

KILLSHOT

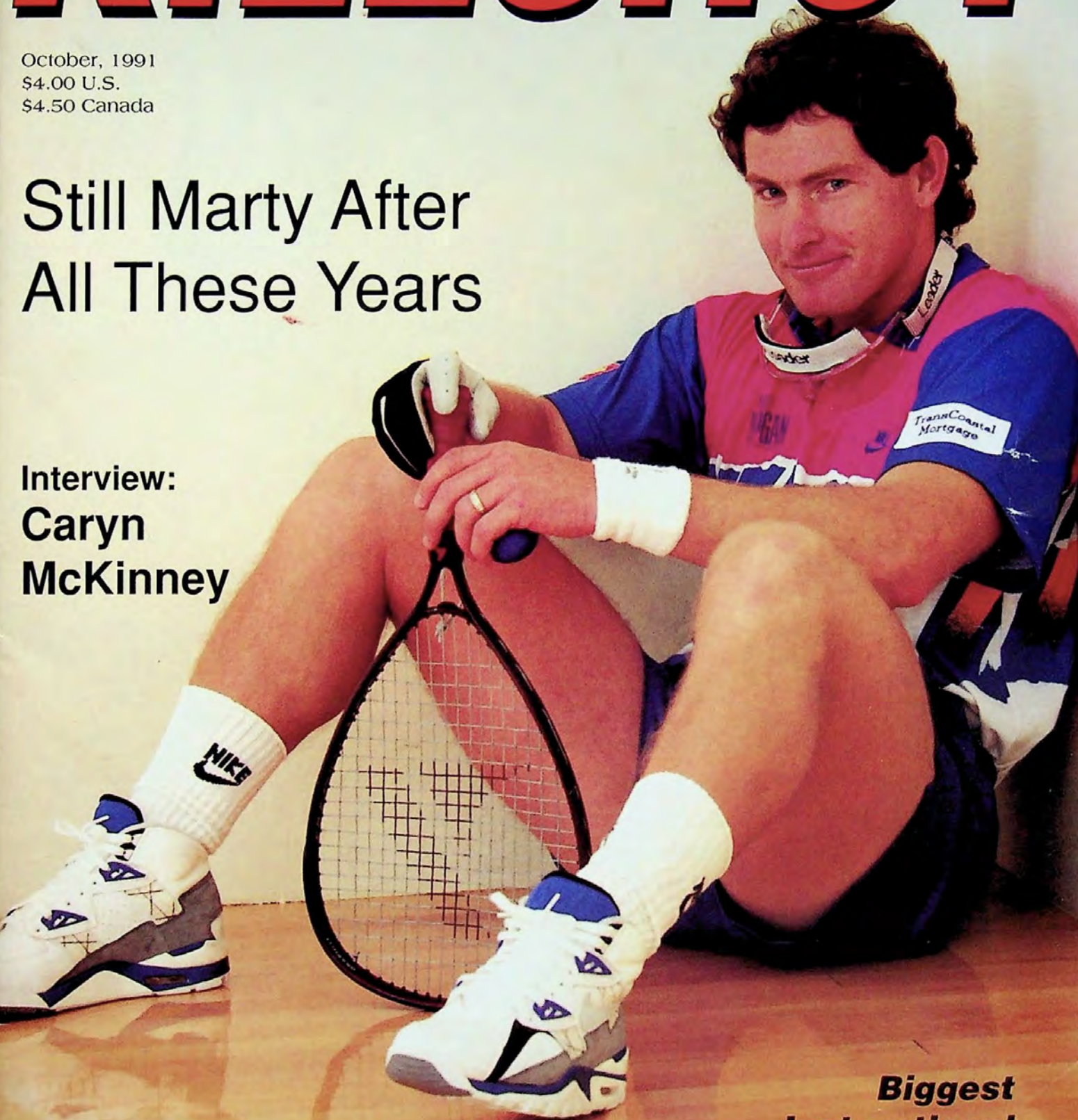
October, 1991

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Still Marty After All These Years

Interview:
Caryn
McKinney



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(Editorial Comments)

Where's My DANG Magazine, Anyhow?!?

~~Better Late Than Never~~

Better Never Late

So, here I am trying to explain why our September issue was mailed the first week of October and the October issue the end of the month. Yes, we had some unforeseen holdups in production that caused us to fall very far behind schedule, and the streamlining of our mailing list turned out to be a logistical nightmare. But in the end the fault remains mine and I am the one who has to face the music.

Realizing that the vast majority of racquetballers are extremely skeptical of a new publication due to some previous industry events, the one thing we did not want to do was fall behind schedule. And, as much as I'd like to say it will never happen again, the fact is it might. The inherent problems of a start-up publication are many. Add to that the fact that some factions would just as soon see us fail and the problems are compounded. But that's just business. And we realize it is our duty to silently take those obstacles in stride and give you your money's worth whatever casualties we might suffer.

I suppose what all this boils down to is to ask for your patience and ask that you give us the benefit of the doubt. Rest assured that we are not going to run away with your money. In fact I promise you that your subscription will be fulfilled to your satisfaction or we will return your money. There is no worse advertising than a dissatisfied customer.

We are proud to be associated with the greatest, most exciting sport in the world and hope to convey that excitement and improve with each issue.

One more thing, we are here for the long haul, so you better get used to having us around. Thanks for hanging in there with us.

Steven C. Quertermous
Editorial Director

How 'ya gonna keep 'em down on the farm?



One place you don't expect to see Marty Hogan is walking around a ranch pointing out animals and feeding spots. Nestled in among the bluffs outside St. Louis is Marty's land, full of all manner of livestock with an elaborate system of ponds that drain into one another and a palatial horse barn second to none.

This is where Marty retreats from the hustle of life on the road, pro racquetball, and the constant promoting. It is here that he enjoys the good life with his wife Ann and two of the cutest kids (second only to my own) you've ever laid eyes on.

One of the nice things about doing a magazine is the opportunity for Marvin and me to meet some of the most terrific people in the world in ways different from their public image. One thing we hadn't counted on was seeing Marty's youngest child Caitlyn on the verge of walking, ambling between sofa and coffee table with all that toddler inquisitiveness; or seeing his older Benjamin just up from a nap, hiding shyly behind his father's legs. They don't know Marty Hogan the professional racquetball player. They only know dad. Oh, life's simple pleasures.

SQ

Managing Editor Marvin Quertermous visits with Marty Hogan in his home outside St. Louis.

KILLSHOT

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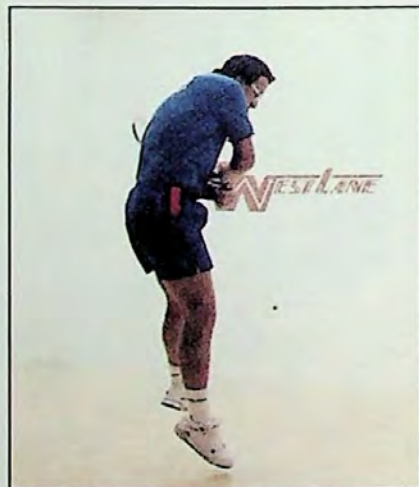
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KILLSHOT

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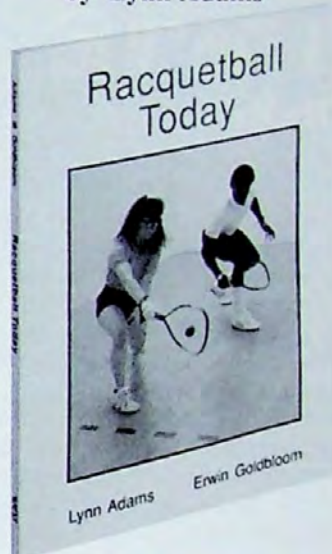
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Too Good to be True?

By Marcy Lynch
Nutrition Editor

"95% Fat Free", "no cholesterol", "fresh", "low-fat", "high fiber", "natural", "light" — sounds as if you might be eating healthy if you buy foods that make these claims. That is what manufacturers would like you to believe so you'll buy their products which are full of fat, salt, and sugar. If we take a closer look, many of the claims are grossly misleading. One such claim which has bombarded the market is "no cholesterol." Potato chips, donuts, and liquid oils are some of the more common items that tout this claim. Potato chips and donuts are loaded with fat, and often saturated fat, the kind that actually raises blood cholesterol. "No cholesterol" does not mean no fat. Liquid oils (corn, olive, saf-

flower, canola oil) never had cholesterol in the first place. The "___% fat free" claim is one of the most misleading and one of my personal pet peeves. Deli meats, frozen dinners and dairy products are some of the worst advertising offenders. For example, a piece of turkey bologna claims to be 82% fat free. You might assume that the 18% remainder is fat and within your goal of keeping fats in your diet below 30%. However, this 82% refers to weight, not calories. The label reads that each slice has 60 calories and 5 grams of fat. Nine calories per gram of fat equals 45 calories of fat. Out of a total of 60 calories, the bologna is 75% fat! Bread is a common target for misleading claims. Is brown bread or

"wheat" bread more nutritious than white bread? Maybe, but maybe not. Words like wheat flour and whole grain flour can apply to any loaf of bread on the shelf, brown or white. On the label, only the words Whole Wheat actually mean whole wheat flour was used — and only if whole wheat is listed as the first ingredient is it the predominant flour. Some brown breads are brown due to artificial coloring. Pumpernickel bread, for example, is often rye bread with a dark caramel coloring added. Rye bread is often white bread with some rye flour added for flavor. Serving size is a great way for advertisers to disguise high calorie foods. A popular frozen yoghurt sold by the pint lists a serving size of 3

ounces as having 3 grams of fat and 120 calories. Calorie-wise the product is only 25% fat which fits in with our dietary goals. Now look at the number of servings in a pint and it's 5 1/3. Most people rarely eat only 3 ounces. A normal serving is more like 6-8 ounces which doubles or triples both the amount of calories and fat. Many words and phrases literally have no meaning except that which the manufacturer wants you to believe. The following are some examples: — a product which is "sugar free" can contain corn syrup, honey, or fructose which are just different forms of sugar. — "fruity" cereals have fruit flavoring but no fruit. — "natural" products can contain salt, fat, and sugar which are natural ingredients. Frozen dinners which are notoriously high in sodium promote their sodium content as "less than a gram" when sodium is generally measured in terms of milligrams (thousandths of a gram). — juice drinks may have very little juice but lead you to believe they have a lot. The words "light," "low fat," "natural," "organic," "high fiber," "fresh," and "free" have no standard definition. All this is to say that shopping can become a confusing and frustrating experience, especially if you have intentions of improving the quality of your eating habits. Fortunately, as a result of consumer demands, Congress has recently passed the Nutritional Labeling and Education Act which requires new labeling for all foods. The changes become mandatory in 1993. In the meantime, it's up to the consumer to read labels and know what the information means. Some simple guidelines to follow which can improve our choices without a lot of homework are: 1) avoid prepackaged and processed foods as much as possible 2) stick to unadulterated fruit, "veggies", lean meats, and whole grains 3) read labels 4) beware of overused "buzz" words and phrases 5) if it sounds too good to be true, it probably is!!



Charlie Palek



Dan Obremski

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L E T T E R S

Congratulations on a superb gala edition of your magazine. It was a hit with the members of my club as well as with my students. I was impressed with the photo coverage and graphics, but most of all with the variety and was glad to see some of my friends featured or made mention of. I especially enjoyed the Strandemo article, and as a veteran clinician myself, I agree with his point that there are no tricks or magic towards achieving one's best except through the mastery of fundamentals! ...Good luck with your magazine. If what's to come is like the first, I foresee you'll bridge a lot of gaps and fill in a lot of loopholes for the reading (playing) public, and ultimately make a significant contribution towards the promotion of such a great (but underrated) sport!

D. Villanueva
Concord, CA

I've received my first issue of your **KILLSHOT** magazine which arrived the other day. I must admit that I enjoyed it immensely and would like to subscribe to your magazine. Enclosed is a check for one year's subscription. Please keep up the good work with your magazine which I find to be of substantial quality for the notoriety of the sport - Racquetball.

L. McKinney
Maspeth, NY

Thank you for the premiere issue of your new magazine which is a welcome addition to the racquetball scene. I read it from cover to cover (except the item on the Air Force tournament) and feel hopeful enough about it to order this subscription. I'm looking forward to Steve Strandemo's features (I hope he gets a little more specific than he was in this one). I'm also looking forward to more from the "Fitness" section. From the pictures I can guess but maybe Dan Obremski could explain exactly what a "step-up class" is. As a Canadian I would very much like to encourage you to keep giving us some good exposure in your magazine (and please keep the military/patriotic theme to a minimum). As you said yourself in this issue our numbers are only one-ninth of yours but we have the #2 world

team. The province of Saskatchewan has a terrific junior program you might want to investigate some time and I'm sure Racquetball Canada could provide you with all kinds of player and tournament info: Sherman Greenfeld would be a great candidate for a player profile. (He's our local hero - what can I say?) I liked the writing style - straightforward, informal, and friendly feeling I got from the magazine. Keep it up. I've only been in racquetball for two years and have met nothing but nice, friendly people and **KILLSHOT** seems to fit that same mold. Congratulations on your first issue and best wishes.

S. Schmidt
Wpg. Man., Canada

I very much enjoyed your initial issue of **KILLSHOT**. I especially liked the Air Force article, since I am a former Air Force racquetball player (and 5 time base champ) from Ramstein AB (1974-1984), Germany. I have personally known and competed against Lou Souther, Gene Couch, Al Stock and Fred Jenkins. While in Europe I was among the top players, and the only RB racquet stringer, on the continent....I am still a top RB player, instructor and racquet stringer. ...The U.S. Army also has some excellent RB players who may or may not be active military today, but are most assuredly active RB players. I also think you should feature some racquetball nostalgia, us older players get tired of reading about the endless parade of young players of today. Maybe you could have a "Where Are They Now" feature in each issue. ...I thank you for the free issue of **KILLSHOT** and am looking forward to many future issues.

M. Tipton
Sequim, WA

Great magazine! Please put more instructional and fitness articles in it and less articles about the Pro tournaments. Thanks!!

Capt. P. Clay
APO, NY

I enclose a copy of a letter I sent to Chuck Levy some eighteen years ago when there were a plethora of balls of every color. This letter was published in part and may have had some influence on the standardization of the ball color. For the reasons stated in the copy quoted directly from a standard medical textbook, blue is still the best color for a very good physiological reason. You can see it in

greatest periphery of the visual field over any other color. There is no reason to think that one may change a physiological phenomenon such as the peripheral vision of each color. Blue gives the greatest possibility of seeing the ball out of the center of the visual field, which in racquetball is much of the time. Verification of the phenomenon can be confirmed by a simple test. The subject stares ahead and objects of different color are brought in from the periphery of the visual field and ascertaining when the subject first sees the object. Blue will be seen first. Keep Blue!

P. Dziuk
Homer, IL

You really did your homework. Thanks for the information.

As exciting as it was to see a new racquetball magazine, it was also nice to see the article on Mike Ray. Speaking from experience, he is competitive but, is always a gentleman on and off the court. Mike has proven that the above mentioned assets can blend together. Enclosed you will find a check for my subscription. Here's to your continued success in the years to come.

Gregg Peck
Little Rock, AR

It is always nice to get a letter from one of our heroes. Thanks for the nice words. Hearing them from someone who knows racquetball really is a compliment. (Gregg was National Champion in 1985)

You asked the question who was the "Ice Princess" in your Sept '91 issue of **KILLSHOT**. To quote the Sept. 1987, Vol. 16, #9 issue of National Racquetball (page 23) it is Kaye Kuhfeld who was ranked 6th at the end of 1986/87. She is called the "Ice Princess" because of her cool and calm. She uses off pace shots, wide angle passes and slow pinches.

I would add while Kaye is cool and calm on the court, she is also a very warm and personable person off the court. And she is a great asset to racquetball for those of us who know her.

R. Hite
Anderson, 46017

Yours was the most completely documented answer we received to our brain-teaser quiz from last month's *Short Serves*. Thanks for taking the time to research the question and sending us a reply.

Sometimes we're right. But when we're wrong, oh, boy. Here are a couple of major league goofs we made last issue. The correct results of two divisions of the Canadian Nationals appear at right:

Letters continue on page 60.

Men's Senior Golden Master

1. Fred Briscoe, Calgary, MAN
2. Roald Thompson, Regina, SK
3. Al Adirim, Vancouver, BC

Consolation: Phil Swartz, Vancouver

Men's Veteran Golden Master

1. Edouard Boyer, St. Timothee, QC
2. Jack Pillar, Toronto, ON
3. Ben McConnell, Vancouver, BC

Ruben the right way. Unfortunately in production the focal point photograph of the Ruben Gonzalez Gallery article in the September issue was flopped. What you should have seen was Ruben ready to slap a right hand shot rather than a left hand shot as it appeared. We'd also like to thank Mickey Blechman for his assistance with the background information on Ruben's early handball career.



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Watch Your Step

By Dan
Obremski
Fitness
Editor

Is There a Perfect Racquetball Workout?

If you've read any of my recent articles, you know I'm an excited proponent of the new step up class. Over the past three years I've also proclaimed that certain weight training programs would enhance your on court prowess. There has been talk of cardiovascular and muscular endurance programs that I've sworn by as well. In 1989 I described the National Fitness Challenge workout, based on my participation in the finals in the Bahamas. This challenge taught me to cross train, thus achieving better fitness results. I've also endorsed cross training to improve your on-court skills with the implementation of other sports. It seems that no matter what I've tried, it has worked. I've finally come to the conclusion that the most popular slogan in sports today, is going to be my slogan in training, **JUST DO IT**. Whether it be step ups, or cross training, or weight training, or a combination of everything, remember one thing, **DO SOMETHING**. My next series of articles will keep your workouts fresh. I will suggest something a bit different each issue to stimulate your growth both on the court and off. Instead of suggesting many exercises combined to formulate one workout, we will deal with one or two exercises or machines per is-

sue. On each of those machines we will formulate workouts that will meet your overall needs. With the Step Up Class being our first subject, I will continue this trend by

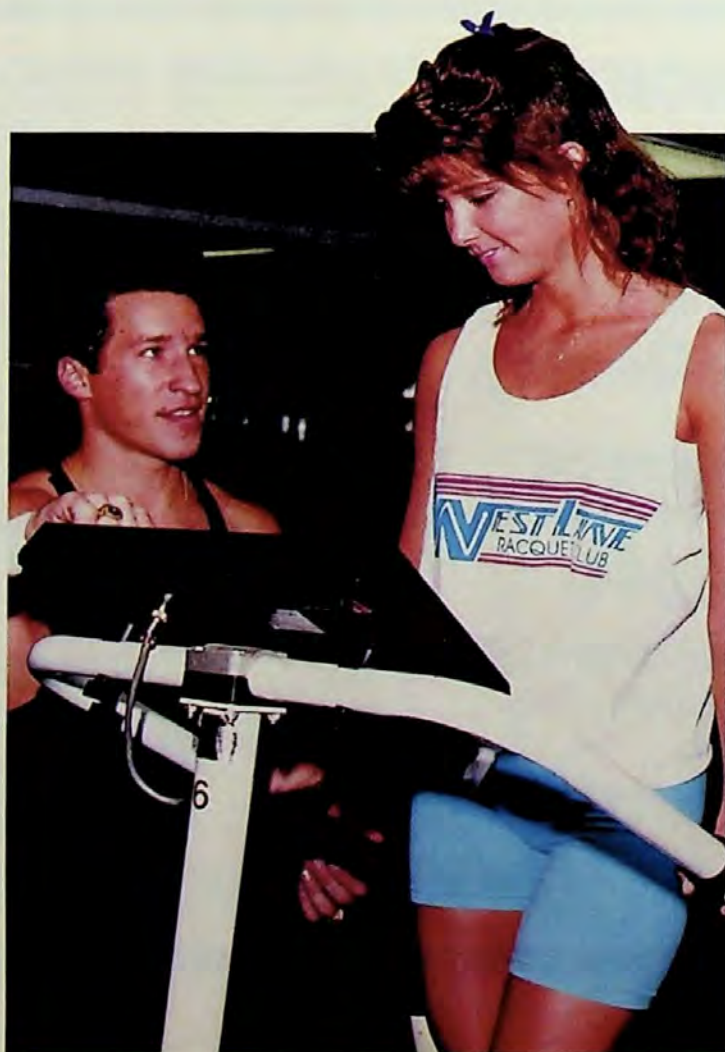
endorsing two more workouts that will knock your socks off.

STAIRMASTER WORKOUT

The stairmaster workout is not necessarily the best total body workout, but it certainly does incorporate many of the major muscles utilized in a racquetball match. The buttocks, thighs, hamstrings, and calves are all worked on this machine. Different variables, such as cardiovascular endurance, muscular endurance, and explosive movements will be our topic of discussion. As you already know, there are a variety of exercise modes programmed into the computer of the stairmaster. Degrees of difficulty can also be programmed into the initial phase of the workout. I feel that you should constantly vary the program you use while increasing the intensity according to your level of fitness. Proper form is also essential in achieving ultimate results.

FORM:

To perform the stairmaster correctly, keep your back as straight as possible throughout the exercise. Personally, I ride the



stairmaster without holding the handrails. This makes the movement more difficult while teaching proper balance and form. Do not rest your bodyweight on the handrails or lean forward. If you are doing either, the machine is set on too difficult a level. If done properly, the buttocks and legs will work incredibly hard while eliminating the chance for lower back injury.

DURATION AND INTENSITY:

15 minutes should be your starting point if you're a beginner. Light intensity is suggested to avoid stress and injury. Your goal should be to work at an intense level (8-10) for 25 - 30 minutes. This can be achieved by gradually increasing your time and level over the period of 2 - 3 months. Three to four days a week would be sufficient.

CARDIOVASCULAR ENDURANCE, MUSCULAR ENDURANCE, AND EXPLOSIVENESS:

Currently, I supplement my training with a stairmaster routine that emulates an intense racquetball match. As you know, an intense game consists of intense rallies, followed by breaks in action. To achieve this on the stairmaster you must use the manual control program. Begin on an easy level while the first row of lights flash. As the second row begins to flash, quickly set the control to the highest level. At this level you are sprinting at a quick, explosive pace. Continue until the third row of lights is illuminated. If done for 20 - 30 minutes, this routine combines cardiovascular endurance, explosive movements, and muscular endurance. You can vary the level of resistance, the duration, and any other variables to suit your personal needs. As I stated in the opening paragraph, DO IT NOW. The longer you put it off, the more your level of fitness and game will suffer.

VERSA CLIMBER WORKOUT

In five years I've found one machine that combines all of the elements needed for a total body workout in less than a half hour. It is the Versa Climber. The Versa Climber copies a continual vertical climbing

movement utilizing both arms and legs. By varying the resistance on the machine, aerobic and anaerobic conditioning, as well as strength, explosiveness, and muscular endurance are achieved.

FORM:

Stand vertically on the foot pedals and hold the two hand grips. The climbing motion is initiated by stepping on a foot pedal and pulling on a hand grip on the same side of the machine. The right foot pedal and the right hand grip move vertically downward, while the left foot pedal and left hand grip move vertically upward. The action of the arms and legs simulates climbing a ladder at a selected time, rate, distance and resistance.

AEROBIC CONDITIONING:

Beginners should set the machine at the least amount of resistance and take short strokes or (steps) on the machine to eliminate the risk of injury. As your body becomes accustomed to the machine your length of strokes should increase along with your intensity level and duration. I suggest beginning at 10 - 12 minutes and working your way in two to three months to 25 - 30 minutes at an intense level.

ANAEROBIC CONDITIONING:

Much the same as the Stairmaster routine, I suggest quick sprints on the versa climber followed by slow methodical movements. Twenty to thirty minutes of intense work at an easy setting should be a great racquetball workout.

STRENGTH TRAINING:

Varying the resistance with the control knob sets the hydraulics of the machine to intensify the workout. To achieve overall body strength set the hydraulics to the most difficult level and exert maximal forces against the machine both up and down for 8 - 12 reps. To develop power, set the hydraulics to a higher rate of motion and exert maximal force for 15 - 30 explosive reps. To develop muscular endurance set the hydraulics at an intermediate level and exert low to intermediate forces for an extended period of time. When I ride the versa climber, I combine all of the above exercises into one twenty minute routine. One minute of normal use, followed by twenty seconds of high intensity pumping, followed by another minute of normal use.

EXAMPLE:

minutes:	
1:00	CARDIOVASCULAR
2:00	EXPLOSIVE
2:20	CARDIO
3:00	EXPLOSIVE
3:20	CARDIO
4:00	EXPLOSIVE
4:20	CARDIO
5:00	EXPLOSIVE
5:20	CARDIO
6:00	EXPLOSIVE
6:20	CARDIO
7:00	STRENGTH
7:20	CARDIO
8:00	STRENGTH
8:20	CARDIO
9:00	STRENGTH
9:20	CARDIO
10:00	STRENGTH
10:20	CARDIO
11:00	STRENGTH

REPEAT !!!

This machine is a great substitute for weight training once in a while. Over the next two to three months alternate these two exercises every other workout and I guarantee a jump in your level of fitness. Work hard.

GOD BLESS !!





C A R Y N McKinney

One of the most feared competitors on the WPRA tour, Caryn McKinney brings to racquetball the same convictions and determination that govern the rest of her life. Having completed her tenth professional season, Caryn claims one national

full of surprises

professional championship plus consistent top WPRA rankings. Well known for her warmth and charm she is one of the most popular players on the tour.

By Marvin Quertermous
Photographs by Charlie Palek

Q: Caryn, let's look back at last season. I thought you were playing well, then I found out you were having some trouble with your ankle and had't really said much about it. Nobody really knew there was a problem.

CM: I guess that was on purpose. I was really vague about the injury in January because, at least, at first I didn't know it was going to be a problem for so long. I certainly didn't want to go into a pro stop with everyone knowing I might not be 100%.

Q: What was it, really?

CM: Well, I began having severe achilles tendonitis in January. I just thought it would pass and not be a factor. But, with back-to-back events, it never really got a chance to heal. If I took it easy it got better for a while, but I couldn't stay off long enough to completely recover.

Q: Couldn't or wouldn't?

CM: Well, maybe. It's really tough when you think you should be playing your best, but for reasons you just can't help, you're not.

I'm not as physically talented as many players, so I have to use my head. My best asset is what's above my shoulders.

Q: Has the summer off helped?

CM: Sure. I always take some time off in the summer, then try to ease back in. That's just good for my game, but it was a necessity this time. The worst part is not knowing what to count on. It feels great for a while so I go back to working out. Then it starts giving me problems again.



Q: And now?

CM: Well it was frustrating the first three times back on the court. I had a goal to run a marathon for fall, so I started training for that too. The first time out I felt really good, so the next time out

I couldn't stop after just a couple of miles. I love to push myself and I just couldn't go out and take it easy. The next day I paid.

Q: Will you be ready to play Syracuse?

CM: I don't know, maybe not. I'll tell you this: If I do go, it means I'm back 100% and really playing well. Usually I take longer than the time I have left to prepare for a stop. Based on that I don't know how I'll be hitting the ball. I'm full of surprises, though, so you never know. If you see me play there you won't have to ask if the ankle feels okay.

Q: When will you decide?

CM: It will be based on how I play in October. I have to be concerned not only with how I feel, but if I'm 100% long enough to prepare my game. It does me no good to go in healthy if I haven't been working to prepare my game. Time is running out so it will be pretty close. If I can go in and work as much as I need to, I want to play. Anything less...I won't play.

Q: You seem to have a pretty realistic sense of how the pieces fit together, very little guess work about precisely what you have to do.

CM: Well, I have to know, I can't rely on guessing if I'm prepared for an event or not.

Q: If you don't play, what will that do to you in the rankings?

CM: I'm not sure, but I really can't worry about that. Either I'm ready to play or I'm not.

Q: What about the tie?

CM: Malia and I ended the season in a third place tie. A tie for the third place position is the hardest to resolve. Because of the seedings, it would be a rare thing if we played each other. That means the tie will be broken if and when one of us advances to the finals and the other one doesn't. The one that advances goes ahead on points and the tie is broken, but we've never resolved it between ourselves. There should be a way to play, just to break the tie. Especially if it comes at the end of the season like this.

Q: Is it important to you to see which one of you is the best on a given day?

CM: Well, it's not that. The thing is

that this gives each of us a very clear goal. This kind of situation is very motivating in that it's a specific challenge to focus on.

Q: So it's a source for a special kind of motivation?

CM: Yes, but it's only motivating when I'm playing her. It's not a source of motivation knowing that if I beat some one else, I break the tie and move ahead of Malia in the rankings.

Q: I guess I'm trying to find out how you can be so competitive, and yet seem to have such constant priorities that almost contradict all this.

Interview **KILLSHOT** C A R Y N

CM: Well I am extremely competitive. I get so much satisfaction from being that way. But, at the same time that has to stay in perspective. Everybody enjoys winning. The trick is to enjoy the whole process in sports. There's always somebody better, no matter who you are. I know that playing will never be my whole world. I mean there's definitely more to life than racquetball.

Q: What's more important to you?

CM: People. Nothing is more important than people.

Taking a call when you know it to be wrong is cheating. Players either do it or they don't.

Q: Go on.

CM: My life has always gone in a lot of different directions. All of them are very important and I put emphasis on each one, but people I care about come before anything else.

Q: In these interviews I like asking who it is that players least like to play. I've gotten such good answers from everybody, I look forward to getting into that. So who is it for you?

CM: Well on one hand I hate playing anyone who cheats. Taking a call when you know it to be wrong is cheating. Players either do it or they don't. They are

very consistent, and it doesn't take long on the tour before you know who will and who won't. On the other hand, the other extreme—someone like Mary Dee-Jolly—is a challenge because she's so nice. It's hard to get very intense when the one you're playing is so nice! It's so much fun playing her, it's easy to forget it's a professional game.

Q: I remember a call at the nationals that you

I remember in 1978 I played with a Wilson metal racquet. I was only half way serious about playing, and only then because I liked to push myself so hard at any sport.

reversed against yourself when your opponent, the referee and the crowd all thought your shot was good.

CM: Well, right is right. He called it good, but I knew better.

Q: What about playing the ones at the top right now, Lynn [Adams] and Michelle [Gilman]?

CM: With Lynn, the game is guess and go. She is as intense in her way as I am in mine. With Michelle, you have to get in her head. Give her some focus and you're the wind in her sails. When she gets going—playing her game—she's amazing. You can't let that happen. You have to get in her head and keep her from reaching that level of intensity. You have to create an atmosphere where you prevail.

Q: How do you develop that edge, create that atmosphere?

CM: I'm not as physically talented as many players, so I have to use my head. My best asset is what's above my shoulders. I learned to take nothing for granted; to use everything I could recognize. Things like body language

on the court, or anything else that would intimidate an opponent, are very important. I learned to project confidence so I played from a very strong position. Stu Hastings and I have talked about this so much. We have identified what subtleties I can use to my advantage against certain players.

Q: Are these things really so important?

CM: At this level, absolutely. You have to control what you project. It has an effect on anyone you play. Sometimes they can recog-

nize this and are conscious of it; and sometimes, they just play into it without knowing what's going on.

Q: What players can sense this?

CM: Well, I think in particular Lynn and Molly [O'Brien]. They are aware as much as me about what they are trying to project, and what's going on with the other player. They

You have to get in her head and keep her from reaching that level of intensity. You have to create an atmosphere where you prevail.

both are very smart on the court.

Q: Tell me about your history in the game.

CM: My father was a handball player. We played for the first time together and I loved it. We went to play and just laughed and laughed. We have a wonderful time together anyway. I remember in 1979 I played with a Wilson metal racquet. I was only half way serious about playing, and only then because I liked to push myself so hard at any sport. In January 1979 I played in my first tournament. I was playing a lot of tennis and just sort of tried it on a whim. Then in the fall, I started law school, and had little time but kept playing.

Q: You've told me before that you have a degree in law.

CM: Right.

Interview

KILLSHOT

C A R Y N

You never know what I'll be doing. In any case watch for plenty of surprises.

Q: Did you ever practice law?

CM: I never practiced full time. I worked about a year and a half part time. That left me with time to train. Then I got really interested in the WPRA tour and had to make a choice. I think going on the tour was a good choice for me. I don't regret it at all.

Q: When you retire from the game, will you go back to practicing law?

CM: No, I don't think so. I like what I've already begun doing, working with sports events and promotions. I've never worked for anyone else, so I've really gotten used to being my own boss.

Q: What would you have liked to have accomplished when you do retire from the tour.

CM: I would like to know that I had been a positive influence on the sport... on the tour, through my events, and through my sponsor's work at the Olympic training sessions. Those training sessions are really rewarding. Especially this last group. I got to spend 24 hours a day with a wonderful group of people. It was just a really good mesh and very rewarding. I think juniors and high school players are a valuable group in racquetball too. I would like to have a positive effect on them.

Q: What's ahead for you?

CM: I still enjoy playing and I think I'm playing well so I'll be on tour for quite some time. I have a lot of goals in other sports too; and I am excited about the events I'm working to organize. You never know what I'll be doing. In any case watch for plenty of surprises.

Still Marty



Marty Hogan

After All These Years

Smokin' Hogan is still smokin' up the court with his dynamic style of play and his aggressive personality. His name synonymous with racquetball for nearly twenty years, Marty Hogan is still a feared competitor on the pro tour.

Thought by many to be the greatest racquetball match-up of all time, Marty Hogan and Charlie Brumfield. This meeting, at the Tropicana Hotel in Las Vegas in 1977 was Hogan's fourth consecutive tournament victory in a string of ten.



Marty Hogan

He changed the game. The brash, aggressive kid that burst onto the scene as a teen in the mid seventies turned the control, finesse game of racquetball into a sport of

power and court domination.

Born in 1958 to four-time women's amateur champion Goldie Hogan, Marty Hogan was introduced early to racquetball. While working at the Jewish Community Center in St. Louis, Goldie would put Marty on the courts to keep him occupied. Evidently he picked up the game.

At the age of sixteen Hogan began playing in regional tournaments and won the USRA Junior Nationals in 1974. His game consisted of what experts considered low percentage gambles. Relying on his natural athletic ability he seemed to leap vertically while simultaneously gliding horizontally. His style of play echoed his aggressive nature and he



attacked the ball, slamming shots with velocity previously unknown in the sport. The experts were sure Hogan would have to adjust his unorthodox methods of play to achieve any measure of success in the finesse game.

But rather than adjust to everyone else's rules, he won. Hogan secured his first professional tournament victory in 1975 in Burlington

Vermont and became the youngest player to ever capture a professional tourney.

In 1976 he climbed to the number one spot in the rankings after winning the Canadian Nationals. Hogan's momentum picked up throughout the season and he ended the year with five additional tournament victories. He topped that mark the following sea-

Marty Hogan

son with an unprecedented ten tournament wins. But both in 1976 and 1977, a U.S. Nationals win was beyond his grasp.

Marty Hogan continued to score impressive victories and from 1978 to 1981 he racked-up an unbelievable 56 tournament wins. He reached the finals of 62 consecutive tournaments. From 1978 to 1982 he won five consecutive National Championships, was runner-up the next three years, followed by another National Crown in 1986. Hogan had massed an attack on the racquetball world that left him undisputed king.

Marty Hogan continued to score impressive victories and from 1978 to 1981 he racked-up an unbelievable 56 tournament wins.

Though a native of St. Louis, Hogan migrated to the west coast in the mid-seventies to take advantage of the top competition centered there. While in southern California he attended San Diego State where he majored in Business and Finance, skills that aided his rise to the most successful and highly promoted athlete to ever emerge from racquetball. Combining his marketing abilities, his athletic talents, and his court skills, he also became one of the most highly compensated, signing lucrative contracts with clothing and equipment sponsors in excess of a million dollars. Extremely high visibility, the foresight and ability to promote his success and the aggressive winning nature on the court shot Hogan past the competition in a meteoric rise to the top of the sport that might never be equalled.

The on court Marty Hogan, always focused, taunting his opponent, the audience, even himself, makes a formidable opponent.

1978 at the Kunan Leach Tournament of Champions.





Marty Hogan



hills is the working Hogan ranch, complete with horses, sheep, cattle, and even a llama. His eagerness walking over the land and pointing out the animals almost matches his enthusiasm talking racquetball.

But to see Marty Hogan really enthusiastic you have to see him as a father. Marty's pre-schooler Benjamin, pre-toddler Caitlyn, and pretty wife Ann all benefit from his boundless energy. Witness the interaction of Marty and his kids and you see what could very well be the real Marty Hogan. This is not the intense competitor that pioneered power racquetball. This is not the taunting racquet swinger dominating center court. This is, instead, a man with his priorities straight and the knowledge that he has the most valuable commodities in the world to show for his years and efforts in professional racquetball.

But I don't think we've heard the last of Marty Hogan.

His aggressiveness, combined with his quickness and uncanny court-sense makes Hogan a much-feared competitor even today.

Many fans are surprised by Hogan's relatively young age and almost youthful appearance. Because his name has been at the forefront of professional racquetball since the mid 1970's, fans expect an elder statesman of the sport. What they get is a thirty-three year-old dynamo in peak physical condition whose aggressive enthusiasm on court spills over into his life off court.

Off court, Hogan's enthusiasm for racquetball is immediately obvious. He has seen the game grow to a rapidly escalating fad sport, then decelerate drastically, then pick-up to its current steady increase in serious players.

The Marty Hogan most people don't see is the devoted family man and rancher. The shrewd business man, aggressive competitor on court retreats to home and family to recharge and relax from the stressful world of professional racquetball.

Outside St. Louis in the sharply rolling



Marty Hogan's Career Highlights

1974

USRA Junioir National Champion

1975

First Pro Tournament win

1976

Won 5 Pro Tournaments; National Championship Runner-up

1977

Won 10 Pro Tournaments; National Championship Runner-up; Racquet Magazine Athlete of the Year

1978

Won 6 Pro Tournaments; NRC Player of the Year; World Racquets Champion; National Champion

1979

Won 11 Pro Tournaments; NRC Player of the Year; Racquet Magazine Athlete of the Year; World Racquets Champion; National Paddleball Champion; National Champion

1980

Inducted into Youth Hall of Fame; Won 7 Pro Tournaments; NRC Player of the Year; Racquetball Illustrated Player of the Year; National Champion

1981

Won 5 Pro Tournaments; NRC Player of the Year; Racquetball Illustrated Player of the Year; National Champion

1982

Won 7 Pro Tournaments; Inducted into Jewish Sports Hall of Fame; NRC Player of the Year; Racquetball Illustrated Player of the Year; National Champion

1983

Won 5 Pro Tournaments; National Championship Runner-up

1984

Won 3 Pro Tournaments; National Championship Runner-up

1985

Won 4 Pro Tournaments; National Championship Runner-up

1986

Won 4 Pro Tournaments; National Champion



Marty Horgan





Top: An airborne Egan Inoue.

Above: Drew Kachtik and Ruben Gonzalez in a classic match-up.

Left: Dave Johnson and Tim Doyle in an all Huntington Beach shoot-out.

Opposite: Kachtik fires, Johnson clears.

Things That Make You Go... "Humm"



Katchtik fights off
Roberts to defend his
claim to Stockton

By Mark Henry

Photographs by P.J. Ruiz

In any sport, the season opener always brings with it lots of question marks. When the TransCoastal International Racquetball Tour made its traditional first stop at Stockton California's Westlane Racquetball Club, it was to be no exception. With the diverse styles and colorful characters on the tour in the 90's, summer training had meant anything from relentless court drills, to afternoons on the golf course; from hours of cross training, to hours with a hypnotist.

For one of the tour's most talented and most popular stars, Egan Inoue, it had meant a new stroke designed to maximize the efficiency of his monster power. The new swing came as the result of Egan's recent alignment with a new coach, rumored to be former national champ Dave Peck. While Egan isn't denying it, he is certainly not elaborating on

it. Number one seed Mike Ray had to pull out at the last minute due to a knee injury suffered in an exhibition against long time friend Andy Roberts in the David White benefit "Crusher" tournament in Birmingham. Afraid to push his luck in Stockton after only a week since the injury, Ray has assured us it's nothing serious. True to his recent now you see me-now you don't style, Marty Hogan was absent from the draw as well.

Mike Yellen was in the draw, but accidentally left his awesome talent at home. Yellen, consistently among the best of the best, upheld his

Drew Katchtik

11-5, 11-9, 1-11, 11-6

Andy Roberts

SEMIS

Katchtik d. Johnson

11-7, 11-8, 11-6

Roberts d. Obremski

11-5, 11-1, 11-7

QUARTERS

Johnson d. Doyle

11-9, 9-11, 11-6, 11-4

Katchtik d. Gonzalez

11-5, 11-8, 9-11, 11-7

Obremski d. Inoue

11-10, 11-4, 11-8

Roberts d. Guidry

11-3, 11-10, 8-11, 7-11, 11-8

SIXTEENS

Doyle d. Price

11-8, 11-6, 4-11, 11-3

Johnson d. Bronfeld

11-4, 11-7, 11-5

Gonzalez d. Ceresia

8-11, 10-11, 11-4, 11-7, 11-5

Katchtik d. Kelley

11-7, 11-3, 10-11, 11-0

Obremski d. Katz

11-6, 11-6, 11-4

Inoue d. Clouse

11-6, 10-11, 11-4, 11-7

Guidry d. Waggoner

11-3, 11-10, 11-9

Roberts d. Harnett

3-11, 11-5, 10-11, 11-10, 11-7

...“Humm”

own tradition of starting the season somewhat leisurely, focusing on gaining momentum as the year progresses.

While the list of “no-shows” included some of the major characters, the list of “did-shows” reads like a who’s who of new breed racquetball. Lorello, Guidry, Waggoner, Kelly, Ellis, Fredenberg, Eagle and Brady are the hottest names in young, aggressive racquetball. In fact, Stockton boasted one of the largest and most talented qualifying rounds in the history of the game.

The most exciting element according to the fans was the rare tour appearance of the amazing Bret Harnett. One year since his last tour stop and his last match with a world class opponent, Harnett still looked like a national champion on the court. (You remember Harnett, his name usually mentioned in company like Hogan, Brumfield, and Swain.)

Upsets in the opening round included number 24 seed Michael Bronfeld over number nine Jack Newman in a tough four, number 20 power king Vince Kelley over number 13 strategist Dave Sable in five, number 23 Mike Guidry over number 10 Brian Hawkes in a

marathon five, and number 26 Jason Waggoner over a stunned Mike Yellen in a quick three. Also in the 32’s, Woody Clouse summoned up every ounce of his amazing athletic ability to squeak past a surprisingly confident Louis Vogel. Clouse, in fact, became so vocal with himself to maintain his fire that he not only won the match but lost his voice and racked-up \$250.00 in on-court fines.

In the 16’s, number one seed Tim Doyle won a four game battle with little-seen Gerry Price. Dave Johnson looked as though his head was finally back in the game after a weak finish to a strong last season. Ruben Gonzalez nearly suffered an upset as Canadian sensation Mike Ceresia took him to five games. Dan Obremski took a bite out of “Team Texas” (Kachtik, Guidry, and Katz) by stopping Aaron Katz in three. Inoue’s new swing was enough to stop Clouse. In a battle of the new faces,



Mike Guidry showed Jason Waggoner who’s boss.

The best match of the tournament (and a good candidate for the best of the year) had to be the Harnett/Roberts match-up. In five



YOUNG GUNS

The Stockton Pro - Am saw the best of a new breed of young, aggressive players invading the racquetball scene. Fast, powerful and resilient, these new shooters are forcing upsets everywhere they play. Guidry, Lorello, Kelley, Waggoner, Ellis, Brady, Eagle, and Fredenberg are the names to watch in the 90’s. Each a familiar name among open players, this group is beginning to make its presence known nationally. In attempts at the pro game, these guys are surprising some established pro’s with quick upsets.

Fit, tan, and looking very “GQ”; these are the guys who can be seen burning up the tennis and squash courts during their off court time at tournaments. Young, talented and hungry, they dish out some of the most exciting play to be seen anywhere.

Florida’s Jason Waggoner and California’s John Ellis.

...“Humm”

W



Above: Mike Guidry chases the one that got away.

Right: Andy Roberts, “I’ll be jammed.”

Opposite: Five time National Pro Champion Mike Yellen.



games (two going 11-10) these two giants of the hardwood blasted, lobbed, and dived their way into history. Neither ever had complete command of the match but neither missed a shot. In a supreme exhibition of the “all-around” game, Roberts would come out on top. Unfortunately, he would never recover from the work-out for the remainder of the tournament.

In the quarters, Kachtik prevailed in the classic match-up with Gonzalez. Inoue’s new techniques were not yet polished enough for a hot Obremski. Guidry lost to a battle-scarred Roberts in a grueling 5. But the high point of the round was the battle of Huntington Beach as Johnson handed neighbor Doyle a sound beating. In utter frustration and a rare display of emotion, Doyle racked up \$350.00 in fines for shattering two racquets. After losing the first game 9-11, Doyle shocked the crowd by hurling his racquet at the front wall. At the end of the match fans held their breath as Doyle paced the length of the court seething with anger. First one, then another spectator shouted “do it!” When the whole crowd joined in the chant, Doyle launched his second projectile.

Kachtik had far less trouble from Johnson in the semi’s, winning in a quick three. Roberts dealt the same fate to Obremski who looked as cold on that day as he had looked hot the day before. The Kachtik/Roberts final was lack-luster at best. Both players had such

a hard road to this match, they had little left for the finals. In the end, Kachtik proved once

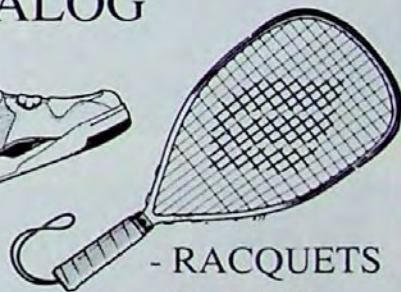
again that he owns Stockton as Roberts skipped 26 balls for the loss.

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It Don't Mean a Thing if You Ain't Got That String (do-wap, do-wap, do-wap)

Innovative Stringing Technique

by John Boudman

Photographs by Charlie Palek



Innovative stringing = superior playability = increased frame integrity = the winning edge

The 50/50 pattern stringing has the potential of offering you all of the above. If you are not using the most innovative stringing tool in racquetball today you may wish to consider a productive change for your game.

There are three primary factors in achieving quality results in racquetball. They are: playing ability, frame construction, and stringing. In this high-tech age of racquetball with frames costing as much as \$260.00, quality string and consistent, dependable stringing are essential to growth, development and continued success. Today string comes in a variety of gauges (higher # = thinner string). Racquetball uses range from 19 to 15 gauge and in almost any color you desire.

String quality varies from company



to company and careful steps must be taken to be assured that you have a good quality product. (One that will provide excellent playability and reasonable durability). After you have come to grips with the qualities you seek in a string the most important aspect is to have your racquet strung properly. Seek a USRSA Certified stringer. If you are unaware of who in your area is certified by the United States Racquet Stringers Association call 619-481-3545 for information. There are in excess of 2000 certified stringers in the United States today. Becoming certified is one of the first steps toward developing stringer expertise and professionalism.

Each racquet company develops basic stringing recommendations for all of their racquets. Quality oriented stringers follow these guidelines although some will develop different techniques in an attempt to improve frame integrity and playability.

The 50/50 pattern which has been used extensively in this country and Europe for Tennis for years, has the potential of changing the playing characteristics of a racquet to the extent that a beginning player can tell the difference.

Experienced players that are equipment conscious will note an enlarged sweet spot, increased torsional stability (less turning when hitting a shot on the edge of the frame), and often, less vibration. All of these factors add up to an enhanced frame

and superior playability. The Racquet Stringer introduced the concept of 50/50 stringing to Racquetball over four years ago, and acceptance has grown slowly over the past years. This is evidenced by the fact that the method was featured in "The Stringer's Assistant" (the monthly publication of the USRSA) in January 1990.

To begin the stringing process you must first check the frame and grommet system for wear, cracks, or breaks. If the frame is intact, the departing string should be removed in an appropriate manner by cutting crosses and mains in a circle in the center of the racquet, or by cutting crosses and mains in a diagonal across the string face. Once the string is removed, again check the frame and grommets for wear and stress. After you have locked the frame in the stringing machine you will open the string and check its length for imperfections and measure it at the same time.

The 50/50 pattern technique involves one piece stringing with the string divided equally at the beginning of the stringing process. The Mains (vertical strings) are strung normally and the crosses (horizontal strings) are strung utilizing the balance of string remaining from the mains. You divide the crosses and use one end to complete the top half and one end to complete the bottom half. This process necessitates the use of an additional clamp when you pull the first cross. One side goes in the 9:00 position and one side enters at the opposing 3:00 position. The crosses are then strung, alternating no more than two strings until the stringing is completed.

This method appears to distribute frame stress more evenly during the stringing process. Some stringers recommend increasing tension for the four center mains and four to six center crosses 4-6 lb. to compensate for string elongation and excess string on the outside of the frame for the crosses. When you reach the last cross at the head of the frame and the last cross

at the throat of the frame you tie off at the designated area indicated by the manufacturer. It is a wise and intelligent stringer who follows the manufacturer's guidelines for tension recommendations, and stays within their parameters.

Professional quality stringing and superior products can make a positive difference in your game.

So, maybe you thought your game was off — good possibility that your racquet just needs some TLC.



SHORT SERVES



Equal Time

Okay. So we ran a photo showing off Malia Bailey's legs (uh...bruise). In the spirit of fairness and equal rights, here is the MPRA attempt at equal time. We were going to call this "Gonzalez Caught With His Pants Down", but there are some things even we won't do. Sorry Ruben, but Malia has prettier legs.

Thanks to all those who wrote in to identify the pro tour's "Ice Princess". The correct answer is WPRA's own Kaye Kuhfeld.

VW Credit, Inc. Dives into Racquetball

The International Racquetball Tour and the Men's Professional Racquetball Association have announced the VW Credit, Inc. Triple Crown Series. The VW Credit Triple Crown Series will feature three ranking events on this season's TransCoastal Professional Tour. The three events will feature the top professional players in the world battling for \$15,000 per event and national television broadcasts of each final via sports cable. The VW Credit Triple Crown events will be the feature events of the 14 City TransCoastal International Racquetball Tour. The events will be held January 8-12 in Dallas; April 22-26 in New York; June 17-21 in Los Angeles.



Ceresia, Rankin sign with Spalding

Canadian member of the MPRA, Mike Ceresia has just signed with Spalding. He began the new pro season with his new sponsor and equipment.

Also signing on with Spalding as sponsor is Southwest Missouri State team member Brian Rankin.

...and returns

"Sean, do you need this to wipe off your glasses, bud?"

-Brian Hawkes offering a towel to line judge Sean Graham

"I can't decide whether to set Mike up with bad ceiling balls or just hit it off the backwall for set-ups."

-Jack Newman

"He's in a meeting right now. Can I have him call you back?"

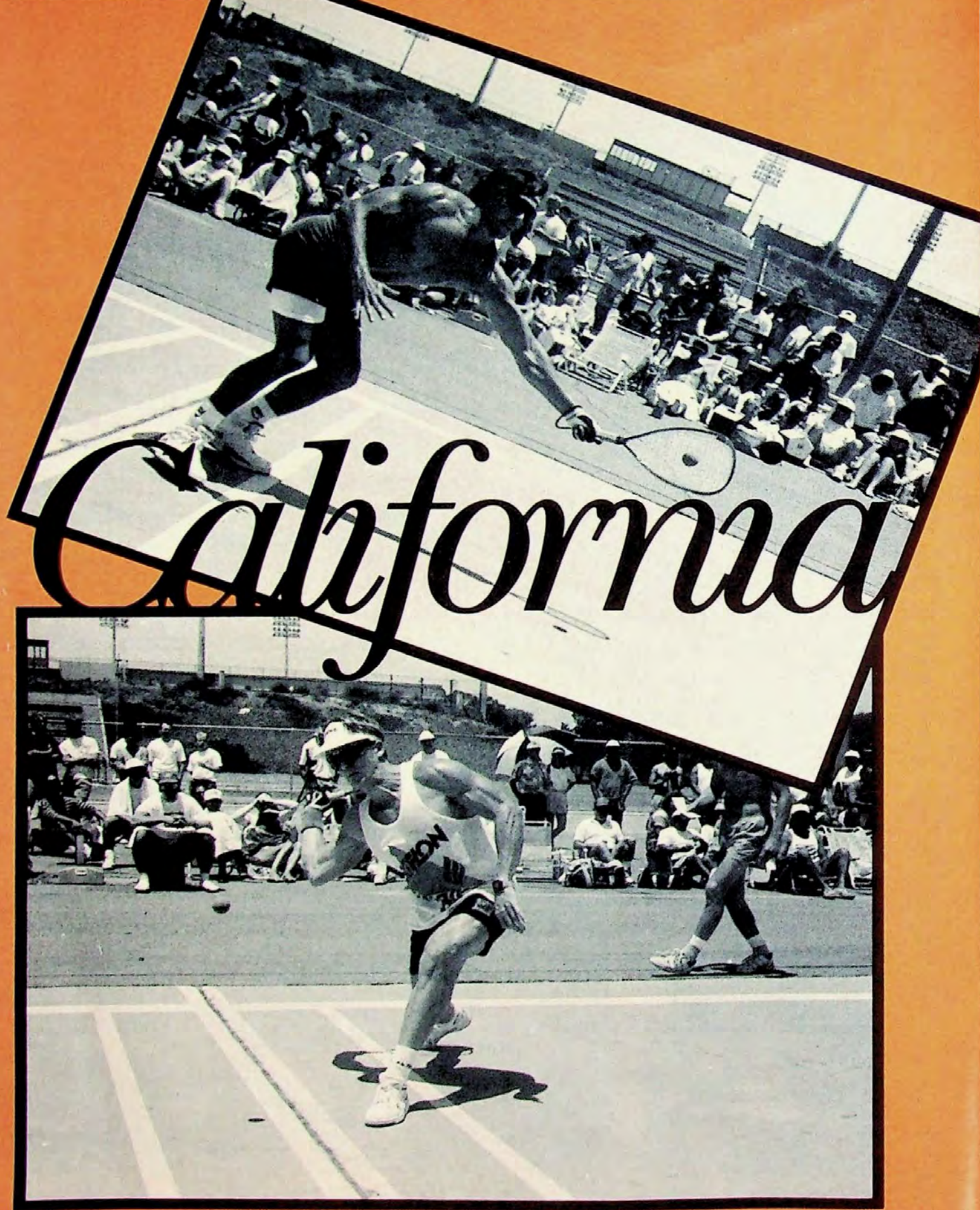
-the secretary of every racquet manufacturer's marketing rep.

Give Us A Hand (or, Oh! To Be Young and in Glove)

Just a look at who's hanging out around the courts.



Charlie Palek



Gorgeous California sunshine and a crowd that averaged 150 to 200 cheering spectators witnessed the 19th annual Outdoor Nationals. Proving once again that he is undisputed king of the open-air courts, Brian Hawkes chalked-up still another Outdoor crown. A multi-time Outdoor Nationals champ, Hawkes captured the AARA's first sanctioned outdoor event in Gainesville, Florida earlier this season.

Outdoor Nationals 1990 winner Greg Freeze made it as far as the semifinals before losing to Kevin Booth. The other semifinals match pitted Hawkes against Kelly Gellhaus. Hawkes had to tangle with long time outdoor rival Gordon Chaco in the quarterfinals to capture his chance in the semis. The finals match was a one-sided affair with Hawkes

gliding past Booth in two 15-3, 15-1.

In keeping with his winning tradition Hawkes was one-half of the victorious open doubles team, siding with hard hitting Craig "Clubber" Lane to defeat Kevin Booth and Scot McMasters. This was no easy match with Lane/Hawkes emerging winners, 15-7, 9-15, 11-9.

Freeze and his partner Kelly Gellhaus were defeated by McMaster/Booth in the quarterfinals. On their way to victory Hawkes and Lane had to defeat Dave Johnson and Ed Andrews.

In women's open doubles competition, Dee-Dee Catherman and Sherry Knecht defeated Martha MacDonald and Kathy Van Dusen. In the mixed doubles division Robert Nunez and Diane Fernandez defeated the

Florida husband/wife team of Martha and Greg MacDonald.

The contest was held in its traditional spot, Orange Coast College in Costa Mesa, California. Rick Roa of Crew West Sportswear, one of the tournament's sponsors reported an estimated draw of 200 contestants. Other sponsors for the event were Los Caballeros Racquet Sports, Marty Hogan Racquetball division of Pro Kennex, and Penn.

With two events on opposite coasts each called the Outdoor Nationals, one sanctioned, the other nonsanctioned, it will be interesting to note if a coastal rivalry develops or if the Florida event will gain in popularity to match the California version.

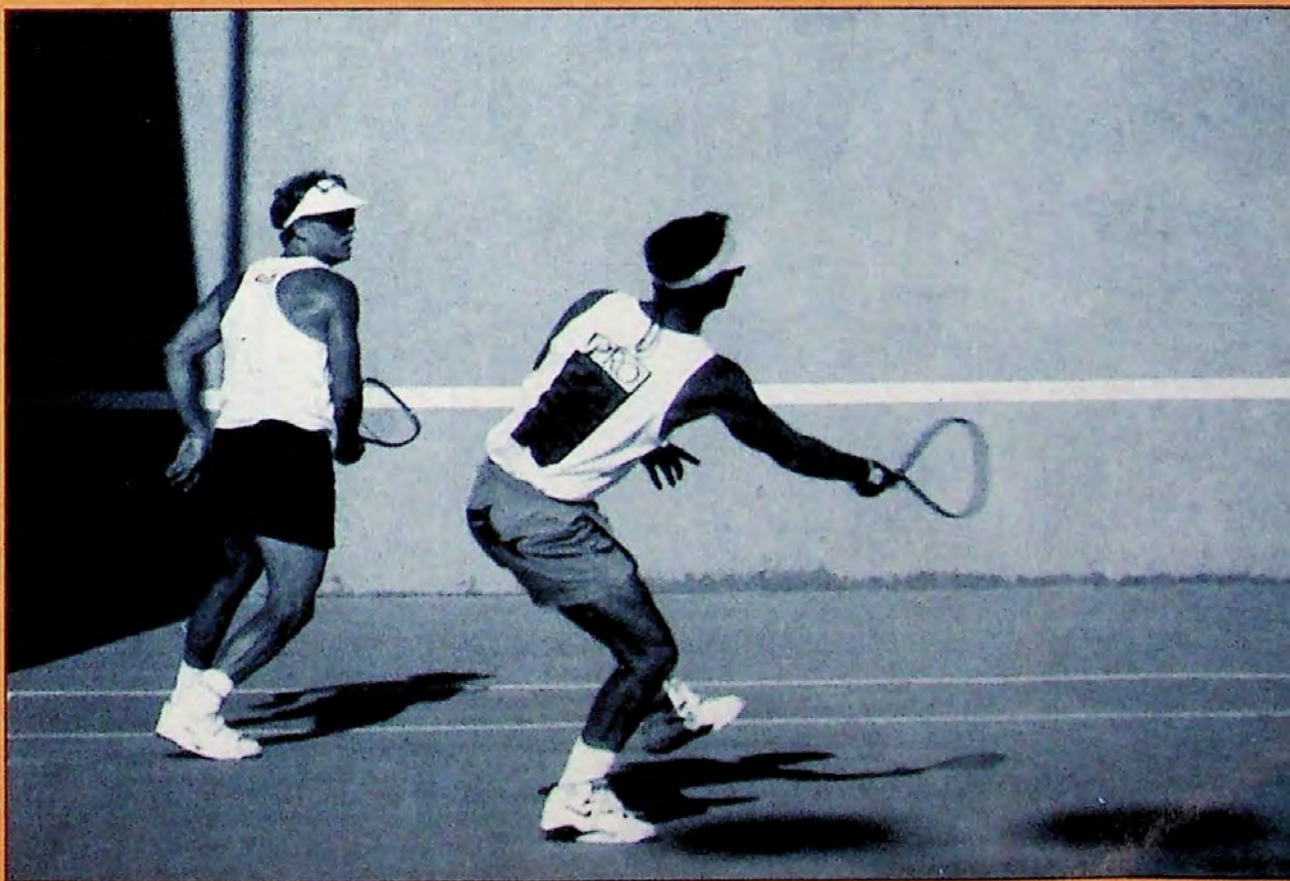
Photographs provided by
Crew West Sportswear

Outdoors

Opposite top:
Dave Johnson.

Opposite bottom:
Outdoor champion Brian
Hawkes.

Right:
Brian Hawkes and
Kevin Booth

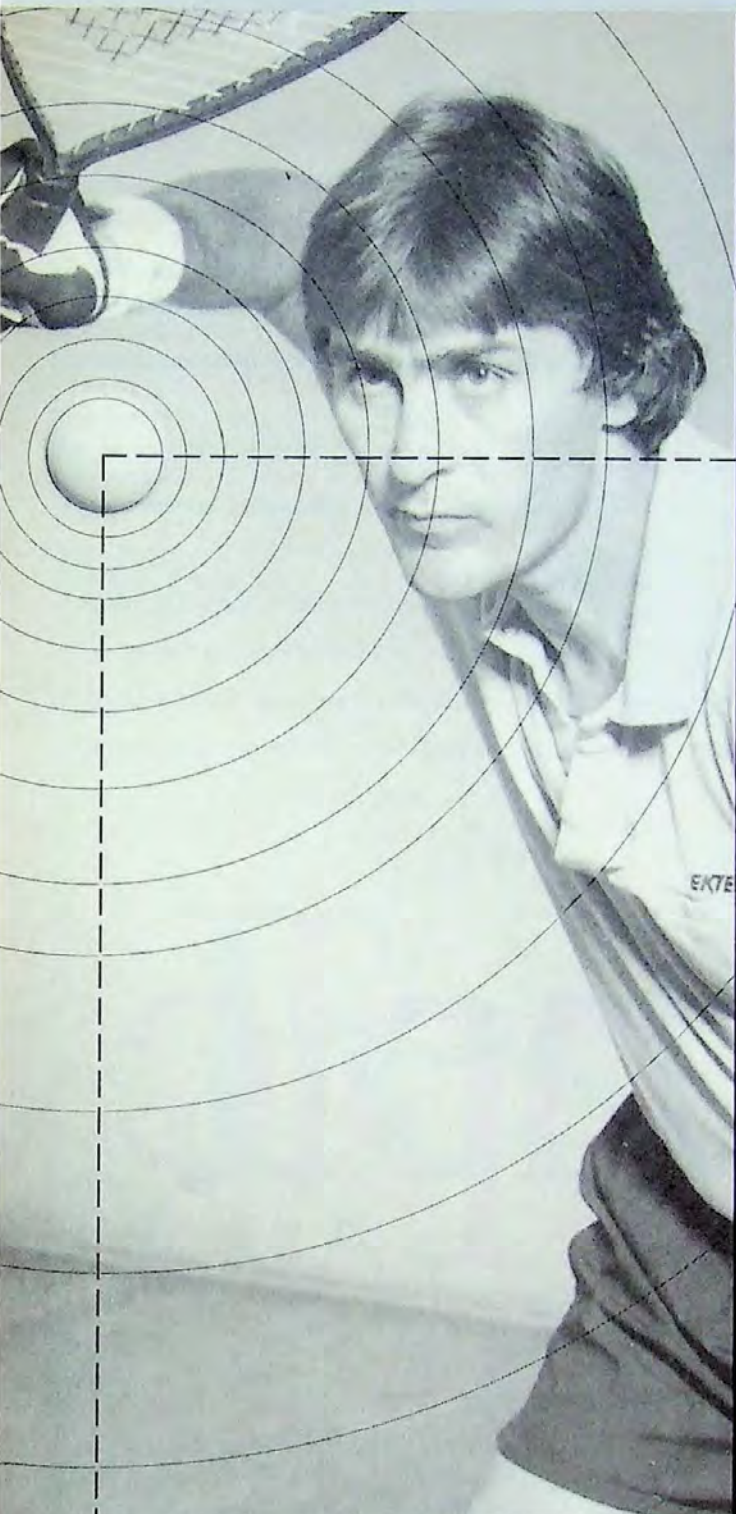




Above: Brian Hawkes, Craig "Clubber" Lane and Kevin Booth in doubles action.

Right: Gordon Chaco





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P.J. Ruiz

The U.S. Olympic Festival has included racquetball for three years and Michelle Gilman pocketed her third Festival Gold Medal. Malia Bailey picked up the Silver Medal in women's competition and Jackie Paraiso Gibson took the Bronze.

Andy Roberts won top honors in the men's singles division by defeating Silver medalist John Ellis 11-1 in a tie-breaker Tim Sweeney captured the bronze medal.

Doug Ganim and Brian Hawkes took the top prize in mens doubles. The silver medal went to Mike Guidry and Drew Kachtik. Tim Hansen and Jim Floyd took the bronze. In women's doubles, former intercollegiate champs Kim Russell and Robin Levine claimed the gold by defeating silver medalists Kaye Kuhfeld and Lynne Coburn. The bronze went to Robin Whitmire and Pam Goddard.

lympic



Opposite page left: Andy Roberts' Medal
from the Olympic Festival.
Bottom left: Elaine Hooghe.
Bottom right: Andy Roberts.

Right: Brian Hawkes and Doug Ganim.
Bottom left: Kim Russell, Robin Levine,
and coach Mary Lyons.
Bottom right: Kim Russell..



Photographs by Steve Lerner

Festival



WHERE
ORGANIZATION
BEGINS:

THE SERVE

by Steve Strandemo

I hope that you all had a chance to approach some, if not all of the assignments that I introduced in the last article. Hopefully you found the assignments challenging and enlightening. If you participated in the charting exercises you should have concluded that (1) a very high percentage of the hits during a rally occur in the Action Zone (2) a very high percentage of those hits will be behind the 25 foot dotted line and (3) many of the actual winners that end the rallies occur behind your opponent. If you discovered your personal low-zone offensive range on the front wall it will help to relieve the anxiety of where you have to hit to keep the ball from coming off the backwall. At first when you found the range it probably seemed to be quite a large area, but in actual game situations, as you are moving and getting on the run, I'm sure that you concluded that your low zone range is not that easy to hit. The most important information to come away from this exercise is the knowledge of your target range and the ability to visualize that area as you are playing. The fourth assignment from my last article was the 30-second drill. I expect that if you did this exercise you possibly became a little frustrated that the ball didn't come back and forth to you as often as you would have liked it to. I cannot stress enough the importance of

this exercise—it will be the foundation of your game. Those that continually practice it will reap rewards far beyond their expectations.

The basis of the next two instructional articles is the serve. Because of the length of information necessary to adequately describe all the serves, I have chosen to divide the information. I will address the low drive and hard Z serves in the article, and complete the serving section in next month's instructional; addressing the 3 types of lob serves—half-lob, high lob, and high lob Z.

Serving both hard and soft serves is fairly straight forward information. It is a bit clouded with controversy but it does get subjective when analyzing potential screen serves. Serving is an area of racquetball where most players feel fairly competent. However, my experience from 17 years of camp instructing has taught me that few players are truly knowledgeable about serving. Most participants at our programs will be able to convey one or two major points about the serve. When I lecture about the other 6-7 key aspects of the serve; most, if not all, will look at me as if they have never heard this information before—and they probably haven't.

The foundation of your game starts with the serve. Without a well planned and executed

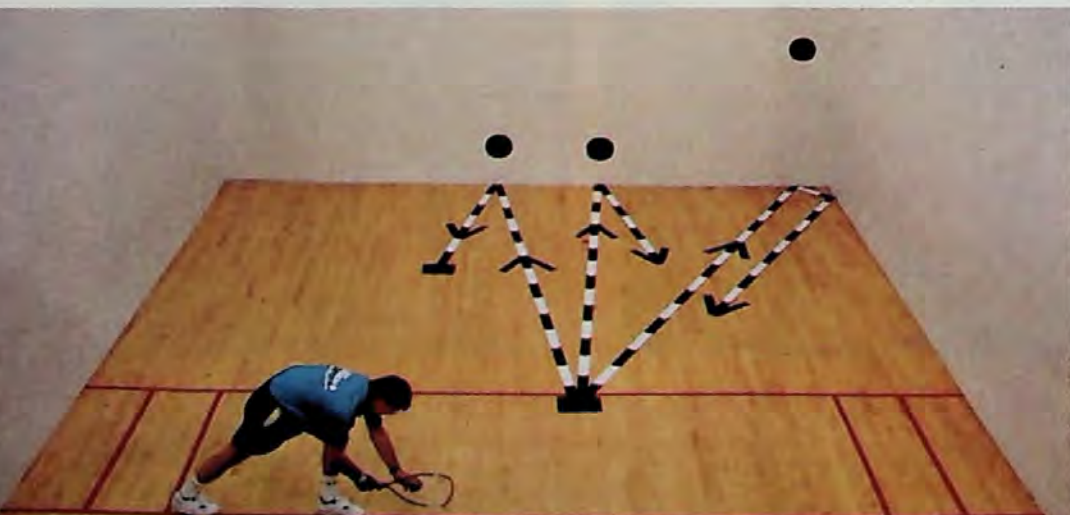
serve the rally often starts with chaos. It will probably stay that way as players scramble to get out of the way. I always stress serve information in my teaching. Without a good serving situation, my students always have difficulty getting good, organized rallies. Good aggressive racquetball should include a sound grasp of the serve very early on. Obviously, solid players should develop accurate and forceful serves to both back corners. They should be careful, however, not to base their games on ace serves. A receiver with good anticipation and proper technique will be able to get a piece of those would-be aces. If you serve really well to both sides, obviously you are going to pick up an ace or two, maybe more. To build a strong game, you should be willing to earn each point during the rallies with smart, strategic racquetball. The aces should be bonuses.

LOW DRIVE

The low drive serve in racquetball is much like the fastball in baseball—straight and fast. Hit well, the ball rockets into the back corners forcing a weak return. A proper low drive requires both velocity and accuracy.

The "two-step" motion is best with the low drive. In preparation to serve (for a right-handed player) your weight should be on your left foot with your right foot balancing behind your left (photos 1 & 3). Bounce the ball at the same time you move your right foot. (weight now on right foot) Step forward with your left foot as you strike the ball (photos 2 & 4). Your right foot should drag and stay behind. It is important to keep your right foot back as you complete your serve. This back foot will then act as a pivot for quick relocation. If you let it swing around as you follow through, you'll be too far forward to effectively relocate into zone 2 & 3 to handle a low-zone return. You want to stride forcefully into the serve, but also keep your weight back.

#1





#2

STRANDEMO ON RACQUETBALL

Photos 1 & 2. The purpose of these two photos is to show how a server can start from the 3' Drive Serve Zone, step towards the middle of the service box and serve three different hard serves off of the same service motion. The server can legally camouflage the low drive to the left all the way to the front wall and half-way back to the server's body. At that moment of visibility, the receiver should, with proper return technique and anticipation, be capable of effectively hitting the return.



#3

Photos 3 & 4. This sequence shows the server starting his motion near the middle of the service box. Using a two-step motion, the server strides to the 3' Drive Serve Zone and can effectively hit three different hard serves off of the same exact motion. Some players may consider the low drive serve down the right side to be a screen serve. I feel this is a legal serve because of its visibility to the receiver halfway back to the server's body.



#4

When serving a low drive, strive to make ball contact as low as possible (5" - 6" off the floor). Hit the ball at a slightly upward angle so that it actually makes contact on the front wall at approximately 13" - 17" off the floor. Your low-drive target on the front wall is critical to the success of this serve. You will be amazed after completing assignment #1 to

find that your front wall target is a very small box (4" X 6" on the front wall). Players often fail to realize just how small their desired front wall target is. (and how low they must consistently hit to keep their serves from coming off the back wall) Remember, you want the ball to bounce twice before reaching the back wall. To do this, the ball should take its

first bounce in zone 2, continue to the back corner and die in the back 3' x 3' area. Remember, if you are going to err by missing your target area, miss low. If a low drive is short, you still have an opportunity with the second serve. If you are conservative and accurate with that second serve, You should be able to force your opponent to the ceiling on the return. Why risk loss of serve by hitting a drive too high, leaving a set-up off the back wall. If the serve catches the sidewall, it will be playable in the center, leaving a set up on the return, an avoidable, or the beginning of chaos.

HARD Z

The hard Z can be a very effective serve if the server understands its important aspects. These include: when to use it, where to start the motion, where to hit the front wall, how to turn on the relocation, how to clear the way so as not to get ripped by opponent's return.

Like the low drive, use the two step motion for the hard z. (This also helps to camouflage your intent.) Strike the ball as low as possible, hitting at an upward angle with the same velocity as the low drive. These techniques keep the pressure on the receiver by making it impossible to anticipate which serve is coming until the last minute.

Continued on page 53

Have I Got a Girl for You

An Inside Look at Who's Who
in Women's Racquetball Today.

By Lynn Adams

Photographs by Charlie Palek

It's been several years since racquetball has had a monthly publication that reported on the antics, results, and personalities of the pro game. Things have changed in the last few years. Faces change, rankings change and champions change. In order to get you reacquainted with the women of the WPRA, let's explore the Who's Who in women's racquetball today

MICHELLE GILMAN

Michelle is an exciting, awesome addition to the WPRA tour. She completed her second season on the Pro Tour as the current Two Time National Champion and #1 player. Only twenty years old, (I checked her drivers license, just to make sure) she is making an impact on the tour in a big way. Because of her strength (150 m.p.h. serves), her reach (she is 5'11"), and her deadly accurate killshots from anywhere on the court (someone convince her about the merits of a ceiling ball!), she is

stunning the rest of the players and dominating the field. Since she beat me every time we played last season, I wish I could tell you that she is an awful person, but, alas, she's not only a great racquetball player, but a genuinely nice person with a great personality. Bummer; don't nice people with a lot of talent just tick you off!

CARYN McKINNEY

It is so great to see someone as old as I am still out there teaching those young kids a thing or two. Caryn was our National Champion and #1 player in 1989. She finished #3 for the last two seasons. Caryn, as far as I'm concerned, has maximized her skills and potential more than any other player on the tour. She is smart, disciplined and unafraid to take risks on the court. I've seen her change her game plan and style throughout a match as situations dictated a change. That's gutsy! Off the court, Caryn is a premier promoter. No one works as hard as Caryn, talking to the crowd, talking to the sponsors, making everyone glad they came. What makes her so good at it is that it comes from the heart. She is a great people person. No one can make my ex-boyfriends or husband blush faster than McKinney. I just wish I knew what she said. Every time I tried to get it out of them, they would just smile and blush even more! It will be a sad day for women's racquetball when this classy lady retires!!!



Michelle Gilman

MALIA BAILEY

When I think of Malia, one story pops to mind. We were playing a semi match in California last season. She had won the first game, and the second game was very close, 8-7, Malia's advantage. She had a plum set up to take the ninth point, but made a mistake and skipped the ball. From behind me, I heard her say, "Oh, shoot." Shoot??? Hey, ref, give that woman a technical, "they are fightin' words"!!! Malia is one of the funniest, nicest people that I've met, yet she manages to take that wonderful warm personality to the court with her and be very aggressive and competitive. I don't know anyone who doesn't like Malia. How she hits the ball is beyond me. She has the shortest stroke on record (except for Mary Dee Jolly) and yet can blast the ball with the best of them. In fact, those unorthodox strokes blasted her all the way up the ladder to the #3 ranking she shares with Caryn McKinney. It couldn't have happened to a nicer person!!

JACKIE PARAISO

Jackie is a study in contradictions. She has a beautiful innocent angel face, but when she is in a match, she is a fierce competitor. She is built with a shapely woman's body, not typical of most speed oriented athletes, and yet she is fluid and quick. Quick to the point she frequently surprises her opponents with her retrieval abilities. She is one of the best divers in the game. She can pound the ball at you, or she can play beautiful, touch, change of pace shots. All in all, it adds up to a lot of talent in a player that has some of her best years still ahead of her. Oh, to be young again. Jackie really shines in doubles. She is the current three time WPRA National Champion and the current AARA National Doubles Champion. She can read a situation quicker than Evelyn Woods and punish you with her skills. She is a joy to watch and she is also our most recent bride!

KAYE KUHFIELD

We've all heard the old saying, don't judge a book by its cover. I say to everyone who comes in contact with Kaye to keep that in mind, because if you make a quick judgement you'll be missing out on one of the great personalities of the women's tour. I find her

to be warm, intelligent and funny. After a devastating loss to Caryn McKinney in Atlanta in 1989, Kaye, Toni, Chris and I all went out to dinner together. We arrived at 6:00 P.M. and left at 2:00am. We had a waiter with a ridiculous red, Bozo, bow tie who was wonderful to us, but the high point of the night was getting to know Kaye. I knew Toni and Chris were fun to be with, but Kaye was the diamond in the rough. She had us all crying, we were laughing so hard. It was definitely a "lets share secrets" night, but I'm sworn to secrecy. Sorry. Kaye's game is one of wide angle pinches, change of pace, and sharp passes. She is a threat to any top player (I know from experience. She has beaten me twice), but when her racquetball career is over, I think she should go into stand up comedy!

MARCI DREXLER

I have proof that bionics are a practiced science and that real, life people are having bionic mechanisms implanted into their bodies. I know this to be true just by watching Marci Drexler come back from major knee surgery this past season. Marci was ranked #3 before she blew out her knee playing tennis during the summer of 1989. She missed the entire 1989/90 season due to the injury. She "rehabed" for a whole year and started her come-back at the beginning of the 1990/91 season. This wasn't an ordinary come-back. She roared through the season defeating Michelle Gilman in three games at Philadel-



Dottie Fischl and Jackie Paraiso

phia. She almost defeated her again in San Francisco, and finished the season with a #8 ranking. Marci was definitely back! Before Marci was injured, she was by far the quickest player on the tour. She got the ungettable, and retrieved the unretrievable. She was simply amazing. Well, she is even faster now, and she has a huge, bulky, brace on her leg. I'm sorry, but I don't buy any explanation other than some mechanical jets inside of her knee. Hey, that explains why she always sets off the alarm at the check point in the airport!

LYNNE COBURN

Lynne is another one of those baby-faced blasters who is starting to harness her talents. She is a pure shooter and that type of player always takes a little bit longer to mature as a player. She has some wicked serves and when her game is on, she's scary. I

witnessed the sense of terror she can instill on the court first hand. I drew her in the round of 16 at our first stop last season. No problem, she's a rookie, I thought. Before I could yell for help though, she had won the first game 11-0. Ouch! It took some regrouping on my part to overcome her charge, but she left her mark. I would never take Lynne Coburn for granted again!

TONI BEVELOCK

Toni, Toni, Toni. Those three words are frequently said, usually while shaking one's head from side to side. It would be tough to find another player who is as fun-loving, unorganized, or lovable as Toni Bevelock. Toni is a definite crowd pleaser. She inspires great loyalty from her fans. Fans have been known to chant her name, Toe-Knee, Toe-Knee, Toe-Knee, while touching the appropriate body parts. I personally am her loyal fan when it comes to fashion sense. No one knows how to put an outfit together as she does. One time at her house, I went through her closet just to drool. She doesn't even know I did that. I guess she does now. Toni is an intense competitor. Sometimes she is too harsh on herself, but is always tough on the court. She has a superb backhand that is devastating, plus an excellent serve to set it up. I hope she forgives me about the closet issue before she unleashes that backhand in our next match.

PLAYERS TO NOTE:
CHERYL GUDINAS
DEE FERREIRA-WORTH LAUREN
SHEPROW
KIM MACHIRAN

Lets face it, the three stooges have nothing on these four. If you want your party to be successful, invite this group. If you want to know how many ways polka dots can be worn, ask this group. If you want to hear the most current bawdy joke that will leave you grasping your sides, ask this group. If you want to see great looking, long legs, watch this group. OK, OK, I'm sorry if that's a sexist remark: I'm just jealous because I al-

ways wanted to have great looking long legs. This group livens up our membership meetings, our tournaments and the fans that come to support us. They play their guts out. You'll find one or more of them in the Open Finals at every tournament and they push the top players hard. Don't go through a tournament without looking these women up. They are fun!



Kaye Kuhfeld and Marcy Lynch

JENNIFER RISCH
 (better known as J.J.)

What would you think about someone who bikes from San Antonio, Texas to Houston, Texas just to watch some racquetball? How about someone who analyzes an entire ranking system, plugging in up to five different variables and doing it for the past three seasons? Or, someone who leaves parchment

awards on people's hotel room doors, proclaiming the "Pig Sty Award"? I know what I would think, but I asked you first! J.J. is a wonderful, unique, individual that the WPRAs so fortunately has been blessed with. She has one of those engineer minds (if you are one, or are married to one as I am, you know what I mean) that baffles the rest of us, but thrills us at the same time. She revised our handbook and our ranking system, which definitely needed overhauling. She had the nerve to present my hotel room with the Pig Sty award. I have no idea why. She plays countless pranks that keep us all laughing. Ask Cheryl Gudinas when you look her up at a tournament.

JANELLE MARRIOTT

Janelle is truly the Grand Dame of the WPRAs Tour. She is the only player currently on the tour who has been playing longer than I have. I remember seeing her when I first started playing and thinking, who is that with the Gretchen braids? I quickly saw past the braids to the powerful then ranked #2, racquetball player. Although she doesn't tell them often, I always love to hear her tell stories of the tour before I started. She was one of the true pioneers of Women's Pro Racquetball, and she is a virtual library of knowledge. Also, she is the only player I know who can hold one of her kids on one hip, push the baby stroller

with her left hand and still wield a pretty mean racquet with her right. A word to the younger women on the tour: spend a moment with Janelle and find out the real roots of your sport. You'll not only get a wealth of information and appreciation of why the sport is where it is today, but also meet a wise and warm lady, willing to share and be your friend.

MARCY LYNCH

Marcy has played on the WPRAs tour since its inception back in 1980. She competed in the first ever WPRAs Pro stop in Rockville Centre, NY and has consistently been a competitive factor on the tour. One of Marcy's endearing qualities is her patient,

thorough assessment of all situations. For example, deciding on a menu item or which path in life to take, requires the same amount of thought and contemplation. She is a master at making full use of her time outs and times between rallies. I dozed off once waiting for her to finally decide which serve to use. Just kidding! Marcy, besides being a tough, tenacious player, is a nutritionist. She is the Nutrition Editor for **KILLSHOT** magazine and has a nutritional counseling business at home.

SANDY ROBSON

If you like your humor dry with a little tongue in cheek, hang out with Sandy. Her wit is sharp and quick and she will keep you on your toes. She does the same to you on the court. Her game is innovative and unique. She has a great soft touch from front court, a killer short hop serve and a wonderful spin move from the left back corner that allows her to take the ball with her forehand and then pinch the right front corner. She has thrown many a player off her game with her one of a kind style.

MOLLY O'BRIEN

Molly is our new WPRA Executive Director and we are thrilled to get such an intelligent and gung-ho promoter in our corner. She officially retired as a player last season so she could devote her efforts towards developing the WPRA. A wonderful player, she reached a career high ranking of #4 in the 1986-87 season. Molly came from a tennis background, and for those of us who are familiar with tennis/racquetball players, we know that they should be shot and put out of their misery! They have great racquet control, and I personally find that very frustrating to compete against. What Molly does best is shmooze. She is fantastic with people. She has the ability to make everyone feel comfortable and good about themselves. She also has the ability to make people laugh. In San Francisco, Molly, Marcy, and I decided to throw class and good taste out the window, and transformed ourselves into The Supremes as the entertainment at a banquet. Molly, with the ugliest black and white dress on her bod, one white glove and gaudy sequined glasses, strutted and pranced in a way that Diana Ross could never imitate. The WPRA is in good hands!!



Malia Bailey and Toni Bevelock

CHRIS EVON

Chris Evon has done so much for the WPRA, it is hard to measure where we would be without her. She is the President of our association and is about to serve her fourth year in that position. The WPRA has been fortunate in having excellent leadership for all its years of existence. Chris has managed to communicate and connect with the players in an exciting and motivating way. She has instilled a desire among the players to raise the level of our organization to greater heights. There are more players involved in the running of the WPRA than ever before and Chris is a direct reason why. On the court she is just as persistent. I call her "the gnat." She is everywhere; in and out, up and back, diving, playing close and darting around. You can almost hear that pesky buzzing in your ear. Is there any rule about using one's racquet as a fly swatter? The WPRA found a gold mine when Chris came along. I guess having a gnat around is pretty darn great!

DOTTIE FISCHL

Dottie reminds me of a thoroughbred filly; all legs and energy. Dottie is tall and slim and uses her height as leverage to achieve mega-power and an angle to hit down on the ball. She also wears the bitsiest shorts I've ever seen. I couldn't get my ankle through the

leg of her shorts. It's not fair! Dottie's game is very deceptive. Her strokes are unique and she can wait until the last second to direct a ball. It's very tough, as an opponent, to read where her shots are going because she can hold her stroke for so long. She also covers the court well using those thoroughbred legs to get her across the court in a couple of strides. She then has a wonderful touch to lay the ball into either corner and finish you off. Tough player! Nice girl! Who makes her shorts anyway??!

LYNN ADAMS

What can I tell you about myself? I'm still hanging in there. I ended the 1990 season ranked #1 and 1991 as #2. I got married this past December to a great guy (who blushes easily), Rich Clay. He lives in Chicago so guess what? So do I! I'm a mid-western country girl now, on an acre of land with animals and bugs everywhere. I've seen species of bugs I never knew existed! I'm heading in to my fourteenth season of pro competition and I've decided to retire at the end of this season. I'm ready to start a family and fortunately Rich said he'd love to get involved. I hope that you'll come to see the WPRA in action if you get a chance. It's a great group of women and they all love getting to know the spectators and fans. You'll see racquetball at its best and walk away inspired and excited. See you soon!!

WHO IS THE BEST THERE IS ?



Doyle



Hogan



Gonzalez



Obremski



Ray

KATZ EYE VIEW
By Aaron Katz

The top players on the professional racquetball tour all possess tremendous athletic and technical abilities. Great strokes, retrieving ability, and mental toughness are all expected at the highest level of play. However, some excel at certain aspects of the game that allow them to elevate their games above their competition.

THE FOREHAND

1. Mike Ray
2. Tim Doyle
3. Brian Hawkes

Naturally, with today's power game, good forehands are easy to come by. However, for power, consistency, deception, and variety, the following pros lead the pack. Mike Ray, the big southpaw from Nashville, Tennessee, has steadily climbed to the top



powered behind his forehand. Mike kills the ball with his forehand as well as anyone, and due to his size also has tremendous reach and disguise. When it comes down to crunch time, Mike's trusty forehand is what he looks for to pull him through.

The second of the list is one of the tour's new lions, Tim Doyle from California. Tim probably possesses the most powerful forehand in the game, and more recently has started to vary his shot selection, to where his forehand has become one of the most feared strokes in the game, his patented reverse pinch shot can be awesome when on.

Third on the list is Brian Hawkes from Huntington Beach, California. The seven-time outdoor champ possesses the best overhead, and devastating execution when his feet are set. Look for Brian's forehand to carry him to some big wins on the tour this year.

THE BACKHAND

1. Marty Hogan
2. Jack Newman
3. Andy Roberts

Once again there are several players with great backhands, but #1 on the list has to go to Marty Hogan. Hogan has the unique ability to kill the ball from anywhere on the court with his backhand. Marty has also produced some of the most spectacular backhands on the run. His wrist strength allows him to generate power no matter how



off balance he might be.

Second on the list is Jack Newman from Chicago. Although Jack has not produced the consistent top ranked results that the others have, when Jack's backhand is hot it rarely misses. Jack's backhand splat may be the most feared in the sport.

Third, Andy Roberts, probably has the best backhand off the backwall in the game today, his devastating power and accuracy off the backhand side makes him a threat to kill any ball from anywhere on the court, if he has a chance to set his feet.

Honorable mention goes to Drew Kachtik.



THE SERVE

1. Tim Doyle
2. Andy Roberts
3. Egan Inoue

The serve in the pro game has really become the most dominant weapon within the last 3-5 years. There are several players who hit their serve in excess of 180 MPH. So, debate on whose serve is the best is ongoing. The new rule on the pro tour limiting the pros to one serve has definitely impacted the dominance of the serve, but several are still able to score points in rapid succession behind their serve.

#1 on the list is Tim Doyle. The two-time national champ is the leader of the tour's new lions who can hit the photon serve. Tim's pace is so great that even if his angle is off, many players have difficulty with the sheer speed alone. Tim has also increased his deception and variety to make his serve even more devastating.

#2 on the list is Andy Roberts, from Memphis, Tennessee. Andy, one of the more complete players on the tour, doesn't have quite the pace that Doyle does, but probably has the best deception of anyone. In addition, Andy has the capabilities of changing speeds and hitting lobs as well as the power serve.

#3 is Egan Inoue from Hawaii. Egan is probably the 'forefather' of the new breed of 'photon' serving. When Egan's serve is on, there's often nothing that can be done except to say "Nice serve, Egan." Egan misses out on the top two with consistency, and variety.

A strong honorable mention, Tim Sweeney from Chicago, would surely move up into the top three on this list (and probably the rankings too) if he was able to commit fulltime to the tour.

STRATEGY

1. Mike Ray
2. Drew Kachtik
3. Ruben Gonzalez

As we all know, hitting the ball hard and low doesn't always win matches (although it definitely helps). Knowing where and when to hit the right shot, when to change pace, and how to attack your opponent's weaknesses are all integral parts of the game.

#1 on the list is the defending National Champ, Mike Ray. Mike's methodical relaxed style often conveys the impression that he isn't even trying. However, no one understands how to put together points and play a complete match better than Mike. The longer the match goes, the better Mike normally gets as he focuses in on his opponent's weakness, like a cobra going in for the kill.

#2 on the list is last year's biggest surprise on the tour, the chunky righthander from Austin, Texas. Drew doesn't possess the great serve or spectacular shot making ability that some of the other pros do. Drew's game is based on high percentage shot selection with an uncanny variety of pinches, splats, and passing shots. Drew rekills the ball in the front court better than anyone.

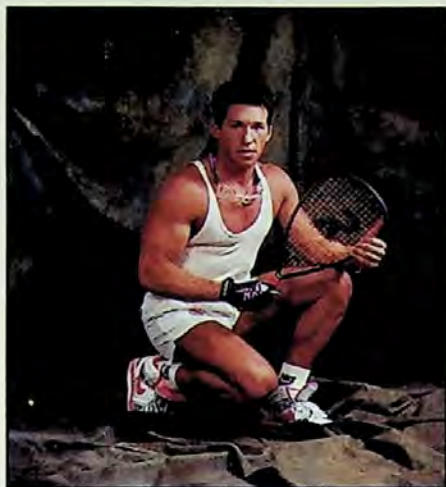
#3 is the senior most member of the pro tour, Ruben Gonzalez. Ruben continues to amaze everyone with his winning ways at the age of 39. He is one of the more underrated strategists. Ruben will mix up his serves and shots as well as anyone. He is also a master at controlling the tempo and flow of a match, knowing both when to slow the pace down, and when to keep it fast.

Honorable mention: Mike Yellen, the master of strategy still can look like he is giving a clinic when his game is on.

CONDITIONING

1. Dan Obremski
2. Egan Inoue
3. Brian Hawkes

This is probably the toughest of all categories to evaluate, for so many of the pros are in great shape, and all put a tremendous amount of time into this aspect of the game. When judging this category, I used what I call 'applied conditioning', meaning those who use their conditioning to win long matches, and are able to maintain their fitness throughout the duration of a five day tournament, not necessarily those who are in the best shape.



Dan has made conditioning an art form and it has paid off this past season with a top 4 ranking. Egan and Brian are no slouches in this department either as both of them are able to maintain an incredibly intense pace throughout the duration of a match.

Honorable mention: Mike Ray

MENTAL TOUGHNESS

1. Mike Ray
2. Ruben Gonzalez
3. Drew Kachtik

The ability to win under pressure, adverse conditions, or when your game is not that sharp, is the mark of a true champion, and the ever elusive variable that all pros try to add to their arsenal.

The reigning National Champ, Mike Ray, is a master of 'winning ugly'. When other players lose in the early rounds when their game is not on, Mike keeps digging and clawing his way to victory and invariably picks his game up steadily as the tournament progresses. Under pressure, Mike's laid back relaxed style makes him second to none.

#2 Ruben Gonzalez: Although Ruben didn't start playing racquetball until age 25, he has rewritten the book in several ways when it comes to mental toughness, not the most powerful player on the tour he uses a rare combination of quickness, desire, and mental toughness to continually baffle opponents several years his junior. Ruben didn't win his first National Championship until 1988, at the age of 36, but I wouldn't bet against him winning a couple more before he hangs up his racquet.

#3. One of the only two players on the

tour last year to win two events, Drew's style of grit and determination often causes people to liken him to a pit bull. His intestinal fortitude has been well known for years throughout the southwest, however, it has just been this past year that Drew has taken his show on the road. No lead is ever safe with Drew as he proved in the semi-finals of the Stockton Pro stop last year when he overcame a 10-0 deficit in the tiebreaker, and came back to win 13-11, against Ruben Gonzalez.

Honorable Mention: Mike Yellen and Marty Hogan, to play at the level that these two great champions have for so long is a credit to their competitive spirit and mental toughness.

QUICKNESS

1. Ruben Gonzalez
2. Marty Hogan
3. Dan Obremski

1. Ruben has amazed spectators for ten years with his remarkable retrieving ability (he has actually amazed the author for fifteen as I was one of the few fortunate enough to see Ruben win the 1976 one-wall Handball Nationals in Coney Island, New York. P.S. he defeated Mark Levine 21-11, 21-10). Not only does Ruben have cat like quickness getting to balls, but his reflexes and wrist strength allow him to rekill balls that he barely gets to.

If Ruben has lost anything over the years, it might be that he has to pace himself more now than in the past, but if it's crunch time, don't stop watching until you have seen the ball take the second bounce.

2. Marty Hogan is arguably the greatest pure athlete to ever play the game (Bret Harnett and Cliff Swain would have legitimate cases). Marty's stocky linebacker appearance belies his incredible explosive speed. Marty's shot-making skills have eroded a little bit in the past several years but his intense competitive spirit and quickness make him capable of winning any match he plays.

3. Dan Obremski, previously known as 'Diving Dan', has turned himself into a much more complete player, and although he is not as dependent on his tremendous retrieving ability anymore, he can still get to the ball about as well as anyone in the game.

Honorable Mention: Mike Guidry. Although Mike has not committed himself to the tour full time, his remarkable quickness is a crowd's delight.

Players to watch in 1991

Look for Tim Sweeney, if he commits to the tour full time, to take a legitimate shot at a top 5 ranking in his first full year on the tour. Tim has the complete package, strokes, quickness, power, and mental toughness to be a top player for years to come. Louis Vogel:



Who Is The Best There Is?

this little known pro from New Mexico possesses the necessary skills to be a top ten player. If he can put it all together this season, he will surprise some people. Mike Guidry, the two-time Junior National champ is planning on playing the tour this season and should be a threat to several of the top players in the early rounds.

That is it for the evaluation. There are several more components that make up a top pro player, however, these were the main ones that I chose for the purpose of this article. However, don't take my word for it, check the new revitalized MPRA tour schedule for 1991-92 and go see the pros at the nearest event to your area.

Join us later as we analyze the fundamentals and mechanics of these great players that make them excel at various aspects of the game.

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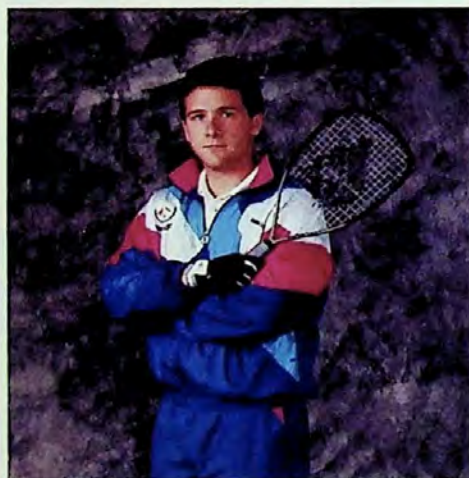
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JACK NEWMAN: Head Instructor; currently ranked 8th on the MPRA tour, two-time Junior National and Intercollegiate Champion; AARA Men's Open Champion, 1982.



DOUG GANIM: Currently ranked 15th on MPRA tour; #1 ranked amateur AARA, 1991; 1991 Olympic Festival Champion Doubles; three time National Doubles Champion.

TIM SWEENEY: 1991 AARA National Champion; 1991 Intercollegiate Champion; currently ranked 13th on MPRA tour; one of the game's brightest stars



DAVE NEGRETE: Ranked in top 30 on the MPRA tour; ranked 3rd in the nation - Men's 30+; one of the nation's most respected players and instructors.

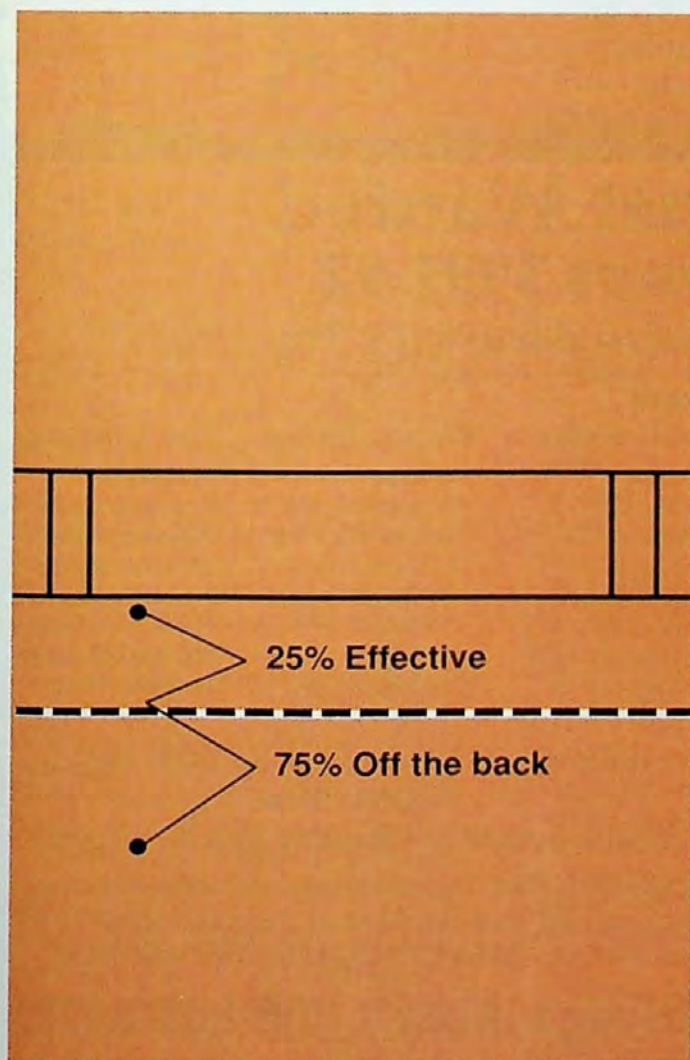
WOODY CLOUSE: Currently ranked #12 on MPRA tour; only player to win national titles in two countries in the same year; one of the most energetic and exciting players on tour

Serving Tips

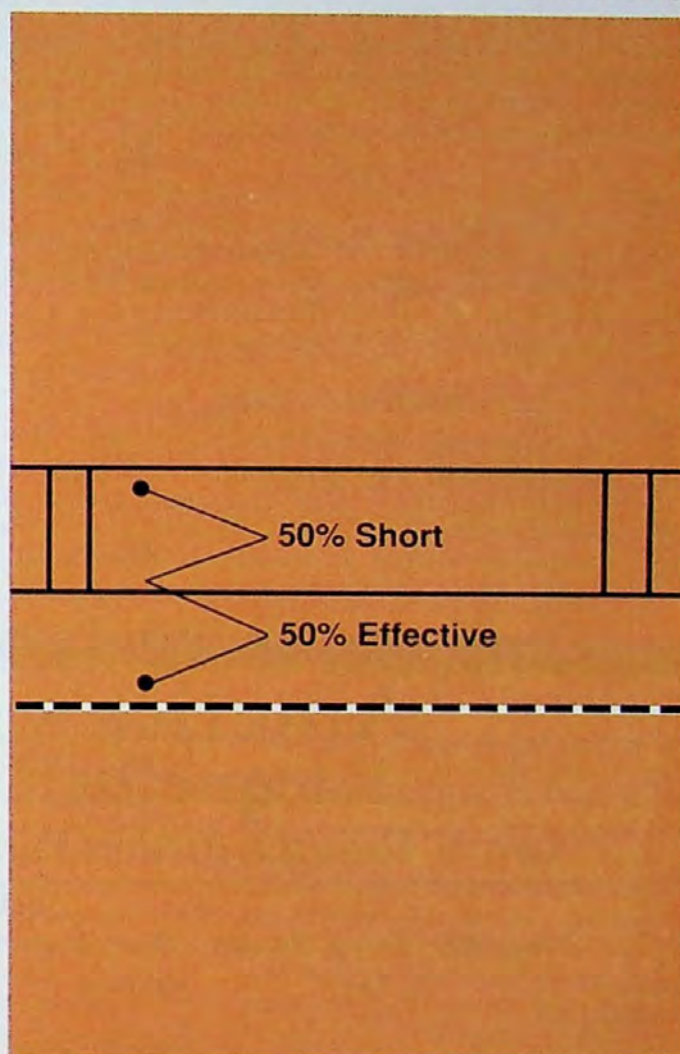
by Jack Newman

After years of teaching racquetball camps we have found a common error in serving strategy. Almost all players, regardless of level, feel that serving only involves getting the ball over the short line to an opponent's weaker side. The problem with this strategy is that too many serves become set-ups off of the back wall. We will discuss an alternative serving strategy that eliminates set-ups and takes advantage of the two serves you are allowed. It also allows you to improve your percentages of getting a defensive return which is the goal of the server. In the illustration below we show a typical range of where most drive serves land past the short line.

EXAMPLE 1



EXAMPLE 2



In Example 1, only 25% of your serves will be effective in getting a defensive return. The other 75% will be set-ups off the back wall. We want to increase your percentage of effective serves and take advantage of your two serves in trying to get a weak return. We will accomplish this without having to improve your range of serves. In the example below we take the same range of serves as before, but move the range forward toward the front wall.

With Example 2, 50% of your serves will get a defensive return. The other 50% will be short, but allow you a second chance to get a defensive return. Like everything else we teach, practice this on a court by yourself in order to find your best range. In the next issue, we will discuss effective second serves to make this concept work even better.

Mike Ceresia's

Notes from the Road

Spalding Canadian Junior Nationals

The Junior Nationals were held recently at the Wheels Inn in Chatham, Ontario. Up for grabs were singles, doubles, and overall team title.

Kris Scott of Ontario followed up her Canada Winter Games Gold Medal with a victory over Rhonda Holt in the girls 18 and under. Chris Brumwell of British Columbia defended his 18 and under title with a four game win over Mike Green of Ontario. Saskatchewan easily captured the team title with Ontario second and Quebec third.

Girls	1st	2nd	3rd
-10	Lisa Kerr (SK)	Carolyn Peddle (NL)	Karina Odegard (SK)
-12	Amanda Kerr (SK)	Amanda MacDonald (SK)	Candice Mayoros (SK)
-14	Christine Vantees (BC)	Leanne Neubauer (AB)	Sarah Hobbs (NB)
-16	Sheila Finch (SK)	Kelli Green (ON)	Kathleen Spalding (MB)
-18	Kris Scott (ON)	Rhonda Holt (SK)	Danelle Levine (MB)

Boys	1st	2nd	3rd
-10	Kris Odegard (SK)	Vincent Gagnon (QU)	Richie Threefall (BC)
-12	Eric Urteaga (SK)	Francis Guillemette (QU)	Andrew Kane (ON)
-14	Miguel Urteaga (SK)	Jonathon Minkensky (ON)	Francois Viens (QU)
-16	Kelly Kerr (SK)	Ryan Powell (SK)	Chris Reach (ON)
-18	Chris Brumwell (BC)	Mike Green (ON)	

Doubles

-14 Girls

1. Christine Van Hees/Sadie Gross
2. Amanda MacDonald/Riva Wig
3. Leanne Neubauer/Candice Mayoros

-18 Girls

1. Melissa Chernish/Kristene Scott
2. Kelli Green/Nicola Kane
3. Sophy Gagnon/Chantal Turgeon

-14 Boys

1. Johathan Menkensky/Andrew Kane
2. Jeff Stebnicki/Migel Urteaga
3. Robert Cherish/Gavin Tanner

-18 Boys

1. Mike Green/Chris Brumwell
2. Chris Roach/Glen Holland
3. Denis Gagne/Francois Viens

A special thanks to Alex Speller and Tina Fernandez of the Wheels Inn who worked long hours to make the tournament a success.

America's Most Wanted Racquetball Camps 1991-92

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Jack Newman

<i>Ruben Gonzalez</i>	<i>Doug Ganim</i>	<i>Dave Negrete</i>	<i>Andy Roberts</i>	<i>Woody Clouse</i>	<i>Tim Sweeney</i>
<u>Location</u>	<u>Date</u>	<u>Instructors</u>	<u>Location</u>	<u>Date</u>	<u>Instructors</u>
Columbus, OH			Denver, CO	Jan. 4 - 5	Newman/Roberts
Sawmill Athletic Club	Nov. 9 - 10	Newman/Ganim	Cincinnati, OH	Feb. 1 - 2	Newman/Ganim
Wheaton, IL			Minneapolis, MN	Feb. 15 - 16	Newman/Roberts
Wheaton Sports Center	Nov. 23 - 24	Newman/Negrete	Birmingham, AL	Feb. 29 - Mar. 1	Newman/Roberts
Jacksonville, FL			Watsonville, CA	Mar. 7 - 8	Newman/Gonzalez
Racquet Power	Dec. 14 - 15	Newman/Clouse w/Mary Lyons	Blue Springs, MO	Mar. 14 - 15	Newman/Sweeney
			Indianapolis, IN	Mar. 28 - 29	Newman/Negrete
			Sterling, VA	Apr. 4 - 5	Newman/Gonzalez

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THE SERVE

Continued from page 41

To camouflage all your hard serves and get the best angle for your Z, start next to the 3' drive serve zone. By stepping to the middle and using the same hitting motion, you can hit either the hard Z to the back left corner or low drives to either corner. Your ability to execute these three serves from the same position keeps your opponent from "cheating" to the left on your hard Z. Strive to hit a target area (approximately 4' - 5' up on the frontwall) that will create the desired path (a sharp angle into the frontwall, sidewall, diagonally across the court [bouncing in zone 3], kicking into the side wall and angling sharply to the backwall). Executed properly, this serve will not come off the backwall. Remember if you miss your frontwall target, your serve will come off the side, travel down the center of the court, or come off the backwall for a set-up.

After you serve from this position, the safest and most efficient way to relocate is to turn away from the ball, toward the left wall, or the "outside" to protect the front of your body. As you turn, you will briefly lose sight of the ball as it travels through the service box. You will pick it up again over your left shoulder before the bounce. Try to quickly relocate

to the center in zone 2 or 3, adjusting your coverage position to where the ball comes off the side or backwall. Many players are guilty of avoidable hinders on this serve because they do not allow the receiver a clear path for the low straight shot or cross-court.

Always remember the tremendous value of the hard Z to the back right corner. By stepping from the middle of the serving box (photos 3 & 4) to the 3' drive serve zone, the server can hit low drives to both corners and the hard Z to the right. The real advantage of hitting the hard Z to the right is the element of surprise. If you can catch your receiver "cheating" to the left after several effective low drives, the hard Z to the right may catch him completely off guard.

Okay, now the work begins! To consider yourself a complete player, you must have accuracy and consistency of both these types of serves to both corners (4 in all). The accuracy and consistency for this kind of control can only be gained through efficient and consistent practice. Incorporate these assignments with the ones from last time to see some real growth over the next few months!

Serving Assignment #1- Targets

Apart from the 30 second drill, finding your serving targets and becoming knowl-

edgeable about the consequences of missing those targets will be one of the most important exercises you will do. The best way to determine your front wall targets is to have a friend place a colored sticker on the frontwall indicating where the ball hits when you hit an accurate low drive or hard Z. Remember your goal on the low drive is to have the ball land in zone 2 and bounce twice before the backwall. Your goal on a hard Z is to have the ball land in zone 3 and then kick into the sidewall. You will be amazed at how small those targets actually are, and how accurate you must be when serving. Erring 2" - 3" to either side can produce a set-up or chaos.

Serving Assignment #2- Practice

Practice those serves!!! serve low drives and hard Z's into the back corners using the "two-step" motion. Complete your motion before you start to relocate. Move quickly and aggressively into zone 2 - 3. Make sure you are working on the proper turns when relocating after hitting a hard Z. Your final goal on hard serves is to go to 2 different positions in the service box and serve 3 different hard serves from the same motion.

Continuous Assignment - 30 Second Drills.



From the President...

by Chris Evon

To someone who doesn't follow the WPRA tour closely, this season might appear to be like any "normal" season. On the surface, it is. Yes, we've added some new stops, increased our prize money, and confirmed television coverage for the Atlanta stop and the Nationals; however, there will be a major difference this year. This will be the last season you will be able to see one of the greatest champions in the sport compete on the pro tour. For over fifteen years Lynn Adams has been impressing audiences with her elite physical and mental skills. Now, for health and personal reasons, Lynn has decided to retire after the 1992 Diet Pepsi National Championships in Baltimore, Maryland. I truly hope you get the chance to see Lynn "in action." Her performances are always inspiring, and you won't want to miss the opportunity to talk to her personally, or to get her autograph! WPRA tour stops are always full of excitement and there are usually many opportunities to meet all of the pro players. As Lynn will be battling to go out as number one, others will be accepting the challenge of creating an upset whenever possible. The 1991-92 season will undoubtedly be one for the record books. New talent is beginning to



push through the ranks, and many veteran players still dominate with their highly developed skills. Cities you can look for us to be in this year are Syracuse, Los Angeles, Atlanta, Anchorage, Philadelphia, San Francisco, and Baltimore. Don't miss it! We'll see you at the courts!

Chris

Join the Women's Professional Racquetball Association

The WPRA is dedicated to the increased visibility and growth of racquetball as a recreational sport and as a respected avenue for professional women athletes. It is a member-run organization that predominately relies on the support of amateur players who appreciate exciting, sportsmanlike competition. Our membership is diverse: 20% men, 5% clubs/organizations, and 70% amateur women. Support professional women's racquetball and support our efforts for growth in women's amateur competition. Join the WPRA!

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Pros and Cons

Racquetball's right way and wrong way

By Fran Davis and Stu Hastings

Welcome to the series "Pros and Cons". As we discussed last month, our philosophy of teaching is to build racquetball players from the ground up. We start with the foun-

dation (the strokes of the game) and then work our way up to the frame (court position and shot selection). Next, we go to the roof (serves and service return) and, finally, on to the windows and doors (conditioning, training and mental toughness), etc. In this issue we will begin on the ground level and spend the entire time discussing the "Pros and Cons" of the basic forehand stroke. According to the latest research in sports psychology, the mind works in pictures, not words. With that in mind we have incorporated photos of the four stages of that basic stroke:

1. the Grip
2. the Ready Position
3. the Swing
4. the Follow-Through

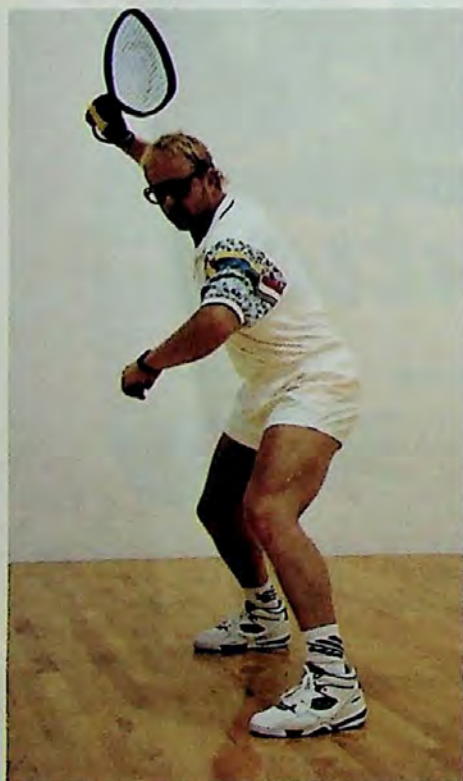
These photos can assist you in creating the perfect forehand stroke, one of the most fundamental, but critical parts of building a strong foundation.

PROS The Grip:

1. Shake hands with the racquet.
2. V of hand on the top of racquet.
3. Trigger grip - like pulling the trigger on a gun.
4. Hold at the end of racquet, but no part of your hand or fingers should be off the racquet. This gives you more power and control.

The Ready Position:

5. Stand square to the front wall.
6. Racquet up - elbow in line with shoulder or higher (the higher the racquet the more power you generate).
7. Feet should be slightly wider apart than shoulder width.
8. Knees flexed - weight directly below you.
9. Shoulders level.
10. Body erect.
11. Weight evenly distributed.
12. Eyes on the ball.



The Swing:

13. Step toward the front wall, wide comfortable stance.
14. Hips begin to open - freely.
15. Upper body follows and begins to rotate using this sequence - shoulders, elbow, wrist, racquet.
16. Weight 50/50 distribution.
17. Back leg bends at 90 degree angle, pulling back slightly.
18. Back foot pivots and weight is on the ball of foot.
19. Arm is fully extended.
20. Racquet should be swung flat and level.
21. Eyes on ball.
22. Contact ball off of front foot/inner thigh.

The Follow-Through

23. Hitting arm and non-hitting arm move fully across the body.
24. Non-hitting arm out of the way - leads the way for better upper body rotation.
25. Belly button faces the front wall.
26. Front toe points toward the corner.
27. Back toe points toward the front wall.
28. Weight is evenly distributed.

CONS The Grip:

1. Shake hands with the racquet.
2. V of hand on corner of racquet - off center.
3. Hammer grip.
4. Hand is at bottom of racquet with pinky off the end - increases the length of the lever to generate more power, but you sacrifice control.

The Ready Position

5. Stand square to the front wall or side wall.
6. Racquet down - leads to inconsistency because shots are rushed shots.
7. Feet too close together, less stability and leverage to step into shot.
8. Knee straight and body bent at the waist where the weight is too far out in front.
9. Shoulder dipped - leads to looping swing.
10. Body bent over.
11. Weight on back foot.
12. Eyes on floor, not ball.

The Swing

13. Step toward side wall or corner.
14. Hips locked - loss of power.
15. Upper body rotates before hips move - lead with arm - loss of power.
16. Weight off back foot or front foot - inconsistency.
17. Back leg is straight.
18. Back foot does not pivot.
19. Arm dipped and pendulum.
20. Racquet flat and dipped - looping swing.
21. Eyes are not the ball.
22. Ball contact in the middle of stance or off of back foot.

The Follow-Through

23. Hitting arm and non-hitting arm stop in front body.
24. Non-hitting arm is in the way - just hangs there.
25. Belly button faces the corner.
26. Front toe remains pointing toward side

wall - loss of power due to lower body not being fully used.

27. Back toe remains pointing toward side wall - loss of power due to lower body not being fully used.

28. Weight is on the front foot. Now you've got it! Here are twenty-eight "Pros and Cons" on how to build a more consistent and powerful forehand vs. an inconsistent and weak forehand. We accomplished this task by using pictures in addition to words to make it easier for you to visualize the correct technique vs. the incorrect techniques. These are the same basic techniques we use to build champions.





Turning the Corner

by Hank Marcus

The TransCoastal International Racquetball Tour is proud and excited to announce the *VW CREDIT, INC. TRIPLE CROWN SERIES*, a three tournament series as part of the 1991-1992 tour season. The six figure contract between Volkswagen Credit Corporation and the International Racquetball Tour is the largest in tour history and, most importantly for pro fans, involves television! *The VW CREDIT, INC. TRIPLE CROWN* event finals will all be televised nationally via sports cable.

Finally the chance for racquetball fans throughout the country to see the best players in the world in their homes. Telecast dates and times when made available will appear here, so make sure not to miss the most exciting series coming to television and racquetball: *THE VW CREDIT*

TRIPLE CROWN. The three events are being coordinated at this time with the following dates and cities planned as sites:

Dallas	January 8-12
New York	April 22-26
Los Angeles	June 17-21

This is a tremendous opportunity for all of racquetball in terms of involvement with a major corporation like Volkswagen Credit Corporation and a step in the direction all racquetball players and fans have talked about for years. With the support of major companies like TransCoastal Mortgage and VW Credit professional racquetball is making the moves and garnering the support needed to

put racquetball's best athletes on a par with other sports! I want to personally thank the people behind the scenes who have helped make this type of series possible. The foresight and dedication to the sport is what makes racquetball the sport of the '90's.

Making huge strides on the business and promotional ends of professional racquetball are great for the sport but does not end the work to be done by the IRT Tour. It is only the

beginning and as an association, we want to stress our continuing commitment to the junior players in the sport. These kids are the future of our sport, not just the ones that might become professionals, but those who learn and love the game as we all do. Nothing is more gratifying than seeing the faces of the kids as they are given a chance to meet and talk with their heroes. That



is what sports are all about. These kids will remember that afternoon for the rest of their lives and maybe one of them will be the next Gonzalez or Hawkes. We will all do whatever is necessary to continue to develop and support junior programs and players at all tour events.

All those who support professional racquetball from TransCoastal Mortgage and Volkswagen Credit to the host clubs, tournament directors, and spectators have given us the opportunity to reach millions of kids and interest them in racquetball or continue to develop that interest. We are committed to the sponsors and the fans of racquetball, but also to the future and the future begins now.

TransCoastal

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October 31-Nov 4 Woodfield Racquet
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March 18 - 22 Racquet Club of
Memphis, Memphis

May 13 - 17 Harbor Square Athletic
Club, Seattle (TransCoastal Grand
Nationals)

June 3 - 7 Multnomah Athletic Club,
Portland (Tournament of Champions)



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April 22 - 26
New York, New York

June
Los Angeles, California

TransCoastal International Racquetball Tour 1991-1992

Partial Schedule

September 1 - 4 Westlane Racquet Club, Stocton, Cali-
fornia

October 16 - 20 Airport Racquet Club, Toronto

October 31- Nov. 4 Woodfield Racquet Club, Chicago

November 13 - 17 The Tournament House, Riverside,
California

December 4 - 8 Racquet Power, Jacksonville, Florida

January 8 - 12 Club TBA, Dallas

February 5 - 9 Capital Athletic Club, Sacramento

February 19 - 23 Racquet Club of Pittsburgh, Pittsburgh

March 11 - 15 Las Vegas Athletic Club, Las Vegas

March 18 - 22 Racquet Club of Memphis, Memphis

April 22 - 26 Club TBA, New York

May 13 - 17 Harbor Square Athletic Club, Seattle

June 3 - 7 Multnomah Athletic Club, Portland

June TBA Club TBA, Los Angeles

L E T T E R S

(continued from page 9)

This is the best magazine ever!

F. Quertermous
Paducah, KY

Thanks, Mom.

Thank you for your recent free premiere issue of **KILLSHOT** magazine! I quickly became familiar with "Who's Who" in the professional ranks, but what about the AARA rankings? I would be inclined to subscribe to **KILLSHOT** (as a matter of fact, I know I would subscribe) if it listed upcoming state, regional and national AARA sanctioned tournaments as well as AARA rankings.

While it's interesting to know the top professional players in the country, being an avid league and tourney player, I would find it much more interesting (and applicable) to know the ranked AARA players in my state and region; players that I will likely see and compete against. Good Luck! Take Care.

G. Pressley
Cottage Grove, MN 55016

We feel that the AARA does a commendable job in publishing their rankings in *Racquetball Magazine* and we don't want to duplicate what they are already doing. We will, however, be covering more regional and some interesting smaller events, both sanctioned and non-sanctioned. Thanks for writing.

In re: B. Book letter (September, '91) concerning ads by mail order equipment suppliers in **KILLSHOT**, let me add my 2¢ worth: Pro shops and designer sporting goods stores that charge \$250 for racquets that should and do sell for \$175 and balls for \$4.50 a can that should sell for \$2.25, are ripping off the players. I applaud your policy of open advertising and am enclosing my subscription check to offset B. Book who can take a hike!

Yours in sport-
D. Evans
Hillsboro, WV

I got burned for a years worth of magazines when *National Racquetball* went under! Put that in your magazine someday!

J. Beimbom
St. Paul, MN

Here it is.

I like the contents of the magazine--Don't like the name-- It's good to see someone carrying the ball again. The sport needs this type of exposure.

A collegiate section would enhance your magazine. Neil Shapiro, Commissioner of Collegiate Racquetball, would be a great candidate as a guest contributor of articles on collegiate racquetball.

Good Luck.
Jerry Gray
Coach-Ferris State

We are planning to do more in the area of Collegiate Racquetball, beginning with some coverage of the leading racquetball schools in the country. In November we will be looking at SMSU. Congratulations on Ferris State's fourth place finish in Men's Singles and Overall competition in this year's Nationals.

I saw your magazine for the first time today and was impressed by its professionalism. It looks like a winner to me. Please find enclosed my subscription.

I hope you intend to cover local and regional events of note in your future issues. To my mind, the problem with past racquetball magazines was their insistence on dwelling exclusively with the professional and international scene. Racquetball is still primarily a participators rather than a spectator sport. I assume a vast majority of your subscribers are players and not merely fans. The truth is that professional and international events effect only a few of us. I would like to hear about what's going on with the rest of the racquetball world, the one that I play in. (National, Regional, State tournaments). Who are some of these guys who are nationally ranked in the age group divisions? Do they hold down real jobs and still find time to compete? Are there any other tournaments as big as New York's Long Island Open? Is it logical or fair that Michelle Gilman can be both the professional and amateur National Champion at the same time (should Mike Tyson be allowed to fight in the Golden Gloves)?

These are the kinds of areas I hope you will cover. Articles on individual top ten professionals will only carry you so far. Your readers are players themselves. Tell us about us!

B. McDermott
Long Island, NY

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Goal Tending

It is important to be able to map out a strategy so you know precisely where you want to go and the things that can help you to get there. Setting goals is the most important step you can take to achieve success in racquetball. Goals are very personal. They need to be what YOU want to achieve, not for your parents or your coach, but for yourself. Having a goal will give you the motivation to push yourself to run that extra mile or practice that extra hour and really stay focused.



Components of goal setting:

1. State what you want in positive terms. Many people state what they don't want to happen.
2. Be very specific. When you achieve your goal, how will it feel, look, smell? The more specific you are will allow your brain to create what you want.
3. Set realistic goals. If you are a "C" player and your goal is to win the first pro-stop of the year you are not giving yourself a fair chance. However, if your goal is to become a competitive "B" player by the first tournament, there are definite steps you can take to achieve that.
4. Be in control. Your outcome can only be maintained by you! Make sure your goal reflects the things that can affect you directly.

Simple steps to writing goals:

1. Start by writing your dreams. Sit, grab a sheet of paper and start writing. The key is to keep the pen moving non-stop for ten minutes. Play. Let your mind roam.
2. Go over your list, estimating when you expect to reach your goals. You must set short term goals (i.e., I want to hit aces in my practice match tomorrow, or I want to finish in the top four next month at my state tournament). Intermediate goals - those which you wish to achieve within the next six months, and take the proper steps to do so. Long term goals - the goal you wish to achieve in a time period of 1 - 5 years.
3. Pick out your four most important goals. Now write down, you will absolutely achieve those goals.
4. Make a list of the valuable resources you already have. Come up with an inventory of strengths and skills which you possess.
5. Focus on the times when you have used those resources successfully. Write them down and describe what you did that made you succeed. In a few paragraphs write down what prevents you from becoming the best. Dissect your personality to see what is holding you back. We all have limiting beliefs, just know that you can change them now. Remember, if you have the desire and you are willing to do what it takes, you can do anything you set your mind to!

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SCHEDULE OF EVENTS

Friday, November 29 Entry deadline for all events at 8 p.m.
Monday, December 2 Starting times available after 2 p.m.
Wednesday, December 4 Pro qualifying begins; Instructional junior clinic 7 p.m.
Thursday, December 5 Pro singles round of 32 & 16; Amateur play may begin; Instructional clinic - open to public 6 p.m.; Junior Bi-Rak-It clinic 7 p.m.
Friday, December 6 Pro singles quarterfinals; Amateur play continues; Bi-Rak-It National Championship play begins
Saturday, December 7 Pro singles semifinals; Amateur play continues; Bi-Rak-It quarterfinals and semifinals
Sunday, December 8 Pro singles finals; Amateur finals; Bi-Rak-It finals; Awards presentation



BI-RAK-IT NATIONAL CHAMPIONSHIPS



Tournament Directors: Aaron Metcalf and Mary Lyons.

Sanction: American Amateur Racquetball Association, Men's Professional Racquetball Association, U.S. Bi-Rak-It Association.
(AARA membership available at check in.)

Entries: Deadline - 8 P.M. Friday November 29. Phone entries with valid M/C or Visa - (904) 268-8888.

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