

The Racquetball Reporter

Spring 1996

Volume VI Issue 2

Davison to host State Singles Championships April 26-28

by W.T. Blakeslee

The Racquetball Association of Michigan will once again host the RAM State Singles Championships at the Davison Athletic Club April 26, 27 & 28.

After months of discussion, RAM's largest tournament, the State Singles is back at the home of big time racquetball — Davison. In the 1980's, Davison hosted a series of huge Professional Racquetball Stops, usually on Labor Day weekend which kicked off the racquetball season. The RAM Board is happy to work with Randy Minto and his club once again.

Tournament highlights for this year's championships include the reduced entry fee of \$30. Please look for the entry form in this issue of *The Racquetball Reporter*.

In other RAM news, Sharon Huczek has joined the RAM Board, which is good news as she will fill the void left by Marta Rubcich who has moved on to other things. We will miss Marta and welcome aboard Sharon and her super star son, Mr. World Champion, 13 year old Jack!

On a serious note, total RAM

membership is down to 400 members. Anything you can do to support the AARA and RAM would be appreciated. It still puzzles me why people hesitate to pay the \$20 fee when you get such a high quality magazine subscription included in the fee. In case you haven't purchased an issue of the AARA Racquetball Magazine lately, \$4.00 an issue is commonplace.

The Total Sports tournament held recently at \$25 an entry drew almost 140 and to date is the State's biggest draw. Goes to show you what great hospitality and a great

entry fee will do. In case you haven't heard, Total Sports is adding bowling lanes.

Racquetball One continues under Ken Bonnett's leadership to be only serious tournament schedule. Ken's trying to have a Spring event in Petoskey, April 14 & 15. Join him and you can get some Spring skiing in! Congratulations to Ken on his recent engagement and Joel's anticipated graduation from college.

The Regional's moved to Canton, Ohio and several Michigan Players participated in the event. The most

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1996 EKTOLON AARA 29th ANNUAL
NATIONAL SINGLES
RACQUETBALL CHAMPIONSHIPS

MAY 22 - 27

YMCA of GREATER HUSTON AREA
DOWNTOWN BRANCH
ENTRY DEADLINE MAY 8

1996 STATE SINGLES ENTRY ENCLOSED

How to reach success

by Jack Groppe, PhD

During my keynote address in Houston, Texas for the National Championships, I addressed the key points we've discovered for athletes in sport and Corporate Athletes to perform on demand. For instance, it's been shown that, regardless of the arena of competition, no one cares what you've been through at that point. Even if you've had a fight with your significant other, didn't sleep well or ate something that upset your stomach, it doesn't matter when you have put yourself on the line and play at a high level.

We've also learned that emotion runs the show. We are creatures of feelings and how we manifest these feelings during competition are key to being successful. For example, there are only two reasons an athlete chokes: 1) thinking too much about winning or losing or 2) thinking too much about what others think of them. Per-

ception is reality. If you value yourself only when you win, there are big problems. The most important point here is don't set yourself up for failure. Effort and attitude must equate to success. Then, you allow yourself to play well. If results are all you think about, it's impossible to stay in the moment and love the battle.

There are three rules that athletes must follow to learn and develop performances on demand: 1) They must acquire skills in acting and looking tough under pressure. To become upset, angry, frustrated or depressed in competition is to alter your body's chemistry to such a state that you will be unable to access the Ideal Performance State. Your new script is to show eagerness, enthusiasm, positive energy and challenge even the worst circumstances. 2) They must learn to access empowering emotions on demand. After each point (regardless of the outcome), demonstrate a positive physical response, a short phase of recovery, a preparation phase and a stage of rit-

Continued on page three

OUR APOLOGIES

In the last issue of the Racquetball Reporter an error occurred in the listing of the State Doubles results.

Our apologies to Jim Woolcock and Dan Verbeck who were victorious in the Men's 35 division. Finalists were Jim Panasiewicz and Chris Kelly.

Racquetball Association of Michigan

W.T. Blakeslee
President

Rick Crawford
Vice-President

Lou Ellen Fecher
Treasurer

Sharon Huczek
Secretary

Tournament Sanctioning
W.T. Blakeslee
(810) 468-2787

Newsletter
The Racquetball Reporter
2834 Yale St.
Flint, MI 48503

The Racquetball Reporter is published quarterly by the Racquetball Association of Michigan (RAM). Information and articles are submitted by individuals and clubs and do not necessarily reflect the view of RAM. *The Racquetball Reporter* welcomes information, photos and letters for publication. Advertising rates are available upon request.

Thanks to those who
contributed to this issue:

W.T. Blakeslee
Lou Ellen Fecher
Dr. Terry Truvillion
AARA

How to reach the succes zone

Continued from page two

uals To schedule your between-point time in this manner is very positive an will keep your physiology in a competitive state. 3) To become emotionally tough, you must train physically and mentally. Mental training, involving your belief system and affirmations, is key to any successful competitor

These belief systems of all the great athletes we have had the good fortune to deal with: 1) I will not turn against myself during tough times. 2) I will come prepared to compete everyday. 3) I will put myself on the line. 4) I will never surrender 5) When it's tough, I'll stay in control with humor 6) I never show waekness on the outside. 7) The crazier it gets, the more I have got to love it. 8) I love to compete more than winning

*This artilce printed courtesy of the
AARA and Team Ektelon News*

Mentally Tough Rules

by Jack L. Groppe, PhD

1. It is never too late to get started in your new training program. The body will adapt at any stage in life.
2. It is never over `til it is over!
3. Never lose sight of your dreams — but practice your performance goals on a day-to-day basis.
4. Never, never, never surrender your spirit!

At LGE Sport Science in Orlando Florida, Dr. Jack Groppe works with some to the world's greatest atheletes. For more information about our services, please call 1-800-543-7764.

American Amateur Racquetball Association State Rankings as of February 22, 1996

1. California	1,834	15	New Mexico	506	29.	Arkansas	226	43. Nevada	85
2. Florida	1,283	16	Virginia	505	30.	Nebraska	223	44. Alabama	80
3. Illinois	1,128	17	Massachusetts	464	31.	New Hampshire	211	45. North Dakota	72
4. Texas	1,124	18	Michigan	377	32.	Wyoming	210	46. Mississippi	65
5. Ohio	1,049	19.	Georgia	356	33.	Louisiana	180	47. Rhode Island	55
6. New York	974	20	Idaho	354	34	Iowa	175	48. West Virginia	51
7. Pennsylvania	800	21.	Arizona	345	35	Maine	174	49. South Dakota	43
8. Minnesota	724	22.	Alaska	340	36.	South Carolina	174	50. Hawaii	35
9. Missouri	662	23	Utah	339	37	Montana	159		
10. Colorado	569	24.	Maryland/DC	334	38.	Oklahoma	159		
11. North Carolina	567	25	New Jersey	313	39	Oregon	149		
12. Washington	530	26.	Tennessee	284	40.	Kansas	110		
13. Indiana	527	27	Connecticut	273	41.	Vermont	87		
14. Wisconsin	507	28.	Kentucky	250	42	Delaware	86		

Detroit area tournament a big success, fun for everyone

by Dr. Terry Truvillion

On November 17-19, Detroit Amateur (DAR) and the Downtown YMCA hosted its 3rd Annual Thanksgiving Shootout and Turkey Too! Felecia Mann (former Revey Sorey Champ) along with James Holt and Laura Perowski served as the tournament hosts and made the holiday tournament the best ever.

A special treat was also included in our action-packed day. Johnny Northern, the 1989 National Champion, along with his Wilson sponsor representative, Tom Brownlee, provided us with a 90 minute clinic on racquetball techniques and strategies. They answered all questions, demonstrated positioning and provided us with much needed help and wisdom. They raffled off three Wilson racquets, several Wilson gym bags and several Wilson gloves.

Michael Banks, owner of Professional Racquet Services located on Livernois in Detroit, provided the game balls and offered other equipment from his shop.

Special thanks to all participants, their families and all the wonderful spectators who came out to support the event.

RAM apologizes for the publishing this article at such a late date

Tournament Results Third Annual Thanksgiving Shootout and Turkey Too! Nov. 17 - 19, 1995

Men's Open Winner	Lamar Leverett
Men's Open Runner-up	Ron Barton
Men's A Winner	Johnson Akinwusi
Men's A Runner-up	Shawn Battle
Men's B Winner	Marcos Rivera
Men's B Runner-up	Darryl Lewis
Men's C Winner	Vince Session
Men's C Runner-up	Benjerman Meeks
Men's 35+ Winner	Larry Young
Men's 35+ Runner-up	Adam Shakoor
Men's 50+ Winner	Lenny Johnson
Men's 50+ Runner-up	Maurice White
Women's A Winner	Terri Harris
Women's A Runner-up	Terry Truvillion
Open Doubles Winners	Johnson Akinwusi/Lenyie Ngbogbara
Open Doubles Runner-up	Felecia Mann/Terry Truvillion
Doubles A Winner	Adam Shakoor/Larry Young
Doubles A Runner-up	Jerel Jones/Shawn Battle
Doubles B Winner	Terrell Hill/Larry Sims
Doubles B Runner-up	Jerome Glenn/Darryl Lewis
Century Doubles	Charles Nunn/Darryl Lewis
Century Doubles	Clyde Giles/Richard Graham
Juniors Champions	Edwin Hodges, Marcus Lewis, Louis McDaniel Jr., Ronnel Byrd and Kelly McDaniel

Tidbits from Tom...

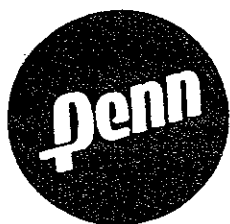
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impressive results I have heard are as follows: Mike Johnston a second to Doug Ganim in Open. In Men's A Dan Verbeck and Jack Huczek got close to the semi's. Randy Anderson and Mike Anderson were terrific. Randy won Men's 30 and Men's 40 and Mike ended up second in Men's 35. Finally this entire newsletter is designed to get your attention for one purpose. Sign up and play the State Singles April 26, 27 & 28 at Davison for only \$30, the cheapest entry fee in at least ten years. Hope to see you there.

The Racquetball Association of Michigan

presents the

STATE SINGLES CHAMPIONSHIPS



April 26, 27 & 28, 1996
DAVISON ATHLETIC CLUB
2140 Fairway Dr., Davison, MI 48423
Phone: (810) 653-9602



Directors: Tom Blakeslee (810) 468-2787
Lou Ellen Fecher (810) 658-8097

Lodging: Comfort Inn (810) 658-2700
Super 8 Motel (810) 743-8850

Fees: \$30 First event/\$25 First event Juniors
\$15 second event
\$5 discount to all certified referees

AARA sanctioned: Yearly AARA membership required. AARA Rules will prevail.
Two games to 15, tiebreaker to 11.

Players may enter two events - one age & one skill or two different age divisions.

Non-AARA members add \$20.00

ENTRY DEADLINE: Must be received by Monday, April 22, 1996. All entries are final. No entries accepted without payment. No phone entries. Call the club, Thursday April 25, 1996 after 12:00 p.m. for starting times. **PLAY MAY BEGIN FRIDAY NIGHT.**

Awards: Awards will be given for the first four places in divisions of 16 or more. Each player will receive a **souvenir collared shirt.**

Hospitality: Provided free to players and a nominal charge for guests throughout tournament.

Referees: Losers must referee or pay \$5.00.

Tournament Ball: PENN Ultra Blue

Entries Must Be Received By April 22, 1996

Name: _____
Address: _____
City: _____ Club: _____
Ph: (days) _____ (nights) _____ Birthdate: _____
Shirt size (circle one) M L XL XXL*

REDUCED ENTRY FEE
\$30

*Please enclose \$2.00 additional for XXL

DIVISIONS

circle correct choices/limit 2 events

Make checks payable to RAM and mail to:

RAM State Singles Championships
3152 S. Henderson Rd
Davison, MI 48423

Entry fee _____

AARA _____

Total enclosed _____

	Mens	Womens
Open	25+	40A 50B
A	30A	40B 55+
B	30B	45A 60+
C	35A	45B
D	35B	50A

WAIVER CLAUSE: I hereby for myself, my heirs, executors, and administrators, waive and release any and all claim for damages I may have against RAM, the host club, tournament staff and their agents, for all injuries suffered by me in conjunction with my participation in this tournament.

Juniors Event (specify division) _____

*Divisions may be combined if less than
8 teams enter a division*

Signature _____

Alternate division _____

Guardian's Signature _____
(if under 18)

Join the Racquetball Association of Michigan

Membership includes:

**Membership card, AARA official rule book, travel and equipment discounts*

**AARA medical, life and liability insurance at sanctioned events*

**Four issues of the RAM newsletter, The Racquetball Reporter*

**Six issues of the AARA national publication, Racquetball Magazine*

**RAM sanctioned tournament entry forms mailed to your home*

**Eligibility to play in all sanctioned tournaments and receive state and national ranking points*

MEMBERSHIP APPLICATION

SUPPORT THE U.S. NATIONAL TEAM
(DONATIONS TAX DEDUCTIBLE)

DATE _____

Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth ____/____/____ Home Phone _____

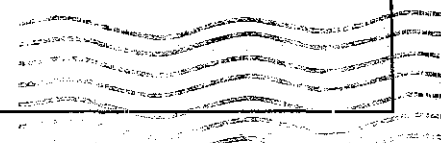
_____ \$20.00 Adult Competitor

_____ \$15.00 Junior Competitor

_____ \$10.00 Junior Competitor (without Racquetball Magazine subscription)

_____ \$15.00 Racquetball Magazine subscription only

MAIL TO: RAM, 3152 S. Henderson, Davison, MI 48423



The Racquetball Reporter
3152 S. Henderson Rd.
Davison, MI 48423

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321 VILLAGE
LANSING

MI 48311

inside...

1996 RAM State Singles Entry Form

Racquetball Reporter