



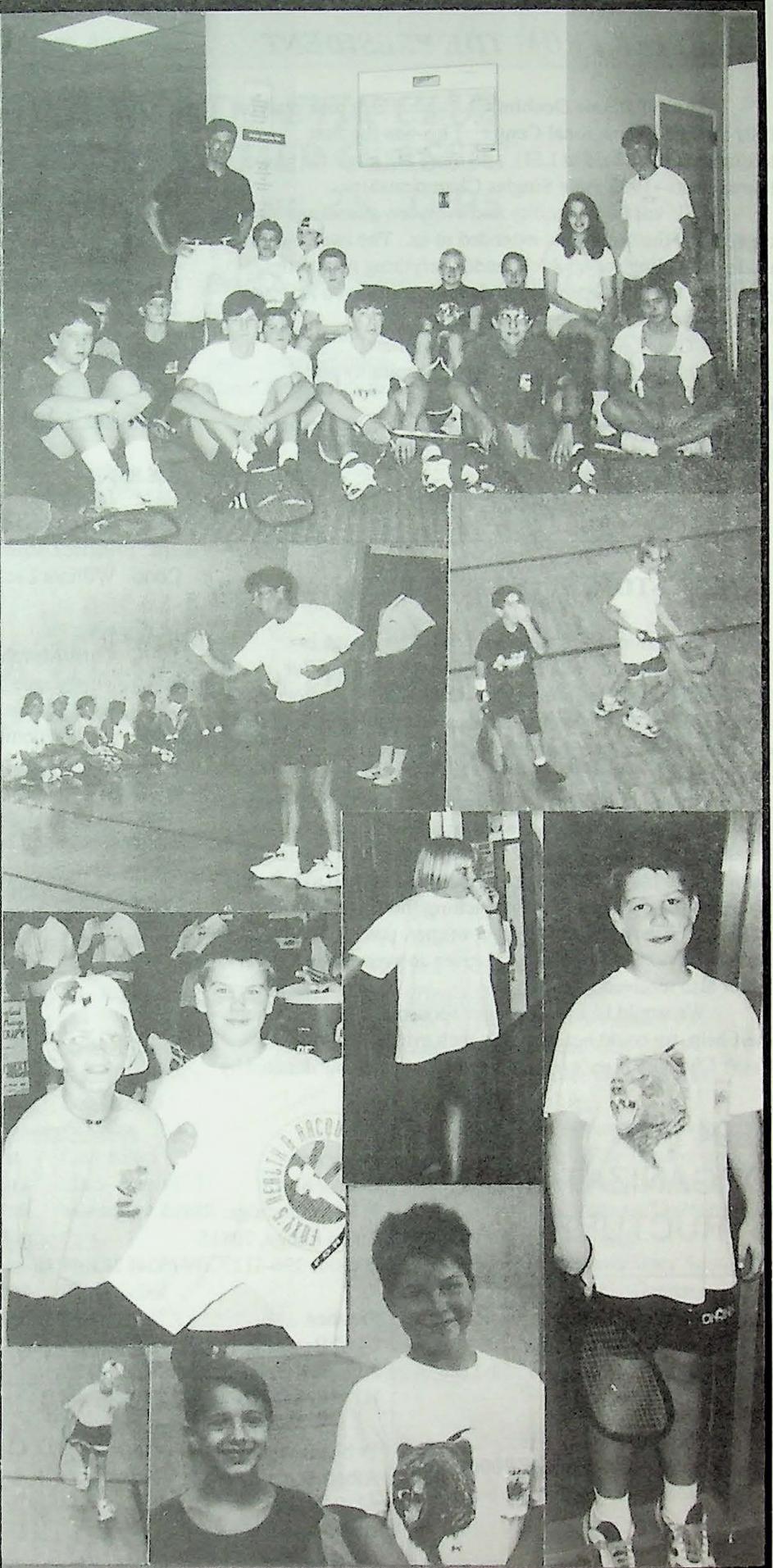
DOWN THE LINE

LOUISIANA RACQUETBALL ASSOCIATION

"DEDICATED TO
PROMOTING THE GAME
OF RACQUETBALL"

October, 1995 Vol. 16, No. 12

The Louisiana Racquetball Association
P.O. Box 669
Mandeville, Louisiana 70470



LETTER FROM THE PRESIDENT

The 1995 State Doubles Championships took place at LSU Student Recreational Center. This was the first tournament to be held at LSU, and there are plans for future tournaments--1996 State Singles Championships.

LSU has a fine facility and everyone attending appreciated the hospitality extended to us. The twelve-courts made scheduling easy, which made everything run on time, except for the three open mixed doubles teams who learned what back-to-back matches is all about.

CONGRATULATIONS to all winners!

Thanks again to LSU for your hospitality and professional atmosphere.

Now that we have had our doubles championships, start planning for "Singles" in March, 1996.

MARcia RICHARDS

JUNIOR STOPS SUCCESS IN BATON ROUGE

Two junior stops were held in Baton Rouge in September. The first was hosted by *Foxy's Health Club*, and the second hosted by *Calloway's Court Club*. Both stops were a huge success with over 40 juniors participating in five age divisions. The competition began in the morning and continued throughout the day.

These junior tournaments are designed to help promote the game of racquetball on the junior level. The players do not necessarily belong to the *LRA*, but are young kids wanting to learn how to play. These organized activities help to keep the young players interested while teaching them proper game strategies. Everyone went away a winner: passes to the Global Wildlife Park, and trophies were given to every player. Every junior also received shirts.

We would like to thank our sponsors, because without their help, we could not continue such events: *Calloway's Court Club* and *Foxy's Health Club*. The food was donated by

1994 LRA ORGANIZATIONAL STRUCTURE

Chairperson

Marcia Richards
11622 Delray, Baton Rouge, 70814
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4819 Walmsley Ave.
New Orleans, 70125
H (504) 865-7027

Rules

Jamie Arroyave

Area Representatives

Al Schof-New Orleans
Mandy Farris-Baton Rouge

Superfresh, and soft drinks and *Powerade* was donated by *Coca-Cola*. *Wilson Sports* also donated the balls. A very special thanks goes out to our *LRA* members for donating their time on a weekend to help us out: **Richard Powell, Debbie Spica, Bob Soule, Guy Faget, and Tim Taylor**.

Foxy's Junior Stop

10 & under

1st Darren Arbour
2nd Josh Barnett
3rd Brandt Hurt
Cons Tucker Lee

14 & under

1st Trey Peneger
2nd Rusty Powell
3rd Patrick Hanley
Cons Nikki Lincoln

Calloway's Junior Stop

8 & under

1st James Patterson
2nd Mason Olinde
3rd Patrick Murrill
Cons William Lee

13 & under

1st Micah Humphreys
2nd Darren Arbour
3rd Nikki Lincoln
Cons Josh Fauacon

14 & under

1st Chris Murphy
2nd Tim Magee
3rd Scott Blouin
Cons Micah Blouin

We are very pleased with the outcome of the first two stops and would like to continue them throughout the year. The next stop will be hosted by *Foxy's* in November. If you are interested in hosting a junior event, contact Debbie Spica-Programs Director.

MARcia RICHARDS
STEVE ROGERS

MANHATTAN ATHLETIC CLUB
6th ANNUAL SUMMER CLASSIC
June 23, 1995 - June 25, 1995

Men's Open

1st Scott Davis
 2nd John Davis
 Semi's David Rahn
 Steve Rogers

Men's A

1st Tyrone Martin
 2nd
 3rd
 Cons Roy Laudumiey

Men's B

1st
 2nd Bill Boada
 3rd Mark Higdon
 Cons Roger Anastasio

Men's C

1st Joe Austin
 2nd Roger Anastasio
 3rd Elliot Mistich
 Cons Fritz Owens

Men's D

1st
 2nd
 3rd Ryan McCroskey

PRO-AM SUMMER COOLER
ELMWOOD FITNESS CENTER
August 8, 1995 - August 13, 1995

Men's Open

1st Mike Engle (MD)
 2nd Jason Thoerner (FL)
 3rd Chad Cherry (OR)

Men's A

1st Andrew Covington (MS)
 2nd Jeremy Oliver
 3rd Ken Hood
 Cons R. J. Tamplain

Men's B

1st Mike Benham (TX)
 2nd Tom Baker (TX)
 3rd Charles Lee
 Cons Bill Boada

Men's C

1st Joe Austin
 2nd Joe Peek (MS)
 3rd Todd Richmond (TX)
 Cons Laney Roland

Men's 30+

1st Adrian Lahare
 2nd Ken Hood
 3rd John Parker (MS)
 Cons Joel Makert

Men's 50+

1st Warren Reuther
 2nd Bill Stuermer (TX)
 3rd Steve Kashman
 Cons Ray Ronquillo

Men's 60+

1st Joe Lambert (TX)
 2nd Gene Ferris
 3rd Bob Baudry

Women's Open

1st Kim Allen
 2nd Stacy Soun (CO)
 3rd Marcia Richards

Women's A

1st Phyllis Morris (TX)
 2nd Pattie Schof
 3rd Pat Perry (TX)
 Cons Christi Vongruben

Women's B

1st Pat Perry (TX)
 2nd Sally Johnson (TX)
 3rd Gina Fulmer (TX)
 Cons Christi Vongruben

Women's C

1st Gina Fulmer (TX)
 2nd Maria Chaisson
 3rd Tricia Antoine

Men's Open Doubles

1st Mark Bloom/Valdez (TX)
 2nd David Rahn/John Davis
 3rd Eric Fusilier/Steve Rogers

Men's A/B Doubles

1st Freddie Wilkes/Jeff Wilkes
 2nd Mike Harris/Roy Laudumiey
 3rd Al Reagle/Steve Kashman
 Cons Clarence Simmons/Terrence Pierce

Women's Open Doubles

1st Marcia Richards/Stacy Soun (TX)
 2nd Kim Allen/Vicki Garrett
 3rd Helen Siegal/ Ti Martin (MS)

KILL SHOT CLASSIC VII
WORLD GYM
September 8, 1995 - September 10, 1995

Men's Open

1st John Davis
 2nd David Rahn
 3rd Jeremy Oliver

Men's B

1st Jim Leslie
 2nd Charles Lee
 3rd Bill Boada
 Cons Randy Lea

Men's D

1st Stan Travella
 2nd Joe Phillips
 3rd Shawn Phillips
 Cons Helyn Ingram

Men's A

1st David Rivas
 2nd Roy Laudumiey
 3rd Terrence Pierce
 Cons Ja Kirkland

Men's C

1st Doug Ledet
 2nd Elliott Mistich
 3rd Pattie Schof
 Cons Roger Anastasio

Men's Open Doubles

1st Jim Leslie/Randy Lea
 2nd Rory Arcement/Al Schof
 3rd Bill Boada/Elliott Mistich

RACQUETBALL FACTS

Best sports for burning calories--racquetball, cross-country skiing, and bicycling. (*Men's Health*)

An average player will run approximately one mile during a 15-point game of racquetball and three miles during a match. (*AARA Elite Training Camp*)

Exercise to shrink a beer belly--racquetball, running, and rowing. (*Men's Health*)

Racquetball players work at a constant rate of 75-85% of their maximum heart rate for the duration of a typical racquetball game. (*AARA Elite Training Camp*)

Ways to reduce motion sickness--play racquetball or tennis. Sports that require hand/eye coordination can help improve your tolerance for movement. (*Men's Health*)

**BEAT YOU**

There are many reasons that we all play and love racquetball: the benefits of physical fitness we gain through the game itself, not to mention other activities we may use to help elevate our level of play; the challenge of improving our shot selection and execution; the anticipation and excitement of the upcoming tournament; and the friendships that are made through participating in the sport.

But we all have that one player (some of us may have more!?) we just love to beat. It may be a competitor you meet in tournaments, a fellow club league player, your next door neighbor or spouse. Who it is not important. What is important is that when you do squeak by your archrival in your next match that you show your true appreciation that all your hard work has paid off. So next time, don't just shake hands and go about your day. Try one of these adages on them, or, better yet, tell other players or friends of your opponent of your victory and I guarantee it will make your next match a little tougher. Good Luck!

- Beat you like a dozen eggs!
- Whipped you like a rented mule!
- Whipped you like a bowl of batter!
- Dropped you like a bad transmission!
- Dropped you like a three-foot putt!
- Dropped you like a bad habit!
- Spanked you like a baby!
- Passed you like a city bus!
- You suck pond water...with a big straw!
- You folded like a cheap lawn chair!
- Would you like some coffee with that donut?

STATE DOUBLES CHAMPIONSHIPS
Louisiana State University
September 29, 1995 - October 1, 1995

Men's Open

1st Brian Lowe/David Rahn
 2nd Al Schof/Richard Broadwell
 3rd Rory Arcement/Mark Bloom

Men's A

1st Roy Laudumiey/George Herning
 2nd Tim Buisson, Jr./Kenny Tarride
 3rd Fred Wilkes/Jeff Wilkes
 Cons Mark Higdon/Larry Sharpe

Men's B

1st Jim Leslie/Randy Lea
 2nd Ray Ronquillo, Sr./Ray Ronquillo, Jr.
 3rd Tim Taylor/J.D. Dedeant
 Cons Micah Luftig/ D'Auvergne

Men's C

1st Harry Cole/Jules Sachs
 2nd Roger Anastasio/Fritz Owens
 3rd Ralph Lott/Ricky Willis
 Cons Rina Rodriguez/Tim Geisler

Men's 35+

1st Ken Hood/Fred Wilkes
 2nd Debbie Spica/Marcia Richards
 3rd Gregory Williams/Alvin Miles
 Cons Tim Taylor/J.D. Dedeant

Men's 45+

1st Richard Powell/Bob Baudry
 2nd Roger Anastasio/Fritz Owens

Women's Open

1st Debbie Spica/Marcia Richards

Women's A

1st Neyda Leslie/Carrie Landry

Women's B

1st Rina Rodriguez/Rosie Bloom

Mixed Open

1st Marcia Richards/Al Schof
 2nd Jo Shadduck/Ryan Miller
 3rd Debbie Spica/Alvin Miles

Mixed A/B

1st Neyda Lelie/Jim Leslie
 2nd Pattie Schof/Randy Lea
 3rd Christy Vongruben/Jeff Wilkes
 Cons Carrie Landry/Clarence Simmons

**The LRA Would Like To Thank Our Sponsors For All The Help Provided At 1995 State Doubles
 Without Them A Successful Tournament Could Not Be Possible**

COPELAND'S OF NEW ORLEANS

SEMOLINA'S

POWERADE

PENN

BATON ROUGE SPORTS

MR. GATTI'S

CALENDAR'S

PLAY IT AGAIN SPORTS

1995 EKTELON AARA U.S. JUNIOR OLYMPIC CHAMPIONSHIPS
1995 JUNIOR NATIONAL CHAMPIONSHIPS

We are very proud of our Team Louisiana players, who have worked hard and represented their home state well. Here are some of their most recent accomplishments, and we would love to take this opportunity to brag...

1995 U.S. Junior Olympic Championships**Singles**

Davina Bloom placed 6th in Girls 14-

Doubles

Mark Bloom/Bucky Freeman placed 1st in Boys 16-

Davina Bloom/Meghan Guardiani placed 1st in Girls 14-

Junior National Championships**Gold Medal**

Mark Bloom/Bucky Freeman

Silver Medal

Mark Bloom/Davina Bloom

...and to top it all off, Mark has been chosen again this year to represent the United States on the U.S. National Olympic Team. This is an enormous feat and we congratulate you!

PRO TIP

PROPER DEFENSE IS YOUR BEST OFFENSE

(TAKEN FROM PARI INSTRUCTIONAL)

How well you cover the court retrieving your opponent's shots is based on a long list of factors:

- Your basic athleticism.
- Your ability to anticipate your opponent's shot selection.
- Proper footwork with a minimum of steps taken.
- Your knowledge of what is called "Court Geometry" - understanding the angles that the ball will travel in as it moves around the walls.
- Your ability to judge the "carry" of the ball, how far it will travel at the pace at which it is hit.
- Maintaining eye contact with the ball as it is hit by your opponent.

All of the above factors can be discussed at length (and are indeed important to your success) but one of the most overlooked aspects of retrieval is simply:

YOUR DEFENSIVE POSITION

We all talk about getting to "center court" while awaiting the next shot, but I have found people have lots of different ideas about where "center court" is:

There are a myriad of instructional diagrams placing "center court" as a circle or oval space, located somewhere between 20 and 28 feet from the front wall. I like to picture center court as an alley that runs 20 to 35 feet from the front wall.

Where you position yourself in this "lane" will be dependent on:

1. The level of player you are
2. Your ability to analyze your opponent's game style and habitual shot making patterns.

Always keep in mind that one of the most difficult maneuvers on the court is to pivot and run to the back wall to retrieve a shot. It is much easier to push off and move forward after a ball no matter who you are. So it makes sense to make your opponent prove to you that he can consistently hit the ball low enough that you cannot get to it before it bounces twice. This all translates into "Stay Back!" Too many players start out a match assuming that they're playing a KILLER. Some guy who can hit the ball time and time again 6 inches or lower into the front wall. They also make the assumption that the player's game is so one dimensional that it is the only thing he'll choose to shoot time and time again. So they defend against his early shots 20 - 25 ft. from the front wall. If you're playing smart advanced player, he'll feel a great sense of relief seeing you up there. Now there is not pressure for him to "kill" the ball. He can hit passing shots 3 or 4 feet up on the front wall and force you to retrieve from the back all match long.

If you are a "C" or "D" player, know that it's just as hard for your opponent to "kill" that ball as it is for you. Chances are, most shots will be easily reached from this area. It will give you more time to react to the ball so that you can set up and take your best stroke.

It's also important to understand your opponent's game. If he is one dimensional, take advantage of him. If he almost always shoots passing shots, stay back at the 30 ft. area. If he can't resist pinching and killing 80% of the time, "cheat" and move up in the defensive lane. You'll either pick up all of those kills, or he'll have to adjust his game.

REMEMBER, PLAY SMART AND MAKE HIM BEAT YOU ON HIS LOW GAME ACCURACY, NOT ON HIS PASSING GAME!

SENIOR OLYMPICS RACQUETBALL

Each year in October a great athletic event is held at LSU--it's called the Louisiana Senior Olympic Games (LSOG). Of the 75 events offered, racquetball is still in its infancy (4th year). To participate in the LSOG, you must be 55 years of age. This year there were only 20 participants in racquetball, which is down from last year. I know we have many more players that could qualify to play. I think a lot of this has to do with better communications at all levels. If you will be 55 in 1996, please contact the LSOG and join. The cost is \$10.00 year. Write to: LSOG Membership, P.O. Box 14748, Baton Rouge, LA 70898-4748. If your club is having a local tournament, make sure that there is an opportunity for a senior division. I think this is one way to get more seniors involved. winning is not as important a participating.

RESULTS OF 1995 GAMES

Men 55-59

Gold - Thomas Wilson - Lafayette
Silver - Ray Ronquillo - Jefferson
Bronze - Fred Grimond - E.B.R.

Men 60-64

Gold - Bob Baudry - E.B.R.
Silver - Gene Ferris - St. Tammany
Bronze - C.J. Glynn - E.B.R.

Men 65-69

Gold - Jules Sachs - St. Tammany
Silver - Dwight Smith - E.B.R.
Bronze - Roy Hoffmann - Jefferson

Men 70-74

Gold - Cecil Thomas - E.B.R.
Silver - George Buckert - Jefferson

Ladies 65-69

Gold - Babe English - E.B.R.

Ladies 70-74

Gold - Mary Norckauer - E.B.R.

MEMBERSHIP CORNER

PLEASE! Renew your AARA membership through the LRA! We retain a portion of this renewal to help with our expenses.

FLASH! We are very close to signing a contract with a sponsor who will provide a large trophy and a banquet at the end of the season for each division. This will be determined by the NUMBER OF POINTS you accrue from the first tournament after "State Singles" to the end of the next 'State Singles.' The more people you encourage to sign up and play in LRA sanctioned tournament, the more points every player will accrue. So talk it up! Encourage EVERYONE to play in tournaments!

If you have complaints or suggestions, don't hesitate to call me at anytime. I can usually be reached any morning between 4:00 and 6:00 a.m.

Fritz Owens
Director-Membership/Ranking
(504) 865-7027

1995 AARA RULE CHANGES (Effective September 1995)

EYEWEAR MUST MEET ASTM F803 OR
CSA STANDARDS

See Rule 2.5 (a)

TECHNICAL FOUL ASSESSED FOR
SERVING/RECEIVING DELAYS EXCEEDING 10
SECONDS

See Rule 4.5)

HITTING THE NON-SERVING DOUBLES
PARTNER WHILE IN THE SERVICE BOX IS
NOW A FAULT.

See Rule 4.10 (k)

ATTENTION CLUB OWNERS/PRO'S:

Please contact Pattie Schof, (504) 468-2813, regarding scheduling 1996 tournaments. Tournaments added to the schedule early will receive added coverage in *Racquetball U.S.A.*,

1995-1996 CALENDAR

IRF WORLD JUNIOR CHAMPIONSHIPS

Fountain Valley, CA
December 16, 1995 - December 20, 1995

WORLD GYM KILLSHOT CLASSIC VIII

Gretna, LA
January 19, 1996 - January 21, 1996

WOMEN'S SENIOR/MASTERS CHAMPIONSHIPS

January 25, 1996 - January 28, 1996
San Francisco, CA

LANCE NELSON MEMORIAL TOURNAMENT

Courtyard Racquet Club, Alexandria, LA
February, 1996

LRA STATE SINGLES CHAMPIONSHIPS

Louisiana State University Recreational Center,
Baton Rouge, LA

March 22, 1996 - March 24, 1996

1996 ADULT REGIONALS

Courthouse Racquet Club, Jackson, MS
April 12, 1996 - April 14, 1996

(Combined Tournament of LRA & MRA)

JUNIOR REGIONAL CHAMPIONSHIPS

Houston, TX
April 26, 1996 - April 28, 1996

1996 NATIONAL SINGLES CHAMPIONSHIPS

Downtown YMCA, Houston, TX
May 22, 1996 - May 27, 1996

WORLD SENIOR CHAMPIONSHIPS

Albuquerque, NM
August 30, 1996 - September 2, 1996

STATE DOUBLES CHAMPIONSHIPS

Place to be Announced
October, 1996

GOT A GRIPE? FULL OF PRAISE?

We want to hear from you!

This is your organization and the LRA Board is only trying to do the best for you, but without your input, we cannot.

Every letter that is received will be responded to in writing from the LRA Board and both the letter and the response will be published in the next issue of *Down the Line*.

Al Schof

Renew Your AARA Competitive License Today Through the LRA

*You become eligible to compete in all State Tournaments
and receive*

*Ranking Points from Entry Into Each Tournament Through Finish
Four to Six Issues of "Down The Line"*

PLUS

Become eligible for over 1200 additional AARA sanctioned tournaments held in the U.S. each year. You'll also receive: Membership Kit - Personalized Competitive License - Competition Accident Insurance - Six Issues of "Racquetball USA" - State Publications & Entry Forms - AARA Official Rulebook - National Ranking Points for Quarterfinals, or Higher Finishes in Sanctioned Play - Industry, Product & Service Discounts

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

LRA # _____ DATE OF BIRTH: _____ HOME PHONE: _____ WORK PHONE: _____

Mail This Form To:

LRA
P.O. Box 669
Mandeville Louisiana 70470

*By renewing your AARA Membership directly with LRA, the State organization receives the larger portion of the renewal fee

LRA/AARA MEMBERSHIP - \$25.00 Per Year

THE LOUISIANA

RACQUETBALL

ASSOCIATION

P.O. Box 669

Mandeville, Louisiana 70470

"Dedicated to promoting the game of Racquetball"