

The Magazine of Professional Racquetball

KILLSHOT

Summer 1995

RB on TV

Pro Racquetball
comes to
prime time

Nationals

Instruction!

Tips!

More!

JIM EASTERLING
321 VILLAGE DR
LANSING MI
48911

Bulk Rate
US Postage
Paid
Permit #025
Nashville TN

\$4.00
\$4.00 Canada



HEAD® ATHLETIC: Created For The



Cliff Swain
Three-time Pro Racquetball Champion

Three Wall, Cross Court, And Kill Shot.

Cliff Swain. Three-time pro racquetball champion. Hailed as the sport's all-time greatest player, this 29-year-old Bostonian holds a record that no one has ever touched. A naturally gifted athlete whose serve has been clocked as fast as 192 mph.

Remarkably, the man who dominates professional racquetball began playing by chance. One summer day in 1979, Cliff and his father ran into a friend whose racquetball partner had just canceled. He persuaded Cliff to give the game a try. The thirteen-year-old beat his experienced adult competitor in the very first match of his life.

"I won 13 of 19 International Racquetball Stops in the 1993-94 season which was a record," says Cliff. "It was a good thing, because I can't sleep when I lose. I can't bear to call home and tell my folks and my girlfriend the news. The truth is, I can't enjoy anything until I win again."

SUPERSTAR WITH A GREAT ATTITUDE.

We're honored to assist Cliff and his fellow members of the U.S. Racquetball Team by providing them with everything they need for their workouts. From head-to-toe, we outfit the team in HEAD ANATOM® footwear and apparel. They play to win using racquets designed and produced by HEAD.

For power and accuracy, members of the U.S. Racquetball Team play with HEAD Racquets. Shown is 175, from our new G series.

Cliff says, "I always play wearing the best because I play to win. The best clearly comes from HEAD."

HEAD ANATOM® PERFORMANCE COURT SHOES KEEP YOU MOVING.

Consider the havoc you wreak on your feet during a typical game.



HEAD Athletic is proud to outfit Cliff Swain, three-time pro racquetball champion, and the entire U.S. Racquetball Team with HEAD Athletic footwear and apparel.

Running... stomping... pounding... leaping... and the relentless impact of landing on your feet and taking off again. At HEAD we consider feet very carefully, which is why we created HEAD ANATOM performance court shoes.

Every HEAD ANATOM shoe cradles your foot naturally, supporting it,



HEAD ANATOM®
Renegade II

Every HEAD ANATOM® Cross-Trainer is designed to cradle your foot naturally, reducing foot fatigue while giving you maximum cushioning, stability and motion control.

cushioning it and being kind to it. Especially when you're not. The entire line of shoes is designed to reduce foot fatigue while giving you maximum stability and motion control; exactly what you need to play your best.

With our wide selection, you'll be able to choose the performance court shoes that meet your exact needs. Designed and thoroughly tested and re-tested... just like everything we create for athletes.

BUILT TOUGH FOR 30 YEARS.

While most of us don't train with Cliff's intensity, it's still vital to have apparel and footwear that won't let you down. You need gear that can stand up to your game, and keep you feeling comfortable, too.

Because HEAD has been outfitting players for 30 years, we know what it takes to create gear for performance.



- 4 Short Serves
- 5 Passing Shots
- 9 Editorial
- 11 Letters
- 12 Paralysis of Analysis
- 14 Check for Success
- 18 IRT Tour
Tour de Swain
- 24 Rankings
VCI Spreadsheet
- 26 A Pain in the Lower Back
- 28 RB on TV
- 33 IRT News
- 34 TV or not TV
Interview with Jerry McKinnis
- 38 AARA Nationals
- 41 **KILLSHOT** Cafe
- 42 TCB
- 43 Concept Training
- 44 Racquetball & the Rest of the World
- 46 '95-'96 IRT Schedule

Clockwise from top right: Andy Roberts; ESPN TV production crew; Mike Ray; Jerry McKinnis; Cliff Swain; Jason Maninno



The Official Publication of
the International Racquetball
Tour

**Introducing the coolest soft drink
on the planet – from the hottest
place in the world!**



4 Cool Tasting Flavors!

•Original Guarana •Papaya Orange •Mango Guava •Raspberry Passion

**Teens and trendsetters of all
ages are jumping aboard the
Samba™ bandwagon!**

SHORT SERVES

IRT Player Awards

The ballots are in. The players of the IRT have selected the 1995 award winners. Four players voted for their choices in Portland at the IRT Nationals.

Cliff Swain was chosen as Player of the Year; Sudsy Monchik was selected as Rookie of the Year; Aaron Katz was picked as Most Improved Player; and Mike Ray was named Sportsman of the Year.



Swain



Katz



Monchik



Ray



Chef to Chef

It was bound to happen sooner or later. Bob the doughnut guy being the court dominator that he is got to feeling a little feisty (must be the diet high in processed white sugar). Anyway, it was only a matter of time before the inevitable match with the Sunshine Baker man.

Quicker than you can say *Vienna Fingers*® the Sunshine man had ol' Doughnut Bob down in straight sets. Must be those low fat snacks. When last seen the Sunshine baker was saying *Hi Ho*® and was off on his merry way.

Wonder if the *Cream of Wheat* guy plays?

The Sunshine Baker, Vienna Fingers, and Hi Ho are registered trade marks of Sunshine Biscuits, Incorporated

Passing Shots

No. 1 Again

Mike Yellen has that No. 1 feeling again. The former world champion found his perfect match when he married Becky Wellnitz at the Plum Hollow Country Club in Springfield, Michigan this past summer. And it wasn't Yellen's five straight years of being No. 1 that impressed Becky. She didn't know who he was when they met at a racquet club. In fact, when she told her parents that he played racquetball for a living they didn't believe her. 'But what does he really do for a living?' was the reaction. Yellen certainly didn't have any pre-marital jitters. This columnist attended the wedding and played golf the day before. You'd figure his hands would be trembling while putting, but that didn't prevent him from draining a 111-foot birdie putt. I got a chance to meet Mike's biggest fan, his grandfather Max. While Mike doesn't feel comfortable displaying his awards and posters in his house, his grandfather makes up for it. He points out all the clever Ektelon posters of Mike and takes you into his closet to show off the Mike Yellen signature shoes. And yes, the ceremony did have a bit of a racquetball motif. After the ceremony the couple drove off in a golf cart. Instead of golf clubs, attached to the bag was a pair of Yellen's signature racquets and Ektelon racquet with the logos displayed prominently.

Potpourri

Sudsy Monchik's contract with Ektelon expires shortly. Considered the best young player in the game, he is a hot commodity. He has both the talent and charisma to make a major impact in the sport...Racquetball will benefit from Jeff Conine's heroics at the all-star game. Conine, who credits racquetball with helping his baseball, will be the subject of

many interviews in the coming months. He is the kind of talent that will capture the hearts of the media. He's considered a good interview...The club I belong to resurfaces its racquetball courts every four to six months. Players come off the clay tennis courts and people track the dirt onto the courts. The gritty clay acts like sandpaper...On a personal note, Happy Birthday to my son Gregory who just turned one.

Luke Fan?

The greatest feat in the world of sport is going to occur this fall when Cal Ripken surpasses Lou Gehrig's longevity streak for most consecutive baseball games played. Racquetball can put in its own

modest impressive streak. In the last issue of **KILLSHOT**, AARA Executive Director Luke St. Onge was criticized for the first time in more than a decade. Imagine, no negative media publicity. Touring pro and attorney Aaron Katz ripped St. Onge for his obsessive emphasis on making racquetball an Olympic sport and letting all other marketing avenues of the sport fall by the wayside. Luke would think I'd be the last person to defend him. After all, he views me as a muckracking yellow journalist. I guess that means I rip people without just cause. But in this case I have to serve as Luke's court appointed attorney.

First off, St. Onge is not the dictator he is sometimes thought to be. Technically, he is an employee of the board of directors of the American Amateur Racquetball Association. They renew his contract and have the power to terminate the arrangement. Amateur players elect the board.

That is democracy at its finest. Luke has the remarkable ability of lobbying for a board that shares his points of view. You can't really knock him for that. Quite frankly it's downright shrewd. If you look at similar groups across the nation, very few executive directors have such staying power. You can disagree with his direction but you have to admire him for keeping his board of directors happy. It is no secret that St. Onge's passion is making racquetball an Olympic sport. It's his vision and he's spent countless hours lobbying the sport to decision makers that can make it happen. He doesn't have the mega marketing bucks some sports have. His enthusiasm is contagious and I'm not going to be the one to knock a dream. He's a lobbyist for the sport. St. Onge sees the Olympics as a way of bringing racquetball to the masses. No other marketing avenue exists that can give racquetball such exposure. Sure St. Onge and the AARA have short comings, but it's kind of refreshing to see a man seek his dream.



Have You Ever Seen The Kind Of Bruise A 180 mph Serve Can Leave ,

"Nice Serve Cliff!"
[Wow!]

"Nice Serve Cliff!"
[Was that a serve or a missile!]

"Nice Serve Cliff!"
[Had to be a wetball serve!]

"Nice Serve Cliff!"
[Maybe the video caught it?]

"Nice Serve Cliff!"
[This is getting old fast!]

"Nice Serve Cliff!"
[Okay, I'm just gonna guess!]

"Nice Serve Cliff."
[Guess again!]

"Nice Serve Cliff."
[Hey got a piece of one!]

"Nice Serve Cliff."
[Is this a double elimination tourney?]

"Nice Serve Cliff."
[This Sucks!]

"Nice Serve Cliff."
[I suck!]

"Nice Serve Cliff."
[Great, I choked one back.]

"Nice Serve Cliff."
[This just eats the big one!]

"Nice Serve Cliff."
[I'm not even gonna get to serve!]

"Nice game Mr. Swain."
[Jerk!]

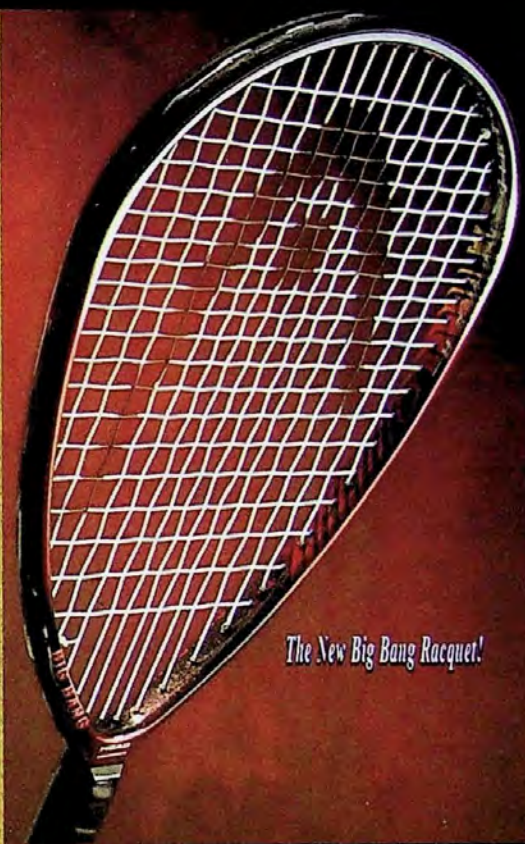


CLIFF SWAIN

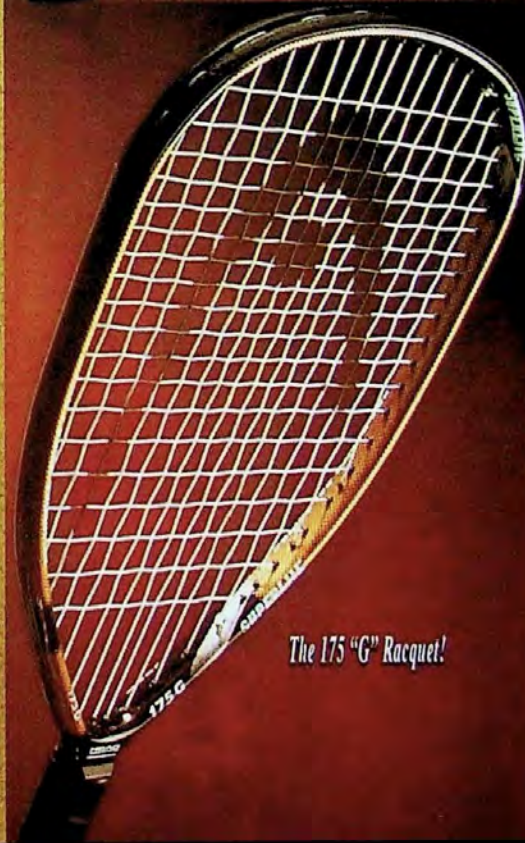
On Your Ego? The "G" And The New Pyramid Series from Head.



THE NUMBER ONE PLAYER IN THE WORLD.



The New Big Bang Racquet!



The 175 "G" Racquet!

LEAVE YOUR OWN IMPRESSION!

The Head 175 "G" is one of six racquets in the "G" Series. Arguably, six of the lightest most powerful racquets you can find anywhere in the world today. And that's exactly why Cliff Swain plays with one. With shots that alternate between serves in excess of 180 mph to lightning fast stabs at volleys, he needs a racquet that is super quick and super powerful. After all if you're going to stay at the top, you have to dish it out a lot faster than it gets served up. This year Head Racquetball introduces a whole new generation of high performance racquets called The Pyramid Series. Six exciting new frames that incorporate our Revolutionary New Pyramid Technology. This dynamic new racquet construction transfers more power directly to the ball than most conventional frame designs. Giving you the edge on the competition.

The "G" Series and The Pyramid Series.
The New Power From Head!


HEAD
SUPERIOR QUALITY. SUPERIOR PERFORMANCE.

About your Subscription

We want to provide you with the best service possible. If you have questions about your subscription you might find the answer here without contacting us.

If you move.

When you move you must send us your change of address, including your old address. The postal service will not forward third class mail and issues will continue to be sent to your old address until we are notified. The address change must be received six weeks prior to your move so that our records can be changed and mailing list updated.

Expirations and renewals

Renewal notices will be sent to all subscribers with a date to respond to avoid missing any issues. If that response date is missed and an issue is then missed, the only way to obtain the missing issue is by ordering a back issue copy to that magazine at the full price.

Foreign Subscriptions

Subscribers living outside the United States must purchase their subscriptions using U.S. funds. The simplest way is by using international or postal money order.

If you find it necessary to contact us please write to

Circulation/Subscription Dept.

KILLSHOT Magazine

P.O. Box 8036

Paducah, Kentucky 42002-8036

KILLSHOT

Editorial Director
Steve Quertermous

Managing Editor
Marvin Quertermous

Contributors
Lynne Balthazor
Norm Blum
John Boudman
Woody Clouse
Jim Daly
Fran Davis
Alan Golombek
Larry Heflin
Mark Henry
Richard Honaker
Aaron Katz
Ralph Kusche
Hank Marcus
Eric Muller
Mike Ray
Cliff Swain
Clay Walker
Mike Yellen

KILLSHOT is published five times a year by Quertermous and Quertermous, Inc. P.O. Box 8036, Paducah, Kentucky 42002-8036. Offices are located at 2201 Broadway, Suite #1 Paducah, Kentucky 42001. ISSN # 1069-2614

Subscriptions in the U.S. and possessions are \$18.95 for one year, \$32.00 for two years; Canadian subscriptions are \$28.95 for one year; South American subscriptions are \$41.95 for one year; European subscriptions are \$56.95 for one year; Asian subscriptions are \$66.95 for one year. (Foreign subscriptions are due in U.S. funds) Back issues are available on selected issues.

Third-class postage paid at Nashville, Tennessee. Printed in August, 1995 (Volume 5, Number 2).

©1995 Quertermous and Quertermous, Incorporated. All rights reserved

Turn, Turn, Turn

It had sort of turned into a pattern. For eight straight seasons or so Brad Patterson was saddled with the task of delivering the sorrowful news that participation in racquetball had declined again.

Brad is a great guy but continuing to be the bearer of bad news wasn't winning him much popularity. His numbers weren't just off the cuff either. As director of the Racquet Sports Committee of the Sporting Goods Manufacturers Association he is probably the world's best authority on racquetball and its relation to the rest of the world. First measured in 1987 the level of participation was gauged at 10.4 million players. That number began a steady decline that took a sharp reversal in 1994.

In 1993 the numbers bottomed out with 7.4 million participants and 1.4 million frequent participants. That figure increased to 7.7 million participants in 1994 with 1.7

million frequent participants.

The big problem seemed to be when things began to cool down from the hot growth of the 70's for racquetball. Club owners began a trend to convert courts for aerobics classes, weight machines, and other uses. According to Patterson the RSC expects more new courts to be built this year than taken out, probably a first for the 1990's.

The equipment manufacturers are getting involved, with financial commitments to back a program to create educational and promotional videos and workbooks for club managers. The manufacturers realize that efforts to promote the sport will pay back handsomely in the long run. Competitors working together for the benefit of the sport is a nice concept, too. There are some sharp people in management positions at some of the major manufacturers who see a little

farther than this quarter's balance sheet.

It's encouraging to see the numbers on the upswing after so many years of decline. The trick now might be to keep those new to the game involved and still produce creative, innovative programming to encourage new participation.

According to Patterson racquetball has many reasons to grow, most notably the ease in which it can be learned and its adaptability for all age groups and skill levels. It's an ideal sport for seniors, for kids, for those looking for a competitive challenge or for those looking for a beneficial physical workout.

To everything there is a season... maybe things are beginning to fall into place for racquetball to stop the downward trends and start a solid upward climb that will place the game in its rightful spot.

--SQ



**Exciting New
Products
this Fall!**

- RACQUETBALL
- SOFTBALL
- MARTIAL ARTS
- SWIMMING
- TABLE TENNIS
- AEROBICS
- ... AND MORE!

**Call for a Free
1995 Color
Catalog
800-835-1055**

RACQUETBALL RACQUETS

Wilson	
Radius 9.9	Call
Strike Zone 9.9	Call
Air Hammer 9.9	Call
E-Force	
Havoc	Call
Chaos	Call
Aggro	Call
Thruster	Call
Hyperlite 160G	Call

Head	
175 G	Call
190 G	109.99
Big Bang	Call

Ektelon	
Catalyst	Call
Fusion	Call
Rage	Call
Xcess	Call

Spalding	
Enforcer	Call
Silencer	119.99
Assault Light	99.99

Pro Kennex	
Kinetic Pro	Call
Kinetic	Call
Asymmetric Pro	89.99

Transition	
Bad Influence	Call
Phase 2	Call

PACIFIC SPORTS WAREHOUSE

10746 Kenney Street, Santee, CA 92071 • 619-596-2135

Call and use your VISA, MASTERCARD or DISCOVER. By mail, send MONEY ORDER, 14 day hold on personal checks. Add \$5.00 for U.P.S. shipping and insurance. 2nd day air, add \$5.00. 3 day air add \$2.50. C.O.D., add \$5.00. AK, HI \$15.00 A.P.O., F.P.O. \$10.00. Canada \$12.00. CA residents add 7% sales tax. Min. order \$15.00. Prices effective 9-1-95. Subject to change without notice.

ACCESSORIES

Wilson Rubber Grip	4.99
Wilson Air Cush Grip	3.99
Wilson Shock Stop	2.99
Ektelon Rubber Grip	4.99
Ektelon Cushion Resp. Grip	3.99
Ektelon Flame Damp 3-PK	2.99
Tacki-Mac Rubber Grip	4.99
Python Rubber Grip	4.99
Gamma Shockbuster	2.99
The Worm 2-PK	3.99
Wrist Lacer	1.99
Racquetballs	1.99
Pro Penn Racquetballs	2.69

EYEWEAR

Leader Newport	21.99
Leader New Yorker	14.99
Hogan Pro	15.99
Wilson Focus	18.99
Wilson Phantom	15.99
Ektelon Odyssey	15.99
Ektelon Scopa	12.99
Action Eyes	21.99

To Order Call:

800-835-1055

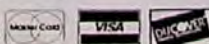
U.S.A. and CANADA

24-Hour Fax Line:

619-596-2140

Mon - Fri 8 AM - 5 PM PST

Sat 10 AM - 3 PM PST



GLOVES

Purchase 6 or more,
deduct \$1.00 per glove

Wilson Shadow	10.99
Wilson Prosoft	8.99
Wilson Warrior	6.99
E-Force Weapon	9.99
E-Force Stealth	8.99
Head Sensation Tackified	11.99
Head Conquest	10.99
Head Renegade	6.99
Penn Tackified	10.99
Penn Tournament Select	9.99
Buckskin	8.99
Ektelon Arc 2	12.99
Ektelon Maxtack	11.99
Ektelon Cougar	9.99
Ektelon Classic	9.50
Ektelon All Pro	8.99
Ektelon Controller	6.99
Neumann Dyna-Tac Red	10.99
Saranac R-1667 Roll Out	9.99
Pro Kennex Ovation	13.99
Pro Kennex Reactor	6.99

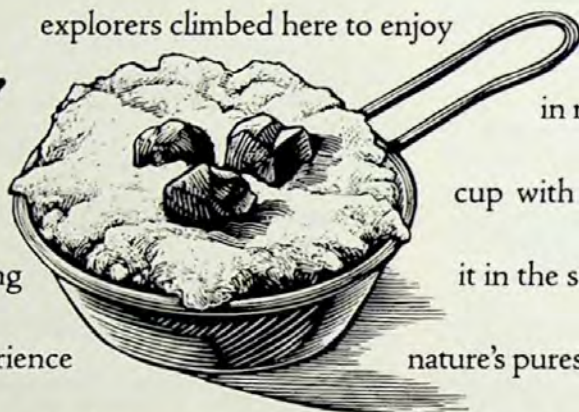
SHOES

Wilson	
Spykes Indoor Court 3/4	39.99
Spykes Indoor Court Low	34.99
Power	
AVP Pro Mid Indoor	49.99
Ladies AVP Pro Mid Ind.	49.99
Ektelon	
Quadra 3/4	59.99
Indoor Court 3/4	43.99
Indoor Court Low	37.99

There are TWO WAYS to enjoy



On the eastern fringe of the Golden Trout Wilderness Area in the High Sierra there's a steep, unmarked trail heading to 12,000 foot Olancho Peak. For generations explorers climbed here to enjoy the pristine water



in raw form: heaping a cup with pure Sierra snow, it in the sun. Years ago, this nature's purest creation. But now

placing several dark rocks on top, and laying wilderness trick was the only way to experience

there's a better way. You see, our alpine spring water begins as pristine Sierra snow, but then nature takes it on an incredible journey — filtering it through layer after layer of mountain bedrock. Years later it emerges at our protected source where we bottle it and send it far and wide. So you don't have to go

breathless trying to find the best water in the West.

Just look for Crystal Geyser in your store, and scoop some up.



the
BEST
WATER
in the West.



CRYSTAL GEYSER ♦ ONE OF AMERICA'S NATURAL RESOURCES™

LETTERS

Bright Future

I have had many mixed feelings about the "Status-Future" of racquetball these past years. Outrageous court behavior, indifferent and/or unknowledgeable refereeing, etc., prevailed.

However, lately, I'm seeing the light at the end of the tunnel. Your latest publication (Spring 95) proved to me that the light approaching is not another train -- but the advancement of maturity. We are going to make it and be recognized as a viable & popular sport!

Enclosed is my \$32 check as a tangible commitment to this future.

J. Lambert
Dallas, Texas

It's great to hear a positive attitude amongst the rumblings that have plagued the sport for so many years. Like you, we are seeing a new perspective taking shape. There are some extremely creative people out there at the club level that have the potential to do great things if they aren't stifled. It's also nice to see you put your money where your mouth is. Thanks.

Everybody's Game

I appreciate your publication -- only wish that it came out a little more often.

I regard R/B as a sport offering unlimited opportunity to secure needed exercise and competition for the young and the old, both sexes. My perception is that the sport is not adequately offered to those who might need it the most and might profit by participation the most. I feel that much more could be done by players, clubs and sponsors to promote a sport that, to my observation, seems to be losing clubs, or courts.

The preceding is noted in reference to your editorial comments in the Spring '95 issue relative to ESPN and IRT scheduling a four event TV package. I was delighted to

read of RB getting a little TV time.

This letter is written to simply urge that at some time, or times during the broadcasts, that an effort be made to show on TV that the young, the old, male, female, light, heavy -- whatever -- and novice or expert -- everyone can play. R/B has the unique opportunity for anyone to start playing as soon as they walk on the court for the first time. Lessons, though important are not required. Instructions can be concluded in five minutes.

My point is that it is a great step in the right direction to show the experts in action -- but if the sport is to be sold to those in their 60's and 70's, it must be clear that it is not necessary to be a true athlete in great shape to get a great deal of enjoyment from the game.

R. Johnson
Glendora California

What're ya pickin' on Michelle for?

Oh, Norm! Do you really mean to pick on Michelle personally or are you speaking in general about pros playing amateur ball? One has to assume from the rest of your article that you mean the latter. So why do you single out Michelle? Fourteen of the top sixteen top women pros also play amateur ball. Michelle's simply playing by the rules. She doesn't deserve your criticism.

Please contact the AARA if you disagree with the amateur/professional rule. By the way, Norm, when was the last time you attended a World Championship and saw the level of competition from Canada, Mexico, and Japan? In 1994 Canada was #1 and #2 in the men's individual competition. At the 1986 World's in Orlando the United States and Canadian teams were co-champions. Are you suggesting we shouldn't field the best possible team?

A question for you -- the women's tour has only a few pro-stops each season, the AARA won't let her play amateur ball with the guys, and now you don't want her in amateur ball with the ladies -- where should Michelle play? Maybe you would rather she changed sports. Hummm, how about tiddlywinks?

J. & H. Dunsmoor
Boise, Idaho

HOLABIRD SPORTS

YOUR FACTORY AUTHORIZED DEALER
CALL 410-687-6400

★ ONLY AT HOLABIRD ★
48-HOUR SHIPPING - ONE LOW \$3.75 SHIPPING CHARGE
FOR UNLIMITED QUANTITY. NO SERVICE CHARGE
FOR CREDIT CARDS. NEVER A FEE FOR RESTOCKING.

U.P.S. 2ND DAY AIR AT NO ADDITIONAL CHARGE
FOR ALL RACQUETS—CALL FOR DETAILS

RACQUETBALL RACQUETS—STRUNG

EKTELON LITENING
CIRRUS RTS OVER 78.95
QUANTUS RTS OVER 47.95
EKTELON RTS-WIDE
CYROCCO OVER 87.95
LEXIS GRAPHITE OVER 39.95
TRINITY MIDPLUS-SALE 39.95
TETRA MIDPLUS-SALE 54.95
PHYCON MIDPLUS 64.95
COMPRAS MIDPLUS 76.95
NEMESIS MIDPLUS 95.00

HEAD
BIG BANG—NEW 139.95
DIRECTOR—NEW 109.95
MASTER—NEW 81.95
EDGE—NEW 53.95
175 G. 142.95 205 G. 79.95
190 G. 108.95 220 G. 63.95

LASER SPD 6000 LITE OVER 100.00
LASER SPD 4000 OVER 76.95
LASER SPD 3000-SALE 89.95
LASER SPD 2000 OVER 49.95
LASER SPD 1000-WIDE 49.95

SPALDING—WIDE
ASSAULT ENFORCER 103 72.95
ASSAULT SILENCER 103 72.95
ASSAULT GRAFIGHT 103 66.95
ASSAULT FELON 101 64.95
ASSAULT GRAPHITE 99.95
ASSAULT LIGHT 103 107.95
POWER ASSAULT 103 29.95
ASSAULT COMPOSITE 79.95
THE GOLIATH 98.00
THE GOLIATH COMP 74.95
THUNDER HEAT 107 98.00
KILLSHOT 102 32.95
PRO EXTREME 69.95
EXAC-TECH COMP 59.95

TRANSITION
PHASE 1 81.95
PHASE 2 136.95
BAD INFLUENCE 159.95

SUPER RACQUETBALL RACQUET SALE
HUNDREDS OF NEW FIRST QUALITY—LOWEST PRICES EVER!
EKTELON QUANTUS GRAPHITE ORIG. MID-SS, XS, FL—\$99 VALUE 34.95
EKTELON RTS MAGNUM GRAPHITE—MIDSIZE—SS 36.95
EKTELON INTERCEPTOR—SS, XS OR FLARED 29.95
EKTELON MENTOR—MID—SUPER SMALL 31.95
EKTELON STRADA EXD—MID—SS OR FLARED 25.00
HEAD COLLOSSUS 3000—4" 69.95

MEN'S & LADIES' SHOES

HEAD SONIC 325-LOW MESH-MEN 44.95 RETAIL—SALE 22.95
HEAD ANATOM SONIC 535-MID-MEN 64.95 RETAIL—SALE 43.95

HI TEC ADRENALIN LO-M 69.95 EKTELON STYLUS MESH M/L 29.95
PRINCE EXTENDER LX-M 34.95 EKTELON QUANDRA 3/4-M 59.95
EKTELON INDOOR CT-LO 36.95 KAIPA TEAMCOURT-L 39.95
EKTELON INDOOR CT-3/4 42.95 KAIPA THE BRACE HI M/L 94.95

YOUR FAVORITE HIKING/WORK BOOTS
ADIDAS • ROCKPORT • REEBOK • DEXTER • HI-TEC • K-SWISS
TIMBERLAND • SKECHERS • NIKE • FILA • JANSPO • ETC.

BALLS, EYEGUARDS & ACCESSORIES

PENN ULTRA BLUE RACQUETBALL BALLS 6 CANS 10.95
PENN GREEN RACQ. BALLS—NEW OFFICIAL 6 CANS 13.95
WILSON TRU BLUE RACQUETBALL BALLS 6 CANS 9.95
LEADER DALLAS OR NEW YORKER EYEGUARDS 18.95
EKTELON OLYMPUS EYEGUARDS 21.95
EKTELON ODYSSEY EYEGUARDS 14.95
BLACK KNIGHT ACTION EYEGUARDS (CLEAR) 21.95
EKTELON ALL PRO GLOVES 8.50 OR CLASSIC GLOVES 9.95
EKTELON CONTROLLER GLOVES 6.95
EKTELON PERFORMER GLOVES 10.95
NEUMANN PRO DURA-TACK GLOVES—MEN & LADIES 12.50
KENNEX VISION GLOVES—UNISEX RIGHT 8.50
EKTELON CUSHION GRIP 3.25 WHATAGRIP-COLORS 2.90
TACKI MAC RACQ 4.75 WRISTLACER 1.95
RACQUETBALL SAVERS 7.95 SHOE GOO 3.35

SHOP SHOWROOM OUTLET—PHONE—MAIL—FAX
ALL MAJOR TENNIS & SQUASH RACQUETS,
RACQUETBALL BAGS, SHOES & ACCESSORIES
AT LOWEST DISCOUNT PRICES EVER!

9220 PULASKI HWY. • BALTIMORE, MD 21220
MON.-FRI. 9-5 • SAT. 9-3 • CALL 410-687-6400
24-HOUR FAX LINE — 410-687-7311
MAIL OR PHONE—SHIP ANYWHERE. CHARGES—MASTERCARD,
VISA, DISCOVER OR AMERICAN EXPRESS • & EXP. DATE OR
SEND MONEY ORDER OR CHECK. SM. ADD. SHIPPING CHARGE
OUTSIDE USA & APO'S. MD. RESIDENTS ADD 5%. FREE CATALOG

KILLSHOT • 11

Paralysis OF Analysis

Don't Let it Happen to You

By Aaron Katz

Elbow up, shoulders level, feet diagonal, head up, hold on a minute, how am I supposed to think about all that stuff and still hit that little ball that's moving upwards of 130 M.P.H.? If I had a dollar for every time a student said to me, "I can only think of one thing at a time," I would have quite a few dollars. Seriously though we do not want our minds cluttered while we are striking the ball. We want our minds to be a "tabula rasa" or blank slate. The question we then need to answer is how do we incorporate new techniques into our game without thinking about them? Well, read on.

Practice makes perfect

Very often players who take lessons or attend camps immediately set up a match in order to demonstrate their new techniques and skills to their competitors. Inevitably, at some point they realize that they have not implemented the technique to the point where it is effective in a match situation. They abandon their attempt and go back to familiar tools to accomplish the immediate win, and put the newly learned skill on the back burner.

Solution #1

The solution to this is to always increase the amount of time you spend on the court alone as you are learning a new skill or shot. The repetitions you get and the opportunity to finetune a shot can only be realized by practicing. It is after you have done this that you will feel confident using newly acquired skills in a match situation. I always looked at learning a new technique as a gradual progression:

- * learn it in practice
- * utilize it in a practice match
- * confidently attempt it in a tournament
- * hit the shot at 10-10 in the tie breaker in order to win the tournament

Once I get to the final stage of the progression, I know I have thoroughly incorporated the new technique.

Patience makes purpose

One of my favorite mottoes when it comes to self-improvement is, "You must be willing to sacrifice what you are today for what you can be tomorrow." Athletes love protecting their turf, and in doing so have a tendency to get comfortable where they are. Although we would like to improve we are not willing to sacrifice or take the necessary risks. Unfortunately, improvement is rarely a constant climb upward. It is most often interrupted by decreases in our level of play rather than continual improvement. This is natural as we incorporate new dimensions to our game. You must be able to look at the big picture and analyze your strengths and weaknesses and make the long term commitment to improving. Along the way there will be some severe bumps in the road.

Learn to fight through these by setting your sights on where you want to go rather than where you are. Don't worry about losing a match to your arch rival who you know you can beat 60% of the time by playing your existing game. Swallow your ego. Accept the fact that you might lose some matches along the way that you could have won if you had not made some changes. In a year you will look back on that "arch rival" when you are two levels ahead of him and think "How in the world did I ever lose to him?"

Solution #2

Find a mentor or instructor — someone with whom you can really entrust your game. This is crucial in order for you to maintain your confidence in your long range plan as you hit the snags and bumps (they sometimes seem like New York pot holes). Finding this mentor is easier said than done. Look for someone with a strong track record either as a player or a coach.

Being certified or having a business card that says "teaching professional" is not enough. Look for someone who has "been there, done that". Find out who he has coached and what he has accomplished as a player. Interview him to make sure that the two of you will be compatible and in tune in terms of game philosophy.

The key to improvement is avoiding the quick fix mentality. You are not going to improve overnight. It is a long disciplined process that will test and develop your mental toughness along the way. Most importantly, don't become a robot on the court, trying to think about everything you have just learned. There is nothing worse than an overly mechanical racquetball player. You must learn your fundamentals so that they become instinctive when you play. Do not over analyze everything as you play. Racquetball is not rocket science. Conceptually it is a very simple game. Don't make it tougher than it is and suffer from paralysis of analysis.

Prestige Sportswear by Ruben Gonzalez

Polo Shirts, 100% cotton; diving Ruben embroidered logo left chest, M, L, XL, XXL - Navy/Red, Light blue/Red, White/Red, Red/Navy, Black/Red, Blue/Red, Purple/Red, White/Navy **\$24.95**

Tee's, 100% cotton; diving Ruben silkscreen logo, S, M, L, XL, XXL - Black/White, White/Black, Blue/White, Purple/White, Burgundy/White, Red/White, Red/Black, Gray/Black, Beige/Black, California Blue/White **\$14.00**

Sweathoods, 100% cotton; diving Ruben embroidered logo left chest, L, XL; Gray/Navy, White/Red, Black/Red, Navy/Red, Royal/Red, Gray/Red, Purple/Red, Green/Red **\$30.00**

Sweathoods, 100% cotton; silkscreen Prestige logo, L, XL; White, Black, Navy, Red, Royal, Gray, Purple, Green **\$27.00**

Sweatshirts, 100% cotton; silkscreen Prestige logo, L, XL; same colors as hoods **\$20.00**

Sweatshirts, 100% cotton; diving Ruben embroidered logo; L, XL; same colors as hoods **\$25.00**

Shorts, 100% cotton; silkscreen Prestige logo; S, M, L, XL; Black, Navy, Gray, White **\$15.00**

Tanktops, 100% cotton; diving Ruben logo; M, L, XL, XXL; White, Black, Gray, Teal, Green **\$12.00**

Long White terry headbands, assorted colors, each **\$6.00**

Long Black terry headbands, assorted colors, each **\$6.00**

Long all fabric headbands, assorted colors, each **\$4.00**

Fabric & terry headbands, assorted colors, each **\$6.00**

Bandanna headbands, assorted colors with Prestige logo **\$4.00**

Ragtop headbands, (Do Rag), assorted colors, each **\$7.00**

Caps **\$13.00**
White with black diving Ruben
Black with white diving Ruben
Black/Red with Red diving Ruben
Red/Black with Black diving Ruben
White/Black with Black diving Ruben
Natural/Black with Black diving Ruben
Red/Black with Black Plaid
Kelly Green/Red with Red Plaid
Navy/Red with Red Plaid

White Visor with Black diving Ruben **\$10.00**

We honor Visa and MasterCard, check or money order. Call for pro-shop list.

Call
(800) 773-7843
or
(718) 442-4989



Check *for* Success

By Fran Davis
US National Team
Coaching Staff

Most people begin to play racquetball for one of two reasons: the fun of it; or the great workout. Then they become hooked. They fall in love with the game and start to get involved with programs to play more often with different people. Some of them even join leagues at the club. Others venture out into the local tournament circuit. No matter whether their pleasures are competitive or recreational, most people have one thing in common, they do not like to lose. If you are among the majority who find losing generally unacceptable, you must take steps toward improving your game so you begin to have more check marks in the win column than in the loss column.

One way to accomplish this is to take control of your actions and begin to assess your game. Sometimes when you are losing a lot and you analyze your game you don't like what you see...that is when you must take charge and change the things that are not working for you. The old philosophy is "Don't change a winning game, change a losing game." This is where improvement will start and end.

Your racquetball game can be compared to buying or building a house. Before you are willing to put a down payment on the property you assess the land, the building and the surrounding area, see what the market value is and make your decision

based on what you find. Sometimes the house needs a lot of repairs or remodeling. Sometimes it is fine just the way it is. If you find an area that needs to be changed, you would then tear it down and build it up the way you want it. The same is true about your racquetball game. Assess your game completely and thoroughly by using the checklist provided in this article. Remember, just like your land, if you want to make changes in your game, whether it be your serve or footwork, shot selection or whatever, you probably have to tear it down first and then rebuild it from there. Keep the construction analogy in your mind since we will be using it as a reference again and again throughout the coming series of articles.

Once you have taken the steps to assess your game, you know where you are (call this point A). When you have realistic goals, you know where you are headed (call this point B). You must then develop a road map (your training schedule) to help you get there.

Change does not happen overnight so be patient, diligent, and persistent. You can be the best you can be by reaching your own potential. The following steps will assist you in accomplishing this more quickly.

1. Try to find a local pro who is certified to assess your game in depth to act as your chief architect and help you tear down and rebuild. (You may need to enlist the help of some other "builders" and specialized "contractors" along the way.)

2. Obtain a coach you trust and respect, and one who has a great deal of knowledge of the game.

3. Attend as many camps and clinics as possible.

4. Take lessons on a regular basis.

5. Obtain and study instructional videotapes like *Learn Your Lessons, Part I, Practice Drills, Part II, and Advanced Racquetball, Part III*.

6. Obtain and study videotapes of professional players and US team players — your role models!

7. Use a video camera to get a look at your own performance on the court and analyze it with your instructor/coach or by yourself.

a. The ideal videotape situation is in a tournament match or in a league match because that represents actual pressure conditions.

- b. Videotape your own
- 1) Stroke mechanics — stationary hitting
 - 2) Game situations — actual play - moving under pressure

Okay, you are now ready to begin the assessment process. Here is a detailed checklist I use at my camps and with elite athletes. You can begin to assess your game. Have fun, be honest, and do not let anything go unnoticed. Returning to our construction analogy, your results on this list will be like the "surveying" that has to be done before architects can begin designing any structure. If you're not sure where you stand in any category, don't worry, we'll take each category individually in upcoming issues as we get down to work to build the house from the ground up.

Checklist

Physical Skill

1 Stroke mechanics

- A Forehand
B Backhand

2 Shots of the game

A Offense

- 1 Kill
- 2 Pinch
- 3 Reverse pinch
- 4 Splat
- 5 Pass
 - a Down the line
 - b Cross court
 - c Wind angle
- 6 Cutoff
- 7 Overhead
- 8 Off the backwall

B Defense

- 1 Ceiling
- 2 Around the wall
- 3 Z-ball

3 Court Position

- A Too far up
B Too far back
C Standing to one side

4 Serves

A Offensive

- 1 Drive
 - a Hard
 - b Off speed
 - c Backhand
 - d Jam
 - e Wrap around
- 2 Z serve
 - a Hard
 - b Off speed
 - c Overhead

B Defensive

- 1 Lob
 - a High
 - b Half
 - c Kick off wall

C Variety

- 1 Height
- 2 Speed
- 3 Angle
- 4 Type

5 Service Return

- A Footwork
B Contact point
C Type of return
D Distance from backwall

6 Body Language

7 Injury

- A Previous
B Present

8 Footwork Skills

- 1 Speed
- 2 Agility
- 3 Balance
- 4 Explosion

Mental Skill

1 Visualization

2 Relaxation

3 Mental Rehearsal

4 Books

5 Listen to tapes

6 Game Plans

7 Ability to Analyze Opponents

24 HR. SHIPPING
EXPERT ADVICE

OPEN: Mon.-Thurs. 9-8 Fri. 9-6 Sat. 10-5 Sun. 12-4

LOWEST PRICES

SAMUELS'

TENNISPORT

TOLL FREE ORDER LINE
INFO LINE 513-791-4636 U.S. AND CANADA 1-800-543-1153

24 Hour Fax Line 513-791-4036

RACQUETBALL RACQUETS

EXTELON	
Fusion Arc 2 (OS)	CALL
Cyber Arc 2 (OS)	CALL
Helix Arc 2 (OS)	CALL
Sycor Arc 2 (OS)	CALL
Tronic Arc 2 (OS)	CALL
Nitro (OS)	CALL
Ryson (OS)	CALL
Rage Arc 2 Litening	CALL
Xcess Arc 2 Litening	CALL
Neuro Arc 2 Litening	CALL
Luxor MP	CALL
Accura MP	CALL
PRO KENEX	
Assymetric 95/110	CALL
Innerbeam ULX	CALL
HEAD Laser 6000	CALL
Laser 4000	CALL
175, 190, 205, 220G	CALL
WILSON Sledgehammer 3.0	CALL
Hammer 36	CALL
SPALDING Assault	CALL
ThunderHeat	CALL

EXTELON BAGS

RTS Express	29.95
Cross Sport	26.95
Tournament	37.95

EXTELON GLOVES

All Pro Glove	CALL
Controller Glove	CALL
Contender, Enforcer, Sensor	CALL
Mentor	CALL
Digitec	CALL
Classic Glove	CALL
Performer Glove	CALL
Arc 2 Graphite	CALL
Maxtack	CALL

HEAD BAGS

G-Series Club	29.95
G-Series Sport	24.95

ACCESSORIES

PENN Tac Glove	CALL
Tourn Tacfield Glove	CALL
Tourn Select Glove	CALL
Cabretta Glove	CALL

ACCESSORIES

KENEX Ovalon Glove	12.95
Dominator Glove	12.95
Reactor Glove/Tribute	CALL
HEAD Conquest Glove	CALL
Sensation Glove	CALL
Maverick Glove	CALL
Radical, Web, Renegade	CALL
NEUMANN Gladiator	14.95
Dynatack Glove	9.95
Pro Dynatack Glove	11.95
EXTELON Rubber Grip/AME	5.50
Cushion Grip	3.50
Overwrap Grip	3.25
V-Damp	3.00
Racq-Cord	3.00
New Specter	19.95
Neotech	12.95
Prism	13.95

Write for free catalog.
Call for Platform Tennis.

EXTELON EYE GUARDS

Triton	22.95
Olympus	20.95
Quantum	8.95
Centurion	7.95
Odyssey	14.95
Surveyor	9.95
Mirage/Scopa	CALL

OTHER EYE GUARDS

BAUSCH & LOMB Action Eyes	21.95
LEADER Albany	16.95
Dallas	21.95
New Yorker	17.95
Hogan Pro	24.95
Hogan Champion	13.95
Pro Screen	23.95
Optiview	25.95
Maxum	20.95
Ultima	19.95
KENEX Dominator	19.95
Competitor	16.95

EXTELON SHOES

Indoor Court Low (M)	CALL
Indoor Court 3/4 (M)	CALL

SAMUELS TENNISPORT • 7796 MONTGOMERY RD. • CINTL., OH 45236

Visit Our Store When In Cincinnati

S.W. Corner Kenwood & Montgomery - Across from Prime 'n Wine-Next to Porter Paint

• Specify grip size • \$3.95 shipping any quantity. Money order or certified check payable to "Tennisport". APO'S, FPO'S add \$3.05 extra. • COD'S add \$4.00 • Visa, MC, AE, Discover — give card number and expiration date. No credit card fee. • Ohio residents add 5.5% sales tax. • Return subject to inspection & 15% restocking fee.

8 Adjustments

9 Change of Pace

10 Strategies Against

- A Power player
- B Control player
- C Lefty
- D Quick player
- E Slow player
- F Tall player
- G Injured player

Conditioning

1 Weight training

2 Aerobic training

3 Anaerobic training

4 Flexibility/stretching

Nutrition

1 Water/fluids hydration

2 Carbohydrates

3 Proteins

4 Fats

5 Junk food

6 Alcohol

Practice

1 Times per week

2 Times per session

3 Alone

4 With partner

5 Playing situation

Rest

1 Enough sleep

2 Downtime between activities

Video Tape

1 Analyze self

2 Analyze opponent

3 Analyze pros

Goals

1 Immediate 0-3 months

2 Short range 3-6 months

3 Short term 6 months - 1 year

4 Long term 1-3 years

This checklist is quite extensive and detailed so don't be overwhelmed by it. Take it one step at a time, area by area, section by section. Prioritize those areas that are important to you and where you are weakest, then tackle them first. Good luck in your quest for excellence. See you next issue where I will begin to use this checklist to analyze the game one step at a time. Oh and... bring your construction equipment.

From Alaska to Aruba with **Fran Davis** The Perfect Vacation for all Seasons...Racquetball Plus! **VACATION DATES 1995**

San Francisco, CA

(Golden Gate Bridge, Fisherman's Wharf)
AUGUST 18 - 20 (Doubles)
OCTOBER 6 - 8
NOVEMBER 17 - 19

Hawaii

(Sun, Fun & Exploring)
OCTOBER 12 - 19
NOVEMBER 2 - 9

Call Now...Don't Wait! Space Limited!

For Reservations contact:

A Healthy Racquet, Inc.

4104 24 St. #426

San Francisco, CA 94114-3615

Phone/Fax (415) 757-0199

ACTION
OFFICIAL TOURNAMENT
EYE PROTECTION
EYES

Aruba

(Sun, Fun & Gambling)
NOV. 30 - DEC. 7*
DEC. 8 - 15

Other Future 1995 Vacation Sites:

- LAKE TAHOE, CA.
- BRECKENRIDGE, CO.
- OTHER CARIB. ISLANDS
- AND MANY OTHERS

INCLUDES:

- Physical, Mental & Nutritional Aspects of the Game
- Video Tape Analysis
- Camp Booklet
- Camp Head T-Shirt
- Penn Balls
- And other Amenities

**Special Guest Diana McNab,
Sports Psychologist of U.S.
Racquetball Team & N.Y. Jets*



PowerBar
ATHLETIC ENERGY FOOD
Fuel for Optimum Performance



Photo by John Foust

ACTION EYES

OFFICIAL TOURNAMENT
EYE PROTECTION



FIRE RED



STORMY BLUE



COBALT BLUE



WHITE



CHIEF



JEWELLED

Great style, comfort and safety in your choice of colors. Choose any. You get fog & scratch resistant polycarbonate lenses, adjustable wire core temples, ASTM impact tested, special safety hinge, rugged frame that accepts prescriptions, adjustable retainer and carrying case. Don't accept less! Action Eyes, at Pro Shops and stores that know.



CRYSTAL



TORTOISE
WITH CONTRAST



CRYSTAL
WITH CONTRAST



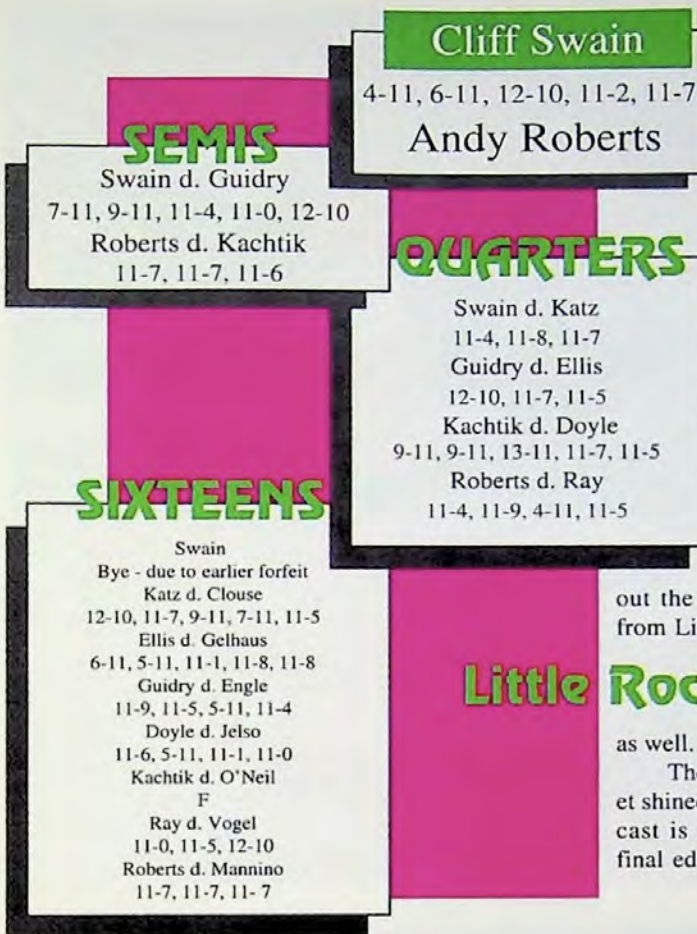
Black Knight

Tour de Swain

Cliff Swain continues to dominate the pro circuit with season ending wins at Little Rock and the Pro Nationals in Portland



View at the top. Cliff Swain and Andy Roberts, locked in at numbers one and two, respectively.



Cliff Swain

4-11, 6-11, 12-10, 11-2, 11-7

Andy Roberts

influence the outcome of the events throughout the season, it is fairly clear that something very close to that happened in Little Rock.

With his surprise absence from Little Rock, Sudsy Monchik denied the world the opportunity to see firsthand the talents that made him the fastest rising star on the IRT. Victim of a severe but temporary bout of the "flu", the season's rookie of the year was forced to sit out the first event of the series from Little Rock, and, most likely, the following three to be played immediately after as well.

The best players on the planet shined for this one and the telecast is not to be missed. Since final editing was not complete at

press time, we will all have to wait and see which match-ups actually make the cut, but here is a sampling of the highlights to check out:

1) One of the best finals in history between the two greatest, Andy Roberts and Cliff Swain

2) The Swain - Mike Guidry semi that was a battle of southpaws that saw Swain come back from two down to capture the next two with a commanding doughnut in the fourth, then edge by in the extended breaker

3) The incredible Drew Kachtik - Tim Doyle quarter that was the only upset of the tournament

4) Aaron Katz vs. Woody Clouse in a five game round of sixteen slugfest between recent rivals

5) John Ellis' come from behind against Kelly Gelhaus that displayed Gelhaus' developing talent and foreshadowed his performance in Portland

6) Mike Ray reasserted himself as one

Little Rock

Little Rock

Little Rock Pro Am

Little Rock Athletic Club

• Perfect final for TV • Young stars make a big splash • Passion and attitude run amuck • Old scores settled • The master Swain at his best • Fantastic action and plenty of racquetball insight served up for ESPN •

With a pro tour season that stretches year round, every IRT pro gets plenty of opportunities to play through the performance hills and valleys that visit each player. A funny thing happens when you tell these players the dates for filming the television broadcasts that will be seen by millions on ESPN and ESPN2. Every player immediately begins training to "peak" at the time of that competition. If you subscribe to the prevailing thought that the rankings over the course of the season fairly typify the abilities of the pros against one another, then when each man reached his peak level of play for the same event, the outcome would closely resemble the overall rankings. While any number of factors

BE FAST, OR BE GONE.



In a game where serves have been clocked at over 180 mph, that rule applies equally to players and balls. Any questions?

The Official Ball of the AARA.



Gelhaus Rocks. In Portland, Kelly Gelhaus knocked Tim Doyle out of contention to gain his first pro quarterfinal berth. His hopes of progressing were dashed by Mike Ray in three straight.



Guidry Rolls. Mike Guidry rolled into the semis in Little Rock before Cliff Swain took him out. Swain came back from a two game deficit to even up the match before going on to win 12-10 in the breaker.

Jason Maninno yet to break through with a big win has been winning over the courtside crowds with his high speed acrobatics. He was knocked out in Little Rock by Andy Roberts in the sixteens and by Aaron Katz in the 32's in Portland.



of the greats in the sixteens against the powerful Louis Vogel

7) Unsafe at any speed, Jason Manino lost the match but won over the crowd against Roberts in the sixteens

8) A good look at rising stars Mike Engle and Tony Jelso

Portland
Rose Festival IRT Nationals
Multnomah Athletic Club

• Gelhaus breaks the "quarter barrier" • Ray back into the semis • Roberts takes a game in the final to spoil Swain's clean sweep • Swain reigns supreme and hands Roberts the doughnut as pay back for Columbus • The amazing Multnomah Athletic Club hosts its second national championship in grand style •

Last year's controversial mid-season announcement of the movement of the IRT Pro Nationals to Portland seemed to emphasize the sweeping changes afoot in the pro tour. In the time since the inception of **KILLSHOT** Magazine in the summer of 1991, the tour has seen countless finan-

THERE ARE NO SPEED LIMITS.



The new Pro Penn Racquetball is faster and highly visible. As for its top speed, we don't know, that all depends on how hard you can hit it.

Created for and with the help of the professional players of the IRT.



Andy Roberts continues to pressure Cliff Swain and is holding tight to the #2 position. He took Swain to five games in Little Rock and four games in Portland.

Deliverin' the Doughnuts



Swain 11, Roberts 0 Portland Final
Swain 11, Guidry 0 Little Rock Semis
Ray 11, Vogel 0 Little Rock 16s

Kachtik 11, Rankin 0 Portland 16s
Doyle 11, Jelso 0 Little Rock 16s

cial and political changes which represent tremendous progress and spell huge success. In fact, the very faces of the top sixteen have changed dramatically since that time. Portland's hosting the nationals has been described as part of the overall progress of the IRT, but has never been described as permanent. While the site of the pro nationals may move again in coming seasons, the success of the Rose Festival as the venue for the championship for the second year is unquestionable. On one of the best exhibition courts in North America, Swain flexed his muscles to close another championship season with a big win in the season finale.

All of the top eight advanced with little difficulty in the first round. The best match of the thirty-twos saw Engle come back from two down to tie the match against Jelso before Jelso stretched his lead for the win in the breaker. In the only other match of the round that went more than three games, Todd O'Neil came back from one down to eliminate Manino in four with

Cliff Swain

11-6, 2-11, 11-0, 12-10

Andy Roberts

SEMIS

Swain d. Kachtik

11-6, 11-6, 11-4

Roberts d. Ray

12-10, 11-7, 8-11, 11-3

QUARTERS

Swain d. Monchik

11-5, 11-5, 11-1

Kachtik d. Guidry

11-2, 11-8, 3-11, 7-11, 11-5

Ray d. Gelhaus

11-6, 11-7, 11-3

Roberts d. Katz

12-10, 11-7, 8-11, 11-3

SIXTEENS

Swain d. Jelso

11-1, 11-1, 11-6

Monchik d. Ellis

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

Kachtik d. Rankin

11-4, 11-0, 10-12, 11-7

Guidry d. Karp

11-6, 11-1, 11-3

Gelhaus d. Doyle

13-11, 12-10, 6-11, 11-8

Ray d. Vogel

4-11, 15-13, 11-2, 11-9

Katz d. Clouse

11-9, 11-4, 11-5

Roberts d. O'Neil

11-6, 11-2, 11-9

Portland IRT U.S. National Championships



Drew Kachtik is playing tough ball and survived into the semis in both Little Rock and Portland. In Portland he took out a tough Mike Guidry before falling to Swain. In Little Rock he dispatched Tim Doyle before running into a rock solid Andy Roberts.

the last two games going twelve - ten.

Vogel and Brian Rankin each managed to post game wins in the sixteens before falling to Ray and Kachtik respectively. Monchik and Ellis dived and blasted for four exciting games between the two most venerated young pros. The headline of the round was written by California's Gelhaus as he called upon some serious hustle and grit to upset Doyle in four.

In the quarters, Swain dispatched Monchik in sweet revenge for Monchik's assault on Swain's ranking earlier in the season. Kachtik ousted Guidry in the latest chapter of the book on Texas racquetball. Ray ended Gelhaus' run for the money in a quick three, and Roberts only stumbled momentarily in game three as he booted Katz from Katz' umpteenth quarter of the season.

Swain ruled Kachtik to get to the final while Roberts handled Ray but with significantly less ease. In the end, the nationals went down to a battle of the world's two best players that ended another championship season for the master with the win in the finale.

HOW TO BREAK A RADAR GUN.



Until they start posting speed limits in racquetball courts, you'll keep looking for more speed. Well, here it is. If you want less speed, play croquet.

Created for and with the help of the professional players of the IRT.

VCI spreadsheet

IRT

1. **Cliff Swain (1)**
Braintree, Massachusetts
2. **Andy Roberts (2)**
Memphis, Tennessee
3. **Tim Doyle (3)**
Huntington Beach, California
4. **Mike Guidry (4)**
Dallas, Texas
5. **Drew Kachtik (5)**
Dallas, Texas
6. **Mike Ray (6)**
Hilton Head, South Carolina
7. **Aaron Katz (7)**
Dallas, Texas
8. **Sudsy Monchik (11)**
Staten Island, New York
9. **John Ellis (9)**
Stockton, California
10. **Woody Clouse (10)**
Jacksonville, Florida
11. **Louis Vogel (13)**
Albuquerque, New Mexico
12. **Brian Rankin (12)**
St. Louis, Missouri
13. **Adam Karp (15)**
Los Angeles, California
14. **Dan Fowler (14)**
Silver Springs, Maryland
15. **Eric Muller (16)**
Kansas City, Missouri
16. **Kelly Gelhaus**
Riverside, California

WPRA

1. **Michelle Gould (1)**
Boise, Idaho
2. **Robin Levine (2)**
Sacramento, California
3. **Marci Drexler (3)**
San Diego, California
4. **Cheryl Gudinas (4)**
Lisle, Illinois
5. **Lynne Coburn (5)**
Baltimore, Maryland
6. **Caryn McKinney (6)**
Atlanta, Georgia
7. **Laura Fenton (7)**
Lincoln, Nebraska
- 8T. **Chris Evon (8T)**
San Diego, California
- 8T. **Molly O'Brien (8T)**
Souderton, Pennsylvania
10. **Robin Whitmire (10)**
Atlanta, Georgia
11. **Roz Olson (11)**
New Paltz, New York
12. **Michelle Wiragh (12)**
Baltimore, Maryland
- 13T. **Janet Myers (13T)**
Charlotte, North Carolina
- 13T. **Kim Machiran (13T)**
Ballwin, Missouri
15. **Dee Ferreira-Worth (15)**
Anaheim Hills, California
16. **Kim Russell (16)**
Atlanta, Georgia

IRT Season End Final Rankings

Rank	Name	Points
1	Swain	2929
2	Roberts	2461
3	Doyle	1927
4	Guidry	1897
5	Kachtik	1760
6	Ray	1728
7	Katz	1555
8	Monchik	1277
9	Ellis	1108
10	Clouse	1076
11	Vogel	751
12	Rankin	714
13	Karp	623
14	Fowler	571
15	Muller	531
16	Gelhaus	525
17	O'Neil	456
18	Jelso	446
19	Engle	426
20	Greenfield	314
21	Maninno	287
22	Ceresia	276
23	Reiff	247
24	Messina	243
25	Robinson	237
26	Harripersad	234

Rank	Name	Points
27	Schenck	206
28	Glowa	174
29	Hamilton	168
30	Paraiso	148
31	Kerr	145
32	Embry	144
33	Sable	128
34	Cherry	104
35	S. Graham	102
36	Sexton	100
37	Giles	
38	Thoerner	
39	Krickorian	
40	Bronfeld	
41T	K. Graham	
41T	Menardo	
43	Price	
44	Amatulli	
45	Brady	
46T	LLacera	
46T	Freeze	
48	Bell	
49	Obremski	
50	Learner	
51	Descesare	
52	Orr	

VCI Challenge Cup Series

Final Results

1. Cliff Swain
2. Andy Roberts
3. Tim Doyle
4. Mike Guidry
5. Mike Ray
6. Sudsy Monchik
7. Drew Kachtik
8. John Ellis

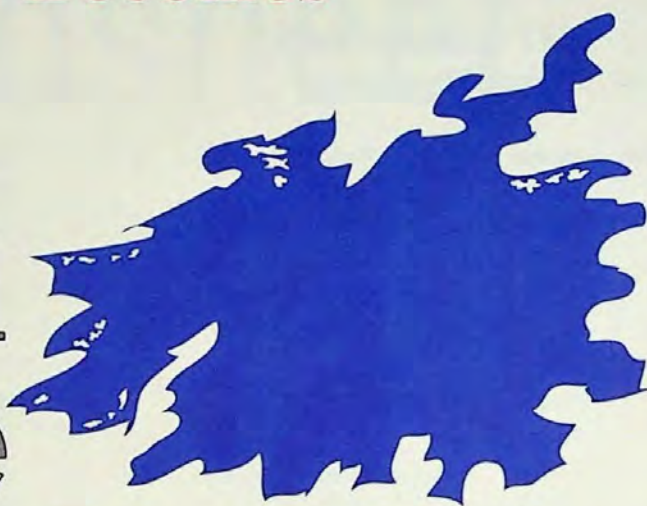


VW CREDIT, INC.



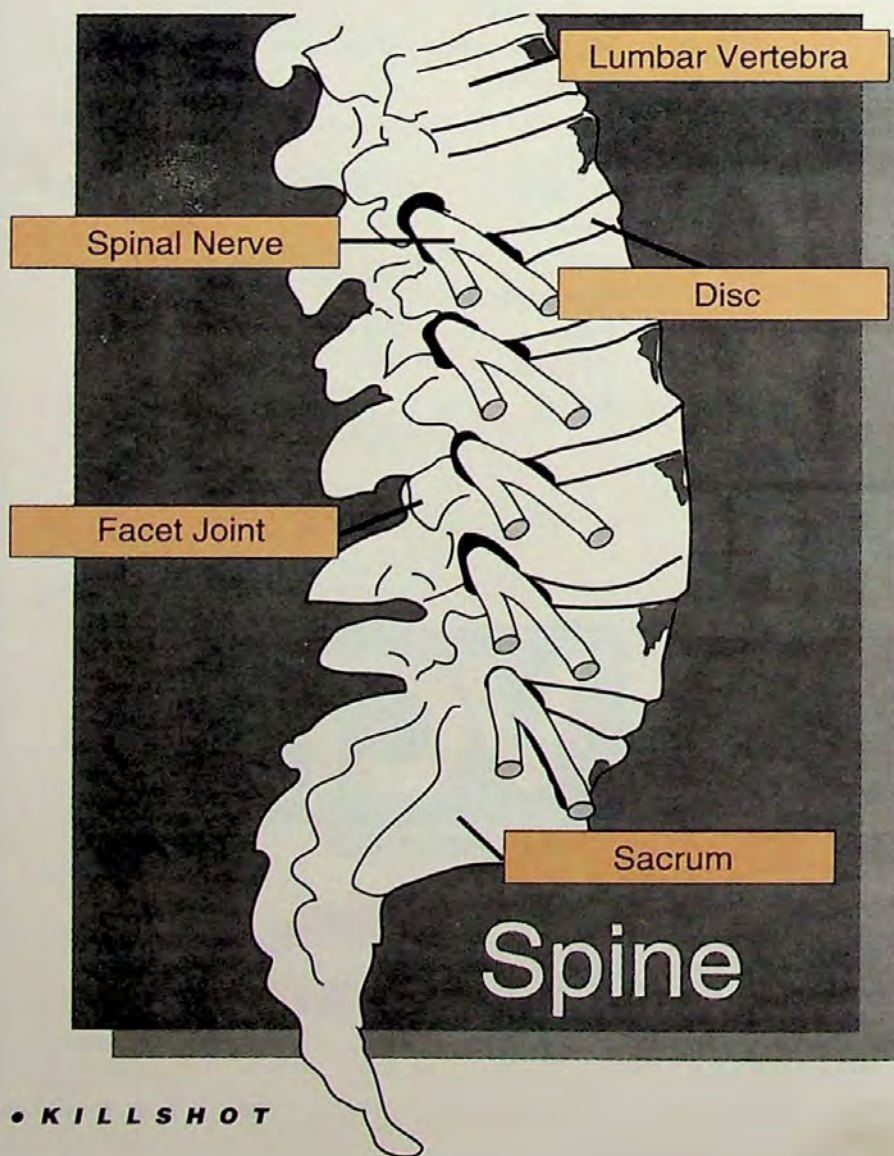
When Racquetball Becomes

A Pain in the (lower back)



By

Richard Honaker, MD



Your lower back is a complex arrangement of muscles, ligaments, bones, nerves, connective tissue and discs. From an evolutionary standpoint, we humans should still be on all-fours. Therefore our back takes more of a load in keeping us upright than it seems to be prepared for by evolution. This is why back pain is so common.

The vertebral bodies are arranged one on top of the other and cushioned by the discs between them. The disc is a fibrous, firm, donut shaped structure with a central soft spongy layer known as the nucleus pulposus. These discs act as shock absorbers as we flex and extend our spines. The vertebral bodies are protected by facet joints, one on each side. These are very small joints which act primarily during extension and twisting from side to side. Although small, these joints are true joints, just like the knee joint. Muscles run along the sides of the spine in multiple layers and serve as supporting structures. Ligaments tie bony structures to each other. Lastly, the nerves emanating from the spinal cord come out from between the vertebral bodies through spaces called the foramina. The classic pinched nerve occurs when a displaced disc (herniated nucleus pulposus) pushes against

Low back pain has effected most of us at one time or another. There are multiple causes for low back pain, and multiple forms of treatment.

the nerve as it exits through this narrow foramina opening. This can result in sciatica with pain down the course of the nerve.

Most back pain is caused by facet joint problems, disc degeneration problems, or overloading of the connective tissue. Facet joint syndromes result in low-grade low back pain which often radiates into the buttock. This can be accentuated by hyperextension of the back and brought on by overuse. Treatment includes rest, heat, anti-inflammatory drugs and sometimes the use of muscle relaxers and physical therapy. Rarely, injections of cortisone are needed. No long term significant problems result except for pain.

Disc problems can occur from degeneration of the outer fibrous layer of the disc with resultant weakening of this area of the disc and expulsion or protrusion of the central spongy part of the disc out towards the nerves. This can result from long term degeneration with age as the moisture of the fiber structure dries out and weakens or from acute forces involved in accidents during sports related activities. This may result in acute or chronic low back pain with radicular symptoms which radiate into the legs and include numbness, weakness, and pain.

Significant problems result in chronic weakness and loss of some reflexes in the ankle or the knee. To diagnose this problem one often undergoes x-rays, MRI scans, and

CT scans or myelograms in which dye is injected into the spinal cord area to look for protrusions of the disc. Treatment includes rest, heat, local cortisone injections, physical therapy, and occasionally surgery to remove portions of the bone and suction parts of the disc where it presses on the nerve.

Overloaded connective tissue is simply a fancy way of describing muscle strains and pulled ligaments. This results from chronic overuse or back abuse, but can result from acute injuries. The usual discomfort is located in the lower lumbar spine and is accentuated by motion. This can be treated with heat and rest as well as anti-inflammatory medications. Physical therapy is often helpful.

Arthritic changes can occur in the back even in young people. This can result in pain and discomfort aggravated by use, overuse, and sometimes cold weather.

Regardless of the cause of our back pains, if we strengthen the abdominal muscles which help support our upright posture from the front, this will relieve stress and work load from the muscles, joints, and bones of the back as they support our

From an evolutionary standpoint, we humans should still be on all-fours.

upright posture from the back. Abdominal muscle exercises include sit-ups and leg lifts.

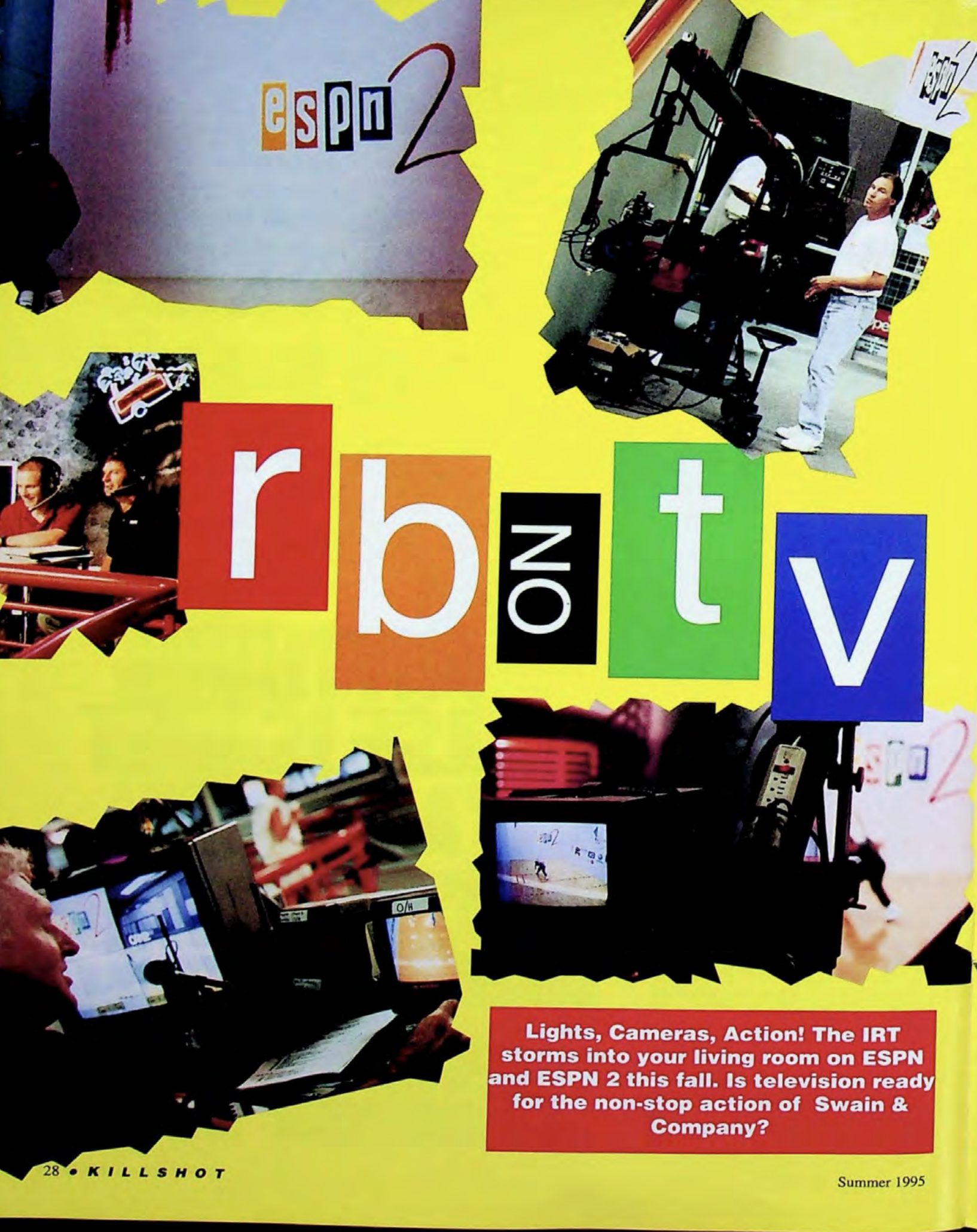
For mild back injuries, one should simply rest, use ice during acute phases and heat in later phases. For persistent or recurrent pain or pain, numbness, or weakness into one leg, one should consult his physician. Take care of back discomfort early in its course and you can avoid the very difficult and troublesome problem of chronic low back pain.

ANYTHING ELSE IS JUST A MITTEN.



The Penn Tac Racquetball Glove has a leather grip and padding in the knuckles. It's the only recommended clothing for serious players that want to smash some balls, not build some snowmen.

The Official Glove of the IRT



espn 2

r

b

n

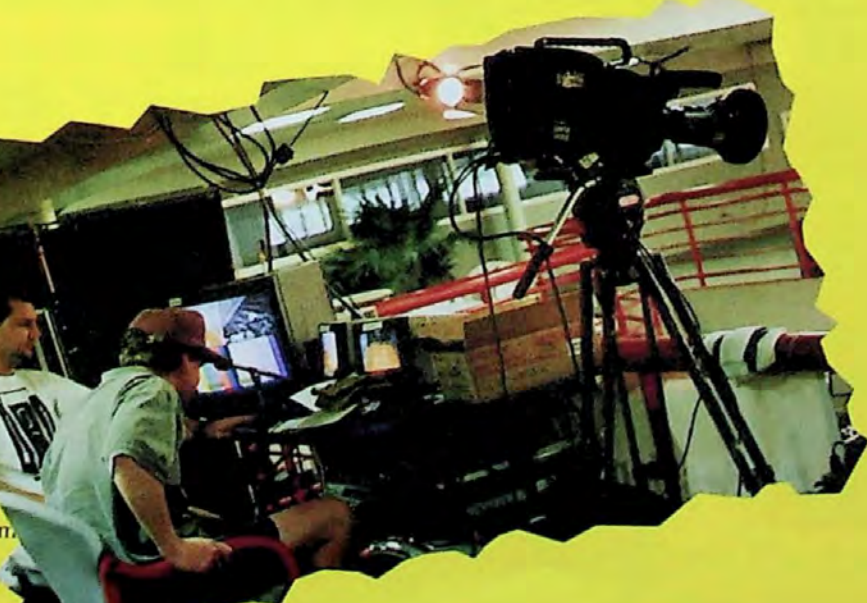
t

v

**Lights, Cameras, Action! The IRT
storms into your living room on ESPN
and ESPN 2 this fall. Is television ready
for the non-stop action of Swain &
Company?**



JM Productions filled miles of tape with action from countless angles as the first of four televised events was taped in Little Rock this summer





The crew that caught all the action, provided the play-by-play, covered the features, and edited the tape:

**Jerry McKinnis
Angie Thompson
Carey Barrett
Mike McKinnis
Tommy Sanders
Danny Hampton
Wesley Miller
Mark Delinde
Lee Hearn
Demp Dempsey
Guy Galloway**



Presenting the first

Only
\$10



Only
\$10

officially licensed pre-paid
calling card authorized by the

IRT

INTERNATIONAL RACQUETBALL TOUR

Official Tour Card Order Form

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
Number of Cards _____ @\$10 each+\$2.50 S/H

If you would like to order your card with your Visa,
MasterCard, American Express, or Discover Card please call

(800) 547-1520

or mail your check or money order to **Target Tel, Inc.**

35 West 36th St., 10th Fl., New York, NY 10018

No Coins!
No Phone Bills!
No Hassle!
And It's Renewable!

30 minutes
Long Distance
Anywhere in the
Continental U.S.A.

No surcharges or activation fees apply

DO

Subscribe today and save 16% off the newsstand price
and \$2.00 off the regular subscription price

IT

Don't delay. Just use the coupon below, enclose check or money order or charge card info and mail it today. Or, easier yet, just fax in your charge card information and ordering address. Then just sit back and let the explosive action of racquetball come to you. Save even more! Act now and subscribe for two years for \$32.00. You save 20% off the newsstand price. That's like getting two issues free!

NOW!

Action

Personalities

Instruction

Equipment

Don't miss a single issue. Subscribe today and have the exciting world of racquetball delivered to you five times a year!



_____ Yes! Send me 1 year of **KILLSHOT** at the Special price of \$16.95.

_____ I want to save even more! Send me two years for \$32.00

_____ Enclosed

Name _____

Address _____

City _____ State _____ Zip _____

Cardholders Name: _____ Signature: _____

Account Number: _____ Expiration Date: _____

KILLSHOT Magazine
PO Box 8036
Paducah Kentucky 42002-8036

Fax for Charge Card orders:
(502) 441-7724





IRT on ESPN

Look for the IRT tournament series on ESPN2 in October and ESPN in November. The four event series kicks off with the Little Rock Arkansas tournament covered in this issue tentatively scheduled to air on Tuesday October 17 on ESPN2, followed by the other three events in the series on the following three Tuesdays. The initial telecast on ESPN is tentatively scheduled for Saturday November 11. The entire series will re-run on both networks following the original telecasts. All scheduling is tentative and may be changed at any time before those dates so keep your eye on local listings for times and date changes.

Professional Racquetball In Cyberspace

Tickets to pro events, entries to amateur draws at IRT and IRT satellite events, and tour information are now available on the World Wide Web. Look for the IRT site at:

<http://emporium.turnpike.net/~cyberguy/uspra.html>

PENN glove bonus pool: Includes all IRT stops and all those players wearing the PENN glove, official glove of the IRT.

- 1 Tim Doyle
- 2 Mike Guidry
- 3 Brian Rankin
- 4 Woody Clouse
- 5 Louis Vogel
- 6 Todd O'Neil
- 7 Dan Fowler
- 8 Jason Mannino

penn.

1994 - 1995
Season Final

HEAD Anatom Bonus Pool. The official clothing and footwear of the IRT offers the largest bonus pool in racquetball history to the 32 pros wearing HEAD Anatom clothing and footwear.

- 1 Cliff Swain
- 2 Tim Doyle
- 3 Mike Guidry
- 4 Mike Ray
- 5 Brian Rankin
- 6 Woody Clouse
- 7 Louis Vogel
- 8 Dan Fowler
- Mike Engel



1994 - 1995
Season Final

It Don't Mean A Thing If It Ain't Got... ..That String

FORTEN®
Racquet Sports



Pro Choices

Egan Inoue (The Boss 17)
Sudsy Monchik (The Boss 16)
Michelle Gould (Pros Choice)

For dealer information call
1-800-722-5588
FAX 1-619-679-5027

TV or not TV

Beginning with a local fishing program in the early 1960's, producer Jerry McKinnis has built a production company that develops large blocks of programming for ESPN and ESPN II. A talented racquetball player, McKinnis is as comfortable on the court as he is packaging a program for the small screen. He talks candidly about producing racquetball for television and the evolution of coverage for the sport.

By Marvin Quertermous Managing Editor

Q: What is your television production background?

JM: My background is fishing. I started with a local TV show [The Fishin' Hole] in the Little Rock area 34 years ago. That show has been on since then. I took it to ESPN early when they had only been on the air a month or two. We were the first production people to go to ESPN with the product paid for. We were an unusual client for them. I've been with them since then and we've developed a great relationship. My show has gone well. It's a different type of outdoor show. It's shot on film [instead of video tape] which lends itself very well to the "laid-back" atmosphere of the program.

Q: I know one of the things you've produced has been the "lumberjack" series on ESPN. How did that develop?

JM: One of our sponsors was Stihl Chainsaw company. They had an affair up in Wisconsin and asked if we could get it to ESPN. That turned into their Timber Sports series. I can't tell you how popular that's been! My own show became a block of outdoor shows that ESPN runs on Saturday mornings. We produce about 50% of that material.

Q: What other kinds of events have you produced for television?

JM: We've covered the Iditarod, golf tournaments, and just a lot of different things. We are probably their [ESPN] biggest outside producers. When we first dealt with them, we met in a house trailer — their place now is incredible, it's in Bristol Connecticut. It looks like you've landed on another planet with all the [satellite] dishes and stuff. Even though they've grown, they are still great people to work with.

**"We do weird things.
They thought we were
nuts but now they kind of
trust us."**

Q: When you are working on a broadcast are you aware of the audience?

JM: For my own show I know the audience — it's been about the same for thirty years. The show is kind of slow, laid back. The lumberjack show is faster, wilder — prime time. Surprisingly it has an overall appeal. When people are channel surfing, they stop and stay with it for a while. A second block of outdoor shows for ESPN

(we produce about 90%) is a faster, wilder, younger program for ESPN II. It appeals to a younger audience.

Q: Does covering racquetball present different challenges from some of your other productions?

JM: When we first did racquetball two years ago, we were really proud of the show. I think we cover it better than ever before. But the game is so fast — it's difficult to cover. We've combined features, graphics, entertaining things to help satisfy the viewers. It's difficult to get a feel for how good these guys really are. This is perfect for ESPN II. This will be on ESPN also but I think this will create more interest on ESPN II.

Q: What is the biggest difference in racquetball coverage in the mid 1980's and the coverage you are doing for ESPN? Is it style?

JM: Oh, yeah. I remember seeing one or two of them [early racquetball broadcasts] — pretty bad. They showed one hour of racquetball. I didn't know who those players were or what they liked to do. A guy at ESPN said "Jerry, make a hero." You can't do that with just play. You have to do some creative stuff to feature personalities. There was not a lot of creativity on the early shows.



Did You Miss 'em?

KILLSHOT back issues

There is still time to get the issues you missed. Just fill in the coupon at the left, enclose your check or money order (in U.S. funds) and mail today. Prices include postage and handling.

#1 Premiere Issue (August '91).
Mike Ray cover. **SOLD OUT!!**

#2 Nationals Issue (September '91).
Michelle Gilman cover. **SOLD OUT!!**

#3 October '91. Marty Hogan cover. **SOLD OUT!!**

#4 Nov/Dec '92. J.D. Adams cover. **SOLD OUT!!**

#5 January/March '92. Andy Roberts "Terminator" cover. Malia Bailey interview, photographing racquetball, equipment of the pros, Brian Hawkes Gallery, instruction and tournament coverage. Limited number still available. **\$5.00.**

#6 Sept/Oct '92. Mike Yellen cover. New format. Tim Sweeney interview, evaluating a string job, Mike Yellen profile, instruction and tournament coverage. Limited number still available. **\$4.00.**

#7 Nov/Dec '92. Drew Kachtik "Chainsaw" cover. **SOLD OUT!!**

#8 January/February '93. Ruben Gonzalez cover. Ruben Gonzalez profile, racquetball on the road, tennis elbow, Gregg Peck's basics, instruction and tournament coverage. Limited number still available. **\$4.00.**

#9 March/April '93. Cliff Swain cover. Cliff Swain interview, a look at racquets, eating for performance, VCI spreadsheet, instruction and tournament coverage. Limited number still available. **\$4.00.**

#10 Summer '93. Marty Hogan/Charlie Brumfield cover. Special instructional issue. Evolution of the racquet, Strandemo, Dynamic Duo, America's Most Wanted, Heflin on climbing the walls, tournament coverage. Limited number still available. **\$4.00.**

#11 September/October '93. Andy Roberts VCI cover. Racquet warranties, nutrition, U.S. & Canadian

amateur nationals and Junior nationals, rotator cuff injuries, tournament coverage and instruction. Limited number still available. **\$4.00.**

#12 Winter '93/94. Tim Doyle cover. Tim Doyle profile, target training: gamestyles, attacking your opponent, tearing down the walls, 3rd annual buying guide, tournament coverage and instruction. Limited number still available. **\$4.00.**

#13 Spring '94. Mike Guidry cover. **SOLD OUT!!**

#14 Summer '94. Mark Wentura cover. Common sports problems, industry news, preparing for a week-end tournament, strings and grommets, preparation, Mark Wentura interview, national champions. Limited number still available. **\$4.00**

#15 Instructional '94. Cliff Swain cover. Cliff Swain profile, dominating rallies, instant improvement, stringer log, Bi Rak IT, grading the pros. Limited number still available. **\$4.00**

#16 Fall '94. Spalding Racquet cover. Overview of racquets, playing better with age, core players of the IRT, control through preparation. Limited number still available. **\$4.00**

#17 Winter '95. Heroes cover. Who's the best, Improving your doubles game, eating and performance, warming up properly, shot selection. Limited number still available. **\$4.00**

#18 Spring '95. Aaron Katz cover. Being the best, eye care, the pass and pinch, serving, 10 things that halt progress. Limited number still available. **\$4.00**

Please send the following back issues of **KILLSHOT** Magazine. I have enclosed a check or money order.

#5 Jan/March '92 \$5.00 _____

#6 Sept/Oct '92 \$4.00 _____

#8 Jan/Feb '93 \$4.00 _____

#9 March/April '93 \$4.00 _____

#10 Summer '93 \$4.00 _____

#11 Sept/Oct '93 \$4.00 _____

#12 Winter '93/94 \$4.00 _____

#14 Summer '94 \$4.00 _____

#15 Inst. 94 \$4.00 _____

#16 Fall '94 \$4.00 _____

#17 Winter '95 \$4.00 _____

#18 Spring '95 \$4.00 _____

Total enclosed: _____

Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Send to: **KILLSHOT**

Back Issues

P.O. Box 8036

Paducah KY 42002-8036

Jerry McKinnis takes time out from taping the IRT event in Little Rock for ESPN to give a tour of the production facilities to Managing Editor Marvin Quertermous



Q: What are some of the things you do that are different?

JM: We do weird things. They thought we were nuts but now they kind of trust us. We went out on the street and took three cans of liquid chalk. We drew a court on the street and said, "Okay, now tell us how to play." We shot there on the street, stopping to wait for cars to pass. It will be really neat. We did a feature with Drew [Kachtik] on a deserted football field. He was great.

Q: Which of the players do you like working with?

JM: I like working with all of them. I love working with Swain because he's so classy — and a damned good athlete. Mannino, Jelso, Gelhaus — they were wild and crazy. I think Drew is one of my favorites. He's so quiet and low key.

Q: What about the technology?

JM: Then they used two cameras on a court. We use at least four. Our ceiling cam can now be maneuvered. We have the cam-mate and a few more wrinkles that will really help coverage. I'll tell you what else has helped — "miking" the players. It makes all the difference. The audience can also hear. We can mix [the sound] so we hear better, but the audience is involved. We are also calling [the play-by-play

action] live rather than taking the tapes into the studio for a voice over.

"I've worked with [John] Havlicek, Gordie Howe, Bobby Orr. I've really been lucky. I've had a neat career."

Q: How many people are involved in a production like this?

JM: We have probably ten or twelve here. When we go back to post [production] four will work a lot. Editor, graphics, two people off-line. They'll work pretty hard on it.

Q: Do you sell the commercial spots?

JM: No. ESPN handles all that. We are hoping someone will wake up and say, "This is really great for this sport. I need to get involved."

Q: What is your background in racquetball?

JM: I've been playing for 15 to 20 years, I guess. I think I play the best players around

here. I think in my age division I'm pretty good. I used to play with Greg Peck. He worked with my game some. I played in three regionals in my age division and won all three but I couldn't go to the nationals.

Q: Have you been involved in producing any video instructionals?

JM: Recently we made a tape for Jack Newman and I think we're going to do one for Cliff Swain.

Q: Who are some of the celebrities you've worked with?

JM: I just got back from the Keys with Bobby Knight. He's really a good friend. One time I went [fishing] with Eddie Sutton. As soon as it was on the air, Knight called and said "I can fish better [than Sutton] and you've never asked me." I've been fishing with Whitey Herzog, with Ted Williams. That's the greatest thing I've ever done. I've worked with [John] Havlicek, Gordie Howe, Bobby Orr. I've really been lucky. I've had a neat career.

Q: What was the experience like working with Ted Williams?

JM: He'd diagram things on paper, like how to hit a curve ball then just throw it away. I'd go through the trash and salvage it. He's a fishin' dude.

A A R A Nationals

The American Amateur Racquetball Association's 28th US National Singles Championships were held this past May at the Downtown YMCA in Houston, Texas.

The division results were as follows.

Open Division

Men Open

Michael Bronfeld
Dan Fowler

Women Open

Michelle Gould
Mailia Bailey

Wheelchair Division

Men Wheelchair

Chip Parmelly
Rick Slaughter

Women Wheelchair

Donna Cline

14K Racquetball Jewelry

14K Gold Pendants

- Large Charm \$62
- with Gold Ball \$79
- with Diamond \$119
- Small Charm \$49
- with Gold Ball \$63
- with Diamond \$99



14K Gold Bracelets

- Gold Racquet Bracelet \$299
- with Diamonds \$600

14K Chains

- Lightweight chains \$2.50/inch
- Mediumweight chains \$4.50/inch

Regular UPS \$3.50, 2nd Day Air \$6
Guaranteed Next Day Shipping!
Mail Check and Money Orders to:
FIRST COAST PROMOTIONS
4241 Baymeadows Rd., Suite 18
Jacksonville, FL 32217

Call Now!
1-800-762-4653
FAX (904) 737-2659



Age Divisions

Men 19+

Brian Fredenberg
Brad McCunniff

Women 19+

Tammy Brockbank
Kerri Stoffregen

Men 25+

James Lorello
Rob French

Women 25+

Kim Russell
Doreen Metzold Fowler

Men 30+

John Amatulli
Dave Peck

Women 30+

Karin Sobotta
Kersten Hallander

Men 35+

Dave Peck
Tim Armstrong

Women 35+

Debra Tisinger
Linda Moore

Men 40+

Ed Garabedian
Tom Travers

Women 40+

Janet Myers
Marcy Lynch

Men 45+

Mitt Layton
Johnny Northern

Women 45+

Terry Ann Rogers
Shelley Ogden

Men 50+

Horace Miller
Tom McKie

Women 50+

Gerri Stoffregen
Sharon Hastings-Welty

Men 55+

Bobby Sanders
Rex Lawler

Women 55+

Jo Kenyon
Kathy Mueller

Men 60+

Otis Chapman
Art Johnson

Women 60+

Jo Kenyon
Mary Walker

Men 65+

Joe Lambert
Barney Friesth

Women 65+

Mary Low Acuff
Reta Harring

Men 70+

Victor Sacco
Richard Davis

Women 70+

Mary Low Acuff

Men 75+

Luzell Wilde
C. Allen Shepard

Men 80+

C. Allen Shepard
John Pearce

Skill Division

Men A

Rocky Carson
Andrew Haywood

Women A

Sadie Gross
Erika Juhl



**The
President's Council
on
Physical Fitness & Sports**

Challenges You
To Participate In
The

**Presidential
Sports Award
Program**



Earn Praise From The President
For Making A
Commitment to Fitness



This Prestigious Program:

- ★ Encourages consistent exercise over time
- ★ Can be earned in 67 different categories, ranging from Aerobic Dance to Wrestling

- ★ Can be utilized by groups or individuals



For more information,
send SASE to:

**Presidential Sports Award
Dept. CR
P.O. Box 68207
Indianapolis, IN 46268-0207**



Now
Available!

IRT
Video Tapes

**The International
Racquetball
Tour
1995 Nationals
Portland, Oregon**

Produced for regional cable, the tapes feature commentary by Commissioner Hank Marcus, Sudsy Monchik, and Aaron Katz.

Order Directly from the IRT

\$29.95

Includes Shipping

(503) 639-3410

International Racquetball Tour
13135 Regency Court
Lake Oswego, Oregon 97035



Supports Fibromyalgia Research

Annihilating Old Notions

‘Toughness is the state of preparedness that enables you to bring all your skills to any challenge on demand.’

We know that toughness and skills are learned and so are the movements and mental control that form the skills used in playing **BI RAK IT**...whole hearted, total minded, two sided dynamite that empowers mind-body unity while forming the only connections that really count.

BI RAK IT...mental, physical and emotional toughness...learned and refined skills that are absolutes within the performance standards of this new sport and requisites within and beyond the boundaries of the court.

BI RAK IT...simply the best as a primary sport and cross training method.

Call today...904-398-5428
fax...904-396-8640
we're reperiencing athletics.



KILLSHOT cafe

Appetizers

What's the best way to stay motivated on the court?

You have to develop a killer instinct on the court. Condition yourself to push as hard as possible every time you play. Regardless of who you are playing, never play any less than 100%. If you get in the habit of pushing to the limit every time on the court, it will be there for you when you need it.

Don't confuse killer instinct with bad attitude. I can treat an opponent with respect, but still keep that killer instinct. I also respect that same aggressiveness in my opponent. I am not offended by his aggressiveness and pushing his skills to the limit.

Never allow yourself to "play down" to a weaker opponent. Your game is your game and should be tight and focussed and vicious no matter who or when you play or how friendly the game is. That competitiveness and the growth that comes from it make friendly games better, and make the process of improvement more fun.

Once you start to realize how much better the process is when you push yourself, it becomes natural to stay motivated.

Ruben Gonzalez, IRT #8

Entree

After watching the pros play on ESPN for the past two seasons, I finally got a chance to see them play in person at the Las Vegas Sporting House this year. They consistently hit harder and more accurate serves than I've ever seen before. What is the secret to hitting a drive serve like Tim Doyle?

The best thing to do to increase the speed and accuracy of your drive serves is to learn to use your entire body. So many players work to generate more and more power from their swings by putting more emphasis on their playing arm. In truth, the best way to really increase power is to bring your legs and torso into play.

Prize fighters and baseball's biggest hitters have been teaching themselves for years to generate power with their legs and torso. Since your legs are far stronger than your upper body, they have all the power you need if you can just tap into it. You also need a strong mid section including abs and lower back to stabilize you, transfer the power from your legs, and help you sort of twist into the swing motion.

Using your entire body this way will also help with accuracy after you have refined the technique. However, if you're not careful, it can telegraph your serve to your opponent. You'll need to make your motion deceptive after you master the technique and power.

Try watching the best servers either in person or on tape to see how efficiently their bodies move. Begin to see yourself making that same motion in your head. Plan plenty of time alone on the court to practice bringing the power through your body. Work on whatever cross training you need to strengthen your entire body. Consider enlisting the help of a coach or teacher

that understands good bio mechanics. Shoot some video tape of yourself to see if you are successfully moving as you picture. Adjust as necessary.

Tim Doyle, IRT #3

Dessert

I've gotten conflicting reports. What is the correct racquet prep position for hitting a backhand?

This is one of the most common mistakes in the game. Players tend to "wrap" their racquets behind their heads. The proper position is: racquet up and away from your head. By doing this, the stroke motion becomes a more natural curve, and you get maximum weight transfer through the swing. By starting with the racquet behind your head, you must emphasize the elbow and wrist snap too much and create an awkward position for transferring your weight through the movement.

Aaron Katz, IRT #7

Today's Special?

Send in your questions to **KILLSHOT**
Cafe

P.O. Box 8036,
Paducah, Kentucky
42002-8036.

Question too stupid? Don't worry, we promise not to print your name.



Taking Care of Business

TCB

Industry news and announcements

Tapping Into Pyramid Power

After the success of the concept in tennis, Head Sports Inc. has applied its "Pyramid" technology to a new racquetball line to compliment the ultra-successful "G" series. The innovation comes from a triangular shaped cross section which provides a stiff, light frame for increased power. Head's marketing director Ian Arthur credited the production of technology for other sports as the advantage that enables such dynamic breakthroughs as the Pyramid Series for racquetball. The new Web Plus glove is the flagship of an exotic and impressive new glove line that incorporates materials such as silicone, Escaine, Pittards, and rubber.

Penn Pulls Some Strings

Penn Racquet Sports has announced a new team effort with Babolat for sales and distribution of string products. Beginning in September of 1995, the Penn Sales force will also handle Babolat products. Two of the oldest companies in racquet sports, Penn and Babolat have been in the tennis industry since 1911 and 1875 respectively. Both Penn president Gregg Weida, and Babolat chairman Pierre Babolat expressed enthusiasm over the alliance of two companies with such leadership in the market and such quality products.

IRT Phone Home

There is still time to get your hands on IRT phone cards. The official IRT cards are highly collectable and come with thirty minutes of long distance service through New York's Target Tel Inc.

Racquetball, All Strung Out

The Del Mar California based United States Racquet Stringers Association will feature a look at racquetball in an upcoming issue of its publication The Stringer's Assistant. The publication is loaded with information but you have to be a certified stringer to get it. Maybe it's time to get certified!

Much Ado About Taping

After years of constant requests, video tapes of pro matches are finally becoming available. First up is the recent IRT Nationals recorded during Portland's Rose Festival in June 1995. Produced for regional cable, the tapes feature commentary by Commissioner Hank Marcus, Sudsy Monchik, and Aaron Katz. The tapes are available directly from the IRT.

Mixer Program

Ektelon announced the implementation of 20 "mixer" programs in ten cities designed to introduce health club members to racquetball. Michelle Gould will coordinate the programs at the national level in an effort to provide the uninitiated with a fun and exciting experience that capitalizes on racquetball's tremendous physical benefits. The programs will offer participants a basic presentation of rules and strategies, a "hit for prizes" contest, an "open court" to experience the game, as well as food and beverages for all participants. The ten sites initially involved in the program to gear up in October 1995 are New York, New England, Florida, Ohio, Minnesota, Missouri, Texas, New Mexico/Arizona, Colorado, and California. The company's announcement came at the same time as the release of the new product line including the flagship Catalyst racquet.

New Training Program

Lawrence Adams Inc. of Hudson, Ohio has just released a complete instructional package for racquetball. Titled Mastery of Racquetball, the program combines over three hours of video taped instruction with printed workbooks and laminated practice cards. Ohio's Tom Travers teamed with the world's number one player Cliff Swain to devise the program. It has received rave early reviews and has been called by Jim Heiser, Director of the US Olympic Elite Racquetball Camp: "The most comprehensive instructional package I've ever seen".



"Master the concept.
Get the picture.
Take it to the court."

CONCEPT TRAINING

Concept: In doubles hold your fire 'til you see the whites of their eyes

It's a common scenario: two excellent singles players combine to play doubles, only to have a more experienced team of less talented individuals mop the court with them. Doubles racquetball is more than four guys on the same court, each playing singles. In doubles, strategy becomes an even bigger factor than in singles.

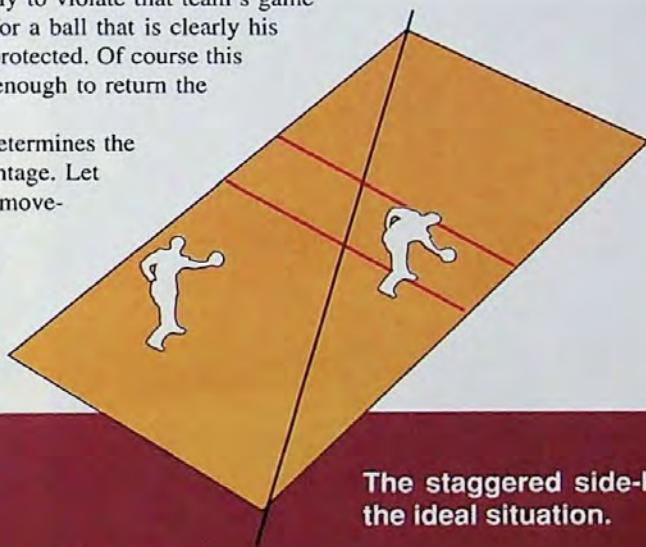
Since two players playing in sync that are allowed reasonable position can effectively cover most offensive attempts, most would-be winners from singles become useless. One well-placed shot is less likely to end a rally in doubles, so the shots leading up to the winner become far more important. The trap must be carefully set to pull opponents out of position before a winner is likely to be effective.

Simple right? Still it affects choices from shot selection, to court position, to which player covers a given shot. This all requires some discipline since it may be difficult not to get out of position to take a particularly tempting shot. Since well-positioned opponents will cover your shot, by venturing out for the attempt, you have compromised your team's coverage abilities. In the impassioned heat of an intense rally, it may be particularly difficult to think in the long term and not act on impulse to stray for the dramatic shot and in so doing leave your team vulnerable.

This very liability can be turned into an asset by playing smart enough to realize that the same pitfalls await your opponents. Look for the breach in their coverage and capitalize on it. Look for the member of the opposing team that is most likely to violate that team's game plan because he is unable to resist the temptation of going for a ball that is clearly his partner's. Draw him out then shoot for the ground he left unprotected. Of course this depends entirely on your team correctly covering the court enough to return the shot that he over extended in order to get.

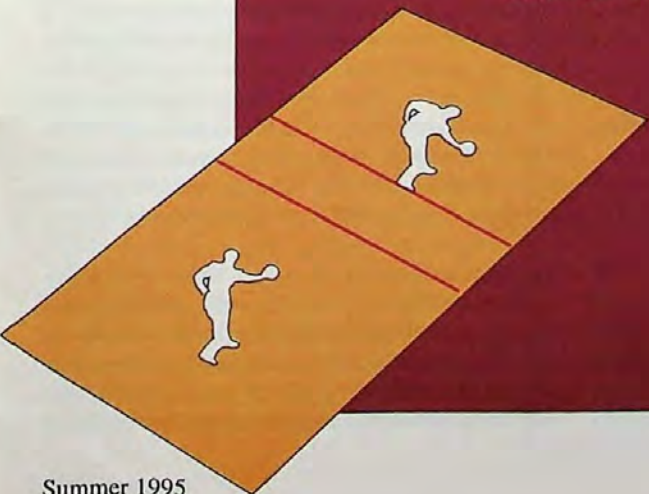
Remember, the player who hits the ball on your team determines the movement of the other team to clear. Use this to your advantage. Let the player have the shot that forces the opposing team into movement that leaves unprotected ground.

Doubles is a game of long-term thinking. Each shot should be part of the overall means to an end. Get in sync. Agree on an effective setup from the time tested ones here. Use what you know to win.



The staggered side-by-side is usually the ideal situation.

The front-back or "I" formation works well when front player is quick and back player is accurate from deep court.

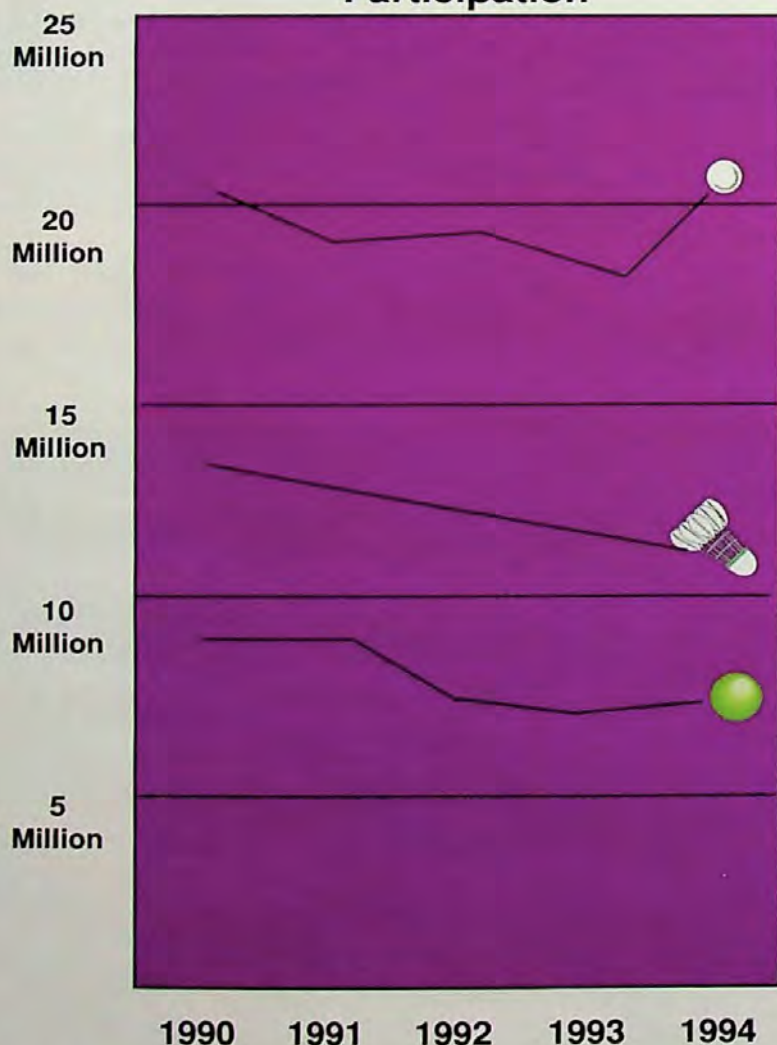


The side-by-side is generally a good set-up.



Racquetball & the Rest of the World

**Racquet Sports
Participation**



While racquetball players actually launched the fitness club industry, we now make up the smallest segment of that market. Because of this, it often seems that growth in other areas of clubs occurs at the expense of racquetball space and/or programming. In the past this has been a source of frustration and bitterness for most of us, but today, many of our number are involved in other aspects of the club as well. Still, "losing out" to other club activities often feels a bit like having sand kicked in our faces. Even so, that is far less uncomfortable than keeping one's head completely buried in the sand. There is a whole world out there that directly and indirectly affects racquetball, so maybe we should check it out.

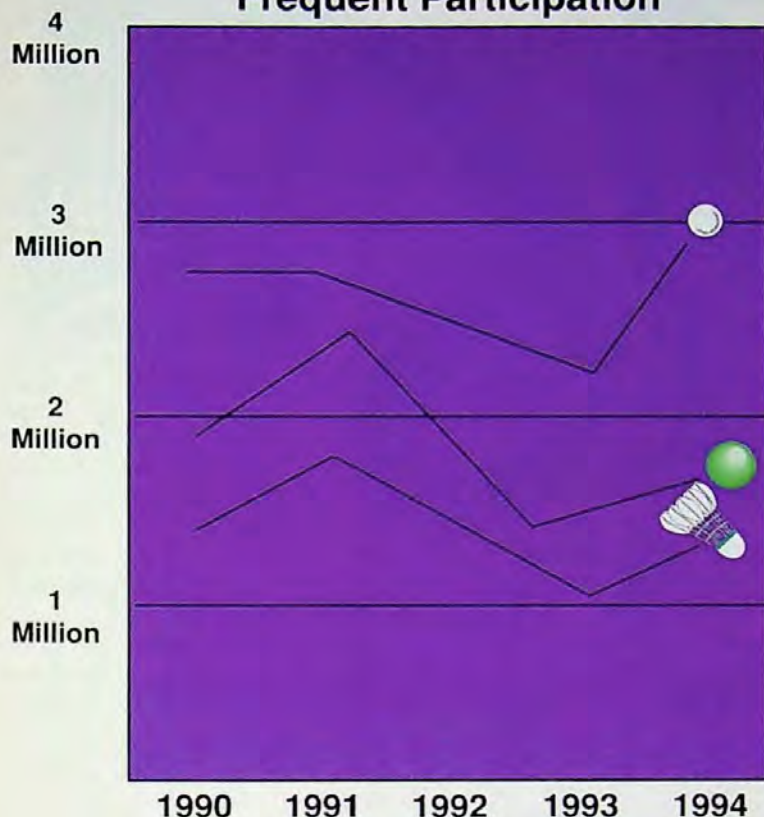
Forrest Gump whacked the daylights out of a ping pong ball on the big screen and Americans began dusting off their tables at home to rediscover the game. Table tennis (another sport under the scrutiny of the Racquet Sports Committee of the Sporting Goods Manufacturers Association which also crunches the numbers for racquetball) saw participation soar in the US. According to the most recent data, the number of Americans who played table tennis rose from 17.7 million in 1993 to a whopping 20.1 million in 1994. Wonder what would happen if Forrest Gump had played racquetball?

A jump ahead of racquetball, competitive badminton became a medal sport for the first time in the 1992 Olympic games in Barcelona. As a result, it attracted more TV viewers worldwide than any other Olympic event that year. Previous to that time, most Americans considered badminton more of a backyard leisure activity and less of the physically demanding intensely competitive sport it has come to be regarded in the rest of the world. Incredibly popular throughout Asia it has now spilled over into Europe and contributed most heavily to the public success of badminton. The lack of participation in racquetball due to limited availability of facilities in those areas remains a major stumbling block in its international acceptance.

In the world of squash, twenty five year old Jansher Kahn of Pakistan just dominates the rest of the world. Much like the IRT's Cliff Swain, Kahn has made a regular practice of storming through pro tournaments without losing a single game. His run of successes stands at something like 23 wins in his last 25 Pro Squash Association events with his win at the recent Grand

Statistics gathered by American Sports Data, Courtesy of Sporting Goods Manufacturers Association

Frequent Participation



Central Tournament of Champions in midtown Manhattan. Thirty five year old Mark Talbot is the United States' most accomplished and most highly recognized player. Squash regularly offers a "Teaching Pro" category at professional tournaments which shows some possibilities as an interesting new twist for racquetball.

In a tennis press release, Wilson promoted its Sledge Hammer 2.8si Stretch as a help for players with slow swing speeds and short compact strokes in reaching demanding shots with more ease. Isn't it surprising that most technology in racquetball leans toward developing more power or control instead of remediating specific playing tendencies?

In the world of weight training, the recent *Bodycraft Magazine* comments on Journal of Strength and Conditioning Research findings that, contrary to popular thinking, upper body weight training increases throwing velocity for baseball players. *Bodycraft* suggests extending the weight training to include both plyometrics and lower body weight training since throwing is a complex motion that draws on total body musculature. Apparently previous thinking had been that the added muscle mass gained from the weight training would inhibit any advantage gained from the increase in strength. I assume that this rein-

forces the use of weight training as cross training for racquetball at least in terms of the potential for added power. However one should proceed with caution since there is thinking that in many cases, more power may be gained from refining stroke mechanics than from increasing strength and also since increased power may not be the factor most important to improving any given individual's game.

With recent announcements of Disney's purchase of Capital City's ABC, and Westinghouse's purchase of CBS, the media had become obsessed with mergers and acquisitions. The club industry was actually ahead of the game on this one with the announcement earlier in the summer of two giant chains merging to form the second largest fitness company in the US. California based Family Fitness centers and 24 Hour Nautilus have combined under the company name of Fitness Holdings Inc. and, according to *The Club Industry Insider*, together boast nearly one hundred thousand total members, six thousand employees and annual revenues exceeding 170 million dollars.

The buzzwords in the health club industry today are: seniors market, wellness care, bloodborne pathogens risk, and certification, certification, certification. The certification push is clearly an asset to clubs and their members with standardization of practices and with continued availability of new and important information. The trick is, there are now so many certifying bodies for everything under the sun that it is wise to look closely at the legitimacy of any credentials presented as a reference.

Best recent evidence shows trends in aerobic classes tend to be regional. An informal polling of clubs ranging from large to small, public to private turned up the information that the hottest classes included everything from aerobic boxing to rubber band paraphernalia to basic step work.

RIPIT

- INTRODUCING - THE RIPIT CLUB

FOR A LIMITED TIME RECEIVE A FREE \$10 MEMBERSHIP
TO THE RIPIT CLUB WITH YOUR FIRST ORDER. YOUR
MEMBERSHIP ALLOWS YOU TO BUY ALL YOUR
RACQUETBALL EQUIPMENT AT UNBELIEVABLE PRICES!

- GO AHEAD, CHECK THEM OUT -

1-800-552-6453
FREE CATALOG

"IT'S LIKE OWNING YOUR OWN PRO SHOP"



MICHAEL'S
2368 Dixie Hwy.
Ft. Mitchell, KY 41017



'95'96 IRT



TOURNAMENT SCHEDULE

August 9-13

Summer cooler Pro-Am
Elmwood Fitness Center
New Orleans, Louisiana
August 31-September 4
Coors Light Pro-Am
Westlane Racquet Club
Stockton, California

September 13-16

Charles E. Smith Crystal City
Pro-Am

The Skyline Club
Arlington, Virginia

September 27-October 1

Splat Shot Pro-Am
The Tournament House
Riverside, California

October 18-22

VCI Challenge Cup Series #1
presented by VW Credit, Inc.
Nautilus Plus
Montreal, Canada

October 25-29

Head Halloween Pro-Am
Woodfield Racquet Club
Schaumburg, Illinois

November 1-5

Strong Funds Pro-Am
West Allis Athletic Club
Milwaukee, Wisconsin

November 8-12

VCI Challenge Cup Series #2
presented by VW Credit, Inc.
Ridge Athletic Club
Boston, Massachusetts

December 6-10

Holiday Pro-Am Classic
Lakewood Athletic Club
Denver, Colorado

January 17-21, 1996

Hampton Inn Pro Classic
Racquet Club of Memphis
Memphis, Tennessee

January 31-February 4, 1996

VCI Challenge Cup Series #3
presented by VW Credit, Inc.
Southern Athletic Club
Atlanta, Georgia

February 14-18, 1996

Shop n' Save Pro-Am
Racquet Club of Pittsburgh
Monroeville, Pennsylvania

March 6-10, 1996

CCFA Pro Am Shootout
Downtown YMCA
Houston, Texas

March 13-17, 1996

Saskatoon MetLife Classic
RiverRacquet Athletic Club
Saskatoon, Canada

March 27-31, 1996

Samba Pro-Am
Planet Fitness
Phoenix, Arizona

April 10-14, 1996

VCI World Doubles
Championships
presented by VW Credit, Inc.
Schoeber's Athletic Club
Pleasanton, California

April 24-28, 1996

US Open IRT PProfessional
Nationals

The Sporting House
Las Vegas, Nevada

May 1-5, 1996

Cameron Springs Indianapolis
Open

Greenbriar Athletic Club
Indianapolis, Indiana

May 15-19, 1996

World Championships at the Bay
Bayhill Athletic Club
Milpitas, California

June 5-9, 1996

IRT Tournament of Champions
Multnomah Athletic Club
Portland, Oregon

International Events

December

Santiago, Chile
San Luis Potosi, Mexico

January, 1996

Paris, France
Hamburg, Germany

July, 1996

Tokyo, Japan



IRT Spalding Satellite Tour
 September 1-3
 Indiana Super Series
 Indianapolis, Indiana
 Chris Gallagher (317) 255-2569
 September 8-10
 Atlanta, Georgia
 Steve Szabo (404) 528-9812
 September 22-24
 Tri-City Elite 8
 Kennewick, Washington
 Steve Wallenfels (509) 783-5465
 October 6-8
 Top Gun
 Kansas City, Missouri
 Larry Nelson (816) 228-7600
 October 13-15
 Indiana Super Series
 Noblesville, Indiana
 Chris Gallagher (317) 255-2569
 November 10-12
 Long Island Open
 Long Island, New York
 Al Seitelman (516) 360-0979
 November
 Baltimore, Maryland
 Mike Engel (301) 469-9193
 November
 Ektelon Pro-Am Doubles
 Portland, Oregon
 Hank Marcus (503) 639-3410
 January 26-28, 1996
 Indiana Super Series
 Fort Wayne, Indiana
 Chris Gallagher (317) 255-2569
 January, 1996
 Billings Open
 Billings, Montana
 Susie Eabes (406) 259-2626
 January, 1996
 Lover's Lane Open
 Bowling Green, Kentucky
 Terry Stahl (502) 782-2810
 January, 1996
 Parkland Open
 Manchester, New Hampshire
 Kelley Beane (603) 627-4552
 February 2-4, 1996
 Indiana Super Series
 Indianapolis, Indiana
 Chris Gallagher (317) 255-2569
 February 23-25, 1996
 Mid America Invitational
 Paducah, Kentucky
 Sandy Trail (502) 443-7529

March 1-3, 1996
 Indiana Super Series
 Schererville, Indiana
 Chris Gallagher (317) 255-2569
 March 15-17, 1996
 St. Louis Super Series
 St. Louis, Missouri
 Brian Rankin (314) 838-1330
 March
 Tournament House Pro-Am
 Riverside, California
 Rich Wagner (909) 682-7511
 May
 Intergalactic Open
 Lyndhurst, New Jersey
 Lisa Gaertner (201) 444-0859
 June 14-16
 Elite 8
 Mountain View, California
 Brian Mirich (800) 729-1771

Dates To Be Announced
 Arizona Super Series
 Darrin Schenck (602) 202-5387
 Buffalo, New York
 Steven Gloss (716) 876-4084

Champaign, Illinois
 Bob Graf (217) 356-1616
 El Paso, Texas
 Giolbert Izquierdo (915) 533-1661

Canadian Pro/Am IRT Satellite Tour



September 15-17 Oakville, Ontario
 October 12-15 Calgary, Alberta
 October 27-29 Whitby, Ontario
 November 17-19 Ottawa, Ontario
 November 30-Dec. 3 Montreal, Quebec
 January 18-23 Edmonton, Alberta
 February 2-3 Toronto, Ontario
 February 8-11 Winnipeg, Manitoba
 February 29-Mar 3 Brandon, Manitoba
 April 19-21 Chatham, Ontario
 May Toronto, Ontario
 TBA Edmonton, Alberta
 Vancouver, British Columbia
 Adrian Webb (519) 748-5585



Racqueteer III

I am your perfect partner that never gets tired of giving you the exact shot you want.

They say I'm "incredibly consistent", "amazingly quiet", and "sufficiently fast enough to challenge all players".

Inquire as to how I can pay for myself within weeks.

Racqueteer III	\$1045.00
radio remote option	\$120.00

Over 50% off on Gloves
 Penn Tournament Tackified
 & Ektelon Classic 3 for \$23.50
 Penn Tourn. Select 3 for \$21.50
 Penn or Ektelon Synthetic 3 for \$18.50

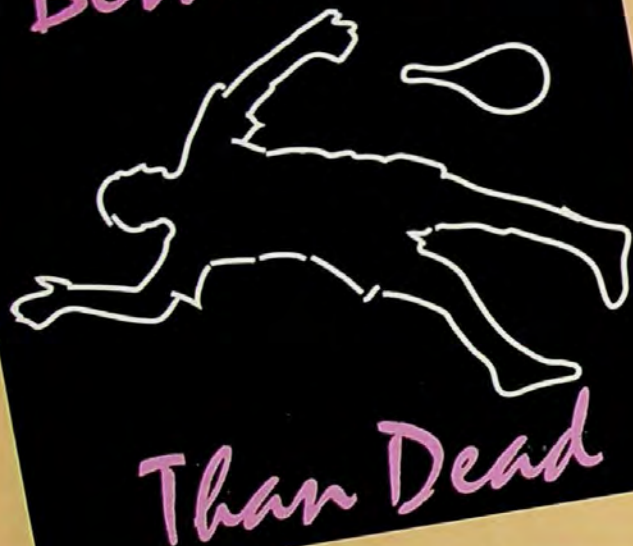
Racquets: Give us a price to beat
 Ektelon - Spalding - Wilson - Pro Kennex
 Head - Transition
 Ektelon Eminence, Fusion, Rage Call
 E-Force Terminator Call
 Real Deal, Weapon Call

Penn or Ektelon, six cans	\$11.00
Penn Pro Green, six cans	\$15.00
Safetylite eyeguards	\$17.00
Python grip \$5 Gexco grip	\$4

R.P.M. Distributors
 "Not Knowingly Undersold"
 1107 Rivara Road
 Stockton, CA 95207-1731
 (209) 957-3542 fax ext. *51
 (800) 484-9851 ext. 3339

DRESSED TO KILL (shot!)

Better Read



Than Dead

Don't be caught dead in this one. Large front design in white and bright pink on jet black T-shirt. Back says: **KILLSHOT**, The Magazine of Professional Racquetball \$12.95

Get this one before it hits the runways in Paris. Left chest multicolor design of the amazing Norm with his textbook form. Back says: Norm Blum's Passing Shots, Only in **KILLSHOT**. \$12.95



Yes! Send me some swell **KILLSHOT** clothing.

	Quantity/size	Amount
KILLSHOT logo T-shirt \$10.95	_____	_____
Better Read Than Dead T-shirt \$12.95	_____	_____
NORM T-shirt \$12.95	_____	_____
KILLSHOT bandanna \$4.95	_____	_____
KILLSHOT shorts \$14.95 (color)	_____	_____
Shipping Regular UPS \$3.50, 2nd Day Air \$6	_____	_____
Total enclosed	_____	_____
Name _____		
Address _____		
City _____ State _____ Zip _____		

FIRST COAST PROMOTIONS
4241 Baymeadows Rd., Ste 18, Jacksonville, FL 32217

Yes, throw away those shiny disco shirts it's time to step out in style. Left chest design and back design on heather grey T-shirt. The basic fashion statement. \$10.95

KILLSHOT
MAGAZINE

What? There's more?

Bandannas (for the discriminating pirate)

KILLSHOT logo, navy blue \$4.95

Shorts (cause it's better than playing in wool pants)

KILLSHOT logo on right leg, black or grey \$14.95



Call Now!



1-800-762-4653

It feels like a German sedan everywhere but in your wallet.



With a new, more powerful 2.0 liter engine, dual air bags, 10 year/100,000 mile limited powertrain warranty, 2 years or 24,000 miles of no-charge scheduled maintenance*, and a generously low sticker price, the new Jetta is designed to leave you exhilarated without leaving you broke.

THE NEW JETTA



Not just a sweet spot,

ENFORCER™

FELON™

GRAFIGHT™

SILENCER™

It's one hell of a mean streak


OFFICIAL RACQUET
INTERNATIONAL
RACQUETBALL TOUR

THE ASSAULT SERIES, TAKING POWER TO THE NEXT STEP

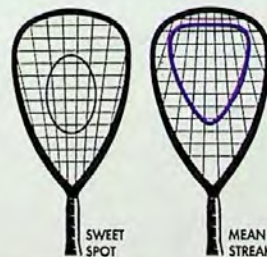
Assault Series racquets have already become legends on the court with their lightweight, ultra stiff frames. In fact, our graphite and graphite/spectra fiber constructed racquets have proven in independent tests to be the stiffest in the industry. It's this shock absorbing, vibration dampening make-up that gives the Assaults their awe-inspiring power.

Spalding's patented Reverse Sunburst string pattern re-defines the traditional "sweet spot." Located at the upper end of our new Assault Series Racquets, The Mean Streak was developed with the input of our tour pros who are always grasping for more power.

The Mean Streak is anything but sweet, in fact, it's downright mean, just ask your opponent when you're helping him off the floor. Combine the Mean Streak with the Assault Series' lightweight, incredibly stiff frames and you've got your hands on some awesome power.

Do you want to be meaner on the court? Then go to your racquetball pro shop or sporting goods store and look for the latest Assault Series racquets. When it comes to making racquets, Spalding doesn't play games.

FOR MORE INFORMATION CALL 1-800-225-6601



SPALDING REVERSE SUNBURST STRING PATTERN
The expanded power zone of the Mean Streak redefines the traditional "sweet spot". It's not sweet it's downright mean.

SPALDING