e-newsletter, or to schedule a "Winning Racquetball" workshop at your club, send an e-mail to [marcy@marcylynch.com](mailto:marcy@marcylynch.com), or visit [www.marcylynch.com](http://www.marcylynch.com). ©Marcy Lynch 2001.

### AmPRO Instructor Certification Clinic Schedule

DATE	HOST CLUB	CITY/STATE	CLINICIAN	CONTACT
November 9-11	Four Seasons Country Club	Cincinnati, OH	Gary Mazaroff	505-266-8960
November 9-11	What a Racquet	San Francisco, CA	Dave George	650-589-6904
November 12-13	Wimbledon SportsPlex	Memphis, TN	Gary Mazaroff	505-266-8960

*Interested in hosting a Clinic? Schedule options are —*

- Traditional Weekend: Fri. 7-9PM; Sat. 9AM-6PM; Sun. 9AM-5PM.
- Pre-event (two consecutive weekdays): 9AM-6PM preceding a national event, for example.
- Two weeknights: 3PM-10PM (Mon/Tue, Tue/Wed).

*For more information, call Gary Mazaroff at 505-266-8960 or contact a clinician in your area, by going to [www.usra.org](http://www.usra.org) > "Sitemap/Index" > select "AmPRO" for the clinicians directory.*



EKTELON

EKTELON



1.



2.



3.

## Watch & Cover

By Kersten Hallander

"There isn't any perfect spot to cover every racquetball shot in every game. You learn to cover different shots differently and no matter how good you think you have them covered, players will still hit winning shots. Think of it like covering someone in a one on one basketball game. You are all over the person with the ball, yet they still manage to get the ball in the hoop. Do you see basketball players getting mad at themselves because they didn't prevent the shot? No, you see them immediately go on with the game trying to make or cover the next shot." — Dr. Bud Muelheisen

In the last issue I demonstrated a few foot-work drills to help you cover the court better. In this issue, I am going to explain how carefully observing and "reading your opponent" — along with your improved footwork — will help you to better cover your opponent's shots. As Dr. Bud mentioned above, you'll never be able to get every shot, but knowing where to go and when, will increase your chances to retrieve more shots.

First, let's review the advantages of looking at your opponent while they are making contact with the ball. The first and foremost reason is "so we don't get hit with the ball or racquet!" How many of you hit a ball, run to center court and bend down facing the front wall? Back when I started playing I did just that, but after I got hit in the back a few times (not to mention elsewhere), I learned real quick how to watch my opponent when they are hitting the ball.

When your opponent is hitting the ball, you should look over your shoulder closest to the ball, remain evenly balanced on the balls of

# performance series

your feet and have your racquet in ready position (*see photo #1*).

While focusing on the ball and your opponent in your peripheral vision, notice the face of their racquet — is it below their shoulder and facing up? If so, they will most likely hit a ceiling ball (*see photo #2*). Or is it high? This will most likely be an offensive shot (*see photo #3*).

Next, check the positioning on the ball. Is it close to them? Then they will most likely hit into the side wall (*photo #4*). Is it in their power zone? There, they can hit the pinch, straight in or cross court (*photo #5*). If it is out in front of them, they will most likely hit cross court (*photo #6*).

Just as your opponent is going to contact the ball, try to beat the ball to the front wall with your eyes. Keeping an eye on the ball and your opponent up until the time they make contact not only helps you better anticipate what shot they might hit, but it also prevents you from getting hit with the ball or racquet.

Then what? A lot of racquetball instructors advise you to return to the center of the court after each time you hit the ball. The optimal center court position is about one foot *behind* the five-foot safety line. This position allows you a split second more time to react to the ball than if you stood right *on* the five-foot line. This is true in most cases, but there are many game situations that warrant you to position yourself in a more optimal spot to return your opponent's shot. In fact, sometimes we can dictate what shot our opponent will make by positioning ourselves in certain places while they decide.

I hope this information helps you begin to read your opponent and cover the court better — plus lessen the likelihood of getting hit with a ball or racquet. Later on, I'll cover some more game situation court positioning strategies. If you have any questions or comments, please feel free to contact me at [kersten@kersten.com](mailto:kersten@kersten.com).



4.



5.



6.

Photos: Doug Brick



## **Tim Doyle's Monster Drive Serve**

The Tim Doyle monster drive serve begins with his feet balanced differently than most players. Notice in the main photo (this page) that Tim's right foot is pointed to the back wall. This will become very important as he goes through his motion. One of the secrets to Tim's power is his hip rotation. In coming articles Tim will explain how to train hips for more explosive movements, but for now he is going to show you how to get the most out of the hip movement on the serve.

### **Photo 2**

His first step is bigger than normal (see Photo #2 on facing page). The combination of the front toe pointed to the back wall and the big first step will cause Tim to have a more

Photos: John Foust



2.

step 1



3.

step 2



4.

powerful hip rotation. Since the back toe is pointed to the back wall it is impossible for Tim to serve without pivoting on that toe. That toe will serve as an anchor for his back foot to drive into the ball. This makes sure Tim gets a huge push from his right leg. In addition, the big first step allows Tim to drive into the ball and create more power by getting more hip torque in the serve. Notice that Tim's hips are still counter-rotated so he will get tremendous force when he hits the ball.

#### **Photo 3**

Tim's second step is a bit sideways. This gives him deception as it looks like he is serving to the right side. This also gives him an "across the body" swing that creates more centrifugal force on the ball. Notice the big second step. This keeps Tim's hips close to the floor and gives him more power. Notice he has used the entire service zone but has not foot-faulted.

The second element pictured in photo #3 is contact. He contacts the serve off the front foot, an arm and a racquet length away from his body. This gives him more leverage and thus, greater control and power. The drop is very important on the serve and Tim spends time practicing serves so that the drop and the process are the same each time.

#### **Photo 4**

The last step is the follow-through (see photo #4). Notice that his weight is slightly forward but he is relocating quickly. This last step of relocation is one of the most overlooked skills in our great sport. The relocation to center court is crucial, as the next shot must be retrieved.

These are the secrets of the Monster Drive serve. The big step and footwork are the main reasons Tim's serves are monstrous! Now you try it!

## Q: I hear the pros talk about "being in the now" ... and I have a hard time understanding that concept. Can you explain it?

**A:** I was very fortunate to have met Diana McNab, Sports Psychologist for the U.S. Racquetball Team, in 1989 and Dr. Learned Clark, Psychologist and Motivational Speaker for Fortune 500 Companies, in 1990. I worked with both of these individuals, who each introduced me to this very concept of "being in the now." It has been with me ever since.

I used this technique personally in my competitive career, and now I share it in my teaching and coaching. I can attest that *it works* — and so can others like Sudsy Monchik, John Ellis, Jackie Paraiso and Cheryl Gudinas. They were all members of the U.S. Team, worked with Diana and continue, to this day, to employ this very concept.

So what is "being in the now"? It is simply when you are totally absorbed in the present, with no disturbing thoughts, no distractions and no worries. The past is gone and the future is out of our control. In order to be a peak performer you can only work in the present tense. Be here, right now. When the 20/40/20 court door closes your problems should remain outside.

### Examples

... *Being in the past* is allowing a "bad call" to affect you adversely and instead of just letting it go and losing only one point you hold onto it and lose 2-3 points because you are "stuck" on that bad call.

... *Being in the future* is like walking up to the drawsheet at a tournament that hasn't even begun yet, and thinking you have an easy draw and will be in the finals. Well guess what? You never even make it past the first round.

... *Being distracted* is allowing the crowd cheering for your opponent to bother you.

... *Being worried* is when you walk up to a drawsheet at a tournament or you look at the league schedule and you say, "oh no, I'm playing the #1 seed first ... I can't beat them!"

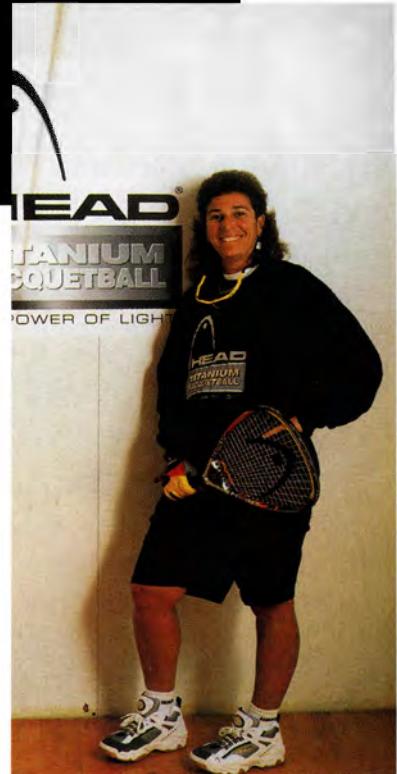
... *Being disturbed* by preconceived notions is when you say, "oh no, I hate playing so-and-so because they cheat and crowd me. I despise them."

... *Being in the "now"* occurs when you are playing a match, the score is 4-4 you say to yourself, "okay, let's get one more point *right now*."

In teaching with Sudsy, Cliff, Jason and John at my camps they re-iterate to the campers just how important it is to play in the "now," the present moment. They all practice it themselves.

But, we're all human and every now and then can fall victim to one of those negative thoughts that takes us out of the "here and now."

When that happens, here are some of the things you can learn to do to refocus and regroup:



- Take a time out
- Use the "10 Second Rule"
- Wipe the floor
- Adjust the strings on your racquet
- Tie your shoelace
- Use a phrase to re-focus like, "Right Now" or "Focus" or "Now" or "Watch the Ball" or "Hit Flat"
- Use affirmations (positive statements) like, "I am a Winner" or "I am Tough" or "I am \_\_\_\_"

I'll leave you with a statement that I read which drives this point home very soundly "Today is a gift, that is why we call it the present!"

Hopefully, I'll see you at one of my camps, where one of the top pros can teach you this firsthand.

**Smarter Head, Better Game — by Fran Davis • "Be in the Now"**

email your questions to: [fran@frandavisracquetball.com](mailto:fran@frandavisracquetball.com)

# Women + Racquetball

## *Why doesn't it add up?*

Actually, the numbers of women playing sports have still not improved, even since the inception of Title IX. There are women, like me, who love to compete and don't care about results. Win or lose we come back for more each week. Unfortunately, there are many women who may start racquetball but stop playing due to a poor experience or lack of motivation.

One problem is cultural. While boys are trained to compete at a young age, many girls start playing organized sports two years later than boys do. When these girls go to compete, they don't have the sports skills and may quit because they're not having fun. It's fun to make a shot and it's fun to be good at something. At five, girls that begin playing racquetball can play a game of multi bounce and be very good at it within six weeks. Many girls in our programs at the Executive Club in Manchester, New Hampshire, succeed even though these children did not do well at other sports. If the number one reason kids play sports is to have fun, then we have to do a better job at making sure kids — and specifically girls — have fun.

Some facts to consider: The Presidents Fitness Council cites that, today, one in three girls are involved in a high school athletic activity, compared to 1 in 27 in 1971. While that is substantially better, it still leaves two-thirds of the girls without a sport. In high school, many girls tend to lose their assertive, energetic and "tomboy" personalities to work at becoming popular with boys. In 1989 a survey showed that of all the female executives at Fortune 500 companies, 80% identified themselves as having been a tomboy. These facts lead to an inevitable conclusion. To develop leaders and better adults, more girls need to play sports. Racquetball is a great arena for girls and women to test their abilities, to solve problems, learn new skills, and experience success; all while getting a great workout and having fun. Racquetball is also a great way to challenge oneself, take risks, and boost self-esteem.



In a study done by IRS, women stated they play sports to have fun, improve their skills, be with friends, and get in shape, while enjoying the challenges of athletic competition. What is interesting is that women are more process-oriented and men seem to be more motivated by outcome. Women try to accomplish these goals by learning to cooperate with one another. So women tend to prefer activities which allow them to work together to improve or function cooperatively, rather than being competitive. This is why women's programming needs to be social such as ladies drill nights, socials or group lessons with friends. So the bottom photo seems to have

**special report**  
• by Kelley Beane

# Training for Racquetball Part II: Strength Training

by Tim Scheett

In Part I of this series I discussed a few ways by which you can decide how to find a qualified person to assist you with your training. I also provided a few key concepts to keep in mind whenever you are designing a training program. Whether or not you take my advice is up to you — but either way, the next step in your training protocol will be to design the strength training portion of the program.

The first thing we need to determine is: What exactly is strength training? Strength training is just that: a training program that is designed to cause an increase in either one or a combination of the following: muscular strength, muscular power, muscular size (hypertrophy) and/or muscular endurance. Muscular strength is defined as the maximum amount of weight you can lift one time whereas muscular power is defined as how fast you can move the weight. Muscular hypertrophy is an increase in muscle size and muscular endurance is defined as the ability to continue activity for a prolonged period of time.

Whether or not you choose to believe that a weight training protocol can be specifically designed to increase strength and not hypertrophy is up to you; however, research has now shown that this is indeed possible. In fact, a strength training program can be specifically designed to target any one — or a combination of — muscular strength, power, hypertrophy and/or endurance. Even though every strength training program involves

it right. Obviously the "in your face" behavior being modeling in the top picture tends to be rare among women!

As well as programming to strengths, recreation directors need to motivate women. Realizing that they may be more critical of each other and point out weaknesses, a club pro or programmer may create more non-competitive situations. Women may also confuse outcomes with worthiness and therefore not be able to "let go" of a loss, whereas men may just move on and forget. Women need to be taught to compete for challenges and how to win and accept defeat graciously. Clubs can give women leagues, tourneys and even socials, but what they really need is support, encouragement and motivation.

It's common to find ladies who play racquetball but don't play competitive tournaments. They compete, but not directly. Their success is not measured by confrontation with the opponent, or by being imposing. They mask their competitiveness with nicety as so not to appear aggressive. It is not considered feminine to have a killer instinct, or to want to win. There shouldn't be such a division between being beautiful and sexy and being athletic and strong. It should be great to go out and kick a guy's butt on the court and afterwards be able to let your hair down and still be a woman!

Some of us are born to compete. We are the people who need to go out and make a difference in someone's life. We can do this by introducing people to the sport or by helping them reach a point where playing tournaments will be fun. There are fewer women players out there. There are even fewer women coaches. I realized that you don't need to be a world champion to be successful. There is no greater joy than helping someone bursting with enthusiasm. Join us in spreading the word to women and girls of all ages that it's okay to be strong, confident, and athletic. It's time for all of us to step up and be a positive role model and let racquetball make a difference in their lives. It sure did for us!



*Author Kelley Beane (pictured second from left) is an accomplished player and coach. Currently she is serving as an assistant junior team coach for Team USA. She also has served as team leader in the tourney of the Americas and the prestigious Pan American Games in Winnipeg, Canada. She also runs very successful juniors and ladies*

*league programs at the Executive Club in Manchester, New Hampshire. Team E-FORCE members Rosy Torres of Rosarito Beach, Mexico (far right) and Ann Doucette of Berwick, Maine (far left), and Nathania Stewart of Atlanta, Georgia (second from right) assisted with the photos. Photos by: John Foust.*



muscle contractions using some form of resistance (weights, cables, bungee cords, rubber bands) it is the number of sets per exercise, the number of repetitions per set and the amount of rest in between the sets that actually determines whether the eventual outcome is focused towards gains in muscular strength, power,

hypertrophy and/or endurance.

Specific to racquetball, a strength training program needs to focus primarily on maximizing muscular power and secondly on developing muscular endurance. Increasing muscular power will help increase racquet swing velocity and thus increase hitting power. Development of muscular endurance will help maintain consistency throughout your match and the tournament. Most racquetball players do not need to concern themselves with muscular strength since an average racquetball weighs less than two ounces and since we are not trying to hit the ball *through* the front wall (would that be considered a court hinder?) most of us have enough strength to hit a ball 40 feet. However, some (albeit only a few) racquetball players do have great interest in showing off their bulging muscles while they skip — oops I mean, hit the perfect kill shot — it is only these few specific players that need to concern themselves with developing muscular hypertrophy. In fact, large increases in muscular hypertrophy may be counter productive to success in the racquetball court.

So how do we train for power? Developing muscular power is one of the most difficult things to do. The types of lifts necessary are challenging and difficult to learn — yet far from impossible! Exercises designed for muscular power need to be explosive, high intensity and performed with excellent technique and thus supervision is almost a necessity. (Trust me ... you will have 99% of the people in the gym staring at you as you go through your workout. Training for muscular power is a relatively new concept; thus many people are not familiar with it and anything new and different is looked at with a discriminating eye.) It would be nearly impossible for me to detail how to perform many of the specific exercises that concentrate on developing muscular power; however, here are a few examples of exercises you can try: squat jumps, power cleans, hang

cleans, snatch, hang snatch, push press, medicine ball chest pass, medicine ball overhead pass, medicine ball one arm pass, medicine ball underhand toss, and the medicine ball backward underhand pass. If you feel creative there is nothing from preventing you from making your own medicine ball from an old basketball or a cheap recreational ball (simply fill it with some water using an air needle) and then come up with your own arm motions that mimic the types of arm motions utilized during a match (forehands, backhands, overheads, etc). Training of this sort with a friend can be fun and used to alleviate boredom from performing the same old tired routine in the gym.

When developing a strength training program designed specifically for a racquetball player, there are a few basics to keep in mind. 1) Any training program needs to focus on the body areas specific to the sport of racquetball. The easiest way to determine which specific muscle groups are involved are to notice which muscles are sore the night of, or the day following, a strenuous match. A more scientific approach would be to consult with a personal trainer who will be able to break down the movements of the sport and determine which muscle groups are involved.

2) It is necessary to arrange the exercises in a specific order. The large muscle groups need to be worked first followed by the smaller muscle groups (i.e. chest before deltoids and triceps). It might also be advantageous to alternate upper and lower body exercises or alternate chest, deltoid and triceps (pushing) exercises with back and biceps (pulling) exercises. However, depending upon the specific goal of the program this will vary.

3) Lastly, yet highly important, it is vital that any and all strength training programs are periodized. Periodizing is varying the amount and intensity of the training around the racquetball season (pre-season, in-season and off-season). An advanced program would periodize the entire strength training program within each week of the whole training program. This is very complex and would require the assistance of a highly trained and experienced strength and conditioning professional.

The following are very general guidelines for the number of repetitions and rest time between sets for developing: strength 3-5 reps / 5-10 minutes; power 7-9 reps / 2-5 minutes; hypertrophy 10-12 reps / 1 minute; and endurance 15-20 reps / 1 minute.

Finally, remember that rest is extremely important! Why? Rest provides time for the muscles to heal. Strength training tears the muscle fibers down and rest provides time for the damaged muscle fibers to heal and subsequently the muscles become stronger after they recover from the muscle damage induced during the training session. Thus when beginning a training program start *slow* (do not overdo in the first week) and be sure to progress the intensity (amount of weight being lifted) so that you are always able to complete no more than the desired number of repetitions (reps) with each set.

Some days you might have to decrease the weight (as we all have off days and are not as strong). For example: if you are lifting for power, aim for 7-9 repetitions per set. If you can complete 10 reps then increase the weight so that you can complete at least 7 but no more than 9 reps. If you cannot perform 7 good clean complete reps then decrease the weight so that you can complete at least 7 but no more than 9 reps.

Sample guideline to follow when starting to design a strength training program:

	# of sets per muscle group	Frequency (days per week)
Beginner	1-2	1-2
Intermediate	2-3	2-3
Advanced	3-4	4-5

Even though weight training can be done on your own, it's a good idea to train with a partner for safety, and so that you can push each other. However, strength training under the guidance of a qualified personal trainer or fitness consultant is a good idea, especially for beginners and intermediate lifters who want assistance with designing a specific strength training program. Here are a couple of excellent books on the topic: *Designing Resistance Training Programs*. Authors: Fleck & Kraemer, Human Kinetics Publishers or *Essentials of Strength Training and Conditioning*. Authors: Baechle & Hoffman, Human Kinetics Publishers.

No matter if you decide to strength train on your own, with a training partner or with a professional above all else remember: training should be fun. Otherwise... why are you doing it?

## Knee Needs

by Aaron Haydu, D.C.



The knee is the largest joint in the body and must cope with significant amounts of stress on a daily basis. There are numerous causes of knee pain, many of which can be avoided. If you have knee pain, as millions of Americans do, early identification and treatment is the best medicine.

In fact, the knee is not a single joint but a complex of five joints. These joints are held together by strong ligaments, muscles, and tendons and are cushioned by large pads of shock absorbing cartilage. Injury to any of the above structures can cause pain, and correct identification of the involved tissues is essential to proper treatment.

In the absence of specific trauma to the knee (a fall, car accident, sports injury, etc.), knee pain is often one of faulty knee mechanics, which cause degenerative wear and tear of the shock absorbing cartilage. The faulty mechanics (movement patterns) can be caused by a number of reasons. Flat feet, a short leg, knock knees, muscle imbalances in the legs, or overuse from sporting events can all result in improper knee movement and cause eventual degeneration and pain.

There are many avenues to explore in the treatment of knee pain. Recently, natural dietary supplements have been shown to have a tremendous effect on joint pain and cartilage damage. Glucosamine sulfate, which has little or no side effects, has been clinically proven to repair degenerative damage and also to help build new cartilage. Manual medicine, such as that applied in the chiropractic office, can have a huge effect on pain levels and speed a functional return to work or sport. It is best to attempt a course of conservative care or rehabilitation before more invasive measures are explored.

Prevention of knee problems continues to remain the best treatment. Weight loss, flexibility, and exercise all can prevent pain and slow the degeneration process. It is important to understand that early detection can go a long way. If pain develops, it is crucial to get the cause identified early so that preventative measures can be implemented.



## ***newdirections*** ***by Luke St. Onge***

It is all but impossible not to mention the tragic events of September. In light of them, how can racquetball even begin to relate? The last thing any of us need to hear is a recap of the events in New York and Washington, but the world has changed. Not just because of this tragedy in September, but ever since the communist block nations fell in the late 80's. Life is uncertain, and there are things beyond our control.

You have heard it all before – the complications of daily life made more so by more work, deadlines, short turn-arounds, faster technology, instant communication, everyday pressures and increasing levels of stress. Luckily, what better way to relieve real stress than by taking it out on the court, playing a competitive game of racquetball? I am fortunate in being able to get together with a group of 20 players at lunchtime to play singles, or doubles, depending on who shows up. We shoot the bull afterwards and, without question, each and every one of them play because they are able to release some of the tensions that our society now rains down on each of us. In fact someone recently referenced a period of time with the statement "that was the summer that racquetball saved my life." That's a reality for many. How many heart attacks could have been avoided if a friendly game of racquetball had been part of a daily routine?

How many times have you had a conversation with someone who used to play, but doesn't have the time for it anymore? Often they appear overweight, fatigued, overworked, stressed out, and just all-around miserable as a person. Many have no balance in their lives and basically do not take care of themselves — which in time comes back to haunt them, both mentally and physically.

Today our sport is under siege by the latest fitness fad that will be gone in a year or less. The USRA is the only organization that struggles daily to develop and expand the sport in a highly competitive market. In order to be able to compete in the fitness arena the USRA must have sufficient member numbers to represent racquetball as a market force.

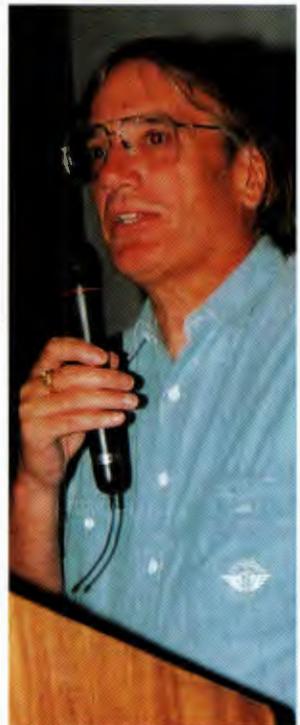
Still, many recreational players find it difficult to justify membership. So, the next time you reply to the question "what's in it for me?" don't just recite the benefits litany. Instead, suggest that being part of a larger whole – through membership – enables the USRA to help

insure the future of the game and the very courts that it's played on, every day. Worth it? You bet! Spread the word.

At its August administrative retreat, the Board of Directors reaffirmed the USRA mission statement to serve the competitive player, from age 6 to 90. This mission incorporates many facets, but its highest priority is to raise the funds to be able to meet this commitment and challenge. We realize that no financial savior is going to simply hand over the millions that we need. If that happens, fine. Until that happens, the USRA must depend on revenues from its most valuable properties: 1) Membership — of which one-third of all dues remain with the states for local development, 2) *RACQUETBALL* magazine — which has the greatest potential to promote the sport in the market, 3) Events — which provide us with the opportunity to reach the public and bring in sponsors from outside the industry and, last but not least, 4) Merchandise — that players can wear and display with pride to promote their own involvement in the sport.

Of course the industry has a stake in all this and they are doing their part through sponsorship, advertising support, the Racquetball Manufacturers Association, and distribution of USRA materials through equipment sales. Among the latest to join our group of high quality sponsors and official product makers, we would like to welcome Unique Sports Products, Inc. as the Official Eyeguard of the USRA. Under the guidance of President Gene Niksich, Unique has joined with the USRA to continue the crusade to have all players protected by eyeguards that meet the ASTM-F803 safety standards. We are very excited to have Unique as a partner and look forward to a mutually beneficial relationship – for the organization and you, the membership.

Please review the sponsor listing on page 64 for all of our partners and give them your patronage. I've said it before, and I'll say it again: support those who support you. It's only fair.



## AMPRO Certifies Instructors Overseas

by Mike Bowers, AERA publicity coordinator

Five military players stationed or working in Europe are now American Professional Racquetball Association certified instructors. Gary Mazaroff, AMPRO director and clinician, put the group through a rigorous program during the instructor certification course held at Wiesbaden, Germany, August 3-5.

The group also tested to become certified as officials. All that remains to the process is for the players to referee and document the required number of matches at a regional tournament.

Mac McPherson, Ron Ruiz, Stanley Johnson, Bob Bagley, and Mike Bowers join four other certified AMPRO instructors in the European military theater. Previously certified are Sallie Benedict and James Johnson, Heidelberg; Jerry Buchanan, Ansbach, Germany; and Ken Joy, Giessen, Germany.

All AMPRO certified instructors have the ability to teach beginner to advanced players drills and techniques, conduct private or group lessons, set up a juniors program, organize and conduct tournaments and promote racquetball through marketing and other means.

"The course was an eye opener and certainly more intense than anticipated," said Ruiz who has been playing racquetball for nearly 30 years. "It taught me different techniques, to focus more on shot selection and to reiterate the need for constant practice. It was not easy."

"Hats off to Gary [Mazaroff] for taking the time to come over and conduct the class for those who would not have the opportunity to return to the States," said Ruiz.

Four of the new AMPRO instructors are on the American European Racquetball Association board of directors. The individuals all commented that they plan to use the knowledge to assist player development and help athletic directors conduct better and bigger tournaments.

## Manzuri Wins 18th Hamburg Open

September 21-23, 2001

Submitted by Mike Mesecke

In an exciting final, Argentina's Shai Manzuri defeated Germany's top player Martin Klipper from Hamburg in straight games. With many other close and great games, players from Germany, Belgium, Netherlands, France, England and the U.S. — what else do you need to have an exciting racquetball weekend?!

The Hamburg Open welcomed the Argentina National Team this year. Due to the tragic events that took place in the USA the week before, the tournament directors received many withdrawals the days before the event opened. However, over 40 players attended and a minute of silence was observed in honor to those who lost their lives.

"This tournament was more quiet than others before, but due to the circumstances we still had a great time", said Joerg Ludwig, GRF-President. In fluent German, Argentina President Osvaldo Maggi replied: "We have to thank you all for the great hospitality here in your city, we hope to give it back to you some time."

*Mens Open — Semi Finals: Shai Manzuri (ARG) def. Trevor Hayter (GER) 15-8, 15-6; Martin Klipper (GER) def. German Coppoleccia (ARG) 15-8, 15-8. Final: Shai Manzuri (ARG) def. Martin Klipper (GER) 6-15, 15-8, 11-3; Mens A — Semi Finals: Jeffrey Huang (USA) def. Willy Ruiz (CHI) 15-14, 15-6; Mark Nolan (ENG) def. Thomas Gennrich (GER) 5-15, 15-7, 11-5. Final:*



Above left: Organizers celebrate the completion of two new racquetball courts on the Pojoaque Pueblo Indian Reservation in New Mexico.



Above L-R: Santo Domingo 2003 Pan Am Games officials Hector Duval & Yvonne Broberg visit the IRF offices in Colorado Springs, along with Francisco Campo of the USOC's Games Preparation Division.

Jeffrey Huang (USA) Mark Nolan (ENG) 15-4, 15-10; Mens B — Semi Finals: Chris Steinheiser (USA) def. Marcel Czempisz (GER) 15-7, 15-4; Mel Geralde (USA) def. Hermann Bachmaier (GER) 15-3, 15-3. Final: Chris Steinheiser (USA) def. Mel Geralde (USA) 9-15, 15-9, 11-9; Mens C — Semi Finals: Ramses Deforce (BEL) def. Stefan Lang (GER) 15-10, 15-8; Joerg Sattler (GER) def. Angus Smith (ENG) 15-11, 11-15, 11-5. Final: Ramses Deforce (BEL) def. Joerg Sattler (GER) 15-9, 15-2; Womens Open — Final: Sallie Benedict (USA) def. Daphne Wannée (NED) 15-11, 15-10 3. Platz: Yvonne Kortes (GER) def. Kathy Tritsman (BEL) 15-3, 15-14; Seniors 35+ — Semi Finals: Olaf Gerullis (GER) def. Bjoern Jensen (GER) 15-10, 13-15, 11-2; Peter deJong (NED) def. Torsten Krieger (GER) 15-7, 15-8. Final: Olaf Gerullis (GER) Peter deJong (NED) 15-8, 15-12; Seniors 40+ — Semi Finals: Osvaldo Maggi (ARG) def. Joerg Ludwig (GER) 15-5, 15-11; David Szafranski (USA) def. Mel Geralde (USA) 15-9, 15-5. Final: David Szafranski (USA) def. Osvaldo Maggi (ARG) 12-15, 15-7, 11-4; Doubles — Semi Finals: Manzuri/Maggi (ARG) def. Scheffler/Huang (GER/USA) 15-5, 15-8; Klippe/Matla (GER/NED) def. Loof/Ruiz (GER/CHI) 15-9, 15-11. Final: Manzuri/Maggi (ARG) def. Klippe/Matla (GER/NED) 15-11, 15-7.



## European Championships 2001

Castlebar, County Mayo, Ireland: July 9-14

Submitted by Pascal Matla

### General Secretary European Racquetball Federation

Mens Team Final Standings — Ireland (Noel O'Callaghan, Stephen O'Loan, Christy Slattery, Kevin Jennings) def. Netherlands (Pascal Matla, Edwin Schipper, Peter DeJong, Erik Timmermans) 3-0. Final Positions — 1. Ireland, 2. Holland 3. Belgium 4. Great Britain 5. Germany 6. France.

Mens OPEN Singles — Semi finals: Joachim Loof (Ger) def. Pascal Matla (Ned) 15-14, 11-15, 11-10; Trevor Hayter (Ger) def. Noel O'Callaghan (Irl) 7-15, 15-7, 11-8. Final: Loof def. Hayter 15-11, 10-15, 11-10.

Womens OPEN Singles — Semi finals: Daphne Wannée (Hol) def. Wendy Hackett (GB) 15-12, 12-15, 11-10; Joan Kennedy (IRL) def. Yvonne Kortes (Ger) 15-11, 15-12. Final: Wannée def. Kennedy (Retd inj 2nd game) 15-3, 3-3.

Mens Over 30 Singles — Final: Padraig Benson (Irl) def. Gary Lynch (Irl) 15-7, 15-9. Bronze: Michael Kelly (Irl) def. Connor Magee (Irl). Mens Over 40 Singles — Final: Padraig Benson (Irl) def. John Kilcoyne (Irl) 15-6, 15-7. Bronze: M Kelly (Irl) def. R Sheridan (Irl). Mens Over 45 Singles — Final:

Michael Murphy (Irl) def. Joe Glynn (Irl) 15-11, 15-8. Bronze: Michael Keane (Irl) def. Oliver Gibney (Irl). Mens Over 50 Singles — Final: Paddy Traynor (Irl) def. Vincent Fitzgerald (Irl) 9-15, 15-10, 11-9. Bronze: Paddy Kennedy (Irl) def. Karl Matla (Hol). Mens Over 55 Singles — Final: John Comerford (Irl) def. Mick Barnes (Irl) 15-8, 15-11. Bronze: Oliver Moran (Irl) def. Michael Gilmartin (Irl).

Mens OPEN Doubles — Final: Joachim Loof/Trevor Hayter (Ger) def. Pascal Matla/Edwin Schipper (Hol) 15-10, 15-14. Bronze: N O'Callaghan/S O'Loan (Irl), Slattery/Jennings (Irl). Womens OPEN Doubles — Final: Kathy Trismans/Daphne Wannée (Bel/Ned) def. Joan Kennedy/Bernie Comerford (Irl) 15-5, 15-7. Bronze: Wendy Hackett/Carol Lynch (Irl/GB), Elma Gibney/Susan Neary (Irl). Mens Over 30 Doubles — Final: Paddy Traynor/Ricky Sheridan (Irl) def. Michael Kelly/Martin Lawless (Irl) 15-2, 11-15, 11-3. Bronze: Connor Magee/Gary Lynch (Irl) def. Michael Keane/Michael Kelly (Irl). Mens Over 40 Doubles — Final: Mick Barnes/Vincent Fitzgerald (Irl) def. John Comerford/Paddy Kennedy (Irl) 15-10, 15-10. Bronze: Michael Murphy/Oliver Gibney (Irl) def. Michael Gilmartin/Declan Hynes (Irl).

## Results 16th Autumn Open

October 12th-14th

Zoetermeer, The Netherlands

Mens Open — Semi finals: Jeffrey Huang (USA) def Raul Cardenas (Mex) 15-4, 15-4; Pascal Matla (Ned) def Rico Southee (USA) 15-7, 15-9. Final: Matla def Huang 15-11, 15-8.

Womens Open — Semi finals: Daphne Wannée (Ned) def Ramona Von Ondarza (Ven) 15-1, 15-4; Wendy Hackett (Gbr) def Kathy Tritsman (Bel) 15-7, 15-7. Final: Wannée def Hackett 11-15, 15-12, 11-6.

Mens A — Semi finals: Winston Abreu (USA) def Ronald Viste (Bel) 21-9; Mack McPherson (USA) def Billy Ray (USA) 21-8. Final: Abreu def McPherson 21-10.

Mens B — Semi finals: Ron Ruiz (USA) def Wendy Hackett (Gbr) 15-6, 8-15, 11-3; Ronald Viste (Bel) def Chris Steinheiser (USA) 15-8, 15-6. Final: Ruiz def Viste 7-15, 15-3, 11-0.

Mens C — Semi finals: Ramses Deforce (Bel) def Paul Somers (Ned) 15-5, 15-13; Ed Oliveras (USA) def René Pupping (Ned) 15-3, 10-15, 11-0. Final: Oliveras def Deforce 15-8, 14-15, 11-9.

Mens 35+ Semi finals: Jerry Buchanan (USA) def Mel Geralde (USA) 15-4, 15-5; Rico Southee (USA) def Peter de Jong (Ned) 15-5, 11-15, 11-7. Final: Southee def Buchanan 15-10, 15-12.

Mens 40+ Semi finals: Mack McPherson (USA) def Mel Geralde (USA) 15-9, 15-4; Ron Ruiz (USA) def Karel Matla (Ned) 15-4, 15-7. Final: Ruiz def McPherson 15-8, 15-11.

Womens B — Round robin: 1. Andi Morgenthaler (USA), 2. Nicole McPherson (USA), 3. Nicki Brown (Eng).

Doubles Open — Semi finals: Huang/Matla (USA/Ned) def Veeken/Meijer (Ned) 15-4, 15-4; Abreu/Southee (USA) def Buchanan/Ray (USA) 15-9, 15-10. Final: Huang/Matla def Abreu/Southee 15-7, 15-7.

## European Racquetball Federation [ERF] Event Calendar

Date	Event	Locale	Contact	Email
January	French Open	Paris, France	Philippe Lecompte	sixk@wanadoo.fr
February 9-10	Antwerp Open	Antwerp, Belgium	Erik Meyer	erik.meyer@skynet.be
March 15-17	Dutch Open	Zoetermeer, Holland	Karel Matla	info@racquetball.nl
April 5-7	German Open	Hamburg, Germany	Mike Mesecke	MMesecke@racquetball.de
April 19-21	English Open	Suffolk, England	Angus Smith	rscjets@ukonline.co.uk
May 3-6	Irish Open	Arklow, Ireland	Michael Barnes	mickbarnes@eircom.net
June	Paris Open	Paris, France	Philippe Lecompte	sixk@wanadoo.fr
Online updates	All	Europe	GRF	www.racquetball.de

# rb:people & places

## Speed Demon

Ron DeHays is one of those people that you meet and, five minutes later, it seems like he's been your best friend for years. He is 66 years old (although you would never guess it by looking at him and surely never by talking to him) and has a happy-go-lucky attitude that may be because he feels fortunate to be alive. Ron credits racquetball to his survival and enthusiastically encourages others to play the sport "because you never know, it could save your life."

Ron was co-owner of an Indy Light racing team called R&K Racing. The Indy Lights Series was a "B" racing series started up by CART and Ron actually built the first 20 cars of the series in his machine shop in Dayton, Ohio. In the middle of the night on November 8, 1988 he and his team were traveling home from a race in Florida when their vehicle struck an illegally parked truck on the side of the highway. "We had just topped off (the fuel tank) so we had 180 gallons of fuel," Ron explained. "When we hit that truck the trailer went right into the fuel tank. Of course it just blew up, everything was lost and it just melted everything. I don't remember any of it because I was asleep. Maybe that was a good thing."

Ron lost his middle son, Donnie DeHays, 30, in the accident and he wasn't supposed to live himself. He woke up in

the hospital five days later with numerous broken bones, including his legs, and a crushed chest. While he was under, the doctor asked Ron's brother what he did to stay in such good shape. "He (the doctor) said that I had the heart of a 19 year-old," Ron confides. "My brother told him that I played a lot of racquetball and the doctor said, 'Well, that's the reason that he's still here.'"

After a year of rehab, Ron was able to again play the sport that he credits to saving his life. He entered the Ohio State Doubles Championships with Jim Burrows that year and they won their age division. Since then Ron has played in several National Doubles Championships and in 2000 earned a bronze and gold medal with Paul Baron in the men's 55+ A/B and 55+ consolation divisions, respectively. Recently he participated in the 2001 National Doubles Championships in Las Vegas with partner Nick Adesso.

Ron also began working with race teams again after completing his rehab. "After the accident my team was wiped out so I just started freelancing, working for everyone else." Ron has worked for "well, just about everybody" including A.J. Foyt, Rick Mears, and Al Unser Sr., to name a few. For the past three years Ron has been working as the Vent and Jack pit-crew member on Team Xtreme, which boasts eight top-10 finishes this past season. The driver, Airton Dare, was named the 2000 Rookie of the Year.



Ron's goal is to win the Indianapolis 500, which he has never won but came very close. "We finished second when I was working with Al (Unser) Sr.. Last year, with Airton (Dare), we were running second with 22 laps to go and we had a real good shot at winning but we blew a motor." At 66, Ron has the distinction of being the oldest over-the-wall pit-crew member in the league but has no plans to retire until he can get a win in Indianapolis. "We have a very good driver and we definitely have the team to do it. That's really the only reason that I am still here (working)." Then he adds with a smile, "Of course I am the oldest man over the wall so maybe I feel like I have something to prove."

## New Blood >>>

*Submitted by John Abbott*

At a time when most teenagers have turned on to X-sports or Super Nintendo, four junior players in California have made racquetball a major part of their lives. Every week for the past five years, Ross McCornack, Kevin Dunham, Ian Hong and Lance Hong have met with instructor John Abbott at Rolling Hills Club in Novato, California, to practice and play. They started as raw beginners who could hardly hit the front wall; now they're playing tournaments and traveling to play juniors at other clubs. Some of them are old enough to drive, to have part-time jobs and date – but they've all continued to keep racquetball on their busy schedules. *L-R: Ross McCornack, Kevin Dunham, Coach John Abbott, Ian Hong, Lance Hong.*



## Racquetball Summer Camp >>>

*Submitted by Richard Powell*

Foxy's Health & Racquet Club of Baton Rouge, Louisiana, included racquetball in their "Fit Kids Summer Camp." Boys and girls, ages four through twelve, learned the fundamentals of racquetball during this eight-week program designed to develop motor skills, raise self-esteem and energy levels, as well as motivate young participants to gain confidence and acceptance in themselves through the sport. Ms. Kelli Caplinger, Camp Director, reported the kids were very excited to learn a new sport and looked forward to each week's session. Pro Kennex player rep, Richard Powell, instructed the weekly workshops.



Club owner Mike Barnett and General Manager Speedy Gonzales, encourages sports activities for younger age groups. Manager Marcia Stevens has envisioned forming a Junior Foxy's Racquetball Team to compete against local clubs in the Baton Rouge area. Junior racquetball is alive and growing at Foxy's!



## Summer Play >>>

The Colorado Springs downtown YMCA branch also offered racquetball sessions as part of its annual "summer camp" program. USRA staffer Ryan John (back row, second from left) coached this group of newcomers!

# rb:people & places

## 'Shootout' in Texas

by Howard Watters

It wasn't exactly the "Shoot-out at the OK Corral" but there were plenty of shots fired. When the smoke finally cleared, a five-time world-ranked professional racquetball champion who goes by the "handle" of Cliff Swain, was still standing. In spite of a slight, flesh wound to his ego (when he was outdone by one Texas "hombre" who also knew how to handle his racquetball hardware) Swain still emerged the top gun.

Nevertheless, Chris Robinson, one of the top players in Texas, showed Swain a bit of "Texas hospitality" by out-shooting the 35-year-old champion by a slight margin of 13-11 in one game. In fairness to the visiting Swain, however, he did allow each of the four "gun-slinging," or more correctly, "racquet-slinging" Texans, two serves to his one. In addition, he had to contend with several questionable calls by the Arlington Maverick's racquetball director and house professional Leo Vasquez.

"I might have made a couple of close calls but everyone was having fun and we wanted to show our guest that Texas has some good racquetball players too," said Vasquez. "I think I made the correct calls most of the time but when you're refereeing a game where one of the players hits the ball between 140 and 180 miles-per-hour, there are bound to be some questionable calls."

Cliff Swain has one of the fastest serves in racquetball at 180 miles per hours. Brian Fredenberg has been clocked at 140 mph.

"Swain is a professional and one of the nicest racquetball players you'll ever meet," continued Vasquez. "He could have easily, protested any of the calls but he's a gentleman and didn't want to disrupt the exhibition."

Swain traveled with former No.1 world-ranked racquetball player Dave Peck, who retired from the pro circuit in 1988.

The three Texans who fell victim to the sharp-shooting of Cliff Swain, were Hal Perry, Oscar Gutierrez and Brian Fredenberg. Fredenberg suffered from an injury to his "trigger-finger" or rather his thumb. That, however, would not have made much of a difference as Swain displayed his lightening-fast, serves and shoot-from-the-hip, style of volleys.

Roughly a hundred racquetball players from all over the metroplex and beyond came out to witness the exhibition at the Maverick Athletic Club. At the conclusion of the event, a cake cutting ceremony was held for the players and fans.

"All-in-all, everyone had a wonderful time and witnessed some awesome racquetball," concluded Vasquez. "Hopefully, Swain's visit has helped to highlight the sport of racquetball and will provide more visibility and interest for it."

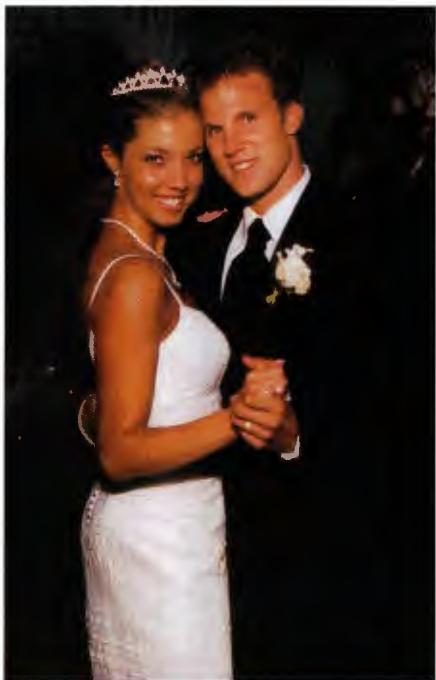
## Killshot For Cancer

By Mike Silverman

Twenty-six years ago, at the tender age of 15, Marty Glass was diagnosed with Hodgkins Disease. Marty was able to beat the cancer with the support of family, friends, and the American Cancer Society. In 1981 Marty founded the Killshot for Cancer racquetball tournament as a way to raise money to show his gratitude for their support. When Marty moved in 1991, his brother Lewis Glass and friend Mike Silverman took over as directors of the tournament.

March of 2002 will be the 20th anniversary of Killshot for Cancer, the longest running tournament in the New England area. Waverley Oaks Athletic Club in Waltham, MA has been the host club for the last 19 years, which is generously supported by a wealth of generous sponsors. Carla Iannetta and her outstanding volunteer team from Waverley Oaks keep the tournament running smoothly, and the weekend also boasts a Las Vegas Night Party and a raffle with loads of exciting prizes. To date, Killshot For Cancer has netted close to \$200,000.00 for the American Cancer Society, 100 percent of which goes towards the American Cancer Society.

The 20th anniversary of the Killshot For Cancer Racquetball Tournament promises to be the best ever. For more information on the March 2002 USRA sanctioned tournament please contact the Waverley Oaks Athletic Club at (781) 894-7010.



Above: Rocky Carson of Santa Maria, California and Jennifer LiaKos of Minden, Nebraska were married June 9 at Tortilla Flats on the lake at Mission Viejo, California. After honeymooning in the Caribbean, the newlyweds returned to Laguna Niguel, California to take up residence. They met through Jennifer's brother, David LiaKos, who competed with Rocky as a junior.

Below: Joe Lambert and Jo Worrell were married in Dallas on August 4. Joe is a long-time racquetball champion, who holds 47 gold medals in national and international play. He is a great promoter of the game and we wish him a long, happy life with his new bride. Congratulations!



#### IRT IN NEW ORLEANS ... FROM PAGE 28

deciding fifth, the game stayed close, and they exchanged points until mid-way in the game. After a time-out by Mannino at 6-7, Swain scored five straight points, and finished the match the way he started it, *with an ace!*

Cliff Swain successfully defending his title at the 2001 Summer Cooler to once again start the season atop the IRT. Swain attributed his victory to his aggressive front court play especially in the deciding game. "I picked up the pace and just took control of front court", Swain said, "and not (depending) so much of my aces. I just try to get the ball in play in a good position." Later posting to the message board at his website, Mannino stated "after having him 7 to 6 ... he rattled off three aces and played great in the clutch. Also I think the ref took a nap in the fifth game, missing some really obvious calls. But he did the best he can ... no hard feelings." •

## prokennex world juniors planner

**WHERE:** Orlando Fitness & Racquet Club  
Orlando, Florida

**WHEN:** December 16 – 20

**DEADLINE:** Friday – November 30

**POSTMARKED BY:** Tuesday – November 27

**DIVISIONS:** Singles & Doubles

**FEES:** \$65.00/1st event

\$35.00/2nd event

\$35.00/3rd event

**OFFICIAL BALL:** ProPenn

**STARTING TIMES:** Available Friday, Dec. 14

After 12:00 noon (EST) @ 407-645-3550

**CHECK-IN:** Opens Saturday, Dec. 15

**PLAY BEGINS:** Sunday – December 16

**MEMBERSHIP:** USRA Membership Required

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• LODGING: Holiday Inn, Altamonte Springs [407-862-4455]. Rate: \$64.00 per night, plus tax, for up to four persons per room. Stipulations: You must reference the World Junior Racquetball Championships to secure the special tournament rate.

• HOSPITALITY: Meals will be available for purchase in the club restaurant, and on Thursday (12/19) at 6:30 pm, a banquet will be offered to all players at no charge. Non-participants may purchase banquet tickets for \$25.00 at the tournament desk, by 12:00 noon on Tuesday, December 18th.



### Ashaway Zyex®

The new PowerKill™ 17 Zyex racquetball string offers players both power and durability, and is ideal for midsize and oversize racquets. Combining high performance and resistance to wear with a thin, tournament-gauge construction for improved feel, PowerKill 17 is an ideal choice for players who enjoy a powerful, all-court style of play. It should be strung at a lower tension (10-20% less) than nylon strings, although ideal tension will depend on the player's racquet choice

and style of play. PowerKill 17 is available in extra-long 40 ft. (12M) sets and 360 ft. (110M) reels, and is packaged to accommodate oversized racquets. For more information, call the company at 800-556-7260, or visit Ashaway's website, at [www.ashawayusa.com](http://www.ashawayusa.com).

### Itty-Bitty Personal Stringer

A Korean manufacturer & exporter recently announced the availability of the Racquet Mini String Machine. The Mini String Machine is the first of its kind in the world, which means exceptional size and the ultimate accuracy. Until now, no string machine has weighed less than 10 kilograms and the more accurate motorized machines are much heavier still.

The Mini String Machine is the world's smallest motorized string machine. Weighing only 3 kilograms, the string puller has the incredible

dimensions 10cm \* 10cm \* 17cm. With the other pieces, including the racquet support, the entire Mini String Machine weighs less than 3.5 kilograms, and comes in a cute, tiny bag.

The tiny size makes the convenient and portable Mini String Machine ideal for all professional tour players, who can now have the same racquet tension, anywhere, anytime. For more information, contact JM International Co., Tel: 502-2255-222, Fax: 502-1474-566, or online at: [www.minism.com](http://www.minism.com).

### Improved Sports Radar

North Carolina inventor Brian Wilkerson recently announced the development of his innovative, patent pending Speed Ball™, an improved radar-tracking device for determining the speed of a thrown ball. Speed Ball™ offers ball players, from little league to the pros, an affordable, easy-to-use product to help them improve their game.

Speed Ball™ can be operated by a single user and eliminates the costly visual display typically found on radar units and replaces it with a device providing an audible reading of the ball speed in miles per hour. Mounted on a portable tripod, Speed Ball™ can be positioned without anyone holding the device.

Speed Ball™ is a self-contained device incorporating a signal processing unit, internal antenna, audible output, power source (either AC or DC) and mounted on a portable tripod. The device processes the signal and produces an audible output of the ball's speed and then automatically resets itself for the next pitch.

The inventor is currently seeking a company to manufacture, market and distribute the patent pending device in consideration of a royalty agreement or the sale of intellectual property rights. Additional information is available either by mail or email. Visit the Speed Ball™ website at <http://speedball.inventonline.com>.



SPEED BALL, 1960 Airport Road, Salisbury, NC 28147. (704) 637-8967. [speedball@inventonline.com](mailto:speedball@inventonline.com) / <http://speedball.inventonline.com>

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January 11-13	Stockton, CA
January 18-20	TBA
February 15-17	TBA
February 22-24	Portland, OR
March 1-3, 8-10	TBA
March 22-24	Chicago, IL
April 5-7, 12-14, 19-21	TBA
May	TBA

\*Due to the IRT Pro tournament schedule, some camp dates were unavailable at press time. Please check my website for definite dates/places: IN, KY, Las Vegas, Los Angeles, MN, NC, NJ/NY, San Diego, San Francisco, UT, VA

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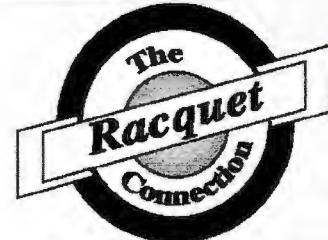
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### Dual Action Knee Strap

The Dual Action Knee Strap helps reduce if not eliminate some pain causing conditions above as well as below the knee while allowing full mobility.



Sizes: XS - XXL

### Patellar (Kneecap) Stabilizer

Designed to reduce patellar subluxation, degeneration, inflammation and pain to the knee joint. A favorite of many racquetball players.



Sizes: XS - XL

### Cho-Pat® Wrist Support

The wrist support applies compression around the wrist to reduce shocks and forces to the wrist and forearm. Gives support to weak wrists.



Sizes: XS - XL

### Cho-Pat® Upper Arm Strap

Acts as a compression device to help prevent the pulling and tearing of tendon fibers of the bicep and tricep. Use as a preventative device.



Sizes: XS - L

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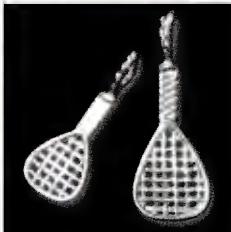
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### **MEN**

#### *Men's Open*

1. Jack Huczak, MI
2. Mitch Williams, NC
3. Dan Fowler, MD
4. Ruben Gonzalez, NY
5. Matt Gehling, MD
- 6T. Mike Locker, MN
- 6T. Chris Wright, MO
8. Jim Minkel, TX
9. Brent Walters, NC
10. Gared Edmunds, KY

#### *Men's A*

1. Filip Vesely, NV
2. Dave Bartscher, TX
3. Dan Sublett, AR
- 4T. Not a Member, MN
- 4T. Eric Zamudio, IN
6. Mark French, WA
7. David Paolazzi, NJ
- 8T. Ralph Grillone, MA
- 8T. Fran Mifsdud, PA
10. Bob Wright, IN

#### *Men's B*

1. Drew Toland, AR
2. Chris Coy, OK
3. Alex Zamudio, IN
4. Brady Hernandez, LA
5. David Laforest, NY
- 6T. Not a Member, AR
- 6T. Marty Hammond, PA
- 6T. Mike Wiseman, WI
9. Marco Palacios, TX
10. Mark Powers, CA

#### *Men's C*

1. Myron Brough, OH
2. Philip Suarez, TX
3. Enrique Loaiza, CA
4. Alex Morelos, OK
5. Bryan Shaw, MO
6. Patrick Knox, DC
7. Marc Freer, MN
8. Not a Member, MO
9. Jeff Merritt, VA
10. Mike Bowden, MI

#### *Men's D*

1. Kyle Shawger, OH
2. Michael Grosse, CO
3. Dan Whiston, MI
4. John Schwinger, AR
- 5T. David Cohen, MA
- 5T. Brian Keteltas, NY
- 5T. Rudy Olivares, TX
8. Chris Grider, TX
9. Michael Marseco, FL
10. Bryan Shaw, MO

#### *Men's Novice*

1. Stephen Terry, TX
- 2T. Matthew Bracken, OH
- 2T. Nick Knudsen, FL
- 2T. Nicholas Lovett, NY
- 2T. Sonny Rodriguez, CA
6. Pete Villarreal, TX

- 7T. Lipscomb Davis, TN
- 7T. Rich DeYoung, NH
- 7T. Marco Rojas, CA
10. Garret Painter, ID

#### *Men's 24+*

1. Matt Gehling, MD
2. Mitch Williams, NC
3. Willie Tilton, CO
4. Shane Vanderson, OH
5. Alejandro Herrera, FL
6. Jason Bledsoe, FL
7. Brent Walters, NC
- 8T. Josh Tucker, MO
- 8T. Ben Williams, NY
10. Brian Gomez, OH

#### *Men's 25+*

1. Dale Valentine, CA
2. Brian Fredenberg, TX
3. Brian Pointelin, UT
4. Tony Shawver, GA
- 5T. Rob Dejesus, AZ
- 5T. Not a Member, TN
- 5T. Chris Zalegowski, NH
- 8T. Corey Fritz, VA
- 8T. Jeff Oathout, AK
10. Not a Member, FL

#### *Men's 30+*

1. Kevin Graham, WI
2. Jim Frautsch, MN
3. Jeff Bell, AZ
4. Pedro Aranda, TX
5. Eugene Coyle, IL
6. Pete Ulliman, OH
7. Scott Krouse, ME
8. Rob Cook, VA
9. Travis Aldinger, PA
10. Julio Junki, FL

#### *Men's 35+*

1. Brad McCunniff, IA
2. Dave Watson, OK
- 3T. Scot Consoli, FL
- 3T. Andy Roberts, TN
5. Jim Minkel, TX
6. Steve Simpson, MD
7. Tom Utterback, IL
- 8T. John Barrett, PA
- 8T. Joe Garbarino, NY
10. Alan Sheppard, NC

#### *Men's 40+*

1. Dave Eagle, OH
2. Tim Hansen, FL
3. Bill Lyman, IL
4. Bobby Haab, CT
5. Noel De La Rosa, TX
6. Glenn Leib, PA
7. Mitch Smith, PA
8. Tom Neill, NM
- 9T. Lee Larson, OK
- 9T. Dave Negrete, IL

#### *Men's 45+*

1. Ruben Gonzalez, NY
2. Mark Baron, VA

3. James Jones, CA
4. Gary Gloegler, GA
5. Howard Walker, TX
- 6T. Dennis Fisher, UT
- 6T. Mitt Layton, FL
8. Patrick Gibson, TX
- 9T. Dennis Aceto, MA
- 9T. Tom Travers, OH

#### *Men's 50+*

1. Mitt Layton, FL
2. Denny Vincent, OH
3. Frank Taddonio, AZ
4. David Dennis, AR
5. Gary Mazaroff, NM
6. Russ Mannino, CA
7. Sal Perconti, FL
8. Jim Bailey, VA
9. Thomas Rall, CO
10. Russ Palazzo, CT

#### *Men's 55+*

1. Ed Remen, NC
- 2T. Terry Albright, MO
- 2T. Ray Huss, OH
4. Horace Miller, IL
5. Joe Gellman, NM
- 6T. Steve Meltsner, CT
- 6T. Ken VanZandt, TX
- 6T. Bill Wolfe, NY
9. Mike Winslow, FL
10. Paul Pearce, TX

#### *Men's 60+*

1. Leland Rients, MN
2. Ron Hutcherson, IN
3. Warren Reuther, LA
4. Grant Morrill, PA
- 5T. Ed Sword, KY
- 5T. Jim Trammell, MO
- 7T. Jim McPherson, TX
- 7T. Ray Testasecca, NJ
9. Ron Galbreath, PA
10. Jim Wilking, UT

#### *Men's 65+*

1. Jerry Holly, CA
2. Don Alt, OH
3. Art Hurley, NM
4. Rex Benham, AR
5. Dave Snyder, TX
6. Ken Karmel, AR
7. Roy Rudichuk, OK
8. Ed Olah, IL
9. Roy Gaul, TX
10. Paul Banales, AZ

#### *Men's 70+*

1. Joe Lambert, TX
- 2T. John O'Donnell, IL
- 2T. Frank Trask, ME
4. Pearce Grove, VA
5. Robert Miller, SC
6. Ralph Waddington, NM
7. Not a Member, TX
8. Vance Lerner, CA
9. Don Maxey, TX
10. Wendell Hall, NM

#### *Men's 75+*

1. Victor Sacco, NY
2. Al Romero, NM
3. Bill Matotan, NM
4. J.W. Studak, TX
5. Dick Kincade, CO
6. Mal Roberts, FL
7. Earl Acuff, NC
- 8T. George Peskar, FL
- 8T. Cam Snowberger, SC
10. John Leech, OH

#### *Men's 80+*

1. Robert McAdam, TX
2. Earl Acuff, NC
3. Hank Richard, NC
4. Cam Snowberger, SC
5. Ben Marshall, TX
6. George Spear, FL
7. Charlie Russell, CA
8. Don Goddard, MT
9. William Gillio, CA
10. Walter Gardner, UT

#### *Men's 85+*

1. Ralph Hoyle, NY

### **WOMEN**

#### *Women's Open*

1. Cheryl Gudinas, IL
- 2T. Liz Alvarado, TX
- 2T. Laura Fenton, KS

4. Doreen Fowler, MD
- 5T. Aimee Roehler, NJ
- 5T. Kerri Wachtel, OH
- 7T. T.J. Baumbaugh, MD
- 7T. Kersten Hallander, CA
- 7T. Helen Marseco, FL
10. Jackie Paraizo, CA

#### *Women's A*

1. Tammarrian Rogers, WA
2. Karen Morton, PA
3. Christine McAlpine, VA
4. Candi Hostovich, VA
5. Leah Upshaw, GA
6. Esther McNany, CT
7. Not a Member, FL
- 8T. Rosario Kelley, KY
- 8T. Andrea Scott, IL
- 8T. Pat Sims, NH

#### *Women's B*

1. Rosario Kelley, KY
2. Thao Le, VA
3. Cheryl Kirk, IL
4. Ashley Darmar, VA
5. Kelly Bruns, VA
6. Rhonda Kochis, OK
7. Lynn Hiorns, IL
8. Joanna Reyes, TX
- 9T. Not a Member, OH
- 9T. Aimee Perry, VA

#### *Women's C*

1. Sue Hunt, MS
2. Karen Marzano, IL
3. Nila Gresham, CO

4. Not a Member, MD

5. Karen Seidl, MN
6. Claudine Andola, FL
7. Sharon Wilks, NC
- 8T. Dyan Anderson, MD
- 8T. Randa Mullins, TX
- 8T. Jenny Nelson, ME

#### *Women's D*

1. Marci Laramee, TN
2. Karissa Sparks, DC
3. Michelle Lexow, IL
4. Aline Jackson, AR
5. Wesley Toland, AR
6. Jill Rogers, NM
7. Donna Payne, GA
8. Gretchen Gobar, NH
9. Gina Cendoya, FL
10. Patty Barrows, MA

#### *Women's Novice*

1. Nancy Gager, NJ
2. Jamie Shaw, TX
3. Ginger Buttke, TX
4. Laura Blaylock, NM
- 5T. Julie Arvidson, ME
- 5T. Theresa Brodzik, MI
- 5T. Not a Member, AZ
8. Donna Margwarth, NM
- 9T. Natalie Mody, NM
- 9T. Not a Member, ID

#### *Women's 24+*

1. Kristen Walsh, UT
2. Janel Tisinger, CA
- 3T. Adrienne Fisher, OH
- 3T. Rhonda Rajsich, AZ
5. Brooke Crawford, CA
- 6T. Brenna Bilbrough, OR
- 6T. Lauren Deutsch, CA
- 6T. Melissa Harmon, FL
- 6T. Olivia Martinez, TX
- 6T. Rachel Mimms, KY

#### *Women's 25+*

1. Debra Bryant, NC
- 2T. Rachel Gellman, AZ
- 2T. Aimee Roehler, NJ
- 2T. Kerri Wachtel, OH
5. Claudine Garcia, FL
- 6T. Heather Dunn, MA
- 6T. Kim Herold, SC
- 8T. Kelley Beane, NH
- 8T. Brenna Bilbrough, OR
- 8T. Kristen Fritz, VA

#### *Women's 30+*

1. Lorraine Galloway, NY
2. Elaine Albrecht, OH
3. Debra Bryant, NC
4. B.J. Ehrhart, CT
5. Kim Russell, TX
6. Kim Wapola, MN
7. Lori Lepow, FL
- 8T. Kelley Beane, NH
- 8T. Annette Gillhouse, CO
- 8T. Michelle Lucas, VA

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Women's 35+  
 1. B.J. Ehrgott, CT  
 1T. Debra Tisinger, CA  
 3. Lorraine Galloway, NY  
 4. Solanna Taragan, CA  
 5. Anita Maldonado, NY  
 6. Felicia Mann, MI  
 7. Helen Marseco, FL  
 8. Diane Mueller, CA  
 9T. Stephanie Johnson, TX  
 9T. Leah Upshaw, GA

Women's 40+  
 1. Debra Tisinger, CA  
 2. Linda Moore, NE  
 3. Peggy Stephens, KY  
 4. Val Shewfelt, UT  
 5T. Shari Coplen, MO  
 5T. Cyd Evans, NM  
 5T. Therese Lewis, OK  
 8. Malia Bailey, VA  
 9. Susan Hann, FL  
 10. Liz Molitor, IL

Women's 45+  
 1. Joanne Pomodoro, MA  
 2. Susan Pfahler, FL  
 3. Marcy Lynch, PA  
 4T. Meena Evans, NC  
 4T. Jere Luttrner, TX  
 6. Jean Trimble, FL  
 7. Nan Higgins, NH  
 8. Lesley Kishigian, MI  
 9. Debbie Chaney, IN  
 10. Marsha Berry, KY

Women's 50+  
 1T. Sharon Huczak, MI  
 1T. Terry Ann Rogers, CA  
 3. Agatha Falso, FL  
 4. Nancy Kronenfeld, IL  
 5. Linda Neel, OR  
 6T. Paula Sperling, NM  
 6T. Karen Weins, FL  
 8. Jane Bentley, NM  
 9T. Susan Kieffer, MN  
 9T. Pattie Schof, LA

Women's 55+  
 1. Mary Lou Furaus, NM  
 2. CeCe Palaski, CA  
 3. Agatha Falso, FL  
 4T. Sharon Hastings-Welty, OR  
 4T. Gerri Stoffregen, OH  
 6. Gail Schaefer, MD  
 7. Merijean Kelley, CA  
 8. Nidia Funes, CA  
 9. Suzanne Storey, TX  
 10. Mildred Gwinn, NC

Women's 60+  
 1. Marquita Molina, CA  
 2. Mildred Gwinn, NC  
 3. Sharon Hastings-Welty, OR  
 4. Gloria Piscoran, OR  
 5. Jo Kenyon, FL  
 6. Annabelle Kovar, NE  
 7. Sylvia Sawyer, UT

8T. Lola Markus, IL  
 8T. Nancy Martin, CA  
 10. Janet Dahl, CA

Women's 65+  
 1. Jo Kenyon, FL  
 2. Lola Markus, IL  
 3. Marilyn Hoagland, MN  
 4. Naomi Eads, MO  
 5T. Mildred Gwinn, NC  
 5T. Mary Walker, CA

Women's 70+  
 1T. Tillie Davies, AZ  
 1T. Marilyn Hoagland, MN  
 3T. Reta Harring, WI  
 3T. Lola Markus, IL  
 5. B.G. Railey, CA  
 6. Louise Kiss, NM  
 7. Mary Lou Kackert, NM

Women's 75+  
 1. Christine Stephens, TX  
 2. Beth Keene, TX  
 3T. Mary-Low Acuff, NC  
 3T. Helen Deysher, PA

Women's 80+  
 1. Mary-Low Acuff, NC

## BOYS

Boy's 6 & Under  
 1T. Not a Member, VA  
 1T. Jackson Rogers, NM  
 3. Not a Member, VA

B6- Multi-Bounce  
 1. Doug Brenner, OR  
 2. Jackson Rogers, NM  
 3. Sam Reid, OR  
 4. Nathaniel Stevens, CO  
 5T. Ryan Coates, OH  
 5T. Marco Rojas, CA  
 7. Keegan North, KY  
 8T. Jonathan Goddard, VA  
 8T. Zachary Pellowski, WI  
 10. Brandon Golob, VA

Boy's 8 & Under  
 1. Joseph Lee, LA  
 2. Not a Member, OR  
 3. Marco Rojas, CA  
 4. Logan North, KY  
 5. Jake Bredenbeck, MN  
 6. Dylan Reid, OR  
 7. Brad Falvey, WI  
 8. Not a Member, SD  
 9T. Matthew Hunter, FL  
 9T. Gavin Seaders, OR

B8- Multi-Bounce  
 1. Sam Reid, OR  
 2. Chase Stanley, LA  
 3. Gavin Seaders, OR  
 4. Marco Rojas, CA  
 5. Daniel Ring, MN  
 6T. Marty Andrie, CO  
 6T. Jackson Rogers, NM

8. Not a Member, OR  
 9. Miguel Martinez, AK  
 10. Andrew Boelter, WA

Boy's 10-  
 1. Jose Rojas, CA  
 2. Jake Bredenbeck, MN  
 3. John Sanderson, UT  
 4. Taylor Knoth, OR  
 5. Joseph Lee, LA  
 6T. Michael Watson, OK  
 6T. Sean Wickers, CO  
 8. Todd Elias Jr., AZ  
 9. Jonathan Stob, WA  
 10. Billy Wainwright, OR

Boy's 12-  
 1. Nick Arturo, AK  
 2T. Jonathan Doyle, OH  
 2T. Jose Rojas, CA  
 4. Tripp Isley, NC  
 5. Sean McGrath, IN  
 6. Brandon Ritschard, IL  
 7. John Edwards, WA  
 8. William Lee, LA  
 9T. Cam Grundman, MN  
 9T. Not a Member, OR

Boy's 14-  
 1. Matt Johnson, NM  
 2. Charles Pratt, OR  
 3. Drew Toland, AR  
 4. David Laforest, NY  
 5. Chris Coy, OK  
 6. Mark Elliott, AZ  
 7. Joey Lakowske, OR  
 8. Graham Seaders, OR  
 9T. Andrew Gale, UT  
 9T. Jordan Walters, NC

Boy's 16-  
 1. Steven Klaiman, TX  
 2. Travis Woodbury, VA  
 3. Brandon Shoemaker, OH  
 4. Devin Drury, WA  
 5. Ben Croft, IL  
 6T. Matt Howell, AK  
 6T. Jack Huczak, MI  
 6T. Ryan Lindell, OR  
 6T. Dan Sheppick, OR  
 6T. Dain Taylor, IN

Boy's 18-  
 1. Jack Huczak, MI  
 2. Zack Miller, CA  
 3. Sanjay Laforest, NY  
 4T. Bart Crawford, OR  
 4T. Matthew McElhiney, FL

6. Ryan Kofoid, AK  
 7. Dan Beaudry, CO  
 8T. Cory Martin, WI  
 8T. Shane Vanderson, OH  
 10. Michael Lawrence, AL

## GIRLS

Girl's 6 & Under  
 1. Nicole Bruns, VA  
 2. Danielle Key, AZ  
 3. Courtney Hill, NM

G6- Multi-Bounce  
 1. Elizabeth Brenner, OR  
 2T. Sierra Adam, CO  
 2T. Not a Member, OK  
 4T. Megan Cohen, NM  
 4T. Casey Wheat, ID  
 6. Nicole Bruns, VA  
 7. Not a Member, CO

Girl's 8 & Under  
 1. Kaitlin Inglesby, OR  
 2. Elizabeth Brenner, OR  
 3T. Sierra Adam, CO  
 3T. Nicole Grundman, MN  
 5. Kaitlynn Pacinelli, NM  
 6. Amanda Watson, OK  
 7. Tia Smith, OR  
 8. Stephanie Rojas, OR  
 9. Ceara Odell, NM  
 10. Not a Member, NM

G8- Multi-Bounce  
 1. Elizabeth Brenner, OR  
 2. Sierra Adam, CO  
 3. Hannah Edwards, WA  
 4. Emily Hathaway, MN  
 5. Nicole Bruns, VA  
 6. Kaitlynn Pacinelli, NM  
 7T. Nicole Grundman, MN  
 7T. Shanda Wheat, ID  
 9. Stephanie Rojas, OR  
 10. Alex Duran, NM

Girl's 10-  
 1. Kaitlin Inglesby, OR  
 2. Wesley Toland, AR  
 3. Nicole Grundman, MN  
 4. Brianna Ho, WA  
 5. Not a Member, SD  
 6. Jordan Golob, VA  
 7T. Shannon Inglesby, OR  
 7T. Danielle Key, AZ  
 9. Sharon Jackson, IN  
 10. Holly Hettesheimer, OH

Girl's 12-  
 1. Shannon Inglesby, OR  
 2. Dannielle Pimental, OR  
 3. Brittany Legget, OR  
 4. Kara Mazur, CT  
 5. Sharon Jackson, IN  
 6. Holly Hettesheimer, OH  
 7. Shanae Taylor, IN  
 8. Alyssa Goddard, VA  
 9. Not a Member, AZ  
 10. Rebeka Kopf, NY

Girl's 14-  
 1. Ashley Legget, OR  
 2. Ashley Willhite, OR  
 3. Elise Wilson, CT  
 4. Kelley Fisher, OH  
 5. Kastle Arturo, AK  
 6. Adrienne Fisher, OH  
 7. Sarah Moyle, OR  
 8. Nikki Winfrey, OH  
 9. Katie Ferguson, OR  
 10. Not a Member, AZ

Girl's 16-  
 1. Adrienne Fisher, OH  
 2. Ashley Legget, OR  
 3. Jenny Cary, OR  
 4. Cari Miltitsky, NY  
 5. Sarah Moyle, OR  
 6. Crystal Winfrey, OH  
 7. Jesi Fuller, NM  
 8. Ashley Willhite, OR  
 9. Kelley Fisher, OH  
 10. Melissa Gransbury, OR

Girl's 18-  
 1. Kristen Walsh, UT  
 2. Adrienne Fisher, OH  
 3. Lauren Deutsch, CA  
 4. Krystal Csuk, IL  
 5. Elise Wilson, CT  
 6. Kelley Fisher, OH  
 7. Melissa Gransbury, OR  
 8. Laurie Fisk, MO  
 9T. Lynne Berg, OR  
 9T. Jeni Fuller, NM

If you're ranked in the top-10, or top-25 (or suspect that you might be) ... it's important to make sure that your membership doesn't lapse and cause you to be listed as "not a member" in print and online! Renew when you receive your reminder to stay current!

## EVENT LEVEL/DESCRIPTION

	1st	2nd	3rd	4th	5-8	9-16
1 = Closed Club Event	30	20	15	10	5	0
2 = Open Tournament	50	30	20	15	10	0
3 = State Championship	150	100	75	50	25	0
4 = Regional Championship	250	150	100	75	50	0
5 = National Invitational	300	200	150	100	75	25*
6 = National Championship	600	400	300	200	100	50*

\*In draws of 48 or more at Level Five or Level Six events, 9-16th place finishes earn points.

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**november ...**

November 16-17	Noblesville Fall Classic @ Noblesville Athletic Club . . . . .	Noblesville, IN	317-879-8100
November 16-18	Turkeyfest @ Gold's Gym . . . . .	Bangor, ME	207-989-6981
	Turkey Gobbler @ Alpha Racquet Club . . . . .	Mechanicsburg, PA	717-540-5111
	Turkey Shoot @ YMCA . . . . .	Idaho Falls, ID	208-523-0600
November 23-25	Texas Turkey Shoot @ Racquetball & Fitness Clubs . . . . .	San Antonio, TX	210-344-8596
Nov. 27-Dec. 1	Mullet Hoover Open @ Orem Fitness Center . . . . .	Orem, UT	801-229-7158
Nov. 30-Dec. 2	BQE Holiday Classic @ BQE . . . . .	Woodside, NY	718-429-8489
	Holiday Classic @ Southern Athletic Club . . . . .	Lilburn, GA	770-972-2303
	The Holiday Magic Tourney @ Westerville Athletic Club . . . . .	Westerville, OH	614-882-7331
	Indiana State Doubles @ Greenbriar Athletic Club [3] . . . . .	Indianapolis, IN	317-897-5481
	Junior Parent Challenge @ Cedardale . . . . .	Haverhill, MA	978-373-1596
	North Carolina State Doubles @ Courts Plus [3] . . . . .	Jacksonville, NC	910-947-3202
	Pennsylvania State Doubles @ The Cocoa Court Club [3] . . . . .	Hershey, PA	717-540-5111
	Portland Open @ Racket & Fitness Center . . . . .	Portland, ME	207-775-6128
	Santa Tourney @ Severna Park . . . . .	Millersville, MD	410-980-0980
	Spectrum Holiday Classic @ Spectrum Club Fullerton . . . . .	Fullerton, CA	858-271-6741
	Superstars Of Racquetball @ Central Courts . . . . .	Columbia Heights, MN	763-572-0330
	WNY Kickoff Classic @ University Of Buffalo . . . . .	Buffalo, NY	716-639-0621
	21st Annual Freezeout @ Auburn YMCA . . . . .	Auburn, NY	315-255-1242

**december ...**

December 1	Maverick One-Day Shoot Out @ Maverick Athletic Club . . . . .	Arlington, TX	817-275-3348
December 1-2	Connecticut Open @ Downtown Health & Racquet . . . . .	New Haven, CT	203-248-1869
December 1-3	Holiday Classic @ Classic Athletic Club . . . . .	Fairfield, NJ	973-742-8806
	Winter Classic @ Quad West . . . . .	Clearwater, FL	727-535-4901
December 6-8	Rocky Mountain Masters @ Redwood Multipurpose Center . . . . .	West Valley City, UT	801-974-6923
December 8	Five Seasons Singles Shootout @ Five Seasons Country Club . . . . .	Westlake, OH	440-871-2811
December 7-9	Brian Scott Memorial @ 24 Hour Fitness . . . . .	Boise, ID	208-368-9737
	Holiday Cash Classic @ Orlando Fitness & Racquet . . . . .	Orlando, FL	407-645-3550
December 8	2nd Annual Mistletoe Match-Up @ Greenbrier North YMCA . . . . .	Chesapeake, VA	757-366-9622
December 14-15	Northwest Fitness Center Shoot Out @ Northwest Fitness Center . . . . .	Houston, TX	713-895-8688
December 14-16	New England Masters @ Midtown Family Fitness & Racquet Club . . . . .	Milford, MA	508-478-3030
	Christmas Classic @ Tysons Sport & Health . . . . .	McLean, VA	703-442-9150
	Christmas Crunch @ White Bear Racquet & Swim Club . . . . .	White Bear Lake, MN	651-426-1308
	Rollingwood Winter Classic @ Rollingwood Racquet Club . . . . .	Fair Oaks, CA	916-988-1727

**january ...**

January 4-6	Jim Backes Open @ Healthworks . . . . .	Wallingford, CT	203-248-1869
	L/A Open @ Central Maine Athletic Center . . . . .	Lewiston, ME	207-786-4730
	New York State Doubles @ Gold's Gym [3] . . . . .	DeWitt, NY	315-449-0400
	The Winter Freeze @ Springfield Athletic Club . . . . .	Springfield, OH	937-399-2360
January 8-12	Alta Canyon Avalanche @ Alta Canyon . . . . .	Sandy, UT	801-942-2582
January 11-12	Winter Chiller @ Suburban Racquet Club . . . . .	St. Cloud, MN	320-251-3965
January 11-13	Ektelon Racquetball With The Gar @ The Univ. Of Buffalo . . . . .	Buffalo, NY	716-839-0079
January 16-20	The Northern Ohio Championship @ Solon Athletic Club . . . . .	Cleveland, OH	440-349-3349
January 18-20	Splats On Ice @ The Alaska Club Midtown . . . . .	Anchorage, AK	907-696-8017
	Cocoa Court Classic @ Cocoa Court Club . . . . .	Hershey, PA	717-540-5111
	Hall Of Fame Tournament @ Central Courts . . . . .	Columbia Heights, MN	763-572-0330
	ORA Intercollegiate Doubles @ Baldwin-Wallace College . . . . .	Medina, OH	440-826-2286
	Racquetworld Revenge @ Colonie Court Club . . . . .	Albany, NY	
	Southern Ohio Championship @ Waycross Sports Club . . . . .	Westerville, OH	614-890-6073
	Super Bowl Open @ In Shape - West Lane . . . . .	Stockton, CA	209-472-2100
	24 Hour Fitness Open @ Courthouse . . . . .	Boise, ID	208-368-9737
January 22-26	Orem Open @ Orem Fitness Center . . . . .	Orem, UT	801-229-7158
January 25-26	The Super Bowl Splat @ Olympus Athletic . . . . .	Northfield, MN	507-645-8007
January 25-27	Battle Of The Bridge @ Gold's Gym . . . . .	Bangor, ME	207-989-6981
	Hog Classic @ Omega 40 . . . . .	Ormond Beach, FL	904-672-4044
	Meals On Wheels Benefit @ Gold's Gym . . . . .	DeWitt, NY	315-446-0376
	Red Cross Tournament @ Nautilus Fitness & Racquet Club . . . . .	Erie, PA	814-459-3033

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January 26 Jan. 29-Feb. 2	4th Annual NYC Pro-Am @ BQE ..... Five Seasons Singles Shootout @ Five Seasons Country Club ..... 2002 Massacre @ Redwood Multipurpose Center .....	Woodside, NY Westlake, OH West Valley City, UT	718-457-2530 440-871-2811 801-974-6923
February 1-3	Ballbuster @ Fitness Inc. .... The Strongsville Open @ Strongsville Recreation Center ..... W.N.Y. Open @ University Of Buffalo ..... 9th Annual Rochester Pro-Am @ Rochester Athletic Club ..... Classic Pro-Am III @ Classic Athletic Club ..... Massachusetts State Junior @ Midtown Family Fitness & Racquet ..... Central NY Championships @ Gold's Gym ..... Mesabi Daily News Iron Range Open @ Supreme Court ..... Sweetheart Doubles @ Sawmill Athletic Club ..... Valentine Double Trouble @ Alpha Racquet Club ..... Wintergreen Classic @ Laurel Sport Fit ..... Spring Smash @ Marv Jensen Fitness Center ..... State High School Championships @ The Alaska Club East ..... West Texas Gold Rush @ Gold's Gym ..... Groundhog Open @ Metro South Athletic Club ..... The Head Intelligence Tour @ Heights Health & Racquet Club ..... Long Island Winter Classic @ Sunrise Health & RQ Club ..... St. Valentine's Massacre @ YMCA .....	Pocatello, ID Strongsville, OH Buffalo, NY Rochester, MN Fairfield, NJ Milford, MA DeWitt, NY Virginia, MN Columbus, OH Mechanicsburg, PA Laurel, MD South Jordan, UT Anchorage, AK Amarillo, TX Brockton, MA Westerville, OH Massapequa, NY Idaho Falls, ID Portland, ME Anchorage, AK Milford, MA Glens Falls, NY Loveland, OH White Bear Lake, MN Fayetteville, AR Allentown, PA Bedford, OH Winona, MN	208-233-8035 440-238-2244 716-639-0621 507-282-6000 973-742-8806 617-561-4407 315-449-0400 218-749-8318 614-889-7698 717-540-5111 410-672-3441 801-253-4404 907-696-8017 806-359-5438 508-588-3444 614-890-6073 718-429-8489 208-523-0600 207-775-6128 907-696-8017 508-478-3030 518-793-3878 513-932-1424 651-426-1308 501-587-0500 610-821-1300 440-888-9993 507-454-8298
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February 8-9			
February 8-10			
February 13-16			
February 13-17			
February 14-17			
February 15-17			
February 20-24			
February 22-23			
February 22-24			
February 23			

• For all sanctioned events [brackets] indicate event level (unmarked = Level 2)

• Please note: USRA memberships are processed by month, not date ... when expiration is shown as 10/00, you must renew your membership in the month of October in order to play in any sanctioned events held that month.

For expanded calendar listings, refer to the online edition of RACQUETBALL at [www.racqmag.com](http://www.racqmag.com), or go to [Active.com](http://Active.com) for a calendar listing under "Sports You Do"



**for online entries to national events**

**2001...**

December 16-20	ProKennex IRF 13th World Junior Championships [5] .....	Orlando, Florida	719-635-5396
<b>2002...</b>			
January 10-13	USRA Leadership Conference [State Directors] .....	Colorado Springs, Colorado	719-635-5396
January 18-20	13th Women's Senior/Master Championships [5] .....	Warren, Michigan	810-774-6900
March 1-3	Wilson 15th U.S. National High School Championships [6] .....	Portland, Oregon	719-635-5396
March 13-16	NMRA Masters Championships [5] .....	Canoga Park, California	734-426-7522
March 22-31	PARC 15th Tournament of the Americas [U.S. Team] .....	Cochabamba, Bolivia	719-635-5396
April 3-7	E-Force 30th U.S. National Intercollegiate Championships [6] .....	TBA	719-635-5396
April 17-21	Ektelon USRA Regional Championships [4] .....	Nationwide	719-635-5396
May 22-27	Ektelon USRA National Singles Championships [6] .....	Houston, Texas	719-635-5396

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