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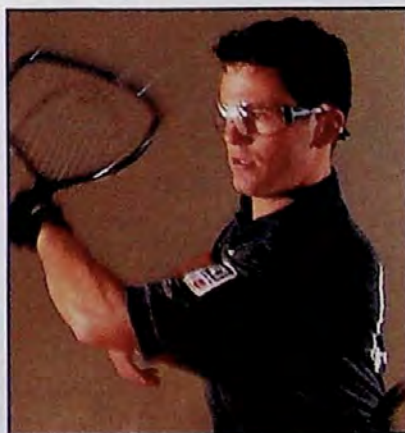


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Clockwise from top
right: Andy Roberts,
Dan Obremski, Cliff
Swain, Lorraine
Galloway.



The Official Publication of
the International Racquetball
Tour

Cover: Cliff Swain photographed by Don Sidor

Through the Looking Glass

No, it's not a new court position for doubles. WIRT's Lorraine Galloway "reflects" during her match at the recent Philadelphia pro stop.



"Signs" of the Times

Andy Roberts, #2 ranked IRT pro, has signed a multi year contract with Ektelon for an undisclosed sum. The hard-hitting Roberts overcame a potentially career-ending knee injury suffered in 1994 to fight his way back among the leaders of the elite pro game. Roberts cited "performance technology" as the basis for his preference for Ektelon.

Sudsy Monchik, #3 ranked IRT pro, has added Python Grips to his weapons arsenal. The endorsement contract aligning Monchik with the grip was signed in February adding Pythons to all his Head racquets. Monchik called the product, "the best grip" to achieve his "bottom line of being #1"

Woody Clouse, #14 ranked IRT pro and co-author of a recently published racquetball instructional book has just signed to continue his alliance with Reebok Glove. Highly regarded for his colorful personality on court, Clouse says the quality of the product is what hooked him on the glove.

SHORT SERVES

Diving in Aruba?

"Diving in Aruba" usually conjures images of fins and scuba gear. For **KILLSHOT** instructional writer Fran Davis (shown here with her team of instructors, and in action), the words take on a whole new meaning. The Aruba adventure is an annual racquetball trek. There's more of Fran in this issue (p. 32), and on the hotline (p. 37).



Passing Shots

Spectator Sport?

I have to disagree with Wilson's Norm Peck who recently said racquetball wasn't a spectator sport. And this opinion comes from someone who rarely watches the Super Bowl. The essence of sport is drama and personality. The three most exciting sporting events I've seen are the following:

1. A triple overtime Long Island lacrosse championship
2. A Marty Hogan - Mike Yellen final for the number 1 ranking
3. My daughter's 6 and under soccer game in which she and a girl on the opposing team tried out-dueling each other the entire contest

These were exciting sporting events because of the drama and intensity. Racquetball, with Sudsy Monchik, Cliff Swain, Andy Roberts, and Ruben Gonzalez has the personalities to keep the crowd involved in the game. If you were to simply watch two "C" players go at it, you probably wouldn't sit for more than five minutes. Given the right circumstances, racquetball is indeed a spectator sport — which is a segue to the next hot topic.

Strengthening the Game

The industry's efforts have to be commended. They've put together an 11 minute video showing two owners discussing why racquetball is a profit-making venture. A workbook, written by Connie Martin of the Cascade Racquet Club in Gresham, Oregon, accompanies the video. There was a convention of club owners last March and a preview was sent to some of the "opinion shapers" prior to the event. This was done so the influential club owners would talk positively about racquetball while they were networking with their peers.

The real push will occur after the videos and workbooks are distributed. Sales people within the industry will be talking to club owners about the video and ways they can implement the money-making ideas. The assault will continue when sponsored players will be enlisted in the effort. The AARA will help in distributing the package and determine the effectiveness of it by following up.

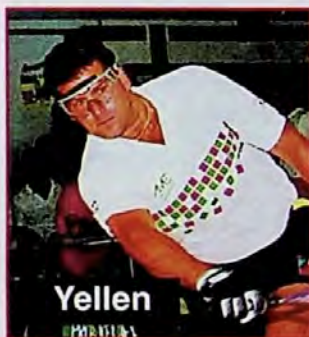
US Open to Give Sport a Shot in the Arm

In what has to be deemed the most exciting racquetball event of the decade, racquetball's version of the US Open will take place November 13 to 17. It is more than a tournament. It is an event. The top pros, male and female, along with the top skill level national amateur players, will get together under

ized how tough the transition would be from the amateur to the professional level. There just aren't any easy first round matches...If Ruben Gonzalez finishes in the top 10 after a basketball injury at 40+, he should be on the cover of Sports Illustrated...

Super Show Observations

The Pro Kennex booth was downplaying the Marty Hogan name at the gigantic Super Show trade show in Atlanta earlier this year. Technology rules in the new racquet lines...Don't you think you can name a racquet?...E-FORCE is becoming a factor again now that Ron Grimes has taken the helm, after some industry problems during the short time Michael Case and Joe Sullivan were running the company. E-FORCE is now more like Cecil Albao and Egan Inoue envisioned it in the



Yellen



Hogan



Ray

one roof. The real kicker isn't the \$50,000 in prize money, but that it will be broadcast on ESPN during prime time only a few days after the event. There will be a hospitality village with industry trade show, live entertainment, a party with the pros and a glass court with stadium court coverage. Who knows, there might even be celebrity appearances from Hollywood stars who play racquetball. It's going to be a great event and more details will appear in future **KILLSHOT** issues.

Potpourri

No word yet on the future of five-time national champ Mike Yellen. Retired, Yellen wasn't in any of the promotional literature that Ektelon produced in 1996...John Ellis, who has shown flashes of brilliance, never real-

beginning...HEAD is counting on Cliff Swain and Sudsy Monchik to sweep them past its competitors... Spalding's Mike Ray is a personable spokesperson who knows his product.



Darrin Schenck's

CHALLENGE to the PROS

Featured Pro:

Mike Ray

Ranking:

#4

Racquet:

Spalding Felon

String:

Forten Boss 16 or 17

Tension:

40 pounds

**Average number of racquets
strung per tournament:**

3 - 4

Comments:

Mike pays close attention to how his racquets are strung. He sometimes adds a couple of strings at the top. he finds that the added strings reduce the number of broken strings. Mike uses the Persona Grip, which increases the diameter of the grip and molds specifically to his hand.

Player Profile:

While Mike Ray is often thought of as a control player, he hits the ball much harder than most would expect. Still, precision and strategy are the cornerstones of his game. He uses the Felon because of its rounded shape. The rounded shape allows for better contact in the middle rather than a shape designed for more power that would concentrate contact at the end of the string bed.



U.S. OPEN

The Beginning of a New Era

"The U.S. OPEN Racquetball Championships promises to be the beginning of a new era in the sport." That was the line in the recent press release from Ganim Enterprises that simply jumped off the page. While we have learned to treat such statements with skepticism, the facts show that in this case it may just be an understatement!

The paperwork is in place and the stage is being set for what has been dubbed within the industry as "an extravaganza" and a "media spectacle". The U.S. OPEN is a showcase of professional racquetball, presented on a portable court, in an arena which seats thousands, and telecast nationally on ESPN. It promises to jump in the face of a sport-crazed nation with all the hoopla and grandeur befitting such a celebration.

Specifically, the event boasts a \$50,000 purse, the competition of the 100 best players in the world from among the ranks of the International Racquetball Tour and the Women's International Racquetball Tour, an industry product show, hospitality village, and at least three hundred competitors in the amateur skill level nationals which has been linked with the pro event. Borrowing some of the best features of the U.S. open tennis and golf events, organizers promise added drama, excitement, and plenty of surprises.

Another step in the flowering spirit of cooperation between competing industry manufacturers, court club administrators, the pro tours, the amateur player organiza-

comes the opportunity to combine efforts with the amateur group. "This is what the sport has cried out for throughout its history. The cooperation to make this happen is



tion, **KILLSHOT** Magazine, and numerous other industry insiders, the U.S. OPEN is a direct result of combining efforts to strengthen the racquetball industry. The American Amateur Racquetball Association board voted in September, 1995 to launch such an event, and gained immediate cooperation from the IRT and WIRT, and subsequently the rest of the industry. AARA board member and successful racquetball entrepreneur and marketing pundit Doug Ganim was selected to make the dream a reality. His proven track record and ability to generate cooperation and enthusiasm made him the perfect choice for the position. According to Ganim, "The event will create a level of excitement and a viewing ambience that has been seldom seen in racquetball. For the enthusiast it's tremendous, but I think it will be equally impressive to the general sports fan."

IRT Commissioner Hank Marcus wel-

comes the opportunity to combine efforts with the amateur group. "This is what the sport has cried out for throughout its history. The cooperation to make this happen is tremendous. What this means for the pro players is the most visible event in what has become a season of super events. From the VCI Challenge Series, through the Pro Nationals in Las Vegas to every individual pro stop, the grandeur and professionalism just get bigger and better."

The U.S. OPEN is set for November 13 - 17, 1996 at the Racquet Club of Memphis in Memphis, Tennessee. It represents a cooperative sanctioning by The AARA, the IRT, and the WIRT, in supporting affiliation with the Sporting Goods Manufacturer's Association Racquetball Industry Association. **KILLSHOT** will provide specifics as seating (including V.I.P. boxes) and amateur entries become available. Upcoming issues will feature interviews with Doug Ganim and AARA Executive Director Luke St. Onge to explore the logistics of the event and the current efforts toward the growth of racquetball.



Ganim



Marcus

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Pros as role models?

Acting like one of the pros is a good thing.

It hasn't always been so. But the evolution of racquetball on the professional level has been an extremely positive influence that has filtered down to the local level.

Still skeptical? Okay, just hear me out.

Since professional racquetball has eliminated linesmen and appeals local tournaments across the country aren't asking for them. That means no long debates on calls and a decreased number of time consuming temper tantrums. So now, acting like a pro doesn't mean having a screamin' fit if a call goes against you or engaging the referee in an extended discourse on the interpretation of the short line. So tournament players are spending more time playing the game and less time playing the referee.

Many tournaments across the country are also opting to use pro rules. One serve games to eleven have sped up tournaments and created a more exciting level of play.

Equipment designed for the demands of aggressive professional punishment have taken the game to a new technological level. Racquet designs and materials have revolutionized the way the game is played and the speed at which it moves. We've been hearing reports of fewer broken balls when tournaments have elected to use the new ProPenn ball designed for the International Racquetball Tour. The Ohio Head Series, traditionally the largest tournament series in the country, has gone exclusively to the ProPenn green ball. Other tournaments are following suit and using the ball with great results.

The IRT Satellite series has made it possible for more players than ever before

to see professional racquetball in person. The consistency at which the pros play, day in and day out, has been eye-opening for players who really had no concept of the level of performance players on the tour have achieved.

The crowning event to all that's been happening is the US Open, being held in Memphis in November. The IRT will be competing on a portable four-wall-glass court designed specifically for the event. ESPN will provide coverage in prime time immediately following the tournament. At the same time at the University of Memphis, the AARA Skill Level Nationals will be played.

A few years ago the whole idea of a US open would have been mere fantasy. But now with the pros as role models anything can happen.

--SQ

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While you may be tempted to base your practice on your strengths to develop a particularly powerful weapon, you will become infinitely more effective if you concentrate your efforts on improving your weaknesses while you slowly nurture that weapon. Base your game on your strengths. That is, play a match with confidence and use the weapons upon which you know you can rely. Base your practices on your weaknesses. Plan time to improve your weapons, but plan more time to improve flaws in your knowledge or skills.

Unfortunately, most players learn racquetball without the benefit of any formal lessons or program. Typically, the only lesson many players learn for weeks or months after beginning is to "hit the ball low". To advance within the small circles that most players play, they may learn really bad habits for trying to get the ball where their opponent isn't. Hence, mountains of material have been written instructing players to "go home and work on basics". This advice is not enthusiastically welcomed by someone who thrives on action and competition rather than diligence and repetition. Making matters worse, most players face time constraints imposed by their profession, their families, their studies, or involvement in other sports.

Fortunately, improvement comes from a continuous series of short intense practice sessions. You don't need large blocks of time to develop your game. In fact, until you have developed effective habits, long sessions simply involve practicing bad habits. Short sessions on a fairly regular basis allow you to progress and build a dense network of strengths which is the foundation of a devastating attack.

Types of Effective Practice

Solo Practice on Court

Practice Competition

Off-court Crosstraining

Effective Practice Guidelines

- 1) Solo drills are vital to improving or even maintaining your game.
- 2) Solo practice should consist of 30 - 40 minutes of well-planned drills
- 3) Solo training is only beneficial if the form you are practicing is correct.
 - 4) If form takes precedent over power, power will come.
- 5) If power takes precedent over form, improvement will be slow or never.
 - 6) Don't be afraid to incorporate new skills into practice games.
 - 7) Don't be afraid to lose for the sake of adding a new skill.
 - 8) While racquetball will improve your level of fitness, crosstraining will almost always improve your racquetball.

Letters

Hey, easy on the Suds,

In reference to Mr. Walker's article regarding the potential domination of racquetball by Sudsy Monchik, and the corresponding negative effect Monchik's brand of New York arrogance and confidence will bring to the sport itself, please cast my vote in support of Monchik and his breed of electrifying mega talented athletes who may someday put this sport on the map. Someone needs to remind Mr. Walker that we are imbedded deeply in the age of the Deon-Cam and the 45 year-old heavyweight champ, and that the greatest danger to Racquetball is to remain in its present mundane state and to be without a tremendous athlete who has the charm, and yes maybe the arrogance, to demand attention for himself and his sport. For those of us who love this exciting and invigorating game, it is the Monchiks and the Man-ninos of Racquetball that will someday get fans in the seats, in front of the TVs, and buying **KILLSHOT** Magazine.

J. Cacciola
San Diego, California

How fast is fast?

I was wondering how fast the hardest hitters were hitting and who has hit the hardest? Have any of the pros been legitimately clocked at 170 mph yet?

K. Herman
Columbia, Missouri

According to the Spalding Speed Gun a typical rally involves balls in the neighborhood of 130 to 150 mph. 170 mph is unusually high but certainly can happen. Swain, Doyle, and Roberts consistently hit very hard.

Courts?

We are in the process of long range planning for two racquetball courts to be built in our community. If you could send me any information about materials, building of the courts or persons to contact it would be a big help.

M. Madaus
Recreation Director
City of Beloit
Beloit Kansas

Check the Racquetmall section in this issue (p. 37), also Randy Stafford's The Court Company in Memphis, Tennessee is building the court for the US Open, and has built many major courts over the years.

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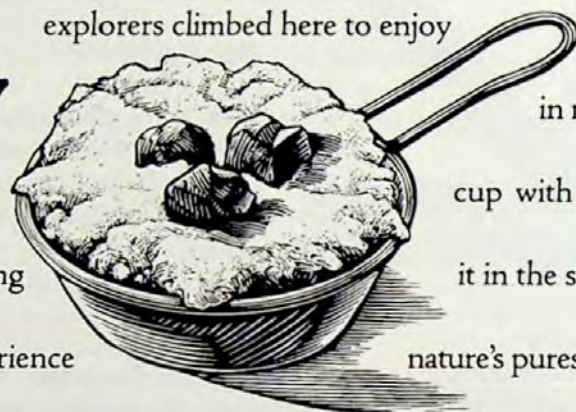
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From the response we received from the **KILLSHOT** reader's survey, as well as the mail we get from our readers on a regular basis, there has been a consistent demand for information regarding crosstraining, nutrition, overall health and fitness, and other sports activity. For the benefit of **KILLSHOT** readers (who we perceive as motivated, well-informed, fit individuals) we have begun seeking out the experts and the ground-breakers, surfing the net, and scouring the libraries, to bring you the constantly evolving, always intriguing...

KILLSHOT Personal Trainer

Total Body Training

It seems that one of the missing components in racquetball players' workouts is the need for total body strengthening and stretching. In an informal polling of trainers in gyms across the US, we found that racquetball players tend to work on their arms, chest and shoulders "for power", and their legs for "better gets". In reality, swing power involves the legs and torso as much as the upper body. Our trainers recommended a small to moderate amount of basic resistance training for both upper and lower body, with special emphasis on strengthening the abdominals and lower back which are vital in transferring power through the body. They all emphasized stretching, both for improved performance and injury prevention.

Damage From "One-Sidedness"

While considering the question of total body training, it also became apparent that constant use of one side as in racquet sports in general and racquetball in particular could be troublesome over the long term. The concentration of work on one side tends to cause strong side muscle development and then the body's overall tendency to compensate. There is also some risk from the constant rotational movement. Dr. Everett McCormick (the father of BIRAK IT) has well documented the deficiencies of single side training.

Seattle-based *STL / Hang Ups* is addressing the problem and may just offer improved performance in the bargain with a new generation of inversion equipment. Apparently, for many athletes, regular inversion can help keep the spine aligned while providing many additional benefits in the process. Because so much information has become available on this topic, **KILLSHOT** will take a more detailed look at the downside of one-sidedness and inversion as a solution in the next issue.

The Skinny on Fat

Trying to lower your body fat? While most training advice over the past ten to fifteen years has extolled the benefits of complex carbohydrates for intense exercise, current popular bodybuilding literature warns against a diet too rich in carbs which leaves no need to burn body fat stores. Carbs are still the body's preferred energy source, but taking them excessively may be the reason many athletes find it difficult to chisel away those few extra pounds. If you do choose to cut back, remember that intense racquetball is incredibly demanding

so make the cuts gradually and in small increments to make sure you don't run out of fuel just when you need it most in an important match.

Coordination

Feeling a little awkward on the court? Regardless of what you may have come to believe, coordination is not entirely a natural gift. Science has proven that the ability to control the movement of the body with the mind can be improved upon with effort. It takes practice, beginning with simple movements and clear mental focus.



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Rankin Named IRT International Director

As racquetball has grown in many countries outside the United States, the demand for appearances by the pro tour has skyrocketed. In an effort to expand the international efforts of the IRT beyond the US, Canada, and Mexico, the IRT named Brian Rankin as Director of International Events. Rankin will oversee global efforts from an office in St. Louis, Missouri.

According to Rankin, "Many countries have shown significant growth in racquetball over the past few years. The athletic ability is there, and interest is enormous. I think it is extremely important to expose the accomplished players from all over the world to the IRT pros. There are already players in several countries today that have

the potential to play at the pro level if they can further develop their games against that level of play."

Rankin moved into the newly formed position just in time to finalize plans for the recent Canada Dry Pro Am in Santiago, Chile. He welcomed the immediate international play, "While working with individuals such as Ivan Camus and Pierro Zoffov in Chile, I learned very quickly that serious effort has been placed into building racquetball there." After the success of the Canada Dry event in Santiago, plans are already being developed to extend the scope of the IRT into both Central and South Americas.

Further plans are also under way for a

pro stop or satellite event in Europe. Players in Germany have expressed a particular interest in seeing the IRT firsthand.

With arrangements for an exclusive distribution agreement in place between IRT Properties and Mr. Koichi Kitamura, Chief Director of Japan's Moonlight Workshop, marketing efforts in Japan continue. Discussions regarding an upcoming IRT visit to Japan which has been a priority for the IRT for several seasons are still in the works. Rankin has enlisted the assistance of Buz Sawyer along those lines. Sawyer lived as a guest in Japan for some time and developed a unique understanding of the Japanese views of the game.

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

- 1
Mike Ray
- 2
Louis Vogel
- 3
Jason Mannino
- 4
Mike Engel
- 5
Brian Rankin
- 6
Darrin Schenck
- 7
Mike Glowa
- 8
Todd O'Neil

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- 1
Cliff Swain
- 2
Sudsy Monchik
- 3
Mike Ray
- 4
Louis Vogel
- 5
Jason Mannino
- 6
Mike Engel
- 7T
Woody Clouse
- 7T
Brian Rankin



tacki-mac bonus pool includes finishes from all IRT events for those players using tacki-mac, the official grip of the IRT.

- 1
Mike Ray
- 2
John Ellis
- 3
Louis Vogel
- 4
Jason Mannino
- 5
Mike Engel
- 6
Brian Rankin
- 7
Woody Clouse

tacki-mac®

International Racquetball Tour

Schedule of Upcoming Events

April 10-14
VCI World Doubles
Championships
Pleasanton, CA

April 24-28
IRT & WIRT
Foxwoods Resort & Casino
Pro Nationals
Las Vegas NV

May 1-5
Indianapolis, IN

May 15-19
Milpitas, CA

June 5 - 9
Spalding
Tournament of Champions
Portland OR



Spalding Women's International Racquetball Tour

April 24 - 28
IRT & WIRT Foxwoods Resort & Casino Pro Nationals
Las Vegas NV

May 2 - 5
Northwest Fitness Club
Houston TX

June 5 - 9
Rad Athletics Tournament of Champions
Portland OR

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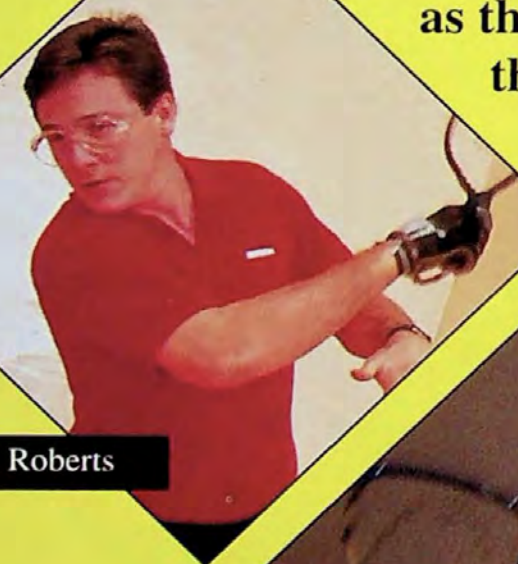
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Win, Place, or Show

Just when it looked like a one
horse race, Roberts and
Monchik challenge Swain
as they approach
the stretch

Photo Courtesy of Ektelon



Roberts

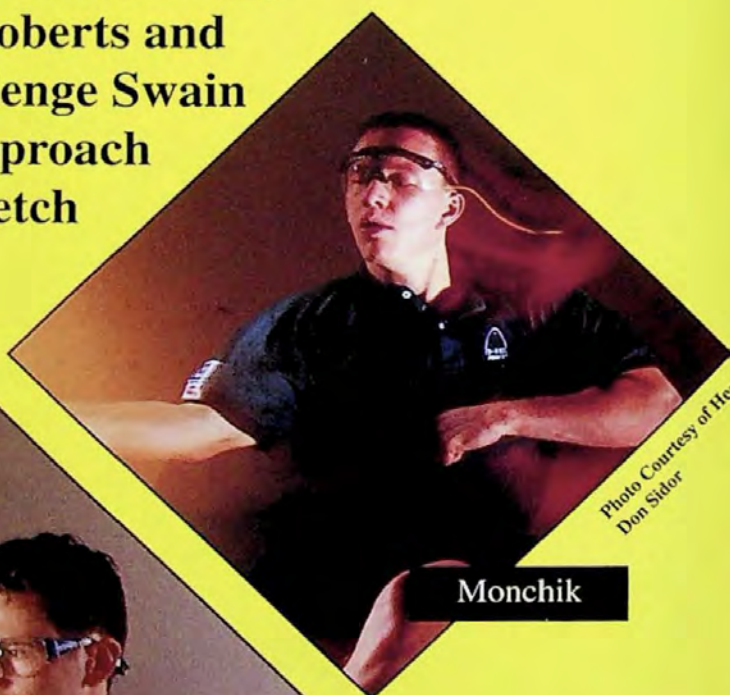


Photo Courtesy of He
Don Sidor

Monchik



Photo Courtesy of Hea
Don Sidor

Swain



An amazing group of athletes qualify to play in a professional racquetball tournament twenty or more times each year. Another group has consistently performed and regularly enter several of these events each year bypassing the qualifiers. At the next level, and nestled in the rankings somewhere around numbers 9 through the mid twenties are fifteen or so of the best players in the world who play phenomenal racquetball, only to be consistently upstaged by the hoopla generated in the quarters, semis and finals. These rounds are top eight territory. In recent seasons, any of the titans of the top eight might prevail on a given Sunday, only to be dethroned the following week by another from their number. In fact, until Cliff Swain began his total domination of the tour a couple of years ago, event victories might come from any one of the top eight. Andy Roberts, Mike Ray, Drew Kachtik, Tim Doyle, Ruben Gonzalez, and others bounced around at the top of the rankings and dispensed death blows to one another on the court.

All that changed when Swain entered the starting gate. From the opening gun, he pulled so far out in front that the pro game became a race for the "best of the rest". Much as before in racquetball's salad days when Marty Hogan had reigned supreme, Swain has consistently bested everyone else on the tour for entire seasons. So far out in front, he has seemed alone on the track, with weapons, consistency, speed, stamina, and intellect that kept him just out of reach for the other pros. The world waited for a Swain slip up. Each of the remaining top eight watched diligently for signs of weakness from the master so that he might make his move. They waited in vain.

For the most part, Swain hasn't slipped up. He continues to lead the others into the next era, and actually improves with each coming season by adding new weapons and more intense focus. A better ball player today than just last year, Swain has managed to improve upon what many considered perfection. Even so, it's no longer a one horse race. Swain can now look back to see two others closing fast in the form of the veteran Roberts, and last



Mike Ray,
the fourth horse-
man. Don't count him out just yet.

season's rookie sensation, Sudsy Monchik.

Roberts, second only to Swain as the most deadly consistent force on the tour, has put down strong roots in the number two spot. Roberts even enjoyed a brief run as number one after Swain suffered his only major surprise upset of the season in the early rounds in Chicago at the hands of

Win,
Place,
or Show

Tim Sweeney. Finding few weaknesses in Swain's arsenal, Roberts has responded by taking his own game to the next level.

Monchik's rise to the number three spot could only be described as meteoric. With two event victories in his rookie season, Monchik has seemingly bypassed the troublesome "paying-your-dues" career segment which has eternally trapped many would-be greats. A bigger season this year has left Monchik in perfect stride in his quest for number one and a place in the prodigious phenom list along with Swain and Hogan.

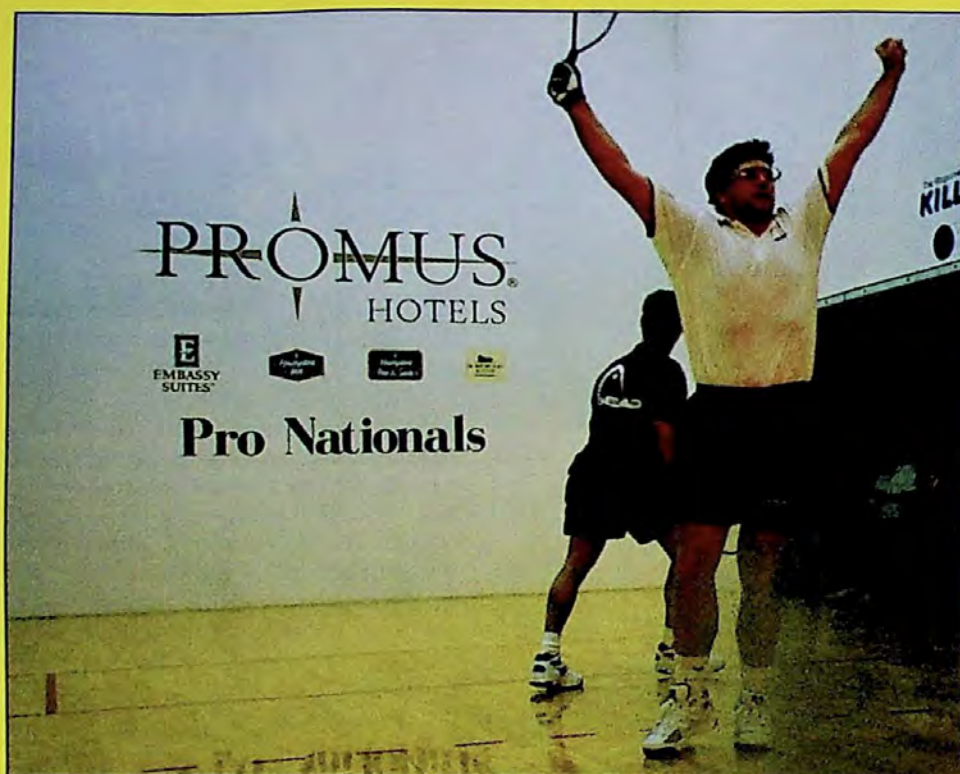
Doyle, Kachtik and Guidry hold solid among the elite. John Ellis has had his best run to date following a big win in Chicago with a semi in Milwaukee. Ray has held solid at number four and positioned himself to make a big late season run if he can real-

HOW TO BREAK A RADAR GUN.



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Holding tight to number 2, Andy Roberts was in top form in front of his hometown Memphis fans. He defeated Cliff Swain in a marathon five gamer.

ly crack the whip. More likely, however, mid way into the season that will climax at the pro nationals in April, 1996, we appear to have a three horse race.

Denver Lakewood Athletic Club RJR Circuits Pro AM

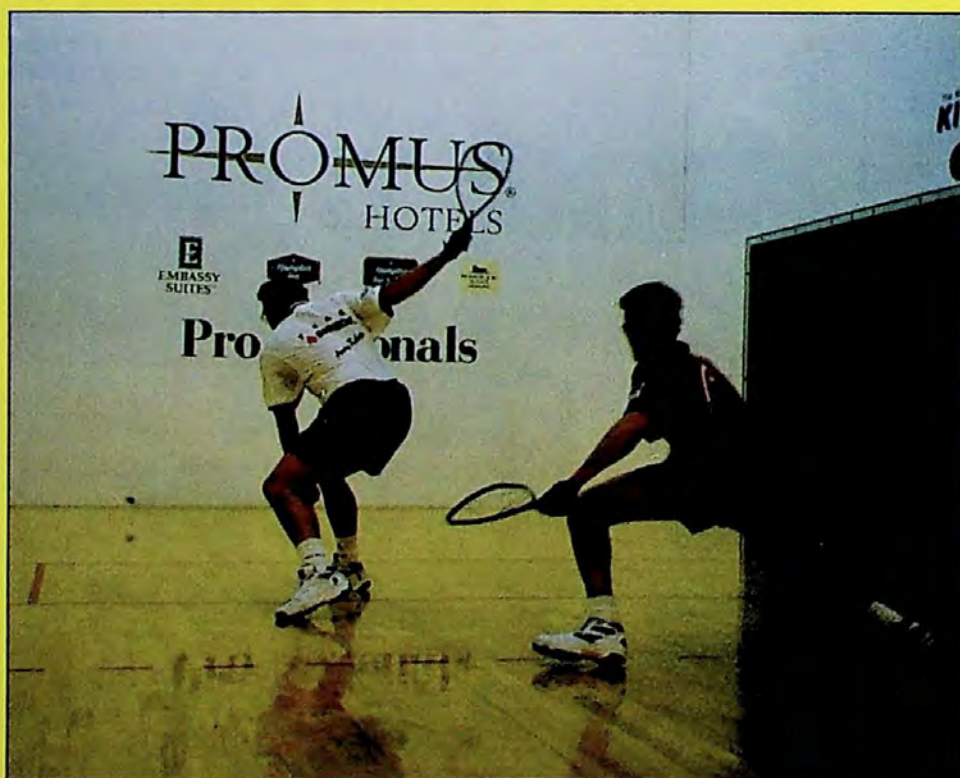
In the past we have noted the change in altitude as a significant factor in the mile high city. Now, as a regular tour stop for several seasons, Mary Ann Alonzi's RJR Circuits Pro Am presents a familiar challenge to the IRT Pros. This season, it became very clear that even though Monchik's consistency has been questioned in the past, he came to Denver poised and focused, regardless of the challenge.

Some faces in Denver not usually seen on the tour included Javier Moreno, Mick Eitzel, Jeff Wilson, Henry Martinez, Brad McCunniff, Ryan Homa, and Mike Cole. The more familiar Buzz Sawyer, Tony Jelso, Tony Boscia, Scott Liparelli, John Amatuli, Jaime Arroyave, Bobby Rodriguez, Louis Vogel, and Chad Cherry turned out as well, but met with early elimination in their first matches.

More success visited Woody Clouse and Brian Rankin, Jason Mannino, and Adam Karp, as they all posted early wins. Derek Robinson claimed an early victory which set him up for a great showing and a near miss against Roberts in the second round. Portland's Vince Kelley used his tremendous power to upset Albuquerque's Louis Vogel. Tour stringer Darrin Schenck ran right into the "Swain Wall" in his first match following a win by forfeit in round one.

Baltimore's Dan Fowler, having flirted with success in previous seasons in Denver, became this year's upset king with big wins over Ray and Ellis in the second and third rounds. Fowler counts speed and precise shooting among his weapons and is maturing nicely as a pro.

Guidry chalked up a good tournament in Denver with a narrow victory over his doubles partner Kachtik in the quarters.



SEMIS

Monchik d. Guidry
11-6, 1-11, 11-9, 11-6

Roberts d. Fowler
7-11, 11-8, 10-12, 11-4, 11-8

SIXTEENS

Swain d. Schenck
11-1, 11-2, 11-5
Monchik d. Clouse
11-6, 11-9, 13-11
Kachtik d. Jelso
11-5, 12-10, 11-6
Guidry d. Rankin
5-11, 6-11, 11-9, 11-5, 11-1
Fowler d. Ray
9-11, 5-11, 11-5, 11-6, 11-7
Ellis d. Mannino
11-3, 11-5, 11-2
Karp d. Kelley
11-1, 12-10, 11-3
Roberts d. Cole
11-1, 11-1, 11-6,

Sudsy Monchik

13-11, 11-7, 11-5

Andy Roberts

QUARTERS

Monchik d. Swain
3-11, 5-11, 11-6, 11-2, 11-5
Guidry d. Kachtik
6-11, 11-7, 11-3, 6-11, 11-8
Fowler d. Ellis
6-11, 11-4, 11-13, 11-6, 11-3
Roberts d. Karp
11-4, 11-6, 11-8

Denver

tough competitor and managed to take a game from Doyle.

Jelso, Karp, and Robinson looked

Hampton Inns among others) Ray Schultz and veteran tournament director Marty Austin. Home court for Roberts, the Classic has provided "The King" some of his greatest showings, as well as some of his biggest nightmares.

Memphis' early rounds are among the best on the tour because of the proximity of the University of Memphis Team whose roster always reads like a "who's who in up-and-coming racquetball". In this vein, Vancouver Canada's Kelly Kerr looks to be improving into a smart,



good early on and still get my vote in the "most pro potential" category. With good first round wins, Mike Engel and Rankin appear to be beginning to nail down the consistency that has eluded them in previous seasons and is a necessity for their progress as pros. Mike Ceresia, always capable and very clever on the court, looked somewhat rusty and more than a little frustrated in Memphis. Likewise, it was a bad day in Memphis for Schenck, Kelley, Sawyer, Mike Glow, Mark Spangenberg, Chris Gallagher, James Mulcock, Josh Messina, and Dave Sable. All beginning to make names for themselves as regular pro players, they all fell in the thirty-twos in Memphis. In the "why aren't they pros" category, both Todd O'Neil and Tim Sweeney were stopped short also. One of the most underestimated pros, Vogel posted a strong

Having been beaten up pretty badly in the two previous rounds, he had nothing left for Monchik in the semis.

The match that sent Monchik to the semis consisted of five incredible games with Swain that looked more like a final than a quarter. Mark this one down, Swain rarely loses that early in any tournament, especially with the two-zero game lead he held going into game three.

With the master Swain out of the way, Monchik and Roberts made a dash for the final that would end in an incredible three-gamer that was all Monchik. Somebody better stop this guy soon before he starts linking these event wins together to gain the kind of momentum that produces champions.

Memphis
Racquet Club of Memphis
Promus Hotels Pro Classic

No matter how many times the pros play Memphis, entering the famous Racquet Club of Memphis each year is still awe inspiring. No less impressive is the teamwork of Promus Hotels' (owners of

WHAT MORE WINNING PLAYERS SHAKE WITH AFTER A MATCH.



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A Guidry/Kachtik match-up is always exciting. This meeting, in the quarters in Denver, was no exception. The five game match ended with Guidry having the upper hand.

Sudsy Monchik and Andy Roberts, both thundering down the backstretch, are pushing hard to catch Cliff Swain. Monchik was on top when the dust cleared in their explosive meeting in Denver.



John Ellis knocked out Adam Karp in the 16's in Denver before losing to Andy Roberts in the quarters.



SEMIS

Swain d. Ray
11-3, 11-7, 5-11, 11-7
Roberts d. Monchik
5-11, 11-9, 6-11, 11-6, 11-4

SIXTEENS

Swain d. Robinson
11-4, 11-7, 5-11, 11-4
Doyle d. Vogel
11-5, 11-2, 10-12, 11-4
Guidry d. Jelso
11-2, 11-2, 11-7
Ray d. Engel
11-4, 11-1, 11-7
Monchik d. Rankin
11-3, 11-3, 11-1
Mannino d. Kachtik
11-9, 11-8, 12-10
Ellis d. Karp
11-6, 11-4, 11-2
Roberts d. Fowler
11-7, 11-4, 11-2

Andy Roberts

10-12, 11-5, 3-11, 11-9, 11-6

Cliff Swain

QUARTERS

Swain d. Doyle
11-4, 5-11, 12-10, 11-2
Ray d. Guidry
11-13, 14-12, 11-6, 13-15, 11-8
Monchik d. Mannino
11-6, 11-7, 10-12, 11-5
Roberts d. Ellis
11-9, 11-6, 11-5

Memphis

and final, Roberts rode the momentum and the cheers of hometown fans to capture the win.

clearly had his number by the finish.

And what of our three horse race? Swain looked good, but he has often looked better. While he eliminated Doyle and then Ray easily enough, he lacked that extra magic that we see when he is in steamroller mode which makes him the best player on the planet. Monchik took out Mannino to get to the semis, but not before his best friend had proved that he has a fair handle on Monchik's few weaknesses. With two tough matches in the semis



Now rounding the turn in the tour season, both the Roberts and Monchik are breaking into full stride to get past Swain. As the spring tournaments approach, the tension is mounting. What still remains to be seen is whether any horse in the running has what it takes to overtake the mighty Swain once he breaks into the run at the home stretch.



first round, then managed to capture a game from Doyle in the second. As for Clay Griffin and Judd Martin who had the dubious distinction of playing into Swain and Roberts respectively in the first round, we scarcely saw enough to make any evaluation.

Mannino, often overlooked in favor of his more visible sidekick, Monchik, stopped Scott Reiff, then pulled the upset of the tournament by eliminating Kachtik in the second round. Pure adrenaline rush on the court, Mannino may just have more of what it takes than is reflected in the credit he receives. Please take note of some impressive wins and tons of personality while he is still a new face on the tour.

Coming off a great showing in Denver, Fowler could mount no offense against Roberts. Ellis seems to still be riding the performance roller coaster as he bowed out to Roberts in the following round. Ray vs. Guidry was a five game seesaw match that featured some spectacular wide angle passes. The lob-n-shoot slugfest served up some amazing gets from both players. The match ended in frustration for Guidry as Ray

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VCI spreadsheet

IRT

1. **Cliff Swain (1)**
Braintree, Massachusetts
2. **Andy Roberts (2)**
Memphis, Tennessee
3. **Sudsy Monchik (3)**
Staten Island, New York
4. **Mike Ray (4)**
Hilton Head, South Carolina
5. **Mike Guidry (5)**
Dallas, Texas
6. **Drew Kachtik (6)**
New Orleans, Louisiana
7. **John Ellis (7)**
Seal Beach, California
8. **Tim Doyle (8)**
Buffalo, New York
9. **Louis Vogel (9)**
Albuquerque, New Mexico
10. **Adam Karp (11)**
Los Angeles, California
11. **Jason Mannino (13)**
San Diego, California
12. **Aaron Katz (10)**
Dallas, Texas
13. **Tony Jelso (14)**
Los Angeles, California
14. **Woody Clouse (12)**
Los Angeles, California
- 15T. **Mike Engel (15)**
Baltimore, Maryland
- 15T. **Dan Fowler**
Silver Springs, Maryland

WIRT

1. **Michelle Gould (1)**
Boise, Idaho
2. **Cheryl Gudinas (2)**
Lisle, Illinois
3. **Amy Kilbane (6T)**
Columbus, Ohio
4. **Chris Evon (6T)**
San Diego, California
5. **Anita Maldonado (11T)**
New York, New York
6. **Kim Machiran (9)**
Ballwin, Missouri
7. **Lynne Coburn (5)**
Baltimore, Maryland
8. **Doreen Fowler**
Silver Springs, Maryland
9. **Marcy Lynch (8)**
North Wales, Pennsylvania
10. **Molly O'Brien (14T)**
Annapolis, Maryland
- 11T. **Loraine Galloway (11T)**
Syracuse, New York
- 11T. **Janet Myers**
Charlotte, North Carolina
13. **Michelle Wiragh (11T)**
Baltimore, Maryland
14. **Laura Fenton (14T)**
Lincoln, Nebraska
- 15T. **Jackie Gibson (10)**
San Diego, California
- 15T. **Randi Freeman**
Stanford, Connecticut

VCI Challenge Cup Series

1.
Cliff Swain
2.
Andy Roberts
3.
Sudsy Monchik
4.
Drew Kachtik
5.
Mike Guidry
- 6T.
Mike Ray
- 6T.
John Ellis
8.
Louis Vogel

Wheelchair

1.
Steve Kuketz
- 2T.
Chip Parmelly
- 2T.
Donna Kline
4.
Rick Slaughter
5.
Gary Baker
6.
Bob Nichols
- 7T.
Eric Engstrom
- 7T.
Ken Medeiros
9.
Audie Kemp
10.
Mark Fenn

American Amateur Racquetball Association

Women's Open

1.
Laura Fenton
- 2T.
Malia Bailey
- 2T.
Holly Gray
4.
Lorraine Galloway
5.
Lisa Hjelm

Men's Open

1.
Dan Fowler
2.
Doug Ganim
3.
Mike Locker
4.
Jimmy Lowe
5.
Michael Bronfeld



VW CREDIT, INC.



Win, Win, Win,



Gould heads the field in the WIRT and it looks like there may be no catching up to her amazing lead.

With the inaugural season as the WIRT well under way, women's professional racquetball remains a one horse race. There simply doesn't appear to be another female player on the planet capable of defeating a healthy Michelle Gould. In fact, after five tournaments, Gould has only allowed an opponent a single game win on two occasions. It has become impossible to

analyze her matches since they are over nearly as soon as they begin.

More amazing is the fact that the remaining players on the tour are playing solid racquetball. In 1996, the women's pro field is as strong as ever. Some very accomplished and very exciting players battle through the draws only to be set up for Gould like lambs for the slaughter.

With some very exciting new players and new leadership in the form of the IRT's Hank Marcus, we are now well into the most successful women's tour season in many years. Still, missing from the overall picture is the player who can present a serious challenge to Gould. Midway through the current season, it's clearly a one horse race.

Manchester, New Hampshire
The Parkland Medical Center Pro Am
Executive Health and Fitness

In the midst of devastating winter storms for much of the East Coast, Parkland Medical Center added Manchester to the list of prestigious WIRT tour stops. The WIRT pros played their first pro event in the venue that has typically hosted an IRT satellite in seasons past. In an effort to help raise funds for the Derry Pre-Natal Care Program, the WIRT pros battled the weather and one another. While the wind was bitter cold outside, the courts were plenty hot for the January slugfest that was the first event of the 1996 calendar year.



Cheryl Gudinas and Marcy Lynch caught in action in Philadelphia at the High Point Athletic Club in the Grand Slam at the High Point.

SEMI-FINALS

Gould d. Evon
11-2, 11-0, 11-7
Friedman d. Maldonado
11-4, 11-2, 11-4

Michelle Gould

11-2, 11-0, 11-1

Randi Friedman

QUARTERS

Gould d. Myers
11-2, 11-0, 11-1
Evon d. Kilbane
9-11, 11-3, 11-5, 11-4
Maldonado d. Fowler
11-5, 11-7, 11-8
Friedman d. Macharin
10-12, 11-9, 11-2, 11-5

Manchester

Michelle Gould

11-1, 11-1, 11-1

Cheryl Gudinas

SEMI-FINALS

Gould d. Kilbane
11-7, 11-2, 11-2
Gudinas d. O'Brien
11-8, 12-10, 7-11, 9-11, 11-5

QUARTERS

Gould d. Galloway
11-0, 11-8, 1-2
Kilbane d. Lynch
11-5, 3-11, 11-6, 11-4
O'Brien d. Maldonado
12-10, 11-6, 11-1
Gudinas d. Coburn
3-11, 8-11, 11-7, 11-3, 11-6

Annapolis

The story of this event was Randi Friedman of Connecticut. Coming out of nowhere, Friedman stunned number two seed Cheryl Gudinas with a four game upset in the sixteens. Her streak continued as she bested Kim Macharin in the next round in similar style. A quick three-gamer against Anita Maldonado in the semis and Friedman was on her way to her first ever pro final.

The only other upset along the way included the eleventh seed Maldonado over the number six seed Marcy Lynch. Lynne Coburn and Laura Fenton were K.O'd by mother nature as the winter storm kept them out of the city.

In the top of the draw, number four seed Chris Evon earned distinction by earning seven points against Gould, when no other player managed more than two in any one game. Gould picked up the win, the clean sweep, and even dished out a doughnut in every match of the tournament.

Philadelphia Grand Slam at Highpoint Highpoint Athletic Club

Delayed two weeks because of blizzard conditions, the Highpoint Athletic Club's Grand Slam welcomed the WIRT pros to an established seasonal tradition. After the near-abuse Gould had dished out at the previous event in Manchester, the pros came to Philadelphia just a little hungrier and a little meaner.

In her first appearance of the season, Fenton returned to the tour in Philadelphia. Upsetting Baltimore's Coburn, then Columbus' Amy Kilbane, she turned in two of the

only three five-game matches in the event.

In other upsets, number eleven seed Doreen (Mrs. Dan Fowler of the IRT) Fowler eliminated sixth seed Maldonado in the sixteens, while Molly O'Brien took out number four seed Chris Evon.

Gudinas eliminated veterans Lynch

and O'Brien on her way to the final and to the assertion that somewhere along the way she became the most improved player in the women's pro ranks.

Still, it was of little use. Even though the scores were a bit more respectable, Gould still dominated, giving up only her

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SEMI

Gould d. Fenton
11-8, 11-1, 11-1
Gudinas d. O'Brien
11-5, 11-4, 12-10

Michelle Gould

11-2, 6-11, 11-0, 11-4

Cheryl Gudinas

QUARTERS

Gould d. Macharin
11-8, 11-3, 11-1
Fenton d. Kilbane
8-11, 11-7, 11-5, 8-11, 11-7
O'Brien d. Fowler
11-5, 11-7, 11-1
Gudinas d. Lynch
11-1, 11-6, 11-2



second game of the season, taking the win and first place cash.

Annapolis, Maryland
Grand Slam
Merritt Athletic Club

With more welcoming travel weather than the previous month's events, the Annapolis Grand Slam again brought about a hungry group of pros all battling to no avail to upset Gould. The unlikelihood of such an occurrence notwithstanding, some

up-and-coming players did gain some ground.

A win against Lynch brought Kilbane her highest ranking to date by moving her into the number three position. Number six seed O'Brien managed the upset of number



Parkland Medical Center and Greater Derry Prenatal Services

Parkland Medical Center in Derry New Hampshire was the host for the WIRT's 5th Annual Parkland Medical Center Racquetball Tournament. The facility has been recognized as one of the nation's top performing hospitals, according to the 1995 *100 Top Hospitals: Benchmarks for Success* study.

The annual study prepared jointly by HCIA, Inc. and Mercer Health Care Provider Consulting names hospitals whose performance is outstanding in patient care, overall operations, and financial management.

Proceeds from the three-day racquetball tournament will benefit Greater Derry Prenatal Services, Inc., a non-profit organization that provides prenatal and obstetrical care to low-income women in Southern New Hampshire. Last year, over \$28,000 was raised for this organization.

Unique from other prenatal services in New Hampshire, Greater Derry Prenatal Services, Inc., is a decentralized service, with clients receiving care in their assigned physician's private office. In that way, women are integrated into the private practice with no stigma attached to their economic status.

Services in this program include nutrition education, Social Service advocacy, fuel and housing assistance, community referrals, resolving paternity issues, securing baby products and New Hampshire Medicaid assistance.

Opposite page: Michelle Gould has such a commanding lead in the IRT it will be virtually impossible for anyone else to get close.

Lorraine Galloway and Darlene Fowler in the round of 16's at Annapolis, Maryland's Merrit Athletic Club.



three seed Maldonado in the same round.

Gudinas drew the toughest matches of the tournament with brutal five-gamers against Coburn and O'Brien in the quarters and semis respectively. Still for all the hard work, Gudinas still fell to Gould in the final.

After five events, nobody poses a serious threat to Gould. The bigger question is whether any player on the horizon has the potential to evolve to that level. Not since the days of Lynn Adams have we seen anyone willing to push their own limits to realize their own potential.

Gudinas seems motivated and willing to put in the time "paying her dues." But even with all that passion for the game only time will tell if she has the abilities of her more accomplished doubles partner.

Kilban at number three very early in her pro career has the potential to develop greatness. Her aggressive style and attitude will carry her a long way, but will it be far enough?

Consider that the largest percentage of the current WIRT has come up through the ranks in the past couple of years and it becomes easier to put into perspective. Aside from Gould at the ripe old age of twenty four, veterans Lynch, O'Brien, and Evon, along with then rookies Coburn and Gudinas make up the entire list of pros that were even playing the tour just four years ago. Kim Machiran played a few events that year and the names Janet Myers and Randi Friedman were listed in the 1992 program as names to watch in the future.

Bottom line, The Galloways, Maldonados, Fowlers, Morelands, and Calitns are entitled to some time to mature in the pro game before passing judgement. Still, for

the season at hand, nobody will catch Gould. And as we head for the portion of the tour season that is the home stretch, it is indeed a one horse race.

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Appetizers

What's the best off-court training?

All the traditional things are good, stationary bikes, stair climbers, etc. But I think the absolute best thing going is Plyometrics. Plyometrics involves explosive movements such as jumping onto a platform. This type of exercise conditions you for the skills you need on the court. It improves speed and coordination, and in thirty minute sessions, can improve your stamina. Check with a local trainer that understands plyometrics or see one of the many books or videos that have recently emerged on the subject. Aside from that, I like basketball to improve coordination and aerobic capacity at the same time.

John Ellis
IRT #7

Why is the waitress in the **KILLSHOT** Cafe always frowning? Did someone forget to leave her a tip?

Actually she's smiling. You don't want to be around her when she frowns.

Entree

I know I need more practice, how can I practice more effectively?

Intensity! Using focus and intensity when you practice is the only way to improve. You can only maintain the necessary intensity for so long, so short effective practice sessions have a big payoff. Real quality sessions, 30 to 45 minutes in duration after your warm-up are the key. That's why you can make significant improvements with only small blocks of available time.

You need solo work, as well as practice matches. In either case, I try to maintain a mental focus just as though it were a major tournament. Some top players like Ruben Gonzalez and Woody Clouse have been very vocal about this technique in their instructional articles. I believe players like Cliff Swain and Andy Roberts advocate the same thing. Still, many pros like Sudsy Monchik make a mental distinction between practice and a real match.

For practice matches, you obviously need to play better players to develop your own game. Remember it's just as important to play players you might beat fairly easily. When playing them, don't focus on the win, focus on perfecting a shot or developing a new skill. If you use those matches to work a new weapon into your game, you might not win against someone you would normally beat, but you will gain valuable practice in the process.

John Ellis,
IRT #7

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Dessert

How do the pros determine which serves to hit?

I always like to start out with lob serves. At advanced levels, everyone is going to be able to return any drive, no matter how good it is. In fact, most pros would rather return a drive than a lob. Making them wait for the lob can weaken their return.

If the lob gets the job done, I stick with it. Winning by using nothing but lobs will leave me in better shape for the next round. Consistently blasting drives will take its toll on any player over the course of four or five rounds of tournament play. I want to win as efficiently as possible, expending the least amount of energy.

If the lobs are clearly not working, I go to a drive. In the end you have to use whatever works. Hopefully, when the time comes that I know I have to make the switch, I'm warm enough to go to the drive more effectively.

For players at less advanced levels, a good drive may get a weaker return if the receiver isn't used to returning balls at that speed. Drive serves are also great for a player who is nervous during tournament play. They give that player an opportunity to unleash that nervous tension.

Mike Ray
IRT #4





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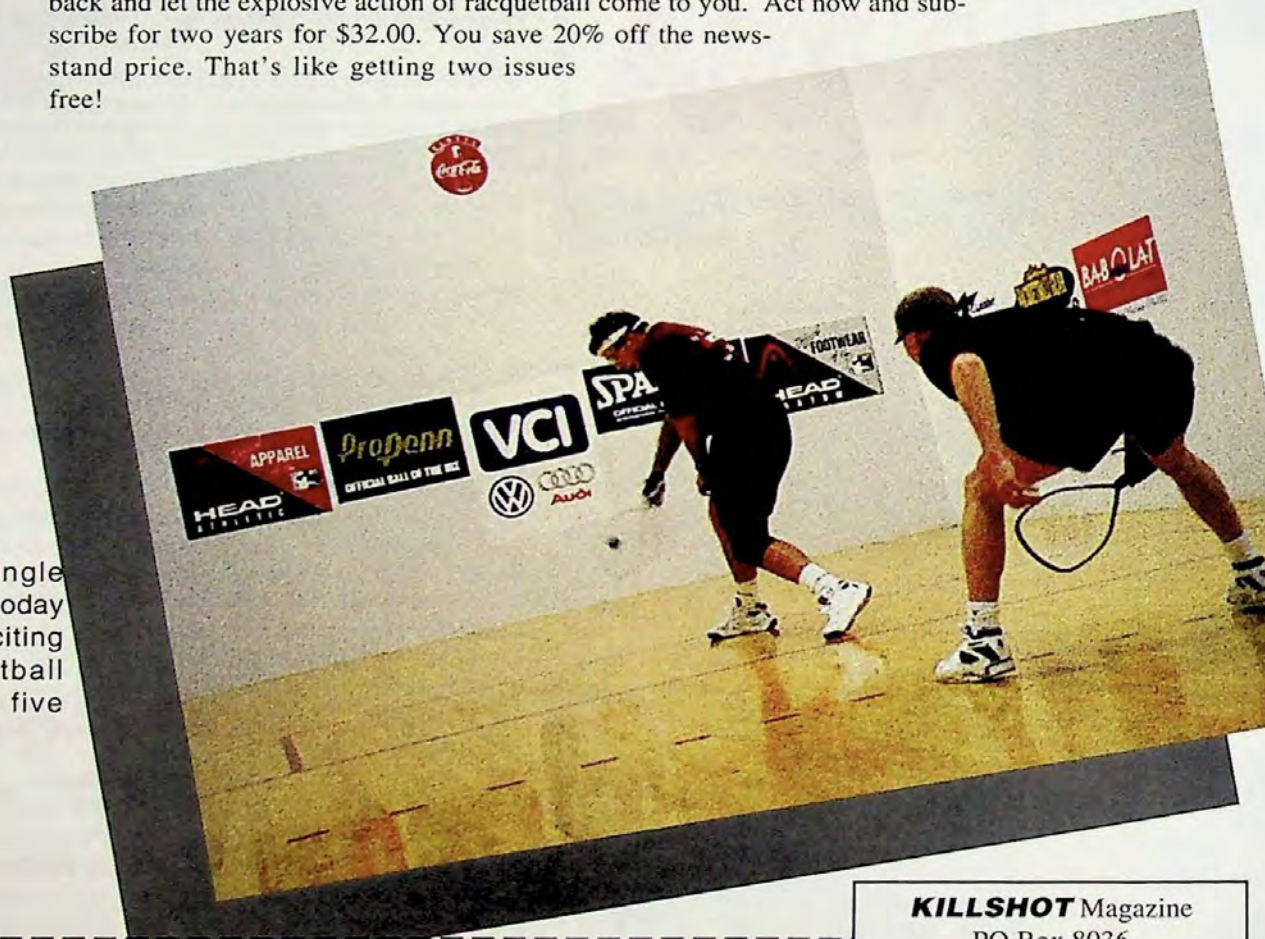
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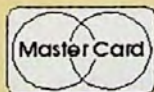
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JOURNEY to the CENTER of THE COURT

By Fran Davis

U.S. National Team Coaching Staff

We are now well on our way to seeing our racquetball dream house start to take shape by beginning to build the frame of our house...Center Court Position. In the past two issues we developed a strong and solid foundation by covering the basic strokes in depth as well as the shots of the game.

Our task now is to focus on the bulk of the frame by delving into one of the most critical parts of the game, center court position. Center court position requires being at the right place at the right time, but exactly



You



Opponent

what is the right place at the right time?

Some facts to consider before you can completely understand good center court position:

1. 30% of all balls can be killed from the dotted line. The percentage of effectively killing the ball decreases the deeper your opponent shoots from within the court.

2. 70% of all balls will wind up in this 10' x 10' center court area, so you want to wind up there as much as possible (after a serve and during a rally) to cover most shots.

Center Court Area

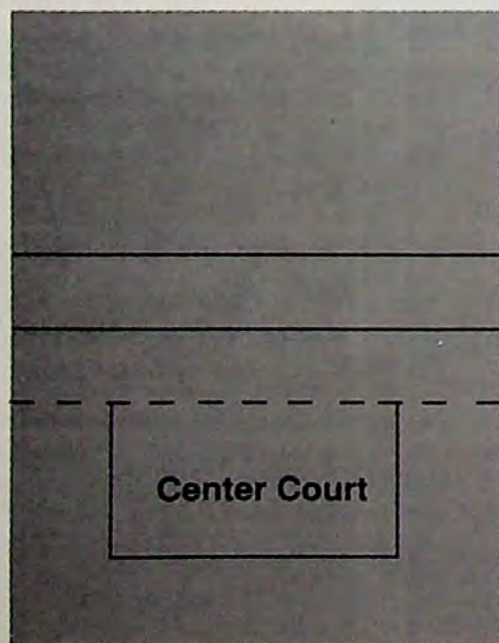
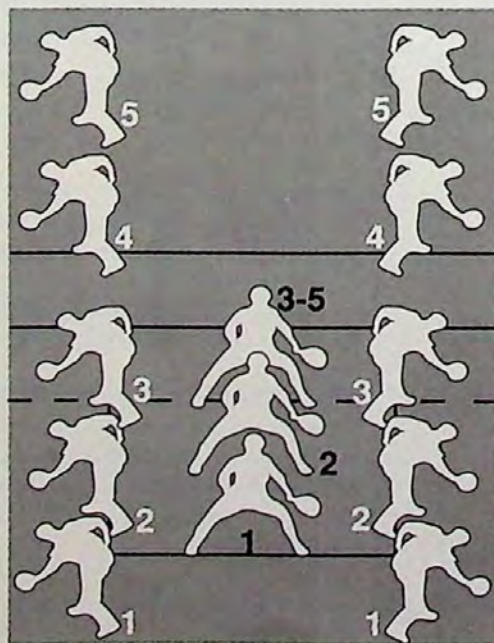


Diagram 1



3. 30/40/30 offensive principle. Every time you or your opponent hits the ball, the following occurs:

- ° 30% of all balls skip
- ° 40% of all balls are left up
- ° 30% of all balls will be winners

So remember the advantage always swings toward the defensive player

4. No one is super human, not even the pros. Therefore, you cannot kill every shot. Give up the lower percentage shots (kills and pinches) and use the higher percentage shots (passes).

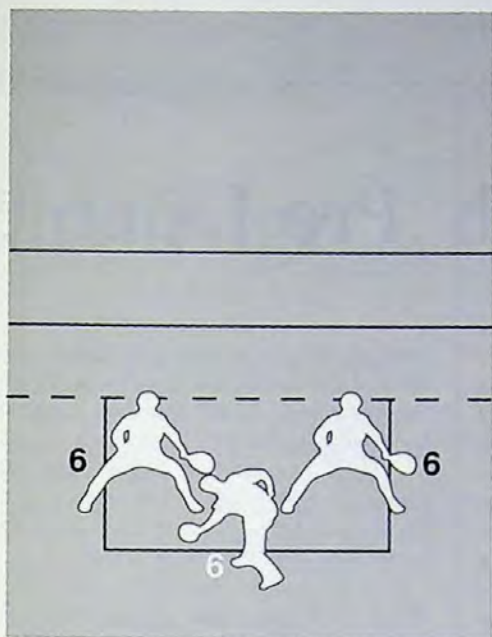


Diagram 2

With these four factors at your fingertips let's examine your exact position in center court. Your position is determined

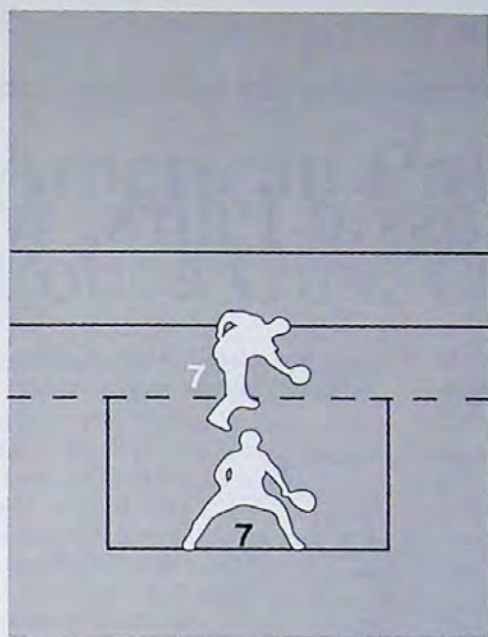


Diagram 3

by the position of your opponent as well as the position of the ball. The two go hand in hand.

The deeper your opponent (offense) is on the court, the deeper you (defense) are in the box. As your opponent moves up, you move up but rarely in front of the dotted line (see diagram 1 and 2).

Remember, by staying deeper you are protecting against the pass (a lower percentage shot). Also keep in mind the 30/40/30 principle. Always make your opponent hit the most difficult shot to beat you. Make him or her think kill, pinch, or roll out, because more mistakes will occur the lower on the front wall your opponent aims.

When your opponent is on or near the dotted line you move behind the other player, still in the imaginary box called center court (see diagram 3).

By being at the right place at the right time, you will have more time to react to the ball. More time to react means being more efficient and more effective while conserving energy. This leads to a more consistent performance.



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Doubles Classic Pairs with Pro Doubles

The ProKennex Doubles Classic at the Continental Athletic Club in Columbus,

Ohio was paired this year with the IRT Pro Doubles Challenge as the top eight players in the world squared off at this IRT Satellite event. The pro players paired off by their own choice of partners in an event that began with a round robin preliminary to determine seeding. The

pros played on a championship court in front of bleachers constructed especially for the event. Meanwhile amateurs competed for awards supplied by ProKennex.

Cliff Swain, paired with John Ellis faced off against the Texas team of Mike Guidry and Drew Kachtik. Ellis and Swain came away with the match in four.

Andy Roberts and Mike Ray squared off in a duel with Sudsy Monchik and Tim Doyle. Monchik fell victim to bad weather and airline mechanical problems forcing Doyle/Monchik to forfeit the match. Monchik did arrive in time to play the evening match against Guidry/Kachtik and, with Doyle, came away victorious.

Roberts/Ray dropped a game to



Roberts, Ray, Doyle, and Monchik in doubles action at the Continental Athletic Club in Columbus, Ohio.

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Photo by John Foust

Challenge

Swain/Ellis before regrouping to comeback and win the match.

In the semis, Monchik/Doyle shut Swain/Ellis down with a blistering 11-0 but Swain/Ellis came back with an almost as shocking 11-3 win. Monchik/Doyle held out for the win in the tiebreaker. The other semi also went the distance with Guidry/Kachtik taking two games then dropping three to Roberts/Ray.

The final began with a Roberts/Ray win but was followed by three wins by Monchik/Doyle who captured the first IRT Pro Doubles Challenge title.

The tourney sponsors were Complete Creative, Huntington Banks, Alaskan Falls, The Bogey Inn, ProKennex and Power Footwear.

American Pro Am Ponca City, Oklahoma

The American Telephone Company hosted its 3rd annual American Pro/Am Racquetball Tournament at Ponca City, Oklahoma. This year's event was an IRT Satellite Event, a first for Oklahoma, and was well attended with over 80 entrants from across the Midwestern region. The main attraction proved to be securing two of the tour's pros, Mike Guidry and Drew Kachtik, who were flown in courtesy of Lone Star Airlines. For many of the entrants this was their first visit to a Ponca City tournament and their reason for attending was influenced by the announced attendance of Guidry and Kachtik. The American Tournament has been the largest tournament in the state for the past three years.

In the Open Singles division, ultra fast Guidry met lightning quick Billy Perrone from Hutchinson, Kansas in the first semifinals match. The speed, agility and amazing diving gets from these two, with such similar styles, was an incredible show for the spectators. In the end, Guidry out lasted Perrone and advanced to the finals. It was later overheard from Perrone, "if only I was a little faster."

In the other semifinals match, Kachtik went up against Bruce Erickson from St. Louis, Missouri. Kachtik's all-out, go-for-broke, style was in stark contrast to Erickson's subtle and seemingly effortless play. Kachtik was able to overcome and advance

continued on page 36

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Continued from 35

to the finals in a dream match-up that everyone had hoped for.

In the final, Guidry was raring to go but Kachtik was nursing a sore knee. The knee problem seemed minor and the match went to five games with the underdog Kachtik beating Guidry.

Guidry and Kachtik also competed as a team in the Open Doubles division and ended up meeting the team of Erickson and Perrone in the final. The pros received a wake up call by losing the first game and were behind in the second before regrouping to win the match in four.

The success of the event was due to some hard work by people dedicated and committed to racquetball. Sponsors included:

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Results:

Men Open Singles

1 Drew Kachtik

2 Mike Guidry

Women Singles

1 Vicki Leech, Siloam Springs, AR

2 Georgia Wood, Tulsa, OK

Men A Singles

1 Ryan Staten, Dodge City, KS

2 Josh Tucker, Joplin, MO

Men B Singles

1 Peter Kochis, Edmond, OK

2 Mark Bianchi, Edmond, OK

Men C Singles

1 Randall Burton, Elk City, OK

2 Eddie Venzent, Plainview, TX

Men D Singles

1 Erik Leech, Siloam Springs, AR

2 Gene Williams, Broken Arrow, OK

Men 40+ Singles

1 Kent Breshears, Joplin, MO

2 Walt Charlton, Norman, OK

Open Doubles

1 Mike Guidry & Drew Kachtik

2 Billy Perrone & Bruce Erickson

A/B Doubles

1 Matt Elmer & Roger McGee, Ponca City, OK

2 Kip Bird & Doug Dunn, Ponca City, OK

C/D Doubles

1 Eddie Venzent & Hector Gonzales, Plainview, TX

2 Georgia Wood & Eddie McGovern, Tulsa, OK



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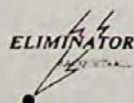
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Goin' South

IRT Schedules first Satellite event in South America

Pro players Mike Ray and Brian Rankin headed south for the first International Satellite event of the IRT. The event marked the first time tour sponsor logos would adorn a court outside North America. It was also the first tournament in South America to use the green ProPen ball developed for professional play.

The Canada Dry World Series was held at the Locanos Racquetball Club in Santiago, Chile and as the most prominent racquetball event for that country this year was broadcast on national television.

Mike Ray took the singles division of the tournament in a five game battle with Brian Rankin. Doubles honors went to

Brian Rankin and Max Schnitzer over Mike Ray and Christian Troncoso.

The US players were greeted warmly by the local players that included #2 ranked South American Pablo Fajre of Chile, #3 ranked South American Fabian Apa of Argentina, and #2 ranked Chilean, Andres Vilches.

According to Rankin the level of play was very encouraging. "Several strong players will make good showings at the Tournament of the Americas in Cali, Colombia, this spring," said Rankin. "Look for players like Pablo Fajre, Andres Vilches, Felipe Salas, and Fabian Apa to place well in the tournament. The players from

South America are only lacking the playing time against the world's best.

Other major sponsors of the event were the Hotel Sonesta and Mitsui.

Canada Dry World Series Saneiago Chile

Results

Final

Mike Ray d. Brian Rankin

Semis

Mike Ray d. Fabian Apa

Brian Rankin d. Andres Vilches

Quarters

Mike Ray d. Felipe Salas

Fabian Apa d. Cristian Michaud

Andres Vilches d. Pablo Fajre

Brian Rankin d. Eduardo Abocabin

Round of 16

Mike Ray d. Ruben Contreras

Felipe Salas d. Alejandro Gouhauch

Fabian Apa d. Daniel Escudero

Cristian Michaud d. Alberto Rochet

Andres Vilches d. Juan Avila

Pablo Fajre d. Nicolas Uauy

Eduardo Abocabin d. Leonardo de Alecan

Brian Rankin d. Christian Troncoso

Round of 32

Mike Ray d. Max Schnitzer

Buben Contreras bye

Alejandro Gouhauch bye

Felipe Salas bye

Fabian Apa d. Juan Sistnisky

Daniel Escudero bye

Alberto Rochet bye

Cristian Michaud bye

Andres Vilches d. Jouge Leiva

Juan Avila bye

Nicolas Uauy bye

Pablo Fajre d. marco Luzio

Eduardo Abocabin d. Ronald Luzio

Leonardo de Alecan bye

Christian Troncoso d. Juan Claros

Brian Rankin bye

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The Names of the Game

The racquet's the thing

Estca Dan Obremski Pro Issue

Often regarded as the most completely fit player in racquetball, Pittsburgh's Dan Obremski built a name for himself based on his gruelling training regimens, his two amateur world doubles titles, and back-to-back *IRT Tournament of Champions* victories. Divin' Dan became one of the most recognizable figures in the game due to a wholesome image and colorful and exciting court presence. His training techniques became legendary through his efforts as fitness editor in **KILLSHOT**'s early days. He previously served in a similar position with a defunct publication called *National Racquetball* in the mid 1980's. More recently, Obremski was chosen to spearhead Ektelon's emphasis on fitness.

After some trial ventures into the racquetball racquet market in the 1970's and 1980's, Estca (the racquetball arm of Sportstech Industries' US Tech/Estusa) made a serious but short-lived effort into the high-end frame market in 1992. While the company was only able to maintain in the ultra-competitive racquetball market for a short time, the Obremski Pro Issue was a serious weapon designed to the exacting standards of one of the most intense top pros.





Overuse syndromes of the lower extremities

By
Richard Honaker, MD

Overuse injuries of the lower extremities are a frequent problem in athletes. They commonly affect runners, but also anyone involved in athletic competition. Properly cared for, these problems heal well, but if not treated appropriately, they may become chronic and debilitating.

The causes of overuse syndromes are running surfaces which are too hard, poor fitting athletic shoes, abnormal bony anatomy, or excessive training and competition without a gradual buildup program.

The anterior tibialis strain is a shin splint and results in pain along the outside front border of the tibia, which is the long bone between the knee and the ankle. It is caused by an imbalance of lower leg muscles where the posterior muscles tend to be stronger than the anterior leg muscles which lift the foot up. A hard running surface and tight Achilles tendons also predispose to this problem. Treatment is ice, rest, stretching of the Achilles tendon (the thick tissue at the back of the heel), well-cushioned shoes and using a softer running sur-

face. Heel lifts of one-quarter inch thickness may help also. Strengthening the anterior muscles can be accomplished by resistance dorsiflexion which involves lifting up with the front of the foot against pressure. Medial tibial stress syndrome is another form of shin splint resulting in pain along the inside portion of the lower leg. This is commonly caused by excessive pronation of the foot. Pronation occurs when the foot rolls inward and is signified by increased wear on the inner aspect of the running shoe. This problem can be corrected by avoiding running on banked surfaces or changing directions frequently, and also by the use of ice, anti-inflammatory medication and stretching the Achilles tendon. Fitted shoe inserts, known as orthotics, may also be helpful. Also, one should avoid running on hills.

A compartment syndrome may develop from an injury to one of the four muscle compartments of the lower leg. This causes pain consistently early in exercise and numbness and tingling in the compartment area. Ice, rest, and, in extreme cases, surgery are the treatments of choice.

Achilles tendonitis is one of the most common problems of the lower extremity. The Achilles tendon is the largest tendon in the body and is the attachment of the soleus and gastrocnemius muscles (the calf muscles) onto the back of the heel bone. It functions to point the foot downward. This tendonitis may result in pain behind the heel and may be caused by hyperpronation, hill running and a tight Achilles tendon. This tendon has a tendency not to heal well due to an area of poor blood supply. Treatment is rest, ice, a heel pad, stretching, the avoidance of early morning jogging while the Achilles tendon is still tight and the avoidance of leaning forward during running. A quarter inch heel lift may be beneficial.

Peroneal tendonitis causes discomfort along the lateral lower leg where the peroneal muscle and tendon everts the foot in an outward direction. Pain often radiates into the foot, and treatment is the same as for shin splints. Retrocalcaneal bursitis is an inflammatory type pain caused by irritation of the bursa cushions around the heel bone (Calcaneus) and Achilles tendon. This is treated with anti-inflammatory drugs also. Plantar fasciitis is indicated by pain and tenderness along the arch of the foot. The plantar fascia is a thick band of fibrous tissue running from the ball of the foot to the heel. Recurrent stretching motions and small tears may result in a chronic inflammatory condition. A good arch support can prevent this, and treatment includes taping, orthotics, anti-inflammatory drugs and stretching exercises.

Heel spurs may develop after chronic pulling of the plantar fascia where it attaches to the heel bone. This pulling results in small areas of tissue injury and resultant fibrous scar tissue being laid down. Calcium is then deposited and a small cartilage or bony spur develops. This injury causes post-static dyskinesia, which simply put is pain occurring predominantly early in the morning or after rest. The treatment is orthotics, taping, anti-inflammatory drugs,

and in extreme cases, injections of cortisone or surgical repair.

Tarsal tunnel syndrome occurs when the nerve going to the inside of the foot is compressed as it passes through a tiny tunnel composed of bone on one side and muscles on the other. People with flat feet may be predisposed to this problem, but it may also occur following an ankle sprain or excessive pronation. If the usual methods of rest and ice do not resolve this problem, local injections of cortisone or surgery may be indicated.

Ankle sprains are common and may become chronic. They usually result from inversion of the foot (turning inward on the ankle) with resultant stretching and tearing of the main three ligaments on the outside of the ankle. Treatment in the acute phases involves the RICE method; i.e. Rest, Ice, Compression (Ace bandage) and Elevation. During recovery, range of motion exercises and strengthening exercises are important. Those individuals with chronic ankle sprains should wear three-quarters or high top shoes.

Stress fractures occur with repetitive minor bony trauma and are most commonly found in the second metatarsal in the mid-portion of the foot. X-rays are commonly normal early in this injury, and localized

pain occurs early during workouts and may persist throughout the entire day. Warmth and redness may occur, and treatment involves resting the injured area, ice, anti-inflammatory drugs, and alternative exercises such as cycling or swimming, which do not involve weight bearing.

Hallux rigidus is a severe and uncomfortable problem resulting in limitation of flexion of the great toe at the joint at the base of the toe. This can be taped, and orthotics, cortisone injections, and range-of-motion exercises may be necessary. Turf toe results from recurrent hyperextension of the great toe and is often seen in football players. It responds to rest, taping, ice, and anti-inflammatory drugs.

Subungual hematoma or "blue toe syndrome" is the result of broken blood vessels underneath the toenail. This commonly occurs in the first or second toes and may be very uncomfortable. In the acute situation, a hole may be made in the toenail to relieve the pressure.

Athletes commonly experience overuse syndromes in lower extremities. Attention to good footwear, intelligent training techniques, and appropriate early care for your injuries will minimize the long-term damage.

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Taking Care of Business

T C B

Industry news and announcements

The United States Racquet Stringers Association (USRSA) has just released the 1996 Stringer's Digest. The USRSA has been in existence for over 20 years and the digest has become an indispensable aid to racquet stringers. The three ring binder is a compendium of stringing patterns for every racquet on the market and also provides step-by-step tutorials of racquet stringing and service techniques.

The guide is included with membership in the organization which is located at PO Box 40, Del Mar, California 92014.

Head Sports has announced a licensing agreement which will expand the successful Head product line to include eyeguards, string, grips, dampeners, fitness gloves, etc. Head Gear will be available for fall 1995. According to Head's Doug Ganim, "they will carry the established Head reputation for quality into new product areas". The new goodies will create a more comprehensive product line for retailers and will be handled by the existing Head Sales Network.

Spalding, the official racquet of the pro tours, has announced it's release of a new high end frame designed specifically for the swing requirements of female players. According to Spalding engineer Brian Feeney, "Technology is extremely important in the market today. Players understand the technology and its importance more than ever before.

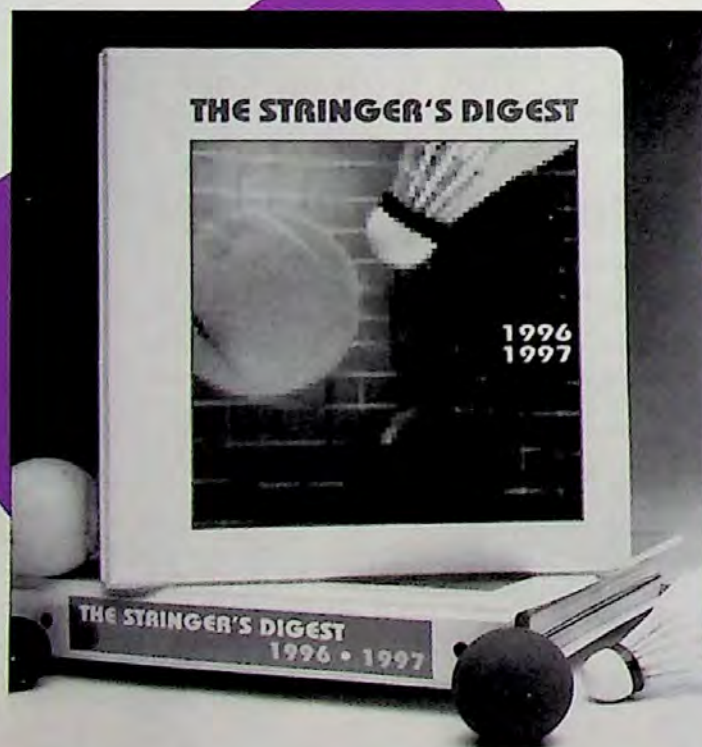
Some extremely advanced knowledge about design went into the original assault and its predecessors in the current Assault line. We have built on that success to design a frame specifically for the mechanics of female physiology."



Penn Racquet Sports promises the ProPenn glove (designed for pro use after the success of the ProPenn ball) will soon be available to the playing public. The long-awaited mass availability of the new glove has been well received by eager players nationwide. The recent marriage of Penn with Babolat string seems a match made in heaven as the two made an impressive appearance as an effective team at the recent SGMA Supershow.

Forten String Company has introduced a new flagship racquetball string called Piranha. The solid core synthetic is available in 18g and an 18g hybrid with 18g kevlar. According to Forten's Kevin Klabunde, "The new string addresses the specific demands of racquetball including tremendous power and control without sacrificing durability. This is serious stuff."

The new Gemini racquets have hit the market with a new marketing concept. The idea is to offer only high end frames, custom weighted and balanced for individual players, direct from the manufacturer. The personal attention from the new company holds great appeal for many equipment-conscious players.



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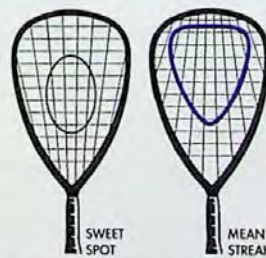
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