

National Racquetball

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FEATURES

- 3 The Olympic Effort In Racquetball**
Racquetball's attempt to gain Olympic status.
- 6 Racquetball: A Sprinter's Game**
A yearly program divided into four phases.
- 8 Kaye Kuhfeld**
Profile of this month's centerfold
- 10 Tiny Tots: For The Fun Of It!**
Teaching two to eight year-olds.
- 14 Against The Odds**
Gary Baker is on his way to the top.
- 16 1977 Nationals: The Greatest Match Of All Time**
Davey Bledsoe vs. Marty Hogan
- 40 A Rating System For Racquetball**
- 48 The Racquetball Fanatic Quiz**

INSTRUCTIONAL

- 11 The Toughest Call In Racquetball**
Part 1 by Otto Dietrich
- 13 Awareness On The Court**
Practicing Three Concepts With One Drill
by Fred Acee
- 22 Easy Quick Fixes For Your Racquetball Game** by Dave Peck
- 23 Tips From Fran and Jim**
The Return of Serve
- 38 Working The Shoulders and Stomach** by Dan Obremski
- 46 PARI Tip**
Looking For Daylight

DEPARTMENTS

- 2 From The Editor**
- 12 Ask The Playing Editors**
- 42 Association Roundup**
- 46 What's The Call**
- 47 Letters To The Editor**
- 49 Passing Shots**
- 50 Newsbriefs**

AARA in Review

- 53 President's Column**
- 54 Regional Reports**
- 55 1987 Junior Orange Bowl**
- 55 National Rules Committee Member Named**
- 56 Second Annual State and Regional Directors Meeting**
- 57 Out Of The Past**
- 57 Racquetball Research Data**
- 58 1988 Major Events**
- 59 Schedule of Events**
- 59 State Rankings**
- 60 Officers and Board Members**

Be sure to cast your vote for
National Racquetball
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Ballot appears on page 19.

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From The Editor...

In My Opinion

If you were to survey racquetball players, chances are that 95 percent of us would say we have been deliberately cheated by an opponent at one time or another. However, human nature being what it is, few of us would call ourselves cheaters.

But cheating is affected by perspective. You may know darn well that your opponent missed calling that double bounce, but your shot a rally later certainly did not skip — it's just that sometimes your stroke gives the ball a funny spin.

We play a maturing sport. As racquetball grows, players constantly define and redefine the code of honor, most of it unwritten. What's cool and not cool is shown and learned by example. Mostly, the good players are examples to the learning players.

This is not another harangue against the on-court behavior of players at the top of the sport. As a matter of fact, that part is getting better. The professionals look like professionals most of the time, to the degree that when someone does act up, it's a surprise. And, both at the AARA Nationals and the AARA Junior Nationals this year, the vast majority of the top competitors handled themselves with admirable composure.

But, have you ever considered what you are saying when you question your opponent on a refs call? Perhaps you have turned to your opponent because you believe a call was wrong. In doing so, you question your opponent's integrity. In effect you are saying, "The ref is obviously wrong, why are you withholding the truth?"

This implies that you don't trust your opponent enough to let him or her volunteer the information. And if your opponent doesn't volunteer that information, the next implication is that he or she is robbing you of the proper decision, or essentially cheating.

Many times calls are indeed so close that you can legitimately feel the referee was wrong. However, if it was that close, who can really know what the "true call" should be? In the spirit of competition, your opponents are doing their utmost to win within the rules; asking them to penalize themselves on a close call is very unfair.

In a recent conversation, one of my friends pointed out that he feels guilty not overturning a call when requested, even when he is convinced the referee is right.

Referees provide an objective overview as competitors do their best to win. That objective overview is a luxury which frees competitors of all concerns except performance. Absolute truth on close calls is almost non-existent. The referee's split second decision, one way or another, is in essence like an unlucky (or lucky) bounce. In the end, all will even out. Asking your opponent's opinion puts him or her into a conflicting referee's role and removes the luxury of an objective official.

There are two very good reasons for never asking your opponent to overturn a referee's call. One reason is that you just may be wrong. On close, questionable kills or rollouts, your head is usually down as you hit your shot; often the referee sees the results much better than you. On close double-bounces, you are often sprawling or lunging wildly to get to the ball, and that affects your judgment.

On calls that are obviously wrong, turning to your opponent won't make a difference. If you aren't playing a cheater and the call is obviously bad, the information will be volunteered. If it isn't volunteered, presume the call wasn't as decisively wrong as you assumed. If you are playing a cheater, asking certainly won't get him or her to reverse the call anyway.

During those unfortunate situations when you play one of the few who cheat whenever possible, don't fall into the trap of cheating back to even the score. While virtue is its own reward, cheating is its own punishment. Real cheaters get a reputation quickly; even when they win they get no respect.

So, you may ask, what's the big deal about honor? There is a lot to be said about playing with honor. Few of us play to earn a livelihood. Our reward is the pride of playing hard and honestly; an earned accomplishment which stays with us as we leave the court. Otherwise, why play? ○

The Olympic Effort In Racquetball

The Golden Era. Gold — it's just a soft yellow metal, but one which has become increasingly valuable throughout the ages. Gold has gathered legends and lore, stories of valor, greed, courage and adventure.

Gold retains its value, particularly when it is Olympic gold. Today, racquetball, represented by the United States National Racquetball Team, is actively on its way — and getting closer — to becoming an Olympic reality and joining other sports in the quest for gold. Luke St. Onge, executive director of the American Amateur Racquetball Association (AARA), is one of the leading figures in racquetball's journey towards the Olympics. St. Onge has contributed to the following summary of racquetball's route to the Olympic arena which demonstrates the complexity of the quest, and the tenacity and resourcefulness of racquetball's proponents.

In 1978, St. Onge, as executive director of the International Racquetball Association, began looking for international recognition for the young sport. He knew that Olympic acknowledgement would lend credibility to racquetball as well as aid the IRA's cause in its power struggle with the U.S. Racquetball Association (a faction of the IRA that had broken away in 1973).

At the suggestion of Bill McNamara, then director of the President's Council on Physical Fitness and Sports, St. Onge, on behalf of the IRA, applied for membership to the U.S. Olympic Committee, the governing body of amateur sports in the U.S. Filed in haste and without any idea of what was really needed to join the USOC, the IRA's application was flatly rejected.

"We thought that it would be an easy process," St. Onge said. "We quickly found out how naive we were. We had a long, long way to go."

One of the things St. Onge didn't realize was that every sport that is granted admission to the USOC re-

quires a national governing body which belongs to an international federation. The first step needed was USOC recognition of a national governing body of racquetball.

In response to this need, the IRA voted to change its name to AARA and in October 1979 established the International Amateur Racquetball Federation as the independent international governing body. Going for its own gold the IARF immediately ap-

plied to the International Olympic Committee for recognition. The IARF application was rejected.

Later in 1979, St. Onge reapplied to the USOC for membership. This time the rejection notice came back asking for more concise information about the international development of racquetball. In how many countries was racquetball played? Which countries? What proof was there?

(continued on page 4)

To understand the history of racquetball's quest for Olympic status, one has to know the abbreviations which follow:

- AARA (American Amateur Racquetball Association) is the national governing body of amateur racquetball in the United States. It is a member of the USOC and a charter member of the IARF.
- GAISF (General Association of International Sports Federations) is made up of more than 60 international sports federations of both Olympic and non-Olympic sports. There are three levels a sport can attain: Observer, Provisional, and Full. Racquetball is Full status at this time.
- IARF (International Racquetball Federation) is the governing body of amateur racquetball internationally and a member of the GAISF. Presently, the IARF has 57 member nations.
- IOC (International Olympic Committee) is the governing body of the Olympic games.
- PARC (Pan American Racquetball Confederation), formed in 1986, is made up of all the racquetball federations in North, Central and South America.
- PASO (Pan American Sports Organization) is made up of the National Olympic Committees of countries in the western hemisphere.
- USOC (United States Olympic Committee) is the governing body of amateur sports in the United States. This committee, which was formed as a direct result of the Amateur Sports Act of 1978, has jurisdiction over amateur athletic competition in international events.
- Group A status, granted by the USOC, is for sports that are on the pro-

gram of the Pan American or Olympic games.

- Group B status is awarded to multi-sports federations.

- Group C status (the current status of racquetball) refers to members of the USOC that are developing sports and are not on the program of either the Pan Am or Olympic games. Other examples are acrobatics, badminton, karate and bowling.

- "Demonstration Sport" is included, but not officially contested, in both the Pan Am and Olympic Games and can become a full participating sport in future Olympic and Pan Am games.

- Pan American Games is the name of the international sports competition held every four years the year before an Olympic year; it is restricted to North, South, and Central American countries.

- IARF World Championship Games are held every two years by the IARF, with the 1988 World Championships slated for Hamburg, Germany, August 5-12. Twenty-seven countries are expected to compete, including some eastern block countries, for the first time in the history of the Games.

- World Games is an international sports competition for the non-Olympic federations. The IARF participated in World Games I in 1981 in Sacramento, CA and in World Games II in 1985 in London, England along with 23 other sports. In 1989, the IARF will participate in World Games III, tentatively scheduled for Karlsruhe, Germany. Sports such as racquetball, karate, women's water polo, roller skating, baseball, and softball are contested at these Games, which are sanctioned by the GAISF.

Olympic Effort

(continued from page 3)

This inauspicious beginning was phase one of racquetball's circuitous, complex course to achieve Olympic status as a demonstration sport. "I was really afraid of becoming a pest to these people," said St. Onge. "But I was not going to give up after all the work we'd done." So, on behalf of the AARA, he applied for



Dan Obremski (right) and Doug Ganim (left) represent the U.S. Team in men's doubles competition.

USOC membership for a third time.

This time the application was rejected because the sport lacked IOC recognition. The AARA was in the process of applying for this when it received word that the IARF's membership application to the IOC (over two years old) was pending. The IOC wanted more validation of the international development of racquetball.

St. Onge then applied on behalf of the IARF to the General Association of International Sports Federation for membership. In October 1980, the IARF was granted "observer" status within GAISF. This allowed racquetball to compete in World Games I, the first of its kind, and the first World Championships, in the summer of 1981.

After World Games I (Sacramento, CA), racquetball moved from "observer" to "provisional" status within the GAISF — one step closer. Every change in status with the GAISF helped the USOC look upon racquetball more favorably.

In December 1981, after the excitement of the World Games settled,

St. Onge applied to the USOC — the fourth attempt. He and George Dwyer, an AARA board member, presented their case before the USOC Membership Committee, the first live presentation on behalf of racquetball. They must have been convincing. The Committee passed a resolution recommending that the application be accepted by the Executive Board of the House of Delegates for the USOC at their April 1982 meet-

ing. "Finally!" said St. Onge. "After three years of frustration and rejection, we now had something to celebrate. Our foot was in the door." At the April meeting, St. Onge and Keith Calkins, AARA president, presented racquetball for membership to the USOC; it was accepted for Group C status by an overwhelming majority.

"We felt that this was one of the most important things ever to happen to amateur racquetball," said

Calkins, who is now also a delegate for the USOC on its Executive Board and is Secretary General of the IARF and President of the Pan American Racquetball Confederation. "It was

Racquetball's Route To Olympic Gold

1980 Observer status within GAISF
1981 Provisional status within GAISF
1981 Group C status granted by USOC
1985 Full membership within GAISF
1986 IOC recognition
1992 Pan Am Games?
1992 Olympics?

extremely exciting to have 400 to 500 people, members of the USOC House of Delegates, recognize that racquetball was more than a flash — here today, gone tomorrow — sport."

From this point, movement towards Olympic status gained impetus. In January 1983, the AARA moved its offices to Colorado Springs, Colorado, site of USOC headquarters. In October, the U.S. National Racquetball Team traveled to Costa Rica for the Pan American Championships. (The Pan Am Championships, not games, is racquetball only.) This marked the first time a U.S. racquetball team had traveled to another country for international play. In 1984, the U.S. team played in both the World Championships in Sacramento, (in which 11 countries participated), and the Pan American Championships in Quito, Ecuador. The U.S. team took 1st place, with Canada coming in 2nd, in both. In 1985, the team again triumphed and earned first place in the World Games in London, where 15 countries par-

U.S. NATIONAL TEAM HISTORY

1983 — Regional Games (forerunner to the Pan American Championships). Stockton, CA. Three countries participated: Costa Rica, Mexico and the United States. First place: United States; Second place: Mexico

1984 — World Championships. Sacramento, CA. Eleven countries participated. First place: United States; Second place: Canada

1984 — Pan American Championships. Quito, Ecuador. Fourteen countries participated. First place: United States; Second place: Canada

1985 — World Games I. London, England. Fifteen countries participated. First place: United States; Second place: Canada

1986 — U.S. Team Goodwill Tour to Japan and Korea. A two and a half week tour to develop the sport. The team played against top players from the Far East and were honored in Korea when met by the Seoul Olympic Organizing Committee.

1986 — World Championships. Orlando, FL. Twenty countries participated. United States and Canadian Teams were Co-Champions.

1987 — European Tour. U.S. team gave exhi-

bitions and promoted the sport in France, Belgium, Netherlands, Switzerland and West Germany. Two top American players played two top West German players in an exhibition in Barcelona, Spain for the Spanish Olympic Committee and the local Olympic Organizing Committee for the 1992 Olympics.

1987 — Tournament of the Americas. Caracas, Venezuela. Thirteen countries participated. First place: United States; Second place: Canada

1987 — Pan American Championships. Colorado Springs, Colorado. Thirteen countries participated. First place: United States; Second place: Canada

1987 — GAISF Annual Congress. Representatives of 91 countries were present for exhibition between the U.S. and Canada, including wheelchair teams. The GAISF chose racquetball as the only exhibiting sport at the Congress from a field of 63 sports.

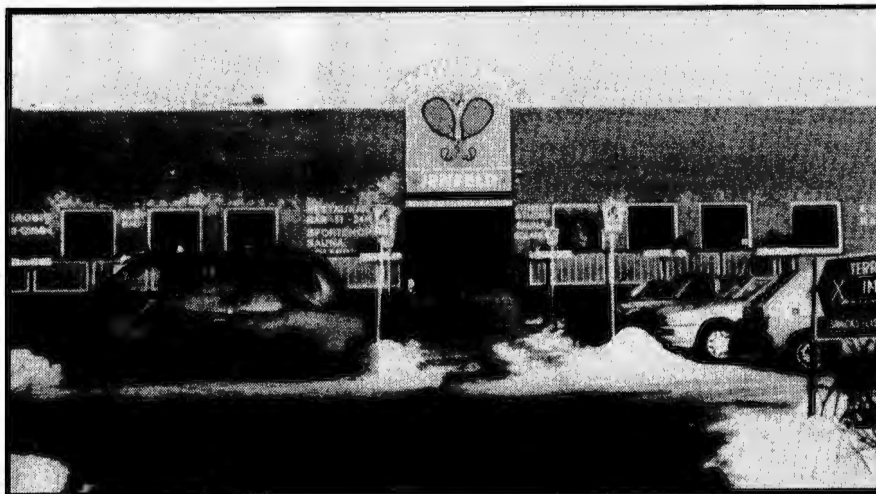
1988 — Tournament of the Americas. Santa Cruz, Bolivia. Fourteen countries will participate in this event which will be held in April.

ticipated.

In 1985, the IARF became a full member of the GAISF, giving racquetball its needed prestige and credentials. "This allows us to be on the board to vote on international sports issues," said St. Onge. "It also provides racquetball with a forum for development."

Having achieved international recognition, in December of 1985, racquetball then became the youngest sport ever to receive IOC recognition. The U.S. team has continued to participate in international competitions, championships and goodwill tours, and to hold its position as a leading team worldwide (see sidebar on U.S. National Racquetball Team), thus increasing its chances for inclusion in the Olympics.

The next goal is for racquetball to be placed on the program of the 1991 Pan American Games. If this occurs,



Jenfeld Racquetball Club, site of the 1988 World Games.

"1988 will be a big determining year for racquetball's increasing international status," said St. Onge. "How close we get to the 1991 Pan Am Games or the 1992 Olympics will be decided by several events later this year."

One of these special events will be the World Games in Hamburg, West Germany. It will be followed by a major international racquetball tournament to serve as a racquetball demonstration for officials in Barcelona, Spain (host city of the 1992 Olympics). Eighteen countries are expected to participate. Aside from the widespread media exposure racquetball will receive, this tournament will further demonstrate to the local Olympic or-

ganizing committee in Barcelona that racquetball is a well-organized, sport with tremendous popularity worldwide.

It is evident that racquetball is growing tremendously on an international scale. Achieving Group A status may be racquetball's first truly Olympian feat.

"Although we presently only have access to limited funds, today racquetball's value speaks for it-

self," said Calkins. "I predict that, if we continue to move forward in the next two to three years as we have in the last two to three, racquetball will be in the Olympics within the next decade." ○



(From left) Joe Kirkwood (Can), Doug Ganim (U.S.), Dan Obremski (U.S.) and Paul Shanks (Can) at Pan Am Championship.

it will represent another major step towards international recognition and the Olympic stage. Racquetball's status in the USOC will then move up from its present Group C to Group A. This will make the AARA eligible for USOC development funds, which will be of enormous value to racquetball.

After almost ten years of effort, St. Onge still believes that racquetball will make it to the famed Games.

1988 World Amateur Racquetball Championships

As racquetball moves closer to Olympic status, one event becomes more and more important in the international amateur game, the World Championships. This August the tournament will be held in Hamburg, West Germany.

Between the opening ceremonies on the morning of August 6 and the awards ceremony a week later, over 200 players from more than 20 countries across the world are expected to compete for the team and individual medals.

At the last World Championships, held in 1986 in Orlando, FL, Team U.S.A. and Team Canada tied for the first place gold. This year, Team U.S.A. is favored over Canada because of its commanding first place finish at the 1987 Pan Am Games. However, other countries such as Japan, Mexico, Costa Rica and Puerto Rico are closing the gap in international competition.

On the European side, Holland, Ireland and France will be strong contenders, as all three finished in the top 10 at the 1986 Championships.

The tournament will be hosted by Racquetball Jenfeld, the largest racquetball club in Europe. This club has hosted numerous national and international tournaments and is on the east end of Hamburg, at Barsbütteler Straße 43 (phone 040/653 00 64).

Hamburg is the second largest city in West Germany and the entire metropolitan area has a population of roughly 3 million people.

Racquetball: A Sprinter's Game

by Heather Kirkwood

Heather Kirkwood is a former member of the Canadian National Track and Field Team. Her collaborator on the story, Russ Kidger, is a track coach and consultant to the Canadian Racquetball Association.

As well as skill on the court, racquetball players need speed, fast reactions, power and endurance. So do sprinters. While the two activities aren't exactly alike, similarities in the necessary physical requirements far outweigh the difference. Racquetball is a sprinter's game.

Unfortunately, most racquetball players either do no off-court conditioning or work as if they were preparing for the Boston Marathon instead of a speed sport. Very few people are born with the ability to become world-class sprinters, but every athlete can maximize his potential by proper training. In short, sprint work can dramatically improve any racquetball player's performance on the court.

Russ Kidger, Canadian track coach and Masters exercise physiologist, has been evolving and refining a special training program, based on sprint techniques but specifically adapted for racquet-sports competitors. His pilot group consisted of seven high-level players, including Brad Desnautiers, 1979 North American squash champion. After three months of Kidger's training, the athletes found their games had significantly improved. And there was also an important physiological benefit — conditioning gave them added confidence on the court because they knew fitness would be a factor in their favor during tournaments.

Kidger's yearly program is divided into four phases: Off-season (three months); preseason (three months); in-season (five months); and total rest (one month).

Off-season — The tough preparation period when athletes must develop enough basic conditioning to carry them through months of depletion during competition.

Preseason — Mostly intense preparation work, including some tournament matches.

In-season — Major tournaments; the time around which a competitor's life revolves.

Total rest — Athletes need a break, physically and mentally, after eleven months of work. Playing other recreational sports is fine, but racquets should be tossed into a closet for two to four weeks.

Because of the psychological aspect, layoff time varies with each individual. Players should rest until they regain their competitive edge. In all sports, victory goes to the "hungriest" — the person with the strongest will to win.

Athletes will "peak" (reach their top performance levels) the last few weeks of the in-season phase, so yearly training schedules are arranged to make sure major tournaments fall into this time slot. (You should begin off-season work about ten months before your most important tournament.)

Kidger's training program works equally well for men and women. However, it's a high-intensity, high-volume method, geared towards serious competitors. Casual recreational players or people without a running background might find it too strenuous at first. It's wisest to begin by doing only part of each workout, gradually increasing your workload, as you feel comfortable, over a period of months.

The program has four sections — skills, weights, aerobics and anaerobics.

Skills — on-court practice and matches. This differs with each person. Everyone knows which part of his game needs work.

Weights — weight-training, using either specialized equipment or barbells. Weight-training doesn't mean staggering around with 400 pounds on your back. If pure strength were that important to speed, our fastest Olympians would be shot-putters. Instead of brute force, speed-sport competitors need explosive power. This is best achieved by alternating two types of weight-training — heavy weights (at 80-85 percent of maxi-

mum lifting capacity) and light weights (30-40 percent effort).

Select eight to ten exercises which emphasize different parts of your body. Repeat each exercise eight to 15 times during off-season training and 15-50 times in pre-season and in-season workouts.

For athletes using specialized equipment, repetitions should be done at high speed.

Aerobics — slow continuous running for 30-60 minutes. Aerobic work builds cardiovascular endurance. The higher your aerobic capacity, the less susceptible you are to fatigue and the quicker you recover from strenuous effort. It's extremely important for racquetball players to develop this area. In a long, tough game or a tiebreaker the win will go to the person with the best aerobic background.

Time means more than mileage in aerobic training. You can jog as slowly as you like, but your heart must exercise for a minimum of 30 minutes. If you run a great two miles in 10 minutes and then have to crawl home, you've wasted your workout (unless you're considering a track career).

For aerobics, the heart should work at a 60-85 percent effort. To compute that subtract your age from 220, then subtract your resting heart rate from the answer. Next take 60 percent of that figure and add your resting heart rate to the answer. Repeat the calculation, using 85 percent instead of 60 percent.

This math formula sounds more complicated than it is. For example, a 34-year-old athlete with a resting heart rate of 72 should be:

220	186	114
-34	-72	x.60
186	114	68.40
68.40	114	116.90
+72	x.85	+72
140.40	116.90	188.90

The aerobic heart rate should be between 140-189.

During a 30-60 minute run, this

34-year-old should check his heart rate every ten minutes. If it rises above 189 he should walk until it goes down. But if it falls below 140 he should increase his pace because his heart isn't working hard enough.

To check your heart rate, take your pulse for 10 seconds and multiply the answer by 6.

Anaerobics — sprint work. Kidger has devised a special speed drill for racquetball players. Athletes run five yards in a straight line, then reverse direction and run back to their original starting point. Then they turn and run 10 yards out and back; 15 yards out and back; 20 yards; and finally 25 yards.

This drill is done without stopping, so it involves 150 yards of continuous sprinting and nine 180 degree turns. To develop agility, athletes should alternate turning to left and right.

Speed varies, during different training phases, between 75-100 percent maximum effort.

This drill can be run on an artificial track (but not on cinders or grass — you'll land on your back when you try to turn). It can also be done in a racquetball court. Since a court, even diagonally, is only 15 yards long, you get the proper yardage by running 5-10-15-15-15-15 yards instead of 5-10-20-25 yards.

The most important part of any workout is warm-up. To skip warm-up is to ask for a serious injury. Before starting a daily training session athletes should do: 10-20 minutes slow jogging; 10 minutes easy stretching exercises; 5-8 50-yard 'build-up' runs.

In build-ups, each run is slightly faster than the preceding one. The first is almost a jog, while the last is just below full speed. Walk 50 yards between runs.

Off-Season: (three months)

Weights — Begin with medium weights — about 50 percent effort — and gradually increase to heavy weights — 80-85 percent — by the second month. The last month should consist of two weekly sessions with heavy weights at 30-40 percent.

Anaerobics — The 150-yard drill should be repeated four times, with a two-minute rest between repetitions. The speed is 75 percent of maximum effort the first month; 80 percent the second month; and 85 percent the third month. Don't get discouraged if you can't handle this workload immediately. It's a tough drill.

Preseason: (three months)

Weights — one heavy and two light weight sessions weekly.

Anaerobics — The first month the 150-yard drill should be repeated four to six times at 90 percent speed with one to two minutes rest between repetitions.

The second month the drill changes. The yardage drops to 5-10-15 yards (total distance 60 yards) because the athlete is probably competing in tournaments by this time (Anaerobic work shouldn't be done within three days of a tournament because it's too tiring.)

The third month the 60-yard drill is run in two sets of two repetitions at 100 percent speed with three to five minutes rest between sets.

(The third month the number of repetitions is reduced because athletes can't run full-out if they're tired.)

In-Season: (five months)

Weights — one weekly strength-maintenance session at 80 percent effort, but not within four days of competition.

Anaerobics — The 60-yard drill is run in two sets of two to four repetitions at 100 percent speed with three to five minutes rest between sets. (Whether you run two or four times per set should depend upon how you feel on a given day, but one should avoid a consistent two-repetition set.)

With this background and Kidger's weekly schedule, you can work out your own training program organized around your particular time preferences.

Be sure to include at least one day of rest per week. For example, some players schedule rest for the day preceding a tournament and the day afterwards.

With the exception of skills, try not to plan the same activity on two successive days. Lifting weights Monday, Tuesday and Wednesday and running distance Thursday, Friday and Saturday is too tough physiologically.

When weights are included in your program, they should always be done after skills. In any workout, if skills are involved, they should be done first.

To minimize stiffness, particularly after sprinting and weight-training, runners finish their workouts with a "cool-down." This consists of five to ten minutes of very slow jogging or walking and five minutes of easy stretching exercises.

As an example of program planning, I've worked out a sample weekly training schedule. Naturally, all workouts begin with a warm-up and end with a cool-down.

During pre-season and in-season phases, Thursday-Sunday workouts should be omitted if there is a tournament on the weekend.

Take 10-15 minutes rest between
(continued on page 50)

	OFF-SEASON	PRESEASON	IN-SEASON
Monday	skills aerobics	skills weights (light) anaerobics	skills anaerobics
Tuesday	anaerobics weights	skills aerobics	skills aerobics weights
Wednesday	skills aerobics	skills weights	skills
Thursday	rest	rest	rest
Friday	anaerobics weights	skills aerobics	skills aerobics
Saturday	skills aerobics	skills weights (light) anaerobics	skills
Sunday	anaerobics (optional) weights	skills aerobics	aerobics
Monday	rest	rest	rest
Tuesday	Begin schedule again. Because of the two rest days this is actually an 8-day program.		

Kaye Kuhfeld

She Plays a Cool Game

Kaye Kuhfeld has been called the Ice Princess, and it doesn't take an observer long to realize why. She is tall, blonde, slim, quiet and graceful. The racquetball court is where she earned the name. When she plays, she is in her own world of calm. Never try to read the score of a match by her face — at 10-10, you might guess the game hadn't started yet.

She wins. Racquetball rallies are not dictated by dress or appearance. Rallies are won by rollouts, pinches and perfectly executed pass shots; rallies are lost through errors. Kaye Kuhfeld has made it a habit to win rallies.

At the beginning of last season, she was ranked 17th on the WPRAs tour. At the end of the season, she was sixth; two tournaments into this season, she is already at fourth.

Now twenty-seven she has been playing since her late teens. "I played competitive tennis at the junior level,

ferent people as possible in the midwest. Only then did I finally start winning."

When she took her game to the pro tour, she continued winning. Her game style is designed to exert maximum pressure while keeping mistakes to a minimum. If she has a choice between passing for a winner or killing the ball, she'll pass. When the pass is covered, she'll roll the ball. Under pressure, she excels at reaching the ball and getting it back to the ceiling.

A good example of her grace under pressure is her 1987 WPRAs Nationals quarter final match against Marci Drexler, the hardest hitting woman player on the tour, and presently ranked number two. Kaye was ahead 10-2 in the first game, and lost 11-10; she was ahead 10-6 in the second game, and lost 11-10. She then

"There is no doubt I feel nervous. But it does me no good to let anxiety overwhelm me. I concentrate on directing my actions in a better direction because I know I play best when I am in control of my actions."

but I burned out," she says. "My dad turned me on to racquetball and I've been in love with it ever since."

She lives in Indianapolis, and has been dominating tournaments in the midwest region for years. Despite her obvious athletic talent and cool appearance on the court, the beginning wasn't as easy as people might think.

"A lot of people think it did come easy, but no. After winning my first C tournament and my first B tournament, it took two or three years before I got past the first round at the open level. I felt I had talent, so I made a point of playing as many dif-

fell behind 9-3 in the third game, ignored the score, the pressure and the odds to engineer a comeback and the most incredible upset of the year.

"I don't feel like that win was a fluke," she says. "I won through persistence and mental tenacity."

That tenacity, despite her cool appearance, is probably the essence of Kaye Kuhfeld. "The most important thing, if you feel you have the desire, is to pursue it. Try all avenues to achieve that desire and be persistent. Too many people I know don't try hard enough. As a result, they don't discover their capabilities.

"I would say I do have some talent,



but it still takes hard work. It's even more important now, because I'm not getting any younger. I have incorporated aerobics and weightlifting into my program because of the competition. That strengthens my mental game too."

By now, most of Kaye's competitors on the tour probably feel her mental game doesn't need much more strengthening. To all appearances, the Ice Princess is a fortress. She disagrees with that appraisal.

"There is no doubt I feel nervous. But it does me no good to let anxiety overwhelm me. I concentrate on directing my actions in a better direction because I know I play best when I am in control of my actions.

"I also try to live my life like that. I think it lets me acquire more spontaneity. I like being around optimistic people."

Right now, if anyone should be optimistic on the pro tour, it is Kaye Kuhfeld. She made it to the semifinals of the first stop this year in Alaska, and defeated Lynn Adams, the number one ranked player, to make the finals of the next pro stop.

As for the remainder of the season, she has definite goals. "My priority is to be number one," she says. "But I also want to have a good time, no trouble. If I'm not enjoying it, I shouldn't play. After all, it's not the end of the world if I blow a match."

It's a lesson in attitude that shows why she just might reach the top. ○

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Tiny Tots: For The Fun Of It!

by James Barysh

Children from ages two to eight playing racquetball — impossible? Chaos? No — just fun!

The key to teaching tiny tots racquetball is to keep them busy and let them have fun. These children can learn new skills, and gain confidence and a sense of self esteem. We don't expect them to play 21 point games, but this can be an excellent start for a lifetime sport.

I have found the following to be successful: First, teach them proper grip; where to place their feet for the forehand; to keep the racquet up and eye on the ball; and the swing through. The instructor can, and should, increase or decrease the amount of instruction, based upon the individual child's ability and attention span.

Once the fundamentals have been taught, the instructor should then work with each child individually. Drop the ball for the tot; encourage constantly, even if there is slow progress. After such individualized attention, creative and different types of the game can be utilized.

One example that I have found acceptable is the use of targets — the type of targets they can relate to. I placed a poster of Darth Vader on the front wall and told the kids to hit the poster with their "laser torpedo ball". Another technique that I have used is "hit the fish". This needs a fishing rod and line. Attach a ball to the line and have them hit the ball as you raise or lower it. This helps them work on eye-hand coordination. Other similar games can be created, but remember to change the activity every ten to twelve minutes.

For the more advanced, eager to play competitors, teach the no-bounce procedure. This would usually apply to the five-year-olds and up. No-bounce is also a fine way for the young ones to play against older juniors, or even their parents. Let the youngster play no-bounce while the opponent plays under the one-bounce rule only. My six-year-old has won many an ice cream from me by playing a tough game of no-bounce against my one-bounce.



A tiny tot's program has value for several reasons. It affords the opportunity to become involved, rather than feeling left out of the fun their

older brothers and sisters are having along with their parents. It gives a feeling of accomplishment and is a confidence builder. It helps build a

firmer foundation for the future of racquetball: the hard core, lifetime players of tomorrow and the future club members. A tiny tot's program is fun for everyone involved. ○



The Toughest Call In Racquetball — Part I

by Otto Dietrich

Otto Dietrich, who reffed 55 matches at the 1987 Nationals, has served on the National Rules Committee for the past five years. He is also the Rules and Referee Commissioner for Florida, Georgia, North Carolina and South Carolina.

All things considered, the toughest call to make in the sport of racquetball may be the hinder. Very often this call demands the referee's judgment; could Player A have gotten to the ball if Player B had not been in the way? Most top level players agree that knowing when and when not to call a hinder is what distinguishes good referees from bad ones. In this, the first of a series of articles about hinders, I will cover the easiest type of hinder to call — the dead-ball hinder.

The rules about hinders are intended to ensure the safety of the players as well as the fair outcome of the match. As anyone who plays racquetball knows, situations arise when one player cannot get to the ball or cannot take the shot he wants because his opponent is in the way.

A quick look at the rulebook shows that there are two fairly broad categories for hinders — dead-ball and avoidable. In the cases where interference occurs, but there is nothing that the opponent could have done to avoid it, the only fair thing to do is to stop play by calling a dead-ball hinder and starting the rally over again.

If the interference could have been avoided, it's not fair to the person whose shot was impaired to merely play the rally over. This is where the "avoidable hinder" concept comes into play and the player who could have avoided the hinder immediately loses the rally.

The Dead-Ball Hinder

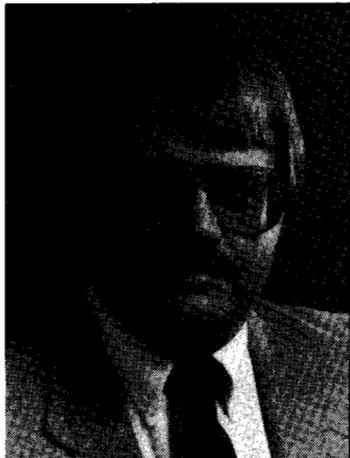
Body contact is one of the most common types of dead-ball hinder. However, body contact is not always a hinder. Play should be stopped only if the contact was sufficient to prevent the hindered player from making a reasonable return or if continued play might result in injury. Play should not be stopped because of incidental contact, particularly if the player whose turn it is to hit the ball will have an advantage if play continues. So, even if two players bump into each other, a hinder should not necessar-

ily be called if the offensive player can recover well enough to take an unimpaired shot.

Whenever any contact is made during the backswing, the player taking the shot may call a hinder. The player who was hit may not make this call. The call must be made immediately (not after waiting to see if the shot was good or not!) and is subject to the referee's approval. The referee should tend to be liberal in granting this type of hinder and, at the same time, consider whether the contact was "avoidable". Since there is a good chance that backswing contact is avoidable, give strong consideration to calling it.

Even when no contact occurs, the players' positions on the court can be such that the ball passes so close to one player that the other player is prevented from having a clear view of the ball. This is commonly referred to as a "screen". An important thing to note about this rule is that the ball must "pass close" to the one player. If the ball doesn't pass close, then a "screen" hasn't occurred — even if the other player didn't get a clear view of the ball. Incidentally, a ball that passes between the legs of one player is not an automatic hinder. A hinder should be called in this case only if the ball passing through the legs was the reason why the other player couldn't return the ball.

Generally speaking, a dead-ball hinder occurs when one player hits his opponent with the ball. But, a few years back, the safety holdup rule allows a player to hold his shot if he believes that he is going to hit his opponent with either the ball or the racquet. Although the player holding up his shot is the one who makes this call, it must be made immediately and is subject to the referee's ap-



Otto Dietrich

proval. In the interest of continued safety during the match, the referee should always give the player who holds up the benefit of the doubt. I can tell you that this rule has saved many a player — including myself — from getting many doughnut-shaped bruises on their backsides.

While holding up your shot is certainly the sportsman-like thing to do, sometimes you don't have time to do so and the ball hits your opponent. Assuming the hinder wasn't avoidable (next article), this is a dead-ball hinder. But there is one exception. If the ball obviously did not have the velocity or direction to reach the front wall, then there is no hinder.

In my opinion, this rule is often misapplied. Not the specific wording of this rule. It says that the ball must "obviously not" have the necessary velocity or direction. In other words, if there is any doubt at all whether the ball would have reached the front wall before the floor, then hinder is the proper call. This rule was intended to replay shots, for example, where the ball goes straight up then lands on top of his opponent's head. I have seen some players try to force a judgment out of a referee on a blistering killshot hit three inches off the floor that may or may not have skipped before it reached the front wall. Replay it. Remember, if there's any doubt at all, the proper call is hinder.

Sometimes a ball on its way to the front wall will just barely touch the opponent. This hinder must be called by the player who was hit. It, too, must be called immediately and is subject to referee approval. In my time, I have encountered a handful of players who are devious enough to claim that their opponent's perfect killshot hit them (even though it didn't) on the way to the front wall so as to talk the referee into replaying the rally. While it's often difficult to tell, the referee should base his approval on how rapidly the call was made by the player and whether the ball appeared to pass close enough to have actually touched.

Other types of dead-ball hinders

(continued on page 52)

Ask The Playing Editors!

If you have a question for the pros, direct it to one of the playing editors listed on our masthead, and address it to: **PLAYING EDITOR**, National Racquetball, P.O. Drawer 6126, Clearwater, FL 34618.



Fran Davis



Dan Obremski



Bret Harnett

Fran Davis, exactly why should I worry about my nutrition to play racquetball? It seems to me that backhands and forehands produce points, not lettuce. D.S., Topeka, KS

Actually, this question is usually a major discussion in my clinics. Most racquetball players think if they just play racquetball they can be in good shape and play tournaments. I disagree. I always explain that are bodies are like cars. Would you prefer to run on high octane fuel or watered down gas during a tournament? Obviously, you will get more mileage from nutritionally sound food.

I used to weigh 20 pounds more and had the nickname of "Thunder Thighs" until I started worrying about proper nutrition. People who know me have seen me become leaner and meaner since I started following this formula: Exercise (running, lifting, racquetball) + Nutrition (60/20/20 concept) = Results (my ranking shot up the first year I applied this formula).

The 60/20/20 concept means using a diet with 60 percent complex carbohydrates, 20 percent protein and 20% unsaturated fat. Complex carbohydrates are in foods such as baked potatoes, whole grain bread and rice. Protein is available in foods such as milk, fish and chicken. Fat is in foods such as butter, cheddar cheese and peanuts.

Dan Obremski, I watched you win a Hard-hit contest in Westerville, OH last year by hitting the ball 151 mph! Could you give me some tips on how to increase power on my serve? H.T., Westerville, OH.

That's a great question, because the serve is your best offensive weapon. Providing you keep it accurate, the faster you hit it the better.

One thing I do is point my toes into the back right corner (I'm right-handed) when I align my feet in the service box. Most players point their

toes straight ahead to the side wall. I find that pointing the toes further back forces my hips to turn with them. That adds more hip turn as I step forward into the ball, which generates more power.

Another quick way to add more power is to keep your head down. You can't watch the short line (let your ref or opponent call the serve) and hit with power at the same time. Experiment with your power zone — a common mistake in serving is to hit the ball too far forward in your stance. Finally, exhale as you serve; any power movements by the body are enhanced if you exhale.

All you need to do after all this is practice!

I notice that a lot of shots in racquetball have spin. Could Bret Harnett tell me if I should be trying to put spin on any or all of my shots? S.O., Raleigh, N.C.

I would say no. Spin is difficult to put on the ball with your racquet. There are enough things to concentrate on without adding another. Kill shots and placement of the ball is much more important; if you kill the ball, it is effective with or without spin.

You might point out that I splat the ball a lot and it has tremendous spin, and you are right. In fact, spin comes into play on most shots in racquetball. However, the most important thing to realize is that the spin does not come from the way you hit the ball. Spin comes from where you hit it.

In other words, the surfaces of the court impart the spin onto the ball. When I hit the splat, I still hit it with my racquet face flat. The ball has no spin when it leaves my racquet, but once it hits the wall, it picks up terrific spin.

I would recommend that you simply picture your shot, and hit it with your racquet flat. Let the walls and the accuracy of your shot take over from there. ○

Awareness On The Court

Practicing Three Concepts With One Drill

by Fred Acee

Fred Acee is a rated professional of the American Professional Racquetball Organization. He has a M.S. degree in physical education and is chairman of the physical education department of the State University Agricultural and Technical College at Farmingdale, NY.

A good driver is constantly aware of the cars around him by watching his rear view mirror, side mirror, and looking straight ahead. Opponent awareness! This applies in racquetball also. Opponent awareness is vital in other sports such as football, basketball or lacrosse — constant changes must be made or defeat is imminent.

Awareness of the ball, your opponent and the court are concepts which must be learned, and can be learned if you go about it in the correct way. To play good racquetball, you must focus on all three of these concepts.

Court awareness — understanding the possibilities of the court — is an essential step in becoming a good player. Even to an experienced athlete, court awareness does not come naturally; a beginner sees the service area and receiving line but only gradually becomes aware of the right side wall, left side wall, back wall, ceiling and corners. One must understand all the zones to become an accomplished racquetball player.

Court awareness is also understanding things such as angles and the court position of both you and your opponent. This positioning determines those angles and the possible target zones. The racquetball court is only 40' long x 20' wide, so most people can get to the ball as long as they know the simple strategic approach to standing or "floating" in the action zone, which is generally accepted as the back half of the court. Basically, shade slightly to whichever side of the court the ball is, watch the ball and play a little more toward the back than the front wall area of the action zone (25' to 30' back).

Ball awareness, the second concept of good racquetball, involves height of the ball, direction of the ball,

and the spin of the ball created by shots, such as pinch, splat, or around wall ball.

Watching your opponent hit the ball is critical. Also, watching the first surface that the ball hits will indicate its eventual landing spot and allow you plenty of time to get there and prepare for your shot. Nothing is as exasperating as hitting a poorly executed ceiling ball because you weren't paying attention.

The height of your opponent's stroke preparation will generally tell you what type of shot to expect. If you do not watch, you cannot see — a ball hit back in the stance, forward in the stance, or with a vertical or horizontal swing are early indicators of ball direction.

Opponent awareness is the third critical concept. This involves reading your opponent's racquet as you anticipate, understanding his capabilities, and understanding his agility.

If you watch your opponent with concentration, you will generally be able to see the direction his racquet face is pointing; that determines the direction of the shot. On the other hand, if you watch only the front wall, all you will react to is the ball as it comes back; this results in lunging or reaching. Understanding your opponent's capabilities simply means be able to decide such things as whether he or she can kill from 25' or 30' back. If not, don't waste movement by anticipating those shots. Force your opponent out of the ideal hitting areas, which generally entails forcing them into back court.

Understanding your opponent means quickly analyzing whether he or she moves best in a forward, lateral or backward direction. If the answer is yes in all directions, anticipate a great match!

One drill speeds up the learning process of increased awareness in all three areas — "zone racquetball".

Zone racquetball teaches you mini-movement or racquetball movement — taking small steps in a confined area, which I call "fine tuning the feet". In zone racquetball, you learn to control the ball, which is criti-

(continued on page 52)

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Against The Odds

Gary Baker Still Plays Racquetball

by Paul LaPann



Gary Baker (left) waits for the ref's call in a match against Wisconsin's Rick Vendedet.

Until four and a half years ago, Gary Baker enjoyed playing racquetball. Then came the construction accident that paralyzed him from the waist down. He quit playing.

After the accident, he lifted weights and worked out regularly for a year to strengthen his upper body. It took a friend to convince him to pick up a racquet again and enter a tournament in Pittsburgh.

He had to overcome the frustration and difficulty of adjusting to chasing the ball using wheels, but he did. Now Baker at 27 is one of the top wheelchair racquetball players in the United States.

"I chose racquetball because it is an individual sport and I get to travel the country," he says. "I'd like to win the national championship some day." During the past two years, Baker has played in 13 racquetball tournaments. Last year he finished fourth at the AARA National Championships in Houston and third at the National Wheelchair Championships in Los Angeles.

As he relearned racquetball from a wheelchair, one of his frustrations

was the difficulty of finding suitable playing partners.

"I only know of three or four wheelchair-bound people who play racquetball in West Virginia and only a few in Ohio.

"It's difficult to get other wheelchair-bound people to play racquetball. When I played able-bodied people, I would lose 15 to zero. It wasn't easy."

That has all changed. He now has partners, and

displays a good deal of competence when he plays.

How good are the top wheelchair players? Baker says he can now hold his own on the court against able-bodied Class B and Class C players. Of course, as Baker notes, he is given two bounces while able-bodied players are allowed the regular one.

The biggest disadvantage he faces in playing the top players is being unable to reach their hard-driven low shots. Maneuvering in a wheelchair for position can be difficult enough without having to chase down blurred racquetballs at the same time.

A new lighter wheelchair, however, allows him to turn more quickly and move faster on the racquetball court. Baker says the sports wheelchair, which weighs only 25 pounds, doesn't get in the way of his swing on the court. In fact, on his serve, he



Gary Baker at Parkersburg, WV tournament.

Photo: Chris Desmond

'transfers his weight' with the wheelchair, like an able-bodied person would with legs, to get more power and speed behind the ball.

"I face the back wall..., " he says, "...spin the chair and drop and hit the ball when I'm facing the front wall."

His racquetball strategy depends on the person he is playing. "I feel out my opponents to see how they handle my serves and shots; then I decide whether to use power or lob shots."

One of his racquetball difficulties is sometimes the act of entering a court. His home club, Olympic Sports World, in Parkersburg, WV, has courts that are accessible to the handicapped, but he has had to disassemble his wheelchair and drag it in pieces through narrower court doors at other facilities.

Gary attends the University of Ohio but returns to the club as many weekends as possible. During holiday breaks he practices four times a week. His coach is Jerry Harmon, Olympic Sports World's racquetball director.

Gary gets full support from Jerry and the club. Olympic Sports World is trying to form a racquetball association for wheelchair-bound people living in West Virginia, Maryland, Ohio and Pennsylvania. The club also plans to sponsor a racquetball tournament this month, featuring West Virginia University football players and coaches, to help raise money to send Baker to the national championships this summer.

Coach Harmon says handicapped athletes such as Baker are usually mild-mannered and rarely have angry outbursts on the court.

"A handicapped athlete must have patience," says Baker. He often practices a certain shot for 45 minutes at a time as part of his training. When he can find time, Baker lifts weights as well.

When asked to name the weakest part of his game, Baker said he still needs to improve his mobility on the court. "Every aspect of my play could be improved."

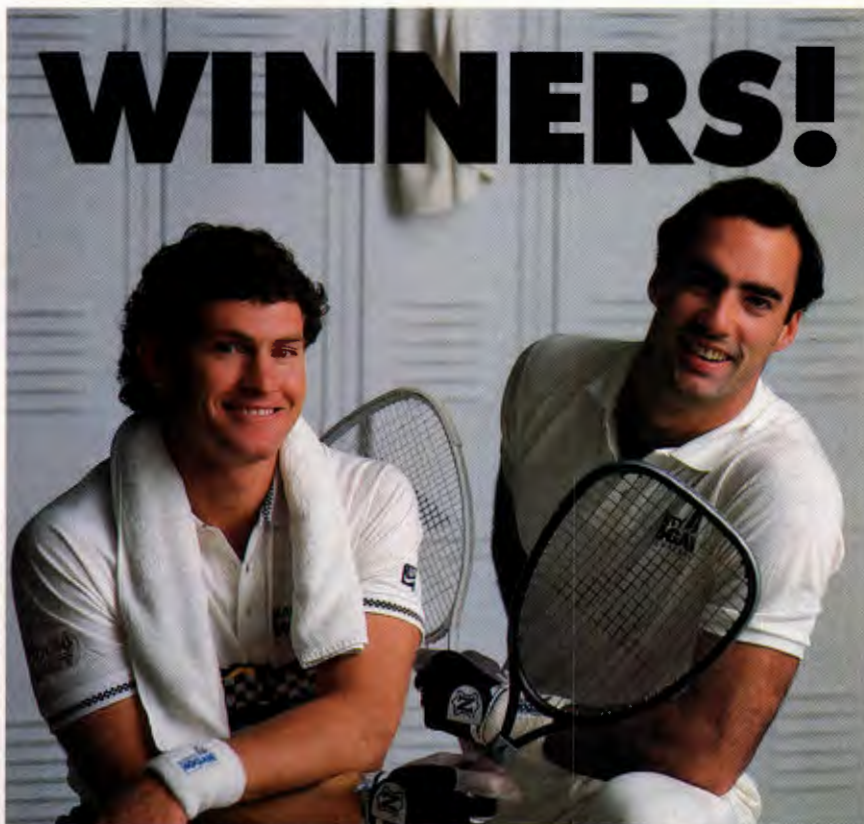
Besides racquetball, he enjoys tennis, skiing, and white water rafting on the New River in southern West

Virginia.

He is majoring in industrial technology, and is scheduled to graduate in June. He wants to work as a plant supervisor in the Parkersburg area or

in Pittsburgh after graduation.

His racquetball, of course, will continue. "I'm proud to be a wheelchair athlete. I'm proud to be able to show people that I can play." ○



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1977 Nationals:

The Greatest Match Of All Time? Davey Bledsoe vs. Marty Hogan

The first decade of men's professional racquetball has produced many great matches. A handful of those can rightfully be called classics. But perhaps only one qualifies as the greatest match of all time.

Among those who have been around the pro game since it began in 1974, there is almost unanimous agreement that the greatest match ever played was the final match of the 1976-77 Nationals at the Atlas Health Club in San Diego, in June of 1977. It was a battle that pitted fleet-footed Dave Bledsoe against Marty Hogan, a brash 19-year-old from St. Louis who was in the process of revolutionizing the sport of racquetball, and who was gunning for his first

national title.

To say that Hogan was the overwhelming favorite gives new meaning to the word "understatement". Bledsoe, said the current wisdom, was not even in the same league with Hogan — for that matter, neither was anyone else. Marty Hogan was the undisputed #1 player in the game. He had won every tournament he'd played during the regular season, and had moved through the first three rounds of the Nationals with ridiculous ease. Bledsoe didn't have a prayer. Some said he shouldn't even have been in the final, and he couldn't possibly win. But he was — and he did.

The importance of the match was

summed up by one reporter in this way: *"Playing to the sold-out, frenzied and screaming fans at the Atlas Health Club on June 11, 1977, Bledsoe put on a performance that will go down in history as the gutsiest, most daring and thrilling execution of racquetball skills ever seen."*

Why was it such an important match? To understand that we have to look at the events of the previous 18 months.

The story begins in Burlington, Vermont. There, on a Sunday afternoon in December 1975, a wiry-haired 17-year-old boy sent shock waves to the very core of professional racquetball when he blasted his way out of obscurity by beating the world's top player, Charlie Brumfield, and winning the first pro event of his young career.

Some said Marty Hogan's Burlington victory was a fluke. What they did not realize was that Hogan didn't just win a tournament — on that day, he reinvented the game of racquetball.

Two months later, Hogan repeated his miracle in Milwaukee and made everyone a believer. Power racquetball was born.

By the time the '76 Nationals rolled around, Marty Hogan had become the odds-on favorite to replace Brumfield as the game's premier player. But the Hogan steamroller was stopped cold by Brumfield. It was Hogan's second disappointing Nationals — one year before he had suffered a humiliating early-round defeat at the unlikely hands of Victor Niederhoffer, a U.S. amateur squash champion playing in his first pro racquetball tournament (which is a whole story in itself).

(continued on page 20)



Davey Bledsoe accomplished the impossible.

NATIONAL RACQUETBALL READERS' PLAYER OF THE YEAR BALLOT

At the end of the 1987-88 professional racquetball season *National Racquetball* magazine will award the "NR Reader's Choice Award" to one member of the RMA tour and one member of the WPRA tour chosen by our readers through ballots. Winners will receive a trophy and a cruise vacation. Don't miss this opportunity to vote for your favorite player! PLEASE VOTE ONLY ONCE.

My vote for:

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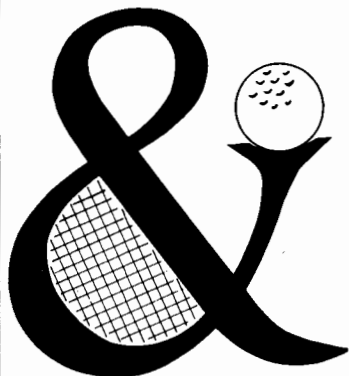
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The Greatest Match?

(continued from page 16)

With something to prove, Hogan stormed into the '76-'77 season like a man obsessed. He won nine straight tournaments (that's right, nine!), and then chose to sit out the last stop in Newport Beach to train full-time for the San Diego Nationals. He was adamant in his belief that being #1 by winning every event of the season was not enough. The National Champion, he said, was the man who won the Nationals.

But, while empires are built on strings of successes, they are sometimes lost with a single mistake. And Hogan made one fatal error. When he made the decision to skip the stop in Newport Beach he didn't realize that Charlie Brumfield had decided to do the same thing. And that opened the door for Dave Bledsoe.

Bledsoe had been little more than a footnote during the regular season. He was another of the game's new power players, and, although he had been beaten badly by Hogan during the season, he had managed to

move his ranking up to #4 by the time he entered the Newport Beach event. With the assistance of a watered-down draw, Bledsoe squeaked by Steve Serot and Craig McCoy to win.

That victory, which was only the second of Bledsoe's career, not only served to build his confidence, but moved him past McCoy and Brumfield to the all-important #2 ranking as he went into the Nationals.

Buoyed by his new-found confidence, Bledsoe began talking about the unthinkable — Hogan could be beaten, and he knew how to do it. Marty's invincibility, he said, was a myth.

Hogan was ready to accept the challenge. He stormed through to the finals in San Diego unscathed, and got ready to teach the upstart Bledsoe a lesson.

When the two players took the court for the final match, Hogan was rested and ready, while Bledsoe was still reeling from a marathon battle with Jerry Hilecher in the semifinals. (The previous day Hilecher had ended Charlie Brumfield's reign at the top of the sport in another classic match in the quarters.)

The crowd filled every corner of the gallery, with Hogan's mother and grandmother sitting in the front row.

The match began as expected. Marty came out blasting like there was no tomorrow, assuming that Bledsoe would try to slow the game down. But to everyone's amazement, Bledsoe did the opposite — he returned Hogan's bullets with rockets of his own, while using his incredible court speed to neutralize Hogan's game.

The score of the first game inched up to 13-all before Hogan connected with six straight to pull away 19-13. It appeared Bledsoe was in trouble. But instead of retrenching and playing more conservatively, Dave started taking even more risks, shooting from everywhere — deep court, off-balance and on the move. His shot selection was enough to make a teaching-pro wince, but somehow he connected, time after



The sorrow of defeat - photo by Art Shay.

time.

"The big difference," Bledsoe said after the match, "is everybody said don't match power with him. What was I supposed to do, change my game in the finals of the Nationals?"

"I had to play smart for me. I took the first shot I thought I could make. I even forced it. I played power with him. I kept the pressure on."

Hogan's game stalled, and then fell apart under the pounding pressure of Bledsoe's determined charge. Marty's most potent weapon — his serve — deserted him.

The crowd, 90% against Hogan,

not too deep, and Hogan, as he has done hundreds of times this year stepped up to shoot the left corner — a 95 percent.

"But the muscles were tense. The fluidity of the stroke gone. Hogan hit it in the dirt, barely five feet from his body, a massive skip which ended his frustration, 21-19.

"The ensuing scene was drama. Both players released their emotions with tears."

"I couldn't believe it," said Bledsoe. "I had to stop and think of what happened. I figured I'd cry like a baby."

Hogan was shattered. In one of

"Bledsoe put on a performance that will go down in history as the gutsiest, most daring, and thrilling execution of racquetball skills ever seen."

screamed continuously as Bledsoe scored point after point, and came to their feet when he took the first game 21-20.

Marty quieted them down quickly as he bolted to a 7-0 lead in the second game. Again Bledsoe began taking risks, and again he came back — he tied the game at 7-7 and then roared to a 13-8 game lead of his own. Hogan's back was to the wall and he knew it. He began to press even harder. But Bledsoe wouldn't let up and matched Hogan point for point until suddenly he was in the service box serving for the match at 20-15.

How was this possible? What was wrong with the great Hogan?

"I tried to control the pace," said Bledsoe. "When he made an error, I'd serve quick. When he made a good shot, I'd take my time. I tried to always make him aware of my presence."

Hogan let it all go. He took back the serve and inched his way back into the match 19-20. It looked like another great Hogan comeback. But this time it was not to be.

A reporter described the final moments: "Marty blew a forehand set up, missing a right corner pinch for side out. Davey immediately set to serve, a three-quarter speed Z to Hogan's backhand. The serve was

the few public displays of emotion in his career, he moved slowly out of the court and fell sobbing into the arms of Charlie Drake, his mentor and friend. It was a heart-wrenching scene that was immortalized by Art Shay in one of the most memorable racquetball photographs ever published.

What happened to Hogan? Well, those who saw the match maintain to this day that Marty choked. Some say that the enormous pressure of trying to win the Nationals at the age of 19, and doing it in front of his family was just too much.

Marty Hogan would not lose another national title for a very long time — he went on to win the Nationals in '78, '79, '80 and '81. He continues today to be one of the predominant players in the game.

Dave Bledsoe was not so fortunate. Although he defeated Hogan one more time the following season, his rise to the top turned out to be a little more than a temporary glitch in the annals of the pro game. For one glorious summer, he was the #1 racquetball player in the world. But he was never able to equal his magnificent performance of that hot June afternoon in San Diego.

For that matter, neither has anybody else. ○

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Easy Quick Fixes For Your Racquetball Game

by Dave Peck

In analyzing players through my career, I have found that without a proper foundation — namely stroke mechanics — it is almost impossible to break through to the top playing levels.

I have seen players so anxious to improve their game, they do everything from eating "diet pizza" (tomato sauce without the crust, cheese or good stuff), to contracting "racquet excusitis" (blaming the loss on the racquet). They forget that nasty word called practice!

Consequently, instead of hitting grooved reaction shots during play, there is hesitation as they try to "think through" the stroke and then it is too late. The shot is either mishit or is missed completely. As a result, these players are continually losing without knowing why.

In other words, stroke mechanics should be your major concern. The ball doesn't know the match situation or that you are wearing your lucky shirt — it only knows how the racquet meets it on impact.

Very simply, if players can consistently hit shots to the open court or their opponents' weak side, they will be winners. The problem, of course, is in finding the consistency. This is where the "easy quick fixes" are going to help improve and strengthen your game. So let's go to work and isolate your specific problems — and their appropriate cures.

Problem: I just started using a mid to oversize racquet and I am having trouble keeping the ball low. (Translation: "Almost every player in the world is using these racquets with great success, while I'm the only uncoordinated oaf having trouble.")

Reason: When you switch to the larger racquet from the standard-sized, your stroke speed remains the same. As a result the ball rises from the added power that the larger-sized sweetspot gives the racquet.

The Easy Quick Fix: Be patient. You will naturally start to adjust your

stroke to the racquet. The common mistake when one gets a new racquet is to immediately play a match.



As with anything new and different, there is an adjustment period. Reschedule your matches for the next two days after getting your racquet. To speed up your adjustment (and forgive my cursing) go into the court and practice, practice, practice!

While doing your drills, work on slowing down your stroke, keeping your head down at impact, hitting through your power zone (big toe up to your inner thigh) with your racquet head flat, and following through to the front wall to keep the stroke level. At first, it is going to feel awkward, but don't worry, with a little practice you will be hitting like the pro's.

Problem: I'm not sure when I should run around my backhand to hit my forehand.

Reason: When you don't program yourself to anticipate the trajectory of the ball, it's difficult to give yourself the time to move around a backhand shot and hit from the forehand side. Most players' backhands are rarely predictable; either the ball skips into the floor or floats to the front wall, giving opponents juicy set-ups.

The Easy Quick Fix: Learn the angles! Remember when you enter the racquetball court you're taking a course in geometry. After your opponent hits the shot, picture its destination. Move there. Then you should have time to decide whether it will be more appropriate to take the backhand or run around it and use your forehand instead. Once you get into this habit, your confidence will increase and you will have complete awareness of your opponent's location at all times; your shot selection will improve as well.

Problem: I have a lot of trouble controlling my ceiling shots. They

(continued on page 52)

Instructional From Fran and Jim

Move Like A Cross-Country Skier On The Return Of Serve

Do you know that over 20% of one's total points are scored on return of serve? How many of you are guilty of giving away points on your return of serve?

What we need to do is place more importance on the return of serve. Many of us spend hours and hours practicing our forehands and backhands or ceiling balls or off the back wall, but not enough time is spent on the return of serve, the #2 weapon in the game today.

Good body control, balance and reach are essential when returning serve. It is important to glide to the

ball and achieve a graceful stride when approaching it. For maximum power and control the arms, legs and racquet must move in unison.

To obtain an effective return of serve take a tip from a cross-country skier. Their poles move forward and back in harmony with their legs constantly striding (see Fran in Figure A).

A racquetball player needs to move in the same fashion with the racquet, arms and legs keeping good rhythm (see Fran in Figure B).

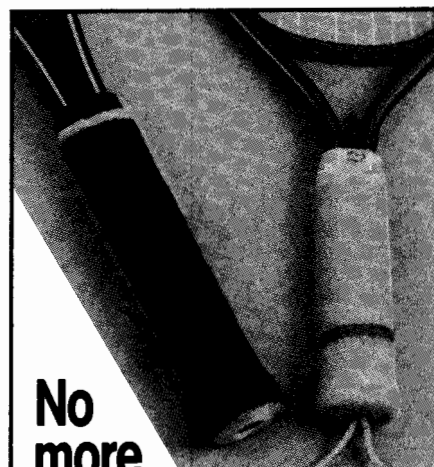
Remember if you do not have an effective return of serve you will be setting your opponent up or skipping

the ball in more often than you would like. Think of the cross-country skier who moves as gracefully through the snow as you would like to move on the court.

Good luck.
It's all downhill from there. ○



Figure A above,
Figure B right.



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On this and the pages which follow you will find a selection of the latest in sportswear for those who lead an active lifestyle. The Puma fashion line is part of their 1988 collection and will start to appear in the stores by August. The clothing is worn by members of the Campus Recreation Department from the University of South Florida.

To receive information about any of the products shown, circle the corresponding number on our reader service card.



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From left to right: Dawn Orlando - National Racquetball sweat-shirt, shorts and visor, Shark Sports Watch. Sylvia Alvarez - Kill Shot shirt, shorts, hat, Shark Sports Watch and Thor-Lo socks. Eric Marks - Bike shirt, shorts and Unique wristbands. Erkl Bond - Adidas sweatshirt. Inset: Sylvia - Kill Shot shirt.



From left to right: Ann Arbet - Puma sweatshirt, Thor-Li socks.
Tony DeLols - Universal sweatshirt. Mary Meier - Adidas shirt,
Unique sweatbands. Sylvia - Kill Shot shirt, shorts, Unique
headband and Thor-Li socks. Eric - Kill Shot sweatshirt, hat
and Unique sweatbands.



From left: Forrest
O.J. Sackey - Kill
Shot sweats with
hood. Erik - Puma
sweats with hood,
Thor-Lo socks.

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From left to right: O.J. - Adidas sweats. Erik - Universal sweats. Tony - Adidas short set and Thor-Lo socks. Mary - Puma Rugby dress and Thor-Lo socks. Sylvia - Puma sweats, Unique headband and Shark Sports Watch.

From left to right: Brian Brezicki - Bonnie Jacket and pants. Ann - Bike shirt, shorts, Thor-Lo socks, Unique wrist and headbands. Eric - Kill Shot "Pinch Shot" shirt, shorts and Unique wristbands.



Kaye Kuhfeld
Top Ranked WPRA Player







Above: Eric - Kill Shot shirt (available in a variety of colors), hat and Unique sweatbands.



From left to right: Ann - Adidas outfit and Thor-Lo socks. Tony - Bike shirt, shorts, support girdle and Unique wristbands. Brian - Puma shirt, shorts and Shark Sports Watch.



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From left to right: Dawn - National Racquetball golf shirt, shorts, visor and Thor-Lo socks. Erik - Puma shirt and pants, O.J. - Bonnie Jacket, pants and Thor-Lo socks. Brian - Universal sweatshirt, sweatpants, Thor-Lo socks and Shark Sports Watch.

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From left to right: Dawn - National Racquetball T-shirt, shorts, visor, Unique Wristbands and Thor-Lo socks. Brian - Puma shirt, shorts and Thor-Lo socks. Tony - Adidas shirt, shorts and Thor-Lo socks. Erik - Puma shirt and pants. Mary - Kill Shot sweatshirt and Unique headband.

Hiser on Racquetball



If you've ever been to a men's pro stop, you've probably seen Jim Hiser. As Racquetball Manufacturers Association (RMA) commissioner he is responsible for setting up the men's tour. He's there at every stop organizing, refereeing, arbitrating and generally seeing that things go well.

Jim's a busy man. He is vice president of the AARA, he runs the Elite Training Camp and puts on his own tournament series, the Super Seven, in Michigan where he lives. He is also involved with the game at the international level and will be the head official traveling with the U.S. National Team to the World Games in Hamburg this year.

He travels constantly, attending about 35 tournaments each year plus meetings and trade shows which keeps him on the road for about 45 weekends.

He is well educated, holding a Ph.D in medical micrology, and was a member of the Apollo 16 research team which sent out the first lunar probe.

We talked to Jim recently at yet another Trade Show and what follows is part of our conversation with this quiet, unassuming man who has had such a positive impact on our sport.

HISER ON THE PROS

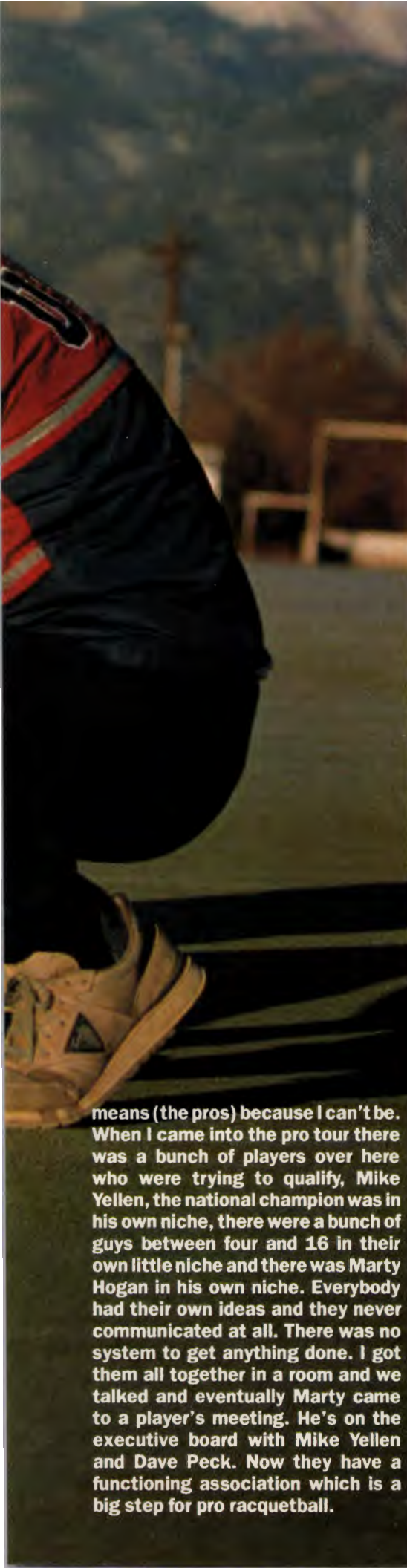
- I play racquetball, not as often as

I would like but whenever I have the opportunity. I usually play with some of the pros when we get into a tournament. They don't mind that I don't play at their level.

- They give me points and we play for pops. At the last stop I played with Egan when he came in and Tom Montalbano and Ruben.

- The best all round player, most dominant player right now is Bret Harnett. He is very, very quick, in great physical shape, very powerful, has tremendous retrieving ability and when he is on he can kill the ball better than anybody. He is the best player on the tour this year and he is the number one favorite right now.

- I'm not their best friend by any



means (the pros) because I can't be. When I came into the pro tour there was a bunch of players over here who were trying to qualify, Mike Yellen, the national champion was in his own niche, there were a bunch of guys between four and 16 in their own little niche and there was Marty Hogan in his own niche. Everybody had their own ideas and they never communicated at all. There was no system to get anything done. I got them all together in a room and we talked and eventually Marty came to a player's meeting. He's on the executive board with Mike Yellen and Dave Peck. Now they have a functioning association which is a big step for pro racquetball.

- I get along with them well. Sometimes I make decisions they don't like but they have been very good. There are some people who test me at every opportunity.

- I think they see me as a person who is really trying to help the game and most of the time when I make a decision it is supported by most of the guys. We have a process where they can appeal a decision they don't like. I don't think they see me as one of them, but they do respect that I am working on their behalf.

HISER ON THE GAME

- The game is extremely fast and it has gone over to a power game which I am not sure is really good. It seems that the people who are doing really well right now are the powerful hitters. If you look right now, at this particular time when we are talking, the top three players are real power hitters.

- I would like to see the ball slowed down a bit. I would like to see more strategic racquetball, rather than power. I think it would be a better spectator sport. People would relate to it a lot better.

- With the oversize racquet and the ball right now it is a server's game. The guy who can serve the ball the hardest is usually the guy who is going to win the rally. It is very difficult to receive a ball that is going 140 mph.

- One of the advantages of racquetball is that it is exciting. There is diving and really great athletes. You don't want to take that out of the game, but it could still be there with a slower ball. It wouldn't take the great athletic ability of these guys away.

HISER ON THE RMA TOUR

- The RMA was formed to organize the pro tour. They hired Drew Stoddard and after he left they got me.

- They just wanted to organize the tour with the hope that someone would come in and take it over. Now that someone has come and wants to take it, I think it is a golden opportunity for the RMA to go in another direction and let someone take it over who really wants to do it.

- I think racquetball is at the stepping stone of something really big right now. If Tom Cavalero, the pro-

moter from New York, can get it on television as he thinks he can, and if he can promote it over a five year period which is what he means to do, it will be great. He doesn't want to do it as a one time shot.

- The RMA can funnel some of their resources and ideas into amateur racquetball and grass roots development. I think it would be better with the manufacturers getting out of running professional racquetball. I think they served their purpose and I think they did a good job and I am glad that they are stopping right now and not trying to go any further.

- I'll stay involved with the tour at least until we can get these programs off the ground and I don't know if that is one year, two years, or five years.

HISER ON THE AARA AND RMA

- I don't see any conflict between my involvement with the AARA and RMA. As a matter of fact I think it has been an asset. When I came into amateur racquetball the professionals were by themselves, the manufacturers were by themselves and the amateurs were by themselves. Even though they are not working together as well as we all want them to do, they are a lot better than they used to be.

- The pros are a lot more receptive to working with the amateurs and the amateurs are a lot more receptive to working with the pros. We bring a lot of the pros into the Elite Training Camp and they help the amateurs at that level.

- The manufacturers are communicating with the amateur body where four years ago they wouldn't even talk.

HISER ON HISER

- I started playing racquetball on Monday, Wednesday and Friday mornings at 6 a.m. with a Detroit Lions full back named Mick Eddy. I became involved in our state and then national organizations and started the Super Seven racquetball series. I worked my way up and it was a very slow progression.

- All the traveling makes it very difficult to carry on any type of relationship. I don't have any of my own children. I am getting to the age now

(continued on page 50)

Working The Shoulders and Stomach by Dan Obremski

A karate friend of mine who obtained a high degree black belt told me that all of her power, whether kicking or punching, originates from the center of her body which is her stomach. After speaking with top athletes from power-oriented sports such as karate, baseball (hitting), and racquetball, I was thoroughly convinced that a strong group of muscles surrounding the midsection should be desired by everyone interested in full body development. Speaking for myself I can generate a great deal of power to my shots when I concentrate on powering my midsection through the ball. Some of the other premier power players on the tour with well developed stomach muscles include Marty Hogan, Bret Harnett and Egan Inoue. I'm sure they supplement their training with some form of stomach work. Hopefully, after reading of the benefits, (aesthetics included) of a good stomach routine you will begin to work on getting a tight midsection.

Unlike other muscle groups you can work your stomach four to six times per week because the muscles in the stomach repair themselves quicker than most other body parts. This allows you to make quick gains in strength and possibly looks. (Where looks are concerned, it's a

good diet that will allow well developed stomach muscles to show.) The best part of a stomach routine is that you can do most of the exercise at home in front of the television.

Stomach Exercises

Choose one from each group to work the different areas of the stomach. Do three sets of each, 15-20 reps in each set to start (progress to more repetitions weekly). Variations are important.

This group of exercises primarily works the lower abdominal region. (choose one)

Hanging Leg Raises
Leg Tucks

Leg Raises
Six-Inches

This group of exercises primarily works the upper abdominal region. (choose one)

Crunches
Incline Sit-Ups
(Eagle) Abdominal

This group of exercises primarily works the obliques. (choose one)

Side Crunch
Twists
Rotary Torso (Eagle)

Hanging Leg Raises: Use an over-hand grip, keeping hands shoulder width apart, and hang from a bar.

Bend your knees slightly and lift them to your chest in a controlled motion (don't swing). The lifting should be done on a two count while the lowering is done to a four count. Don't let your feet touch the floor.

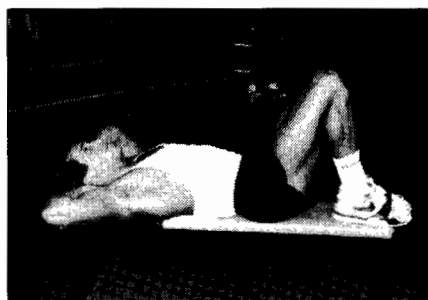
Leg Tucks: Lie back on a flat bench. Grab the side of the bench with your hands. Begin by pulling your knees to your chest, then fully extending them over the bench without letting them rest on the floor or the bench. Raise on two count, lower on four.

Leg Raises: Lie back on a flat bench and grasp the sides for support. Keep your legs straight and lift them to a 90° angle. Lower the legs on a four count (keep them straight) but don't let them touch the bench. Raise back up on a two count.

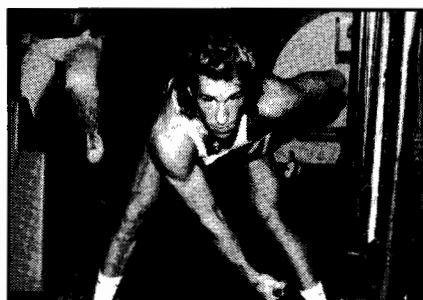
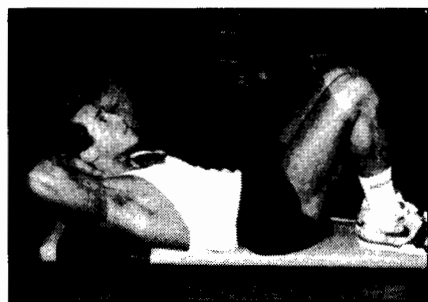
Six-Inches: Lie back on a flat bench and grasp the side of the bench. Hold legs straight out six inches above the bench for 30 seconds. Increase the time each week.

Crunches: Lie back on the ground with your hands behind your head and your knees slightly bent. Lift only your shoulder blades off the ground while looking straight up. This will "crunch" your stomach muscles.

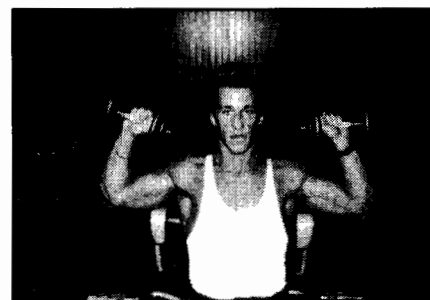
Incline Sit-Ups: Hook your feet or legs and lie back on an incline bench so your body is on a decline. Put your



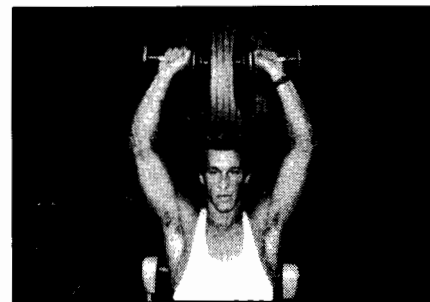
Abdominal crunches: begin and finish above, mid-point below.



Bent over cable raise: begin and finish above, mid-point below.



Dumbbell overhead press: begin and finish above, mid-point below.



hands behind your head and sit up fully to a two count. Lower yourself to the bench to a four count (bend knees to ensure safety).

Eagle Machine Abdominal: Sit in a properly adjusted machine and push the chest pad down to a two count, up to a four count.

Side Bends: Stand upright with knees slightly bent and a little wider apart than shoulder width. Bend to the right, bringing your right elbow, which is behind your head, to your right knee. Alternate sides. (This exercise can also be done with some weight in the opposite hand.)

Side Crunch: Lie on your right side with knees slightly bent, left arm behind your head, and your weight on your rear end. Crunch up and flex on two count, lower to the floor on four count (alternate sides).

Twist Broomstick: Place a bar or broomstick across your shoulders. Put your hands over the bar. Legs should be shoulder width apart and knees slightly bent. Twist fully to both sides (50-100 reps).

Rotary Torso (Eagle): Sit properly in machine with hands on grips. Twist fully to one side pulling with stomach (alternate sides).

SHOULDERS

The shoulder muscles lift our arms, therefore, a strong shoulder group will take some of the burden off other body parts when you hit a proper stroke. After a tough tournament, my shoulder is sometimes a little tired, telling me that it's very important to strengthen that muscle group in order to handle a long racquetball weekend.

Shoulder Exercises

Work two days a week. Choose one exercise from each category. Do two or three sets of each. Eight to 16 reps.

Category 1 (choose one)
Behind Neck Press Eagle
Behind Neck Press Bar
Dumbbell Overhead Press

Category 2 (choose one)
Lateral Raise Eagle
Dumbbell Raise Side
Cable Raise Side

Category 3 (choose one)
Bent Over Raise

Front Dumbbell Raise
Cable Raise

Behind Neck Press (Eagle): Sit in a properly adjusted machine and grasp handles. Push up on a two count, don't fully extend arms, lower on a four count. (To ensure lower back safety, keep legs straight out.)

Behind Neck Press Bar: Sit on bench and grasp the bar behind your neck with a grip a little wider than shoulder width apart. Push up on two count, lower on four count. (Don't rest, and be sure to use a spotter.)

Dumbbell Press: Sit on bench and start with dumbbells at shoulder height, push straight up on two count, lower dumbbells to shoulders on a four count.

Lateral Raise (Eagle): Sit in a properly adjusted machine with arms under the pads. Push arms up on a two count to top position, lower on a four count.

Dumbbell Raise Side: Stand with your knees slightly bent and with dumbbells at your sides. Lift your arms to the side keeping a slight angle on your elbow joint. Raise weight to your face level on a two count, lower on a four count.

Cable Raise To The Side: Stand with left foot against cable machine. Reach across your body with your right arm and grasp cable handle. Raise your arm across your body to a parallel position (alternate arms).

Bent Over Raises: Bend over on a 90° angle with dumbbells hanging straight down. With elbows on a slight angle, lift your arms up to your side as far as possible.

Front Dumbbell Raises: Hold the dumbbells in front of your thighs, lift your arms, one at a time, with elbows slightly bent to the height of your head. Up on a two count, down on a four count.

Front Cable Raises: Stand with your back to the cable machine and reach behind your and grasp the handle with your right arm. Stand up straight. Lift the cable straight in front of you to the height of your face (alternate arms).

I hope that adding these two body parts to your weight workout will give the power, body, and confidence you desire. ○

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A Rating System For Racquetball

by Dr. David Strauss

How would you score in a match with a top pro? At present in racquetball we have a ranking of the leading professionals, but no way of measuring how much difference there is between them, and certainly no way of including the regular club players in the comparisons. We do have the categories 'novice', C, B, and A, but they are not clearly defined, and there's no precise way a developing player can chart his progress. In this article I'd like to introduce a system for dealing with these questions.

The current situation in racquetball contrasts strikingly with that in tournament chess. The U.S. Chess Federation has some 50,000 tournament players, from U.S. champion to ordinary club player, and every one of these has a number, called a rat-

ing, indicating his strength. The higher the rating, the better the player. After each game played in an official tournament the player's rating will go up if he wins or down if he loses. Naturally, a win against a strong (highly rated) opponent gives him a bigger increase than he'd get by beating a weaker opponent. The whole system is computerized, and each month, in his monthly magazine, the player gets his current, updated rating. For most players this seems to be the first thing to look at, and the ratings are a matter of importance and prestige to serious tournament players. The ratings are also an essential feature in the organization of tournaments.

For some time I've been developing a similar rating system for rac-

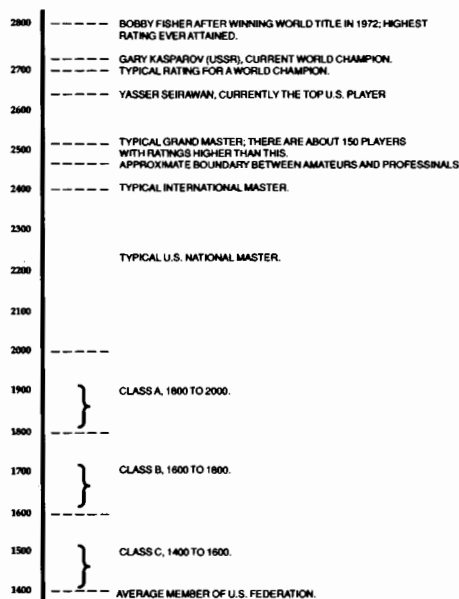
quetball, and I'd like to explain how it works. It turns out that a system for racquetball works even better than the chess system, because the actual score of a racquetball match is much more informative than the simple win/draw/loss result of a chess game. Before getting into details, it might be interesting to note some of the uses of a rating system for racquetball.

- All tournament players in the country can be rated on a single scale.
- Categories such as Class A, Class B, etc. can be exactly defined by rating, and it is then easy to divide tournaments into sections for the different classes. Incidentally, the problem of sandbaggers is virtually eliminated.
- Given the rating difference of two players we can estimate their long run winning percentages, the typical margins of victory, etc.
- We can measure the exact difference in strength of various players, rather than just rank order them.
- Players can measure their progress as they improve.
- It is easy to rate a newcomer to the system after just a few matches.
- We will be able to compare the great players of today with those of years to come.

Diagram 1 shows the range of ratings for chess players. The highest rating ever achieved, 2800, was by the American genius Bobby Fisher, on winning the World Championship in 1972. The current top-rated U.S. player, Yasser Seirawan, is at 2600. At 2500 we find typical Grandmasters, most of whom are professionals. Most club players are rated 2000 and below; Class A players are those between 1800 and 1999, Class B is from 1600 to 1799, and so on. Thus all tournament players in the country are rated on a common scale.

The same kind of scale can be developed for racquetball. Diagram 2 shows the ratings for 29 of the top pros as of June 1985 (the 29 are those who played at least five matches in national tournaments between June 1983 and June 1985, with at least one win). For convenience the scale has been set up to resemble the chess rating; for example, if we go back to 1985, Marty Hogan — top-rated player at that time — has been set at 2700, a

Diagram 1 — Rating For Chess



**Diagram 2
Pro Ratings,
June 1985**

1	Hogan, M.	2700
2	Yellen, M.	2694
3	Swain, C.	2686
4	Peck, G.	2682
5	Hillecher, J.	2672
6	Harnett, B.	2671
7	Peck, D.	2659
8	Price, G.	2653
9	Gonzalez, R.	2652
10	Johnson, D.	2649
11	Oliver, S.	2638
12	Cohen, D.	2638
13	Andrews, E.	2636
14	Brysmen, C.	2633
15	Levine, M.	2632
16	Obremski, D.	2619
17	Hawkes, B.	2610
18	Newman, J.	2602
19	Egerman, J.	2600
20	Gross, D.	2600
21	Gross, A.	2600
22	Lerner, S.	2599
23	Cascio, J.	2599
24	Ray, M.	2590
25	Sell, B.	2584
26	Terry, E.	2567

typical rating for a World Chess Champion.

The ratings are easy to interpret. Take Marty Hogan (2700) and Bret Harnett (2670) for example. The difference in their ratings is $2700 - 2670 = 30$. In the long series of encounters we can predict the percentage of games (played to 11 points) that Marty would win from Diagram 3. According to this, Marty's long run winning percentage would be 58%, or about six games out of ten. In fact the two players had played 21 games, of which Marty won 13, a winning percentage of 62%; this is pretty close to our prediction. You can see from Diagram 3 how the stronger player's percentage increases with his rating advantage. For example, a rating advantage of 200 results in a game-winning rate of 95%, which makes a best of five game match a pretty one sided affair.

Another way to interpret the ratings is to see the typical score by the weaker player, assuming the stronger player wins with a score of 11 points. This is shown in Diagram 4. For example, a rating difference of 100 gives a typical win for the stronger player by 11-6. With a difference of 250 the weaker player will typically only score about 2 points.

How The Rating System Works

To see how the system works we have to get a bit more technical. The basic idea is that when two players have played a match, one player's rating will go up and the other's will go down by an equal amount. Usually, but not always, it is the winner who will go up. The amount of the change is found by a mathematical formula which compares the actual score of the match with the "expected" score based on the two players' ratings. The wider the margin between actual and expected scores, the greater the rating change. (There is also a bonus for winning the match.) As an example, in March 1985 Marty Hogan beat Cliff Swain 11-5, 11-1, 11-5. Before the match their ratings were 2700 and 2688 respectively. Thus Hogan was the favorite, but not overwhelmingly; the score is clearly better for him than would be expected. It turns out that Hogan gained 4 rating points from the encounter. So the new ratings

are:

$$2700 + 4 = 2704 \text{ for Hogan}$$

$$2688 - 4 = 2684 \text{ for Swain}$$

As new tournaments are played the players' ratings can constantly be updated.

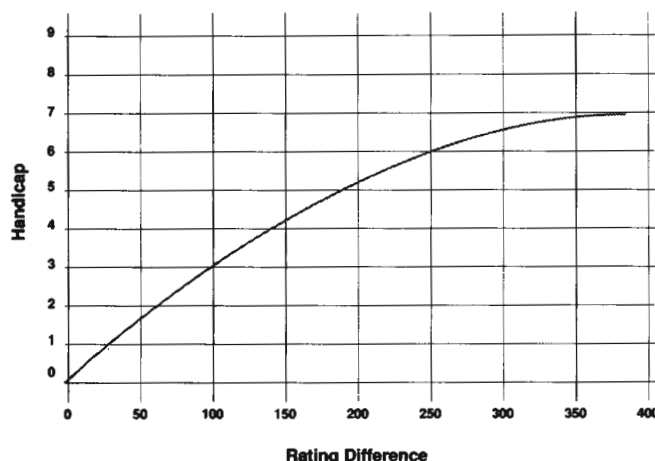
The system conveniently tracks changes in a player's ability over time. Suppose, for example, that we're rating a young and improving player. At present his rating is probably too low, as it reflects past results when he was a weaker player. So in the formula for calculating rating changes, his "expected" scores against current opponents will be too low. As a result, he will tend to do better than the system predicts, and so will keep gaining rating points until his rating catches up to his true ability. We can adjust the rating formula to make the catching up process as fast or slow as we like.

So far, the only ratings we've cal-

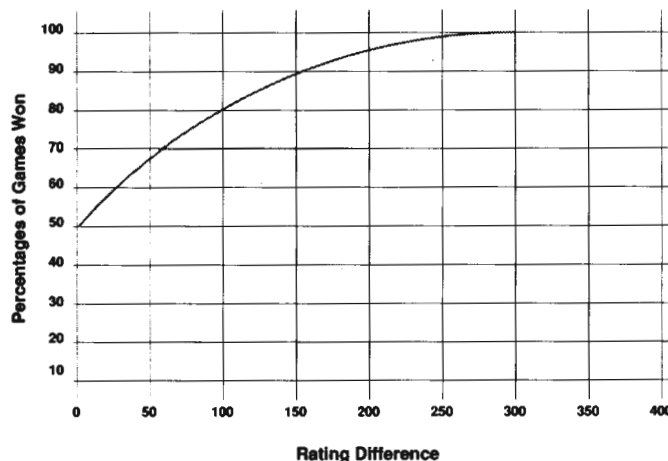
culated are for the pros in the Nationals up to June 1985. The really exciting part will come later, however, when the system extends to the amateurs and includes all tournament players in the country. To get this set up will take a commitment from the racquetball community, since a lot of match scores have to be collected and processed for the computer. At Tournament House in Riverside, Rich Wagner and I have a simple form of the system set up, and it gives good results. A professional software version for club use could be produced if the interest develops. ○

The writer is an enthusiastic club player; he thinks he might just be in Class B, but without a rating system it's hard to be sure. He's better at chess, being an International Master with a rating in the 2400's. He is also a Professor of Statistics at U.C. Riverside.

Handicap in Game to 11 Points



Winning Games Percentage (Games to 11 Points)



Association Roundup

New Directions

by Luke St. Onge - AARA

It's very fortunate that the history of racquetball is well-documented in the early editions of U.S. Handball



magazine, and especially in several of their interviews with the undisputed founding father of the sport — Joe Sobek. While sharing some of this

colorful racquetball history with John Mooney of the national staff recently, I found that John had saved every article pertaining to the sport even before its official inception in 1968, and before the premier issues of both National Racquetball and Racquetball Illustrated magazines.

John brought in his collection and there it was — the complete story of the evolution of racquetball. All the original colorful characters were included, plus the many name changes (from the International Paddleball Association, to the International Paddlerackets Association and finally to the International Racquetball Association, Inc. in 1969 under the direction of Bob Kendler, the kingpin and leader of handball).

Why is 1968 designated as the founding year of the AARA (formerly the International Racquetball Association)? It seems that the first major international tournament for strung racquets was held in 1968 at the J.C.C. in Milwaukee, Wisconsin, Bill Schultz of Milwaukee defeated Bill Schmidtke of Michigan 14-21, 21-12, 21-18 to become the first recognized open winner in racquetball.

An historical organizational meeting was an integral part of the first Nationals and Kendler assumed the leadership role, taking less than six months to form the International Racquetball Association.

There is a popular myth that the racquetball racquet was originally developed as a sawed-off tennis racquet. Nothing could be further from the truth, according to this 1950 quote from Joe Sobek: "One day I decided that a strung racquet would allow you to make shots you could

never make with a dead wooden paddle." Sobek drew up plans using a platform tennis racquet as a pattern, and an initial order of 25 prototypes was filled by the Magnan Racquet Manufacturing Company.

Needless to say, this information and historical record is fascinating. With the exception of Robert Kendler, who passed away in 1982, the original cast of characters responsible for making our sport what it is today are still with us. Bud Muehleisen, Charlie Brumfield, Joe Sobek, Bill Schultz, Larry Lederman and Steve Keeley are still flourishing in the racquetball world, and continue to influence our perceptions as we celebrate our 20th anniversary year. Starting with this issue, we will begin to reprint historical articles concerning the early days of our sport in AARA in Review. We hope you'll enjoy them! ○

V-8 Senior Nationals

by Bills Houldsworth - CRA

The 1988 V-8 Senior Nationals are drawing near. To be held in the picturesque city of Victoria, British Columbia



the local organizing committee headed by Jack McBride is getting ready for the arrival of over 600 racquetball enthusiasts from May 24-26.

If you haven't already done so, make your hotel arrangements with the Royal Oak Inn (604) 658-5266 as rooms are going fast at only \$50.00 per night. Pre and post tournament rates are the same. The official airline of the tournament is Air Canada. Contact Air Canada Convention Central at 1-800-361-7565 and mention event #88-0545. Have your credit card available when you call.

Deadline for entry in this year's event is April 25, and entries must be received at the National Office. No late or phone entries will be accepted and full payment must accompany entries. Refer to your winter edition of First Serve/Premier Service for all

registration details or contact your Provincial Association.

The local committee has planned an outstanding time for your visit to Victoria starting the minute you arrive at the airport with the shuttle bus service to the hotel. The hospitality planned for every day will include muffins and coffee for the early risers plus assorted meats, salads with hot items during the day. For three of the evening times there will be entertainment at the Marigold Centre which will include live bands to a "lively" DJ. The awards banquet is scheduled for Saturday evening.

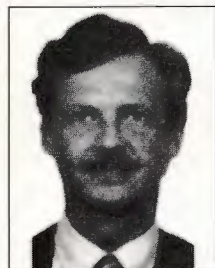
As the City of Victoria is noted for its beauty, arrangements have been made to ensure that visitors will have the opportunity to see the sites of the B.C. Provincial Capital. At very reasonable rates, double decker buses, horse drawn carriages and bicycle taxis will show you the host city. In addition, for those who are early departures from the tournament, there is a nine hole golf course on the hotel site and plans call for an east versus west softball game.

For the CRA, the festivities begin on the evening of Friday, May 20 with a reception for the Board of Directors at the Royal Oak Inn. The business starts at 9:00 a.m. on Saturday with the first of the three day Board meetings. The action for the players begins with the "Meet and Greet" at 6:00 p.m. at the Royal Oak as the participants register for the V-8 Nationals. Registration continues until 9:00 p.m. with the official ceremonies slated for 7:00 p.m. Action on the courts will begin on Tuesday morning at 8:00 sharp.

An important part of the National Championships is the Annual General Meeting which is scheduled for 9:30 a.m. on Friday, May 27, at the Royal Oak Inn. Play in the tournament will be suspended until 12:00 p.m. to allow members to attend the meeting. Included on the agenda will be the election of two Directors at Large and the discussion of rule changes. Proxy votes must be submitted to the National Office staff 24 hours before the start of the AGM to be valid. Proxy forms and nomination sheets for Director at Large position are available from the National Office or your Provincial Association. Nominations close on May 1. ○

Rule Differences

by Jim Hiser - RMA



In recent years there have been numerous rule changes at the professional and amateur levels. When professionals play at local pro/am events, there is often confusion about the differences in rules between professionals and amateurs. The following summarizes these basic differences:

1. Serve — the professional player may leave the service box immediately after hitting the serve. The professionals feel that the amateur rule of forcing the player to stay in the service box restricts movement and ability to get out of the way.

2. Screen serves — in the professional game there is no fault for a screen serve. Although I believe this is a good rule, IMPRO has not adopted it.

3. Mandatory eyewear — the professionals have no eyeguard rule. There has been discussion of incorporating a "grandfather clause", a rule stipulating that players who were on the tour anytime before 1980 would not have to wear eyeguards, but players who entered the tour after that date would be required to wear them. There will probably be some type of eyeguard rule change next season for the professionals.

4. Wet balls — in the professional game a wet ball call only occurs on the serve. In the amateurs, the call may occur at anytime.

5. Appeals — professionals are allowed only five appeals per game. If a player's appeal is upheld it does not count as one of his five. Any appeals made after the allotted five are automatically disallowed.

6. Dress code — all players in pro events must wear a collared shirt. Shirts may not carry any obscene message or unprofessional print. Sweat pants may not be worn at any time during play. Racquetball or tennis shorts only are permissible. No

beachcomber shorts are allowed.

The professionals are required to follow guidelines for conduct on and off the court, and fines are levied for conduct violations. Fines vary with the violation and all players are required to pay the fines before they are allowed to play in the next pro event.

Hopefully this column will reduce the confusion in interpreting professional and amateur rules. ○

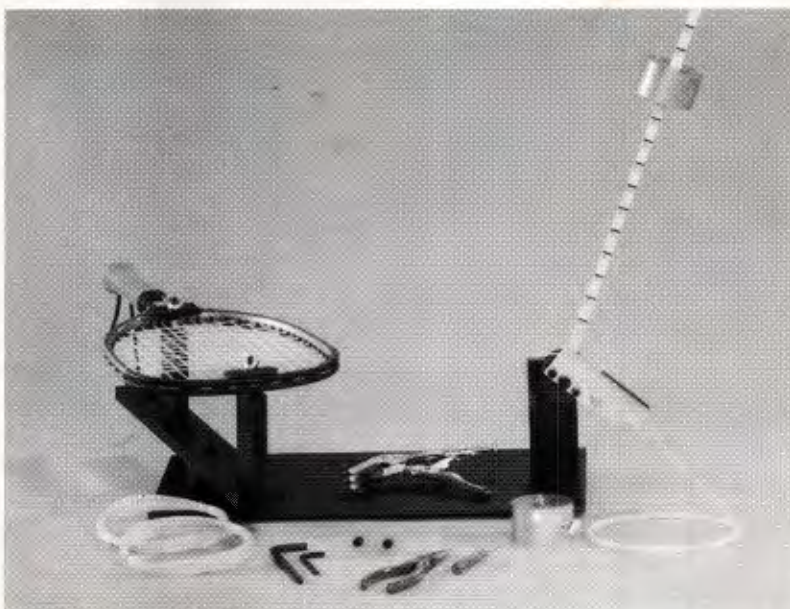
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Look For Daylight

When deciding where to place your next shot during a rally — offensive or defensive — let “daylight” help in your shot selection.

Daylight is the amount of “white” seen between your opponent and the walls. The side with the most white space is the portion of court you should use as a basis for shot selection.

The best way to see the daylight area is to watch a racquetball match from outside the rear of a glass court or from above the court. You will quickly see how shots into daylight are the most effective ones.

When using the daylight game plan, it is a must not only to think or visualize the path that the ball will follow to the front wall, but to also consider the path of the ball on its return. For example, with the correct return angle, the ball on a pinch shot will end up in the daylight made by an opponent who is covering from too far back.

This idea will help you keep the ball out of center court because your opponent will always try to cover that area; daylight will anywhere but there.

By thinking “daylight”, you will keep your opponent on the move. That takes setup time away from him or her, and puts you in command. ○

Dan Burleson
PARI Instructor
Parkside Athletic Center
Clearwater, FL

What's The Call

by Michael Arnolt

Straddle Ball Always Screen?

Q: The server, in doubles, hits the ball directly back at himself but jumps above the ball which then lands past the shot line. Both players on the receiving team assumed it was a screen and did not swing at the ball. Because the service was good, should it be called a point, or is it always considered a screen?



Rocky DeToma, Lexington, KY

A: In virtually every instance that a straddle ball occurs during a serve, a screen serve should be called, whether it takes place during doubles or singles. It's possible that such a serve could result in a clear offensive shot, but very unlikely, Rocky.

Conversely, a straddle ball which occurs during a rally frequently leaves the offensive player with an open shot. The level and speed of the play should determine whether the call of screen is made (Rule 4.15.a.4). In all instances, if the offensive player holds up his swing, or appears to hesitate on the swing, call the screen.

Simultaneous Violations

Q: What is the call on these situations in doubles?: a) a member of the serving team enters the safety zone too early; b) a member of the

receiving team enters the safety zone too early; c) the violation in a and b occur simultaneously?

Shigeo Banks, Great Falls, MT

A: If either member of the serving team enters the safety (five-foot) zone before the ball breaks the plane of the short line, it is an out serve — handout or sideout (Rule 4.11.k). If one of the receiving team members enters the safety zone before the ball bounces or, strikes the ball on the fly before the ball breaks the plane of the receiving line, it results in a point (4.12.a).

If the violations occur simultaneously, there is no advantage to making the call of point and loss of serve. In such an instance it makes sense for the referee to say: “Let's do it again.” In other words, it's a replay.

Referee Corrects Call

Q: After the referee announced the score, the receiver raised his racquet. The server put the ball in play, and although the receiver still had his racquet raised, the receiver returned the serve without protest. After the rally, which the server won, the receiver appealed to the referee to call a dead-ball serve because his racquet was raised. The referee agreed.

The server complained that the receiver had a freebie. There would not have been an appeal had the receiver won the point, said the server. Instead, after losing the



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Letters To The Editor

point, he lodged the appeal. Did the referee make the correct call?

Michael MacKedon, Milwaukee, WI

A: While it may appear to be a free call for the receiver, Michael, the referee made the right call. The receiver intentionally, or through reflex, returned the ball. His raised racquet escaped the attention of the ref who is right to correct the call after realizing his error.

What recourse would there be for the server if the receiver won the rally and did not call his raised racquet to the attention of the referee? If he happened to see the raised racquet right after serving, he could hope that the receiver was a person of integrity, and the next time he would check the receiver before putting the ball into play.

Ball Is Dead When The Ref Says So

Q: *My opponent raised his non-racquet hand to indicate to the referee that he was screened, but he ran toward the ball and took the shot which hit the front wall. The referee, who was new to the game, didn't make any call but I stopped play when I saw my opponent's hand go up. I explained to the ref why I stopped; however, the ref didn't know what to do.*

I feel it was like signaling for a fair catch in football, then when your opponents stop play, running with the ball. Shouldn't my opponent be charged with an avoidable hinder for the fake call?

Reginald Goodman, Lumberton, TX

A: No, to the avoidable hinder question. From your explanation, it doesn't appear that your opponent intentionally tried to fudge you. He did what he was required to do. He thought there was a screen, and not hearing any response from the referee, he continued to play. Players are "obligated to continue to play until the rally has ended or the referee stops play." (Rule 3.7.b).

Incidentally, once you found that the ref was unsure of himself, or didn't know what to do regarding the call, you should have requested that the tournament director listen to your appeal and observe the match. ○

Why Not?

Your recent article on Racquetball - College Style, has prompted me to write this letter.

Intercollegiate racquetball is the only sport to combine the scores of women and men to determine a national championship. WHY?

If this were true of basketball, Tennessee would be the current national champion — their women won the national title and their men were 14 and 15 — Indiana's men won the national title but their women's basketball team was 10 and 17 — combine these and Tennessee is National Champion of basketball — too bad, Bobby Knight!

Miami's football championship is questionable — rumor has it that Slippery Rock has a female football team.

Why does racquetball and no other sport have this rule?

Jack Fulton, Cordova, TN

Ed. note: Neil Shapiro, Intercollegiate Commissioner, tells us that from the beginning of intercollegiate racquetball, women players have competed and contributed on an equal level to men players, and because of it, should continue to be recognized equally. We don't know why this rule doesn't apply in other sports. It's certainly appropriate in some cases. ○

What's The Rule?

Once again (I) received the publication and enjoyed it as usual. I'm not sure whether this should be to playing editors or just letters to the editor, maybe neither.

My understanding of the former rule of the five-foot line was that when receiving a lob serve, one could not put their foot on that line in order to hit the ball before it hit the floor. Then I understand that later they amended it to give more protection to the server by saying that even if your feet were behind the five-foot line, that your racquet, when making contact with the ball in that same situation as above, could not be forward of the imaginary plane of that five-foot line from the floor up to the ceiling.

I now understand that they are

contemplating changing that again, to state that even if you make contact with the ball behind that imaginary plane, that you must make contact far enough behind that plane so that your racquet doesn't carry through the plane on the follow-through after making contact with the ball.

It is very difficult for players and officials alike to determine that invisible plane, so I would suggest that the solution is to merely move the five-foot line back to 6 or 6 and a half feet and once again have it be determined by watching the foot of the receiver of the serve, which is very easy to see if he or she has stepped on the line, rather than try to determine the invisible plane coming up from the line, and still be in the spirit or the trend to widen that protective zone that used to be five foot.

You are to be commended on the publication, covering so many interesting facets of the field.

John N. Rice, Rochester, MN

Ed. note: You're right, it is difficult to judge that imaginary plane. Mike Arnolt, the Rules Commissioner, tells us your suggestion has been discussed but not implemented because it's felt giving the server an even larger area is unfair to the receiver. ○

Seniors Applauded

This is a thank you letter, for your *From The Editor...* article in the February 1988 issue of *National Racquetball* magazine. I greatly appreciate your insights and explorations into racquetball play by the Masters and Golden Masters.

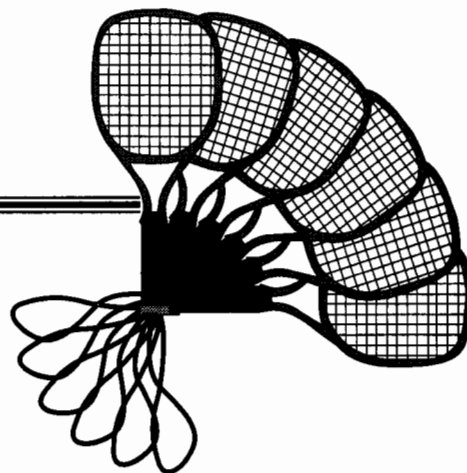
Our great game of racquetball needs positive role models to follow. 'Hail! Hail!' to fierce competition... "without, (as you put it), tantrums or hassles or cheating". As our sport grows and matures, perhaps if it is to grow and mature!...this trait, (sportsmanship), is so necessary in order to add dignity. Racquetball as an industry will never be as popular as it deserves to be, nor gain further acceptance, unless the game's intent of releasing stress, not creating it, is fully realized. ○

David William George, Pacifica, CA

The Racquetball Fanatic Quiz

Are you guilty?

by Pete DiPrimo



When I was young, I had a naive view of the world. I thought that all adults were responsible, reasonable and incapable of childish behavior. They were about as likely to do something stupid and immature as I was to improve on Einstein's Theory of Relativity. That is, until I went to my first racquetball tournament and saw a man — a dentist by profession — throw a fit in the middle of a match.

He screamed until the veins in his neck swelled to the size of bicycle inner tubes. His face turned red and his gestures became violent. Disaster seemed only a burst blood vessel away.

"What's wrong with him?" I asked my father, who was playing in the tournament.

"He's upset," my father replied.

"Why?"

"He didn't like a call," he said.

"Does that happen a lot?"

"Every time he plays."

"If he gets so upset, why does he play?"

"Because he likes it."

That was my first encounter with something that my family doctor later described as Racquetball Fanaticism. It can strike any person at any time, but Yuppies appear especially susceptible. It seems the more dignified they are outside the court, the more out of control they are inside. Their lives revolve around the sport.

Are you afflicted with Racquetball Fanaticism? Do you know people who are?

For those who aren't sure, here's a quiz that may help. Take it yourself and then try it out on people you suspect.

- When given a choice between a date with Heather Locklear or attending a local tournament, do you: 1) Skip the tournament; 2) Take Heather to the tournament; 3) Tell Heather to take a hike.
- If your boss insists you must work

late the night of a challenge match with your biggest rival, do you: 1) Forfeit the match; 2) Bring the work with you to the racquetball club; 3) Hire someone named Vito to help change your boss's mind.

- If, after a romantic dinner your husband/wife asks you who is the most wonderful person in the world, do you say: 1) Him/her; 2) Your child; 3) Marty Hogan.

- When you're set up for a kill shot and your opponent is standing right in front of you, do you: 1) Hold up; 2) Shoot around him; 3) Try to take his leg off.

- When selecting a vacation spot, do you look for: 1) Beautiful beaches; 2) Spectacular mountains; 3) A nearby racquetball club.

- When you walk through the club and see people play, do you: 1) Keep on walking; 2) Stop, watch for a few minutes, and leave; 3) Stop, pull out a racquet from the bag you always carry and join them until the club closes or until your mate comes looking for you, whichever comes first.

- After winning the local club membership drive lottery, do you use the money to: 1) Buy your love a gift; 2) Buy the clothes your children need; 3) Buy a ceramic, over-sized racquet.

- When you shop for clothes, do you: 1) Buy what's in fashion; 2) Buy what's comfortable; 3) Buy whatever Mike Yellen endorses.

- When you hit a roll out at match point, do you: 1) Calmly accept the applause; 2) Raise your arms and bow to the crowd; 3) Thump your chest and scream like Tarzan.

- When you see the club's racquetball director at the grocery store, do you: 1) Say hello and tell him what a great job he's doing; 2) Say hello and tell him how he can do his job better;

- 3) Tell him you've just bought the club and how you'll never forget the time he scheduled you for a 6:00 a.m. match following a midnight match the night before.

- If your brother is getting married the same time as the championship match in the big club tourney, do you: 1) Skip the match; 2) Stay for part of the wedding, then hurry to make the second game; 3) Tell your brother to find another best man.

- If your mate tells you that his/her mother wants to have dinner the same time as your challenge match, do you: 1) Skip the match; 2) Tell your mate when he/she can do with his/her mother; 3) Get a divorce.

- When your aged mother asks you to take her to the Lawrence Welk concert instead of the local tournament, do you: 1) Agree; 2) Tell her how much you love her and ignore the request; 3) Give her a concert ticket and tell her to take a cab.

Bonus Points: If you can name all the winners at last year's state tournament, give yourself two points. If you can name all the scores in those title matches, give yourself three points.

A score of 35 or more means you are a bonafide Racquetball Fanatic. A guest appearance on Divorce Court is a distinct possibility.

A score of 18 to 34 means you like racquetball, but keep it in perspective. A family life is possible.

Anything less than 18 means you are not racquetball material. Go to movies or concerts, but stay away from mixed doubles nights. ○

Passing Shots

by Norm Blum



RACQUETBALL PAUL — The voice on the phone introduced himself as "Racquetball Paul". His letters are signed "Racquetball Paul".

Most racquetball product managers shudder when they hear his name and instruct their secretaries to screen his calls. However, Racquetball Paul is more than an obsessed fanatic. He knows his racquetball and claims fame as a racquet tester. "I sent a racquet back to a company three times and told them it wasn't right," he says. "It had a terrible vibration to it. They thought I was crazy. Finally, they believed me and asked me to preview racquets before they go to market. I look at a racquet from a different perspective than a tour player. I'll spend 12 to 15 hours testing a racquet trying different strings and tension."

Racquetball Paul would certainly welcome your correspondence. You can reach him by writing: Racquetball Paul, 24 Spayth St., Tiffin, OH 44883. Tell him Racquetball Norm referred you.

SPA RACQUETBALL — There's a different set of racquetball rules when you enter a club that places its emphasis on bulging biceps and triceps. One racquetball activities director who started a league at a spa reports the following observations: "They say you have to win by two points. When we started a Thursday night league, it was called a tournament. Also if you are ahead 7-0, it's a 'skunk' and the game ends. Despite the fact that play resembles combat, the participants have already expressed an opinion held by many: racquetball is a heck of a lot more fun than lifting weights while looking in the mirror."

CHARITABLE ACT — The New Orleans Women's Racquetball Association was formed in 1982 for the purpose of promoting racquetball in the area. This year the organization made more money than it needed. Helen Siegel, president of the association, found a worthy way of spending the profits. The organization ran a tournament and gave the proceeds to the St. Vincent's Infant Home. Throughout the tournament competi-

tors and spectators also responded to a food drive and donated canned goods.

POTPOURRI — The \$200 racquet never got off the ground but manufacturers have noticed that players are purchasing more of the top-of-the-line racquets. That's a sign of the sport maturing...Rumor has it that **Diversified Products** is coming back with a mid-sized racquet...When a club owner brags about how much money he is making, he has more than egg on his face when it abruptly closes because he failed to pay taxes...This has to go down in the books as the most expensive membership. In Stuart, FL, a gal bought a membership at 2:30 p.m. on Saturday. At 3 p.m. the club closed and has not re-opened...The ball business is extremely cut throat. The mass merchandisers use balls as a loss leader and sometimes sell them for \$1.99 a can, clubs can't even purchase them wholesale for that....History lesson of the month. Do you know who invented racquetball? It was **Joe Sobek** of Connecticut in 1949...Hottest product for this year will be eyeguards. Manufacturers are jockeying for the lucrative eyeguard market which has taken off due to the new AARA rule requiring lensed eyewear.

NEVER ON SUNDAY — In Salt Lake City, UT, tournaments are held Tuesday through Saturday. Racquetball simply isn't played on Sunday...You know a person isn't having a good day when he wears eyeguards and is hit with a racquet an inch above the eye...The aging process not only affects your speed and quickness, it adds to the time it takes for ball marks to disappear...Someone asked me where I came up with the idea of personalized racquetball stationary. It wasn't my clever idea. My wife bought it for me a couple of Christmases ago...San Diego, CA, the mecca of racquetball 10 years ago, is making a comeback. In the last city-wide league there were more than 600 participants...One-day tournaments are a nice change of pace from those weekend mara-

thons...I received the weirdest press release from Chicago, it was encouraging "weekend warriors" to undergo a special joint surgery called arthroscopy. I didn't send in the coupon for more information...

THINGS I LIKE — Opening a new can of balls and hearing the "whoosh" sound...Getting past the first round of a tournament...Going through an entire month of play without getting hit by the ball.

THINGS I DISLIKE — Players who only call hinders after their shot fails to make the front wall...Players who show up 45 minutes late for their league match and then throw a tantrum when they've been forfeited...Tournament matches after 1 a.m., players who shut out their opponents and people in the gallery who tell the referee what call to make. ○

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A Sprinters Guide

(continued from page 7)

activities in workouts.

Top athletes in every area have now recognized the benefits of 'non-specific' training. Figure skaters spend 50 percent of their time on off-ice work, soccer players go through hours of conditioning away from the field. Racquetball players must do the same.

Racquetball is a fairly new sport. Yesterday's winners could rely on skill and power to carry them successfully through matches. But each month the competition grows fiercer and tournament play more demanding. Tomorrow's winners will be those athletes who are best prepared to meet these increasing physical challenges. ○

WPRA Tour Schedule

April 21-24

Atlanta Sporting Club
P.O. Box 95563
Atlanta, GA 30347
Caryn McKinney (404) 636-7575

June 2-5

Riverbend Athletic Club
2201 E. Loop 820 North
Fort Worth, TX 76118
Ed Ghanami (817) 284-3353

Information: John Samford (817) 654-2277

RMA Tour Schedule

May 18-22

Columbia Athletic
Kirkland, WA

Information: Jim Hiser (313) 653-5999

The Jim Hiser Story

(continued from page 37)

where I would like to have a family.

- If I had children I would probably reevaluate my position.

- I am kind of spread thin, but the reason for that is that there is no money in racquetball. The commissioner of racquetball should be paid a decent salary so he could do a real good job.

- I taught university in Minneapolis for almost four years. Every year I was replacing sabbaticals so I'd teach for a year and then I'd go someplace else. I never knew where I was going to be. It was very difficult trying to figure out where your salary was going to come from so I started my series and I took a couple of jobs on the side.

- I really miss teaching. I really enjoyed it especially at the college level. It is so rewarding. If a teaching job came up I would find it very hard to turn down, but I don't think there is any possibility.

- I am looking ahead for other positions in sports. My eventual goal is to move to Colorado Springs and maybe take a job as an executive director.

- If Luke (St. Onge) wasn't there I would probably attempt to get his job, but I have a very good relationship with Luke and I think he is doing a good job so I don't want his job right now.

- I like my job. I wish it paid more, but I like my job. ○

Newsbriefs

Outreach/Development Program

The AARA Outreach/Development Program is asking for tax deductible donations of new/used racquetball equipment (racquets, eyeguards, gloves, etc.).

The program will be available free of charge to disadvantaged youth of elementary through high school age and will begin this spring. The equipment will be issued to students at each class and returned to the coach at the end of the session.

Deposit sites will be set up at all AARA sponsored events and equipment will be used at the local level. So dig out those old racquets and other related equipment and give a kid the chance to learn our great sport.

If you would like to help with this program, contact: Sid Williams at (206) 473-2266. ○

Eyes Beware

Both Ed Speer of A'ME and Clete Smith of Gargoyles have written to Mike Arnolt of the AARA to inform him that neither of these companies manufactures eyewear intended for racquet sports. It is imperative when selecting eyeguards that you make sure that they are specifically de-

signed to provide eye protection while playing racquetball or similar games. ○

Scandinavian Opens Newest Health&Racquet Club in North Miami at The Waterways

Scandinavian's newest Health & Racquet Club is now celebrating its grand opening in North Miami Beach at the Waterways. The club features state-of-the-art equipment such as Nautilus, Keiser, Eagle, Camstar, Universal, and Sprint. Other luxurious amenities include aerobics, racquetball, tennis, whirlpool, sauna, an olympic style lap-pool, suntan booths, steam room, jogging track and more.

Scandinavian, along with a host of upscale shops and restaurants, rests among a community of town houses and high rise condos which is surrounded by a deep water harbor.

The company, which began operations with one club in Canton, Ohio in 1972, now operates 50 facilities throughout the country and was founded by Frank Leonesio, the company's current Chief Executive Officer. Scandinavian is the largest subsidiary of Health & Tennis Corporation of America. ○

Mens AARA Official Rankings January 29, 1988

Mens Open: 1-J. Cascio, PA; 2-A. Roberts, TN; 3-T. Boscia, CO; 4-L. Gilliam, TX; 5-S. Gonzalez, FL; 6-D. Ganim, OH; 7-M. Lowe, CA; 8-B. Kelley, CT; 9-S. Moskwa, IL; 10-B. Erickson, MN;

Mens A: 1-L. Yelp, MI; 2-J. Minkel, TX; 3-D. Kartchner, CO; 4-G. Mavrikas, NY; 5-J. Okuniewicz, MA; 6-R. Abady, NY; 7-S. Tucker, FL; 8-D. Trautmann, MN; 9-B. Ferguson, OH; 10-T. Dotson, WA; **Mens B:** 1-B. Buckalew, GA; 2-R. Kline, SD; 3-D. Vega, NY; 4-M. Motta, FL; 5-N. Rallis, MI; 6-M. Sturgeon, TX; 7-J. Denicola, CA; 8-B. Chamo, MN; 9-R. Jackson, FL; 10-S. McCune, MI; **Mens C:** 1-S. Monchik, NY; 2-J. Everett, WA; 3-M. Volterre, FL; 4-M. Hartman, FL; 5-G. Boudreau, CT; 6-R. Bates, CA; 7-J. Dyer, NJ; 8-J. McCubbin, Jr., TX; 9-B. Schimacher, MN; 10-D. Simonton, NH; **Mens D:** 1-B. Lee, TX; 2-K. Martin, CA; 3-J. McIntosh, MN; 4-D. Balasone, MI; 5-C. Suris, FL; 6-A. Hansen, IL; 7-F. Doyle, MA; 8-W. Huffnaker, TN; 9-R. Klienbenstein, UT; 10-T. Lavery, IL; **Mens Novice:** 1-B. Johnson, MN; 2-J. Cain, TX; 3-W. Bailey, WA; 4-K. Vogelsang, MN; 5-M. Albetti, IL; 6-R. Cadet, NY; 7-L. Caplan, MD; 8-E. Dardak, MA; 9-J. Kosik, FL; 10-B. Laird, TX; **Mens Wheelchair Open:** 1-C. Parmelly, CA; 2-D. Kiley, CA; 3-G. Baker, WV; 4-B. Marvin, CT; 5-S. Jared, CA; 6-M. Munson, WV; 7-D. Hanley, WV; 8-M. Jenkinson, WV; 9-J. Worthington, CO; 10-B. Long, PA; **Mens 8NB:** 1-R. Thompson, AL; 2-J. Bhuta, AL; 3-B. Hansen, IA; 4-J. Hanaway, IN; 5-J. Helgson, WI; 6-J.J. Gomolla, WI; 7-M. Stephens, WI; 8-S. Pethers, MI; 9-J. Williams, FL; 10-J. Newton, AL; **Mens 8:** 1-J. Boyett, CA; 2-B. Hansen, IA; 3-J. Bhuta, AL; 4-S. Huggins, FL; 5-H. Spangenberg, CA; 6-R. Thompson, AL; 7-T. Siggins, CA; 8-G. Benedict, CO; 9-J. Zins, MN; 10-C. Atkins, WA; **Mens 10:** 1-S. Brown, CA; 2-W. Miller, TN; 3-F. Dean, Jr., AL; 4-J. Carpenter, IA; 5-B. Zimmerman, MI; 6-C. Pardue, FL; 7-M. Hurst, FL; 8-M. O'Brien, CO; 9-E. Storey, IN; 10-J. Friedman, FL; **Mens 12:** 1-C. Czyn, FL; 2-S. Monchik, NY; 3-S. Zimmerman, MI; 4-J. Mannino, NY; 5-T. Lepera, IN; 6-M. Kelly, CO; 7-A. Thompson, WI; 8-B. Garrow, MI; 9-F. Dean, AL; 10-J. Porterfield, AL; **Mens 14:** 1-J. Ellis, CA; 2-C. O'Connell, CO; 3-J. Ellenberger, WI; 4-C. Czyn, FL; 5-T. Sabbatini, NY; 6-J. Kolen, AL; 7-A. Bagnal, CA; 8-B. Hartinger, MN; 9-T. King, TN; 10-S. Reiff, FL; **Mens 16:** 1-J. Paraiso, CA; 2-N. Glantz, NY; 3-M. Locker, MN; 4-W. Epperson, AL; 5-R. Walden, FL; 6-J. Hundley, FL; 7-T. Talley, WI; 8-D. Alonzi, CO; 9-J. Bonnett, MI; 10-C. Garrido, TX; **Mens 18:** 1-D. Simonette, MD; 2-E. Ramon, CA; 3-D. Sibell, MN; 4-T. Doyle, NY; 5-J. Floyd, MI; 6-S. Mathison, AL; 7-B. Munroe, WI; 8-L. Suarez, FL; 9-T. Boscia, CO; 10-S. Graham, CT; **Mens 19+:** 1-M. Bronfield, CA; 2-B. Rodriguez, CO; 3-R. McKinney, PA; 4-D. Gopfert, MA; 5-A. Kahn, TX; 6-D. Dutcher, MI; 7-B. Erickson, MN; 8-S. Moskwa, IL; 9-C. Winter, FL; 10-J. Chelena, FL; **Mens 25+:** 1-T. Hansen, FL; 2-J. Peterson, NY; 3-J. Scargle, FL; 4-L. Fox, MI; 5-D. Levy, FL; 6-B. Huber, FL; 7-M. King, WY; 8-B. Sheldon, TN; 9-G. Tanko, WI; 10-M. Anderson, MI; **Mens 30+:** 1-B. Corcoran, AZ; 2-S. Hastings, MI; 3-B. Land, LA; 4-R. Anderson, MI; 5-J. Doyle, CA; 6-K. Arrowsmith, FL; 7-D. Aceto, MA; 8-R. Olson, ME; 9-V. Dubolsky, FL; 10-N. Jilek, TX; **Mens 35+:** 1-C. Kunkel, CA; 2-H. Grigg, IL; 3-D. Kovanda, OH; 4-J. Free, OH; 5-S. Wright, CA; 6-S. Chapman, FL; 7-R. Montague, PA; 8-S. Shapiro, MA; 9-B. Drukenis, WA; 10-G. Owen, FL; **Mens 40+:** 1-C. Kunkel, CA; 2-E. Remen, VA; 3-S. Heguy, NH; 4-J. Hennon, TN; 5-B. Parra, CA; 6-H. Grigg, IL; 7-S. Robles, TX; 8-K. Bonnett, MI; 9-H. Peelle, MA; 10-B. Sanders, OH; **Mens 45+:** 1-R. Wehrle, GA; 2-C. Garfinkel, NY; 3-B. Sanders, OH; 4-R. Galbreath, PA; 5-R. Johnson, IL; 6-B. Hall, MN; 7-T. Rumsey, FL; 8-S. Williams, WA; 9-D. Mas, DE; 10-R. Adams, CA; **Mens 50+:** 1-S. Marcus, FL; 2-B. Wetzel, CA; 3-S. Elman, MA; 4-J. Mooney, CO; 5-M. Blair, MN; 6-S. Williams, WA; 7-J. Fay, TX; 8-J. Jackman, PA; 9-P. Banates, AZ; 10-O. Chapman, OH; **Mens 55+:** 1-O. Chapman, OH; 2-L. Hahn, MI; 3-P. Whitehill, WA; 4-H. Clar, CA; 5-R. Horton, CO; 6-R. Stillman, MN; 7-B. Folsom, ME; 8-D. Ryan, MA; 9-J. Solio, FL; 10-J. Bailey, CA; **Mens 60+:** 1-S. Lesser, NY; 2-V.

RMA Pro Tour Official Rankings March 10, 1988

1	B. Harnett	9,523
2	C. Swain	8,445
3	E. Andrews	8,145
4	R. Gonzalez	7,920
5	M. Yellen	7,901
6	M. Hogan	7,214
7	E. Inoue	7,143
8	G. Peck	5,739
9	G. Price	5,667
10	C. Brysman	5,023
11	S. Lerner	4,617
12	M. Ray	4,039
13	D. Obremski	3,867
14	A. Gross	2,842
15	R. Harripersad	2,792
16	J. Newman	2,739
17	A. Katz	2,717
18	D. Johnson	2,695
19	D. Peck	2,525
20	J. Cascio	2,064
21	D. Gross	1,989
22	L. Gilliam	1,689
23	D. Green	1,639
24	J. Hilecher	1,617
25	J. Evan	1,392

Sacco, NY; 3-G. Melvey, ND; 4-A. Goss, CO; 5-N. Sans, FL; 6-B. Briel, MA; 7-M. Roberts, FL; 8-E. Acuff, VA; 9-R. Caretti, MI; 10-D. Kincade, CO; **Mens 65+:** 1-L. Wilde, UT; 2-N. Sans, FL; 3-A. Goss, CO; 4-E. Acuff, VA; 5-D. Goddard, MT; 6-J. Glavan, FL; 7-B. Cloud, IL; 8-M. Friedman, ME; 9-P. Neff, MA; 10-C. Estram, MA; **Mens 70+:** 1-J. Pearce, TX; 2-A. Shepherd, MD; 3-H. Minor, CO; 4-L. Gumer, KY; 5-G. Goldstein, NJ; 6-A. Beetle, WY; 7-T. McEachern, CA; 8-J. Neal, CA; 9-D. Brown, ME; 10-J. Sawbridge, AZ.

Womens AARA Official Rankings January 29, 1988

Womens Open: 1-K. Kuhfeld, IN; 2-M. Mook, CA; 3-S. Morgan, FL; 4-T. Rasmussen, CA; 5-D. Fischl, PA; 6-D. Green, FL; 7-M. Wietessen, CO; 8-D. Adams, CO; 9-C. Evon, IL; 10-J. Hastings, MI; **Womens A:** 1-A. Maldonado, NY; 2-L. Butler, TX; 3-L. Gaertner, NJ; 4-L. Pastor, MN; 5-S. White, MI; 6-V. Fisher, CA; 7-D. Roforth, MN; 8-P. Afford, NJ; 9-L. Merrill, MN; 10-J. Snider, FL; **Womens B:** 1-L. Butler, TX; 2-D. Hood, UT; 3-J. Heller, OH; 4-L. Wescott, NJ; 5-S. Elins, FL; 6-L. Campbell, TX; 7-S. Rice, NJ; 8-A. Stoeke, MN; 9-K. Vetort, TX; 10-J. Zogg, CA; **Womens C:** 1-L. Williams, NJ; 2-K. Perry, CA; 3-C. Morales, CO; 4-K. Locke, MN; 5-B. Maynard, FL; 6-K. Benkert, TX; 7-A. Henry, UT; 8-A. Kilbane, MN; 9-M. Andrade, CA; 10-K. Rector, WA; **Womens D:** 1-W. Rudof, TX; 2-M. Bailey, WA; 3-D. Bates, CA; 4-T. Collins, MA; 5-A. Dickerson, MI; 6-F. Egnezzo, NJ; 7-B. Hendrickson, MA; 8-F. Judkins, TN; 9-L. Moore, TX; 10-B. Richards, GA; **Womens Novice:** 1-R. Branville, MN; 2-C. Greco, MA; 3-A. Roehler, PA; 4-S. Beverly, NY; 5-H. Cohen, NJ; 6-L. Moore, TX; 7-M. Zak, MA; 8-H. Peterson, MN; 9-A. Anderson, MN; 10-S. Carter, DE; **Womens 8NB:** 1-J. Newton, AL; 2-V. Tulao, AL; 3-D. Gates, IL; 4-S. Goddard, AL; 5-S. Henning, WI; 6-B. Knitter, WI; 7-L. Hanson, IA; 8-E. Shaver, FL; 9-K. Arrowsmith, FL; 10-A. Stern, AL; **Womens 8:** 1-D. Gates, IL; 2-L. Patton, FL; 3-J. Quinlan, FL; 4-B. Knitter, WI; 5-J. Newton, AL; 6-V. Tulao, AL; 7-J. Degutis, MI; 8-A. Hagenah, MI; 9-L. Hansen, IA; 10-C. Licari, CA; **Womens 10:** 1-D. Gates, IL; 2-D. Derr, FL; 3-S. Feaster, DC; 4-A. Akers, AL; 5-A. Meyer, CO; 6-J. Newton, AL; 7-J. Quinlan, FL;

WPRA Pro Tour Official Rankings February 28, 1988

1	L. Adams	171.66
2	C. McKinney	137.50
3	K. Kuhfeld	126.25
4	M. O'Brien	119.00
5	M. Drexler	100.00
6	L. Alvarado	76.66
7	V. Panzeri	75.00
8	Jackie Paraiso	58.75
9	M. Lynch	52.50
10	T. Bevelock	45.00
11	C. Evon	36.25
12	C. Doyle	35.00
13T	Joy Paraiso	30.00
13T	L. Porter	30.00
15	S. MacTaggart	28.33
16T	A. Katz	23.33
16T	S. Robron	23.33
16T	R. Whitmire	23.33
19T	F. Davis	20.00
19T	M. Dee	20.00
21	M. Morris	16.66
22T	D. Fischl	13.33
22T	B. Stoll	13.33
24T	C. Baxter, D. Burton, L. Coburn, D. Ferreir, R. Goblish, Ca. Nichols	10.00

8-S. Torst, CA; 9-M. MacGregor, FL; 10-S. Simmons, FL; **Womens 12:** 1-B. Engel, FL; 2-E. Icenogle, CA; 3-A. Roehler, PA; 4-A. Akers, AL; 5-D. Derr, FL; 6-H. May, CA; 7-J. Willems, WI; 8-J. Meyer, CO; 9-M. Dellanini, FL; 10-L. Dougherty, FL; **Womens 14:** 1-J. Lee, PA; 2-A. Simonetta, FL; 3-H. Spector, FL; 4-T. Alonzi, CO; 5-D. Culverhouse, AL; 6-T. Dodson, CA; 7-M. Gates, IL; 8-T. Hanson, WI; 9-A. Bengen, MN; 10-A. Kinney, AK; **Womens 16:** 1-T. Dodson, CA; 2-D. Sibell, MN; 3-S. Ali, NY; 4-S. Cox, FL; 5-D. Culverhouse, AL; 6-C. Pellowski, WI; 7-A. Simonetta, FL; 8-S. Pinola, PA; 9-C. Hamilton, CO; 10-L. Beke, MI; **Womens 18:** 1-M. Gilman, OR; 2-D. Coutu, DE; 3-K. Pulis, CA; 4-S. Ashton, WI; 5-C. Doyle, NY; 6-R. Levine, CA; 7-D. Cumberworth, MI; 8-L. Gates, IL; 9-D. Sibell, MN; 10-T. Spangler, WA; **Womens 19+:** 1-K. Hallender, FL; 2-C. Gudinas, IL; 3-R. Olson, MA; 4-D. Richardson, CA; 5-T. Troszak, MI; 6-C. Healy, GA; 7-L. Cardwell, MN; 8-T. Selby, AZ; 9-S. Anderson, MI; 10-M. Needham, TX; **Womens 25+:** 1-C. Evon, IL; 2-D. Green, FL; 3-K. Mays, MN; 4-R. Whitmire, GA; 5-C. Haller, CO; 6-S. Warfield, MN; 7-K. Stellema, MI; 8-D. Kadzik, MA; 9-K. Wall, WY; 10-D. Adams, CO; **Womens 30+:** 1-S. Morgan, FL; 2-D. Adams, CO; 3-J. Hastings, MI; 4-P. Clark, MN; 5-G. Woods, LA; 6-B. Harrison, OH; 7-I. Chmura, MI; 8-L. Mojer, FL; 9-M. Bickley, PA; 10-L. Davis, IL; **Womens 35+:** 1-E. Tuckman, FL; 2-I. Chmura, MI; 3-N. Kronenfeld, IL; 4-J. Myers, NC; 5-M. Primavera, MA; 6-M. Urza, WA; 7-R. Fish, FL; 8-A. Falso, FL; 9-D. Chastain, MN; 10-G. Touhy, IL; **Womens 40+:** 1-A. Falso, FL; 2-J. Schmidt, FL; 3-T. Dever, UT; 4-M. Kelly, MA; 5-M. Weldin, DE; 6-G. Touhy, IL; 7-J. Kenyon, FL; 8-B. Hartz, MI; 9-M. Petty, TX; 10-P. Tarzon, IL; **Womens 45+:** 1-J. Schmidt, FL; 2-M. Johnson, TX; 3-J. Kenyon, FL; 4-M. Gwinn, NC; 5-S. Sawyer, UT; 6-J. Wriggley, PA; 7-M. Crawford, NY; 8-J. Serabia, TX; 9-S. Elgaway, FL; 10-C. Ching, PA; **Womens 50+:** 1-K. Mueller, MN; 2-J. Kenyon, FL; 3-M. Walker, CA; 4-S. Elgaway, FL; 5-J. Atherley, FL; 6-M. Crawford, NY; 7-D. Hathaway, UT; **Womens 55+:** 1-C. Gautreau, TX; 2-J. Atherley, FL; 3-M. Acuff, VA; 4-J. Contarino, FL; 5-J. Kirker, PA; **Womens 60+:** 1-M. Acuff, VA; 2-B. Stone, TX; 3-C. Gautreau, TX; 4-L. Minck, FL; **Womens 65+:** 1-M. Acuff, VA.





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Awareness On The Court

(continued from page 13)

cal, since the court is so small.

The basics of zone racquetball mean playing in a confined area on the court. This forces the players to hit precise shots, and to continually move and watch the ball. As you change the practice zones, you stipulate shots that must be made in order to win points in that zone.

How exactly do you play zone racquetball? Merely divide the court in half. First, use only the right half, which will provide extensive forehand work; then play only on the left side of the court. All balls which land outside the designated half of the court are out. Any serve may be used. Remember to watch the ball and move! You must play zone racquetball with intensity.

The game can be varied by using the court from the receiving line forward; this will help your front court game, or you can play from the back court only. If you wish to practice a specific shot (passing, kill, pinch), score only on the execution of that specific shot. This variation can be played full court.

Perhaps the most useful factor in zone racquetball is that there is no overload on the mind. It reduces the number of fundamentals on which to focus. There sometimes is a great mental overload in racquetball—you are told to turn sideways, prepare your racquet, watch the ball, let the ball drop. Trying to remember more than one or two things at a time causes confusion, frustration and lack of concentration. Overcome all these problems by practicing zone racquetball. ○

Easy Quick Fixes

(continued from page 22)

always seem to hit the side wall first, then the ceiling, which always brings the ball to center and sets up my opponent.

Reason: Probably like so many players, you're charging in too fast and too close to the side wall. By doing this, your contact point is behind your power zone. Upon contacting the ball, your racquet face opens up to the side wall and directs the ball there.

The Easy Quick Fix: When you are faced with a ceiling ball, you will have time to get back. Glide over to the ball

Toughest Call

(continued from page 11)

include irregular bounces and other interference. For example, if the ball touches any surface that was recognized by the referee as being a court hinder prior to the match, then the rally should be stopped immediately and replayed, whether or not the ball takes an irregular bounce. But if the ball takes an irregular bounce off any other surface, such as the door handle or a wet spot on the floor, then the referee should call a hinder provided, of course, that the outcome of the rally was adversely affected by the irregular bounce.

One general concept that should be kept in mind when trying to determine hinders is that the person "hindered" must make a reasonable attempt to get to the ball and the ball must be returnable (not necessarily a perfect setup, and not a shot such as a rollout that no one could reach.)

It's easy to see that most hinders involve a good deal of judgment. That's one of the reasons why referees are so important in the sport. Furthermore, hinder calls are not appealable even when linejudges are being used in the match.

Among friends who are playing without a referee, courtesy dictates that only the person who was hindered may make the call.

So what is the effect of a dead-ball hinder call? The rally is ended immediately. Therefore, anything that occurs after the call is immediately voided—including a perfect killshot! The rally is then replayed and the server has two serves coming.

Well, that covers most of the subject of dead-ball hinders. Be sure to look for my next article in this series which will address the often controversial subject of the "avoidable hinder". Until then, remember to "play it by the rules". ○

instead of running with reckless abandon. With this controlled movement, you can turn your shoulders square to the side wall to prepare for your shot. Angle your front shoulder upwards to the ceiling. Concentrate on stretching to hit the ball and make sure that the contact area is at your stroke's extension point. By doing this, you will not be straining to hit effective ceiling shots, which is indeed the defensive aspect of your game. ○



To put it simply, the president's column this month is not mine. Below you'll find a reprint of a letter written by John Mooney, our administrative assistant in charge of memberships and program services. In the short time that John has been working in the national office doing this sizable task, AARA support services we hoped for a few years ago have become a reality. I would like to "share" John with all of you by letting you read his response to the often asked question: What are the goals and advantages of membership in the AARA? The following are excerpts from a letter written as an informative statement addressing this very subject:

"The AARA is a not-for-profit corporation designed to promote the development of competition and recreational racquetball in the United States... Membership is the lifeblood of the association and it is through the support of the membership that will determine the future of racquetball... We would like to share with you the purposes, goals, successes, and advantages of state affiliation with the nationally organized body governing racquetball and the advantages of being a supportive member of that organization.

"FIRST: In all sports, or in all businesses for that matter, it is necessary for all involved to have a common goal... The AARA is dedicated to assuring that every person in the United States, regardless of race, religion, age, origin, place of residence or personal income levels, have the opportunity to share in the great physical, emotional, and mental benefits of playing racquetball... For those who contend that the AARA has not benefited the states, clubs or individual members, we must say to them that without a nationally organized effort the following programs would not exist.

1. The Intercollegiate Regional and National Championships would not exist without the AARA.
2. The Junior and High School Regionals and National Championships would not exist without the AARA.
3. The National Referee Certification program would not exist without the AARA.
4. The National Teaching Certification (PARI) Program would not exist without the AARA.
5. The United States National Team would not exist without the AARA.
6. The National Elite Training Camps would not exist without the AARA.
7. The National and Regional Ranking System would not exist without the AARA.
8. Acceptance as a Class C Sport by the USOC with the potential to be accepted as a Class A Sport and future participation in Olympic Competition would not exist without the AARA.

9. The National Disabled Program would not exist without the AARA.

10. The National Minority Council, established in 1987 for the inclusion of minority programs at the National, Regional and State, and local levels, would not exist without the AARA.

"The AARA through membership support, developed these programs and is constantly striving to increase the benefits and services to its members. Those who do not support the AARA are very quick to take advantage of these National Programs and are very slow to recognize how they came into being.

"SECOND: An AARA member receives many benefits over and above being a member of the sole national governing body of racquetball as recognized by the USOC. Those who do not support the AARA are very quick to take advantage of these national programs and are very slow to recognize how they came into being.

1. Member receives a membership card, which automatically makes them a member of the AARA State Association and also entitles the member to play in any AARA Sanctioned Tournament.
 2. Members are offered an option to subscribe to *National Racquetball* magazine at a special rate. Effective Jan. 1, 1988, our news will be included in the magazine in a separate section. The rate is available only at the time of joining the AARA or renewing membership, and the fee must accompany application.
 3. Members are offered an option to apply for membership in the US Amateur Travel Inc., at a 50% savings on their membership. This club entitles its members to, product discounts, airline discounts to sanctioned events, discounts on hotels and motels and car rentals.
 4. Members receive a free rulebook.
 5. Members have an opportunity to realistically influence the direction of all AARA policies by voicing their opinions to a duly elected representative.
 6. Members have the option to apply for a special AARA Visa card. The agreement with the bank is that 1/2 of 1% of all purchases on this Visa card will be paid to the AARA as a rebate. Most credit cards charge a \$15-\$25 per year membership fee but the AARA Visa is free for the first year to members, which represents a savings that more than pays the first year dues in the AARA.
 7. Members receive amateur ranking for State, Region and National as a result of playing and earning points in AARA Sanctioned Tournaments.
 8. Members receive a State Newsletter and are on the mailing list for all state functions.
- "THIRD: The advantages and benefits to state organizations which indirectly

benefit all members are as follows:

1. All money for memberships obtained through sanctioned tournaments or through the state AARA organizations are shared 50/50 between the state and national organizations. New and renewal memberships sent directly to national will be shared 50/50 with the state organization on a quarterly rebate basis providing the state organization publishes a newsletter at least six times per year. (AARA sends renewal notices three months and again one month prior to expiration date.)

a. Membership fees are: 1 yr. single-\$10, 2 yr. single-\$17, 5 yr. single-\$40, Lifetime single-\$250, Lifetime couple-\$400. 1st added family member-\$8, Each added family member-\$2, (does not include National Racquetball subscription).

b. Membership cards are printed and mailed twice each month (1st and 15th) for all new members and renewal members paid and reported to national. Membership cards show (highlight) the state association and indicate the expiration date.

c. National rankings by state sent to the state directors monthly.

d. Membership list of all state members sent monthly to state directors for verification of memberships.

e. Pressure-sensitive labels available for mailings to all members of your state sent monthly and upon special requests.

f. Monthly listing of all state events in the AARA section of *National Racquetball Magazine*. To be listed, all sanctioned tournaments must be received at National Headquarters at least eight weeks in advance of event.

g. Results of state tournaments published based upon space availability.

h. Discounts available on tournament shirts and trophies.

i. By affiliation with the AARA there are major sponsors available to help with your events. Ektelon, Head, Penn, and many others are supporting AARA sanctioned events. It is necessary to establish contact with the company's representative in your area.

j. High-quality four-color tournament programs designed for local ads to be inserted and are an excellent method of raising money for a tournament or organization. Approximately 200 are shipped to each sanctioned event.

k. Tournament kits are sent to all sanctioned events. These kits contain free rulebooks, membership applications, AARA brochures, tournament result forms, Visa applications and miscel-

(continued on page 54)



Regional Reports

REGION 4 REPORT:

North & South Carolina, Georgia & Florida

Submitted by Van Dubolsky, Regional Commissioner

JUNIOR REGIONALS: A Look Back

We'll follow-up last month's listing of 1987 Adult Regional Winners with a quick look at the Juniors. In the spotlight are the winners of the Southeast Junior Regionals held at the Sarasota YMCA, listed in place order: **B18-** Lino Suarez (FL) def. Brian Buckalew (GA); **B16-** Jason Waggoner (FL) def. Robby Walden (FL); **B14-** Allan Engel (FL) def. Scott Reiff (FL); **B12-** Craig Czyz (FL) def. J.P. Beaubien (FL); **B10-** Mark Hurst (FL) def. Cliff Pardue (FL); **B 8-** Scott Huggins (FL) def. Jon Conway (FL); **G16-** Amy Simonetta (FL)

def. Sue Cox (FL); **G14-** Amy Simonetta (FL) def. Hannah Spector (FL); **G12-** Britt Engel (FL) def. Samantha Simmons (FL); **G10-** Debra Derr (FL) def. Samantha Simmons (FL); **G 8-** Lyndsi Patton (FL) def. Julie Quinlan (FL); **B16-D:** Ranking/Walden (FL) def. Waggoner/Engel (FL); **B14-D:** Conway/Newcomber (FL) def. Engel/Agriesti (FL); **B12-D:** Beaubien/Gyselinck (FL) def. Looby/Quinlan (FL); **B10-D:** Friedman/Stanford (FL) def. Pardue/Hurst (FL); **G16-D:** Sue Cox/Diedre Robertson (FL); **G14-D:** Simonetta/Spector (FL) def. O'Toole/Simmons (FL); **G12-D:** Lisa Dougherty/Melissa McGregor (FL) ○

NC-AARA Reorganizes

A reorganization of the North Carolina affiliate of the AARA should be well underway this month, headed by state director Mike Dimoff. At the beginning of this calendar year, Dimoff formed a ten-person steering committee to handle the election of board volunteers who will serve staggered terms from 1-3 years. After taking nominations, the steering committee plans to poll the North Carolina membership and determine their acting board from the results. ○

President's Column

(continued from page 53)

laneous flyers.

I. All sanctioned tournaments are at this time receiving a carton of Ben Gay and a carton of shampoo for give aways. As new products become available or the supplies of Ben Gay and shampoo run out we will change these shipments.

"The AARA is constantly striving to increase benefits and services to its members...Our records indicate that membership is now being generated about 70% through sanctioned tournaments and 30% by other means. Unless and until we find the key to obtaining membership through other means, the necessity to sanction as many tournaments as possible remains a reality. The first priority in any state should be to put together a calendar showing all sanctioned events, and send it to us so we can support the tournament through publicity to clubs and players...The second priority should be to establish a bonafide state organization.

"Please feel free to call us at any time at (303) 635-5396 concerning any phase of the organization."

As John mentioned, a major priority is to make sure tournaments in your state are sanctioned. With this in mind, next month's column will be devoted to helping you establish sanctioning guidelines for your state's tournaments. ○

REGION 14 REPORT:

California, Nevada & Hawaii

Submitted by Ed Martin, Regional Commissioner

Club Of The Month: Cross Court Athletic Club

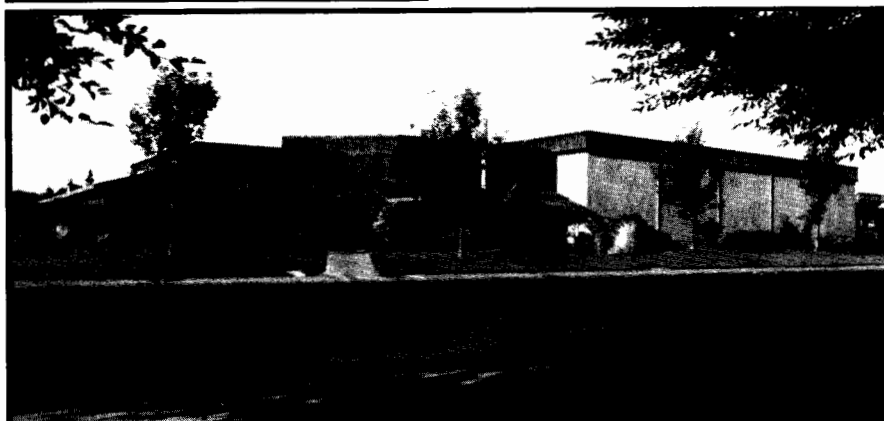
The Cross Court Athletic Club has distinguished itself in California with a formula of exceptional service, successful promotion of racquetball, and the energy of its owner/manager Steve Harris. Steve is one of a number of aggressive club owners who are on site daily to personally attend to the quality control of a fitness facility which has almost doubled in size since its opening in 1979.

Located in Woodland, twenty miles north of the state capital of Sacramento, the club serves the population of the small, rural valley town of under 35,000 with a mixture of racquet sports, swimming, basketball and weight training. A staff of thirty-five is headed by program coordinators who manage leagues, and tournaments as well as aerobic classes, Nautilus/free-weight training, and a cardiovascular workout room. The club's philosophy of quality combined with service reflects a basic understanding of member interests.

In addition to his work as a community leader, Harris works with junior racquetball and squash teams and is very involved with IRSA on the West Coast. ○



At left: Steve Harris
Below: Cross Court Athletic Club.



Regional Reports



REGION 15 REPORT:

Washington, Oregon, Idaho & Alaska

Submitted by Sid Williams, Regional Commissioner

Profile:

Ray Campbell, Washington State Director

Born in Seattle, Washington, thirty-eight year old Ray Campbell has been playing racquetball since 1979, and in that time has had a positive impact on the sport which is felt both on and off the



Campbell is pictured at left here presenting an award to sponsor Doug Graf, a fellow racquetball enthusiast and representative of Anheuser-Busch in the Tacoma area.

court. A high "A" player, Ray hopes to compete in the Open this fall, all the while administering a full slate of AARA programs and sanctioned events statewide.

Campbell is a transit operator on the Seattle Metro, fitting racquetball matches into a full bachelor schedule which includes basketball, pickleball and fishing. Ray attended Franklin High School and graduated from the University of Washington before serving in the Air Force. This background makes him a valuable asset to the AARA in the northwest, and he recently represented Washington at the annual State and Regional Directors Seminar held at the Olympic Training Center in Colorado Springs. ○

New Directors Named In Alaska

Steve Deaton of Anchorage has accepted the position of AARA State Director for Alaska, and Kristi Flores of Fairbanks has been named Assistant Director for the state. The two will work together in planning, organizing and implementing AARA programs, and look forward to hearing from interested Alaskan racquetball players in the coming months. To give them your ideas, contact them directly:

Steve Deaton
9201 Blackberry Street #15
Anchorage, AK 99515-1236
(907) 564-2852 [work]

Kristi Flores
c/o Athletic Club, 150 Eagle St.
Fairbanks, AK 99701
(904) 456-1914 ○

1987 Junior Orange Bowl World Junior Championships

Over 184 youngsters headed to the beach over the New Year's holiday to compete in the 1987 Orange Bowl World Junior Racquetball Championships at the Miami Lakes Inn and Athletic Club. There, James Lorello of Florida and Leigh Anne Coutu of Delaware earned two gold medals by advancing through singles and doubles divisions in the 18 and under age brackets with relative ease. At an awards ceremony on the 30th, an enthusiastic audience of parents, athletes and coaches honored the gold, silver and bronze medalists in all divisions, plus recognized winners of "Outstanding International Athlete" and "Leadership" and "Sportsmanship" awards.

After the event, the Junior Orange Bowl Festival Committee announced that the Miami site had been selected as the permanent home for this World Championship competition. The invitational tournament was presented in association with the AARA, the International Amateur Racquetball Federation [IARF], Head Racquet Sports, Penn Athletic Products, Eastern Airlines and the host site. ○



"Bernie Nunnery, Racquetball Professional and Programmer at Lynmar Racquet and Health Club, presents a check for \$550 to Executive Director, Luke St. Onge, for the U.S. National Team. Lynmar teamed up with the Briargate development in Colorado Springs to conduct the fund-raising "Briargate" tournament to benefit the U.S. National Racquetball Team. This was the third major fundraiser run by Lynmar, which also serves as the official training site for the U.S. National Elite Training Camp program."

National Rules Committee Member Named

Mickey Bellah of Laguna Hills, CA has been appointed to the National AARA Rules Committee by its Commissioner Michael Arnolt of Indianapolis. Bellah will join five other players from across the country who gather to act as a sounding board for proposed rule changes and provide impetus in the rule-making process. The 1988 advisory committee is now comprised of Bellah, Otto Dietrich of Lilburn, GA; Mike Dimoff of Greensboro, NC; Jim Hiser of Davison, MI; Clint Koble of Incline Village, NV; and Caryn McKinney of Atlanta. To contact Bellah with your suggestions and input regarding rules, or simply to congratulate him on the appointment, you may reach him at: 24531 Cabot Road, Suite 102, Laguna Hills, CA, phone (714) 859-1900 [work] or (714) 675-8025 [home]. ○



"View of the AARA National Office in Colorado Springs. Administrative offices take up approximately half of the first floor to the right."



Second Annual State & Regional Directors Meeting A Success

Representing nearly every state in the union, thirty-nine state directors, association presidents and regional directors gathered at the Olympic Training Center in Colorado Springs on January 23 to attend this year's AARA administrator's conference. Early arrivals were treated to 30 mph winds and snow flurries on Saturday afternoon, which cleared by Sunday morning when actual work was scheduled to begin. For the following three days, the group sequestered itself at the training center to hear informational seminars, industry presentations and general discussion on the direction of racquetball as it prepares to enter the 21st century.

Much of the first day's sessions dealt with the services available through the national office, with John Mooney detailing the many programs that the AARA of-

fers and monitors on a monthly basis. The AARA 20th anniversary, fund-raising possibilities, and the need to legally incorporate each state association became the focus of early discussions, followed by the announcement of a special long-distance telephone network service available through the national office and a separate regional directors meeting. After a full day of sitting still, the assembled enthusiasts were taken to the national office for a quick tour, and then dropped off at the Lynmar Racquet Club for an evening of "mixed-up" doubles play.

For the second year in a row, Connie Peterson-Martin organized a remarkably efficient round-robin doubles format which allowed the hard workers to let off some steam on the court for at least an hour. Switching partners by number

throughout the evening, each person played four matches of fifteen minutes duration with wins awarded to the team with the most points at the end of the period. Otto Dietrich was given the whistle-blowing assignment, stopping play at regular intervals and enduring more than his share of abuse when ending several close matches. California's Scott Winters and Florida's Linda Mojer each managed to pair up with good partners and went undefeated the entire evening.

Over half of the attendees were "repeaters" who had attended last year's seminar, yet they were still impressed by the quality of presentations by *National Racquetball* magazine, Penn, Ektelon, PARI, and national commissioners of special programs. These same "old hands" were invaluable in showing the newcomers the ropes of the Olympic Training Center, giving directions to the local watering hole, and in locating much-needed racquetball courts both on and off the compound.

All in all, the second AARA administrator's conference was easily as successful as, or perhaps more so than, the first. It was filled with useful information, became an excellent source of programming and organizational tips, and served as the type of motivational meeting that is sure to produce positive results at the state level in the very near future. To find out more about particular programs, contact your state director or association president for a complete update on this conference, and "what's up" on the national front. ○



Photo courtesy of John Foust

Out Of The Past



Twenty plus years ago — was it paddleball, paddlerackets or racquetball? In December of 1966, the late Bob Kendler, then president of the United States Handball Association, announced that athletic directors all over the country were apologizing for paddleball being played on handball courts. He said that "tired handball players" and "older handball players" were starting to play paddleball because it was a way to keep active and fit for another five to ten years. He went on to say "you certainly can't condemn them for wanting to continue body building" and that "paddleball was an orphan that needed to be organized and promoted." Over the next year and a half paddleball, played with a solid wooden paddle, evolved into paddlerackets using a smaller, strung variation of a tennis racquet.

Racquetball was born during this period, but the first National Championships were called "The National Paddleball 'Gut Racquet' Championships." This tournament was played at the Jewish Community Center in Milwaukee, WI in early 1968. In celebration of our 20th anniversary, we thought it would be exciting to publish some articles from out of the past. Our first reprint is an article by Larry Lederman which ran in the June 1968 issue of ACE magazine...

Milwaukee JCC Hosts National Paddleball Play

It was an all-Madison, WI singles championships and an all-Milwaukee doubles finals as these two cities battled it out for the first National Paddleball "Gut Racket" championships held at the Jewish Community Center, Milwaukee.

Bill Schultz won the singles crown in three games by defeating his partner, William Schmidtke, 14-21, 21-12, and 21-18. Semie Fein and Jim White captured the doubles title with a triumph over another Milwaukee team, Dave Glinberg and Dan Trost, 14-21, 21-11, 21-9.

In winning the singles titles, Schultz established himself as one of the country's foremost players in the game having won the wooden paddleball title in 1962 and a runner-up in every tournament since. His smashing backhand shots and kill placements spelled the difference in emerging as the first national champion.

Schultz, a YMCA executive director, has been instrumental in popularizing the wooden paddle game, having initiated two national tournaments in Madison. However, his introduction to the game with the gut racquet began on a home and home sociable arrangement between the Madi-

son YMCA and the Milwaukee Jewish Community Center.

He seriously began working out with the gut racquet only three weeks before the tourney with a purchase of four rackets and a half dozen Pennsy Pinkies at the JCC from Larry Lederman. His daily sessions on his own home courts with partner Schmidtke reveals the remarkable transformation one can make to adjust to a new game and ball.

Schmidtke didn't do so badly himself as he eliminated the highly touted Tom Sanicola, Milwaukee's top-seeded star, in the semifinals, 20-21, 21-11, 21-15. Prior to the tourney, Sanicola had beaten all "comers" in exhibition matches and was a pre-meet favorite.

Sanicola placed third in the tourney beating Dan Wood, Lansing, MI, 21-9, 21-13. In the consolation championships, Sam Carl, Evanston, IL, YMCA turned back Mike Weiner, Milwaukee, 21-12, 19-21, 21-18.

The doubles tourney was a toss up as the meet got started and nobody had any idea that a Milwaukee combine would climb to the top. Handball stars — White and Fein, who captured the first USHA National Contenders handball tourney in Milwaukee four years ago, teamed up to win this national title as they mixed their handball, squash, and paddleball into terrific melting pot "brew" which spelled victory.

White was his own sensational self as he wielded the racquet with deadly accuracy in kill shots and pass placements. He played paddleball as he plays squash and in squash he has won Western Racket titles covering half of the country. He made allowances for the ball to drop very low and then converted them into pass plays which are totally unorthodox in paddleball.

Third place in doubles went to Marlowe and Jay Phillips, a father-son duo from St. Louis. The youthful Jay Marlowe showed promise of greatness as he extended the champion to three games in their singles quarter final match, losing the first 21-7, winning the second 21-18, and dropping the third by a 21-8 score.

Can handball players make the change-over to paddleball? Easy! What is more, half of the players in the tournament play both sports and enjoy playing the two games. As someone said in the lounging area during the tournament hospitality sessions, "It depends on the competition. I can play either paddleball or handball if the caliber of players are on the premises. It gives me a chance to choose." ○

Racquetball Research Data

During the 1986 World Championships held in Orlando, FL, both Julie and Ron Pinnell had their work cut out for them. While Julie executed her official duties as coordinator of the event, Ron seized the opportunity to design a Ph.D. research project aimed at obtaining psychological data from the many international players who were on hand to compete. The purpose of his investigation was to determine both sport-specific anxiety levels and competitive motivations among 69 world-class racquetball players from 14 countries. Specifically, he wanted to find out if there were significant differences in these factors between male and female athletes, players from different parts of the world, and between those who qualified for the competition and those who did not.

A little over a year later, Pinnell's research is nearing completion and is already beginning to receive attention from, and exposure in, the academic research community. After an initial presentation of his research to the State Conference of the Florida Association for Health, Physical Education, Recreation and Dance in November, Ron was notified of yet another opportunity to deliver his findings before his academic colleagues. This month he and Dr. Keith Tennant of the University of Florida will present another aspect of the data to the Research Consortium of the National Convention for the American Alliance for Health, Physical Education, Recreation and Dance in Kansas City.

The narrative portions of the research will be submitted for publication in several professional journals in the coming months, making racquetball the focus of theoretical and statistical interpretations which, hopefully, will stimulate further scientific investigations of the sport across the country. Once all the votes are in, this particular project could mark the first time racquetball has ever been a contributing factor in the making of a "Doctor." Congratulations to Ron Pinnell for this accomplishment!

[Editor's Note: Ron and Julie Pinnell reside in Winter Park, Florida, where he is the Assistant Principal of Lake Mary High School in Seminole County. Julie is a full-time student at the University of Central Florida and placed second in the Women's Open at the U.S. National Doubles Championships this past fall with partner Diane Green.] ○



1988 Major Events

April 7-10

Ektelon/U.S. National Intercollegiate Championships
Gleneagles Racquetball & Athletic Club
5051 College Oak Drive
Sacramento, CA 95841
916-338-1850

May 25-30

Ektelon/U.S. National Singles Championships
Downtown Y.M.C.A.
1600 Louisiana
Houston, TX 77002
713-659-8501

June 25-29

Ektelon/U.S. National Junior Championships
Sports Club
333 S. Wadsworth Blvd.
Lakewood, CO 80227
303-989-8100

August 4-5

World Congress
Hamburg, Germany

August 6-13

World Championships
Hamburg, Germany

October 27-30

Ektelon/U.S. National Doubles Championships
Merritt Athletic Club
2076 Lord Baltimore Drive
Baltimore, MD 21207
301-298-8700

1988 Ektelon/Junior Regionals

Region #1

Paul Henrickson
20 Oakes Street
Millbury, MA 01527
617-832-3459

Region #3

Robert Linsk
4611 Harrison Street
Chevy Chase, MD 20815
301-657-2417
301-843-9520

Region #4

Van Dubolsky
Santa Fe Community College
3000 N.W. 83rd Street
Gainesville, FL 32606
904-395-5356

Region #5

Jack Sorenson
Montgomery Athletic Club
5675 Carmichel Park
Montgomery, AL 36177
205-277-7130

Region #6

Randy Scott
1615 Walnut Grove
Derby, KS 67037
316-788-6470
316-681-1573

Region #7

Bruce Hendin
15759 San Pedro
San Antonio, TX 78232
512-490-1980

Region #8

Alvin Barasch
7330 N. Cicero
Lincolnwood, IL 60646
312-673-7300

Region #11

Les Dittrich
Box 16
Eagle Lake, MN 56024
507-257-3698
507-257-3353

Region #12

Mary Ann Czupor
5834 Urban Court
Arvada, CO 80004
303-422-5703
303-426-6161

Region #13

Dan West
3758 Mt. Rushmore Ave.
Billings, MT 59102
406-656-3890

Region #14

Scott Winters
RB World & Aerobic Health Ctr.
10115 Talbert Avenue
Fountain Valley, VA 92708
714-962-1374

May 6-8

Auburn Racquet & Health Club
Auburn, MA

May 13-15

Merritt Athletic Club
2076 Lord Baltimore Drive
Baltimore, MD 21207
301-298-8700

May 6-8

Omega 40
1 South Kings Road
Ormond Beach, FL 32074

DTBA

STBA

April 8-10

Town and Country Racquet Club
1777 DeSperes
St. Louis, MO 63131

DTBA

STBA

May 14-15

Glasscourt
830 E. Lombard Road
Lombard, IL 60184

DTBA

STBA

May 5-8

STBA

April 8-10

Billings Athletic Club
777 15th Street West
Billings, MT 59102
406-259-2626

May 20-22

Schoenberg's Athletic Club
5341 Owens Court
Pleasanton, CA 94566
415-463-0950

1988 Ektelon/AARA Adult Regionals

Region #1

Paul Henrickson
20 Oakes Street
Millbury, MA 01527
617-832-3459

Region #3

Bernie Howard
RD 1, Box 362A
Reedsville, PA 17084
717-667-2209

Region #4

Van Dubolsky
Santa Fe Comm. College
3000 N.W. 83rd Street
Gainesville, FL 32606
904-395-5356

Region #5

Jack Sorenson
Montgomery Athletic Club
5675 Carmichel Park
Montgomery, AL 36177
205-277-7130

Region #6

Randy Scott
1615 Walnut Grove
Derby, KS 67037
316-788-6470
316-681-1573

Region #7

Bruce Hendin
15759 San Pedro
San Antonio, TX 78232
512-490-1980

Region #11

Les Dittrich
Box 16
Eagle Lake, MN 56024
507-257-3698
507-257-3353

Region #12

John Foust
4633B South Frazer
Aurora, CO 80015
303-699-8121
303-750-3210

Region #13

Dan West
3758 Mt. Rushmore Ave.
Billings, MT 59102
406-656-3890

Region #14

Ed Martin
Bottomline Ventures
11460 Sunrise Gold Circle
Rancho Cordova, CA 95742
916-638-7572

April 8-10

STBA

April 22-24

STBA

April 14-17

Racquet Power
3390 Kori Road
Jacksonville, FL 32223
904-268-8888

April 29—May 1

Sports Barn
301 Market Street
Chattanooga, TN 37402
615-266-1125 Johnny Hennen

April 8-10

Town & Country Racquetball Club
1777 Des Peres
St. Louis, MO

April 15-17

RB & Fitness Clubs of San Antonio
7700 Torino Drive
San Antonio, TX 78229
512-344-8596 Cliff Dilley

April 29-May 1

Roseville Racquet Club
2400 West Country Road Drive
Roseville, MN 55112

April 21-24

Denver Sporting Club
5151 S. DTC Parkway
Englewood, CO 80111
303-779-0700 Don Kriete

April 8-10

Billings Athletic Club
777 15th Street West
Billings, MT 59102
406-259-2626

April 15-17

West Lane Racquet Club
1074 E. Bianchi Road
Stockton, CA 95210

Schedule Of Events



April 14-17
Harvey Chiropractic Doubles
Lynmar Athletic Club
2660 Vickers Dr.
Colorado Springs, CO 80918
Bernie Nunnery 303-598-4069

April 15-17
International Cash Classic
Olympic Sports World
2804 Birch St.
Parkersburg, WV 26101
304-422-5445

April 15-17
Minnesota State Singles
Champion.
Burnsville Racquet & Swim Club
14600 Burnhaven Rd.
Burnsville, MN 55337

April 15-17
Neilsons
Oak Park Courthouse
1135 N. Harlen Ave.
Oak Park, IL 60302
Joanne Peck 312-848-5200

April 20-24
San Francisco Open
Telegraph Hill Club
1850 Kearny
San Francisco, CA 94133
Ann Grace 415-982-4700

April 21-24
Pizza Hut RB Challenge
Atlanta Sporting Club
1515 Sheridan Rd. NE
Atlanta, GA 30324
Caryn McKinney 404-325-2700

April 21-24
10th Annual Western Cookout
The Irvine Clubhouse
17850 Skypark Circle
Irvine, CA 92714
Geoff Mayhorn 714-261-7500

April 22-24
Do It In Reno
Reno Athletic Club
920 Matley Lane
Reno, NV 89502
Dennis Kaufman 702-322-3430

April 22-24
Glass City Open
Aquarius Athletic Club
1730 Opportunity Dr.
Toledo, OH 43612
Rick Gomez 419-476-4884

April 22-24
INSRA State Singles
Racquetball of Greenbrier
1275 W. 86th St.
Indianapolis, IN 46260
Mike LaBonne 317-255-7730

April 22-24
Montana State Singles

The Courthouse
P.O. Box 4365
Missoula, MT 59801

April 22-24
Three Days In April
Riverview Racquet Club
4940 Plainfield NE
Grand Rapids, MI 49505
Mike Anderson/Roy White
616-363-7769

April 29-May 1
Hawaiian Open
Sacramento Court Club
947 Enterprise Dr.
Sacramento, CA 95825
Tim Scott 916-920-1933

April 29-May 1
New Jersey State Open
The Racquet Place
163 Route 34
Matawan, NJ 07747
Jodi Bair 201-384-3905



April 29-May 1
Tulip Tourney
The Athletic Club - Fairbanks
150 Eagle St.
Fairbanks, AK 99701
Kristi Flores 907-456-1914

May 3-7
The Ridge Open
The Ridge
4304 N. Foothill
Provo, UT 84604
Joel Tualeva 801-224-6969

May 6-8
California Cooler Open
Quail Lakes Athletic Club
2303 W. March Lane
Stockton, CA 95209
Jim Moscatelli 408-951-3795

May 6-8
West Virginia State
Olympic Sports World
2804 Birch St.
Parkersburg, WV 26101

May 6-8
5th Annual Sierra Slam
Incline Court House
880 Northwood Blvd.

Box 4107
Incline Village, NV 89450
Tim Munson 702-831-4212

May 12-15
Mountain Madness Racquetball
Tournament
Evergreen Athletic Club
2932 Highway 74
Evergreen, CO 80439
Tom Gysin 303-674-6902

May 12-15
Pomona Valley Open
The Claremont Club
1777 Padua Ave.
Claremont, CA 91711
Sally Torrez 714-625-6791

May 13-15
LaCancha Lite Beer Open
LaCancha RB Health Center
1850 Soscol Ave.
Napa, CA 94558

May 13-15
Onomonoopa Open - YMCA
3620 Cleveland Heights Blvd.
Lakeland, FL 33803
Grace Page 813-644-3528

May 13-15
Super 7 Finale
Court Time
24385 Halsted
Farmington Hills, MI 48018
Jim Hiser 313-653-5999

May 14-15
Rhode Island State Juniors
Grist Mill Sport & Leisure Club
350 Fall River Ave.
Sekonk, MA 02771

May 19-22
Sporting Club Invitational
Denver Sporting Club
5151 S. DTC Parkway
Englewood, CO 80111
Don Kriete 303-779-0700

May 20-22
Spring Thing
Nashville Supreme Court
4633 Trousdale Dr.
Nashville, TN 37204
Dawn Young 615-832-7529

May 20-22
Sun Coast Fitness Center Open
Sun Coast Fitness Center
581 Venice By Pass North
Venice, FL 34293
Bill Clark 813-488-7255

May 27-29
CARA Women's Classic
Garden Racquet & Athletic Club
2000 Garden Rd.
Monterey, CA 93940
Ed Martin/Margo Daniels
916-638-7572

AARA State Rankings

- 1-California
- 2-Florida
- 3-New York
- 4-Colorado
- 5-Pennsylvania
- 6-Illinois
- 7-Massachusetts
- 8-Michigan
- 9-Minnesota
- 10-Ohio
- 11-Indiana
- 12-Texas
- 13-North Carolina
- 14-New Jersey
- 15-Connecticut
- 16-Georgia
- 17-Arizona
- 18-Washington
- 19-New Hampshire
- 20-New Mexico
- 21-Missouri
- 22-Utah
- 23-Tennessee
- 24-Alaska
- 25-Wyoming
- 26-Montana
- 27-Wisconsin
- 28-Maine
- 29-Virginia
- 30-South Carolina
- 31-Nevada
- 32-Rhode Island
- 33-Alabama
- 34-Maryland
- 35-Delaware
- 36-Vermont
- 37-Kansas
- 38-Oklahoma
- 39-Mississippi
- 40-Kentucky
- 41-Idaho
- 42-Louisiana
- 43-Oregon
- 44-West Virginia
- 45-Iowa
- 46-Arkansas
- 47-South Dakota
- 48-Hawaii
- 49-Nebraska
- 50-District of Columbia
- 51-North Dakota
- 52-Puerto Rico
- 53-American Samoa
- 54-Guam
- 55-North Mariana Islands
- 56-Trust Territory
- 57-Virgin Islands



1987-88 AARA Officers & Board Members

OFFICERS

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80004, 303-422-5703 (H), 303-426-6161 (O). **Region #13:** Dan West, 3758 Mt. Rushmore Ave., Billings, MT 59102, 406-656-3890. **Region #14:** Scott Winters, RB World & Aerobic Health Center, 10115 Talbert Ave., Fountain Valley, CA 92708, 714-962-1374. **Region #15:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266.

STATE DIRECTORS

REGION #1 Commissioner & Massachusetts State Director: Paul Henrickson, 20 Oakes Street, Millbury, MA 01527, 617-832-3459. **New Hampshire:** Lance/Gayann Bloom, 23 Cliff Ave., Boars Head, Hampton Beach, NH 03842, 603-926-3233. **Vermont:** Brent Whitney, Green Mountain RB Assoc., 8 Timber Lane, Shelburne, VT 05482, 802-434-2142. **Maine:** Tom Farley, 25 High Street, Yarmouth, ME 04096, 207-846-4236. **Rhode Island:** John Wargat, 2120 Pleasant Street, Dighton, MA 02715, 617-336-5600. **Connecticut:** Ed Mazur, Box 557, 2138 Silas Deane Hwy., Rocky Hill, CT 06067, 203-563-4911 (H), 203-563-1492 (O). **REGION #2 Commissioner & New York State Director:** Al Seitelman, 142 Landing Ave., Smithtown, NY 11787, 516-360-0979 (H). **New Jersey:** Jodi Bair, 39 DeMott Ave., Bergenfield, NJ 07621, 201-384-3905 (H), 212-980-0120 (O). **REGION #3 Commissioner:** Bernie Howard, RD1, Box 362A, Reedsville, PA 17084, 717-667-2209. **Pennsylvania:** Dave Dunn, Hamilton Financial Center, One Center Square, Suite 407, Allentown, PA 18101, 215-433-3457 (H), 215-439-8451 (O). **Delaware:** Dario Mas, 706 Kilburn Rd., Wilmington, DE 19803, 302-478-7919. **Maryland & Washington D.C.:** Robin Duble, RB Players Assoc., P.O. Box 805, Bryans Road, MD 20616, 301-283-5453. **Virginia:** Ed Remen, 308 Glenn Drive, Sterling, VA 22170, 703-430-0666. **REGION #4 Commissioner:** Van Dubolsky, L24 Santa Fe Community College, 3000 N.W. 83rd Street, Gainesville, FL 32606, 904-395-5356. **North Carolina:** Mike Dimoff, 1409 B. Whilden Place, Greensboro, NC 27408, 919-379-0550. **Georgia:** Mike Brooks, 2138 Faulkner Road, Atlanta, GA 30324, 404-633-2638. **Florida:** Linda Mojer, 915 N. Kentucky Ave., Winter Park, FL 32789, 305-647-4298 (H), 305-646-2575 (O). **South Florida:** Fred White, 3998 Cocoplum Circle, Coconut Creek, FL 33063, 305-528-2311 (O). **South Carolina:** Bob Horne, 335 Salem Drive, Ladson, SC 29456, 803-553-5484 (H), 803-875-1990 (O). **REGION #5 Commissioner:** Jack Sorenson, Montgomery Athletic Club, 5675 Carmichael Park, Montgomery, AL 36177, 205-277-7130. **Alabama:** Jim Gillhouse, 107 Valley View Dr., Rt. 3, Enterprise, AL 36331, 205-347-1038 (H), 205-255-6509 (O). **Tennessee:** Paul Redelheim, 2543 Blair Blvd., #1, Nashville, TN 37212, 615-269-3623 (H), 615-228-4848 (O). **Mississippi:** Jim Allen, 1765 E. Sudan, Greenville, MS 39701, 601-335-3565 (H), 601-335-9000 (O). **REGION #6 Commissioner & Kansas State Director:** Randy Scott, 1615 Walnut Grove, Derby, KS 67037, 316-788-6470 (H), 316-681-1573 (O). **Arkansas:** Rex/Gwen Benham, 1603 West 58th, N. Little Rock, AR 72118, 501-758-5076. **Oklahoma:** Susan McMassters, Rt. 3, Box 490, Perkins, OK 74059, 405-743-1328. **Missouri:** Mark Isley, 6003 North Monroe, Kansas City, MO 64119, 816-545-4409 (H), 816-436-5943 (O). **REGION #7 Commissioner:** Bruce Hendin, 15759 San Pedro, San Antonio, TX 78232, 512-490-1980. **Texas:** Joe Koppel, 2104 Hollyhill, Denton, TX 76205, 817-382-5594 (O). **Louisiana:** Paul Bruno, 1300 One Square Annex, New Orleans, LA 70139, 504-522-2956. **REGION #8 Commissioner:** Alvin Barasch, 7330 N. Cicero, Lincolnwood, IL 60646, 312-673-7300. **Iowa:** Brad McCuniff, 1628 Grandview Court, Cedar Falls, IA 50613, 319-266-8396, 319-277-8151. **Illinois:** William Roberts, 610 S. Main St., Mt. Prospect, IL 60056, 312-392-8473 (H), 312-390-6952 (O). **Wisconsin:** Carol Pellowski, North Hills Athletic Club, N85 W15960 Appleton Ave., Menomonee Falls, WI

53051, 414-251-1420 (O). **REGION #9 Commissioner:** Jim Easterling, 321 Village, Lansing, MI 48911, 517-373-2399. **Michigan:** Tom Blakeslee, 37585 Lakeville, Mt. Clemens, MI 48045, 313-575-3998. **West Virginia:** L. Dean Schwartz, P.O. Box 2258, 1420 Seventh Street, Parkersburg, WV 26102, 304-428-5050 (H), 304-485-0539 (O). **Ohio:** Reed Gungelman, 127 Northfield Road, Bedford, OH 44146, 216-439-2424. **REGION #10 Commissioner:** Michael Arnolt, 3833 N. Meridian St., Suite 305, Indianapolis, IN 46208, 317-259-1359, 317-926-2766. **Indiana:** Renee Labonne, 6090 Orchard Hill Lane, Indianapolis, IN 46220, 317-255-7730. **Kentucky:** Rocky De Toma, 420 Mt. Tabor Rd., Lexington, KY 40502, 606-266-0032 (H), 606-233-0610 (O). **REGION #11 Commissioner:** Les Dittich, Box 16, Eagle Lake, MN 56024, 507-257-3698 (H), 507-257-3353 (O). **Nebraska:** John Clyne, 206 South 13th Street, Lincoln, NE 68508, 402-473-3767, 402-489-9151. **Minnesota:** Marta Groess, 15801 Erickson Lane, Minnetonka, MN 55345, 612-935-1291. **North Dakota:** Roger Mazurek, Y.M.C.A., Box 549, Bismark, ND 58501, 701-255-1525. **South Dakota:** Robert Smith, 1910 8th St. S. #311, Brookings, SD 57006, 605-697-5186 (H), 605-688-6106 (O). **REGION #12 Commissioner:** John Foust, 4633B South Frazer, Aurora, CO 80015, 303-699-8121 (H). **Colorado:** Sherry Armstrong, 6880 S. Dallas Way, Englewood, CO 80112, 303-799-8979 (O), 303-771-2767 (H). **New Mexico:** Gary Mazaroff, 1619 Solano N.E., Albuquerque, NM 87110, 505-266-9213 (H), 505-293-3080 (O). **Arizona:** Donna Angelopolus, 10424 South 46th Way, Phoenix, AZ 85044, 602-893-7655 (H). **Utah:** Toni Dever, 135 East 820 South, Box 67, Salem, UT 84653, 801-423-1325. **REGION #13 Commissioner & Montana State Director:** Dan West, 3758 Mt. Rushmore Ave., Billings, MT 59102, 406-656-3890. **Wyoming:** Bob Ballew, 970 Stafford, Casper, WY 82609, 307-265-6534. **REGION #14 Commissioner:** Ed Martin, Bottomline Ventures, 11460 Sunrise Gold Circle, Rancho Cordova, CA 95742, 916-638-7572. **California:** Mickey Bellah, 25431 Cabot Rd., #107, Laguna Hills, CA 92653, 714-859-1900 (H), 714-752-1750 (O). **Nevada:** Clint Koble, Incline Village Courthouse, 880 Northwood, P.O. Box 4107, Incline Village, NV 89450, 702-831-4214. **Hawaii:** Connie Florez, 2551-G Kapiolani Blvd., Honolulu, HI 96826, 808-955-6181 (H), 808-833-2770 (O). **REGION #15 Commissioner:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266. **Washington:** Ray Campbell, 2511 22nd Ave. South, Seattle, WA 98144, 206-324-8668. **Oregon:** Jim Davidson, 4471 Camellia Dr. S., Salem, OR 97309, 503-838-1424 (O). **Idaho:** Gloria Pierson, 10643 Bridgetower, Boise, ID 83709, 208-378-8606. **Alaska:** Steve Deaton, 9201 Blackberry St., Unit 15, Anchorage, AK 99515, 907-243-8674 (H), 907-565-2852 (O). **Military Commissioner:** Steve Ducoff, P.O. Box 281, Randolph AFB, TX 78148, 512-652-3471. **National High School Commissioner:** Rick Lukasek, Concored Recreation Center, 12320 Old Tesson Rd., St. Louis, MO 63128, 314-842-6363. **National Wheelchair Commissioner:** Chip Parmelly, 1941 Viento Verano Drive, Diamond Bar, CA 91765, 714-861-7312. **Commissioner For Americans In Europe:** Hal Leffler, Siegner Strasse 48, 6230 Frankfurt 80, West Germany. **Junior Council Commissioner:** Scott Winters, RB World & Aerobic Health Center, 10115 Talbert Ave., Fountain Valley, CA 92708, 714-962-1374. **Intercollegiate Commissioner:** Neil Shapiro, 128 Lancaster St., Albany, NY 12210, 518-436-9522 (H), 518-462-7158 (O). **Commissioner For The Disabled:** Judi Schmidt, 1970 Cattlemen Road, Sarasota, FL 33582, 813-371-6193 (H), 813-921-6675 (O). **Commissioner For Minority:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266. **Commissioner For Women:** Judi Schmidt, 1970 Cattlemen Road, Sarasota, FL 33582, 813-371-6193 (H), 813-921-6675 (O).

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