

National Racquetball

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WPRA Tour Upset

Drexler Beats Them All In CA

Caryn McKinney

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How To Choose The One For You

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On the cover: In his instructional this issue, five-time national champion Marty Hogan analyzes diving in the heat of a match.

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From The Editor...

Only two courts existed in the small town where I began playing racquetball. The courts were part of the college I attended and I played a lot; I sometimes missed classes and I nearly always arrived late to others with my hair still wet from the shower. After a year, I was pretty good, or so I thought.

Then one day, a little old man looked into the court and interrupted my practice session. He had just moved to town and wondered if I would play him.

Looking back, I hope I didn't snort in disbelief — couldn't he hear how hard I hit the ball? I remember very clearly how his head shone in the court lights, how his belly looked like a basketball under his tiny chest, and how small he was. To me, he looked gray with age.

I grudgingly said yes, knowing full well it would be a waste of practice time. He beat me 21-2. I had never seen a luckier player in my life.

He beat me in the second game 21-5 and I finished exhausted. Six months later, I still could not beat him. I never did either; by the time I might have been able to win, he had moved away from the town. Today, I think wistfully of meeting him in a tournament for one last chance, but age divisions have been introduced since then, so I know it is just a daydream.

Losing to him — besides trimming an ego that needed it — opened my eyes to the older athlete.

In this issue, along with other articles about playing racquetball after the age of 40, a few of the sport's Masters and Golden Masters are profiled. These players are champions on the court and off. It is nice to note that they are only a few of our sport's older athletes who deserve attention; and because we are blessed with a good number of these champions it is too bad that not all of them can be introduced.

It is worthwhile to watch the Masters and Golden Masters at tournaments. You won't see the thundering serves and screaming kill shots of the younger open players. You won't



see rollouts on the run and you won't see dives. Instead, you might see knee braces, elbow pads and elastic bandages. You might see the odd limp and occasional grimace. You will see three-foot-high pass shots that don't come off the back wall, and lob shots and drop shots. Despite this lack of power and glamor, you will still see exciting racquetball.

The competition between these athletes in close matches under pressure will grip you, and you will notice one other thing. Despite the tremendous desire to win shown by all the Masters and Golden Masters, there is little animosity on the court. The racquetball played by our older athletes is racquetball without tantrums or hassles or cheating. The racquetball played by our older athletes shows grace under pressure and a spirit of camaraderie and sportsmanship. It is enjoyable to watch.

Beyond racquetball, these people are worth knowing because they know themselves. Their years and experience have given them a perspective about life that all of us should hope to have by the time we reach their age (still playing racquetball of course).

So if you are not already acquainted, as a spectator or participant, with the joy of being involved in racquetball at the Masters or Golden Masters level, give it a chance. If your response is anything like ours was here at *National Racquetball* as we put this issue together, you will be glad you took the time for a closer look.

At the very least, be careful of any oldtimers who casually challenge you to a racquetball game. They don't miss very many tricks. ○

Drexler Wins In California

by Sigmund Brouwer

From the beginning of this tournament, Marci Drexler wanted nothing more than to prove that her blast-and-conquer racquetball would finally defeat Lynn Adams' structured and intelligent game style, but she didn't get her wish.

She reached the finals and showcased her fiery game, and she won against the type of racquetball that Lynn Adams has made famous. The trouble was, her match wasn't against Lynn Adams — it was against Kaye Kuhfeld.

That meant when the fans came to the finals of the Ektelon Winter Classic, Lynn Adams and Caryn McKinney were still visible, but in an unfamiliar position. They were spectators. It marked the first time in four years that Lynn did not make it to the finals, and almost as long for Caryn.

What happened?

Lynn, the number one seed, lost in the semifinals to Kaye Kuhfeld. Caryn, seeded second, lost early on Marci's half of the draw, in a tremendous upset to Liz Alvarado.

That wasn't all for excitement at this tournament. Virtually unseeded (and very young) Cindy Doyle not only knocked off 12th ranked Fran Davis, but number eight touring pro Marcy Lynch as well, and took Liz Alvarado to a tiebreaker in the quarter finals. Dottie Fischl (ranked 14th) came within a cat's whisker of beating Marci Drexler in the first round, and Toni Bevelock (ranked 19th) actually served for match point against fifth ranked Vickie Panzeri.

It was quite a tournament.

Spectators should have known it would be different. Lynn Adams started it with a pre-tournament interview where, with her usual candor, she explained to all of Los Angeles that she had been dreaming about

babies — her own. As Lynn explains, it took place because she had happened to mention to a television reporter that she occasionally dreamt about playing on the court while carrying a baby.

"In the dream, I would be holding the baby in front of me in one of those knapsack-type carriers," Lynn says. "The baby would start to cry as I

Mesa.

Last year, Lynn missed the tournament because of an ankle injury. She definitely wanted to win this year in front of her local fans. Prior to the tournament, it looked like a good possibility. Lynn, who has won more professional tournaments than any other woman in history (34), will be seeking her sixth national championship this season, and began her quest in October by winning the Anchorage stop in Alaska.

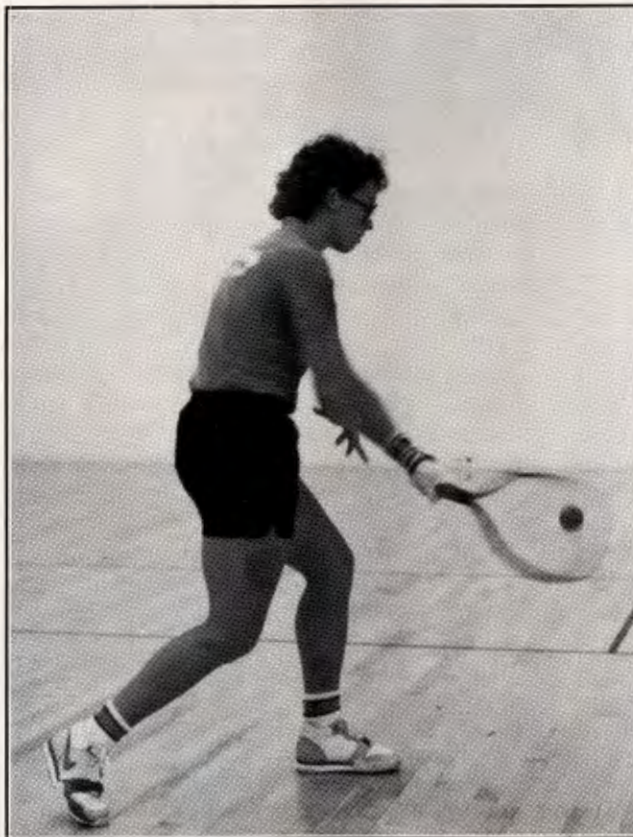
However, she did face one problem. As a puzzled Caryn McKinney explained about Lynn's semifinal match, "She didn't play the aggressive game she usually plays. On half of the setups that she usually tries to kill, she hit ceiling balls instead." Lynn's problem was one of feel.

Just prior to the tournament, Lynn, who is a spokeswoman for the Arthritis Foundation, went to her doctor because she had no feeling in her hands or feet. The doctor had no immediate answers, so Lynn played. It did hurt her game slightly as she had to rely on a instead of kills because she didn't have the confidence in her grip to try riskier shots. In fact, in her quarter final match, Lynn skipped in three serves.

Nobody, as Lynn is quick to say, can take credit from Kaye Kuhfeld. "Kaye played the game that it took to win. I played a high-percentage game, and Kaye refused to make mistakes under pressure."

The result of their semifinal match was Kaye's four-game victory, including a crucial 11-10 win in the final game. Kaye has been called the 'Ice Princess' because of the way she is seemingly unaffected by pressure. She began the season ranked at number 17 last year and finished sixth with a victory in the final tournament.

(continued on page 4)



Marci Drexler's strong forehand carried her to victory.

played, and I would pat it on the head and say, 'That's all right baby, the game's nearly over.' Well the television reporter thought it was a great angle on the story, and asked if I would repeat it in front of the camera, so I did. After that, dozens of people called me up to ask what was going on or to rib me about it!"

Baby or no baby, racquetball was definitely on Adams' mind the entire December weekend. The tournament was held at her home club, Los Cabelleros, less than five minutes away by car from her house in Costa



Kaye Kuhfeld was a strong finalist.

Kinney was obviously bothered, and Alvarado took advantage of it. The most important point took place in the first game of the match. Incredibly, McKinney and Alvarado battled for 12 minutes at 10-10 in game one.

When Alvarado finally won on a pass shot, it, along with the officiating problems, seemed to crumble McKinney's brick-solid game. Alvarado won the next two games 11-8, 11-3.

Alvarado was not guaranteed an easy ride into the semifinals. In the next round, the quarter finals, she had to play a red-hot Cindy Doyle. Cindy was a finalist in the 1987 AARA Junior Nationals' 18 & under division, although she could have played in the 16 & under. She has an almost perfect backhand and plays a strong athletic game. She defeated Fran Davis to start the tournament, persevering to an 11-4 tiebreaker win.

Then Doyle had to play Marcy Lynch who had not given up a single point in her first

match of the tournament, winning 11-0, 11-0, 11-0. Lynch also beat Cindy 11-0 in game two of their round-of-16 match. That was the only game that Marcy won, as Doyle, showing the poise of an experienced pro, won in four games to launch her into the quarter finals against Liz Alvarado where the same tough racquetball continued. Doyle took the first two games (11-9, 11-9), and Alvarado dug in to win the rest (11-4, 11-4, 11-1).

While the other semifinal, between Adams and Kuhfeld, was a masterpiece of error-free racquetball and superb shot selection, the semifinal between Alvarado and Drexler became an unconstrained toe-to-toe knockout bout between two young pros.

Drexler, from midcourt and shoulder high, rolled out more reverse pinch shots than California has oranges. From back court, she often left the ground to drive overheads into the far corners. Alvarado was not intimidated. She had nearly as many shots in her bag, and with diving thumps that made spectators wince, retrieved everything that didn't roll. Unfortunately for her, Drexler was hot enough to shoot past those gets.

The match, in Drexler's favor, went four games and saw a classic matchup between the Kuhfeld's percentage racquetball and Drexler's glory racquetball.

ment over Marci Drexler.

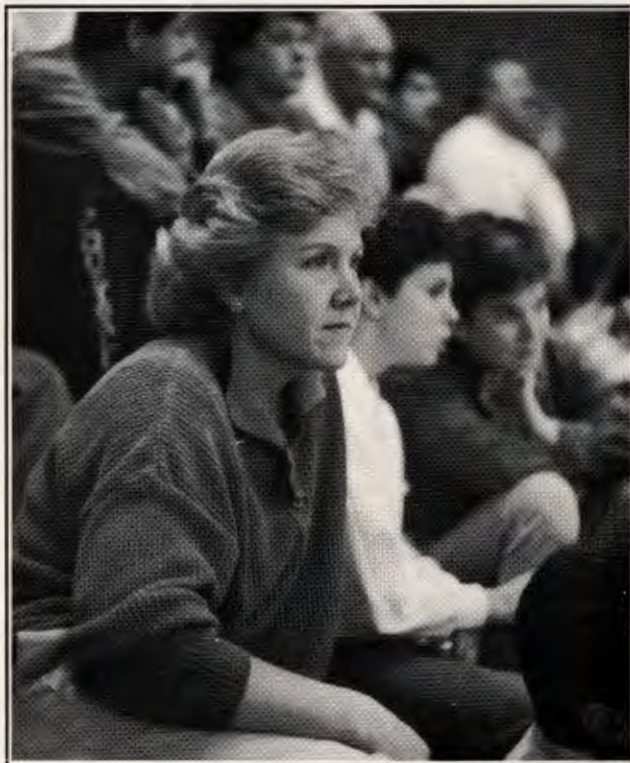
Marci nearly did not make it to meet Kaye in this tournament's finals. On Friday, in her first-round match, she played Dottie Fischl. Marci won the first two games handily, with scores of 11-4 and 11-5, but Dottie did not consider it over, even with Marci serving for match point in game three. Instead, Dottie won that one 11-10, then won 11-9 in the fourth.

In their tiebreaker match, Marci played hot and cold, and Dottie played consistently tough. Dottie jumped into a big lead on a series of Drexler skips, then battled hard as Drexler chipped away. Dottie served a slow lob to Drexler's backhand at nine serves eight. Drexler, despite two previous missed attempts, went for the almost impossible sidewall-splat shot from shoulder high. Her go-for-glory shot somehow rolled out from the front wall, and that was it for the match. Drexler rode her momentum for three quick points to survive the first-round scare.

Then, if the tournament would have gone as most do, Drexler would have faced Caryn McKinney in the semifinals. Instead, she had to face Liz Alvarado. Liz had only made it as far as the quarter finals last season. In this tournament, on the way to the semifinals, she defeated Caryn McKinney in a second-round match marred by officiating difficulties.

The usually unflappable Mc-

Caryn McKinney played a rare spectating role.



Before her match against Marci, Kaye said she planned to try slowing the pace down for a more controlled match. It nearly worked and Kaye won the first two games, 11-5 and 11-10.

Drexler reacts to pressure by getting angry, but instead of hitting walls with her racquets, slashes at her legs. Her bruise count by the third game had doubled, and she responded to her painful motivation techniques by roaring out to a quick lead, then sustaining the pace to an 11-6 victory. She kept the throttle open, and with easily the fastest serve on the tour, dominated games four and five as well, winning 11-7, 11-6.

That made it two years in a row that Marci Drexler has won this tournament. Last year, she played Caryn McKinney in the finals for her first-place check.

Next year? Lynn Adams, still number one, will be doubly determined to win. And let there be no doubt the tournament will be held. Ektelon just signed a five-year contract to sponsor the Winter Classic. If the excitement continues, they will get their money's worth. ○

Results

Round Of 32

Lynn Adams d. Sue MacTaggart — 1,2,5
Donna Burton d. Sandy Robson — 3,4,(9),(10),2
Chris Evon d. Robin Whitmire — 10,2,0
Jackie Paraiso d. Cathy Nichols — 8,10,0
Vicki Panzeri d. Carol Dupuy — 5,2,4
Toni Bevelock d. Karen Clark — 1,2,3
Dee Ferreira d. Bonnie Stoll — 10,8,8
Kaye Kuhfeld d. Roxanne Goblisch — 2,0,2
Marci Drexler d. Dottie Fischl — 4,5,(10),(9),9
Mary Dee d. Diana Fletcher — 2,3,1
Joy Paraiso d. Lisa Hjelm — 10,(10),5,9
Molly O'Brien d. Mary Pat Morris — 10,6,6
Marcy Lynch d. Denise Richardson — 0,0,0
Cindy Doyle d. Fran Davis — (5),5,(9),9,4
Liz Alvarado d. Andrea Katz — 0,(8),1,6
Caryn McKinney d. Carol McFetridge — 7,6,8

Round Of 16

Adams d. Burton — 6,4,1
Jackie Paraiso d. Evon — 8,(9),10,(9),7
Panzeri d. Bevelock — (5),9,(2),10,6
Kuhfeld d. Ferreira — 6,6,3
Drexler d. Dee — (9),6,1,10
O'Brien d. Joy Paraiso — 5,1,10
Doyle d. Lynch — 6,(0),4,10
Alvarado d. McKinney — 10,8,3

Quarter Finals

Adams d. Jackie Paraiso — 6,4,(7),7
Kuhfeld d. Panzeri — 3,2,(4),10
Drexler d. O'Brien — 2,6,9
Alvarado d. Doyle — (9),(9),4,4,1

Semifinals

Kuhfeld d. Adams — 3,(2),4,10
Drexler d. Alvarado — 5,(3),4,5

Finals

Drexler d. Kuhfeld — (5),(10),6,7,6

WPRA Results for 1987/88

- #1 - Lynn Adams d. Caryn McKinney
#2 - Marci Drexler d. Kaye Kuhfeld

Call Us Recycled Teenagers

by Eleanor Quackenbush

You bet, I'm just fine...but my hair is thinning or turning gray, arthritis has invaded my body, some of my teeth are partials, the others are just plain missing, diet is discussed only at gourmet parties, and my bathroom shelf could easily be mistaken for a drug store.

Take it from me, the 'golden age' can quickly turn to brass — the silver in your hair seems tarnished as you sit and wait for that duty call from the children on special holidays.

It doesn't need to happen though. Try the prescription we use at our club, then play racquetball.

As part of the seniors program at my home club, I prescribe PACE, which, taken daily, keeps zest in your step. Seniors are being noticed in a variety of activities, and your local club can, and probably does, offer many amenities totally wrapped up in one senior membership. I think PACE is best with racquetball.

Let me describe PACE.

'P' is for participation, any participation in any activity. With racquetball, we seniors can get involved with people of all types and ages; people who share a common interest. Most of us have volunteered our time, energies and money since Girl Scouts, Boy Scouts, PTA, and Little League, only to have returned to the beginning of the cycle of life — babysitting the grandchildren. Me, I prefer to play racquetball with my grandson.

'A' is the feeling of acceptance you will find by participating. Meeting someone new is interesting and you often find out you share common friends and goals. In the club situation, you don't feel self conscious because you are accepted. The rest of you, your physical conditioning, blood pressure, weight, endurance, muscle tone and so on will gradually improve as your body and mind reverts from that of a bored, lonely person to a healthy energetic one.

Respect from your family is an



Eleanor Quackenbush, dedicated Yellen fan.

added bonus that not many seniors expect after starting racquetball. Hearing your kids and grandkids support you during a match — 'Come on, Mom' or 'Hey, Gramma, hang in there' — is terrific.

'C' gives you a choice, choice of what to do with your life — which class to take, who to play in racquetball. You certainly have the choice to compete at club, city, state and national levels in our sport. This choice — and mine was racquetball — gives you contact with the outside world, especially if you have lost your husband, wife or partner. Why sit at home alone with nothing but your memories?

'E' is the best part of PACE ...enthusiasm, for yourself, your family and friends. Why not go to bed ready to hit the courts the next morning having your athletic bag already packed? Life will be more exciting as you share it with others of all ages.

This is a personal and sad true note as I write this article; I lost my husband of 46 years to a stroke. It happened very recently. What makes it easier is that I have so many wonderful memories, three kids, and a host of outside friends plus our two local Courthouse clubs full of understanding friends who have helped me with PACE to a headstart in this game called life.

I have participated, I have felt acceptance, I have become involved in the choice of competition (something I never did before in my life) and I have found enthusiasm. I am proud to say my club is my second home.

If you are not already on a PACE type program, do yourself a favor. Take the prescription and become a recycled teenager. ○

National Champions!

These Amateur Players Are Always Contenders

Among the glitz of the professional game, and the almost violent energy of the youth in the amateur game, there is a group of players who play with no less skill and sometimes a little more intelligence, the age-division players.

The players profiled here certainly do not comprise all of the older champions in racquetball. However, they are among the best of the champions in the older age groups.

They have in common an acceptance of life, and an acceptance of the game, win or lose. And they are a treat to meet, on or off the court. Here are five of these players.

Ike Gumer — Louisville, KY

The scholarly looking gentleman with the round face, twinkle in his eye, and perpetual smile on his face, can only be one person. No, it's not Santa Claus. It's Ike Gumer.

Gumer, didn't start playing racquetball until his early fifties when, due to a shoulder separation suffered in a car accident, his doctor suggested racquetball. He has won an astounding 35 national titles in both singles and doubles. He is 74, and still plays an hour a day, five to six days a week. An extremely intelligent player, his sportsmanship and sense of humor are well known wherever he has played.

Born in Russia, he came to the United States at the age of seven. (He says, "I also brought my mother along for the trip.") Settling with his family in Louisville, where he still

resides, he played football, basketball, handball and ran track. "I got in shape for track by playing one-wall handball. If the ball went past you, you had to run a great distance just to retrieve it."

He became a lawyer after graduating from the Jefferson Law School, which is now part of the University of Louisville. He played handball for almost 35 years, but when he separated his shoulder, his doctor recommended racquetball. The first year he entered the 55+ National Singles, he won the tournament.

About 10 years ago, Marty Hogan, who learned to play in St. Louis, was preparing to play Charlie Brumfield in the finals of a pro stop. He asked Gumer to show him some shots. Gumer replied, "Are you kidding? You've got more shots than myself or anyone else." However, Hogan was serious. Gumer simply advised him to serve a lot to Brumfield's forehand to keep him off balance. Hogan won the match, serving about 10 aces to the right side.

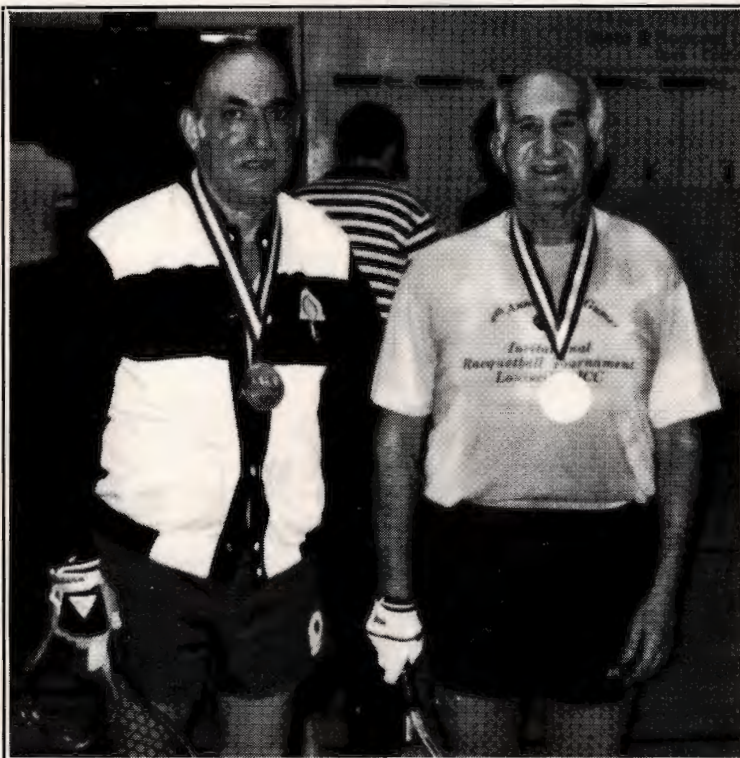
Gumer, who is Jewish, and has played at the Louisville Jewish Community Center for many years, prays in his own way before each match. So does his sometimes doubles partner, the irrepressible Alan Shephard, a Mormon. Before a doubles match in a national tournament against Luzell Wilde and Earl Acuff, Shephard suggested he and Gumer pray together. Gumer replied, "That might be difficult, unless you've been taking Hebrew lessons at home that I don't know about."

In another nationals, Gumer played against Calvin Murphy, who buried a shot into the floor. Outraged, Murphy stormed around the court, yelling at himself. Gumer said, "You didn't really waste that shot. Just think how happy you made me!" In a match against an opponent 20 years younger, Gumer accidentally hit him with the follow-through not once, but twice. On the second blow, the younger opponent whirled and snarled, "Hit me again and I'll have to beat the hell out of you." Gumer

calmly replied, "Young man, you do what you have to do. I'm no fighter. I'm a lover." There were no more problems.

Gumer, who is a master at keeping the ball in play until he has a chance to take the shot he wants, has a wonderful approach to the game. He says, "I enjoy racquetball. That's why I play. If you win, that's great. If you lose, shake hands with your opponent, tell him 'Nice match' and get ready for the next time you play."

As for life in general, Gumer says, "To be successful, acclimate yourself to whatever conditions you're in. If you try to see the funny



Ike Gumer (right) with fellow Golden Masters competitor, Irv Zeltman.

side of a situation, you'll always handle it much better.

"For instance, if I see my name in the obituary column, I'm not going to shave that morning."

Charlie Garfinkel

Mary Low Acuff — Blacksburg, VA

There are two Acuffs who make it regularly to the winners circles in age-division tournaments, and they are married to each other. Earl has won five national titles in the 60+ and 65+ draws and a world championship in the 65+. However, Earl got a big head start on Mary Low, and if given a choice, he prefers any Acuff limelight be placed on her.

He has good reason. The 68-year-old Mary Low waited a long, long time to pick up a racquet. But when she did, she did well. Within six years, she had won four national titles at the AARA amateur championships, including the 55+ division at the age of 67!

Mary Low and Earl met each other at the University of Idaho and married soon after their graduation in 1941. Mary Low spent the next 33 years as an army wife. She endured his absences through three wars and called the raising of their eight children a 'full-time but rewarding career.' During that time she also spend a few years teaching high school and college physical education, and tried to fit in golf, skiing, swimming, running, aerobics and walking, but never racquetball.

"During the years when my husband was stationed at the Pentagon," she says, "I used to wonder what went on inside those four-walled courts where you could only hear banging. Of course, it was only handball.

"After retiring from the army, he took up racquetball. I could finally get to see what was going on in the courts and it looked like fun!"

However, for many years, Mary Low only went along to tournaments

to watch and experience the thrill of Earl's victories and the agony of his defeats.

Then, as she says, "At the age of 62, I got the nerve to try and hit a racquetball. I loved it from that day. As I improved little by little, I was rewarded with new 'hand-me-down' racquets."

The rest is Acuff history. Mary Low won her first national title three years later, the 65+ at the AARA amateur championships in Houston. The next year she placed first in both the 65+ and 55+, and second in the 60+ divisions. It isn't bad for someone playing people a decade younger.

She says about her game, "I may not be a typical grandmother (of 11) in that I love to play racquetball at least 3 or 4 times a week, but I can qualify in other areas. After a good



Mary Low, one of the winning Acuffs.

work-out, I am completely happy at my sewing machine, in the kitchen, helping my husband on the farm, or just enjoying the kids."

Despite all her successes in racquetball, the best part of the game to Mary Low is not the part that involves winning. "Each year, I am more and more convinced that the best part of going to tournaments is seeing old friends," she says. "I even include young people in that category."

Sigmund Brouwer

Luzell Wilde — Centerville, UT

Luzell Wilde began playing racquetball competitively in 1978. Four years later he became the first players from Utah to win a national championship in racquetball and he did it at the age of 63.

The beginning wasn't easy for Luzell. "In my first national tournament I played the 45+ age bracket and was beaten 21-0," he says. "That was a somber experience, but it made me determined to go on and improve with experience."

His determination led, among other things, to a role of honor in the July 4th Centerville parade last year. Luzell and his wife, Georgia, were requested to ride in a gleaming new red LeBaron with a placard in front that read, "Outstanding Athlete". This was a result of Luzell's three-year winning streak of national championships in the AARA National singles 65+ age group.

At the Saturday night banquet of the 1987 National Masters Invitational, Luke St. Onge, director of the AARA, awarded him a specially decorated jacket for 'Player of the Year' and for accumulating more than 2,100 Gold Points from previously sanctioned tournaments. Usually, players who reach this level receive a certificate, but since Luzell has nearly 5,500 points, the exception seemed more than appropriate.

In all, Luzell has won more than 100 trophies, plaques and ribbons. At 70 years of age, he also has 16 national championship titles in doubles and singles age group competition. However, just because he plays in age divisions, doesn't mean he plays as if he is 'old'. In 1986, for example, Luzell won the 45+ title at the North American 40 & Over Invitational in Albuquerque, NM.

Luzell calls himself a 'semi-retired insurance agent' and has been with New York Life for the past 40 years. He took up racquetball and golf at the age of 50 and taught himself by reading instruction manuals.

"I just went in and tried hitting the ball around one day. I had one of the first old wood racquets of the day. They were heavy, made of plywood actually, and unwieldy. I still have it. I ran across it in the basement the

(continued on page 8)



The handball "traitor", Don Goddard.

Photo by Doris J. Vallard/Glasgow Courier

other day. It's pretty badly warped now."

Now he devotes as much time to his game as any up-and-coming young open player. He often spends more than two hours at a time on the court, and as he says, "I play racquetball three or four times a week and when on tour I will play as many local clubs as I can."

Of course, when Luzell tours, he keeps a pace that few younger players can match. He travels nearly 15,000 miles per year, just to compete in racquetball tournaments around the country. One year (1981) he played in more than 50 clubs around the country. Luzell once played 50 games in six clubs in three states during an eight-day period.

The bad news for all of Luzell's competitors is that he is just as hungry for his 17th national title as he was for his first. "It may seem like old stuff winning the title so frequently, but it's very difficult and becoming more difficult each year," he says. "But my goal is to just keep playing and winning as long as I can. I try to keep in good shape and practice and play as often as I can."

Sigmund Brouwer

Alan Shephard — Rockville, MD

Alan Shephard had lost to Ike Gumer seven years in a row in the national singles championships. He was tired of losing to old Ike. Two years ago they met again in the finals of the 70+ national championships. With the match tied at one game apiece, Shephard thought for sure

that the national title would finally be his. However, when he was losing 7-2 in the tiebreaker, he took a timeout.

During the time out, he said silently, "Lord, I've lost to this man seven times in a row. I'm a good man, deeply religious and I lead a good and clean life. Lord, old Ike is beating me again. Let me go

out and turn this thing around."

Shephard says, "I returned to the court and proceeded to win nine points in a row. I was so hot, scorch marks are still on the court."

Shephard, who is 72 going on 40, is the eternal optimist. An extremely religious man, he is bright, always upbeat, and thinks and acts like a much younger man. At 5'9" and 140 pounds, Shephard plays three days a week. He also works out on a small trampoline at home that keeps him fit and limber.

Winning his first national singles title over Gumer was a dream come true, and defeating Gumer in straight games this past year was icing on the cake for Shephard. Although he had occasionally come close to defeating Gumer during his seven-year losing streak, it wasn't until he attended Steve Strandemo's racquetball camp three years in a row, that he was able to win. It became evident that his ability to pace himself, play defensive racquetball and serve accurately had much improved.

Shephard says with a smile, "Old Ike is my patsy now. He's beat up on me long enough. From now on I've got the secret to beat him."

Although Gumer was constantly beating Shephard up to two years ago, he knew that Shephard was a fine player. He teamed up with Shephard, and at their first national doubles tournament, Gumer instructed Shephard to stay up front. Gumer would take 90 percent of the shots.

After easily defeating their first

two opponents, Shephard asked if he could maybe take a few more shots. With another Shephard grin, he says, "With Ike taking most of the shots, we were a good team. Once he let me take some shots, we became a great team. We can defeat Acuff, Wilde and all those other guys for the next 20 years!"

Alan Shephard was born in Georgia. In his younger years he was an excellent football and baseball player. After playing semi-professional baseball for a year, he decided on the navy where he stayed for 16 years, playing two years on the All-Navy baseball team. Ted Williams was one of his team-mates. Shephard says of the Hall of Fame baseball player, "The man was amazing. He never came to practice, but during the actual games he murdered the ball."

As for racquetball, Shephard's first contact with his favorite sport happened about 10 years ago. He had just beaten his son-in-law badly enough so that he never played tennis again. As they were leaving the club, they saw a racquetball court. His son-in-law said, "There's a sport I know I can beat you in."

They played two days later. Shephard says, "Although I'd played a great amount of tennis, table tennis, and badminton, I'd never played racquetball. However, it turned out I was a natural. I destroyed my son-in-law."

Shephard is a devout Mormon. He married his first wife, Ruth, after knowing her for only a week and the marriage continued for almost 50 years, until she passed away three years ago. Now remarried, Shephard feels that being around young people and using all of your mental and physical capabilities is imperative to having a good life. He says that adversity shouldn't upset a person, to take it in stride and always try to improve.

His theory on life and sports are the same. He says, "Whatever you're striving at to succeed, keep at it. You'll come out in front in the long run."

Charlie Garfinkel

Don Goddard — Glasgow, MT

The handball players called him a traitor, but he wasn't a deserter, as

he later converted a small group of them in Glasgow into racquetball players.

That was 20 years ago, and today, at the age of 67, Don Goddard remains one of Montana's most active racquetball enthusiasts. He is also a permanent fixture on the national scene.

Most recently, Goddard played the AARA national doubles tournament, with partner Art Goss of Colorado Springs, earning two silver medals.

"Art is a good singles player who I've played on several different occasions," Goddard says. "He and I complement each other's game. He has a soft touch and I hit the ball harder. I like to move the ball around," he explains. "I don't like to serve and shoot. I like volleys and using the opponent's weakness. I will take the ball off the back wall and nine times out of 10, try to shoot the ball low...it's almost a cinch for me in either corner."

Goddard plays seven in-state events annually in addition to the national doubles and singles, plus an all-military tournament in Las Vegas. In 1981, he won a national singles championship in the Golden Masters age division for 60-year-olds.

"I look forward to it," Goddard says of the national finals. "I don't get excited. I don't ever go into a court without intending to win. I feel as though I have some quickness left and have fairly good reflexes," he adds.

This past year, Goddard followed a national trend by switching to an oversized racquet. He figured if Mike Yellen, five-time national champion, went to the larger racquet, there must be some benefit in it.

"For my game, I have much more control and I think I hit the ball just as hard (as before)," Goddard says of the larger racquet. "It took me three months of using it before I felt comfortable with it."

Goddard laughs when he thinks back to the days of the wooden racquets. "I really kind of suspect they were tennis racquets with the handles cut off."

A pilot in the Air Force, the military stationed him in Glasgow. He last

flew a B-52 bomber in 1962 before assuming a staff position with the Air Force and until recently, he piloted

to the hands. So for me to get the kind of exercise I liked, I converted (to racquetball)."



Luzell Wilde is hungry for title number 17.

himself to many racquetball events.

A doctor-friend interested Goddard in racquetball in 1968. "He told me handball caused automatic injury

age difference."

Though the way he plays younger players have to worry about him. ○

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The Old Man And The Kid

Fiction by Sid Williams

This tournament had become particularly brutal for players. The competition was extremely tough in each division; most of the matches were won by only one, two, or three points.

Matches were beginning to run longer, with more timeouts by both sides, and many of those who had entered more than one class of play had to play back-to-back matches as they reached the semifinals and finals matches.

Such was the position of the "Old Man", who had just won the Seniors 35+ division of play and now had to play in the finals of the Open Singles division against "The Kid".

The Old Man, as he was fondly known to all who played the game of racquetball, was over fifty. He had, in his career, won every amateur title in Open Singles that existed in the game, and until this year, had refused to play any class of play other than Open Singles and Open Doubles since he started to play the racquetball in 1965.

The Old Man liked to recall for anyone who had not heard it before, "When I broke into this game, there weren't any A, B, C, or age classes of players. For our first tourney, which drew eight guys, I played 'open' class, been playing it ever since." Watching the Old Man change shirts after the Senior's final, I thought, "I bet he wishes he had only played one event now." He looked very tired.

From my elevated seat outside the brightly lit court with the glass back wall, I knew I was about to witness the classic confrontation of youth versus age, hustle and power against experience and finesse.

The Old Man, in his fresh shirt, moved towards the Kid who was talking to his admiring friends. The Kid broke off the conversation as he saw the Old Man and said, "Would you like to take a 15 minute or half hour rest break before we begin play? I'm in no big hurry to play and that was a tough match you just won. I was watching you."

The Old Man stopped, considered the offer, and said, "No, I don't think

so. I'd better play while my muscles are still warm." The Kid shrugged and entered the court.

This would be the first time these two had ever met in tournament racquetball, even though both belonged to the same club and played almost nightly on glass courts next to each other. The Kid often watched the Old Man play when he was not involved in his own matches, but he had chosen never to challenge the Old Man to a match at any time. Some players thought it was out of disdain because of the Old Man's age, some thought it was out of respect for the Old Man's abilities in the game. Nobody knew for sure, but we were all about to find out today.

The Kid, who had turned 17 not long ago, was tall, muscular and handsome. He had played racquetball for a number of years, and two and a half years ago, had begun to play with passion every day. He had a reputation for being able to rip and

harder, needing more frequent timeouts — the mind is willing, but the body responds in slow motion.

The Old Man won the first game, 15-14. Game two was touch-and-go with the Old Man catching the hustling and hard-shooting Kid at 13-13. I figured the Kid would give in after nearly one and a half hours of tough play, but no, he kept on returning those impossible shots for which he has become famous.

The Kid won game two, 15-14, on a deep pass shot to the Old Man's forehand side that caught the side wall crack. There was a time when the Old Man could have replayed that ball off the back wall easily.

There was a five minute timeout before game three, and this match had become the focal point of all interest.

The Old Man asked permission to leave the court and change his shirt and glove, as he was sweating profusely. The Kid stayed on the court,

"As I looked to my left, I saw the Old Man's wife. In her eyes I saw tears of pride, but anguish was etched around her mouth."

splat the ball with accuracy from anywhere on the court. I hoped the Old Man would beat him.

The Old Man has been my friend for many years, and I know that he is old enough to be playing Masters 50+, but he has survived through court experience, good ball placement, and finesse all those years. He has taken most of us on a "tour of the courts" at one time or another and has always had time to help anyone with their game afterwards. He has never set himself above the game, nor above the people who play it.

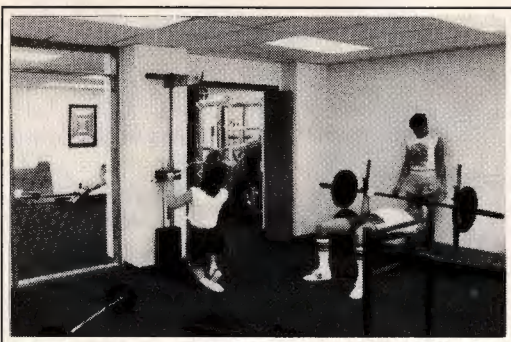
The tightness I felt in my chest for this man was founded in my experience of going from Open Singles to a Seniors 35+ class two years ago. I know what he had to face — the legs giving out, the breathing becoming

killing the ball with his forehand and backhand from one corner to the other.

The Old Man won the coin toss for game three, which started with the Old Man serving a deep lob to the Kid's backhand. The Kid passed the Old Man down the same side of the court for a winner and sideout.

The Kid hit a hard, low driving serve that barely crossed the short line. The Old Man had to dig hard to reach it before the double bounce, but he made a poor return. The ball stayed in front court and the Kid creamed it. The Kid continued to serve for five more points. Suddenly it was the Old Man getting a tour of the courts. The score was 6-0.

Among the 200+ spectators who were watching the finals match, not a



The Fitness Club For You

What To Consider When Buying A Membership

by Shaun Poulter

The model in the newspaper ad has a great body. Sweat glistens off the sculptured torso, the thighs are taut and sinewy. That photograph, together with the membership discount, is strong medicine and you can feel yourself being pulled in. It's one way to choose a racquetball and fitness club, but not necessarily the best.

After a casual attitude towards your backhand, you may have finally decided it's time to join a club instead of being a friend's guest. Or you may be wanting to switch clubs, but whatever it is, you've decided to look for a fitness club. With the number of clubs offering everything from personal workout programs to licensed restaurants, how do you find the one that's going to suit your needs? As with any service, there are some things worth checking out to ensure you're going to get your money's worth, and there are two things to keep in mind. One is the racquetball aspect, and the other is the fitness aspect.

To decide whether or not a prospective club will suit your racquetball needs, you should check the condition of the court walls and floors. That is an immediate indicator of how serious the club owners are about keeping you happy. Peeling walls or worn hardwood shows little money has been spent on maintenance and, too often, that same attitude carries over to the way members are treated.

Another thing to consider is availability of bookings. Ask how much notice it requires to get a court. Take a peek over the counter at the booking sheet. The fuller it is, the more notice you generally need to give. However, usually full booking sheets mean the club is a good one, and people keep returning.

Then, judge your own game and how serious you are. If racquetball is

simply a workout, then you don't need competition and it doesn't matter if the state champion plays there or not. On the other hand, if you are keen to improve, you might want to join the club that has some of the top local players, and has organized competitions. Check to see if it has leagues or ladders, and how active they are. The best way of checking this is to call a few people at random from the leagues.

Instruction might be important to you as a racquetball player. Ask who the club pro is, and what credentials he or she has. PARI? APRO? Again, don't hesitate to ask for a few references.

Most clubs these days offer more than just racquetball, and more players these days want more than just racquetball. If you are already familiar with what to look for when it comes to the game, here is what you might want to know about the fitness part of clubs.

First, decide what kind of club you want. Do you want to do some serious body work without distractions, or will it also be a place to relax after work and make some friends?

Actually, the bread and butter for most clubs these days are the non-athletes who want to stay in shape with a visit once or twice a week. As a result, there's a greater emphasis put on atmosphere. Gone are the sounds of barbells clanging in dimly lit gyms which smell like stale sweat. Now, it's design interiors, hanging plants, carpet, padded floors and thousand-dollar stereo systems. It's not all packaging, though; if you feel

comfortable with the atmosphere, the prospect of working out is going to be all the more appealing. Besides, you're paying good money; you shouldn't feel as if you're working out in your cousin's basement.

Saunas, whirlpools, and even small swimming pools are pretty much standard at most clubs these days. Although it's stating the obvious, when you tour your prospective fitness club, take note of the standard of cleanliness. You'll be amazed at the variety of fungi and germs that flourish in a moist, sweat-washed environment. Most area public health standards are well-enforced, but it doesn't hurt to find out how frequently the place is scrubbed down; how long before the whirlpool filters through a cycle, and how often the whirlpool is drained and cleaned.

Unlike your own bathroom, you're sharing these tiles with a thousand other pairs of feet.

As to the actual work out, other than racquetball there is basically aerobics and weightlifting. If aerobics is your style, virtually all clubs offer some kind of daily aerobic or dance exercise classes. But check out the floor on which you will be

jumping up and down. For an absolute minimum, look for rubber padding to help absorb the jolts to your knees and joints. If the club owners have simply put carpet over concrete, better look elsewhere.

As to the aerobics instructors, again ask about the certification. Maybe attend one or two classes on a trial basis, and talk with others in



your class to get their opinions. After all, if you don't like the instructor, it is difficult to stay motivated on a regular basis.

When you start to look at the selection of weight equipment, your choice will get really interesting. The days of an assortment of barbells and a sole Universal in the corner are gone forever. Now you see Nautilus, Global, Eagle, Sprint and a few other names on clusters of chrome and padding.

So which series of these hi-tech machines will be the best for you?

Nautilus, of course, has been the big name in weight machines ever since the Dallas Cowboys started using it to give them pectorals like dinner plates. It was originally de-

signed for rehabilitation medicine to isolate muscle groups and help in the recovery of sports injuries. For those reasons, the machines let you focus on specific muscles for strength or appearance. As one club owner put it, "We've had people call up who didn't know anything about fitness clubs, asking if we had Nautilus. We had four other systems, but we still had to get it."



signed for rehabilitation medicine to isolate muscle groups and help in the recovery of sports injuries. For those reasons, the machines let you focus on specific muscles for strength or appearance. As one club owner put it, "We've had people call up who didn't know anything about fitness clubs, asking if we had Nautilus. We had four other systems, but we still had to get it."

But Nautilus is no longer the only game in town. For recovery from injury, many clubs are singing the praises of the Eagle system. As with Nautilus, it isolates muscle groups, but the machines can be adjusted to fit specific limitations. Say your doctor has instructed you not to bend a knee past 40 degrees; you can adjust a motion restraint on the leg machine with a couple of pegs. Many instructors also say the Eagle weights feel much smoother in motion so you'll be more likely to enjoy your workout.

Systems such as Sprint do the same job as the others, but they're designed to do the job in a hurry. They provide a quick cardio-vascular workout at the same time as building muscle groups. This means that with a warm-up, workout, cool-down and shower, you can be in and out of the club in under an hour.

Then, of course, there are the old stand-bys like Universal and Global. The Universal was the first to move from barbells to fixed weights on pulleys. Most everyone has tried them at some point; moving around from station to station has everyone facing each other through the center.

But there's no rule stating you need to surround yourself with metal to get a good workout. Many athletes

actually prefer working with free-weights because of the greater freedom of movement and the benefits they offer in developing balance. The only drawback with free-weights is that you need to know a little bit about what you're doing. There are 10 different ways to lift a barbell using your arms, for example, and each one will work different muscle groups. The advantage with weight machines, particularly to the workout novice, is that once you are positioned correctly in the machine, there's usually only one proper way you can lift weight. This ensures that you are actually working the muscles you have targeted and you're less likely to strain something else.

Depending on your goals, you might want to find out what kind of tailored programs are offered. Many of the larger club chains now hire physical education graduates as consultants. On your first visit, they

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Could **Gregg Peck** please tell me how to deal with ceiling balls deep to my backhand. They give me fits! **John Mattingly, Irvine, CA**

That's a good question. The backhand ceiling ball is as important as any shot in the game. It seems to me that the best way to attack this is with a two-part approach — anticipation and execution.

A lot of people tend to be in center court. They don't anticipate a ceiling ball, and when it is hit, they have to run back. They tend to still be moving backwards as they try to hit the ball.

To get around that, watch your opponent's positioning. Also, watch the shoulders. If the shoulders are angled up, it probably means a ceiling ball is about to be hit. Once you see that, start drifting back. It will give you one or two steps on the ball and let you be set to hit the backhand ceiling ball. After you begin anticipating those ceiling balls well enough to be back and waiting to make your shot, then you must be able to make that shot. Practice your ceiling balls — and I know that sounds corny — but you've got to learn the shot.

I practice my ceiling ball by going into the back left corner and dropping the ball and hitting a ceiling ball. When it comes back to me, I hit another ceiling ball. I stand there until I can hit 15 in a row. If I don't hit a good ceiling ball, I grab the ball and start over again, until I do hit 15 in a row. You'll be amazed at how profi-

cient you will be once you can hit 15 in a row, because it will take some practice to get that far.

Fran Davis, what do you think are the best moments to take a timeout in tournament matches? **Jan Stevenson, Miami, FL**

Timeouts are good for three things, Jan. They can stop your opponent's momentum, they give you a chance to reflect on your own strategy, and they give you a physical rest. Sometimes you might want to call a time out for one of these reasons, or for all of them.



A momentum-stopping timeout is one you should take when your opponent has scored a run of three to five points. Later in the game, in any situation after 10 points if you are playing to 15 for example, momentum can consist of a shorter run, such as a service break then one or two points. At that stage, it's also a good idea to call timeout.

Sometimes when you have stalled, you might want to call a timeout to regroup and decide where your strategy is failing you. This is really important in the final stages of the game. If you have had two chances at the 15th point with no luck, when you get the third chance, you might want to call timeout to plan the winning point.

The last reason to take a time out, of course depends on your physical condition. If you are tired, though, try to conserve your timeouts for when

you really need them.

*I'm a left-handed player, and I would like to take advantage of that against right-handed opponents. Since **Bret Hammett** is also left-handed, could he tell me what serve he feels is the most effective against them?* **Fred Davis, Houston, TX**

My first choice of a serve would be the drive serve down the left side to the righthander's backhand. Stand as far over to that left side as possible without having it called a screen, and hit the ball straight down the side. This gives you options.

One of the options is to get the ball to go straight down the line and bounce twice before it gets to the back wall. If you get it along the wall, your opponent will have a hard time reaching it. If you hit it hard enough and low enough, it can be a very effective serve.

You've also got the option of hitting it softer, taking a little off it and going for the serve that cracks out just over the short line. If you can work on both those serves, you can put your opponent off on what you're going to do on that left side. Of course, it doesn't hurt to throw in the occasional drive serve to the forehand side to keep your opponent



honest.

If I miss that serve, I prefer going to a lob or half lob, still down that side. With all of these serves, I just backup into center court and I'm ready to cover. ○

Gripping For Power And Control

by Dave Peck

Last month, the one-grip method was highlighted in an instructional. However, as noted then, there are two schools of thought about which method of gripping the racquet should be used. In this instructional, Dave Peck supports the two-grip theory.

The grip is one vital aspect that is universally ignored in the sport of racquetball. In racquetball, the key to achieving the maximum amount of control and power with the minimum of effort is to contact the ball squarely and that needs a proper grip.

There are two ways of gripping the racquet, and you should choose the one that fits your own style. In the last issue, we talked about the one-grip method, or the continental grip. Now let's discuss the two-grip method or what is called the eastern-western grip.

Using the two-grip method allows for a more general movement of the wrist on the extension. The player who uses the one-grip method depends on being able to rotate the wrist (educated wrist) so that the racquet face comes around squarely. To master this takes many hours on the court doing practice drills to educate the wrist and develop the hand-eye coordination. I believe in the K.I.S.S. principle which stands for "keep it simple student". Get the proper grip, bring your arm up in the ready position, then stroke and extend your arm. By properly executing either of these methods the racquet becomes a natural extension of your arm, thus, making it possible for your racquet to travel around squarely.

Getting A Trigger Grip: The Forehand

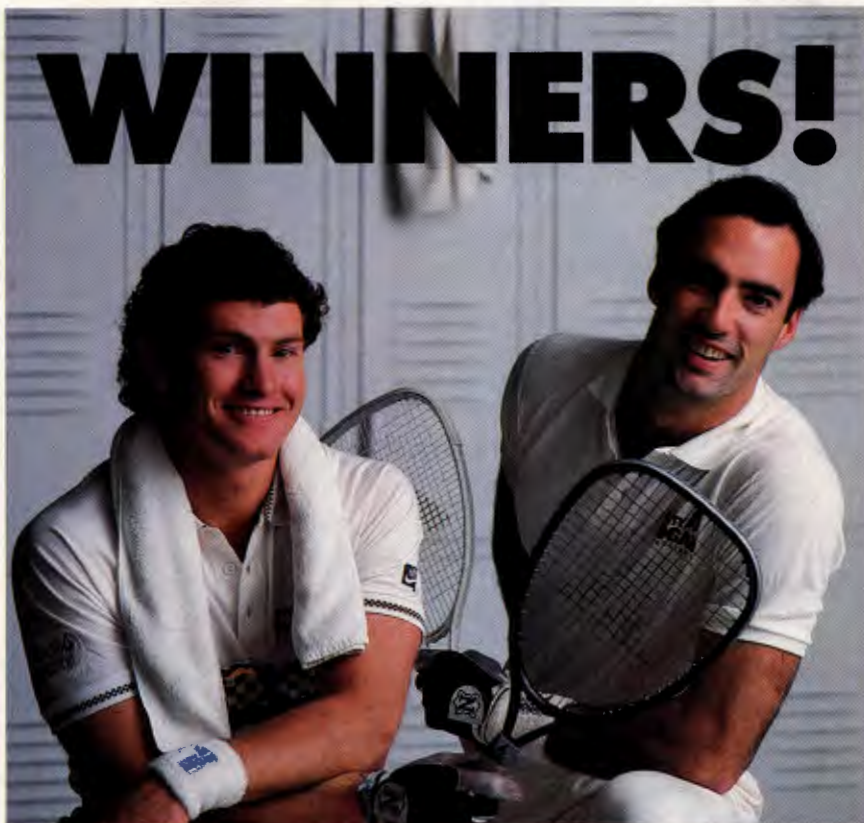
Place your racquet perpendicular to the floor. Now shake hands with it, placing the heel of the racquet in the fleshy part of your palm. Wrap your thumb and middle finger around the

racquet handle and place your index finger on the back side of the leather grip, similar to pulling the trigger of a gun. The natural V where the index finger and thumb connect, should be on the top bevel of the leather grip. Make a note that by gripping too low you'll find yourself forced into squeezing the racquet much harder to keep control, and during long matches and tiebreakers forearm fatigue will lead you into making mistakes.

The Backhand

Place your racquet perpendicular to the floor as you did with the forehand, but for the backhand you must place your palm flat on top of the leather grip. Wrap your thumb around the middle finger and place your index finger in the trigger position to stabilize the racquet. The V where your index finger and thumb meet should be on the top left bevel if you are right handed or the reverse if you

(continued on page 49)



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Marty Hogan On Diving

Is it a smart move or a hardwood bellyflop?



Marty Hogan reaches the unreachable.

To dive or not to dive. That is the question. Some racquetball players believe that diving is an integral part of the advanced player's shot repertoire, but other players say that diving is not needed at any level of play.

The major controversy over diving centers on injuries. Those who recommend diving say that injury is part of the game, and those who reject diving declare that it is foolish to intentionally risk injury. You will have to make your own decision whether or not diving should be part of your racquetball arsenal.

The basic purpose behind diving is to reach a ball that would be otherwise unretrievable. In most cases, a dive is solely a defensive shot; however, you can occasionally hit offensively from a dive. It is a last resort in attempting to retrieve a ball. It should never be a normal part of strategy because of the high risk of injury. No other shot or strategy in racquetball has as high an injury rate as diving. The dive should be reserved for special situations.

When To Dive

If you chose to dive, reserve the maneuver for crucial points such as tiebreakers or the end of close

games. If the score is 17-17, an all-out effort in the form of a dive might decide the outcome of the game. Scores of 0-0, 5-2, or even 16-2 would not warrant diving. In addition, if your opponent is not used to diving, the shot can throw a change of pace to a game that may help win it.

The importance of the game should also help you decide whether to dive or not. If it is in the first round of an insignificant tournament, diving is probably not called for; but near the finals of an important tournament the diving tactic might be worthwhile.

In general, keep diving to a minimum and dive only in crucial games and/or points. Apart from the risk of injury, diving takes a great deal of energy, and on many dive returns you are on the floor out of position while your opponent easily puts away your dive return. Also, when you dive and are on the floor in front of, or close to, your opponent, getting called for an avoidable hinder is more than a good possibility.

Dive Low

Let's look at the safest techniques to prevent injury while diving, but still retrieve the ball. First, begin

your dive from a low, semicrouched position. Do not stand erect and initiate your dive. The more momentum you build up going from high to low through a range of motion, the harder you hit the floor and the greater the chance for injury. Start low and dive low; this helps to avoid injuries.

Preparation

Diving can be divided into preparation, the dive itself, and the recovery phase. Begin the preparation phase in a semicrouched position; take a step or steps as needed, depending on how far you have to move to reach the ball, then lean into the dive and powerfully extend your legs and push off the floor. You should be fully extended and relatively parallel and low to the ground.

The Dive

While you are in the air, you should have your racquet out in front of you in a jabbing motion, for safety as well as for maximum reach. Having your racquet well in front of you also saves time. You usually will not have time to take a backswing, so you need to have your racquet set quickly. Almost immediately after contacting the ball, you will be approaching your landing. Having your nonhitting hand near your body is very important. As you are landing, this hand can be placed on the floor to absorb some of the impact of the fall.

In addition, you should hit the floor with your back arched to keep your head and knees away from the impact area. You want to land on the abdominal area of the body, and because you will be traveling forward through the air as you land, you can slide slightly in the direction of the dive. Women players must avoid landing on the chest because of the danger of breast injury.

Do not hit the floor with any unpadded body parts. Elbows, knees, hips, shoulders, and the head should not hit the court floor. Also, never dive near the side or front walls because the impact of your head, shoulder, or leg with the wall could cause serious

injury. Hitting a wall while diving is totally different from hitting the floor and should never be done.

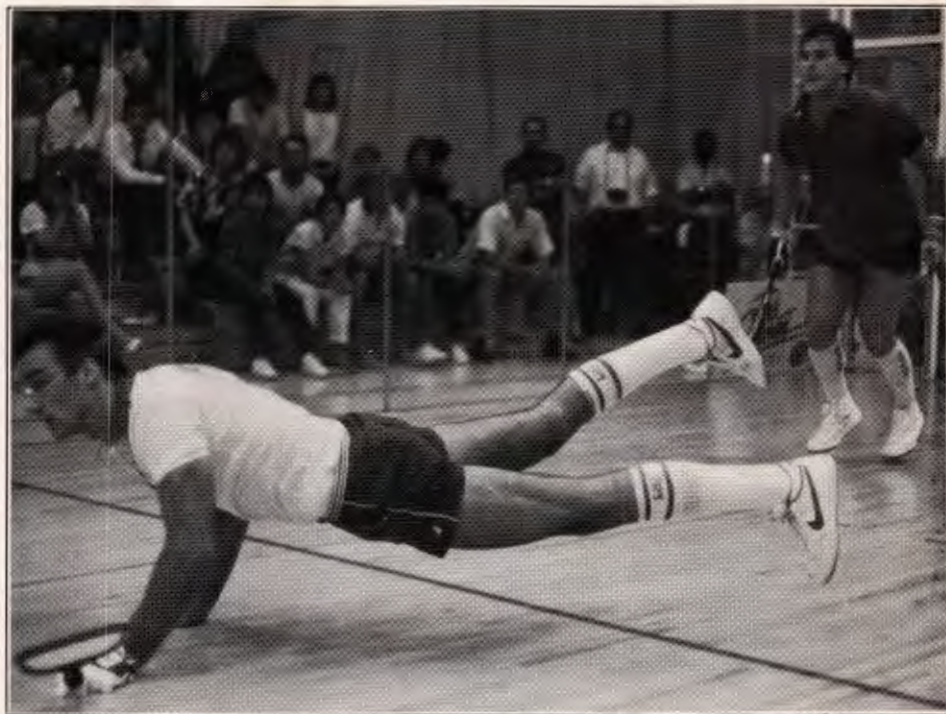
The Recovery

The recovery phase is exceedingly important because your opponent will probably be returning your dive shot. You need to recover immediately in order to have a chance of returning the next shot. You cannot lie on the floor after a dive and think about what a great return you made. So as soon as you have hit the floor and, very importantly, absorbed the impact properly to prevent injury, you must immediately bring your feet under you and use both hands to push yourself into a semicrouched position so that you can move toward the return shot by your opponent. Do this as a reflex, without thinking — there is no time. Move to the ball immediately upon recovering, otherwise the dive was in vain.

Diving Shots

What kind of shots are possible off the dive? The basic dive return is the ceiling shot or lob. These are the best choices for a number of reasons.

First, you are low to start with, and so it is easy to get under the ball. Second, you need as much time as possible to recover, and the ceiling shot and lob give you maximum time before your opponent plays your dive return. Third, many of your sources of power are unavailable during the dive, and therefore a shot not need-



Bret Hamett lands safely against Mike Yellen.

ing much power works well.

Once in a while, you can dive and hit an offensive shot such as a kill, pass or pinch. This is difficult, but at times you can catch your opponent off guard with this offensive tactic, especially if he or she is expecting a ceiling shot.

In any case, keep diving to a minimum, in practice sessions as well as in game play. We recommend that diving should be practiced only on a soft, shock absorbing material such as in foam pits or on extrasoft or

thick mats.

Diving occasionally is fine for advanced-level players. If you are diving quite often, however, you need to reconsider your playing strategy. No one's body can take the constant abuse of diving. The less you do, the better off you'll be and the less injury and pain you'll endure.

Keys For The Dive

- Keep diving to a minimum to help avoid body injury
- Dive low and absorb the landing with a slide and the nonhitting hand and land on a padded body part
- Don't dive into or near side walls or front walls
- Recover quickly after you dive. ○



Marty Hogan's article is excerpted from Skills And Strategies For Winning Racquetball, written by Marty Hogan and Ed Turner, published by Leisure Press, Champaign, IL.

Diving never hurts...in the air.

Caryn McKinney:

Two Years At Number Two

Caryn McKinney first started playing racquetball in 1979, just after she entered law school in Atlanta, GA. By the time she graduated and passed her law exam, she had decided to pursue a career in professional racquetball.

Her ranking among the women professionals improved notch by notch until 1986 when she reached the number two position. There, her climb stopped. Above her was Lynn Adams, the five-time national champion. They met in the finals of almost every tour event for two seasons. Caryn won only a single tournament.

In a recent interview, she discussed her position as the "perpetual" number two player on the WPRA tour.

Does Lynn have the stranglehold on your game that casual observers

might be led to believe?

I don't think she does. On the other hand, it would be stupid to deny that as I first moved into that number two slot about two years ago, I was just happy to be there. That doesn't mean I didn't want to be number one, just that it was an accomplishment to be number two. When you take a big jump in how well you do in tournaments, and in the people you're suddenly beating, and in the expectations you have and everybody else has, there's always that initial reaction, which whether you recognize it or not, is "boy, I'm really glad to be here". So then you have to fight through that to where you get to the point where you believe and know that you can beat whoever it is you are not beating.

In my case that was Lynn Adams. That first year, the 1985/86 season

where I moved into the number two spot I played Lynn in the finals of every stop. We had close matches at the DP Nationals and the WPRA Nationals. Usually, when a season is over, you are glad you can take a break and get ready to go for the next season, but after those two tournaments I just wanted one more tournament. I had spent the entire year trying to convince myself I could not only compete with her, but could beat her. At the end of the season, I knew I was competitive.

When I first did beat her, it was about a year ago in Philadelphia. In the quarters I played Terri Gilreath, in the semis I played Molly O'Brien and finals I played Lynn. While it was the first time I had beaten her in a pro stop, I had beaten her previously in a big women's tournament down in Tampa, about a year and a half before that.

How would you say your game style differs from Lynn's?

When I first moved to that number two slot, the difference was that I played a much more conservative game than Lynn did. Over the last year and a half, my game has become much more aggressive. I realized that the game style that was getting me to the finals every time with comfort was not going to beat Lynn, and now won't beat Marci Drexler or Kaye Kuhfeld.

The game style that's going to get the four of us in the semis, assuming we're playing our normal quality of play, is not the game that's going to beat each other. When you get to that point, you have to execute and you have to be aggressive, but you have to do that within the context of playing intelligently, and it's a fine line.

I definitely think that it's the type of game that Lynn plays, always keeping the pressure on, but when



Caryn was awarded the Steding Cup and the most Improved Player award for the 1986 season.

it's not the intelligent thing to do because your game is a little off, you have to have an alternate game style to go to. You have to be able to play two or three different game styles.

If you take me and Marci — obviously we're not very similar players — Lynn is somewhere in between. Lynn has more speed than I do and she prefers to rip and shoot like Marci does, except not quite to that extreme. But she can also play a very controlled game. Kaye is probably a little further along the extreme than I am in terms of playing a very controlled game, with passing shots and so on.

You've been working on giving yourself, that alternate game style?

Yes, just to expand the areas that I feel comfortable in playing in terms of all out shooting, or counter punching or control. I feel you have to have the ability to play all different game styles.

What game style would you prefer to use against Lynn?

You need to find a fine line between being aggressive and keeping the pressure on her and also being prepared to counter punch. What I mean by counter punch is that Lynn likes to shoot first in a rally and if you have pressure on her, she'll sometimes shoot when maybe she shouldn't, so you have to be ready to deal with that by playing position and giving her borderline shots from 38-39 feet. You then hope she skips as many as she rolls out, and because of your position the ones that she leaves up you will win.

Marci Drexler seems to only worry about beating Lynn Adams, but you are ranked ahead of her. If indeed she is taking you for granted, is she justified in that?



Lynn Adams against Caryn McKinney became the usual finals match.

Well she won the last couple of times and we had some real close ones. She has also beaten me badly in one match, but I don't think it will continue.

We all — when it gets down to it — always want to play the way Marci plays, which is to hit the ball hard and shoot it, and when in doubt hit the ball harder and shoot it lower! The mistake that I had made was trying to beat Marci at her game; I can play that way, but it's her strength. It's not intelligent for me to try to play that way against Marci, who is faster than I am and hits the ball harder.

I believe that's why I was losing those matches. Instead, I should have been making her play my game style. Because of the work I've done over the last year, I thoroughly believe that when I'm in that position again, it won't happen the same way.

How long do you think you'll keep playing?

You would ask me right after my 30th birthday! I guess I would like to think that I'll be able to compete for another five years. But it's strange; I said that last year so maybe I'll be able to continue expanding that estimate.

I feel comfortable that I will be able to compete well for those years barring any kind of injury. I know I'm much more fit and in better shape physically than before. I think every year I have increased my level of fit-

ness. And as you do that, you become a little more immune to injury in spite of age. Becoming fit really slows down the aging process, so I'm not too concerned about age.

Do you look at law as your fallback, or will you go on to other things in racquetball?

With the tournament that I run here in Atlanta and some other things, I've already established being involved in the administrative end of racquetball.

It's funny, Lynn and I look at each other all the time and say if the two of us could just stop playing, we would run the tour. In terms of promoting, we have different talents that can work together. We say it somewhat in jest, but somewhat seriously.

So I guess I don't really see my law as being my fallback. I see becoming increasingly involved in doing more things for the sport. I've never really told anyone before, but I would like to be more involved with the U.S. National team, maybe with some coaching if possible down the road. I also see myself doing some legal agency things from the standpoint of representing players.

Right now my priority is competing. But at the same time, I definitely feel a responsibility to give back to a sport that has been good to me. I'm making a living essentially by working for myself and my sponsors at something I enjoy a lot. ○



Morse Family, Havre, MT. From back (l to r) Rodger Morse (C), Clay Morse (Open), Jerry Morse (Sr. Open), Janelle Morse (C), Bruce Morse (B), Rod Morse (A), Lynn Stilger (C). Middle (l to r) Bridgette Morse (Jr.), Margie Morse (Open), Mel Morse (B), Jenny Morse (A), Laurie Morse (B), Debbie Morse (Open), Cheryl Morse (C), Mandy Morse (No-bounce), Teri Morse (Jr.). Front (l to r) Justin Morse (No-bounce), J.R. Morse, Alisha Morse, Kelli Morse (No-bounce).

Don't Mess With The Morses

by Rita Balock-Hamilton

Montana Racquetball Association tournament directors learned several years ago to never call a Morse to a court by last name only. Nineteen different players might report.

Easily Montana's largest racquetball playing family, the Morse clan may be the nation's largest as well. And yes, 19 of them play. The family racquetball tree includes five of the 10 children of Dan and Doris Morse of Havre, a railroading and wheat farming community of 13,000 in northern Montana.

It all started with their sons, brothers Jerry and Rod Morse who own the Sagebrush Athletic Club, a four-court racquetball and health club with 420 members.

When the facility opened in February of 1982, they presented their parents with lifetime club memberships. "'Good, I'll use the phone and the toilet' was their father's response," Rod recalls.

Since then, Jerry and Rod have introduced their wives, Jennie and Debbie, along with brothers Rodger and Bruce, plus sister Mel, to racquetball. The rest of the Morse rac-

quetball entourage includes two cousins, two wives, a brother-in-law and eight children. Ages range from four to 38 — abilities from no-bounce to open.

The Morse family has become a permanent fixture on the MRA-tournament circuit. Eight are avid players among a group of 25-35 Havre court members who also travel.

Rod's 15-year-old son, Clay, gained open status less than five months ago, while Rod's wife and sisters-in-law Jenny and Margie also play at the open level. Rod is at the top of the men's A division. "My wife thought it was a stupid game," Rod says. "Now she's a better player than I am. But I don't know if they improved faster, I think they were more dedicated."

While Rod and Jerry first played the game at a local golf club's facility, they honed their games by attending several of Steve Strandemo's camps. Plus professionals John Eggerman, Cliff Hendrickson, Roger Harripersad and Greg Bolan have offered player clinics in Havre. Consequently the Morse style of play

involves 'keeping the ball in play, not skipping it and more passing shots than pinches', as Rod explains of his clan.

As for the junior members, no persuasion was needed when the Morse children started to pick up racquets and wander onto the courts. "They want to behave just like their parents," says Debbie. "We're all down here [at the club] so much."

Clay, the most promising junior so far, spent an entire summer playing by himself at the club. He grew several inches in nine months last year. Despite that, he is nearly the youngest player in state racquetball history to reach the open level.

A large part of his advancement has been a result of having plenty of practice opponents, and it hasn't hurt him to be able to draw from such a large clan. If he loses at a tournament and still wants more playing time, coming from such a large family gives him one more advantage. He could anonymously slip into another division under an assumed Morse name. ○

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Staying Mentally Tough

by Mike Ray

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One of the most critical areas of competitive or tournament racquetball is staying mentally tough when the pressure is on! How do you get those last two points when the score is 9-9 in the tiebreaker? How do you beat that one person, who you know isn't as good as you are, but you haven't proved it yet?

Staying mentally tough is how, but that's easier said than done.

There are a number of ways to accomplish this. Here are some that work best for me.

1. Create a game plan and stick to it! We've all had game plans that we think should work against a particular opponent but the big problem seems to be "sticking to it". Each time you vary from the game plan could be the one that costs you the tiebreaker. Your game plan can be as simple as sticking to your best shots

or can come from a study of your opponents game style. Whatever you come up with, stick to it.

2. Think about winning, not losing. Let's say you're in the middle of a close match and you're saying to yourself "Gee! I hope I don't lose" or "If I skip this next ball I'll really be bummed". These are negative thoughts that often have negative effects. Try to turn these thoughts into "I know I can win" or "I'm going to roll this next ball". A positive attitude can go a long way.

3. Concentrate on external things not internal. Try to keep your thoughts on things that are external like "My opponent looks tired", "I wonder what he is thinking" or "That ref is such a jerk". Do not think internally in the sense of "I feel real tired", "My blister hurts" or "I skipped that ball, what a jerk!"

4. Don't listen to the score. This ideal works very well for me. By not knowing the score you tend to play the game point for point. This helped me when I had a tendency to let up

after a lead. It works best when there's a ref who can tell you that you've won.

5. Use timeouts wisely. This point cannot be stressed enough. Racquetball, like many other sports, is a game of momentum. It can be very easy to see momentum change from one player to the other yet can be difficult to get it back once you've lost it. A timeout can easily put an end to your opponents "hot streak" or can give you a chance to clear your mind if it starts to wander and think about the six-pack you have back home in the refrigerator.

There are many other ways that can work to keep you mentally tough during a match from visualization of hitting a perfect shot to being able to relax yet stay intense. Keeping your eyes and ears open to all those people who never seem to stop telling you what you're doing wrong and implementing whatever might be good for you're own game might just get you those last two points in that 9-9 tiebreaker. ○



The Racquetball Medical Forum

by Dr. Paul Ross, D.P.M.

If you would like Dr. Ross to address a sports medicine problem, send your question to: MEDICAL EDITOR, National Racquetball, P.O. Drawer 6126, Clearwater, FL 34618-6126.

Dr. Ross: I have been wearing orthotics for almost fifteen years. How do I know if I still need them and if they are working? A.R., Rockville, MD

Dear A.R.: Orthotics are much like wearing glasses. They only function when you are wearing them. However, the effect of orthotics is such that it changes the way your feet are functioning and can alter your foot structure, so that after several years of wear, adjustments to the orthotics are necessary to maintain proper foot function. Also, they will go through tremendous amounts of

stress, wear and tear and depending on the product that the orthotics were made of, the material might need replacement. To evaluate if they are still functioning or not there are some podiatrists who do electro-dynamogram studies (EDG) to evaluate orthotic function. However, this is not imperative and any qualified podiatrist with an expertise in foot function and sports medicine will be able to help you out.

Dr. Ross: How do I know if I'm aerobically fit or not? J.A., Chicago, IL

Dear J.A.: Doing an exercise that allows you to maintain continuous activity while keeping your heart beating at 60 to 80 percent of its maximum capacity three times a week, should keep you aerobically



fit. This can be running, cycling, rowing, swimming or any other continuous activity.

To figure your maximum capacity follow this formula: 220 minus your age is your maximum aerobic capacity. Sixty to eighty percent of your aerobic capacity is where you want to be during exercise. An example: for someone who is thirty years old, 220

(continued on page 49)

Winter Running

Don't Let The Cold Stop You From Training

by Keith W. Strandberg

Let's face it...nobody likes to run in the winter. It's uncomfortable, the footing is often treacherous, and it can be very cold. Still, running is one of the best cardiovascular exercises around — and an exercise that directly affects racquetball performance.

With a little bit of preparation and planning, you can still run during the winter, and actually enjoy it!

The following are some tips for winter running:

1. Wear the right clothing. Wear layers: the dangerous thing about running in cold weather is becoming chilled, when your sweat comes in contact with the freezing air. To combat this, wear several layers of

building up one leg over the other), or run on a treadmill. Treadmills are the hot fitness items now, and many racquetball/fitness clubs are getting units for members' use. They are easy to use, and running in the climate-controlled setting of your club sure beats a blizzard.

4. Warm up outside, cool down inside. Use the first part of your run as your warm up, going slower than normal, getting your body adjusted to the weather and the exercise. After about five minutes of slower-than-normal, warm up running, pick up the pace and continue at your normal speed.

After your run, don't walk around and stretch in the cold — get into your club and do your cool down there. The thing you are trying to avoid is the sudden chill, and you are most susceptible after a run, when you are damp with sweat.

Be aware of the dangers of frostbite (when skin temperature drops below 32°F) and hypothermia (when the body's internal temperature falls one or more degrees), and avoid prolonged exposure to the cold.

Running is a great exercise to prepare you for racquetball, and just because the snow is flying doesn't mean that you have to stop your training. It might mean making some concessions, altering your schedule a little bit, taking some extra precautions (and extra clothing), but you can still get out there and put the miles in — as long as you are careful.

So what are you waiting for? Hit the streets!

“With a little bit of preparation and planning, you can still run during the winter, and actually enjoy it!”

clothing, which will trap the warmth in. Also, try starting out against the wind, and finishing with the wind — so you'll be warmer throughout your run.

Wear gloves or mittens, warm socks, and a hat, protecting the extremities (fingers, toes, and ears — the first things to really feel the cold). If it gets really cold, add a scarf for extra protection.

2. Pick your runs carefully. It's easy to slip on an ice patch and twist your ankle when running in the winter time, so when you do run outside, choose streets and/or paths that are kept clear of snow and ice.

3. Run inside sometimes. If you truly hate running outside, or the day is much too brutal to even think about going into the cold, run inside. Either run laps in the gymnasium (make sure you run both counter-clockwise and clockwise to avoid

NOTE: Before embarking on any exercise program for the first time you should consult your physician.

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Stop Unforced Errors

When you hit an unforced error in racquetball, think of it as pounding your thumb with a hammer. It hurts more each time you do it and should certainly be avoided.

An unforced error is any mistake that cannot be attributed to your opponent's pressure. In other words, it is a mistake for which you have only yourself to blame and this occurs when you lose track of the ball, choose the wrong shot or blatantly miss your shot. Other unforced errors include long and short serves.

The times when you fail to eliminate unforced errors from your game, are generally the times when you walk off the court in frustration knowing you could have played better.

On the other hand, if you can stop the unforced errors, you will be playing at the peak of your ability. Playing without unforced errors does not guarantee you any victories, but it does mean that you should defeat anyone of comparable skill who is sloppy with their own unforced errors.

The best way to reduce those unforced errors is to relax and concentrate on your own game. You cannot control the other player's game, only your own. Block out your opponent's presence and work on your own game, your position, your shots and your stroke.

In other words, do everything you can do right, and you'll do alright.

The next time you play, start

counting how many times you "gave" away points by unnecessary skip balls (especially when your opponent is serving) or hitting poor shots into your opponent's strength. Then try reducing that number each time you play, almost as if there was a negative scoring system alongside the 'real' score.

Some players force themselves to do five push-ups for each unforced error they hit during a game. They find it really draws attention to needless mistakes!

Watch your game improve as the negative score drops! ○

• • •

Basics For Beginners are excerpts from Mark Kessinger's book, Unlimited Racquetball, which is in the publishing stage.

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PARI Tip

Beginners: Make The Back Wall Your Friend

The back wall most often gives a beginning player fits. Players have been known to risk life and limb just to hit the ball before it gets to the back wall but this is not always necessary.

By learning a few simple rules, many times the backwall shot becomes a player's 'bread and butter shot' because the extra time gained by letting the ball rebound off the back wall allows for more time to react, set-up and choose the appropriate shot.

There are three hints I stress in my teaching for better backwall play.

First, anticipate. The earlier you judge correctly the speed, height and angle, the better position you will be in to hit the shot. Practice and experience are the only way to be able to

consistently judge the ball's location accurately.

Second, move with the ball. Follow it out as it rebounds (with shuffle-type steps) making sure you are behind the ball. At this time, you should also be moving your body into the set-up position.

Third, contact the ball between knee and ankle height. At this level you can achieve maximum power and control.

For all players, this skill is a must. Practice is the key to success. Once you have mastered it, your game will improve by leaps and bounds. ○

Linda J. Wright
PARI Professional
Lincoln Racquet Club
Lincoln, Nebraska

Instructional From Fran & Jim

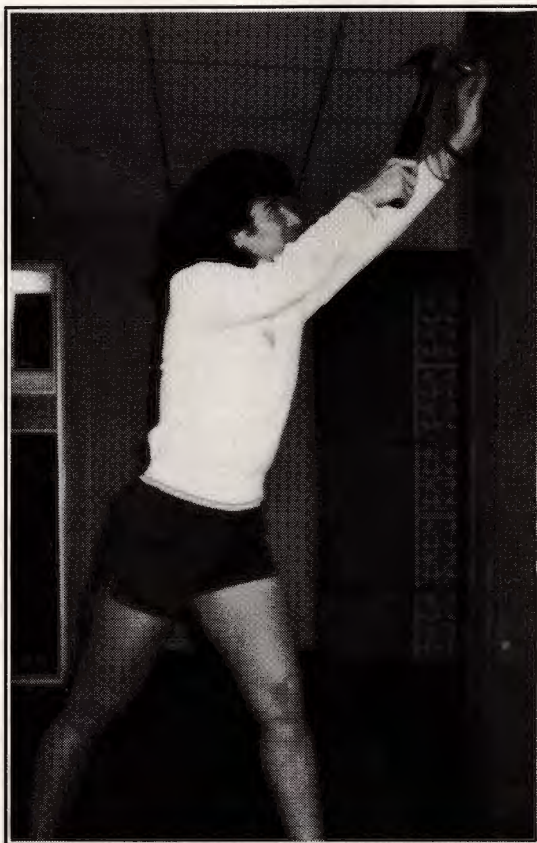
To Build A Better Overhead Hammer The Nail

The overhead can be one of the most difficult shots to master in racquetball. The overhead motion is not used often so miss-hits and skips are common when this shot is attempted. Here is a tip to help you master the overhead motion, which is gaining popularity as a more advanced shot (not a shot for novice or beginners).

Imagine your racquet is a hammer and the ball is a nail. Reach up and hammer the nail! In figure A Fran is hammering a nail. Notice her motion in figure B when she is hitting the overhead. The only difference is that she has to reach upward and do the hammering motion. Also note that the grip she has on the hammer is identical to the grip on the racquet. This is because whether you are using a hammer head to strike an object or a racquet head to strike a ball, you don't want the surface to turn. The "hammer" grip keeps the racquet flat.

Remember Rome wasn't built in a day and an overhead can't be either, but using the hammer and nail imagery can speed up the process! ○

Fran Davis is sponsored by Head, Foot-Joy, Penn, California Fitness and affiliated with the American Diabetes Association. Jim Winter-ton is sponsored by Ektelon and Foot-Joy.



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Your Ankle And Racquetball — Play It Smart, Immediately

by Dr. Paul Ross, D.P.M.

Ankle trauma (injury) is one of the most neglected and complicated injuries in sports. How many times during the year have you "simply" sprained your ankle, then had friends telling you to do everything from applying ice, applying heat, resting it, or walking through the pain? All this conflicting advice alone makes it apparent that every ankle injury is different, requires different treatment, and is certainly far from "simple".

The 'inversion sprain' is the most common ankle injury, and it occurs because the lateral aspect (outside) of your ankle is weaker than the medial aspect (inside). So if your ankle twists as you land on the outside border of your foot, the ligaments and tendons in that area are injured.

The extent of injury is directly related to the position of your foot to the ground at the time of the injury, the position of your foot to your leg, and the position of your foot to your body. Each component of these motions during the injury will be responsible for damage at specific sites around the ankle.

Also related, and crucial, is the amount of force going through each segment at the time of the injury. If you're running and stretching out to reach a ball, there will be more force going through the foot than when you are walking. That amount of force could be the difference between a strain, a ligament tear, or even a fracture of the bone.

These ankle injuries can be divided into several categories. A "strain" is the simplest of injuries. It is generally just a sudden stretching

of ligament which does not cause any disruption of those fibers.

Ankle "sprains" are the next most severe. These are commonly of two types. One happens when the ligament has been stretched beyond its limits and several fibers of the ligament are torn. The other happens when the entire ligament is ruptured or torn right through.

Furthermore, since ligaments attach bone directly to bone, under the right set of circumstances the injury might leave the ligament intact, but cause a fracture of the bone to which it attaches. Because of this, every ankle injury must be x-rayed to rule out that fracture.

vary from doctor to doctor and patient to patient.

An x-ray at this point is a must because fractured bones need to be diagnosed and properly treated. Sometimes surgery may be necessary to re-align the fractured segments. Other times a fiberglass or plaster cast is used to immobilize the ankle for four to six weeks, depending on the break. If x-rays show no fracture, it doesn't necessarily mean everything is alright. If the integrity of the ligaments is disrupted, it is equivalent to a structural weakening of that area of the ankle.

If this is not properly assessed and treated, you'll wind up having a

...it's preferable to be inconvenienced for a few weeks than wonder if your ankle will still be sore three to six months later because of inadequate initial treatment.

Because of variations in injuries and players, everyone responds differently to ankle injuries. Usually a simple strain causes swelling which lasts 24 to 48 hours, and is easily treated by RICE — Rest, Ice, Compression and Elevation. (Once you've injured your ankle and are in pain, there's no way to really know the extent of the trauma to the area until some of the swelling goes down.) When there is bruising — the area turns black and blue — and the swelling goes beyond 24 to 48 hours, then you can be certain that the injury is more than a simple strain, and this is where treatments

chronically weak and painful ankle. Therefore, if swelling and pain have not diminished within 48 hours, and x-rays do not show a fracture, I always insist on soft cast immobilization for at least two to three weeks, because this is the type of ankle injury I find to be the most undertreated. I think it's preferable to be inconvenienced for a few weeks than wonder if your ankle will still be sore three to six months later because of inadequate initial treatment.

The other type of ankle injury, the "eversion" sprain, can be more severe and disabling than the inversion sprain discussed above. The ever-

sion sprain occurs when the ankle twists in such a way that you land on the inside of your foot.

This type of injury will usually cause bone damage instead of straining or tearing of the ligaments. In fact, the ligaments are so strong in this area that a fracture of the *tibia* (shin bone) will take place before the

...ankle injuries can many times be more than just a "simple sprain".

ligament tears. This injury obviously needs prompt attention. RICE it immediately, then have it x-rayed for possible fracture. The appropriate treatment might include cast immobilization and possibly surgery. Even if there is no fracture, aggressive therapy is still needed.

As with all injuries, a period of rehabilitation will be needed before you return to full activity. This can average anywhere from two weeks to several months, depending on the severity of the injury. It is difficult to keep up with any type of aerobic exercise while immobilized, but stretching and strengthening activities are highly recommended. As well, the various forms of weight training may be continued as long as no strain is placed on the ankle.

When sufficient healing has taken place, specific strengthening exercises for the ankle become necessary. These can be done in your home, and involve range of motion and resistance type exercises. During this period, physical therapy may be necessary as well.

When the cast is removed, the ankle will still be weak enough to need additional support. This can be provided with the various braces available.

With minor strains, an ace bandage or elastic ankle brace will be enough. With more severe injuries, firmer support is needed. Stromgren and Air Cast are two braces that give support. The Mueller ankle brace is

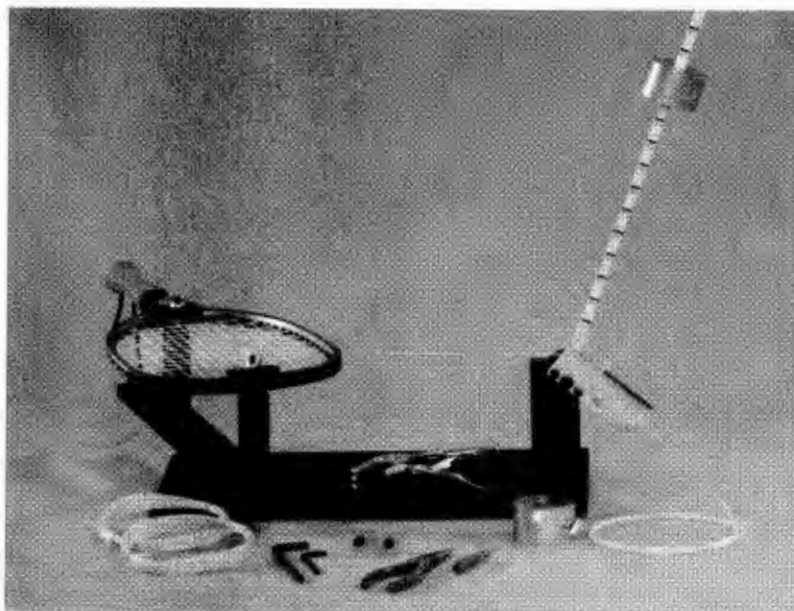
one that seems to give additional support and compression without being too bulky, and allows a more uninhibited use of the ankle during sports participation.

A final consideration should be the shoes worn during racquetball. Three-quarter or high-top racquetball shoes are highly recommended. These will definitely give additional support to the ankle. Sometimes

arch supports or prescription orthotics are necessary for those who chronically sprain their ankles.

In summary, ankle injuries can many times be more than just a "simple sprain". RICE immediately after any ankle injury. After that, prompt, appropriate follow-up care, treatment and rehabilitation will give you pain-free ankles that are strong enough to endure racquetball. ○

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Maximize Your Leg Power

• Lower Body Workouts

by Dan Obremski

Each of the articles over the next few issues will contain weight lifting programs for specific muscle groups to help your racquetball. One thing to remember, though, is that the articles are not designed to make you a body-builder, but to encourage you to supplement your racquetball with a few hours of dedicated weight training per week.



Leg Press: Start & finish, proper seat position.



Leg Press: Mid-point, don't extend knees.

"You can't shoot a cannon from a canoe." This was related to me by a trainer friend, and should not be forgotten by any serious athlete who wants that strong, solid base from which power originates in many, many sports. If you can tap your mind as to who the power players are in many professional sports, you will instantly recognize their predominant leg power. Think of Boris Becker and his booming serve in tennis, Walter Payton and his thrusting trunks in football, Marty Hogan and Egan Inoue with their 160 mph rocket serves in pro racquetball, and Mike Schmidt with his thunderous

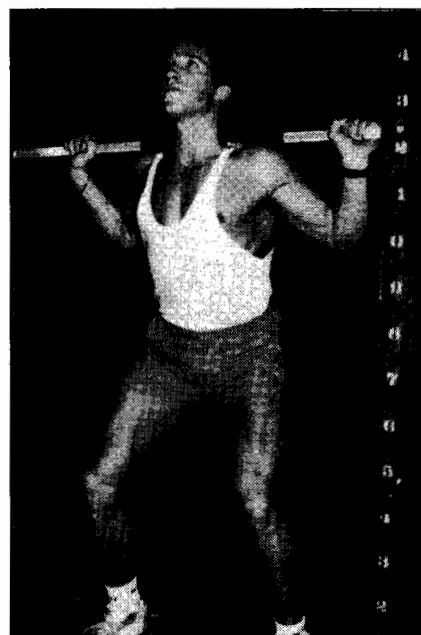
bat in baseball. These are a few of the many, whose superior leg development have assisted them in generating power and enduring punishment from things such as linemen, age, and three-hour performances where legs are usually the first to fail.

If I were given the choice of one body part to work, I would have to choose legs because of the vital role they play in quickness, endurance, flexibility, strength, and self-confidence. If it had not been for the advice of a friend six months ago, my eyes wouldn't have been open to the world of leg training. Although my legs have never lacked strength or quickness, because of my workouts in step running, skipping rope, and jogging, they now feel as if I could get to every ball in a three hour match, run a 10K race, and be ready for a tough match the following day. If this is any indication of what six months of leg training can do, I'm sure you can feel the strap securing you in the seat for your first set of leg extensions right now!

The physical and mental benefits which you will acquire after a few months of dedicated leg training include: quickness, endurance, flexibility, strength, and self-confidence.

QUICKNESS — Strong legs are quick legs and if you're already quick, just think of your extra potential. Quickness helps you get to more balls and set up on them with ample time. This is a quality of Mike Yellen's that will never be matched, that is, his ability to set up on every ball. As seen in *GQ Magazine*, Mike is an advocate of weight training. His power base is one of the best because of his very strong legs.

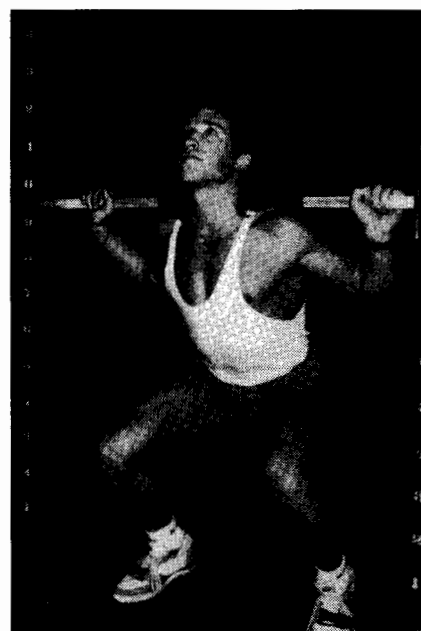
ENDURANCE — It cannot be acquired without some form of weight training. This is the ability to sustain long periods of exercise without fatiguing — which you know is vital on Sunday morning of a tournament when you wake up with a sore rear



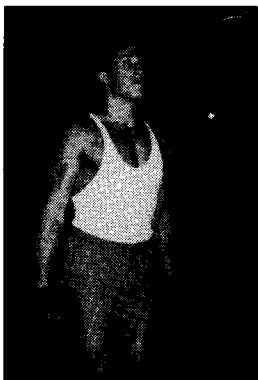
Squat: Start & finish, head up, back straight.

end and legs.

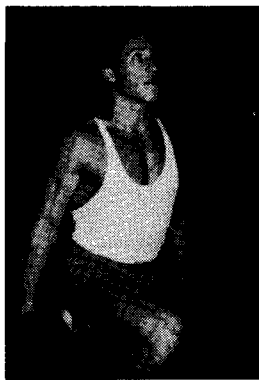
FLEXIBILITY — You're probably wondering how flexibility can be maintained or even gained through weight training. Well, if you stretch before a workout, do all exercises with very strict form, and stretch after your workout, the legs should actually gain some flexibility and mobility. If I were to think of a person whose flexibility in his legs benefits his reach and his game, it would be the current number one player, Bret Hartnett. His ability to hit with power from all positions attests to the importance of leg flexibility.



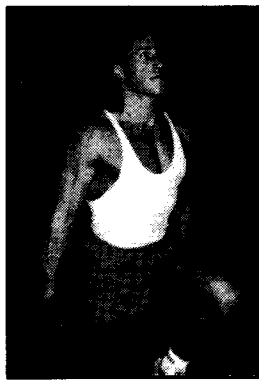
Squat: Mid-point, head up, back straight, heels elevated.



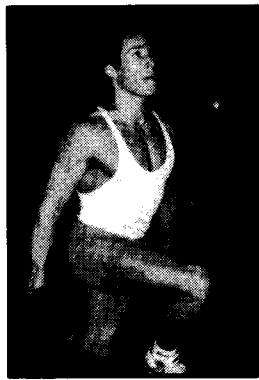
Lunges: Start & Finish



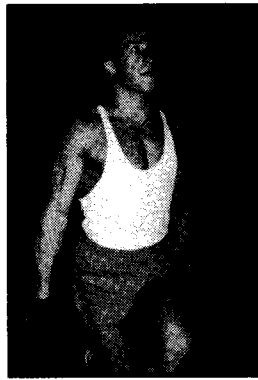
Lunges: Mid-point, rt. leg head up, back straight



Lunges: Mid-point, left leg head up, back straight



Crossover Lunge: Mid-point, right leg head up, back straight, front crosses over back leg



Crossover Lunge: Mid-point, left leg head up, back straight, front crosses over back leg

STRENGTH — This gives you what I think every player wants more of — power! Two players who impress me are Ed Andrews and Cliff Swain. Ed has a sledge hammer forehand and Cliff has an amazingly accurate and powerful serve. Neither player has a big upper body, but both generate amazing power with their step and hip thrust into and through the ball. I'd attribute this to leg strength.

SELF-CONFIDENCE — After working your legs for a few months and acquiring all the qualities listed above, your self-confidence will thrive to the point where you may win a few matches just because you know your legs have so much more energy.

When speaking in terms of routine, I think it's best to work all the muscles of your leg in one day, two or three days a week. I say "all the muscles" because some dedicated body builders actually do a split routine where they work different muscles of the leg on different days. As a racquetball player, this would mean too much time in the weight room instead of on the court.

For my schedule, I work the upper body on Monday and Thursday and my lower body on Tuesday and Friday; Wednesday, Saturday and Sunday are rest days. If I have tournaments on consecutive weekends, I limit my workout to upper body on Tuesday and lower body on Wednesday so I don't overwork my body. When playing consecutive tournaments I try to simply maintain my strength by not going overboard with the amount of weight used.

Even for dedicated workouts, the entire time should not take more than an hour to an hour and a half. One way to vary your workout is to work on strength one day by using lower repetitions and higher weights,

then work on endurance the next time by using less weights and higher repetitions.

As to your actual exercise routine, decide first if you will be using free

weights, a machine system (such as Eagle Fitness or Nautilus), or muscle building aerobic exercises. To add power to your game, simply chose

(continued on the next page)

LOOK WHO'S PLAYING WITH TACKI-MAC NOW!!

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Lower Body Workouts

(continued from page 33)

one of the three systems, and do the exercises for each system as follows:

FREE WEIGHTS

• **Squats** — Squats are supposed to be the best all-around leg and buttocks developers, but they will hurt your lower back if done improperly. Squat exercises work the entire leg and buttocks.

Stand with your legs shoulder-width apart and place the barbell across your shoulders. Balance the barbell with your hands wide on the bar. Use a belt around your waist and have a flat bench under your buttocks to ensure safety.

Keeping your back straight by looking up, slowly bend at the knees and squat until your buttocks touch the flat bench, then stand slowly on a two-count. Don't rest between repetitions.

To help your balance, you can place a 2"x4" piece of wood under your heels. You should also practice this with the bar alone (no weight) until you get the feel of the exercise.

Do three to six sets of squats, with each set having 8-16 repetitions and rest for 60 seconds between sets.

• **Lunges** — Lunges can be done with a barbell across the shoulders, with dumbbells in your hands or no weight at all. If you are using weights, balance the barbell the same way as you did with the squat or with dumbbells, keep them close to your body. Then, weights or no weights, stand straight with your legs slightly apart, step out comfortably with one leg and touch your back knee to the floor while keeping your back erect. Push up with your now bent front leg.

Alternate legs. As you get used to this exercise, you may step out further to give a wider range of movement and work your buttock muscles harder.

Another variation of this exercise is the crossover lunge. For this, simply cross your first step over the opposite foot while doing the lunge.

Lunges also work the entire leg and buttocks, and should be done

the same way as squats, with three to six sets and each set having 8-16 repetitions and a 60 second rest between sets.

MACHINE EXERCISES

• **Leg Extensions** — Sit in a properly adjusted weight machine (don't have your knees too far away from the edge of the bench). Fully extend your legs and flex your thighs over a two-count time period — flexing at the top of the exercise give an extra good pump in the muscle. Lower the weight over a four-count.

Do not rest between repetitions. Leg extensions should consist of three to six sets (8-16 reps) with 60 seconds of rest. Leg extensions work the front thigh.

• **Leg Press** — Again, sit in a properly

ting down on the Nautilus machine or standing up on Eagle Fitness machine. They are simply a sideways push of the thigh (not ahead or back). The important thing to remember about these hip exercises is to hold at mid point and flex your muscles.

Multi-hip exercises should be two sets (12-16 reps) with 30 seconds of rest between. These exercises work the outer and inner thigh muscles and the hip.

• **Calf Raises** — Standing on the machine, with the balls of your feet on the edge of the machine, lower your heels as far as possible for a good stretch. Push up as high as possible, and hold for an instant. For maximum calf development, do the exercise with your toes pointed in, out, and straight ahead.



Leg Extension: Start & finish, head back



Leg Extension: Mid-point, fully extend & flex thighs

adjusted machine (your feet shouldn't be too close to your body when you begin). Push out and exhale hard as you push, but don't fully extend your legs at the end of the push. Lower the weight on a count of four without letting the stack of weights touch down, then push again. (Never hold your breath while lifting; inhale as you let the weights down, exhale as you push.)

Leg press exercises work the whole upper leg. Make it a two to four set exercise (8-16 reps) with 60 seconds of rest.

• **Leg Curls** — Lie face down on the bench with your knees slightly past the end of the bench, and grasp the handles in front of you. Curl your legs until the heels touch your buttocks; hold, and lower to the count of four without letting the weight stack touch down. Do not rest between repetitions.

Leg curls develop the hamstrings and back of your thighs, and should consist of three to six sets (8-16 reps) with 60 seconds of rest.

• **Multi-hip** — Multi-hips are done sit-

Calf raises, of course, develop the calves, and should have three to six sets (12-16 reps) with 30 seconds of rest between sets.

AEROBIC EXERCISES

• **Steps** — You can either run up a steep hill or up any set of steps. Run down the steps, then up and pause at the top for 10 seconds. This is similar to the rallies in racquetball because of the allotted 10-second break between rallies. Continue steps for 10 to 15 minutes and do this twice per week.

• **Jump Rope** — Jumping rope is also a very good endurance and leg developer. Do this for 10 to 30 minutes. Later articles will show the variations you can use to make the exercise more interesting. This exercise can be done four times per week without hurting your racquetball game.

Remember: Workout safely by doing all exercises properly, and by raising the weights on a two-count and lowering them on a four-count. For heavy weights, use a belt. Squats with a barbell should be done only with assistance. ○

What's The Call

by Michael Arnolt

"Donuts" Hinder Play

Q: How is play affected if the rubber donuts or layers of sponge used in racquets to reduce vibration pop out of the racquet during a rally? It's an ever increasing occurrence. Jody Balr, Bergen, NJ



A: The advent

of the shock absorber is good news for the sufferers of elbow tendonitis. The bad news, Judy,

is that if little invention pops out of the racquet and interferes with the play of the ball or safety of the players, it is an avoidable hinder. (Rule 4.16.i.) Very often, however, that gizmo rolls to the front wall or against the side wall and is of no consequence. The referee is advised not to waggle his tongue too quickly.

Broken Ball Dilemma

Q: At game point of our match in the state doubles, I hit a shot to the front wall that caromed to the side wall and cracked out. All four players left the court between games. When we returned, one of our opponents picked up the ball and discovered it was broken. After some low-key discussion, the referee made the decision the rally would not be replayed. Obviously, I hoped that would be the call, but was it the

correct one?

A: If your conscience was bothering you, rest easier Rick. The ref made the right call. The situation you described is not covered precisely in the rulebook, though there are a couple of areas the referee may not have used in coming to his conclusion. Checking a ball by squeezing it (rule 4.14.g) in a sense is an appeal that something may be wrong. If the ball is broken, the rally is replayed. If not, the rally stands. For an appeal of a game or a match-ending point to be valid, the appeal must be made before the team making the appeal leaves the court. (Rule 3.7.c.)

What you end up with is applying rule 3.5.f, which says: "The referee may rule on all matters not covered in the AARA Official Rules. However, the referee may be overruled by the tournament director."

Good Judgment Prevails

Q: Prior to the start of a final singles match the first weekend in December, the tournament director discovered one of the players was not wearing proper eyeguards; they were the open type. The infraction went unnoticed during the pre-game instruction and all of the earlier matches. The requirement of lensed eyewear, effective December 1, was not on the entry form, nor was it posted at the site. Without a

penalty, the player was allowed to leave the court and purchase proper eyewear. Was it right? Dan Taurillo, Denver, CO

A: Referees and tournament directors are charged with understanding the rules, applying them properly and using good judgment. A hard-nosed referee might have charged the player with a technical and a timeout. The circumstances dictated the no-call as proper.

Ball Is Alive

Q: During a rally in a doubles match, I hit the ball so hard to the front wall that it carried to the back wall on the fly and bounced before striking the front wall again. After it came off the front wall, one of the opponents punched the ball in the corner. They called the shot good, because the ball only bounced once during the rally. I thought the ball was dead after it hit the front wall a second time. Who is right? John S. Underhill, Ft. Lauderdale, FL

A: John, this probably is the question asked most often. For your sake, though, I hope you didn't wager a gourmet meal on the outcome. The ball is alive and in play until it touches the floor a second time. That can be found in three places in the rulebook: Rule 1.3 Objective; 4.12.c, Legal Return; 4.14.c, Failure to Return. ○



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Association Roundup

AARA

New Directions

by Luke St. Onge

I am most pleased to report that the current AARA membership roster gained over 9,000 members between December 1986 and December 1987 and currently hovers near a total of 40,000.

I am also happy to announce that the 1988 editions of program and promotional materials are available to interested members for use in developing racquetball in your area. Disabled, high school, junior and intercollegiate play can be organized through the use of tried and true program methods, and the Professional Association of Racquetball Instructors (PARI) is anxious to help you certify teaching professionals in your region. Informational packets for State Directors are also available, and new brochures are being developed for attracting minorities and women to racquetball. A Special Olympics effort is currently underway and a new intercollegiate handbook is being prepared, under the direction of Intercollegiate Commissioner Neil Shapiro, and will be ready this spring.

Another major project has been an in-depth survey of key racquetball leaders and figures across the United States. We have requested opinions and input which will help the AARA bring racquetball, as a healthy industry and vibrant sport, into the 21st Century. It is hoped that this survey will become the first step toward producing a long-range strategic plan and visionary statement for our sport.

Survey recipients were asked to classify their level of agreement or disagreement with major AARA policies and statements, and appraise the AARA function and responsibility to racquetball. Topics addressed were:

1. Making state associations more accountable for rebates disbursed by the AARA.
2. Maintaining membership in the United States Olympic Committee.
3. Maintaining a strong central management team in the central office.
4. Limiting international development.
5. Making junior programs mandatory in all state associations.
6. Retaining independence as a player's association through player support of membership dues rather than large sponsors.
7. Pursuing a working agreement with the International Racquet Sports Association (club owners).

8. Reducing the authority of the national staff and increasing the day-to-day authority of the Board of Directors and committees.

9. Moving slowly on any future rule changes and making only those changes which result from an overwhelming outcry from the membership.

Over 100 thought-provoking questions addressing issues such as these were compiled and distributed for response. In future columns I will share with you the feelings, information, concerns and direction that this interesting project uncovers. The final outcome of this concentrated effort will become a blueprint and procedural plan for taking the AARA and racquetball into the year 2000. For a sport and organization second to none, the results should be something we can all be extremely proud of. ○

CRA

V8 Juice To Sponsor 1988 Nationals

by Bill Houldsworth

Racquetball in Canada received a major boost recently when the Campbell Soup Company Limited agreed to be the major sponsor for the 1988 National Championships, scheduled for Victoria, B.C. May 24-28. This competition does not include the junior events, which will be held in the summer.

The sponsorship, under the brand of V8 cocktail vegetable juice, will involve product identification on the championship poster, program, entry form, tournament souvenir and in the C.R.A. newsletter. Posters and entry forms will be sent in early March to every racquetball club in Canada. The entry form was also included in the January 1988 edition of the C.R.A. newsletter. The C.R.A. Promotions Association has also signed Air Canada and Canadian Racquet Sports to join Penn, makers of the official racquetball of the Association, to sponsorship agreements for the V8 Nationals. This will mark the third year of Penn's involvement in Canada's national racquetball showcase, while Canadian Racquet Sports and Air Canada are both in their initial year of key sponsorship.

Competitors attending the 1988 championships are encouraged to use the Air Canada Convention Service when booking their airline tickets to obtain

lower fares. Make your plans early to ensure the best possible rates. Check the January edition of the newsletter for details.

In other C.R.A. news, national men's team coach Ron Pawlowski of Edmonton has been named head coach of the entire national team program through the 1988 World Championships. Pawlowski was the first coach of the women's team for the 1984 World Championships and was the men's coach for the 1986 Worlds. Former women's coach, Monique Parent will now be assisting Pawlowski with both the men's and women's teams. ○

RMA

The Future Looks Good

by Jim Hlser

Racquetball is definitely alive in New York City. I have just returned from the first sanctioned professional event to be held in the Big Apple in many years and the enthusiasm and excitement generated at the BQE Club of Woodside, New York, projected an optimistic picture for the future.

The promoters, staff and especially the fans welcomed the players with the prestige and esteem warranted to other professional athletes who visit this sports capital. But more importantly, someone accepted the challenge of bringing this great sport to the world of television and for the first time professional racquetball was broadcast LIVE — yes live — on numerous TV networks.

Although the broadcast was not picked up by ESPN across the country as expected, numerous local affiliates did broadcast the finals. A new but energetic cable TV company out of New York, called Cable Choice Productions, recruited a crew of approximately 13 individuals who averaged 16-20 hour days preparing for this event. Dave Peck and Mike Yellen teamed up to provide color commentary, while other players provided interviews and comments.

What is important is the fact that a new local promoter and a new cable TV company, leaned into the arena of racquetball and were more than satisfied with the results. In fact, plans are afoot to publicize more events next season. It is this type of entrepreneur motivation that will bring racquetball the publicity it so rightly deserves. ○

WPRA

California December

by John Samford

December in southern California is a lot like July in southern California — warm, clear and "laid back". But December the past three years has seen the WPRA come to town for the Christmas Classic Pro/Am at Los Caballeros Sports Village. This year fifty WPRA pros made up the field that was anything but "laid back". Many of you probably know by now that this was a tour event that did not feature an Adams or McKinney in the final, and this tournament happens right in Lynn's backyard, at Costa Mesa.

In fact, this event presented the unique opportunity to see Lynn Adams and Caryn McKinney sitting together during a WPRA finals. Now this phenomenon may not happen again in the 80s — but it does point out the fact that WPRA has more pros who are working harder than ever to reach the top. I mean Kaye Kuhfeld didn't exactly waltz her way to the finals. Instead, the yellow brick road had to come through Vicki Panzeri and Lynn

Adams on the way to Oz. Kaye proved her recognition as WPRA's most improved player in 1987 was no fluke.

Number three ranked Marci Drexler used her strong serve to take victory away from number five ranked Molly O'Brien and then withstood a strong challenge by Liz Alvarado — who had earlier upset Caryn McKinney. Marci's a hard worker who continues to improve.

Then there were the fans who showed up just in time to get an avocado and bean sprout sandwich (this is a California staple) and a diet avocado soft drink and get comfortable in their seats for the finals. Many of these racquetball enthusiasts were shocked out of their "laid back" state to see two new faces enter the finals court. But, unfamiliarity soon gave way to excitement as Marci and Kaye played an outstanding finals event that was won by Marci in five games.

Rest assured that by the time for the Philadelphia tour event, February 22-25, Lynn and Caryn will be more than ready to turn their finals front row seats over to someone else. But for now, it is more than appropriate to say Marci and Kaye reached this final in the old fashioned way — "they earned it". California Decembers may never be the same again.

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The 1987 Chelsea Pro-Am



Mike Yellen and Lynn
Adams at the Courthouse
Athletic Club.

For the third year in a row the Chelsea Pro-Am, which is held at the Courthouse Athletic Club in Salem, Oregon, was a resounding success. Thanks to the tournament's major sponsor, Jack Scott, there are always a lot of extras for the players making this a very popular tournament with the top ranked pros.

As with all tournaments there were some last minute problems. Marty Hogan, who had called tournament director, Dean Wallace the day before confirming his appearance, called again the day of the tournament and said that instead of flying to Salem from St. Louis, he had flown to San Diego to see his physician, as he had injured his knee and needed surgery.

Fortunately Mike Yellen was able to fill in for Hogan and his appearance at the tournament was a thrill for everyone involved. It was also a very fortunate tournament for Mike as he took first place and won the \$5,500 prize money and, just as important, his name was engraved on the Mike Griffith Memorial Plate.

It was at the end of the finals of this tournament that the Mike Griffith Memorial Plate was unveiled for the first time. The plate honors Mike Griffith, a fine young man from Salem, whose promising racquetball career ended with his tragic death in a car accident less than two years ago.

More than \$20,000 had been raised in prize money and a great deal of thought and effort had gone into making this a special tournament. A poster featuring Hogan, who had won the tournament in the previous two years was prepared. Over 8,000 copies of a tournament newspaper were circulated in the area. Every seat sold out two weeks early, more than 40 entrants had been turned back because of lack of space, and television cameras were ready to roll on the exhibition court. Everything possible was done to make this a well publicized and successful tournament.

Mike Yellen's victory march, however, was far from routine. The quarter finals held some of the top players in the world and they all had an eye on the top prize in this special tournament. In the upper half of the draw, it was Bret Harnett against Steve Lerner, and Gerry Price against Ed Andrews. The lower half of the

draw paired Egan Inoue and Cliff Swain, and Mike Yellen and Aaron Embry.

The first upset of the tournament occurred as Steve Lerner, one of the professionals most respected and feared by the other professionals, used his amazing mobility and court sense to beat Bret Harnett. Andrews, with his strong smooth forehand, took out Price and in the semifinals stopped Lerner in two straight games (best two out of three to 15 points).

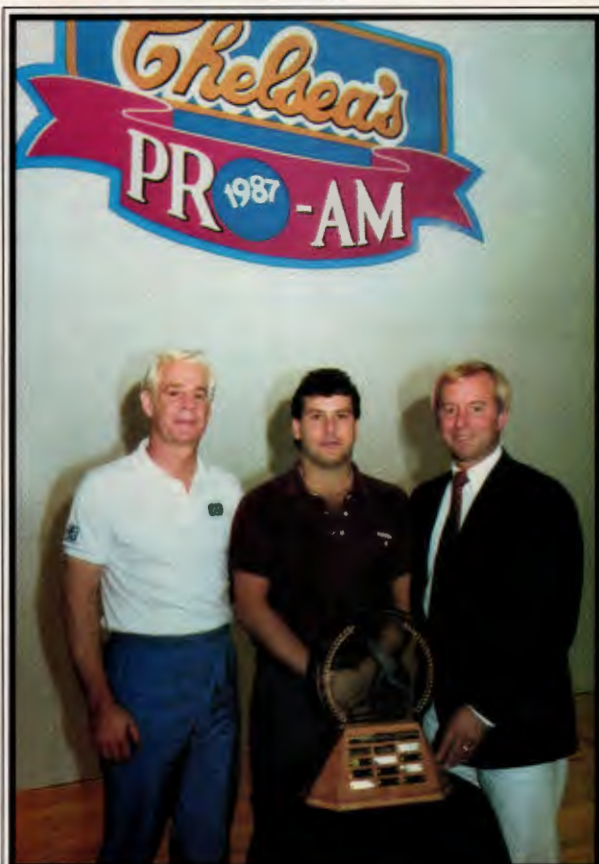
The Inoue/Swain match was fire against fire. Cliff Swain is widely regarded as one of the best left-handed servers in racquetball. Egan Inoue has a serve rumored to be in the 160 mph range, but that proved to be underestimating his strength. During this stop a radar gun was in place to clock player's serves and,

incredibly, some of his were tracked at 181 mph — as they rebounded towards the back wall!

Inoue outlasted Swain to set up his semifinal match against Mike Yellen. In their last tournament meeting, the A'me Nationals in Minnesota, Egan had won in straight games. This tournament, Yellen was unfazed by Egan's power and won in two straight games with his superb

(continued on the next page)~

Left to right: Sponsor, Jack Scott; winner, Mike Yellen; Club Manager, Dean Wallace.



Below: "Play by play"...TV anchors, Wallace, Cliff Swain and Jerry Bone.





"The finalists" ... (left to right) Mike Yellen and Ed Andrews.

combination of wide-angle passes and precision pinches.

The Sunday finals were all in place by late Saturday evening. Yellen versus Andrews in the men's finals with \$9,500 at stake. Lynn Adams would face Marci Drexler in the women's finals for a \$2,500 purse.

Ed Andrews only scored an average of six points per game against Mike Yellen. Unfortunately for Ed, all of those points came in the first game. He could not seem to get started, and Yellen would not falter in his control. Yellen took the second game 15-0 to become the winner of the tournament.

Exciting professional action was not limited to the men's singles. Lynn Adams and Marci Drexler joined Oregon's Michelle Gilman in a special round robin exhibition. Michelle is the 1987 AARA 18 & under national titleholder and despite losing to both, she played a strong game against the experienced professionals. In the final of that \$2,500 winner-take-all event, Adams beat Drexler in straight games.

The tournament also highlighted men's professional doubles, something that was popular with the large crowd for good reason. The finals had powerhouse teams — Cliff Swain with Ed Andrews and Bret Harnett with Steve Lerner — which showcased racquetball at its fastest and best. At the end of a long match, Andrews and Swain claimed the \$1,600 prize.

The professional players love this tournament. The top eight players are given a car to use during their

time in Salem. Mike Yellen, for example, drove a Jaguar for the entire weekend, Cliff Swain had a DeLorean, and Lynn Adams cruised in a Cadillac.

"We've found the pros who come

here to be exceptionally personable," Wallace says. "They spend time at the club meeting as many of the amateurs as they can, having pictures taken with them and signing autographs. No one is disappointed at this event, and both professional and amateur players exhibit true sportsmanship."

He also says the attitude of the professionals fits with the goals of the tournament. "By having the pros here, we capture racquetball at its best, but we can also give the amateurs their due credit. After all, 99 percent of us are amateurs. When the pros put on such a good show, on and off the court, we really enjoy it."

Jack Scott is a staunch supporter of this event and arranges for many of the extra courtesies shown to the pros. With a long list of local sponsors including Coldwell Banker Real Estate, Capital Auto World, Pepsi Cola Bottling of Salem, Ruddiman Insurance just to name a few, it is one of the best run tournaments in the country. ○



"Cheerleader...Lynn Adams" gets cards straight with sidekick, Justin.

Letters To The Editor

A Professional Admired

Recently I competed in a local racquetball tournament (at Merrit of Security [MD] to benefit Santa Claus Anonymous) and had an experience I must relate to you.

Playing in the mens open division was National Amateur champ Jim Cascio. Needless to say he is a pleasure to watch as he makes it look so easy. As he was warming up on the court a bunch of us "C's" were commenting on his grace and talent when an elderly distinguished looking gentleman, obviously a spectator, entered into our conversation. He truly offered a unique insight into the game, about training, travel and tournaments. This man is Jim Cascio's father, he subtly and modestly admitted to us. He was most pleasant and we enjoyed talking to him. As Jim destroyed his opponent he offered tips and comments we all enjoyed. After the match Jim came over and talked to us all — truly a thrill as we are all fans of his and obviously admire his play.

This kind of truly professional behavior can only benefit and promote racquetball and is truly noteworthy. I haven't had much contact with others on his level, but I read of some of the sportsmanship problems. Jim Cascio and his father set an example to be followed.

We all enjoyed discussing racquetball with them both and it added to a well run tournament. Continued good luck to Jim, not only in his racquetball career, but his new marriage and business venture. I look forward to meeting him again. ○

Alan Golombek
Baltimore, MD

Dear Fran Davis

This is a "Thank you" note for your articles in *National Racquetball* magazine — especially the one on ceiling balls.

I am a C player at our club and really enjoy playing racquetball.

The way you explain is so nice, simple and easy to remember — skipping stones, baseball, lint off sleeve helps me to remember very easily what I want to do.

So far I have shared your latest (and greatest help to me) with at least seven of the women at my club. (I may be sorry when they start beating me with it.) It has increased my confidence and my accuracy amazingly in just a couple of weeks!

Thank you so much — we are reading and enjoying your articles even if you may rarely hear from us.

Thanks again — keep up the good work — we are benefiting from it. ○

Marilyn Osborne
Mesa, AZ

Volunteers Needed

The 1988 Special Olympic Summer State Games will be held various weekends from May to June, 1988. This is the first year racquetball clinics will be offered in every state. Volunteer instructors and assistants are needed throughout the United States.

Support has been shown by the WPRA and RMA.

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Racquetball and Pregnancy

by Janet Bloeth

Donna Burton, a San Diego open tournament player and racquetball instructor, played in her regular Friday night doubles challenge when she was three days beyond her expected delivery date. She delivered eight hours later. Six weeks after delivery, she played in a tournament, winning the 25 plus division.

Mary Lyons, the racquetball director at Racquet Power in Jacksonville, Florida, played up to a week before she delivered her second child. Although her doctor recommended she not return to court play for four to eight weeks (she had delivered by Caesarean, which prolonged her recovery time); she snuck back at four weeks, and played in a tournament at eight.

These women, both aged 29, were committed racquetball players prior to their pregnancies. They were, and are, on professional teaching staffs and played at least two or three times a week. Are their experiences with pregnancy and racquetball representative of the average player? Was their behavior advisable, or even safe?

According to Dr. Lee Rice, Medical Director of the San Diego Sports Medicine Center and Team Physician for the San Diego Chargers and the U.S.A. men's and women's volleyball teams, women who are healthy and accustomed to exercising prior to pregnancy may continue to exercise in the sport of their choice throughout pregnancy.

However, Dr. Rice stresses that this previous conditioning is essential to a safe pregnancy, as acquisition of new skills is hampered by pregnancy and should be faced with caution.

"If a pregnant woman is not used to exercise, she should not start any kind of vigorous exercise program, including racquetball," said Dr. Lee. "I recommend a gradual escalation of activity geared toward maintaining cardiovascular fitness and muscular tone."

But how about the pregnant rac-

quetball player who has played regularly prior to pregnancy? What should she know about exercise and her body?

Since a woman's center of gravity moves forward and downward as the fetus grows, the level of skill in sports which require agility and speed, such as racquetball, is affected during pregnancy. To compensate, the racquetball player's posture must be modified to include a wider gait and a wider stance.

Donna Burton found she did much less running on the courts as her weight gained and shifted. As a re-

general agility are reduced." Yet he strongly encourages continued aerobic sport activity such as racquetball throughout a low-risk pregnancy, as it is beneficial to the mother's psychological well-being, cardiovascular health, and conditioning for labor.

The bottom line is that, if you are healthy and are already conditioned for the sport of racquetball, it is safe to continue playing for as long as you like, **with your doctor's consent**. Following are some suggestions for continued good health on the courts while pregnant:

- Warm up with slow and static

"...women who are healthy may continue to exercise in the sport of their choice throughout pregnancy."

sult, she was forced to develop more "smarts" on court; instead of running, she sharpened her technique. She learned more pinch shots, she shot more from the back of the court (rather than run) and avoided ceiling shots, because of the wide backward stretch required to execute them.

Mary Lyons also discovered that her timing and balance were thrown off. Practice with her new weight load helped her to eventually compensate. She also fought the defensive tendency to avoid center court; as with any good play, center court remained the best position to reach the ball or get out of trouble.

In addition, although it is perfectly safe for a pregnant player to participate in racquetball as aggressively as before pregnancy, in all probability she will not be able to do so, according to Dr. Thomas Key, director of perinatal medicine at the University of California San Diego Medical Center and a specialist in high-risk pregnancies.

"As frustrating as it may be for an active woman, research shows that performance during pregnancy will dwindle," said Dr. Key. "Proficiency and skill diminish, and speed and

stretching (not rapid, jerky movements). Stretch with rotational motions of the hips, shoulders, and trunk. Avoid over-stretching.

- Don't play with someone who's going to hit the ball wildly. Use common sense in choosing a partner who knows how to control the ball; although there is small risk of blunt trauma to the abdomen with the racquetball, a savvy court partner can help to avoid this potential injury.

- Prevent hydration during hot months, in hot climates, and during extended play. Through the tenth week of pregnancy, hyperthermia caused by hydration can cause birth defects. When you are playing hard enough to sweat, it is recommended that you should stop for a water break every 15 minutes.

- Don't be afraid to reduce your pace as your girth grows; remember that diminished movement and speed are only temporary handicaps.

- Finish your game with a slow cool-down. This is important following any vigorous activity which elevates the heart rate. Walking, stretching and cycling are particularly good ways to finish a game of racquetball. ○

Planning And Directing A Racquetball Tournament

by Mort Leve

Foremost in directing a racquetball tournament is to make plans well in advance, and get communication to the various facilities. Area tournaments should be well advertised in the area of the club, state tournaments throughout the state, and so on, including tournaments at the regional and national area.

To do this, take advantage of 'free advertising' through well written (double- or triple-spaced typewritten) press releases to the media — newspapers, radio and television. Phone calls will not do; they are forgotten

too quickly. For local tournaments, send out releases to the clubs, YMCA's, community centers, Armed Services, schools with racquetball facilities, and suggest the releases be posted on their bulletin boards. For larger tournaments, remember there is just one national racquetball publication, *National Racquetball*, which needs at least eight weeks notice for press releases. Don't forget to use state or regional racquetball tabloids.

Make sure your dates are cleared so as not to conflict with other sched-

uled tournaments. The host club must clear court availability setting up the number of days that will be necessary to conduct the competition; and preparing a concise schedule of the number of courts needed from day to day. You will have to approximate the number of entries expected, using the maximum figure anticipated.

Are you having the tournament sanctioned by the AARA? If so, make sure that their headquarters is given full information. If you are conduct-

(continued on page 52)

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Wilmington, DE	February 16	Feb. 17-21	Feb. 20-21
Minneapolis, MN	February 23	Feb. 24-28	Feb. 27-28
Portland, OR	March 8	Mar. 9-13	Mar. 12-13
Seattle, WA	March 15	Mar. 16-20	Mar. 19-20
Las Vegas, NV	April 5	April 6-10	April 9-10

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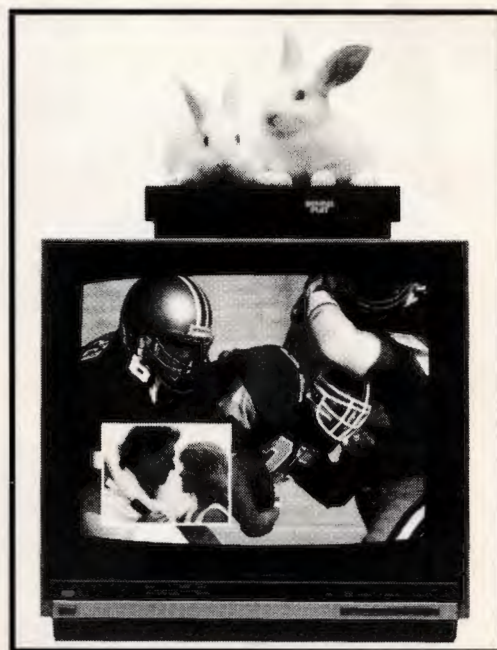
Rabbit Systems Unveils Newest Offspring — Double-Play Add A Second Screen To Your Existing TV

Have you ever wished that you could watch two channels at once, or that you could scan up and down the channels without missing your favorite show? Well now you can!

Rabbit Systems, Inc., proud "parent" of the VCR-Rabbit, has announced its new offspring, Double-Play, a new electronic home entertainment device that enables TV viewers to enjoy more than one television program on a single TV screen — at one time.

Double-Play is an attractive, compact unit that adds a second screen to any existing TV set. The unit generates a screen within a screen, one-eighth the size of the original television picture — so that it is like having two television sets in one. And, Double-Play connects easily to your present television set and VCR.

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New Foot Care Products From The Foot Care Connection

Designed with the athlete in mind, the Foot Care Connection has just released three new foot care products.

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The Grip

(continued from page 15)

are left handed. Don't put your thumb on the side of the leather grip, but rather, keep it wrapped around the middle finger. If the thumb is up you won't be able to turn the racquet as easily, so you'll lose power and eliminate the snapping of the wrist at the extension of your swing, which is one of the sources of power in the stoke. Also, the vibration of the racquet will not be transferred throughout your entire body. It will instead be isolated in the wrist and elbow and possible the shoulder, consequently putting stress on those joints. Over a period of time, this could cause an injury that possible could end your racquetball playing career.

When To Rotate

The rotation occurs in between ready positions as you maneuver toward the ball. Remember, the more you practice this technique, the quicker you will be able to master it.

This article is an excerpt from the book Dave Peck's Championship Racquetball System, published by Simon & Schuster, Inc., New York. Dave Peck won the men's professional national championship in 1982, and is one of the top players and coaches in the game today.

Medical Forum

(continued from page 24)

minus 30 equals 190. Sixty to eighty percent of 190 is between 114 and 150. Therefore you want to maintain between 114 and 150 beats per minute while doing exercise.

The easiest way to check this is by the pulse in the carotid artery in your neck. Check the pulse and count the number of beats for ten seconds and multiply by six, this will give you the amount of beats per minute. You want to be able to maintain this sixty to eighty percent range for at least twenty minutes during the exercise. However, be sure that you do not start out at this level. You must warm up ten to fifteen minutes progressing to this increased heart rate and being sure to cool down adequately before ceasing the activity. Before starting any exercise, a full physical exam with EKG is imperative for those thirty five and over. ○

Choosing A Fitness Club

(continued from page 13)

will give you a complete fitness evaluation, measuring your overall strength, agility, flexibility and percentage of body fat. Then they can sit down with you and design a program to fit. You can start with a 'results' program first, then once you've reached your goal, switch to a 'maintenance' program of less intensity and frequency to keep what you have gained (or lost!).

A tailored program will also ensure that you progress at a steady and safe pace. Club operators say the most frequent dropouts from their clubs are those who come in on their own, try to do too much too fast, and either injure themselves or become discouraged.

Finally, consider the finances. Some clubs require yearly dues, paid in full before you start. Above all, find out what happens if you need to cancel your membership. Read the fine print!

All of this doesn't mean you should ignore those feelings you had when looking at the model in the fitness club's newspaper ad; just make sure the model goes to that club! ○

The Old Man And The Kid

(continued from page 11)

even seen the Old Man go down.

The Kid turned, saw the Old Man, and ran back to help him to his feet. The Old Man embraced the Kid, shook his hand and held it high in victory.

As the Kid helped the Old Man from the court, there were tears in the Kid's eyes. In the last two and a half years the Kid had been playing, and watching for all the Old Man could show and teach him, and all he ever wanted was to be as good as the Old Man. Now he had beaten him in a major tournament.

As the Old Man leaned on the Kid's shoulder on their way into the locker room, I saw tears in his eyes too. I heard him say to the Kid, "You played one hell of a match. I guess I learned my lesson. From now on, son, no more open singles for me."

All the Kid could say was, "Thanks, Dad." ○

Sid Williams is the AARA Region 15 Commissioner from Tacoma, WA.

Bret Harnett

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Passing Shots

by Norm Blum



LIVE FROM NEW YORK — IT'S SATURDAY NIGHT — From California to Florida, racquetball fanatics prepared to watch the first-ever live ESPN broadcast of a racquetball finals played at the BQE Pitner Racquet Club in New York last December. But there was a big let-down for most of the fanatics. Instead of racquetball, a college basketball doubleheader aired.

There were some parts of the nation that lucked out. According to **Gail Beaton**, executive director of the Racquetball Manufacturers Association, the east coast and sections of the west coast received live coverage. All other areas will receive taped delay coverage at the beginning of the year. While many were disappointed that there wasn't live coverage, there is a happy ending to the story. More than 2.3 million Nielsen homes tuned into the racquetball broadcast, almost one million more than anticipated. The obvious conclusion — there's a demand for televised racquetball. Stay tuned.

BRUSHED OUT — I often wonder about strange things. Two commercials which feature racquetball, Michelob and Delmonte Lite, caught my fancy. After reviewing the two commercials and playing them back in slow motion I was unable to determine the racquets the players used. I stumped the consumer division at both companies, but one former Chicago advertising executive was able to shed some light.

You are not really supposed to know. "The purpose of the ad is to highlight the product and in most cases the racquet company's logo is airbrushed out," he said...Latest brou-ha-ha on the men's pro tour: there's talk of levying fines against players ranked in the top 12 who play in tournaments where less than \$3,000 in total prize money is offered. If I were a player who relied on those \$500 tournaments to pay the bills, I wouldn't exactly embrace the idea. On the other hand, if it can produce more money in the future, it might be a good idea. Aren't you glad I have such strong convictions?

POTPOURRI — Michigan Racquetball Hall of Fame inductee **Stu**

Hastings on his favorite sport, to which he devotes 24 hours a week: "You can compare racquetball to a drug. When you're into something like that, it's an addiction. There were times when I was practicing when I was in a cast."...You can spot those crafty veterans at any club. They're the ones who breathe hard after every point but somehow manage to dink the ball wherever they want it...You won't find **Lynn Adams** at a resort when she vacations. Last year she spent nine days in Alaska fishing and camping in the wilderness...The AARA headquarters is a hub of activity. Receiving 30 to 40 calls is the norm for AARA executive director **Luke St. Onge**...Neither Pro Kennex nor Ektelon have been able to measure the impact of the Hogan-Yellen article that appeared in *GQ* magazine last fall. The magazine gave plugs to each company's top-of-the-line racquet...Is there a proofreader in the house? The warm-ups for the U.S. National team are sharp looking, but would you believe "racquetball" is misspelled on them? Ouch!...Ektelon which has the largest share of the racquetball market, expects to be the leader in international distribution...**Mike Yellen's** longest pro match — three-and-a-half hours against **Marty Hogan**. His shortest — 30 minutes. He says he can't remember against whom... Attention club owners, don't forget all your courts should have drive serve lines which are three feet from each side wall in the service box. It takes less than three minutes per court and all you need is a yardstick, pencil, scissors or razor blade and red plastic tape.

RACQUET TALK — The first racquet **Mike Yellen** hit with was the Ektelon Beau Mark which used to be the **Bud Muhlheiser**. "It was aluminum with a wooden handle and it felt like it weighed 47 pounds," said Yellen who now uses the Toron. And how many racquets has Yellen broken over the years? "I've broken no more than two during my whole career. I'm generally easy on my racquets."...

COURT QUOTE — "I could have had it if I would have been there."...**PET PEEVE DEPARTMENT** from one female open player: "I hate

having to play someone who sweats beer and I can't stand the sight of guys with mammoth-sized bellies changing their shirts between games."...The new ball from Pro Kennex is a tad slower than the Penn which should force players to run more. "Fitness is the thing," says one Pro Kennex executive...The latest trend shows apartment complexes offering indoor racquetball courts. This should only help clubs as players will be introduced to the game and yearn for better competition...**Toni Bevelock**, *National Racquetball's* first female centerfold, says the reaction has been positive. "I've gotten a lot of calls for dates," Toni says.

LAST BOOK READ — For AARA executive director Luke St. Onge it's "People of The Lie." World champ Mike Yellen, a Michigan native just finished — "Iacocca"...There are two factions fighting for control of racquetball in Great Britain — The British Racketball Association and the Great Britain Racquet Federation...Steve Strandemo has changed his marketing approach. The Strandemo training center sessions, which are limited to six or fewer people, are held in the San Diego area while the United States Racquetball Academy goes on the road and can handle up to 30 people. Strandemo, who hopes to spread his teaching gospel, also offers a session for instructors...National Singles Champion Diane Green received a nice write-up in the *USA Weekend* sports section which boasts 28.3 million readers...

RUMOR DEPARTMENT — One camera company and a couple of automobile manufacturers have expressed interest in sponsorship packages through the American Amateur Racquetball Association.

THINGS I LIKE — Opponents who bring their own ball to the court during warm-up, being able to get a court at prime time without having to reserve it two days in advance and trying out new racquets at the beginning of the year. **THINGS I DISLIKE** — Those who play three hours during prime time preventing others from playing and others who forget there is an opponent on the court and come precariously close to hitting him or her with the racquet. ○

Mens AARA Official Rankings December 7, 1987

Mens Open: 1-J. Cascio, PA; 2-A. Roberts, TN; 3-D. Ganim, OH; 4-T. Boscia, CO; 5-S. Gonzalez, FL; 6-D. Ganim, OH; 7-M. Lowe, CA; 8-S. Moskwa, IL; 9-T. O'Neil, VT; 10-B. Kelley, CT; **Mens A:** 1-L. Yeip, MI; 2-J. Minkel, TX; 3-D. Kartchner, CO; 4-G. Mavakis, NY; 5-J. Okuniewicz, MA; 6-R. Abady, NY; 7-S. Tucker, FL; 8-T. Dotson, WA; 9-B. Gruber, NY; 10-D. March, MI; **Mens B:** 1-B. Buckalew, GA; 2-R. Kline, SD; 3-M. Motta, FL; 4-N. Rallis, MI; 5-R. Jackson, FL; 6-M. Sturgeon, TX; 7-J. Denicola, CA; 8-S. McCune, MI; 9-D. Vega, NY; 10-G. Alexander, CO; **Mens C:** 1-S. Monchik, NY; 2-M. Volterre, FL; 3-J. Everett, WA; 4-M. Hartman, FL; 5-G. Boudreau, CN; 6-R. Bates, CA; 7-I. Dyar, NJ; 8-J. McCubbin, Jr., TX; 9-D. Simonton, NH; 10-M. Davis, MI; **Mens D:** 1-B. Lee, TX; 2-K. Martin, CA; 3-D. Balassone, MI; 4-C. Surls, FL; 5-F. Doyle, MA; 6-W. Hufanker, TN; 7-R. Klienbenstein, UT; 8-T. Lavery, IL; 9-F. Liu, NY; 10-B. Pruchno, WA; **Mens Novice:** 1-J. Cain, TX; 2-B. Johnson, MN; 3-W. Bailey, WA; 4-M. Albetti, IL; 5-R. Cadet, NY; 6-L. Caplan, MD; 7-E. Dadak, MA; 8-J. Kosik, FL; 9-B. Laird, TX; 10-L. Leipold, GA; **Mens 8:** 1-M. Hurst, FL; 2-R. Thompson, AL; 3-S. Huggins, FL; 4-J. Boyett, CA; 5-B. Hansen, IA; 6-H. Spangenberg, CA; 7-J. Bhuta, AL; 8-J. Friedman, FL; 9-T. Siggins, CA; 10-G. Benedict, CO; **Mens 10:** 1-F. Dean, Jr., AL; 2-S. Brown, CA; 3-W. Miller, TN; 4-J. Carpenter, IA; 5-B. Zimmerman, MI; 6-C. Pardue, FL; 7-M. Hurst, FL; 8-M. O'Brian, CO; 9-E. Storey, IN; 10-S. Wood, MA; **Mens 12:** 1-C. Cysz, FL; 2-S. Monchik, NY; 3-S. Zimmerman, MI; 4-T. Lepera, IN; 5-J. Mannino, NY; 6-M. Kelly, CO; 7-A. Thompson, WI; 8-B. Garrow, MI; 9-F. Dean, AL; 10-A. Engel, FL; **Mens 14:** 1-J. Ellis, CA; 2-C. O'Connell, CO; 3-J. Ellenberger, WI; 4-C. Cysz, FL; 5-J. Kolen, AL; 6-S. Reiff, FL; 7-A. Bagnal, CA; 8-T. King, TN; 9-A. Engel, FL; 10-W. Epperson, AL; **Mens 16:** 1-N. Glantz, NY; 2-J. Paraiso, CA; 3-R. Walden, FL; 4-C. Garrido, TX; 5-W. Epperson, AL; 6-J. Hundley, FL; 7-T. Talley, WI; 8-D. Alonzi, CO; 9-J. Bonnett, MI; 10-M. Locker, MN; **Mens 18:** 1-D. Simonette, MD; 2-T. Doyle, NY; 3-J. Floyd, MI; 4-S. Mathison, AL; 5-B. Munroe, WI; 6-L. Suarez, FL; 7-T. Boscia, CO; 8-S. Graham, CT; 9-E. Ramm, CA; **Mens 19:** 1-M. Bronfeld, CA; 2-B. Rodriguez, CO; 3-D. Gopfert, MA; 4-A. Jahn, TX; 5-R. McKinney, PA; 6-C. Winter, FL; 7-D. Dutcher, MI; 8-S. Moskwa, IL; 9-C. Nichols, FL; 10-J. Chelena, FL; **Mens 25:** 1-T. Hansen, FL; 2-J. Scargle, FL; 3-L. Fox, MI; 4-J. Peterson, NY; 5-B. Huber, FL; 6-D. Levy, FL; 7-M. King, WV; 8-B. Sheldon, TN; 9-G. Tanko, WI; 10-M. Anderson, MI; **Mens 30:** 1-B. Corcoran, AZ; 2-S. Hastings, MI; 3-B. Land, LA; 4-J. Doyle, CA; 5-R. Anderson, MI; 6-K. Arrowsmith, FL; 7-D. Aceto, MA; 8-R. Olson, ME; 9-N. Jilek, TX; 10-V. Dubolsky, FL; **Mens 35:** 1-C. Kunkel, CA; 2-H. Grigg, IL; 3-D. Kovanda, OH; 4-J. Free, OH; 5-S. Wright, CA; 6-R. Montague, PA; 7-S. Chapman, FL; 8-S. Shapiro, MA; 9-B. Druktenis, WA; 10-G. Owen, FL; **Mens 40:** 1-C. Kunkel, CA; 2-E. Remen, VA; 3-J. Hennon, TN; 4-S. Heguy, NH; 5-B. Parra, CA; 6-H. Grigg, IL; 7-S. Robles, TX; 8-B. Sanders, OH; 9-K. Bonnett, MI; 10-T. Chodosh, TX; **Mens 45:** 1-R. Wehrle, CA; 2-C. Garfinkel, NY; 3-R. Galbreath, PA; 4-B. Sanders, OH; 5-R. Johnson, IL; 6-S. Williams, WA; 7-T. Rumsey, FL; 8-D. Mas, DE; 9-M. Wayne, CA; 10-R. Adams, CA; **Mens 50:** 1-S. Marcus, FL; 2-B. Wetzel, CA; 3-S. Elman, MA; 4-J. Mooney, CO; 5-J. Fay, TX; 6-Sid Williams, WA; 7-J. Jackman, PA; 8-P. Banales, AZ; 9-M. Blair, MN; 10-D. Chapman, OH; **Mens 55:** 1-C. Chapman, OH; 2-L. Hahn, MI; 3-P. Whitehill, WA; 4-H. Clar, CA; 5-R. Horton, CO; 6-B. Folsom, ME; 7-D. Ryan, MA; 8-R. Stillman, MI; 9-J. Solio, FL; 10-J. Railey, CA; **Mens 60:** 1-S. Lesser, NY; 2-V. Sacco, NY; 3-G. Melvey, ND; 4-B. Briel, MA; 5-E. Acuff, VA; 6-R. Carretti, MI; 7-A. Goss, CO; 8-D. Kincaide, CO; 9-C. Clausen, FL; 10-S. Eller, IL; **Mens 65:** 1-L. Wilde, UT; 2-E. Acuff, VA; 3-A. Goss, CO; 4-N. Sans, CA; 5-D. Goddard,

RMA Pro Tour

Official Rankings

December 25, 1987

1	B. Harnett	13,423
2	M. Hogan	10,764
3	E. Andrews	10,445
4	M. Yellen	10,001
5	C. Swain	8,220
6	R. Gonzalez	7,595
7	E. Inoue	7,143
8	G. Peck	6,989
9	S. Lerner	5,517
10	G. Price	5,067
11	C. Brysman	4,473
12	M. Ray	4,139
13	D. Peck	3,925
14	A. Katz	3,817
15	R. Harriersad	3,667
16	D. Obremski	3,617
17	J. Hilecher	3,492
18	A. Gross	3,292
19	J. Newman	3,189
20	D. Gross	3,014
21	J. Cascio	2,639
22	D. Johnson	2,295
23	L. Gilliam	2,189
24	D. Green	1,589
25	Ch. Nichols	1,564

MT; 6-B. Cloud, IL; 7-M. Friedman, ME; 8-J. Glavan, FL; **Mens 70:** 1-J. Pearce, TX; 2-A. Shepherd, MD; 3-I. Gumer, KY; 4-H. Minor, CO; 5-G. Goldstein, NJ; 6-A. Beetle, WV; 7-T. McEachern, CA; 8-J. Neal, CA; 9-D. Brown, ME; 10-J. Sawbridge, AZ; **Mens Wheelchair:** 1-G. Baker, WV; 2-M. Munson, WV; 3-D. Hanley, WV; 4-M. Jenkinson, WV; 5-Leatherman, MD; 6-S. Hickey, WV; 7-J. Roberts, MD; 8-K. Brown, WV

Womens AARA Official Rankings

December 7, 1987

Womens Open: 1-K. Kuhfeld, IN; 2-M. Mook, CA; 3-S. Morgan, FL; 4-D. Fischl, PA; 5-D. Green, FL; 6-T. Rasmussen, CA; 7-J. Hastings, MI; 8-C. Evon, IL; 9-D. Adams, CO; 10-L. Hjelm, CA; **Womens A:** 1-L. Butler, TX; 2-A. Maldonado, NY; 3-L. Gaertner, NJ; 4-S. White, MI; 5-L. Pastor, MN; 6-V. Fisher, CA; 7-P. Afford, NJ; 8-L. Mojer, FL; 9-J. Snider, FL; 10-L. Troszak, MI; **Womens B:** 1-L. Butler, TX; 2-D. Hood, UT; 3-J. Heller, OH; 4-L. Wescott, NJ; 5-S. Elins, FL; 6-L. Campbell, TX; 7-S. Rice, NJ; 8-K. Vetort, TX; 9-J. Zogg, CA; 10-B. Tadej, WA; **Womens C:** 1-L. Williams, NJ; 2-K. Perry, CA; 3-C. Morales, CO; 4-B. Maynard, FL; 5-K. Locke, MN; 6-K. Benkert, TX; 7-A. Henry, UT; 8-M. Andrade, CA; 9-K. Rector, WA; 10-L. Brown, CA; **Womens D:** 1-W. Rudov, TX; 2-M. Bailey, WA; 3-D. Bates, CA; 4-T. Collins, MA; 5-A. Dickerson, MI; 6-F. Egnezzo, NJ; 7-B. Hendrickson, MA; 8-F. Judkins, TN; 9-L. Moore, TX; 10-B. Richards, GA; **Womens Novice:** 1-C. Greco, MA; 2-A. Roehler, PA; 3-S. Beverly, NY; 4-H. Cohen, NJ; 5-L. Moore, TX; 6-M. Zak, MA; 7-M. Hendrickson, NY; 8-L. James, PA; 9-R. Branville, MN; 10-S. Carter, DE; **Womens 8:** 1-J. Quinlan, FL; 2-D. Derr, FL; 3-D. Gates, IL; 4-L. Patton, FL; 5-B. Knitter, WI; 6-J. Newton, AL; 7-K. Newsome, FL; 8-J. Thompson, FL; 9-V. Tulao, AL; **Womens 10:** 1-D. Gates, IL; 2-D. Derr, FL; 3-S. Feaster, DC; 4-A. Meyer, CO; 5-A. Akers, AL; 6-J. Quinlan, FL; 7-S. French, FL; 8-J. Newton, AL; 9-S. Torst, CA; 10-M. MacGregor, FL; **Womens 12:** 1-B. Engel, FL; 2-E. Icenogle, CA; 3-A. Roehler, PA; 4-D. Derr, FL;

WPRA

Official Rankings

December 6, 1987

1	L. Adams	178.75
2	C. McKinney	127.50
3	M. Drexler	126.25
4	K. Kuhfeld	116.25
5	M. O'Brien	68.75
6	V. Panzeri	63.75
7	Jackie Paraiso	58.75
8	M. Lynch	52.50
9	Joy Paraiso	51.25
10	L. Alvarado	48.33
11	C. Evon	36.25
12	C. Doyle	35.00
13	F. Davis	31.25
14	M. Dee	30.00
15T	T. Gilreath	25.00
15T	A. Katz	25.00
17	L. Porter	23.33
18T	T. Bevelock	20.00
18T	S. Robson	20.00
18T	R. Whitmire	20.00
21	B. Stoll	16.66
22T	D. Fletcher	13.33
23T	M. Morris	13.33
24T	C. Baxter, D. Burton, Ca. Ferreir, R. Goblish, Ca. Nichols	10.00



Classified Advertising

RATES & INFORMATION: First 20 words \$60, each additional word \$2.50. Classified display: \$80 per column inch. Deadline: 10th of month two months prior to issue date (i.e. February 10 for April issue). Mail materials together with payment to: *National Racquetball*, P.O. Drawer 6126, Clearwater, FL 34618-6126, (813) 736-5616.

RACQUETBALL PROS

needed for immediate openings. Contact: H&F Solutions, Search & Placement, P.O. Box 151, Bloomfield Hills, MI 48303; (313) 737-0779.

TOURNAMENT MASTER

Proven PC software guaranteed to put FUN back into running tournaments. EASY menu driven program; on screen help; FAST! Complete draws & schedule for any size tournament in minutes. Extensive reports. For FREE demo disk contact: Sports Computer Systems, Inc., Dept. 806B, 3014-165th PL NE, Bellevue, WA, 98008, (206) 883-4246.

Schedule of Events

RMA Tour Schedule 1987-88 Season

February 17-21, 1988

Arnie May Canadian
Open Pro/Am
Cambridge Racq. Club
1385 West 8th Avenue
Vancouver, B.C.
V6H1C8
(604) 736-6794

February 24-28

Griffith Athletic Club
4925 S.W. Griffith Dr.
Beaverton, OR 97005
(503) 644-3900

March 2-6

M-PACT Open
Landmark Club
12740 Merritt Drive
Dallas, TX 75251
Aaron Katz
(214) 392-1501

March 24-27

ETU Trucking Pro/AM
Michigan Athletic Club
2500 Burton S.E.
Grand Rapids, MI
49506
(616) 887-1558
(313) 653-5999

Nationals

Site and Date TBA

WPRA Tour Schedule 1987-88 Season

February 26-28, 1988

Shawnee-at-Highpoint
808 Washington Ave.
Sellersville, PA 18960
Molly O'Brien
(215) 822-1951

March 10-13

Westerville Athletic Club
939 South State Street
Westerville, OH 43081
Denny Vincent
(614) 882-7331

April 21-24

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

June 2-5

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

RMA Info: Jim Hiser
(303) 635-5396

WPRA Info: John Samford
(817) 654-2277

APRO Tip

(continued from page 45)

ing the event under a city or state association, again, clear it with them.

Organize a tournament committee to handle the seeding and making of the draw. Also have a committee to take care of floor management during the tournament. Floor management is important for registering players, properly assigning matches to courts as they become available, posting scores with subsequent time assignments, and supplying the balls and referee cards.

Set a tournament entry fee that will pretty much correspond with fees for similar type tournaments in your region. Calculate your budget to cover costs of equipment, hospitality, use of courts, souvenir T-shirt/shorts, trophies (cash awards?) and printing or mailings.

The tournament entry blanks should be self-explanatory, giving the full information. Include dates, location (with map if necessary), various brackets of play (skill categories, age levels, singles/doubles and a place to specify for men or

women players). There should be a waiver of injury claim to be signed by the entrant(s), and also one for parents or guardians of juniors.

Housing information should be included on the entry blank if it is necessary or available. If there is a motel near the playing site, full information should be given, especially if there are special rates. Try to arrange for more than one motel in the moderate to medium price range.

The tournament director should be designated on the entry blank with address and phone number. Show where the entry should be sent and include the deadline date. Make sure the entrants will *print* their full name, home address and telephone number, birth date for age categories, name of doubles partner with home address and phone number. Also make sure there is a place for entrants to *sign* the injury waiver release.

Contingent on court availability, you will want to make the tournament as all-encompassing as possible. Plan a 'full menu' of various classes of play and age levels. If you have enough court time to give consolation play, it will be a strong lure to pro-

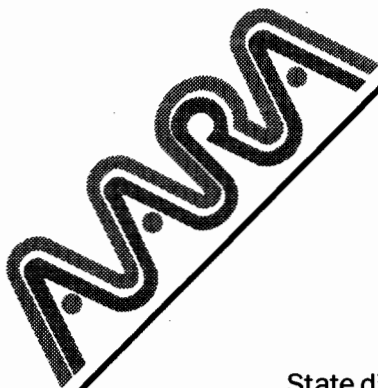
spective entrants because it guarantees them at least two matches for their entry fee. In most cases, the draws will be set up with single-elimination play.

There should be no confusion about check-in of entrants upon arrival. A registration table — as close as possible to the club's front desk — should be manned at least six hours prior to the start of play. At that time a full information sheet and the souvenir shirt/shorts should be given to entrants. The draw sheets should be prominently displayed.

The tournament chairman should organize a corps of volunteer referees and ideally, prior to match play, schedule an orientation clinic for them. Enough referees will be needed to officiate the first round matches. It is customary after that for the winners or losers of matches to referee the rest of the matches until the semifinals and finals.

Try to get the support of community business people (sponsors!) for donations of hospitality foods, or awards or souvenir items.

Do all this, and your tournament will be a success. Then of course, you will want to repeat it! ○



President's Column

by Van Dubolsky

State directors are always looking for ways to improve sanctioned tournaments. A few years ago the Florida Racquetball Association developed a "tournament report card" to help them review each event in their state. The report cards are available at the check-in desk and any player is welcome to fill one out and send it in to the association. The forms have allowed the FRA membership to offer constructive criticism and/or praise to tournament directors if they wish to. The form has given FRA/AARA members an additional opportunity to voice their opinions regarding association activities.

There is always the possibility that a report card like the one reprinted here could be adapted for use in other states:

Florida Racquetball Association Tournament Report Card

Tournament Site/Name: _____ Date: _____

Please provide us with your opinions about this tournament by circling your rating below. Results will be used to determine compliance with established FRA sanctioning guidelines.

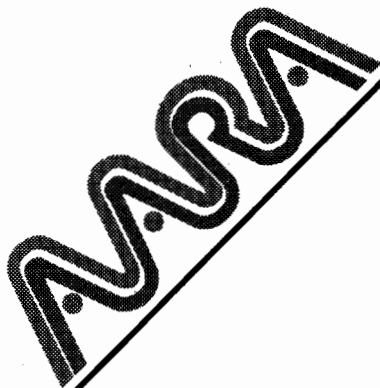
Excellent=5, Good=4, Average=3, Fair=2, Poor=1

- | | | | | | |
|---|---|---|---|---|---|
| 1) Advertising: Printed ads, club mailings, individual mailings? | 1 | 2 | 3 | 4 | 5 |
| Ample time to enter? | 1 | 2 | 3 | 4 | 5 |
| 2) Balls: Practice balls available? | 1 | 2 | 3 | 4 | 5 |
| New Balls through finals rounds? | 1 | 2 | 3 | 4 | 5 |
| 3) Facility: Air Conditioning adequate? | 1 | 2 | 3 | 4 | 5 |
| Good lighting & viewing? | 1 | 2 | 3 | 4 | 5 |
| Courts standard? (i.e. safety zones marked?) | 1 | 2 | 3 | 4 | 5 |
| Adequate locker facilities? | 1 | 2 | 3 | 4 | 5 |
| Towels/locks available with deposit? | 1 | 2 | 3 | 4 | 5 |
| Lockerroom facilities? (spas, saunas, steam, etc.?) | 1 | 2 | 3 | 4 | 5 |
| Amenities (lounge, pool, restaurant?) | 1 | 2 | 3 | 4 | 5 |
| Nautilus, aerobics, fitness center open to players? | 1 | 2 | 3 | 4 | 5 |
| 4) Hospitality: Meals as advertised? | 1 | 2 | 3 | 4 | 5 |
| Free beverages? (beer or soft drinks) | 1 | 2 | 3 | 4 | 5 |
| Adequate energy drink provided? | 1 | 2 | 3 | 4 | 5 |
| Additional fruit, snacks, etc.? | 1 | 2 | 3 | 4 | 5 |
| 5) Shirts, Trophies, Souvenirs, Prizes: Worth the money as part of total package? (i.e. commensurate with entry fees?) | 1 | 2 | 3 | 4 | 5 |
| Souvenirs, prize drawings as promised? | 1 | 2 | 3 | 4 | 5 |
| 6) Hotel Accommodations: As advertised on entry blanks? | 1 | 2 | 3 | 4 | 5 |
| Rates and Rooms? | 1 | 2 | 3 | 4 | 5 |
| Convenient to tournament site? | 1 | 2 | 3 | 4 | 5 |
| 7) Tournament Direction: Level or organization? | 1 | 2 | 3 | 4 | 5 |
| Seedings reasonable (current rankings used)? | 1 | 2 | 3 | 4 | 5 |
| Refereeing procedures? | 1 | 2 | 3 | 4 | 5 |
| Sandbagging controlled? | 1 | 2 | 3 | 4 | 5 |
| Starting times available 48 hrs. before event? | 1 | 2 | 3 | 4 | 5 |
| 8) Scheduling: Matches on time? | 1 | 2 | 3 | 4 | 5 |
| Match times reasonable considering turnout? | 1 | 2 | 3 | 4 | 5 |
| Conflicts minimized for players in two events? | 1 | 2 | 3 | 4 | 5 |
| 9) Overall Rating: [100% is excellent, etc.] | 1 | 2 | 3 | 4 | 5 |
| 10) Signature [optional]: _____ | | | | | |

Please return form to tournament director at this event, or mail to: Florida Racquetball Association • c/o Van Dubolsky, Santa Fe Community College, L-24, 3000 NW 83rd Street, Gainesville, FL 32602.

**** Any and all additional comments are appreciated! ****

If you feel this is a valuable idea for tournaments in your area, contact your state association director, or me in care of the address on the form. You *can* help to improve the quality of the tournaments you compete in — give them a grade!



Regional Reports

Region Two Report From New York

Two of the main areas of interest for people playing in tournaments are their rankings and when players should move up from one category of play to another. New York uses its rankings to determine relative seedings for tournaments, to determine when a player must "move up" into the next category, and to prevent sandbagging.

The New York chapter has instituted the following rules regarding when a player must move up. The rules differ in some instances for males and females due to the fact that women's draws occasionally have less than eight players and a person can advance into the semifinals without having played a match.

Unless otherwise noted, the following rules apply to both sexes:

1. A "beginner" player is defined as a player who has never won a match in an open tournament and plays at the beginner level.
2. A "novice" player is defined as any player who has not reached the semifinals of any class other than beginner in an open tournament.
3. If a doubles team does not have a specific ranking by itself, then the level of any doubles team is determined by the highest singles level of either player.
4. Regardless of the level of play in singles of either player, a doubles team must move to the next skill category after winning two events or after reaching the finals three times or after reaching the semifinals four times.
5. Male players will be required to move to the next skill level if the following conditions are met:
 - a. After winning two tournaments, reaching the finals three times or after reaching the semifinals four times, OR

b. After accumulating 120 points during the previous twelve month period.*

6. Female players will be required to move to the next skill level after winning two tournaments, reaching the finals three times or after reaching the semifinals four times. Female players will also be required to move to the next skill level if they accumulated 200 points over the previous one year period.*

7. Players may at any time petition State Headquarters to have their assigned playing class reviewed in order to allow them to return to their previous division.

**NOTE: The one year period is a continuous time period preceding the date of the tournament that the player is entering.*

Region Four Report From Florida

The 1988 Ektelon/AARA Regional Racquetball Championships, sponsored by Penn Athletic Products, are just around the corner. We want to make sure that everyone knows where and when they will be held.

The adult regionals will take place April 14-17 at RacquetPower, 3390 Kori Road, Jacksonville, FL 32223. The phone number there is (904) 268-8888 and Mary Lyons will be able to answer any questions you may have.

The Junior Regionals will be held at Omega 40, 1 South Kings Road, Ormond Beach, FL 32074 on May 6-8. Scott Nelson or Dan Murray can help you at (904) 472-4044.

If you have any questions about the new eligibility requirements (you must actually play in the regionals to be eligible for nationals) please contact your regional director at the address listed below:

Van Dubolsky, L-24, Santa Fe Community College, 3000 NW 83rd Street, Gainesville, FL 32606, (904) 395-5356.

Region Fourteen Report From California

In the last twelve months, the Cali-

fornia Amateur Racquetball Association has grown considerably and matured as an organization. With Mickey Bellah as president, our membership has increased by a whopping 20%. The majority of this growth has been in southern California and would not have been possible without the dedicated group of board members from that part of the state. "For the first time ever we are truly united as a state, with just as many members in the south as in the north," says Bellah. "The services we offer to our members have also increased, and the outlook for 1988 is really exciting."

The CARA has added many new programs this past year, such as Tournament Directors Seminars, a new expanded ranking system, women's and senior events, Rich Wagner's Bike Ride for California juniors and the development of a minority council. "We take our responsibilities to our membership seriously," says Ed Martin, CARA executive director. "Educational programs such as the Tournament Directors Seminar will be expanded to include Program Directors and teaching professionals in 1988." Bellah and Martin both feel that helping club owners educate staff members in organizing better tournaments, leagues and instructional programs is an important part of the CARA role. The success of such an effort will ultimately make racquetball a much more enjoyable experience for all California players.

This change will also mean that the state will no longer publish its own newsletter, and that all California news will be carried in this section of the magazine. It's a little sad for those of us who have contributed to the "Court Report" but it's also exciting to move in new directions and provide a much more professional magazine for our membership. 1988 will offer many new changes and improvements, and we hope you are as excited as we are about the coming year.

Intercollegiate News

Collegiate regionals across the country are coming up fast, with dates ranging from February 15 to March 20. Regionals are an important preliminary to national competition and seeding for Intercollegiate Nationals depends on your finish. Regional ACRA Directors are listed below, and should be contacted directly for additional information:

Southwest: [FL, GA, AL, MS] March 11-13/Jacksonville, FL, Lori Basch, (305) 291-9181

Midwest: [MI, IN, IL, OH, IA, WI, MN] February 13-14/Chicago, Jerry Gray, (616) 796-9291

Western: [CA, NV, HI] Ed Martin, (916) 638-7572

Pacific Northwest: [WA, ID, OR, AK] James Lockhart, (509) 335-8725

North Central: [MT, NE, WY, ND, SD] Sharon Dusenberry-Tank, (406) 586-6861

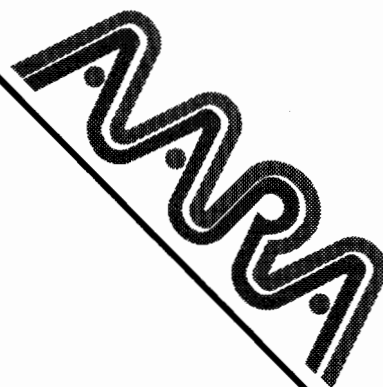
South Central: [TX, LA] Bob Maughan, (817) 382-1818

Rocky Mountain [AZ, NM, UT, CO] and **Mid-Atlantic** [VA, WV, MD, DE, TN, KY]: Neil Shapiro, (518) 436-9522

Central: [MO, KS, OK, AR] George Baker, (417) 869-2167

Northeast: [PA, NY, NJ, CT, RI, MA, NH, VT, ME] March 19-20, John Colantoni, (617) 922-5833

NOTE: News about the American Collegiate Racquetball Association (ACRA) and Intercollegiate programs will appear here monthly. Please forward information to Marilyn Keigly, Box 139, Big Rapids, MI 49307 for inclusion.



World Championships Set For Hamburg

The World Congress of the International Amateur Racquetball Federation has awarded the fourth World Championships of Racquetball to Racquetball Jenfeld, Hamburg, Germany. Teams from 26 countries are expected to compete for coveted men's and women's open and age division titles, August 6th-13th.

Competition will run a full week and will feature national teams from the U.S., Canada, Mexico, Costa Rica, Panama, Honduras, Brazil, Venezuela, Columbia, Puerto Rico, Ecuador, Peru, Japan, South Korea, Ireland, Netherlands, France, Spain, Hungary, Switzerland, Bahamas, Italy, Belgium, Germany, Australia and Greece.

Anyone wishing to attend the World Championships may obtain tickets through the IARF office in Colorado Springs. The host hotel will be the Hotel Panorama Billstedt, Billstedter, Hauptstrasse 44, 2000 Hamburg 74, which has a restaurant, bar and pool. Telephone: 040/731701-08. Telex: 212162, PANH D, Telefax: 7-32-6627. Room rates at today's rate of exchange [which include breakfast] are: Single=\$38.43 (DM 63); Double=\$26.23 (DM 43)/per person; Three=\$24.09 (DM 39.50)/per person; Four=\$21.35 (DM 35)/per person.

Directly following the World Championships in Hamburg, the U.S. National Team will travel to Barcelona, Spain for the World Championship Revanche, August 9-21, and will demonstrate racquetball at its finest to the local organizing committee of the 1992 Olympic games. Anyone seeking details about these two major events, please contact: IARF World Headquarters at 815 North Weber, Colo. Springs, CO 80903.

Last Chance In Tempe

During the National Doubles Championships in Arizona last fall Stan Wright, 36, and partner Steve Trent, 30, made a final attempt to claim a sixth national open doubles title before retiring as a team. The record for National Open Doubles Championship titles is currently held by three teams — Wright/Trent, Charlie Brumfield/Bud Mulheissen and Jeff Kwartler/Mark Malowitz.

Unfortunately, the hopes of Wright and Trent were dashed in the quarter finals by Andy Roberts and Tim Anthony, ending an eleven year partnership with an outstanding record. After playing in twelve national open doubles events, the two Californians left their mark on racquetball history by reaching three quarter finals, two semifinals, seven finals and claiming five titles. Stan and Steve had the honor of being on the U.S. National Team from 1982-1984, where they won two World Open Doubles titles and two International Open Doubles titles.

Their successful partnership may

have ended, but their friendship endures. Steve plans to continue playing in the open, but Stan states he'll ease gracefully into "the old man's bracket".

In Tempe, Stan teamed with Pat Page of Minnesota in the Men's 35+ division and the two made it into the finals without losing a game. In the finals they played Bobby Corcoran (AZ) and Gary Mazaroff (NM), going to a tiebreaker for the first time in the tournament. There the two were victorious, clinching their first 35+ title as a team with scores of 15-9, 14-15, 11-4.

Not only has Stan demonstrated his talent as an exceptional doubles player, but his singles credentials speak for themselves. He is a two-time national singles finalist, 1986 national invitational senior singles 30+ champion, and 1987 senior singles 35+ champion. Seems like he's not getting older, but better.

So to all of you who have already hit the 30-year mark, there's hope for you yet!

Many thanks to Regional Directors who are submitting reports for inclusion in this section of National Racquetball. Remember that deadlines are much further in advance (two months). By the time you read this, information for the April issue will be due. Keep those cards and letters coming! — Linda Mojer

American Amateur Racquetball Association

Ektelon/U.S. National High School Championships 1988

Noblesville, Indiana • March 11-13

NATIONAL SITE: Indiana Athletic Club, 411 South Harbour Drive, Noblesville, IN 46060, 317-776-0222

ELIGIBILITY: See Rules

DIVISIONS: Boys' Team #1: Singles #1, #2, #3, Doubles #1

Girls' Team #1: Singles #1, #2, #3, Doubles #1

Boys' Team #2: same as above

Girls' Team #2: same as above

ENTRY FEE: \$25 First Event per person, \$15 Second Event per person. Make check payable to AARA High School Championship.

DEADLINE: Postmarked Monday, February 29. NO EXCEPTIONS.

Entry fee/register letter MUST accompany entry form.

TOURNAMENT DIRECTORS: AARA — Luke St. Onge, 303-635-5396; Michael Arnolt, 317-926-2766; Rick Killion, 317-897-7000

HOUSING: Waterfront Resorts, 409 West Jackson Street, Cicero, IN 46034, 317-877-7870. 1-4 persons \$44. Lakefront suite, fireplace, indoor pool, jacuzzi, restaurant, lounge nearby, 2 miles from I.A.C., 317-877-7870 for reservations. Must mention National High School Championships to get special rate.

TRANSPORTATION: Transportation from Indianapolis International Airport to the Waterfront Resorts Inn, call 317-776-0222 - \$7.00 per person. Approximately 30 miles from airport to club.

PLAY BEGINS: 8:00 a.m. Friday. NO EXCEPTIONS.

OFFICIAL BALL: Penn Ultra-blue

LENSED EYEWEAR FOR RACQUET SPORTS IS MANDATORY!

HIGH SCHOOL RULES

RULE ONE — Student Participation — No one shall participate in any High School racquetball contest unless he or she is a bona fide matriculated student at an accredited High School and is regularly enrolled and doing full work as defined by the regulations of the High School at which he or she is enrolled.

RULE TWO — Amateur Participation — Only amateurs may participate. A professional is defined as any player (male/female/junior) who has accepted prize money regardless of the amount in any PRO

SANCTIONED tournament (NRC, PRA, WPRA, IPRO, NARP, RMA) or any other associations deemed by the AARA Board of Directors.

RULE THREE — Registrar Verification — Eligibility of participants shall be verified by attaching a letter to the entry blank from the Office of Admissions or Registrar with the school seal affixed. Names and full course work verification shall be noted.

RULE FOUR — Teams and Format — Teams consist of 4 to 8 players from the same High School: teams cannot have players from different schools in the same system. Doubles teams must be from the same High School. A team of 4 to 8 players consists of ONE #1 Singles, ONE #2 Singles, ONE #3 Singles, and a #1 Doubles. Singles players may also play doubles. Only 2 players from any one school may be in any singles division and only 2 doubles teams from any one school may be in either doubles division. A school may enter one team of 4-8 players or two teams of 4-8 players. Players on team 1 cannot play doubles or singles on team 2.

RULE FIVE — Scoring — The champion of each event shall receive 10 points, runner-up 7 points, third place 4 points, fourth place 2 points. There is a bonus pool of points that will be awarded for each win beginning with round 16: 7 points for division #1, 5 for division #2, and 3 for division #3. Using this weighting system it becomes more valuable to the team to play players at their ability level rather than below. Additional points: a player shall receive 2 points for each match won, except that no advancement points shall be awarded to the winner of the championship finals or the third place match. A forfeit or any injury default is considered a match won. One point is awarded a player receiving a bye, if he or she wins the next match. Teams with less than a full team will score points toward the team championships.

RULE SIX — AARA Membership — All players must be members of the AARA — non-members must submit \$10.00 yearly dues as part of the registration form.

TEAM ENTRY FORM

High School _____ Coach _____

Phone _____ Address _____

City _____ State _____ Zip _____

Entry Total \$ _____ AARA Member Dues \$ _____ ALL NEW MEMBERS must have full mailing address attached

I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the AARA and all participating parties and their respective agents for any and all injuries.

Date _____ Signature _____

ENCLOSE CHECK AND ELIGIBILITY LETTER: Ektelon/U.S. National High School Championships, 815 N. Weber, Colorado Springs, CO 80903.

AWARDS: Individual - 1st, 2nd, 3rd, 4th, 1st in Consolation in all divisions — Team - 1st, 2nd, 3rd, Boys' & Girls' Combined

NOTE: A person on Team 1 cannot be entered on Team 2.

BOYS' TEAM 1

SINGLES - Name, print in full

#1 _____

#2 _____

#3 _____

DOUBLES

#1 _____

& _____

BOYS' TEAM 2

SINGLES - Name, print in full

#1 _____

#2 _____

#3 _____

DOUBLES

#1 _____

& _____

GIRLS' TEAM 1

SINGLES - Name, print in full

#1 _____

#2 _____

#3 _____

DOUBLES

#1 _____

& _____

GIRLS' TEAM 2

SINGLES - Name, print in full

#1 _____

#2 _____

#3 _____

DOUBLES

#1 _____

& _____

NOTE: ALL PLAYERS MUST HAVE A CHAPERON RESPONSIBLE FOR THEM DURING THE ENTIRE NATIONALS.
Chaperon _____

APPLICATION WILL NOT BE ACCEPTED WITHOUT CHAPERON'S NAME. A CHAPERON MUST BE AT LEAST 21 YEARS OLD AND MAY NOT BE A PLAYER IN THE HIGH SCHOOL NATIONALS. CHAPERON MUST BE PRESENT DURING REGISTRATION.

AARA State Rankings

November 30, 1987

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

NFL To Compete In National Singles

For the first time in AARA history, active and retired National Football League players will compete in a division of the 1988 Ektelon/U.S. National Singles Championships. The Downtown YMCA in Houston, TX will host the NFL players, along with hundreds of other racquetball enthusiasts, during Memorial Day Weekend in May.

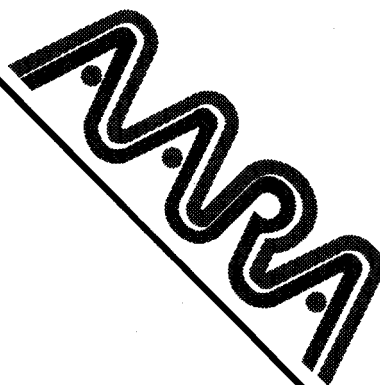
Jim Turner, retired N.Y. Jets and Denver Broncos premier place kicker, will serve as tournament director of this special event. As one of the top master players in Region 12 and host of a popular sports talk show on KNUS in Denver, Turner is excited about the unusual NFL format.

"We feel that it's one of the best kept secrets in the U.S. that racquetball is one of the most popular sports amongst NFL players. It will be great to showcase these top professional athletes with the top amateur racquetball players in the world. It should be a great week in Houston."

Many active players, such as John Elway [Broncos]; Jim McMahon [Bears]; and Joe Theisman [Redskins] use racquetball as a conditioning sport in the off season. Jack Ham [Steelers]; Joe Gibbs [Redskins]; Gayle Sayres and Revie Sorey [Bears] have continued to play racquetball after retiring from active NFL play.

AARA Executive Director Luke St. Onge is very pleased to welcome the NFL players to the Nationals. "The inclusion of the NFL Division as part of the Nationals will be an exciting addition this year. Especially since this year marks the 20th anniversary of racquetball."

**As of
December 1, 1987,
Lensed Eyewear
for racquet sports
is mandatory in all
AARA sanctioned
events.**



JOIN THE AARA

American Amateur Racquetball Association

- Over 800 Tournaments Annually
- Official Amateur Rulebook
- National Ranking With All AARA Players
- Recognized Amateur Governing Body

☐ **Yes!**

Sign me up for an AARA membership kit which includes all the above plus an official membership card that makes me eligible for tournament play and discount coupons for merchandise and services. I am enclosing only \$10.00 for a one year membership.

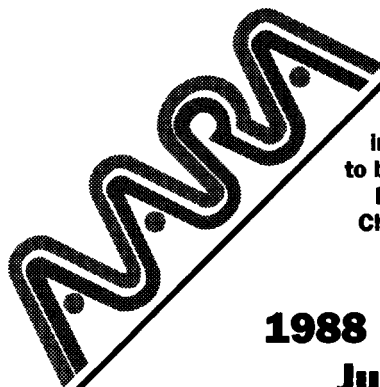
Name _____

Address _____

City _____

State _____ Zip _____

Mail This Form To: AARA, 815 North Weber, Suite 203, Colorado Springs, CO 80903



Juniors must also play
in an Ektelon Junior Regional
to be eligible to compete in the
Ektelon/U.S. National Junior
Championships in Denver, CO,
June 25-28, 1988.

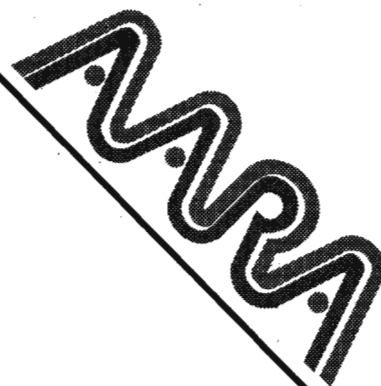
1988 Ektelon/AARA Junior Regionals

Region #1	Paul Henrickson 20 Oakes Street Millbury, MA 01527 617-832-3459	May 6-8 STBA
Region #2	Al Seitelman 142 Landing Avenue Smithtown, NY 11787 516-360-0979	March 25-27 Off The Wall RB Club 230 Osser Avenue Hauppauge, NY
Region #3	Robert Linsk 4611 Harrison Street Chevy Chase, MD 20815 301-657-2417	May 13-15 Merritt Athletic Club 2076 Lord Baltimore Baltimore, MD 21207
Region #4	Van Dubolsky Santa Fe Community College 3000 N.W. 83rd Street Gainesville, FL 32606 904-395-5356	May 6-8 Omega 40 1 South Kings Road Ormond Beach, FL
Region #5	Jack Sorenson Montgomery Athletic Club 5675 Carmichel Park Montgomery, AL 36177 205-277-7130	DTBA STBA
Region #6	Randy Scott 1615 Walnut Grove Derby, KS 67037 316-788-6470	DTBA STBA 316-681-1573
Region #7	Bruce Hendin 15759 San Pedro San Antonio, TX 78232 512-490-1980	DTBA STBA
Region #8	Alvin Barasch 7330 N. Cicero Lincolnwood, IL 60646 312-673-7300	DTBA STBA
Region #9	Tom Blakeslee 37585 Lakeville Mt. Clemens, MI 48045 313-575-3998	DTBA STBA
Region #10	Michael Arnolt 8444 Seabridge Way Indianapolis, IN 46240 317-259-1359	March 18-20 STBA 317-776-0222
Region #11	Les Dittich Box 16 Eagle Lake, MN 56024 507-257-3698	DTBA STBA 507-257-3353
Region #12	Mary Ann Czupor 5834 Urban Court Arvada, CO 80004 303-422-5703	May 5-8 STBA 303-426-6161
Region #13	Dan West 3758 Mt. Rushmore Avenue Billings, MT 59102 406-656-3890	April 8-10 Billings Athletic Club 777 15th Street West Billings, MT 59102
Region #14	Scott Winters RB World & Aerobic Health Ctr. 10115 Talbert Avenue Fountain Valley, VA 92708 714-962-1374	May 20-22 Schoenberg's Athletic 5341 Owens Court Pleasanton, CA 415-463-0950
Region #15	Sid Williams 5227 S. Puget Sound Tacoma, WA 98409 206-473-2266	DTBA STBA

1988 Ektelon/AARA Adult Regionals

Region #1	Paul Henrickson 20 Oakes Street Millbury, MA 01527 617-832-3459	April 15-17 STBA
Region #2	Al Seitelman 142 Landing Avenue Smithtown, NY 11787 516-360-0979	March 25-27 Off The Wall RB 230 Osser Avenue Hauppauge, NY 516-231-3322
Region #3	Bernie Howard RD 1, Box 362A Reedsville, PA 17084 717-667-2209	April 23-26 STBA
Region #4	Van Dubolsky Santa Fe Community College 3000 N.W. 83rd Street Gainesville, FL 32606 904-395-5356	April 14-17 Racquet Power 3390 Kori Road Jacksonville, FL 904-268-8888
Region #5	Jack Sorenson Montgomery Athletic Club 5675 Carmichel Park Montgomery, AL 36177 205-277-7130	April 29-30 STBA
Region #6	Randy Scott 1615 Walnut Grove Derby, KS 67037 316-788-6470 316-681-1573	April 9-11 STBA
Region #7	Bruce Hendin 15759 San Pedro San Antonio, TX 78232 512-490-1980	April 15-17 RB & Fitness Clubs 7700 Torino Drive San Antonio, TX 512-344- 8596
Region #8	Alvin Barasch 7330 N. Cicero Lincolnwood, IL 60646 312-673-7300	March 25-27 STBA
Region #9	Jim Easterling 321 Village Lansing, MI 48911 517-887-0459 517-373-2399	February 19-21 Aquaris Athletic Club 5730 Opportunity Dr. Toledo, OH 43617 419-476-4884
Region #10	Michael Arnolt 8444 Seabridge Way Indianapolis, IN 46240 317-259-1359 317-776-0222	March 4-6 Court Club 3455 Harper Road Indianapolis, IN
Region #11	Les Dittich Box 16 Eagle Lake, MN 56024 507-257-3698 507-257-3353	April 29-May 1 98th Street Racquet 1001 West 98th St. Minneapolis, MN 612-884-1612
Region #12	John Foust 4633B South Frazer Aurora, CO 80015 303-699-8121 303-750-3210	April 21-24 Denver Sporting Club 5151 S. DTC Parkway Englewood, CO 303-779-0700
Region #13	Dan West 3758 Mt. Rushmore Avenue Billings, MT 59102 406-656-3890	April 8-10 Billings Athletic Club 777 15th Street West Billings, MT 59102 406-259-2626
Region #14	Ed Martin Bottomline Ventures 11460 Sunrise Gold Circle Rancho Cordova, CA 95670 916-638-7572	April 15-17 STBA
Region #15	Sid Williams 5227 S. Puget Sound Tacoma, WA 98409 206-473-2266	March 24-27 Pacific West Club 1340 West Smith Kent, WA 98013

Schedule of Events



February 2-6

Alta Canyon Open
Alta Canyon
9565 Highland
Sandy, UT 84092
Jerry Cole 801-942-2582

February 4-7

Aurora City Open
International Athletic Club
3191 S. Vaughn Way
Aurora, CO 80014
Dan Schliebe (303) 696-9313

February 4-6

Durango Doubles
Durango Sports Club
1600 Florida Road
Durango, CO 81301
Corine Sanborn 303-259-2579

February 4-6

Southwest New Mexico Invitational
Roswell Racquet Club & Spa
200 E. Mescalero
Roswell, NM 88201
Derry Moore 505-622-0962

February 4-6

The 2nd Annual Warren Open
The Racquets Club of Warren
149 Bethel Road
Warren, NJ 07060
Joe Cline 201-647-0400

February 4-7

1988 National Masters Invitational
Sports Club
3025 Industrial Road
Las Vegas, NV 89109
Patty Wagner/Gene Strohelein
702-733-8999

February 4-7

1988 Winter Open
Snowcreek Athletic Club
P.O. Box 12
Mammoth Lakes, CA 93546
Rick Davis 619-934-8511

February 5-7

Fitness Barn Open
Fitness Barn
810 N. County Road
Valparaiso, IN 46383
Bret Woodke/Janie Siddal
219-726-3191

February 5-7

Harr Motor Open
Aberdeen Family YMCA
420 S. Lincoln
Aberdeen, SD 57401
Kent Alm

February 5-7

March of Dimes Classic
Pike Creek Court Club
4905 Mermaid Blvd.
Wilmington, DE 19808
Ed Young 302-239-6688

February 5-7

New Life Open
New Life Fitness World
2531 Cleveland Ave.
Ft. Myers, FL 33901
Jim Martin 813-337-1981

February 5-7

Open Tournament
Lakes Region Health & Fitness Club
O'Shae Industrial Park
Laconia, NH
Bill Polopec 603-524-2540

February 5-7

Roof Open
Auburn Courthouse & Athletic Club
11558 F Avenue
Auburn, CA 95603
Nancy Sage 916-885-1964

February 5-7

Sundown Valentine Day Massacre
Sundown Liverpool
7455 Morgan Road
Liverpool, NY 13090

Mary Eames 315-451-5050

February 5-7

Super 7 #5
Rose Shores East
31950 Little Mack
Roseville, MI 48066
Jim Hiser 313-653-5999

February 5-7

4th Annual Bud Light Cash Clash
Ohio Valley Racquet Club
52610 Holiday Drive
St. Clairsville, OH 43950
Kelly Rine 614-695-3055

February 9-13

Redwood Multi Open
3060 Lester St.
West Valley, UT 84119
Ruth McGovern 974-6923

February 10-14

KTVB Beach Party Classic
Alaska Athletic Club
4511 Folker #40
Anchorage, AK 99508
Robin Rodriguez 907-561-3160

February 11-14

St. Valentine's Day Open
Rallysport
2727 29th Street
Boulder, CO 80301
Marge Scheffner 303-449-4800

February 11-14

1988 Sweetheart Special Tournament
La Mancha Athletic Club
100 West Clarendon
Phoenix, AZ 85013

February 12-14

AARA Washington State Singles
Pacific West Club
1616 South Mildred
Tacoma, WA 98465
Sid Williams 206-565-4600

February 12-13

Club Championships
Olympic Sports World
2804 Birch St.
Parkersburg, WV 26101

February 12-14

Cupid Classic
Courthouse at Cromwell
10 Hillside Ave.
Cromwell, CT 06416
Debbie Didato 203-249-4793

February 12-14

Indiana Women's Classic
Indiana Athletic Club
411 S. Harbour Drive
Noblesville, IN 46060
Renee La Bonne 317-776-0222

February 12-14

Lonely Hearth
Olympiad
70 Farrell Drive
So. Burlington, VT 05403
802-985-8148

February 16-20

B.Y.U. Open
B.Y.U.
University Hill
Provo, UT 84604
Burton Olsen 801-378-2547

February 18-21

Point Challenge
Point Lakewood
533 Van Gordan St.
Lakewood, CO 80228
Dave Mammich 303-988-1300

February 18-21

PPRA Junior Regional Tournament
Point Athleti Club
2233 N. Academy Place
Colorado Springs, CO 80909
Chris Turner 303-597-7775

February 19-21

Coca Cola Classic
Richmond YMCA

50 Hayes Arboretum Rd.
Richmond, IN 47374
David Brown 317-962-6605

February 19-21

Merced Winter Open
Merced Racquet Club
P.O. Box 2944
350E Yosemite
Merced, CA 95340
Brad & Clarita Parra
209-722-3988

February 19-21

Minnesota Super 6 Series #5
King's Court-Roseville
2560 Fry Street
Roseville, MN 55113
Betsy Larey/Dan Ferris

February 19-21

NJ State Junior Championships
The Racquet Place
163 Route 34
Matawan, NJ 07747
Jodi Bair 201-384-3905

February 19-21

Norwich Open
Norwich Conn.
2138 Silas Deare Highway
Rocky Hill, CT 06067
Ed Mazur 203-563-1491

February 19-21

Open Tournament
Executive Health & Fitness Club
Londonderry, NH 03106
Dale Bennett 603-668-4753

February 19-21

State Singles
The Club
825 Courtland Street
Orlando, FL 32804
Linda Mojer

February 19-21

15th Annual Knoxville City
Courthouth, Merchants Dr.
5600 Merchants Dr.
Knoxville, TN 37923
Joan Walters 615-691-2255

February 19-21

9th Annual Open
Kangaroo Kourts IV
1988 Park Marina Drive
Redding, CA 96001
Lori Curtis/Robin Hawkins
916-241-7711

February 23-27

Country Court House Open
Country Court House
Redwood Road
South Jordan, UT
Frank Keepers 801-254-1480

February 25-28

AARA Fairbanks State Championship
The Athletic Club - Fairbanks
150 Eagle Street
Fairbanks, AK 99701
Kristi Flores 907-456-1914

February 25-28

Lewis Drug/KKRC/Coca-Cola YMCA
Sioux Falls YMCA
230 S. Minnesota Ave.
Sioux Falls, SD 57102
Del Javers

February 25-28

Nassau Suffolk Open
Royal Racquetball Club
607 Middle Country Rd.
Coran, NY 11727
Ken Ledderman/Mike Jones
515-732-5500

February 25-28

Pre State Singles
Highline Athletic Club
10 West Dry Creek Ct.
Littleton, CO 80121
Barry Riddle 303-794-3000

February 25-28

1988 Island Classic
Mariner Square Athletic Club
2227 Mariner Square Loop
Alameda, CA 94501
Connie Tench 415-523-5517

February 25-28

8th Annual T&R Club Open
Track & Racquet Club
6800 East Genesee Street
Fayetteville, NY 13066
Fred Klemperer/Marion Crawford
315-446-3141

February 26-28

Coors Light RB Series
Severance Athletic Club
15 Severance Circle
Cleveland, OH 44118
Doug Ganim 614-885-0779

February 26-28

Cystic Fibrosis
The South Yard
329 M. Street
Saco, ME 04072

February 26-28

IRSA State Singles
Glass Court
803 E. Roosevelt
Lombard, IL 60184
Bill Roberts 312-392-8473

February 26-28

Mt. State Doubles
Billings Athletic Club
777 15th St. W.
Billings, MT 59102

February 26-28

New Hampshire State Juniors
Manchester Court Club
1 Leclerc Circle
Manchester, NH 03801
Gaye Rosenfeld 603-668-8375

February 26-28

Open Tournament
North Conway Athletic Club
North Conway, NH
George Vierra 603-356-5774

February 26-28

Shawnee Pro-Am Classic
Shawnee-At-Highpoint
City Line & Upper St. Roads
Chalfont, PA 18914
Molly O'Brien 215-822-2953

February 26-28

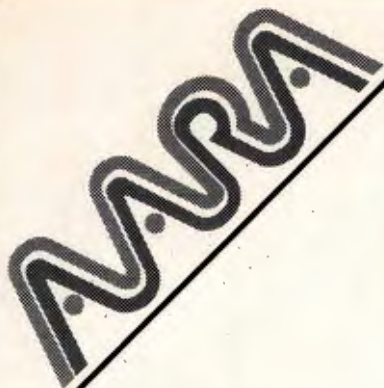
Tri State Open
Wyndmoor Racquet Club
9 Cornwall Court
E. Brunswick, NJ 08816
Gloria Fidecaro 201-257-7507

February 26-28

Tri-State Racquet Club Open
555 Tennis Lane
Evansville, IN 47715
Barbara Hamman 812-479-3111

February 26-28

Visalia Open
Visalia Racquet Club
900 North Demaree
Visalia, CA 93291



Officers & Board Members

OFFICERS

President: Van Dubolsky, Santa Fe Community College, 3000 N.W. 83rd Street, Gainesville, FL 32606, 904-395-5356. **Vice President:** Jim Hiser, Davison Racquetball Club, G-2140 Fairway Drive, Davison, MI 48423, 313-767-3434 (H), 313-653-5999 (O), 313-653-9602 (C). **National Rules Commissioner:** Michael Arnolt, 8444 Seabridge Way, Indianapolis, IN 46240, 317-259-1359 (H), 317-776-0222 (O). **Secretary:** Al Seitelman, 142 Landing Avenue, Smithtown, NY 11787, 516-360-0979. **Treasurer:** Dave Anderson, Spare Time Inc., 7919 Folsom Blvd., Sacramento, CA 95826, 916-383-3070. **National Commissioner:** Cathie Frederickson, 4616 Hunters Ridge #10, Grand Rapids, MI 49508, 616-638-5380 (O). **Board Members:** Judi Schmidt, 1970 Cattleman Road, Sarasota, FL 33582, 813-371-6193 (H), 813-921-6675 (O); Keith Calkins, 28000 Marguerite Pkwy., Mission Viejo, CA 92691, 714-582-9656, 714-582-4545; Steve Ducoff, P.O. Box 281, Randolph AFB, TX 78148, 512-652-3471; Jon Denley, 8 Chatham Court, Bricktown, NJ 08723, 201-458-2354; John Foust, 4633B South Frazer, Aurora, CO 80015, 303-750-3210 (O).

ADULT REGIONAL DIRECTORS

Region #1: Paul Henrickson, 20 Oakes Street, Millbury, MA 01527, 617-832-3459. **Region #2:** Al Seitelman, 142 Landing Ave., Smithtown, NY 11787, 516-360-0979 (H). **Region #3:** Bernie Howard, Rd. 1, Box 362A, Reedsville, PA 17084, 717-667-2209. **Region #4:** Van Dubolsky, L24 Santa Fe Community College, 3000 N.W. 83rd Street, Gainesville, FL 32606, 904-395-5356 (O). **Region #5:** Jack Sorenson, Montgomery Athletic Club, 5675 Carmichel Park, Montgomery, AL 36177, 205-277-7130. **Region #6:** Randy Scott, 1615 Walnut Grove, Derby, KS 67037, 316-788-6470 (H), 316-681-1573 (O). **Region #7:** Bruce Hendin, 15759 San Pedro, San Antonio, TX 78232, 512-490-1980. **Region #8:** Alvin Barasch, 7330 N. Cicero, Lincolnwood, IL 60466, 312-673-7300. **Region #9:** Jim Easterling, 321 Village, Lansing, MI 48911, 517-887-0459 (H), 517-373-2399 (O). **Region #10:** Michael Arnolt, 8444 Seabridge Way, Indianapolis, IN 46240, 317-259-1359 (H), 317-776-0222 (O). **Region #11:** Les Dittrich, Box 16, Eagle Lake, MN 56024, 507-257-3698 (H), 507-257-3353 (O). **Region #12:** John Foust, 4633B South Frazer, Aurora, CO 80015, 303-699-8121 (H), 303-750-3210 (O). **Region #13:** Dan West, 3758 Mt. Rushmore Ave., Billings, MT 59102, 406-656-3890. **Region #14:** Ed Martin, Bottomline Ventures, 11460 Sunrise Gold Circle, Rancho Cordova, CA 95670, 916-638-7572. **Region #15:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266.

JUNIOR REGIONAL DIRECTORS

Region #3: Robert Linsk, Jr., 4611 Harrison Street, Chevy Chase, MD 20815, 301-657-2417 (H), 301-843-9520 (O). **Region #9:** Tom Blakeslee, 37585 Lakeville, Mt. Clemens, MI 48045, 313-575-3998. **Region #14:** Scott Winters, RB World & Aerobic Health Center, 10115 Talbert Ave., Fountain Valley, CA 92708, 714-962-1374.

STATE DIRECTORS

REGION #1 Commissioner & Massachusetts State Director: Paul Henrickson, 20 Oakes Street, Millbury, MA 01527, 617-832-3459. **New Hampshire:** Lance/Gayann Bloom, 23 Cliff Ave., Boars Head, Hampton Beach, NH 03842, 603-926-3233. **Vermont:** Brent Whitney, Green Mountain RB Assoc., 8 Timber Lane, Shelburne, VT 05482, 802-434-2142. **Maine:** Tom Farley, 251 High Street, Yarmouth, ME 04096, 207-846-4236. **Rhode Island:** John Warget, 2120 Pleasant Street, Dighton, MA 02715, 617-336-5600. **Connecticut:** Ed Mazur, Box 557, 2138 Silas Deane Hwy., Rocky Hill, CT 06067, 203-563-4911 (H), 203-563-1492 (O). **REGION #2 Commissioner & New York State Director:** Al Seitelman, 142 Landing Ave., Smithtown, NY 11787, 516-360-0979 (H). **New Jersey:** Jodi Bair, 39 DeMott Ave., Bergenfield, NJ 07621, 201-384-3905 (H), 212-980-0120 (O). **REGION #3 Commissioner:** Bernie Howard, RD1, Box 362A, Reedsville, PA 17084, 717-667-2209. **Pennsylvania:** Dave Dunn, Hamilton Financial Center, One Center Square, Suite 407, Allentown, PA 18101, 215-433-3457 (H), 215-439-8451 (O). **Delaware:** Dario Mas, 706 Kilburn Rd., Wilmington, DE 19803, 302-478-7919. **Maryland & Washington D.C.:** Robin Duple, RB Players Assoc., P.O. Box 805, Bryans Road, MD 20616, 301-283-5453. **Virginia:** Ed Remen, 308 Glenn Drive, Sterling, VA 22170, 703-430-0666. **REGION #4 Commissioner:** Van Dubolsky, L24 Santa Fe Community College, 3000 N.W. 83rd Street, Gainesville, FL 32606, 904-395-5356. **North Carolina:** Mike Dimoff, 1409 B. Whilden Place, Greensboro, NC 27408, 919-379-0550. **Georgia:** Mike Brooks, 2138 Faulkner Road, Atlanta, GA 30324, 404-633-2638. **Florida:** Linda Mojer, 915 N. Kentucky Ave., Winter Park, FL 32789, 305-647-4298 (H), 305-646-2575 (O). **South Florida:** Fred White, 3998 Cocoplum Circle, Coconut Beach, FL 33065, 305-528-2311 (O). **South Carolina:** Bob Home, 335 Salem Drive, Ladson, SC 29456, 803-553-5484 (H), 803-875-1990 (O). **REGION #5 Commissioner:** Jack Sorenson, Montgomery Athletic Club, 5675 Carmichel Park, Montgomery, AL 36177, 205-277-7130. **Alabama:** Jim Gillhouse, 107 Valley View Dr., Rt. 3., Enterprise, AL 36331, 205-347-1038 (H), 205-255-6509 (O). **Tennessee:** Paul Redelheim, 2543 Blair Blvd., #1, Nashville, TN 37212, 615-383-2092 (H), 615-228-4848 (O). **Mississippi:** Jim Allen, 1765 E. Sudan, Greenville, MS 39701, 601-335-3565 (H), 601-335-9000 (O). **REGION #6 Commissioner & Kansas State Director:** Randy Scott, 1615 Walnut Grove, Derby, KS 67037, 316-788-6470 (H), 316-681-1573 (O). **Arkansas:** Rex/Gwen Benham, 1603 West 58th, N. Little Rock, AR 72118, 501-758-5076. **Oklahoma:** Susan McMasters, Rt. 3, Box 490, Perkins, OK 74059, 405-743-1328. **Missouri:** Bob Hardcastle, 181 Trails West, Chesterfield, MO 63017, 314-469-3395 (H), 314-532-0484 (O). **REGION #7 Commissioner:** Bruce Hendin, 15759 San Pedro, San Antonio, TX 78232, 512-490-1980. **Texas:** Joe Koppel, 2104 Hollyhill, Denton, TX 76205, 817-382-5594 (O). **Louisiana:** Paul Bruno, Box 80643, Baton Rouge, LA 70898. **REGION #8 Commissioner:** Alvin Barasch, 7330 N. Cicero, Lincolnwood, IL 60466, 312-673-7300. **Iowa:** Brad McCuniff, 1628 Grandview Court, Cedar Falls, IA 50613, 319-266-8396, 319-277-8151. **Illinois:** William Roberts, 610 S. Main St., Mt. Prospect, IL 60056, 312-392-8473 (H), 312-390-6952 (O). **Wisconsin:** Carol Pellowski, North Hills Athletic Club, N85 W15960 Appleton Ave., Menomonee Falls, WI 53051, 414-251-1420 (O). **REGION #9 Commissioner:** Jim Easterling, 321 Village, Lansing, MI 48911, 517-373-2399. **Michigan:** Tom Blakeslee, 37585 Lakeville, Mt. Clemens, MI 48045, 313-575-

3998. West **Virginia:** Jim Brundige, 2804 Birch St., Parkersburg, WV 26101, 304-422-5445. **Ohio:** Reed Gunselman, 127 Northfield Road, Bedford, OH 44146, 216-439-2424. **REGION #10 Commissioner:** Michael Arnolt, 8444 Seabridge Way, Indianapolis, IN 46240, 317-259-1359 (H), 317-776-0222 (O). **Indiana:** Renee Labonne, 6090 Orchard Hill Lane, Indianapolis, IN 46220, 317-255-7730. **Kentucky:** Rocky De Toma, 420 Mt. Tabor Rd., Lexington, KY 40502, 606-266-0032 (H), 606-233-0610 (O). **REGION #11 Commissioner:** Les Dittrich, Box 16, Eagle Lake, MN 56024, 507-257-3698 (H), 507-257-3353 (O). **Nebraska:** John Clyne, 206 South 13th Street, Lincoln, NE 68508, 402-473-3767, 402-489-9151. **Minnesota:** Marta Groess, 15801 Erickson Lane, Minnetonka, MN 55345, 612-935-1291. **North Dakota:** Roger Mazurek, Y.M.C.A., Box 549, Bismark, ND 58501, 701-255-1525. **South Dakota:** Robert Smith, 1910 8th St. S. #311, Brookings, SD 57006, 605-697-5186 (H), 605-688-6106 (O). **REGION #12 Commissioner:** John Foust, 4633 B South Frazer, Aurora, CO 80015, 303-699-8121 (H), 303-750-3210 (O). **Colorado:** Sherry Armstrong, 7379 South Knolls Way, Littleton, CO 80014, 303-771-2767. **New Mexico:** Gary Mazaro, 1619 Solano N.E., Albuquerque, NM 87110, 505-266-9213 (H), 505-293-3080 (O). **Arizona:** Donna Angelopolis, 10424 South 46th Way, Phoenix, AZ 85044, 602-893-7655 (H). **Utah:** Toni Dever, 135 East 820 South, Box 67, Salem, UT 84653, 801-423-1325. **REGION #13 Commissioner & Montana State Director:** Dan West, 3758 Mt. Rushmore Ave., Billings, MT 59102, 406-656-3890. **Wyoming:** Bob Ballew, 1700 Nottingham Drive, Casper, WY 82609, 307-265-6534. **REGION #14 Commissioner:** Ed Martin, Bottomline Ventures, 11460 Sunrise Gold Circle, Rancho Cordova, CA 95670, 916-638-7572. **California:** Don Schmidt, c/o Ed Martin, Bottomline Ventures, 11460 Sunrise Gold Circle, Rancho Cordova, CA 95670, 916-455-7805. **Nevada:** Clint Koble, Incline Village Courthouse, 880 Northwood, P.O. Box 4107, Incline Village, NV 89450, 702-831-4214. **Hawaii:** Connie Florez, 1216 Kuokoa Street, Pearl City, HI 96782, 808-455-8341 (H), 808-833-2270 (O). **REGION #15 Commissioner:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266. **Washington:** Ray Campbell, 2511 22nd Ave. South, Seattle, WA 98144, 206-324-8668. **Oregon:** Jim Davidson, 4471 Camellia Dr. S., Salem, OR 97309, 503-838-1424 (O). **Idaho:** Gloria Pierson, 333 N.W. Tumalo Ave., Bend, OR 97701, 503-389-4447. **Alaska:** Robin Rodriguez, P.O. Box 231593, Anchorage, AK 99523-1593, 907-561-3160, 907-271-5768. **Military Commissioner:** Steve Ducoff, P.O. Box 281, Randolph AFB, TX 78148, 512-652-3471. **National High School Commissioner:** Rick Lukasek, Concord Recreation Center, 12320 Old Tesson Rd., St. Louis, MO 63128, 314-842-6363. **National Wheelchair Commissioner:** Chip Parmelly, 1941 Viento Verano Drive, Diamond Bar, CA 91765, 714-861-7312. **Commissioner For Americans In Europe:** Hal Leffler, Siegner Strasse 48, 6230 Frankfurt 80, West Germany. **Junior Council Commissioner:** Scott Winters, RB World & Aerobic Health Center, 10115 Talbert Ave., Fountain Valley, CA 92708, 714-962-1374. **Intercollegiate Commissioner:** Neil Shapiro, 128 Lancaster St., Albany, NY 12210, 518-436-9522 (H), 518-462-7158 (O). **Commissioner For The Disabled:** Judi Schmidt, 1970 Cattleman Road, Sarasota, FL 33582, 813-371-6193 (H), 813-921-6675 (O). **Commissioner For Minority:** Sid Williams, 5227 S. Puget Sound, Tacoma, WA 98409, 206-473-2266. **Commissioner For Women:** Judi Schmidt, 1970 Cattleman Road, Sarasota, FL 33582, 813-371-6193 (H), 813-921-6675 (O).



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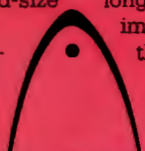
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