



National Racquetball

November 1988

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Lynn Adams

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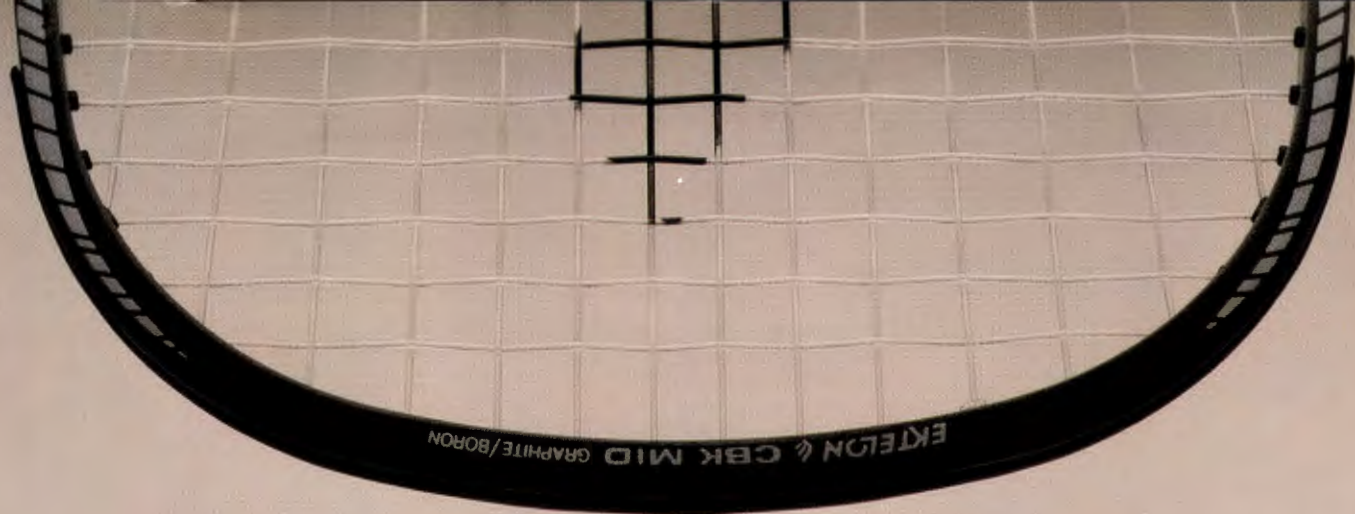
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Helen L. Quinn
Publisher/Managing Editor

Sigmund Brouwer
Editor

Janet Bechtle
Art Director

Kristen Wallace
Advertising Director

Chris Sotnick
Circulation Director

Sharon Seabert
Production

Dr. Paul Ross
Medical Editor

Contributors:
Michael Arnolt
Norm Blum
John D. Curtis
Chris Evon
Lou Fabian
Stu Hastings
Bill Houldsworth
Jim Hiser
Heather Kirkwood
Connie Martin
Luke St. Onge
Mark Toljagic

Playing Contributors:
Lynn Adams
Toni Bevelock
Fran Davis
Doug Ganim
Bret Harnett
Roger Harripersad
Marty Hogan
Marcy Lynch
Dan Obremski
Dave Peck
Gregg Peck
Mike Ray
Mike Yellen
Jim Winterton

Requests for advertising information should be directed to Kristen Wallace at (813) 736-5616.

For subscription information, address changes, etc. Contact Chris Sotnick at (813) 736-5616.

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From The Publisher...

TIME FOR A CHANGE

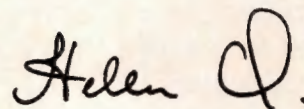
In recent months the format of *National Racquetball Magazine* has undergone a major change.

The person responsible for this is our Art Director, Janet Bechtle. Janet, who controls the maze of computers, typesetters and other serious looking pieces of equipment apparently necessary to produce the printed word, felt it was time to move ahead and give the magazine a modern look, in a style that was easy to read and followed a definite format.

You've seen the results in the last few issues and we hope you'll agree that she's done a great job. It seems to us it's easier to read the magazine when all the instructional is in one section, tournament coverage in another and so on.

We are always looking for ways to improve our publication so if any of you would like to offer suggestions or criticisms give Janet a call or drop her a line. She'll be happy to hear from you and would appreciate sharing your ideas.

We've got a great racquetball season ahead. Let's all get involved and help this great sport grow. O



Helen L. Quinn
Publisher

Naked Power

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SPORTS

LYNN ADAMS

THE DRIVE CONTINUES

For more than six years, Lynn Adams has dominated the women's professional tour. Her six national titles, however, fall far short as indicators of how well she really plays. Over those six years, her average tournament losses were less than one match per year—an astounding feat against the best competition in the world. Can she hold her place at the top? In this interview, Lynn discusses her philosophy and her struggle against a spinal condition which nearly ended her career.

NR: Six national titles sets a record among professionals, men and women. Do you think you can add another title to that record?

Lynn Adams: Yes, I think I can. Despite the problems I am having with my spine, I don't feel like my skill has gone away. I feel I know the game as well as anyone, and I believe that when I am pushed by obstacles, that I can respond and deal with it. Whether or not that belief is true, that's the way I feel. So going into this season, I feel as if I can find a way to win it again.

NR: Many athletes, especially those at the top of highly competitive sports, are constantly threatened by 'burn out'. They lose that fine edge of determination which makes them champions. With your record, how do you continue to sustain your drive?

Lynn Adams: I have to admit that pride is a big reason why. Sometimes to me pride is the only answer that makes sense. For example, the only reason I played last season was that it was important not to stop in the middle of something. It was also important to see what I was capable of doing under those conditions, and to me the only category that fits under must be pride.

I'm also very competitive. Ask anybody who knows me. I'm competitive in everything, I love betting on anything. I'll bet on a contest between two others, but I prefer betting on myself because I have some control.

Summers used to be brutal for me, because I had no relief for all the competi-

“I feel I know the game as well as anyone, and I believe that when I am pushed by obstacles, that I can respond and deal with it. Whether or not that belief is true, that's the way I feel.”

tiveness inside me. By the time fall came around, I would be itching out of frustration at having nothing to compete in and nobody to compete against.

NR: Your spinal condition must have been frustrating and certainly frightening. When did it begin to bother you?

Lynn Adams: In November of last year, I was doing some clinics and my fingers and hands felt strange, almost like they were chapped and tingling. I was having problems keeping my racquet comfortable in my hand. However, it was in a cold part of the country, and I thought that was why it was happening. Then the feeling spread to my arms and stomach and feet. Most of the time it was not painful...it felt like the tingling of your funny bone when it hits something. So I went to a general practitioner who said I would need to take tests. Since it was right before the December tournament where I lost to Kaye Kuhfeld, I thought I might as well play it first, then go on my vacation to Europe before taking tests.

I went to my father's neurologist because my father has a degenerative spinal injury which may eventually put him in a wheelchair. I found out that probably won't happen to me, although the doctors think it is genetically related. After all these tests — electrodes on the head, etc. — they found out my myelin sheath had deteriorated which then exposed nerves inside my spine. As the nerves got battered, they swelled and caused the tingling.

NR: Despite your latest national title, it must affect your playing capabilities. How much recovery can you expect?

Lynn Adams: Once it was diagnosed, the doctors said there was nothing they could do. Either the body repairs itself or not. They told me if I did a lot of working out, I could have spinal seizures. But it isn't multiple sclerosis, which made me glad.

When it was first diagnosed, I was told that activity and stress affect it — which is exactly what racquetball tournaments are all about! So until March, I did nothing.

(continued on page 6)

Marty Hogan
Six Time U.S. National
Racquetball Champion



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Lynn Adams

(continued from page 4)

ing. When the swelling went down, I decided to finish the season.

I thought if December — on a scale of one to ten — was the worst at a ten, I at least knew what I had to deal with. I thought I might be able to play as long as it didn't get that bad.

I kept a journal to see what I could and couldn't do and quickly rediscovered that I couldn't work out. I could spend three days a week on the racquetball court without my body going nutso.

NR: How did you make adjustments in your game to keep winning?

Lynn Adams: I didn't shoot as much as I normally would from deep court. If you miss your shot, then you have to move up to cover and it means more running. I added some new serves and worked at keeping rallies as short as possible. I also went to a lot more change of pace shots that would take advantage of my experience and not my physical shape.

Most of the adjustment was mental, though. I used to pride myself on being one of the hardest working players on the tour — on and off the court. Suddenly I couldn't keep in shape the way I usually demanded of myself. I had to make a mental adjustment there.

I also had to make a mental adjustment on the court. I had to deal with what I thought were the expectations of people watching me. Was I playing well enough, was I still giving them what I used to when I played?

NR: As a professional off the court, what issues do you see the WPRA needing to deal with, if any?

Lynn Adams: Promotion is one. I think that we need to do a better job of promoting ourselves and promoting the sport. I mean, we have to consider how our hands are tied and work hard to overcome it. Unfortunately, our society in general doesn't focus much attention on women's sports. We are held back by a lack of major sponsorship dollars.

NR: Would you like to see the women's tour join the men's tour?

Lynn Adams: Oh yes. Definitely. I think that would be great. I envision the perfect scenario as both having separate tours, run by the separate organizations. We run our affairs, they run theirs, then on top of that, having a series of events together.

I feel that there are three markets out there.

interest. As a lifelong sport, it's really growing.

For professional racquetball to be healthy, we have to educate people; players and non-players. They need to know how to watch and what they are seeing to enjoy it more.

For example, I don't think it's hard to televise and the sport is as exciting as any other sport, but it's not clear cut.

My family has watched me play for years on a limited basis. They know the rules, but they still have difficulty following exactly what is happening. Did the ball skip or roll out? Why was a certain call made? My family sometimes only realizes what happens by the way I react to the end of a rally. If that is what limits other spectators, we should spend some effort in educating them to the real excitement of racquetball.

NR: Your own excitement, as you have mentioned, is still strong. How much longer do you feel you will be in racquetball?

Lynn Adams: Right now, I'm feeling much better. I still haven't worked out

because I'm scared to do so. Only some playing, some bike riding. It's scary because I'm afraid that if it gets worse... well, it's taken a long time for it to settle down to this point. I don't want to aggravate it and get it going again. On the other hand, I don't know if I can go through a whole season with minimal workouts, but I'll see what happens.

Longer term, I don't know. When January hits, I'll have three more years on contract with Ektelon, and it's still the most fun way I know to make a living. I do have a nagging fear of hanging on too long, and leaving when floundering. It's hard to know when you're floundering and definitely out of the competition, and I hope I'll know when it's time to leave. That's a while away, and it will be a wait and see kind of thing.

NR: As a final word, do you have any advice for juniors?

Lynn Adams: Wear eyeguards. ○



One market wants the men's pro tour, another wants only the women's pro tour. By far and away I think the biggest market would like to see the two together.

NR: You sound enthusiastic. What about WPRA players? Or are there other obstacles keeping the two tours apart.

Lynn Adams: I know there is no reluctance among the women players, and from what I heard, there is no reluctance among the men. I think that money is the only stumbling block. Its just that it takes a lot of money to provide enough prize money for all.

NR: Do you feel that racquetball as a sport is getting stronger again?

Lynn Adams: I definitely think the amateur game is getting stronger. I do a lot of travelling doing clinics and exhibitions, and everywhere I go I see strong

THE RACQUETBALL TRAVELER

RACQUETBALL —

FRENCH CANADIAN STYLE

by Heather Kirkwood

Montreal has been the center of French culture in North America for over three hundred years. Today this heritage is still lovingly preserved, presenting a world of contrasts — where 16th century stone buildings house chic Parisian-style boutiques, and horse-drawn *caleches* (buggies) carry visitors past ultra-modern glass and steel high-rises. One of the continent's most exciting cities, Montreal is particularly noted for its nightlife, fine dining and elegance in fashions.

Hockey has always dominated the city's sports scene. Thousands turn out every week to watch the Montreal Canadiens, "*Les Canadiens*", exert their magic at the famous Forum ice arena. In fact, no sport seriously rivals hockey there — though major league baseball's Montreal Expos can fill Olympic Stadium's 59,000 seats and interest in baseball keeps growing. (Seventeen major league players were born in Quebec, as was American League umpire, Jim McKean, formerly one of Canada's top racquetball players.)

The 1976 city-hosted Summer Olympic Games interested Montrealers in other sports. At the same time the Canadian government launched a high-profile '*Participation*' campaign, encouraging people to get out of their armchairs and become involved in active recreation. In Montreal, the new sport of racquetball benefitted tremendously from this combination of events.

"The growth of racquetball and racquetball clubs here was phenomenal in the late 1970's," recalls Montrealer Dena Rassenti, 1977 Canadian Women's Open Champion. "When I started playing in 1971, only one local YMCA had a few courts, and my girlfriend and I were the only women in the game. I couldn't take lessons because there was no one around to give them."

Rassenti attributes racquetball's slow start in Montreal partly to economics. "It took people a few years to realize the game wasn't just a passing fad," she

explains. "And our climate makes construction too expensive for investors to afford risks. Buildings must be insulated and heated most of the year; even then courts can't be placed along exterior walls. Considering only basics — courts, locker rooms and showers — you can estimate the cost of Montreal racquetball clubs at about \$20,000 per court. Some city clubs cost \$2 million to build."

Despite such prohibitive figures, the game slowly caught on in Montreal. Two new sports clubs, Cote de Liesse and Mirabel, opened primarily as indoor tennis centers in the early 1970s, and were the first city clubs to include racquetball courts. Each built four, with Cote de Liesse adding another four in 1977 when it realized the demand was there.

In the late 1970s the game exploded through the city. By 1980, 22 Montreal clubs averaged twelve courts each, and approximately four new clubs opened every year. Suddenly people who used to ask, "What is racquetball?" (or, more often, "*Qu'est-ce que le racquetball?*"), were trading stories of their triumphs and failures on the courts.

Racquetball soon outdistanced squash in popularity, especially among French-speaking Montrealers, who make up 70% of the city's two million population. French people have never been attracted to squash in large numbers, possibly because of its connotation as an Anglo-Saxon game.

Racquetball's speed and excitement also appeals to the typical French-Canadian sense of *joie de vivre* (joy of living). As one Quebecois player exuberantly puts it, "It's like a Canadiens' hockey game, but in racquetball I can be the hero!"

In 1979 Montreal became part of the international tournament scene when Club 230 Dorval, the city's largest racquetball facility, and Labatt's Brewery co-sponsored a Montreal Pro-Am, the first major

Pro-Am ever held in eastern Canada. Over two hundred top North American players competed, giving Quebecers a chance to see the world's best pros — people like Shannon Wright, Janell Marriott, Mike Yellen, Davey Bledsoe and Steve Keeley.

The following year Club 230 Dorval hosted the 1980 Canadian National Championships, with a record number of 465 entries (another 120 entries were refused because of lack of space) in 18 categories. Inspired by these major tournaments, Montreal players began flooding local events and racquetball's future here seemed unlimited.

But in the 1980s racquetball's growth declined in Montreal, as it did across North America. "Montreal racquetball dropped drastically in 1983-84," confirms Carolyn Bourke, manager of Club 230 Dorval. "Our club membership remained consistent for a while — we had new blood coming in until 1985. But we were hit hard in 1987, particularly when we lost a number of corporate accounts."

While Bourke acknowledges racquetball's problems in Montreal are "consistent on a national level", she feels the sport's local governing body, the Quebec Racquetball Association, should take a more active role. "The individual clubs do what they can internally — but it's hard," she states. "The Association has to promote the sport. We need more support and commitment from the QRA."

Still, the situation is improving. "The new QRA president, Richard Arpin, is superb — truly dedicated," Bourke enthuses. "And the Association volunteer workers are very good."

Despite recession and organizational setbacks, travellers to Montreal can find 28 area clubs, averaging seven courts each.

Any racquetball visit is definitely worthwhile. Montreal tournaments tend to be more flamboyant than those held elsewhere. Visiting competitors are some-

(continued on page 8)

The Racquetball Traveler

(continued from page 7)

times intimidated by the language factor. However, if you listen closely, a French referee's calls aren't that different from English. A serve is '*un service*'; a short serve is called '*court*'; a long serve, '*longue*'; and a hinder translates to '*interference*'.

French audiences shout the same encouraging remarks as their English counterparts — '*Rappe la balle!*' (Hit the ball!) or '*Un bon service!*' (Good serve!) Naturally, as at all tournaments, if you're an outsider beating the local favorite, you're probably better off not understanding all the fans' comments!

Canadian racquetball originated in the western provinces where the American influence is stronger. For a decade, Edmonton, Alberta was the hotbed of Canadian racquetball. As the game gradually spread eastward across the country, cities like Montreal and Toronto, with their larger populations, began challenging the west's racquetball supremacy.

Currently, two Montreal racquetball players rank among the world's best international competitors. Ross Harvey, 27, won the 1984 World Racquetball Championships, placed fourth at the World Games in 1985 and third in 1986, took the silver medal at the 1987 Pan American Championships, and was the first racquetball player ever to receive Sport Canada funding (generally reserved for participants in Olympic sports).

Heather Stupp, 24, Canadian Women's Open Champion in 1981, 1987 and 1988, placed second at the 1987 PanAms, and became World Champion in Hamburg, West Germany last August.

Several other Montreal players are now considered among Canada's best. Manon Sicotte, Nadia Verilli and Josee Grandmaitre are ranked in the top fifteen nationally; while Sicotte won the 1986 World Racquetball championships women's doubles event (with Torontonians Carol McFetridge) in Orlando, FL.

To anybody visiting the grand, almost European city, don't worry about becoming bored. The sights are tremendous and vastly different from any other North American destination. And if you're looking for racquetball, you're guaranteed to find lots of it. *Bonne chance* — good luck!
○

LETTERS TO THE EDITOR

Players On The Road

Here are our license plates. No, we're not racquetball fanatics — we never play more than seven days a week.

We're over 50, played six years and we're struggling A's at ParkCenter Club, Boise, ID.

Jack & Helen Dunsmoor
Boise, ID ○



Successful Despite "The Swing"

I enjoyed your article "Can A Tennis Player Find Happiness In Racquetball?" in the August issue. I feel that sharing my experience will help to give confidence to other tennis players who try to play racquetball with much frustration! I have been playing racquetball for 2½ years. Before that, I played tennis for 13 years and was ranked second in Canada in tennis four times. I have a very exaggerated tennis swing and to a large extent, look like a tennis player and not a racquetball player on the racquetball court. Presently, I am in the top ten women in my province and in the top 50 in Canada and playing Women's Open in racquetball. To all tennis players who want to play racquetball well, there is hope, and like the article says, "Fairy tales can come true!"

Susan Dale
Ottawa, Ontario, Canada ○

Eye Protection — A Personal View

Who is to blame for an on-court eye injury? Don't point the finger of accusation at the club owners, club managers, or tournament director. It should be mandatory for all players — regardless of age or skill level to wear approved eye protection. Players should "police" themselves. Why? Because it can happen to you!

While warming up for a league match a few years ago, I hit my opponent squarely in the eye. Down he went, and my heart pumped rapidly. Did I cause a serious or possibly permanent eye in-

jury? My opponent could not see anything. Fortunately, his vision returned in a few hours, but I could not get over the trauma so easily; my game was affected for about six months. Finally, I decided not to play any opponent(s) without eye protection. Now I won't play unless my opponent has eye protection. I go to the effort of carrying an extra pair of approved eyewear in my gear bag just for my opponent! Why not, we carry extra racquets, why not eyeguards?

Tournament directors should be required to have a space on the entry forms for the make and model of the eyeguard worn. Eye injuries are costly in many ways. Often wage earnings are affected, litigation can be very costly, but the bottom line is sight loss can be permanent! Is it worth such a gamble? Do tournament directors have a conscience? I hope so!

We players do have a major responsibility. We shouldn't pass the proverbial buck to others. Be tough on ourselves. Demand, but don't settle for anything short of 100 percent eye protection when you play, you will never regret the extra effort.

Racquetball Paul ○

The Real 'Cal' College Team

I am writing to you in reference to the article in your July, 1988 issue in which Jean Chastain reported on the 1988 Intercollegiate National Championships. You printed the following quote of Ed Martin, coach of the Sacramento State:

"Two teams on the west coast, Cal [Cal Poly] and Stanford are going to surprise

everyone... Both brought a women's team and two full men's teams."

I would like to correct you on the editorial insert. To the best of my knowledge, Ed Martin was not referring to California Polytechnic State, San Luis Obispo, but rather the University of California, Berkeley.

U.C. Berkeley is often called Cal by other teams on the west coast. As far as I know, Cal Poly does not have a competing intercollegiate team. As Ed Martin stated, U.C. Berkeley did bring a full women's team and two full men's teams to the Nationals.

If anyone else has further inquiries about the U.C. Berkeley racquetball team, they may write to:

U.C. Berkeley
Racquetball Club,
University of California,
Recreational Sports
Facility
2301 Bancroft Way
Berkeley, CA 94720

Norm Ragins
President
U.C. Berkeley
Racquetball Club

Ed. note: Thanks for setting us straight Norm. Ed Martin verifies that he was talking about U.C. Berkeley. ○

Thank You Coach

Please help me express appreciation to a well-known former men's professional player.

I, as well as many other female racquetball players, have the dream of becoming a top ranked WPRA player. I've been to the National Elite Training Camp and improved greatly, practiced with some of the best like Lynn Adams, Terri Gilreath and Marci Drexler, but something was still missing.

The link I needed was the coaching of a wonderful man, Scott Hawkins. By not settling for less than perfection, he has greatly improved my focus, concentration and consistency.

I cannot express how much this means to me, Scott. Next year at the Nationals, I won't let you down. But for now, it's back to the 5:30 a.m. wind sprints.

Lydia Hammock
San Jose, CA ○

The Future of Racquetball

I have been playing racquetball for ten years and I truly believe it is the best sport ever invented. It is one of the best hour workouts a person can get. It does not cost a lot to play. If you do not have a partner you can play on the challenge court or practice by yourself. It is a lifetime sport and, finally, racquetball is just so much fun to play.

We need a grassroots movement to

get racquetball to the level that tennis presently enjoys. I have played tennis for sixteen years and love the sport. However, I believe racquetball could get better T.V. coverage and ratings if it is presented correctly. Many people tell me they like tennis but they do not enjoy watching continuously after rally. A racquetball match can generally be com-

pleted in an hour and the game is so much more fast paced and exciting than tennis.

The picture I have enclosed is the future of racquetball. Andrew has been playing since he was 18 months old. He loves to hit the ball. I bring him to my matches about a half hour early three times a week so he can hit. Then he watches my match with extreme concentration. After about five games when I am tired, Andrew gets his racquet and asks "Ready to play me, Daddy?" He is not quite three, but at the rate he is improving he will be an open player as a teenager. The key is to let him have fun at the game and not put any competitive pressure on him.

You would not believe how many people at Ichiban Fitness Center come up to me and proclaim how they are amazed that a 2 1/2 year old can rally the ball four or five times from the back of the court. Watch out Ruben, Marty, Mike, Cliff, Bret and Ed, the future is closer than you think.

Mark F. Frohman
Bossier City, LA ○



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TEACH A NEW DOG OLD TRICKS

Fiction by Mark Toljagic

I knew I had been accepted even before I opened the vinyl pouch. It had that unmistakable weight of an electronic key sliding inside. I melted the seam of the envelope with a laser blade. Out popped the key and a hand written letter. Handwriting is very vogue these days, but it was probably a computer simulation anyway.

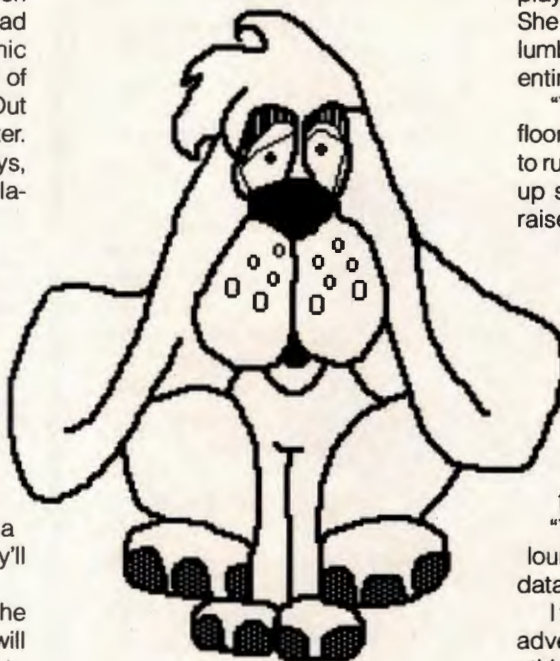
The letter said the Neil Armstrong Memorial Racquetball Club could only accommodate six new members this year and the fact that I was chosen out of 4,100 applicants should make me happy. It pointed out that the acceptance of a member who used to play when the floors were actually hardwood "should make for interesting clubroom discussions". Right. Just a subtle way of saying they need a token old-timer on the board or they'll lose their funding.

I took the treadway to the center of the complex because, as any grade sixer will tell you, that's where gravity ceases to exist. This space station, Century City (Inc.), like every other, spins on an axis to create artificial gravity. The closer you are to the outside perimeter of the complex, the closer you become to your true earth weight — that's where the centrifugal force is strongest. Older, weaker residents of the place tend to occupy compartments closer to the center, where things like forks and channel changers weigh less.

As I approached the club, I felt myself getting lighter, until my sneakers barely clung to the rubber belt carrying me along. I gripped the handrails to keep me going. Seniors seldom venture this deep into the complex; after all, total weightlessness is a nuisance. Doze off and next thing you wake up with your face pressed to a ventilator grill, the air gently trying to suck you out of the room.

Me? I'm not like the others. I'm always looking for a thrill, I came up here thinking space would be a great place to retire. While it has added at least ten years to my life, they've been ten boring years. At least I keep in shape with daily workouts in the "hamster cage", as I call it.

The treadway dumped me off in front of the club. The reception room of the Neil Armstrong Memorial Racquetball Club was dominated by a larger-than-life por-



trait of the astronaut. He took man's first steps on the moon while I was taking mine on earth. What he did for racquetball escapes me.

The young cashier (human!) acknowledged my letter and began explaining the club rules to me. I nodded, perhaps too vigorously, in response to everything she said, because she sensed my excitement and cut her speech short.

"Well, I see you're anxious to play, so let me get you some equipment," she said before disappearing into a storage locker behind the counter.

The racquet was similar to the one I used to play with years ago, except the string was extremely fine and the frame was blade-thin; the plastic handle had no grip.

"I know it's not much," she said. "But the club likes to encourage members to buy their own."

"Some things never change," I muttered.

The ball she gave me was not what I remembered a racquetball to be. It was smaller, slick, metallic and orange.

"There was a time these things were blue," I said trying to squish the ball against the counter with my thumb.

"Gee, you must really be a seasoned

player. Was that before the wood riots?" She was referring to the EPA ban of all lumber products in 2011 which threw the entire Northwest into a turmoil.

"Yes," I said. "We played on hardwood floors all the time. In those days, we used to run to keep up with the ball. We'd work up such a sweat, the body heat would raise the temperature five degrees in the court."

She made a sour face. "Sweat. That sounds disgusting, I'm glad it isn't like that now."

I didn't feel sympathetic. I was still smarting from being called 'seasoned'.

"You'll need a partner, right?" she asked. I nodded and she referred to her terminal.

"You're in luck. Dr. Greenspon is in the lounge right now, and according to the data you two are a great match."

I found Dr. Greenspon in the lounge as advertised, drinking seamilk and looking athletic in his white bodysuit. He had the toothy smile, firm handshake and boisterous talk of a player who hadn't been humbled in a long while. His hair was unfashionably short, indicating a fanatical racquetballer. Mine was in a decent ponytail. Could it be the computer had burped out the wrong opponent?

As we glided and bumped (he glided and I bumped) our way down the tube to our court — the gravity was negligible here — I learned my opponent was all of 27 years old, born up here, and had been earthside briefly to attend medical school.

"Weight is such a drag," he said. "I just couldn't imagine anyone playing racquetball down there."

I just nodded a bit.

Greenspon opened the port to our court, activating the lights. We floated into the bright chamber. It looked every bit like the court I used to play on back in Portland, except for a few details.

The floor was the same painted metal as the walls, the serve lines went up the wall and across the ceiling in a continuous band, and the ceiling bore the angry marks of racquets meeting paint.

The first rule of racquetball in space is to stick close to a wall. You need it to push from; on your own, suspended in mid-air, there would be nothing to do except thrash around and hope air currents

deliver you to some place solid. I spent the first half hour just feeling my way around the court while my opponent practiced trying to smash the metal stuff out of the ball.

The ball is full of metal particles because it has to "fall" somewhere. The front wall and floor, to function like the old ones on earth, are the ones which have low magnetic fields to attract the ball. Even though the ball works like it would on earth, the players are free to use every cubic foot of the court. In space, center court is really halfway back and halfway up.

As if to prove how different it was, Greenspon started our match by serving from the ceiling. Believe me, it's difficult to get used to. I lunged after the ball by kicking off the floor. After reaching it and hitting a shot, my momentum drove me towards the opposite wall.

My brain had made the adjustment to zero-g a lot quicker than my body. I hit the wall too fast and my arms buckled under the weird contortions I was trying to make. My skin skidded against smooth metal and I crumpled in the corner.

Greenspon easily hit my return and glanced at my shapeless landing.

"Still haven't found your space legs, old man?"

I pressed against the cool metal and pulled away from the wall. The only thing I had bruised was a forearm. My ego was already beyond bruising.

And so it went. The doctor played flawlessly, launching himself off every wall and gliding through the play with video precision. I, on the other hand, bounced off walls like a lone peanut in a can of Planters. The score mounted swiftly in his favor and remained a goose egg for me. I still wasn't used to the idea of hitting an overhead from 39' back and 19' high.

Then I noticed something. My opponent served from every position but the magnetic floor. Recalling what he had said about racquetball on earth, I wondered if he had every played from there.

I don't want to be falsely modest; back in my college days I was famous for my lob serve. It usually stayed within six inches of the side wall and always died somewhere in the back. Few players had the talent to scoop it out.

Glancing around the present court, making note of Greenspon suspended over my right shoulder, I visualized the possible trajectory of a lob ball in space.

By the time it would reach him, it would be so close to the wall that he might have to abandon a full swing in order to use his hands to keep his face from denting the steel wall. That was the theory — and it worked. Over and over again.

All of a sudden Greenspon was hitting from the deep, bottom corner, a spot I'm sure he hadn't seen for some time. My score climbed steadily while his faltered. I guess it was psyching him out, losing points to a player almost three times his age.

From there, I managed to beat the doctor easily. I simply continued using an old technique perfected on sweat-stained hardwood on a world far away in space and time.

Later, as I came out of the shower booth, Greenspon could still only glare at me, wisely deciding not to speak.

I couldn't resist the temptation.

"You know why you can't teach an old dog new tricks?" I asked.

"No."

"Cause he's perfectly satisfied with the old tricks." I zipped up my suit. "Let's play again soon."

Maybe that computer was right about our matchup after all. ○



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MEN'S PRO RACQUETBALL
COMES OF AGE

by Sigmund Brouwer

Davison, Michigan, the first men's pro stop of the season, was an unqualified success, which was full of exciting moments.

It marked the beginning of a major positive change for racquetball — the first stop on a televised pro tour.

The fulfillment of a promise came with the arrival of television crews on Sunday morning; after years of disappointment, a televised pro tour is finally reality. It also brought with it a staggering number of upset matches; new talent should make the 1988/89 season memorable for its players as well as for television.

The new talent was so strong that of the eight qualifiers, five advanced to the second round of play. In fact, after Bret Harnett defeated Andy Gross in the round of 32s, he played qualifiers all the way to the finals. And one qualifier, Tim Doyle, did not lose until the semifinals.

All told, it was a tournament which sizzled, and the timing could not have been better. Each of this season's ten World Professional Racquetball Tour events will have national cable television coverage of the men's pro finals (see inset). As a kick-off event, this tournament brought the best of racquetball to

an estimated 8.6 million viewers across the United States.

In this case, the best of racquetball meant a finals match between Marty Hogan and Bret Harnett. Hogan, showing flashes of the guts-and-fire play which made him a legend over a decade ago, had to scrape hard to reach the finals. He played and won three tiebreaker matches along the way, including an 11-10 heart-stopper with Cliff Swain. Harnett, on the other hand, battling a cold and a hacking cough easily won 12 of 13 games to make the finals.

To comply with viewing time restraints, when the television lights came on for the Hogan-Harnett showdown, there was one slight difference in the rules. Instead of the best of five games to 11 — normal tournament format — it was the best of three games to 15, with a tiebreaker to 11. That new format saved Hogan during the first game, then saved Harnett during the second.

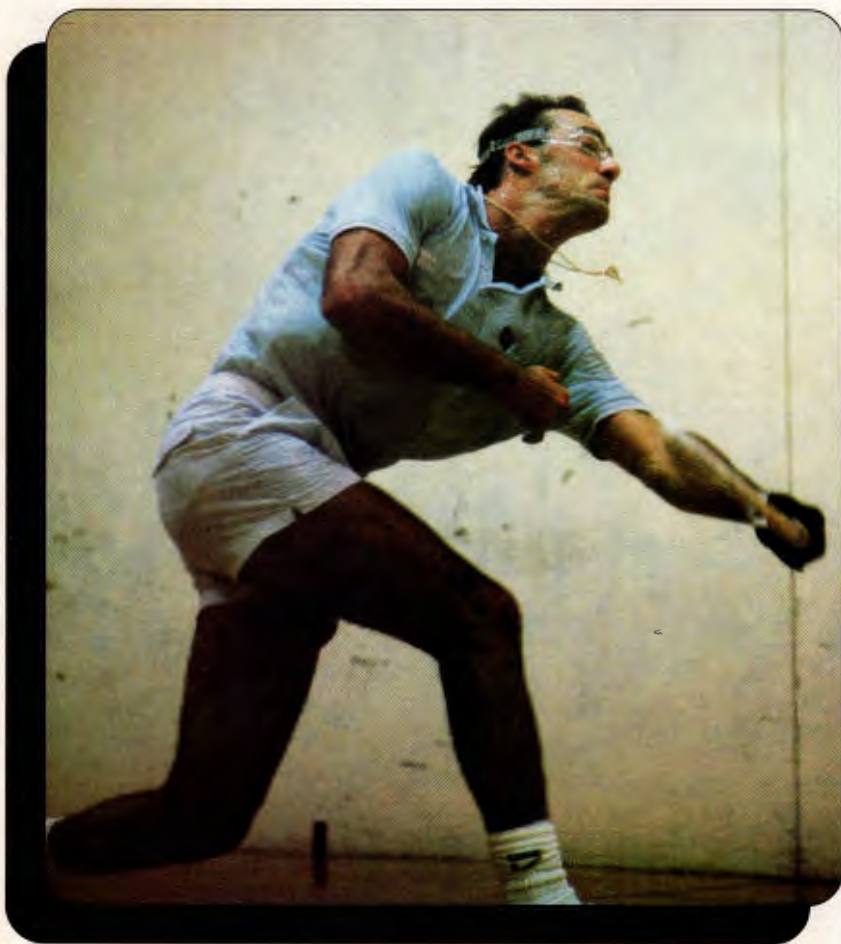
In game one, Harnett jumped to an overwhelming 9-2 lead. As a lefthander, Harnett hit blinding serves down Hogan's backhand side to constantly keep him off-balance. Harnett was so dominating that he did not hit an unforced error until halfway through that game.

If Hogan's woes began with Harnett's serves, they continued with his own. Time after time, Hogan failed to get his first serve over the line. Without any pressure, Harnett found it easy to stall Hogan's scoring march.

It wasn't until Harnett scored two humiliating points — first hitting four consecutive forehand pass shots at an up-and-down-and-up diving Hogan, then with the gift of Hogan's own disastrous skip on a set-up — that Marty summoned the fire to fight back.

The shift in momentum was gradual, but unstoppable. Hogan fought back with Harnett's weapons — merciless retrieving and spectacular splat kills. At 9-5, Harnett took a timeout; it did not help. Hogan closed the gap to 9-7 before Harnett scored again.

Harnett reached 11-9, but because of



The power of Bret Harnett

the new 15 point format, still had four points to go, and Hogan would not quit. Losing 12-9, Hogan found and used a psychological ploy which left Harnett stranded like a sailboat without wind.

To all appearances, Hogan won back the serve with a splat shot that died in front court just out of Harnett's reach. But Hogan knew one thing that Harnett did not. The ball was broken.

By the rules, a broken ball means a replay; Harnett should have had another chance to serve at 12-9. However, if a broken ball is served, it then becomes too late to replay the previous point.

Instead of drive serving the ball, as he had done for his first nine points, Hogan flaunted his knowledge of the broken ball by crouching low to softly hit a lob. The ball cracked wide open at first contact with the wall, and Hogan turned to the crowd with an exaggerated look of surprise and shock. The implication was obvious to experienced spectators and their laughter was immediate and loud. Harnett could only pace in the back of the court.

Hogan kept the serve, and with a new ball began his six-point run which gave him the first game.

Game two duplicated game one. Harnett again jumped to a 9-2 lead. Hogan patiently fought his way back into contention and outscored Harnett 10-1 to take a 12-10 lead. With an 11-point format, game two would have been Hogan's, but incredibly, with four attempts, he drove four easy forehands into the floor. From 12-10 and serving, with just those four swings, Hogan went to 12-13. Harnett closed out the game immediately after.

The tiebreaker began as a tug-of-war. Each player served three times. Then Harnett yet again jumped to a huge lead. At 9-1, however, Harnett refused to let Hogan back into the game. Hogan only scored once again, and Bret Harnett won 11-2.

His victory, besides earning him \$6,000, gave him the Davison championship for the fourth time in five years. By the scoreboard, it was his easiest tournament championship there during those five years.

In the first round, he played Andy Gross and after that, he played a string of qualifiers until reaching Hogan in the finals. Harnett's second-round opponent Doug Ganim, last year a quarter finalist in Davison, had stretched his qualifying spot to the round of 16 by beating profes-

(continued on page 14)

TELEVISED WPRT ACTION

As *National Racquetball* went to press, the following independent sports networks were committed to carrying the WPRT finals of each of the ten tournaments. Unfortunately, due to program scheduling, specific broadcast times were not available for publication at press time.

For the broadcast times of the finals' coverage, simply telephone the network in your area.

- Dimension Cable, Phoenix, AZ
- Madison Square Garden, New York, NY
- Home Team Sports, Washington, D.C.
- SportsChannel New England, Woburn, MA
- Sunshine Network, FL
- SportsVision, Oak Park, IL
- P.A.S.S., Detroit, MI
- Home Sports Entertainment, Dallas & Houston, TX
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Cliff Swain (front) and Marty Hogan battle it out in the semifinals.



Hogan's superb dive.

sional Aaron Katz in straight games.

In one of the quarter finals, Harnett faced Drew Katchtik. Katchtik's upset victory as a qualifier took place over Ed Andrews, who appeared to have enjoyed a long, lazy summer. After switching sponsors, Andrews was also using a racquet to which he had not had time to adjust. Katchtik then beat another qualifier, Woody Clouse, in the round of 16 to meet Harnett.

Perhaps the biggest surprise of the tournament was qualifier Tim Doyle, Harnett's semifinal opponent. Doyle stunned Gregg Peck with booming drive serves to win their first round match in an 11-10 tiebreaker.



Bret and Marty in an exciting finals match.



Tim Doyle made it to the semifinals to face Bret Harnett.

That was only the start of an amazing tournament for the big (6'1", 190 pound) 18-year-old. In the second round, he swept Corey Brysman in straight games to earn the second quarter final spot and a showdown against Egan Inoue. There, fourth ranked Inoue, already acknowledged as the premier server in the game, discovered what it was like to face his own serves. In a match of serve against serve, Doyle lost only the first game.

Against Harnett in the semifinals, Doyle became the first player in the tournament to take a game from him. It wasn't enough, however, as Harnett's superior retrieving and shotmaking ended Doyle's string of upsets.

On the other side of the draw, the only upset took place when Joel Bonnett, a young qualifier from Michigan, dusted

ninth-ranked Gerry Price in four games. Bonnett advanced to the next round where he faced Mike Yellen. Bonnett is only 16 years old; the same age Yellen was when he broke into the pro ranks by beating former champion Bill Schmidtke. Yellen was in no mood for trips down memory lane; after losing the first game to Bonnett, he found the rhythm to win the next three.

The top half of the draw held what could have been a major upset. Roger Harripersad won the first two games and served for match point in the third game against national champion, Ruben Gonzalez, then faltered to lose the match.

The quarter finals pitted Ruben Gonzalez against Marty Hogan and Cliff Swain against Mike Yellen. While Swain took Yellen in straight games, Hogan

nearly lost to Ruben Gonzalez, despite gaining an immediate two-game lead.

Gonzalez played with the confidence of a current champion, but Hogan played with the hunger of a champion who has had a long dry spell. Hogan, in fact, has not won a tournament for nearly two years.

Their quarter final match went five games; Hogan won the first two, but did not come close to winning the third and lost 11-10 in the fourth. The tiebreaker game, while exciting, was not close as Hogan won 11-5.

That left only Cliff Swain as the last obstacle between Hogan and the finals. And what an obstacle. Swain, like Harnett, had only lost one game at that stage in the tournament.

During the match against Hogan, Swain appeared to control most of the play. After narrowly losing game one, Swain took the next two games, and Hogan needed an 11-9 win in game four to force a tiebreaker.

It went 11-10. There were few rallies without dives by both players — even fewer without dives by at least one of the players. From 6-6 on, no player had more than a one-point lead until Hogan reached match point at 10-8. After Swain tied at 10, both players served twice until finally Hogan scored point 11 with a forehand splat.

The Davison stop is always the scene of the annual awards banquet and trophies won during the previous season are presented. Over 400 hundred people attended this year's event and watched as Sigmund Brouwer, editor of National Racquetball presented the National Racquetball Readers' Player of the Year award

to Ruben Gonzalez. Ruben was chosen by our readers through a mail-in ballot.

Gil Viera, Ektelon Product Manager, presented the National Champion ring and Jim Hiser, WPRT commissioner, presented the Outstanding Player award, the Sportsmanship award and Most Improved Player award. The recipient of all the awards was Ruben Gonzalez who had his best year ever in racquetball.

Mike Yellen awarded the Junior Scholarship, (which he set up six years ago), to Jimmy Floyd and Nick Rallis. Each received half of the \$2,500 scholarship, which is given on the basis of 33 $\frac{1}{3}$ % racquetball, 33 $\frac{1}{3}$ % scholastic achievement and 33 $\frac{1}{3}$ % attitude. Both Jimmy and Nick maintain a 3.9 grade point average and they are worthy recipients of the award and a credit to the racquetball community.

The day before the tournament began, Dan Obremski and Andy Roberts visited a local high school and discussed not just racquetball, but goal setting, athletics, and discipline and how all these factors are interrelated.

Andy Roberts fascinated the more than 100 students in attendance as he recounted his experience of attending college on a racquetball scholarship and his travels throughout the world as a member of the U.S. Racquetball Team.

The named sponsor of the tournament was Fred Lewerenz Sports Clinic. T.V. sponsors included Bulova, Playboy and Chevrolet. Big names for a big event.

We can also look forward to an exciting pro season and, even if we can't see a tournament in person, we can turn on the T.V.! O

Tournament Results

Round of 32

Ruben Gonzalez d. Jeff Plazak 4, 2, 5
 Roger Harripersad d. Tim Sweeney (qualifier) 9, 10, 5
 Mike Ray d. Andy Roberts (4), 5, 9, 4
 Marty Hogan d. Jeff Evans 6, 3, 2
 Mike Yellen d. David Gross 3, 4, 6
 Joel Bonnett (qualifier) d. Gerry Price 8, (4), 5, 6
 Dan Obremski d. Lance Gilliam 3, (4), 2, 3
 Cliff Swain d. Ron DiGiacomo (qualifier) 4, (5), 6, 5
 Egan Inoue d. Mike Ceresia 3, 3, (7), 6
 Dave Johnson d. Charlie Nichols (qualifier) 8, 3, 7
 Corey Brysman d. Dolwayne Green (6), (4), 9, 4, 3
 Tim Doyle (qualifier) d. Gregg Peck 6, (8), (8), 6, 10
 Drew Katchtik (qualifier) d. Ed Andrews
 Woody Clouse (qualifier) d. Jack Newman (6), (4), 4, 4, 10
 Doug Ganim (qualifier) d. Aaron Katz 4, 7, 7
 Bret Harnett d. Andy Gross 10, 10, 3

Round of 16

Gonzalez d. Harripersad (9), (4), 10, 7, 8

Hogan d. Ray 5, (7), 2, (7), 4
 Yellen d. Bonnett (10), 8, 3, 2
 Swain d. Obremski 6, 10, 7
 Inoue d. Johnson 1, (8), 3, (4), 2
 Doyle d. Brysman 9, 5, 2
 Katchtik d. Clouse (7), 9, 7, 5
 Harnett d. Ganim 7, 5, 9

Quarter Finals

Hogan d. Gonzalez 5, 10, (5), (10), 5
 Swain d. Yellen 10, 7, 2
 Doyle d. Inoue (4), 10, 4, 9
 Harnett d. Katchtik 5, 4, 6

Semifinals

Hogan d. Swain 9, (10), (2), 9, 10
 Harnett d. Doyle 4, (10), 2, 7

Finals

Harnett d. Hogan 12-15, 15-13, 11-2

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MAKING OF A CHAMPION

by Sigmund Brouwer

There was a time when it was easy to predict who would win a men's professional tournament. During the early 1970's, Charlie Brumfield was dominant. Marty Hogan replaced Brumfield as king during the last half of that decade, and still holds the best win/loss percentage in the sport.

Dave Peck, until a leg injury almost ended his career, was a good bet during the early 1980's, and Mike Yellen began his awesome years of control in 1983 with his first of five national titles.

But this year or last? There was no such thing as a sure bet. Ruben Gonzalez spent eight years as a pro before finally winning his first tournament last season — then surged ahead within five tournaments to become the latest national champion. Bret Harnett is untouchable on a racquetball court — when he's hot. Cliff Swain is certainly capable of taking the top spot. Likewise for Egan Inoue. Big Ed Andrews has won tournaments before, and certainly will again. Marty Hogan and Mike Yellen never stop threatening. In other words, at any stop.

Will anybody ever totally dominate the game again? It would be a difficult task. The player would need to combine the strengths of a number of professionals on the tour today. Listed below are the strengths a player would need to possess in order to be a surefire champion.

The Brain

Why does racquetball require anything from the head? Raw power and the pounding violence of blasted pass shot at 140 mph don't require the mental skills of another sport like golf, right?

Wrong. Nobody wins a racquetball tournament without concentration. Pressure, bad calls or a roaring crowd affect every player. The ability to concentrate separates the top eight players in the world from the rest of the pack. Concentration

lets a player hit a ball as perfectly at 0-0 as at 10-10 in the tiebreaker.

The ability to consistently choose the



Mike Yellen

right shot, with only milliseconds of reaction time is also a necessity on the pro tour. This ability takes more than experience; it takes a brain capable of analyzing rallies as they happen, and choosing and sorting winning game plans during a match.

Mike Yellen is the obvious candidate for having the best head for racquetball. Over the years, he has been coached extensively in concentration, and it shows in his game.

Watch him play. He wastes no motion. His shots are so well planned, it appears he is playing in a private and slower time zone. Pressure? Nobody wins five championships by folding when the heat is applied.

The Eyes

Larger, more sophisticated racquets mean more ball speed. Tracking a racquetball moving from 130-160 mph takes sharp vision and fast-tracking eyes.

If you have a chance to see the professionals play, observe how carefully they watch the ball — not only during rallies, but

between rallies. The top players continuously watch the ball as closely as if it carried the next day's winning lotto numbers.

The eyes also reflect intensity. It's Marty Hogan whose eyes are strongest among the professionals. When he gets "the look", spectators lean forward in anticipation, because they know — even those who haven't seen him play before — that an internal dynamo has kicked in with fury. Hogan playing with "the look" is almost beyond a mortal player; unfortunately his superhuman efforts kick in less frequently as he grows older.

Hogan's eyes are also locked on the ball before, during and after his serve, but especially before the serve. It's a familiar sight to see him holding the ball almost to his nose and screaming at it before he unleashes another cannon.

The Reflexes

Obviously, reflexes are of the utmost importance to players. The faster they can react to the ball, the better they can play. Just as obviously, all professional racquetball players have extraordinary



Marty Hogan



Cliff Swain (foreground)

reflexes, otherwise they would not be making a living as athletes. But, there is

one player whose reaction time is so superb it carries him through weaker parts of his game. That player is Cliff Swain.

Unlike most pros, he has a slight build, and has no intimidating reach advantage. He makes frequent mistakes in shot selection, and only his drive serve stands out as a highlight of his game in comparison to most of the pros.

How does he consistently do so well? Incredible natural athletic ability and the quickest reflexes. Most of the players stand as far back as the five-foot line to cover the court during most rallies. From there, they cannot reach some kill shots, but they are in position to reach pass shots.

Swain, on the other hand, can move closer to the front wall and retrieve all but the most perfect roll-outs. Yet, because of his quick reaction time, he can still track down most attempted pass shots. This intimidates players into missing shots, and it also means that Swain's mistakes are less likely to cost him points.

The Mouth

It's much more important than you might think. Beyond acting as a relief valve after a poor shot or bad call, it helps to be able to communicate on the court. Referees, while reluctant to admit it, tend to try to make up for bad calls later in matches. Also, a few well-placed comments can rattle even the most poised player. The mouth is also important in public relations.

For mouth, nobody comes close to Marty Hogan. On his side or against him, it is a rare crowd that is not closely involved in any of his matches. He has toned down his brashness since first breaking into the tour 15 years ago, and mostly charisma remains. He is definitely the best entertainment on the court, and if a player ever manages to out-argue him, it will not only be a tremendous upset, but a newsworthy event.

The Heart

It takes heart for any of the profession-

als to even make the top 24. Nobody reaches the pro ranks without losing their share of disappointing matches, and it takes courage to continue



Dave Peck

stronger and harder after bitter defeats.

As a result, on court, with the pros so equal in most areas, it is often only an extra bit of heart — or hunger — which makes the minute difference between winning and losing.

Dave Peck can supply enough extra heart for the rest of the pro tour. When he won his national title in 1982, he had a rocket forehand, cat-like movement despite his linebacker build, and plenty of



Bret Harnett

hustle. In 1983, a freak muscle injury destroyed his game, but he came back, and it is hustle which sets him apart from his peers.

Because of his leg, he must literally push off the back wall while receiving serve. Like a hyped bulldog, he continues that push through every rally of every game. Sometimes on the court his match behavior borders on violent. Off court, however, he is a friendly, easy going Texan who excels as a coach, especially to juniors.

The Shoulders And Hips

Power, at least quick bursts of power with very little time to prepare, comes from the shoulders and hips. What a gift, to be able to take three steps back, pause, and uncoil forward into the ball like the lashing of a whip.

Bret Harnett is untouchable for precisely that; his ability to snap shoulders and hips into shots the rest of the players are lucky to hit to the ceiling with a defensive prayer.

At 6'4", he begins a shot with his racquet pointed incredibly high; by reaching for the ceiling he forces his shoulders and hips to snap back so far with the racquet, that he is wound as tightly as a metal spring. When the spring explodes, the results are spectacular.

(continued on page 20)

Making Of A Champion

(continued from page 19)

The Waistline

Obviously there is no such thing as the ideal weight or height on the pro tour. Harnett is tall and lean, Ruben Gonzalez is compact and heavily muscled. It helps, however, to be in shape.

Surprisingly, there are professionals who manage to look like health club draft dodgers. Mike Yellen is notorious for a thickened waistline, and Ed Andrews at times does not appear entirely innocent of midnight refrigerator raids.

On the other hand, some pros squeeze everything possible from their talent through almost fanatical devotion to fitness. Bret Harnett, Egan Inoue and Ruben Gonzalez all appear in top physical shape, but nobody makes it a science as much as Dan Obremski.

He is so fit, in fact, that he will be flown to the Bahamas in December for an ESPN televised fitness contest. Although his ranking is not yet in the top 10, it won't be a surprise when he breaks through.



Ed Andrews

The Wrist

When reaction time is shortened to 20 feet of hardwood from the front wall, only one thing saves a player: the wrist. Without strength in the wrist, shots in front court become ineffective pushes. Yet with strength, those shots can be rekindled at a terrifying pace.

Ruben Gonzalez became national champion because of what his wrists could do with a limited racquetball swing. Time and again in difficult, tight matches, he reached almost-certain kill shots and converted them to his points by snapping his wrist with cobra quickness. For strength, the Gonzalez wrists are the best on the tour.



Ruben Gonzalez

and they must do it with confidence.

Watch all the pros, and one will stand out because so much of his game depends on his hands — Ed Andrews. He is a big player 6'3", and he hits the ball with a long, smooth stroke. He does not use a compact explosion of power as most of the pros do. In fact, his swing could almost be called lazy, except it is deadly accurate, and his weight and height advantage give him tremendous power. For Andrews, the calm

and certain sweep of his racquet hand into the ball makes him one of the best players on the tour.

The Hands

Without sure hands, a professional player begins hitting the safest shots possible, which at the top level is disastrous. Pros must go for the bottom board at the first good opportunity in any rally,

The Legs

Stance, power and endurance all come from the legs. It is unthinkable that a professional player would not have strong legs, capable of driving serve after serve, and running down ball af-

ter ball, during a five-game, two-hour match.

Even among the professionals, however, some legs are capable of providing more drive than others.

One way of judging is simply by sight, deciding whose are the most well-developed. A better way, however, is by measuring the drive serve. While a combination of many things make for fast drive serves, without good legs, no player's serve will become a deadly blur.

It's easy then, to give Egan Inoue the nod for the most effective legs. His drive serves average 160 mph, and he has been recorded at speeds as fast as 181 mph.

The Feet

It's not too often that during a heated rally a pro has the chance to set perfectly and hit a textbook forehand or backhand. The quicker the footwork, the better the chances of setting up properly to hit a successful shot.

Surprisingly, despite his size, Mike Yellen manages more than most to have his feet under him and planted as he hits the ball. It may be a result of his uncanny efficiency, or it may be a result of the pressure he puts on opponents with his pinpoint accurate, wide-angled, pass shots, but of all the pros, he appears to be the one with the most balance. ○



Egan Inoue

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JOE SOBEK — THE FATHER OF RACQUETBALL

Unlike golf or tennis, racquetball can trace its history accurately. Instead of a beginning on another continent, racquetball has North American roots. It is also such a young sport that its founder, Joe Sobek, can tell the story of the beginning himself.

It all began in the winter of 1950, with 25 racquets and a few lucky connections in the rubber business. Back then, Joe Sobek was a tennis and squash pro simply looking for something to do.

Despite the lack of fanfare and promise when racquetball started, today Joe Sobek (now 70) could travel through any one of dozens of countries and find players on court with the sport he created at a Greenwich, Connecticut, YMCA.

There have been many conflicting stories of racquetball's beginning. The most common misrepresentation has been the "sawed-off" tennis racquet theory.

Joe Sobek knows better. The level of his own squash game was too good for him to find suitable competition; tennis could not be played in the winter. He wanted a way to play hard and enjoy a good workout.

"At that time, there were only the YMCA's for indoor sports during the winter. Team sports were fine, except it took too many players to get a game organized. We liked paddleball, but because it used wooden paddles, it was a little slow."

Instead of resorting to sawed-off tennis racquets, however, Joe found a company willing to make 25 metal racquets to his specifications. His investment was \$150.00, which was sizeable in pre-inflation days.

"I remember the first day on the court very well, partly because of the money I had spent and I didn't know if the idea would work. We went on the court and tried the game and we were amazed at the speed — the ball was going like a bullet."

His small group of players at the Greenwich YMCA loved the game, but it

took Sobek's hard work, a lucky connection with a rubber company — Seamco — and the national YMCA "grapevine" for racquetball to become a sport involving millions of players.

"Word got around through YMCA directors. They would call me up and ask about this game 'paddle rackets', which is what I first named it. YMCA directors were always looking for good ways to run sports programs and this was perfect for them. So I would send them a few racquets and balls and a set of rules. Things

could be manufactured was finding a formula to produce a ball that wasn't too lively. The old playballs, some of which had been on department store shelves for years, had aged enough to bounce at perfect speed.

When Sobek finally had a reliable source of new balls, the only thing left for him to do was work hard. Along with his wife Nancy, he spent hours a day sending out racquets and rules to those who requested them.

The racquets were made through the

Magnan Racquet Manufacturing Company of Attleboro, MA. Until 1963, when Bancroft purchased that company, Sobek was responsible for most racquet sales.

"We would wrap the racquets in our attic, often staying up until one, two, three in the morning. For the first few years, we only charged cost — \$6.00 a racquet. I decided after a couple of years that it was costing me a lot of money sending them, so I increased it to \$9.00."

When Bancroft took over, Joe Sobek was glad to be finished with

the work that was taking so much of his spare time. He did receive a small royalty per racquet sold over the next few years.

Ironically, the man who invented racquetball did not become rich as a result. Hundreds of court facilities have been constructed, millions of racquets have been manufactured, and tens of millions of racquetballs have been sold since that beginning in Greenwich. Sobek only received that small royalty from Bancroft.

It was worth it for him however. As he says, "The sport has given Nancy and me so much. We've travelled, we've made great friendships and we've enjoyed everything we've done connected to racquetball."

He smiles as he remembers the winter of 1950. "Did I think it would become so big when I first stepped on the court with one of 25 racquets? "No. But I sure wasn't surprised, either." ○



Joe and Nancy Sobek

took off from there."

It wasn't that easy, though. The first problem was paddle racket balls, or lack of them.

"We used something called 'playballs'. They were perfect for the game. Basically they had been made for children and we bought them at department stores.

"Unfortunately, the balls were no longer being manufactured. After a while, we exhausted the local supplies. Each ball became precious, and when we broke one, it felt like a tragedy. We had to rely on business trips for new supplies. If someone found some balls in another city, he would buy as many as he could and bring them back."

The solution? Joe had a friend in the rubber business who had the patience to keep experimenting with formulas. He eventually came up with a ball that worked as well as the playballs. The main problem that had to be overcome before a ball

SUPERSTITIONS IN RACQUETBALL

Staff Writer

In the recent smash hit movie 'Bull Durham', Nuke, the rookie (and errant) pitcher began wearing black ladies garters under his baseball uniform. He promptly pitched an eight-game winning streak.

Phil Esposito, formerly one of the great Boston Bruin players, insisted on dressing for hockey games in ritualistic order. First the left shin pad, then the left skate, the right shin pad, the right skate and so on until he was ready to hit the ice.

In fact, throughout most sports, there are traditional rituals and superstitions, as well as individual ones, all geared to conquering the mysteries behind winning and losing.

Why not? Sometimes, superstition seems to be the only way to explain why your game can sizzle with greatness on Tuesday, then be mediocre on Wednesday.

Racquetball is no different. Almost from the beginning, professional players have had magical ways of keeping winning streaks alive. Charlie Brumfield kept messages hidden under his racquet grips; Steve Keeley wrapped elastic bands around the throat of his racquet; Rich Wagner made sure he cut himself shaving before every match, then threw Skin Bracer on his face.

The faces have changed, but the superstitions have not disappeared in racquetball. Egan Inoue and Marty Hogan may profess to have no superstitions, but Egan's brother Enson always changes watches so that he can wear a diver's watch during play.

Ed Andrews and Dave Peck don't shave during tournaments; Andrews also refuses to wear the color brown.

"When I first started as a novice, I'd always seem to lose if I wore brown," he says. "Today, I won't even wear socks or shirts that have brown trim."

He observes rituals in eating and washing during tournaments. "I always eat the same breakfast," he says. "And I always make sure that I use the same shower. If my particular shower is being used, I'll still wait for it, even if it means waiting for 10 or 15 minutes."

Dave Peck combines not shaving with footwear superstitions and throws in another ingredient to make his unique blend of good luck charms.

"I don't shave throughout the entire tournament," he says. "I always put my right sock on first, then my left sock, then my right shoe, then my left shoe. I also wear the same outfit, which includes my socks, shirts, shorts and sneakers

throughout a tournament. And I wear the same colored glove throughout."

WPRA players Lynn Adams and Chris Evon may well share the same guru, if not the same something else because of their superstitions.

"I'm not really superstitious," Evon says. "However, I have this habit of making sure I use the same bathroom at the club throughout the entire tournament. It's a little strange, but what can I say?"

It might not be that strange, at least in the eyes of Lynn Adams. "I use the same bathroom every time, even if I have to wait." Her superstitions also extend to food and clothing. "I eat the same breakfast every day (bananas and pancakes) and I've worn the same three different colored shirts for my quarters, semis and finals the last three years."

Caryn McKinney will never call the coin toss, even though she cannot say why. She also goes through the exact same stretching and warm-up routine for each match. Molly O'Brien says about her superstitions, "Sometimes I get a little funny if I don't have a specific necklace that my father gave to me."

Amateur players, of course, are equally superstitious. Ed Remen, who has won many national titles in age divisions, reflects western American mythology in his use of hats to ward off evil eye. "I always start off my matches by wearing a white hat. You know the old adage, 'Good guys always wear white.' I've got at least a hundred different hats. If I couldn't wear one of my hats or jackets, I'd forfeit the match."

No crystal ball gazing on superstitions would be complete without including Charlie Garfinkel's view on the rituals for good luck before a match.

"I'm not what you'd call superstitious," he says with a grin. "Before a match I prepare psychologically by fondling my hundreds of trophies, medals and silver pieces. If I don't read at least seven of my scrapbooks before any given match, I don't feel as if I'm ready to play."

"I do feel that if any of my shirts, jackets, headbands or a pair of sneakers that say 'The Gar' on them are stolen, it's a bad omen. It could even mean that my opponent will score seven to nine points, instead of the usual four to six points!"

So, if you've taken lessons, practiced hard for months and still feel unprepared for your next tournament, there may be only one thing left for you to do. Become superstitious—because you never know, do you? ○

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PARENTS AND INSTRUCTORS: THE RIGHT COACH FOR A JUNIOR PLAYER

Interview with Dave Peck

Years ago, your son or daughter always enjoyed tagging along to the racquetball club with you. Most of the time, in fact, he or she was happy to spend time alone on an empty court, just swatting balls.

Now, you see the results. He or she plays with enthusiasm almost every day and manages to beat you in every game during your weekly matches.

What next? You see the drive and the ability, but you don't feel capable of coaching any further. Who should you trust for help?

Selecting a junior coach is a decision which deserves a lot of thought on your part. First, it represents an investment of both time and money. It's also a choice that can affect your child's future in the sport and carry over to his or her outlook on life.

Dave Peck, former world champion, is widely acknowledged as one of the best junior coaches in the country. Here is an update on his views on junior coaches that can be helpful to parents and coaches.

NR: Dave, let's start with something basic. What's the difference between an instructor and a coach?

Dave Peck: An instructor is more or less a helper who's paid "X" amount for a certain length of time with the player. A coach, on the other hand, is involved with all the different aspects of a player's game, as well as the player's emotional and mental development. It's a more intense relationship. He's there all the time, not just for racquetball but as a friend, too. I know I want to see my juniors do really well, not only in their careers but on the important personal levels, too.

NR: What is the difference between coaching an adult and coaching a junior?

Dave Peck: Adults, of course, are more physically and mentally developed. However, an important difference is that an adult has an established attitude about winning and losing. He knows there are other things in life besides racquetball. A kid loses a tremendously hard match and he gets discouraged.

The junior coach has to have a different teaching philosophy. He has to nurture the junior player, making him or her realize that you have to play your hardest and do your best, but it's still just a game.

NR: Does a junior player have to show great potential to justify parents hiring a coach?

Dave Peck:

When talking about kids, you can never tell. I've had national junior champions who weren't any good when they started, but they developed. They listened and they took the extra time. The most important element is the desire to be good.

NR: When should parents consider a coach for a child?

Dave Peck:

Assuming that kids are strong enough to hold a racquet, I'd say get them on the court as soon as possible, anywhere between nine and eleven. As I said, you can't tell how good a child will become.

Puberty obviously makes a difference to their future strength. Most nine, ten, and eleven year olds are not really coordinated, but they can learn the fundamentals and have fun while developing. This helps them through the awkward years.

I remember when my brother Gregg

was eleven. He had size ten shoes and he was just a klutz. But he kept playing and now he's 6'2" and moves like a cat. It's a matter of developing over the years.

NR: If young players have coordination problems, couldn't it be too frustrating to play until they mature more?

Dave Peck: The frustration occurs when someone doesn't recognize the situation and doesn't help them through it. It's the coach's positive attitude that makes a difference—it's all in the way the coach presents and takes care of the individual problem. You can say to a kid, "Okay, this is hard for you to manage now, so let's try it this way." In spite of the coordination problem, there's a lot a child can learn at an early age.

NR: You've coached both boys and girls, are there any differences parents should realize?

Dave Peck: Among kids aged about nine through eleven, girls are a lot more coordinated, so it's a little easier to teach them, but I also find they can be more sensitive. And some of them find racquetball a problem when they reach puberty and become interested in guys. Tennis has a really feminine association, but when it comes to racquetball, some just don't want to continue.

There are parents also who want their daughters to learn the game and use it for exercise, but they don't want them to play in tournaments. But, what's the use of learning and having a coach if they're not going to compete? Drag racing is thought of as a man's sport, yet one of the best drag racers in the country is a woman. I say let the child decide for herself.

NR: What commitment must parents and juniors be willing to make?

Dave Peck: Obviously, there's a financial commitment. And there's a time consideration, both on the part of the junior and the parents. Juniors, though, must be willing to make sacrifices to get where they want to go. The commitment might be substantial, but it gives a kid something positive to do. Kids need that. It also gives them a sense of accomplishment and it can make the parent feel a sense of accomplishment, too.

NR: Family involvement, then, is essential?

Dave Peck: It's pretty much a family commitment. In the beginning phases, the parent must accompany the junior to





tournaments. That means time and expense, such as gas or air fare, food, and tournament fees. It doesn't have to be terribly expensive, though, because unlike tennis there are many opportunities in racquetball to compete on a local, state or regional basis. When a junior gets older and can drive, travel expenses can be shared with other players.

NR: In most instances, the local club pro would be the available choice for a coach. Can all club pro's function as junior coaches?

Dave Peck: No, not all club pro's can be junior coaches. The best thing is to check their qualifications, such as PARI certification, as well as their desire to coach young people.

NR: What qualifications should parents look for?

Dave Peck: I'd look for that certification. I'd also want to know if the coach has had success with past students. I'd listen to word-of-mouth evaluations. Rather than an interview, I'd observe the coach around the club. How does he react to others? Are the kids being coached having a good time, as well as learning and improving?

NR: What about personal qualities?

Dave Peck: The most important consideration is whether the coach can communicate on the kid's level. Are his juniors at ease when they're being coached? Are they enjoying themselves?

Does the coach really like kids?

NR: What kind of coach should be avoided?

Dave Peck: I'd avoid anyone who's negative and yells a lot. I'd stay away from anyone who thinks they're right all the time and everyone else is wrong; is not open to new ideas and isn't always watching to learn something.

NR: Should parents look for a group situation or one-on-one coaching?

Dave Peck: Initially, try to go one-on-one then hook into a group. Get the basics individually. When the junior gets older, the team feeling and the camaraderie are important.

NR: You've said that coaching implies a close relationship. What feelings should exist between junior and coach?

Dave Peck: I think you have to be a friend. The junior player must also respect you as a person and as a player. You have to practice what you preach — show that it works. Respect as well as friendship — that's how I'd characterize the relationship.

NR: What about the coach's relationship with parents?

Dave Peck: From the very start, coach and parents should establish good communication. In the beginning phase, the coach should make an extra effort to let the parents in on his philosophy. At a tournament recently I was telling the fa-

(continued on page 26)

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(continued from page 25)

ther of a kid I coached that I always wanted my players to have the hardest draw possible. He seemed surprised and asked why. I explained that I believe you have to lose before you can win, that you have to give 120 percent, and that you have to learn to cope with life's adversities. The key is keeping parents in tune with your philosophies.

NR: What about conflicts with parents?

Dave Peck: There's always a problem when parents think they know more than the coach. Some parents think you should just help the child develop racquetball skills; but there are many variables, which I've mentioned, such as a philosophy toward life as reflected in the approach to the game. At that point some parents jump in the picture and say cut it at that.

Sometimes it's because they're jealous of the relationship or fearful of losing control. Some parents have a fear of being an outsider. Good communication resolves this.

NR: What about setting goals?

Dave Peck: In the early stage the coach should know the junior's potential and work accordingly. As the child gets older and develops more, then the coach can help the junior set goals for himself or herself and assist in attaining them—but only in conjunction with the young person's own desire and drive.

NR: Should a coach be reporting to parents on a regular basis?

Dave Peck: I think so. Immediately after every lesson I go to parents and tell them what we've gone over, what progress has been made and what it is still necessary to do. It's very important to keep parents aware of what you are trying to accomplish.

NR: Once a coach has been hired, how can a parent evaluate effectiveness?

Dave Peck: The attitude of the junior player is the key. Does he look forward to his session, and how does he feel afterward? Does he respect the coach? Is there excitement about what's happening?

NR: How often should a player meet with a coach and how often should he or she be practicing?

Dave Peck: Personally, I don't have any specific guidelines. Over the first six months I want them to learn the fundamentals. I spend at least two months on the stroke mechanics. I don't like to work with a regimented schedule. I've seen too many burn-outs. Sessions can be worked out between the coach and junior as progress takes place.

NR: Motivation is a big factor in any sport. What role does the junior coach play?

Dave Peck: The coach has to be positive. This is so important with kids. Remember to say, "You're doing great." Generate some excitement and fun. With my older juniors we have little drills or contests that get the kids yelling for each other—it keeps the fun in it.

NR: What off-court activities can complement a junior racquetball program?

Dave Peck: We'll do sprints, use the Lifecycle, Nautilus if the junior is old enough (15 or 16), various on-court drills and weights. Wind and strength are important, but we do it as a team for the discipline and the camaraderie—that's just as important.

I exercise with them, so when I approach fatigue level I know they must be at their limit. I'd emphasize that I wouldn't use these complementary activities until the junior has reached a higher level.

NR: Let's say a junior has exceptional talent. How can a parent tell if the child has outgrown the present coach?

Dave Peck: The best teacher is experience and there are only so many coaches who know all the tricks of the trade. The coach himself may point out the fact that he and the junior have reached a learning plateau and that he now has to learn more himself. A good coach is one who watches and analyzes and is open to new things. I've learned so much from my kids. My brother Gregg was the guinea pig; and then later, when I worked with kids my sensors were always open, and it's helped my playing as well as my knowledge of the game.

The key question is: Is the coach a rock or a sponge? Is he or she willing and able to learn new things and pass them on to the players? If the answer is the rock, get a new coach.

NR: Should parents push a kid?

Dave Peck: There's a real fine line. Instead of saying "pushing," I prefer saying "motivation to become a better player." I wouldn't be above a slight bribe either, like "Win this one and I'll get you a new racquet."

But if it gets to the point of pushing too hard and the wrong way, then you get into the burn-out syndrome. Kids just don't

enjoy the game any more. You have to realize where the kid is and that it takes time to develop. When a parent wants to push too hard and isn't listening to what I have to say, then it's time to cut off the relationship.

NR: What part do tournaments play in the development of juniors?

Dave Peck: It's a big part. Practicing can be a pain. Tournaments help them stay excited about racquetball. They learn about the different aspects of the game and they get pushed to their limit. They also learn how to communicate with people because of the exposure through tournaments. There's carry-over in that they learn about adversity and they can grow in confidence. You're down and you come back; the same thing happens in life. It's a great developmental experience.

NR: What about the racquetball camp experience. You've been involved for many years. What can it offer

the younger player?

Dave Peck: It really has tremendous value. Kids get to know all aspects of the game and they get to meet top players who serve as role models. They meet kids of their own age and they can just have a fun time. The obvious advantage is that a younger player can learn a great deal in a short period of time.

Some camps emphasize strategy, while others such as ours in Texas and All Sport in Poughkeepsie, NY, emphasize the mechanical aspects. At the same time we always strive to make sure that the kids really know what's happening and why. There's constant question-and-answer. When selecting a camp, it's important that parents evaluate these differences and certainly that they evaluate the people who are on the staff.

NR: Last question Dave. What's the difference between a good junior coach and a great junior coach?

Dave Peck: Basically, it's a summary of all the things we've touched on—having tremendous knowledge of the game, knowing how to teach, knowing how to communicate with young people and really enjoying kids, plus being a friend. And always, always being positive. ○



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Bret Hamnett



Toni Bevelock



Ruben Gonzalez

Bret Hamnett, I am a 17-year-old junior player, and I play open division in tournaments, hoping one day to become professional. I need help in two areas — confidence and mental toughness, and hitting shots on the run. I ask you because I'm a lefty and a power player and I'm a big fan of yours. What can you suggest?

L. Priolo, Philadelphia, PA

It seems easy to say this, but the most important thing to help both areas, is practice. If you hit the same shot enough times in practice, it will become natural, and once that happens, you'll not worry about hitting that shot during tournaments.

When you practice, work on a wide variety of shots. That way, if one doesn't seem to be working during a particular match, you know you have others to rely on. That knowledge in itself gives a lot of confidence.

As for mental toughness, don't worry. Mental toughness is something which can be learned, but takes experience and perseverance. In other words, don't let your losses discourage you. If you lose a tournament match you think you should have won, or if you lose a close match, view it as a learning experience and continue from there. If you want to practice playing under pressure, make small friendly bets with your opponents. It will get you used to playing with something on the line.

Hitting on the run is difficult, but as you know, it can really help your game. When you play practice matches, play with as much offense as possible. Instead of hitting safe defensive shots, go ahead and try to hit winners. Just keep practicing. However, until you've mastered it, remember not to do the same thing during tournaments, when losing points is much more costly.

Can you please tell me, **Toni Bevelock**, how to hit my backhand shots with power from waist level or higher? I know that normally the safe shot is a ceiling ball, but I have seen you consistently hit winning aggressive shots from the waist and shoulder high area.

J.W. Stearns, Phoenix, AZ

The key to hitting shots from that awkward area is in the racquet preparation. As you know, attempts from that high must be hit with power, otherwise they become set-ups for your opponent.

The further you bring your racquet

back, the more power you can generate. You should take it far enough back that the action makes your shoulders and hips rotate backwards as well. This generates power as your body parts "torque" forward during the stroke. If you have a hard time visualizing this racquet and shoulder position, think of yourself pulling a frisbee back to fling it as far as possible.

To attempt an aggressive shot from that high in your hitting zone, you need plenty of room. Since most of these shots are taken from back court, check to make sure you have enough room behind you by reaching back with your free hand and feel for the back wall. Whenever you're more than arm's length from the back wall, you will have enough room to take a full swing.

As you pointed out, a safer shot is a ceiling ball. When you decide to attempt an offensive shot instead of a ceiling ball, go with the safer percentage shots such as down-the-line or cross court passes. Of those two, the safer shot is a cross court. Missed cross court passes will set your opponent up less often than will missed down-the-lines or missed pinch shots.

Ruben Gonzalez, while on defense, should I watch my opponent as he hits the ball or should I anticipate and watch the front wall where I expect the shot to go? **E. Bauer, Sacramento, CA**

Actually, the best way to handle your defense is to use a combination of both. You must definitely watch your opponent to get an idea of his next shot attempt. Watch especially the feet and body motion. Most players telegraph their shot attempts by the placement of their feet.

Then continue watching until your opponent has committed to the shot by starting his or her stroke. If you wait that long, the shot probably won't fool you. If you wait longer, you risk not finding the ball in time as it comes off the front wall; sometimes the ball is hit at a faster pace than you can follow with a turn of your head.

One little known fact about anticipation, is how much your own shot will dictate what your opponent can hit. If you hit a perfect down-the-line, it leaves little choice but a return splat or another down-the-line. This lets you cheat forward and to the side in your coverage, giving you an edge in anticipation. O

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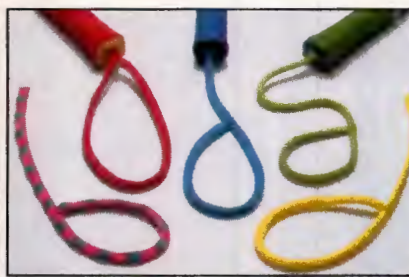
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2. Communication.

With good communication, you can control the emotional stability of your partner.

Many players get down, or even worse, ignore their partners during difficult times during a match, which can lead to horrible losses.

Instead, watch for the times when your partner needs pumping up or cooling down, and yes, advice if given as constructive criticism. Remember though, how well partners respond to your advice is usually related to how well you respond to their advice.

If you can keep the communication lines open, your chances of becoming successful are much improved.

3. Court coverage.

As a team, we

consider court coverage our sixth sense, simply because our defense is fluid and relies on sensing where the other partner is at any given moment during the rally. Granted, it is not easy, but if you develop a coordinated court coverage, you will be very successful.

We don't have a specific type of coverage, such as "front-back", "side-side" or "diagonal". Instead, our positioning is a direct reflection of our upcoming shots, the immediately previous shot and our opponents' position and capabilities.

If fact, your coverage will be better if you don't force yourselves to strictly follow a specific formation. Have one as a general guideline, and from it improvise according to the match situation. This lets one player cover for the other during scrambled rallies, which happen too frequently.

One way to let this coverage become a sixth sense is to play against your partner as often as possible in practice matches. It lets you familiarize yourself with the way your partner reacts in terms of shot selection, court position and reactions. Then, during doubles matches, you will work as a team and subconsciously bring into play what you have learned about your partner during practice.

4. Maximizing each other's strengths.

Does your partner have a strong forehand? Make sure he or she gets to use it as often as possible. Do you retrieve well? Use a strategy which allows you to keep the ball in play until your partner has a chance to kill the ball.

We feel with our team, for example, that the Obremski serving and retrieving should feed shots to the Ganim backhand. Although both of us may be capable of doing the other's job, it works better to delegate.

5. Confidence.

You and your partner have chosen each other as a team because you have some degree of confidence in each other. Don't be afraid to show it, especially during matches.



Dan Obremski (left), Doug Ganim (right)

If, for example, your partner has missed a few backhands, it's a good time to take him or her aside and express confidence in his or her ability. A positive word of encouragement, instead of a look of doubt, can make a tremendous difference, especially during a tight match.

In fact, down 10-8 during a tense tiebreaker against top-ranked Tim Doyle and Bill Sell, Doug Ganim was frustrated at missing a few backhands. During a timeout, Dan told him he was convinced he had the best backhand in the world, and that he would roll out the next shot. He did and it got them out of trouble.

6. Strongest lanes.

A major problem with doubles teams occurs when one player dominates the number of shots taken during a match, much to the frustration of the partner. An uneven workload, however, happens frequently, especially for the person playing the backhand side — the hand which gets the most balls. The other player should not feel less of a contributor because he or she is not attempting many shots.

As a doubles player, even when you are not hitting or covering many shots, your positioning is very crucial to each rally.

On offense, standing in the appropriate position often forces your opponents to move away from your partner's winning shot selection. On defense, by taking a stand in front court early, you often intimidate opponents into shooting around you — right into your partner's deep court

(continued on page 51)

"Who could possibly want to gain weight?" "I wish I had that problem!" "All you have to do is eat a lot of ice cream and drink milkshakes to gain weight!"

If you are one of those people who are underweight (defined generally by appearance, but more specifically by being 10 to 15 percent below the average weight for your height), you have probably heard it all. Not too many people lend a sympathetic ear. You can eat everything in sight and still not gain a pound. For you, gaining weight is a matter of pride and self-esteem but everyone else thinks you're "lucky".

There are two things to keep in mind when considering weight gain. First, when you say "gain weight" you are actually talking about lean muscle mass, not fat. The goal is to have well sculpted arms, chest, back, and legs, not a pot belly. Second, gaining muscle is more difficult than losing fat. It requires strict attention to diet and supreme dedication to weight workouts. It is not a goal to pursue without allowing time and effort.

There are two specific groups that I want to address. People who are 10 to 20 pounds underweight and athletes who would like to be stronger for their sport. (Similar principles apply to body building but we won't discuss them in this article.)

Before beginning a program, you must first create the time necessary to achieve

MUSCULAR WEIGHT GAIN

by Marcy Lynch

your goal. For an athlete, choose your "off season". Allow at least one month for every four to five pounds you want to gain.

There are two parts to a weight gain program; weight workouts and proper nutrition. We'll talk first about weight workouts. Weights should be done three to four times per week, depending on how you choose to split up the body parts (see Dan Obremski's fitness articles in previous issues of *National Racquetball* for more specific information on how to workout).

You should lift heavy weights with few repetitions, keeping the workouts to an hour. First, do a warm up set of eight to ten repetitions at a comfortable weight. Then lift your maximum weight for another eight to ten repetitions. The weight should be heavy enough for you to need assistance in order to complete the repetitions. This formula should be repeated for all body parts. You may feel as if you're not doing enough if you're used to doing long workouts and several sets, but what you want to achieve is maximum stimulation to the muscle fibers with minimum breakdown, i.e. quality instead of quantity. Compare a sprinters legs with those of a distance runner and you will understand

the concept of the effect of short, intense effort versus effort which is re-

petitive and of long duration.

During the period of time that you are gaining muscle, aerobic activity should be kept to a minimum. The minimum for cardiovascular health is twenty minutes three to four times per week.

Proper nutrition is the other half of the program. Most people who want to gain weight have active metabolisms that burn from 2,000 to 3,000 calories per day or more. Caloric intake for someone trying to gain weight should be around 2,000 to 3,000 calories per day for women and 3,000 to 4,000 calories or more per day for men.

A well balanced diet of proteins, fats and carbohydrates is the best formula. Protein is needed to build and repair the muscle tissue. The average amount of protein needed by the body is 15 percent of caloric intake. When building muscle it can be helpful to consume up to 20 percent of calories in protein. Larger amounts than this are not necessary. In fact, the key factor in muscle metabolism (muscle growth) is carbohydrate consumption, which should account for 60 percent of your calories.

Carbohydrate has two functions. First, it provides your body with energy so that you can give each workout maximum effort. Second, it allows your body to "spare" or save protein for building muscle. If you don't eat enough carbohydrates for the energy your body needs, your body will use protein for energy. If it uses protein for energy, you don't have it for muscle repair.

With an active metabolism, it is best to consume complex carbohydrates such as pasta, rice, beans, whole grains, vegetables, fruits, breads and potatoes, because they metabolize slowly. Simple carbohydrates and sugars metabolize quickly; by eating them you risk relying on precious protein for calories and nutrients.

Fats are the third food source. Fats provide lots of calories, but a high fat diet is not healthy for the body or for the heart. Fat is more easily stored than carbohydrates or protein and if excess fat is consumed you could gain fat weight, not lean muscle weight. Fat should comprise the other 20 percent of your calories.

So you see, it's not hopeless. With some dedication and hard work, you can build the body you'd like to have. Be patient, work hard, have fun and eat. ○

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Racquetball is not hard to learn. However learning to win matches at a tournament level is not easy. It requires a commitment to self-

improvement and the ability to cope with, and play against, a variety of styles. In short, you must learn what it takes to win by competing not only against friends as you normally do, but in leagues and tournaments. These varied experiences, if handled properly, will teach you the different strategies necessary to defeat many opponents.

Your goal should be to plan your strategy allowing sufficient flexibility to change that strategy at will. You should have a plan of attack for every style of play, or, in other words a strategy to defeat any type of opponent. Also you must realize when your strategy is ineffective, and be able to effectively change it at a moments notice.

Your objective should be to form a game plan based on an opponent's strengths and weaknesses but within your limitations. The key is for you to execute accurately! If you know, for example, that an opponent cannot cover a pinch shot, but you cannot hit one effectively anyway, don't try it.

Discovering Your Limitations

The first step is to list exactly what you can do within each phase of your game. Know your limitations! Be honest with yourself. What parts of your game are strong and what parts are weak! Strive to reach 70 percent service accuracy before deciding that you have mastered a serve. In other words, until you can hit seven out of 10 legal Z-serves without setting up your opponent, you haven't mastered the serve. The higher your level of play, the higher you should set that percentage.

Before or during a match then, what you decide to do will be influenced by what you know you can do. Don't start trying Z-serves until you feel strong using that type of serve.

Deciding What Your Opponent Can Do

Next determine your opponent's strengths and weaknesses. At tournaments, other players in your bracket may be on the court when you are not. Take the chance to watch upcoming opponents. Failing that, use the first part of your match to evaluate. Ask yourself;

A. Which serves does your opponent prefer to use — offensive or defensive, to the right or left side of the court?

B. Which return of serve will you use to

PLANNING YOUR VICTORY

HOW TO WIN ON THE COURT

by Lou Fabian

counter those serves?

C. Which return of serve does the opponent hit well?

D. What serves will counter those well-executed returns?

E. What pace does your opponent like in the rally (fast, medium, or slow)?

F. Does the opponent force the rally or wait for a good shot?

The following list is of common types of players and how to counter their strengths:

1. The one-arm bandit — usually a player who plays the entire court with the forehand. Play to the backhand side, occasionally hit ceiling balls to the forehand corner and use drive serves to both sides of the court.

2. The power player — tries to end rallies quickly, using pace and kill shots to do it. Use slow serves and hit ceiling balls, watch for unforced errors (backwall), and slow the pace of the game.

3. The control player — prefers slow serves, weird angle shots and safe passing shots. Hit drive serves and hit the ball hard down-the-line, keep the pace as fast as possible.

4. The out-of-shape player — one with good court sense and shot selection, but not a terrific athlete. Give him/her a tour of the court. Use wide-angled pass shots. Move the poorly conditioned player from front to back and left to right, and when you sense that he/she is tired, bear down to keep the pressure on.

5. The psych-out artist — a player who uses jibes or tricks on the court to distract you. Smile nicely and ignore him/her.

6. The pro — an excellent, well-rounded player. Stay relaxed, be patient and hit your normal shots. A game against a superior player is no time to be creative.

7. The banger — a player who hits very hard but cannot kill the ball. Be patient, keep the ball in play by not making errors, and sooner or later you will get the setup.

8. The aggressive player — a player who likes to play close to the front wall looking for rekills. Use wide-angled pass shots at every opportunity.

9. Playing the left-hander — play to the backhand (your forehand) as much as possible, without sacrificing setups on the other side of the court. If your normal kill shot is to his/her forehand, execute it with confidence.

Planning For Victory

Before selecting a strategy

and the specific shots to implement it, it is important to understand one basic concept. Always deal from a position of strength.

To demonstrate this concept, four situations are discussed, in order of effectiveness. In this example, (two right-handed players) assume that you are player A with a stronger forehand than backhand. Your backhand, though is stronger than player B's backhand. Your forehand is weaker than B's forehand.

Rally Situations:

1. Your strength vs. opponent's weakness
2. Your strength vs. opponent's strength
3. Your weakness vs. opponent's weakness
4. Your weakness vs. opponent's strength

Strive to make each part of the rally a 'situation one'. As player A, then, hit your strength (forehand) cross-court to B's weakness (backhand). Failing that, hit your forehand as frequently as possible, even in the second best situation of hitting it to B's forehand (situation 2).

When you have to hit from your weaker side, the backhand, hit as often as possible to player B's backhand. (situation 3). The worst situation of course, (situation 4), happens when you hit your backhand to player B's forehand.

Break down the strength/weakness ratio for the serve, return of serve, and rally. Your task is to identify this strength vs. weakness concept in each area of both of your games.

Translate this information into a workable strategy. Convert this strategy into a series of specific shots. Then mentally and physically practice prior to the match so you can implement this strategy and execute the shots accurately during the match.

Never change a successful strategy, but always change a losing strategy. There is an old saying — "if it ain't broke, don't fix it". This is the key premise for victory.

However, many games are lost because what was successful at the beginning of a game didn't work throughout the entire game. A change in strategy is a good idea anytime your present plan becomes neutralized or ineffective. Remember, faulty execution on your part doesn't mean that you should change your strategy, it means that you should execute your strategy better!

Once you know the difference, don't be surprised at how often you win. ○

Takes One Judge To Save Appeal

Q: We have two questions concerning the new rule on appeals. A bet of \$300,000, or a pitcher of beer, is riding on your answers.

The referee called Player B's shot good. Believing the ball skipped, Player A appealed the call. One line judge agreed with the ref and one disagreed with the ref, so the referee's call stands. Player A lost his appeal. Does that also count against his limit of three appeals?

Does the game-ending appeal count toward the total of three appeals or stand alone, thereby making a total of four appeals possible?

**Bob Kramer and Ria Montalto
Ft. Myers, FL**

A: The good news for Player A is that his appeal does not count against the limit of three. Of course, it takes thumbs down from both line judges to overrule the referee's call but it only takes one line judge to disagree with the referee to keep a player from losing his right to another appeal. Incidentally, an open palm down, indicating the line judge has no opinion or didn't see the play, effectively leaves the issue of losing or retaining one of the three appeals with the response of the other line judge.

The game-ending appeal does not count against the limit of three.

Now that you have your answers Bob and Ria, I will be watching my mail daily for the normal ten percent fee from the winner. If you settle for the pitcher of beer, a certificate redeemable for one tall, cool draft will be sufficient.

WHAT'S THE CALL

by Michael Amolt



Player integrity should prevail...unless the referee sees it otherwise.

Ten-Second Rule Clarified

Q: My understanding is that under the ten-second rule, the server and receiver split the time allotted. If I hold my racquet up for six seconds, must the server start or complete the serve in the next four seconds? And, since I took the majority of the time, can the server be awarded the point if he can't get the serve off in time?

**Bradley Steimel
Normal, IL**

A: Brad, the ten seconds is not split in any fashion. The rule (See Rule 4.5) is applied to the server and receiver simultaneously. Collectively, they are allowed up to ten seconds, after score is called, to put the ball into play. Good judgment determines the application. Since the server has the ball, it is he who can most easily determine when the ball is put into play. And if, for instance, the receiver holds up his racquet for nine seconds, the server is obliged to put the ball into play promptly, though that may take two or three seconds. No penalty is applied for utilizing the majority of the ten seconds.

Only when the server clearly looks at the receiver, while in a ready position, after the score has been called is he considered to have checked the receiver. The server may not start service motion until the receiver obviously is ready, not turning to get ready, unless, of course, the ten seconds has been exceeded by the receiver. ○

Ball Hit Player: Replay or Not?

Q: What call should a referee make if a player claims he was hit by his opponent's shot, a killshot no less?

**Randy Aylor
Union, KY**

A: On the surface, Randy, the question is an innocent one. I didn't see the ball hit the player, should the point be replayed? It's not that simple. First, you must decide if the player was in the path of a straight-in or cross-court shot to which the offensive player was entitled; then you make your call. If your recall is that the defensive player was obstructing the shot, then in essence he called a point hinder on himself. If the defensive player's position should not have affected the shot, then most likely you will honor his claim and replay the shot.

For what it's worth, I have heard stories about one former top-ranked amateur in the Midwest who often resorted to the play 'the ball hit me' in tight matches.



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RACQUETBALL STRATEGY: BE YOURSELF

by Mike Yellen

Okay, so you already know all about court strategy. You know you're supposed to control center court, play the percentages and concentrate on putting the ball wherever your opponent isn't.

Racquetball is a simple game and there is nothing mysterious about basic court positioning and shot selection.

What I'd like to cover in this article is your mental approach to the game, the overall strategy that ties these specifics together.

The most important thing to remember is to play your own game. The second most important thing to remember is to keep your opponent from playing his. These are really just two sides of the same coin.

Each player has his own individual collection of strengths and weaknesses. Most fit into either the control or power categories. But those differing abilities make for infinite variations within those categories.

Are you a power hitter with a great serve and killshot, while your opponent is a good passer and ceiling game specialist? Then you need to make sure that most of the game is played in the serve-and-shoot mode rather than as a contest of control.

You may be so hot that you can beat your opponent at his own game, but don't bet on it. A surer way to go is to be yourself and let the contest be decided on your terms.

I know what you're thinking: "That's easy for Yellen to say. He plays the same guys all the time on the pro tour, while I never know who I'm going to see in an amateur tournament."

That's true to a certain extent, but the other side of it is that everyone is always adjusting their game. For example, I used to be strictly a control player and the power hitter used to get around that by killing everything. Now I have developed a power game of my own and, with the added pressure, the hitters can't shoot as often on me.

Then too, some days one thing is working for you and, other days, you've lost that strong shot and have to find another strength. Players' abilities even change from game to game in a match. That's what makes the game

so interesting.

No, it's better to be able to analyze what's happening with yourself and your opponent as you go along, take an *ad hoc* approach. Have a game plan going in, but be ready to make adjustments.

Is your killshot skipping? Try more pinches. Is your opponent cutting off your passes? Widen the angle. Is he killing the ball a little too neatly in center court? Get him out of there with passes and ceiling balls.

Early on in the first game, you should have figured out whether your opponent is a control player or a shooter.

If he's a shooter, he will drive the serve, hoping for an ace or weak return. Unless you put the serve away or execute an effective ceiling ball, he'll try to rekill it immediately. He'll try to speed up the game, keep the pressure on you with hard shots on the theory that you can't hit what you can't see. It's the old serve-and-shoot.

If you're a hitter yourself, you can try to out shoot him. Then it's just a matter of who has the biggest forearms.

If you have weaker shots, you try to pass him, keep him off balance and deep in the back court where the shooting percentages aren't so great. You try to prolong the rallies and wear him out.

You also try to slow the game down. That can throw a lot of power hitters out of the groove, especially in the lower ranks. They thrive on speed and power and sometimes over react to soft shots or a change of pace.

Use your timeouts when your opponent gets hot, even if it's in the first five minutes of the game. You can also lift your racquet for ten seconds after every point.

A power hitter is in the service box quick, the adrenaline is pumping, he's ready to go. Break it up for him. This is all another way of saying: control the momentum of the game.

You can pretty much reverse the strategy if you're a power hitter in the clutches of a control player. He's passing to one corner, then the other and alternating it with pinches so that you're running from the forecourt to the backcourt and side to side.

Strategy number one is to cut those shots off and put them away. That could

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be hard to do because you will probably be on the run and off balance. But grab the momentum of the point while you're still in the service box. Serve and shoot.

Never mind those interminable ceiling rallies. Keep it fast and hard.

One word of caution here. There is a fine line to be drawn between risk taking and just plain stupid shots. You want to bend the percentages but not break them.

Some shots, like a chest-high lob, you should just automatically return up to the ceiling rather than try to shoot down. A lot of racquetball situations like that call for automatic responses.

Don't worry, though. There will be plenty of reasonable killshot opportunities if someone is coming at you with a passing game. It doesn't really matter whether your opponent is a classic power or control player or some combination of both. Most people will be the latter.

Your job is to keep your eyes open, analyze what is going on and come up with a solution to counter it within your own individual shooting abilities.

The real secret to good racquetball strategy is just to think during the match, nothing more and nothing less. ○

THE MINDSET FOR WINNING

by John D. Curtis, Ph.D.

Dr. Curtis is a professor of Health Education in the College of Health, Physical Education and Recreation at the University of Wisconsin-La Crosse. He has served as a consultant to several U.S. Olympic and U.S. National teams. In the past five years, he has worked with athletes who have achieved All-American status in over 100 events as well as with four intercollegiate National Championship teams, six second-place teams, and four third-place teams.

A characteristic of high level performers is that they control the level of stress in their bodies — they are not controlled by the stress. This is not to say that stress and tensions are negative.

In fact, stress is a normal, desirable, beneficial part of our lives. Most people are more active, more invigorated, more creative, more productive, and in general, more alive because of stress. Therefore, stress is not something to be avoided, but it is a state we must understand and control if we are to fully appreciate and profit from it during an athletic contest. To fully understand and appreciate the stress response of the body, we must understand why the stress response is so vital and necessary to our lives.

The stress response is designed to help us deal with life-threatening situations. It is a physical preparation of the body that increases our chances of survival. For example, when one of our ancestors encountered a dangerous animal, his body would respond almost instantly to prepare him for the physical fight with the animal or the physical flight from it. Hence, the stress response has been dubbed the "fight-or-flight" response.

It is important to understand that the physical reactions of the body which take place when one is under stress are designed to prepare the body for action, to get it geared for the physical fight with or flight from the danger. These physical reactions include, but are not limited to, the following:

- Increased sympathetic nervous system activity (the portion of the nervous system that prepares one for action)

- Increased body metabolism
- Increased heart rate
- Increased blood pressure
- Increased breathing rate
- Increased oxygen consumption
- Increased cardiac output
- Increased muscular tension
- Decreased blood clotting time (to help ensure survival if injured)
- Increased blood flow to the major muscle groups involved in the fight or flight (including the chest for fighting, kicking and running)
- Increased mental activity
- Decreased perception of fatigue

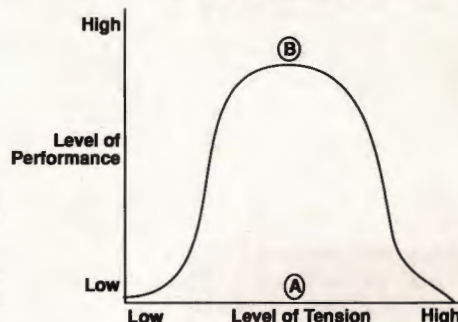
As a result of the physiological changes which take place during the stress response, most athletes perform better when under stress than they do without stress. The key is to be under the proper amount of stress — not too much, not too little.

If a person is too relaxed, performance will suffer, as will the performance of an athlete under too much stress. The performance curve chart illustrates this point. On the chart, the curve represents an athlete's performance. Notice that as the tension level (level of stress) increases, the athlete's performance increases as well, until it reaches the tension level represented by point A. At this tension level, the performance level peaks (point B, the upper point on the dotted line). Point A is the ideal tension level for a particular athlete in a particular sport in order to achieve "maximum" or "peak" performance. Ideal tension level varies; it would be different for a golfer versus a football player, and it would be different from individual to individual within the same sport.

If the athlete experiences increased tension beyond point A on the baseline, performance level diminishes. The higher the tension level moves beyond point A, the lower the performance level becomes. This diminished performance is illustrated by the downward movement of the dotted line.

In athletic circles, the common term for this decreased performance due to too much stress is "choking". The term choking comes from a Greek term which

THE PERFORMANCE CURVE



literally means a narrowing of the esophagus, or to choke. When a person is under too much stress the esophagus actually does constrict or narrow.

When an athlete experiences too high a stress level, such as when moving beyond point A, the muscles get too tense. The athlete no longer allows the performance to happen as trained to do during practice sessions. At this point athletes are too excited and tend to force things to happen or are unable to respond at all. The missed set-up from front court, a blown backhand, a missed two-foot putt in golf or the missed lay-up at the buzzer are examples of forcing things because of too much stress. Watching a called third strike with the tying run on third base in the last inning would be an example of being unable to respond due to too much stress. In each case, too much stress hindered optimal performance regardless of the sport.

It is important to realize then, that stress is needed if we are to achieve optimum performance. But, equally important, is the ability to control our level of stress so that it does not become extreme and hinder performance on the other end. The goal for optimal performance is to realize when we have too little or too much stress and to be able to alter our arousal level accordingly. ○

**Next Month:
How to beat stress on the
racquetball court.**

This is excerpted from Dr. Curtis's book 'The Mindset For Winning', which outlines a four-step mental training program to achieve peak performance for all athletes. It is available through Coulee Press, La Crosse, WI.

PIVOT YOUR BACK FOOT AS IF YOU WERE PUTTING OUT A CIGARETTE!

by Fran Davis and Jim Winterton

When many of us first start to play this great game of racquetball we take for granted the basic forehand and backhand strokes. We often just get on the court, without taking any formal lessons, and hit the ball. As we become more involved in the game we start to observe the better players and see and hear how the ball is supposed to behave. We hear that crackling sound on the front wall and our eyes light



Figure A

up. We too want to hit the ball that hard.

We go back on the courts determined to recreate that sound. We keep ripping through the ball day after day, trying to duplicate hitting the ball hard and then harder. For some reason when the ball pops off the strings of the racquet and we hear that thundering crash on the front wall it sends chills up and down our spines. We get quite excited.

We think in order to hit the ball hard we need to swing our arms harder and faster through the shot but, when we try that our arms hurt and the ball doesn't travel much faster. We begin to wonder why it isn't working. Why isn't the ball doing what it is supposed to do?

At this point it's crucial to take a look at the basic stroke and analyze it so we can show you how to generate the power and control you've seen and heard. The most common mistake we have found is shown

by Fran in Figure A. Notice her back foot. It is clear to see her foot has remained perpendicular to the side wall without pivoting around as in Figure B.

Why is that crucial? In all sports, including racquetball, power comes from the legs and hips and control comes from swinging level through the shot. By keeping your back foot stationary through the shot you lose rotation.

Now look at Figure B where Fran's back foot has clearly pivoted around. At the end of the stroke her bellybutton is facing the front wall, reassuring her of full rotation. In Figure A Fran has her foot glued to the floor which results in no hip rotation, and her bellybutton is facing the front corner not the front wall as in Figure B.

You can keep swinging your arm harder and harder through the shot, but if you do not pivot your back foot you cannot create anymore power. So, no super duper crackling sound. In order to hear the pop, the crack and the thunder off the front wall, try and imagine "putting out a lit cigarette" and pivot that back foot.

Turn your attention to Figure C. Fran is pivoting



Figure B

her foot by "putting out the lit cigarette." The pivoting motion of the back foot forces you to rotate your hips, which in turn allows you to generate the power of which you are capable. Good luck in getting that snap, and thundering crash! ○



Figure C

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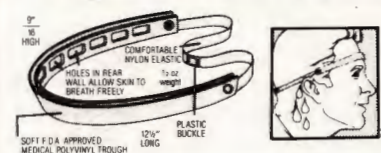
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OFFENSIVE DEFENSE

Stu Hastings is one of the nations most respected instructors. Stu has gained national recognition for his expert video analysis and has instructed all levels of players including many of the nations top professionals. He gives 25-30 private lessons every week. As a player Stu won the 1988 AARA 35+ national championship. He is three time Michigan male player of the year (1985-87) and was inducted into the Michigan Hall of Fame in 1987. Stu attended the first Elite training camp where he won the outstanding player award and has been an instructor at every camp since.

Most sports — basketball, football, or baseball — have an offensive and a defensive game. In racquetball this is also true and many times defense is not stressed by coaches.

The accepted goal of good defense is to prevent your opponent from scoring. A more realistic approach is to make scoring as difficult as possible.

After you hit the ball in a racquetball match, you become the defensive player. This situation, of course, occurs with every other shot. So when you spend a great deal of time working on the offensive part of your game, but little on the defensive side, you are ignoring 50 percent of racquetball.

The slower you are, the more important selective and intelligent court coverage becomes. In other words, if you can't play faster, play smarter. Fast players, who can play out of court position and still recover, may not feel a need to work on defense. However, even faster players can learn to use speed as an asset rather than a necessity. Good court coverage saves steps and energy.

The biggest change necessary may be one of attitude. Look at it this way: When you have a set-up, you tend to hope you can kill it, yet when opponents are set up, you are usually positive he or she will roll it out. The truth of the matter is that even though your opponent attempts to roll the ball out, most kill at-

by Stu Hastings

tempts (40 percent) don't bounce twice before the short line. Thirty percent of kill attempts skip and the other 30 percent are true winners (Figure 1).

This leads to some basic assumptions:

A. The basic idea of good court position is to force your opponent to hit the

the pinch attempt skips, or the pinch stays up (bounces once before the opposite wall) and reaches center court for a set-up for you. Two out of three possibilities are in your favor.

G. Your goal should not be to reach all the balls hit. Instead, attempt to get only the easy majority. This lets you be more offensive with the balls you do get.

H. Stop your feet when your opponent hits the ball. This allows better change in

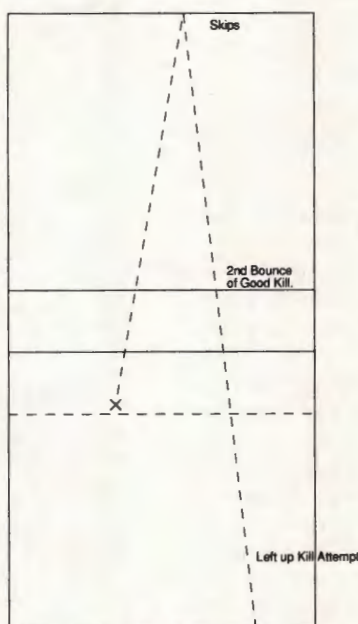


Figure 1

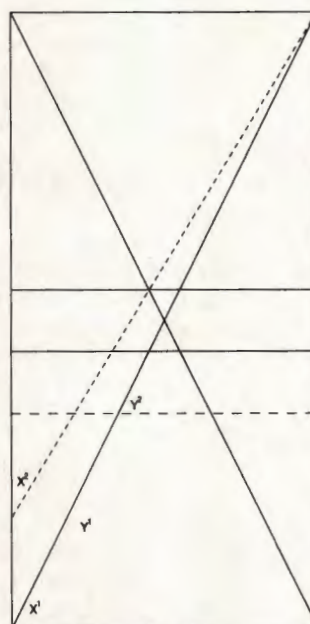


Figure 2

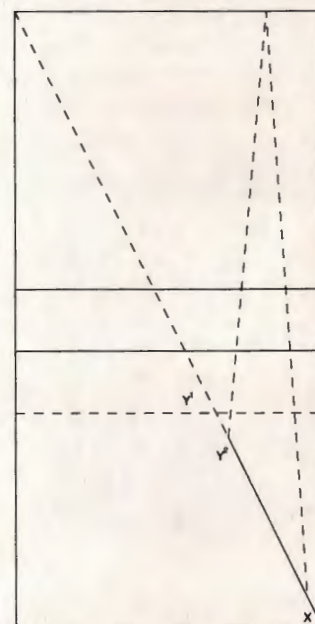


Figure 3

most difficult shot possible to beat you. Put the shooter in the toughest scoring situation possible.

B. Expect opponents to successfully execute a portion of their offensive opportunities despite your coverage, and don't get upset about it.

C. If opponents are killing the ball too effectively, change your shot selection, not your court position.

D. Deviate from sound coverage occasionally and cheat by moving up to take away a logical kill attempt. Even if you don't get it, it makes your opponent fear the possibility during future set-ups.

E. By staying a step or so deeper in the court than normal, you are allowed more reaction time. With balls moving at 100 mph or more, one step makes a big difference.

F. If your opponent attempts a pinch, three things can happen. The pinch bounces twice in front court for a winner,

direction to cover the next shot. Most players, even if they are in the correct position, tend to lean or move in the direction of anticipation. This slight weight shift makes it difficult to move in any direction other than the committed one. Knees should be bent with weight on balls of feet.

Many players don't realize that even if their opponent has a set-up, they can still force him to take shots they want him to shoot. This concept is known as the "defensive X." A better name for it might be the "offensive S," because this court coverage theory puts pressure on opponents to execute the lowest percentage shot possible. Then if opponents miss, as they are likely to, the defensive player is in an ideal position to become offensive through rekill or pass, and at the least can make a defensive ceiling return.

The idea of the "X" is to stay behind the

leg of the X between your opponent and the opposite front corner while remaining a step and a swing away from him. The leg of the X changes as your opponent's position changes (Figure 2).

With this positioning, you can simply play the percentages as the casinos in Vegas do. There must be more losers than winners for the casino to stay in business; casinos don't expect to collect every dollar bet, but they do expect to win the majority. This is how you should cover your opponent's shots.

On the court, then, take the 30 percent skips (Figure 1 again) and concede the 30 percent kills that die before the shortline. You can't cover these balls effectively and you will be passed easily if you come forward to cover these marginal kills.

Play at the Y2 position instead of the generally used Y1 (Figure 3). Any kill attempts (40 percent of shots) which stay up become easy shots because

you will have time to react to this ball. If you were farther forward you would be forced to go defensive and push or block the ball, which would give your opponent another set-up. In most situations you should be a step and a swing away from your opponent (Figure 4), feet facing front which allows down-the-line and cross court coverage equally. As a rule of thumb, as your opponent moves forward you move forward until you reach the hash marks, then you stop and stay to center.

Exceptions to the above rule occur when your opponent is set-up in the center as in Figure 5. Then move behind him or her to take away the easy pass (which is high percentage) and force him to hit a low percentage kill. If your opponent (X2) is set up in the center at the back wall then you would go to Y2 to force him to hit your stronger forehand. (Reverse this coverage to the other side of opponent if you have a stronger backhand.)

Remember always assume that your opponent can't kill any better than you. Also remember that a pass is a higher percentage than a kill and it is the shot you should prevent your opponent from attempting. Force him to try the lower percentage kill shots.

The best way to learn this is by experimenting. It will cost you nothing but a few practice games to find out exactly how effective offensive defense can be. ○

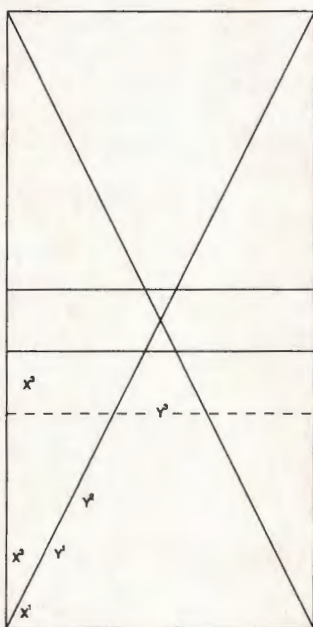


Figure 4

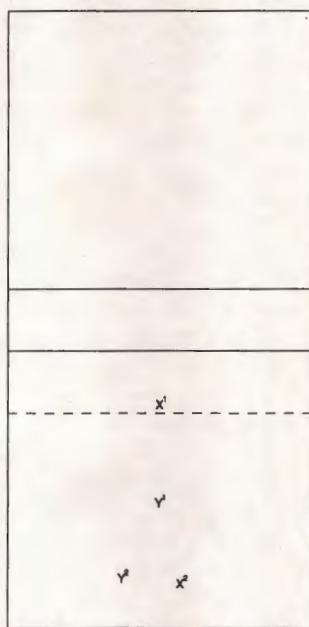


Figure 5

Review Points

1. Don't stand at the short line area.
2. When in doubt, stay back.
3. Always keep a step away and a swing away from your opponent.
4. Keep your feet facing the front wall to allow cross-over step coverage.
5. Look over your shoulder until the time of opponent's contact with the ball.
6. Never go farther forward than the hash marks.
7. Always take a position which covers the pass shot lanes and forces a low percentage kill attempt.
8. If you are being beaten by passes, your defensive position is too far forward.
9. Stay on the balls of your feet, not your heels.
10. Hustle on defense, get to defensive position before your opponent hits the ball. ○

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NEWSBRIEFS

RichCraft Appoints Scott Winters

RichCraft Resources, Inc. has announced the appointment of Scott Winters as Player Director in California, Nevada and Arizona. Winters will be involved in coordinating sponsored player programs, junior programs, and developing teams and leagues as well as advising on testing racquets.

Scott began his racquetball career in 1978 at the Irvine Clubhouse where he worked as General Manager and Club Pro for seven years, moving to Racquetball World in 1985 as the Executive Director of Racquetball.

He has taught as a club pro since 1979 and is currently a member of the Professional Association of Racquetball Instructors — teaching professionals.

"Scott will add a new dimension to RichCraft's programs," said Dan Snyder,

Operations Manager. "Scott is a serious player with a solid background in racquetball. He will be able to respond effectively to players needs. He will definitely be an asset to RichCraft." ○

LiftAmerica Reports Record Event in 1988

Pledges to the 1988 LiftAmerica program for Special Olympics have pushed the five-year total past 1.2 million dollars. In 1988, 154 events with 2,593 participants received \$237,331 in pledges through a nationwide series of athletic fundraisers.

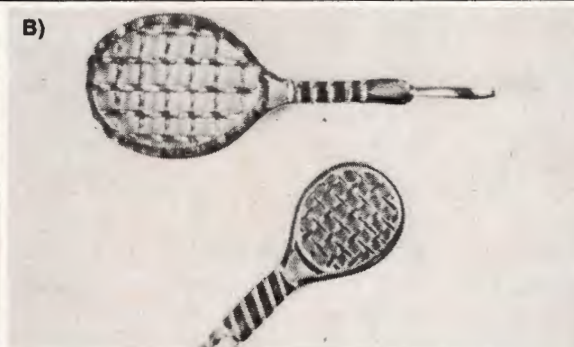
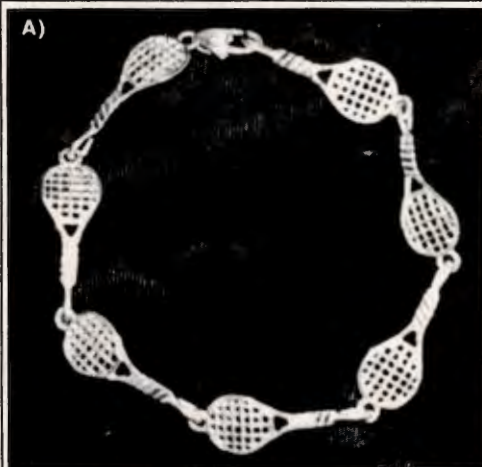
The top event of 1988, as in the past four years, was held at Big Foot High School in Walworth, Wisconsin. Under the direction of Chairperson John Waters, 126 students accumulated \$20,929

in pledges, the largest single event total in LiftAmerica history.

LiftAmerica funds development of physical conditioning programs for the athletes of Special Olympics. Other LiftAmerica money provides scholarships and continuing education grants to members of the National Strength and Conditioning Association. The NSCA is a non-profit, educational association of over 12,000 members, most who serve as strength and conditioning coaches in high school, universities and professional sports.

Schools, health clubs, racquet clubs and fitness institutions may participate in or receive information about LiftAmerica by contacting:

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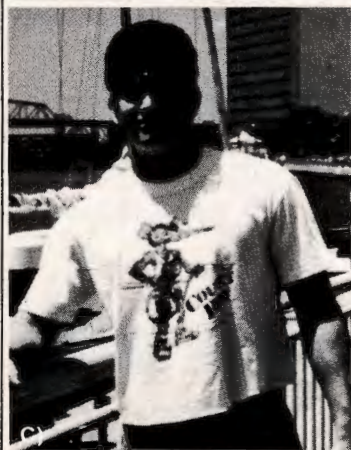
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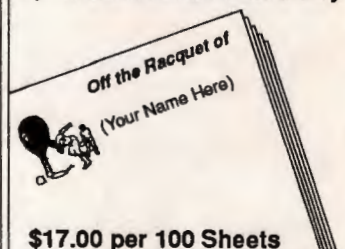
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Quick Help For Injuries

CryoPac®, a new self-contained first aid delivery system that simultaneously surrounds limb injuries with deep, controlled cold and consistent pressure, has been introduced by Cryomed Corporation, Princeton, NJ.

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care and industrial safety, CryoPac is totally transportable and can be easily self-administered. The controlled temperature and pres-

sure combine to quickly relieve pain and stabilize the injury by minimizing swelling and tissue damage. When used in conjunction with therapy, CryoPac speeds recovery by reducing the pain, swelling and stiffness that often interrupt exercise sessions and delay the rehabilitation process.

CryoPac consists of a variety of highly durable and reusable wraps that surround the injured area, and into which a cooling agent is released. The result is a lightweight encasement that maintains an optimum cold temperature and pressure to stabilize and protect the injury, and does not need to be removed to perform x-rays.

Made of resistant nylon, CryoPac wraps won't leak or break. There are no caustic chemicals, no chance of frostbite since temperature is controlled at a level slightly above freezing. **Circle Reader Service No. 21**

New Botanical Men's Personal Care Products in West Coast Premier

BPH Masculus, Inc. is launching a new line of men's hair and skin care products featuring "formulations (that) are rich in potent and active extracts of herbs: Botanicals." Botanique Pour Homme Masculus, consists of three hair care products and five for shaving and skin. Both BPH Masculus systems are designed to help remedy the effects of the environment.



Men are finally turning to a more mature concern for their heads' appearance and condition after centuries of virtual neglect. According to company spokesman Dr. Joseph Michaelson, PhD, skin has traditionally been "neglected, covered up and abused" throughout history. Until recently men concentrated on everything but their hair and skin, feeling that such concern was somehow inappropriate.

Herbologists, chemists and product designers chose herbs and other plants such as burdock and elder flowers, sea kelp and Irish moss as the basis for the active ingredients in all Masculus products; high-performance aqueous botanical extracts of these are combined individually with the requisite vitamins, minerals and special cleansing and moisturizing agents.

The actions of the individual BPH Masculus products concentrate on several areas considered vital for healthy looking skin and hair. Cleaning is of utmost importance, not only to remove the dirt that the atmosphere deposits, but to get rid of natural secretions, dirt and oil. Comfrey, chamomile, and wheat germ oil are typical of the Masculus ingredients responsible for deep chemical cleansing that loosens both natural and foreign dirt.

Masculus Botanicals, says the user will both look and feel noticeably better. Masculus offers a complete money back guarantee of satisfaction. **Circle Reader Service No. 22**

Wrist Tether

Play it safe and secure! Unique Sports Products introduces Wrist Tether, the safe,



secure system of racquet to wrist attachment. For maximum comfort, Wrist Tether features soft, absorbent terry on inside next to skin, and an adjustable, velcro closure for a secure fit. Outer material is tough nylon. Strong, durable and washable, Wrist Tether is available in navy, burgundy and white. Suggested retail is \$3.98. **Circle Reader Service No. 23**

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11/88

ASSOCIATION ROUNDUP

AARA

by Luke St. Onge

By the time you read this, televised highlights of the 1988 Ektelon/U.S. National Doubles Championships will be reaching your local cable sports channel. This will be the second opportunity to view nationally televised coverage of an amateur racquetball championship this year. As our sport enters its third decade, continued media attention depends on its appeal to a mass audience. Since racquetball broke onto the national sports scene just twenty years ago, it's been widely held that televised promotion of the sport is the key to its future. That move is being made now and it is extremely important that you make yourself heard by contacting your local cable company to ask when the National Doubles Championships will be broadcast. It's up to all of us to create the demand.

You can be tremendously proud of your U.S. National Racquetball Team, which competed in the World Championships in Hamburg, Germany in August. The U.S. dominated a field of twenty-three countries, winning three out of four individual gold medals, plus earning Women's Team Title and the overall World Cup. The competition was held over an extremely demanding eight day period, during which our team conducted itself in a highly professional manner — both in victory and defeat.

With so many countries making great strides in the game, it's no longer easy for the U.S. to breeze through to the finals of world competition. When the points were tallied and came up even for the top two countries, only one crucial game separated the U.S. and Canada from the World Cup. It can't get much closer than that.

There are many amateur racquetball tournaments held across the nation which are not sanctioned by the AARA. These events are run by promoters strictly for their own profit. Those of you who are AARA members please remember that by participating in unsanctioned events, you help promoters, without benefitting the association in any way.

Next month the 1989 AARA fundraising campaign will be well underway — just in time for end-of-the-year tax ma-



neuvors. The AARA is a tax deductible charitable organization wholly dependent upon your generosity to continue its work promoting and developing racquetball. With the ambitious goal of improving the mental and physical well-being of its members across the nation, the AARA needs all the help you can muster in the coming year. ○

CRA

by Bill
Houldsworth

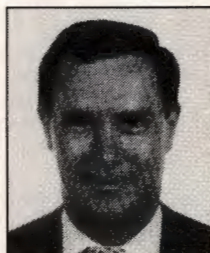
Like many sport organizations, the CRA is getting into the credit card business. We have entered into an agreement with the Bank of Nova Scotia to be part of the Sports Affinity Visa credit card program.

Along with approximately 20 other sports, racquetball will be included in the generic Visa card. Affinity credit cards are the same as the regular cards with the exception that the sports will be receiving some of the money from the annual fees and a percentage of the sales. For larger sports which can guarantee 3,000 cards, they will have their own card suitably designed.

The CRA will receive \$2.00 per card from the annual fee for each racquetball member who takes out a sports affinity card. Based on the percentage of members who have affinity cards, we will also receive a percentage of all the sales from all of the people who have the generic affinity card.

It is expected that the applications will be available in January of 1989. Plans also call for the applications to be included in the winter edition of *First Serve/Premier Service*.

The CRA through its national team committee has nominated seven athletes to receive financial assistance as part of Sport Canada's Athlete Assistance Program. These athletes are: Mike Ceresia, Josee Grandmaitre, Sherman Greenfeld, Roger Harripersad, Paul Shanks, Heather Stupp and Nadia Verilli. As part of the program they will receive a monthly training allowance in addition to tuition should they be attending a Canadian university/college. Harripersad has been on the



program for the past two years.

The athletes were nominated for A.A.P. for their results at senior World Championships based on the criteria established by Sport Canada for non-Olympic sports. These championships were held in Hamburg, West Germany in August of this year.

In May of this year, the CRA ran an event for Canada's Fitweek. Called "What's Your Racquet?", this event was very successful and funding from Fitness Canada has been approved for 1989.

This tri-racquet event features racquetball, squash and tennis at hundreds of clubs across the country.

The 1989 event is scheduled for the latter part of May and is expected to be bigger and better than last year. CRS Sports, the official racquet and glove of the CRA will again sponsor the racquetball portion of the event while Prince will sponsor the squash and tennis part. As in 1988, the "What's Your Racquet?" will be coordinated out of the CRA national office.

In early December, all sports and departments of the National Sports and Recreation Centre will be moving to a new building in the Ottawa suburb of Gloucester. This new 200,000 sq. ft. building has eight floors and will have all sports/departments in one building as well as the print and graphics departments, which are presently in another building in a different section of Ottawa. All personnel are looking forward to moving into the new building. The new address will be: 1600 James Naismith Drive, Gloucester, Ontario, Canada K1B 5N4. Telephone and facsimile numbers remain the same. ○

PARI

by Connie
Martin

PARI has just begun its Fall Season with Clinic/Certification sites set up at the following locations: November 6-7 in Gresham, OR; November 17-18 in Malboro, MA and December 3-4 in Colma, CA.

At present there are 175 instructors in the PARI membership (as of October 1st), and 300 other instructors on the



mailing list for upcoming Clinic/Certifications sites in their area. We are trying to meet the present demand of instructors by hosting a site once every six months within each region of the country.

If you are currently an instructor, or are thinking about a career in the club business, please let us hear from you. Just contact the National AARA-PARI office at (719) 635-5396 and we will send you more information on PARI. ○

WPRA

by Chris Evon

It's been a common practice at both amateur and professional racquetball tournaments to raise money for a charitable organization. Having a charity as part of an event, not only encourages sponsorship support, but also adds a different dimension to hosting or organizing an event.

The purpose of an event can go beyond highlighting top players, advertising for sponsors, showcasing the sport, and providing competition for hungry athletes. It can be a very viable avenue for helping people who may be less fortunate than us.

The recent WPRA stop in Chicago donated all proceeds from the event to the Make-A-Wish Foundation of Northern Illinois. Make-A-Wish is a non-profit organization that fulfills wishes of children with life threatening illnesses or diseases. The California stop has raised money for the Arthritis Fund and this year will donate to Advanced Resources for Foster Kids. The Hershey tournament sent proceeds to the American Lung Association of Pennsylvania. Another popular Chicago amateur event, "The Pig Roast" is designed solely to raise money for an organization called Kids with Cancer.

The list of reputable tournaments that have been dedicated to serving charities is a long one. If you are planning an event or know of an organization that could benefit from a professional or amateur racquetball tournament, take the initiative and make the contacts. Some organizations also have volunteers who are willing to do anything needed to ensure



your event is successful. If worked right, it's a win-win situation. Try it — I think you'll like it! ○

WPRA Awards

1987-88 Season

Most Improved: Cindy Doyle

Sportsmanship: Molly O'Brien

Steding Cup: Chris Evon

WPRT

by Jim Hiser

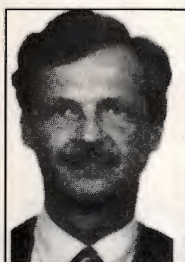
What an important season this is for racquetball! The future of professional racquetball may very well be determined by the success of this year's tour. Of course, you've heard this said at the beginning of every new season, but this year is different — TELEVISION. Sure racquetball was televised in the late 70's and early 80's, but only sporadically and with less than desirable results.

Many questions remain regarding the future of racquetball and television. Can the viewer follow the ball? Can the personalities of the players be interesting enough to attract and hold new viewers? Will the new racquets and fast balls reduce the number of rallies? Will sponsors invest in a new television sport?

Many of these questions should be answered this season. With the broadcast of ten events (each month till June) enough money and time will be invested to determine television's role in racquetball's future.

If television fails, it does not mean the end of racquetball, but almost certainly it means limited sponsorship involvement and stagnant growth.

I encourage every racquetball enthusiast to check your local cable television schedule and judge for yourself the feasibility of future television broadcasts. It is important — almost necessary — that you write your local stations encouraging and supporting their broadcast of racquetball events. Also, please write me with your comments and suggestions. These broadcasts are for you, the fan, and your opinions will assist with our future programming. ○



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AARA Official Rankings August 26, 1988

Mens Open: 1-A. Roberts, TN; 2-C. Nichols, FL; 3-D. Ganim, OH; 4-T. Hansen, FL; 5-L. Gilliam, TX; 6-B. Corcorran, AZ; 7-T. Sweeney, IL; 8-C. Cole, MI; **Mens A:** 1-S. Reiff, FL; 2-J. Bonnett, MI; 3-J. Allen, MS; 4-D. Hall, CO; 5-S. Lerner, OH; 6-B. Jackson, WV; 7-J. Mylar, WV; 8-S. Arizmendi, NY; **Mens B:** 1-B. Schirmacher, MN; 2-T. Altenburg, MI; 3-D. Berl, GA; 4-B. McCormick, TN; 5-J. Fuchala, OH; 6-R. Miller, WA; 7-M. Sturgeon, TX; 8-R. Sandello, CA; **Mens C:** 1-H. Bergman, NJ; 2-T. Thompson, MA; 3-G. Giles, GA; 4-J. Clark, FL; 5-T. Krogman, OH; 6-R. Johnson, GA; 7-J. Kolen, AL; 8-J. McCubbin, Jr.; **Mens D:** 1-W. Zapata, WA; 2-S. Martin, MA; 3-B. Lee, TX; 4-J. Martyniak, IN; 5-J. Fetterman, CA; 6-J. Eliasik, IL; 7-T. Dawson, OH; 8-F. Galan, TX; **Mens Novice:** 1-J. Cain, TX; 2-R. Cain, TX; 3-D. Delong, WA; 4-D. Fields, OH; 5-J. Moran, SC; 6-R. Rangle, CA; 7-J. Shulgodi, NY; 8-M. Ray, TX; **Mens Beginner:** 1-D. Cox, AK; 2-J. Williams, CA; 3-R. Medina, CA; 4-K. Vanderark, AK; 5-B. Beardmore, AK; 6-J. Conway, CA; 7-K. Beau-regard, AK; 8-J. Stevens, CA; **Mens Wheel-chair Open:** 1-G. Baker, WV; 2-J. Worthington, CO; 3-M. Jenkinson, WV; 4-L. Gonslin, WI; 5-B. Long, PA; 6-S. Mixon, CO; 7-R. Benevidas, WI; 8-S. Hickey, WV; **Mens 8NB:** 1-S. Vanderson, OH; 2-W. Tilton, CO; 3-S. Huggins, FL; 4-R. Thompson, AL; 5-G. Gose, NM; 6-S. Redelheim, TN; 7-G. Manzuri, CA; 8-R. Remen, VA; **Mens 8:** 1-M. Saad, CO; 2-S. Huggins, FL; 3-J. Gautreau, TX; 4-G. Gose, NM; 5-T. St. Pierre, FL; 6-T. Siggins, CA; 7-K. Wilken, NM; 8-W. Tilton, CO; **Mens 10:** 1-M. Hurst, FL; 2-B. Zimmerman, MI; 3-E. Storey, IN; 4-C. Locker, MN; 5-R. Buchanan, MD; 6-S. Rodd, VT; 7-J. Gautreau, TX; 8-T. Samaria, MN; **Mens 12:** 1-A. Thompson, WI; 2-J. Armbricht, NC; 3-S. Zimmerman, MI; 4-J. Icenogle, CA; 5-P. Aplado, TX; 6-J. Mannino, NY; 7-S. Wood, MA; 8-J. Xynidis, FL; **Mens 14:** 1-A. Engel, FL; 2-B. Beugen, MN; 3-J. Ellenberger, WI; 4-S. Monchik, NY; 5-R. Davis, IN; 6-C. Pfaff, OH; 7-J. Kolen, AL; 8-A. Labra, CA; **Mens 16:** 1-J. Ellis, CA; 2-J. Bonnett, MI; 3-R. Walden, FL; 4-E. Muller, KS; 5-B. Simpson, IN; 6-S. Reiff, FL; 7-B. Sawyer, NC; 8-T. Brennan, CO; **Mens 18:** 1-M. Guidry, TX; 2-J. Floyd, MI; 3-M. Locker, MN; 4-M. Engel, MD; 5-E. Ramm, CA; 6-J. Waggoner, FL; 7-T. Jelson, MN; 8-J. Loretto, FL; **Mens 19+:** 1-M. Bronfeld, CA; 2-B. Erickson, MN; 3-T. Sweeney, IL; 4-J. Jeffers, TX; 5-M. Lowe, CA; 6-C. Winter, FL; 7-B. Rodriguez, CA; 8-M. Nagel, NY; **Mens 25+:** 1-M. Morrison, FL; 2-D. Negrete, IL; 3-B. Lyman, IL; 4-B. Huber, FL; 5-R. French, MN; 6-J. Gillhouse, AL; 7-J. Hassey, AZ; 8-T. Neill, NM; **Mens 30+:** 1-B. Corcorran, AZ; 2-D. Kovanda, OH; 3-J. Peterson, NY; 4-D. Hardan, WA; 5-T. Lavoie, MN; 6-R. Strout, UT; 7-R. Derr, IL; 8-S. Worthy, MI; **Mens 30+C:** 1-D. Reaume, TX; 2-D. Balosone, MI; 3-J. Booth, TX; 4-T. Brown, CO; 5-S. Gorsuch, TX; 6-D. Hlavantny, MI; 7-K. Van Pelt, OH; 8-M. Wilson, CO; **Mens 35+:** 1-S. Hastings, MI; 2-D. Kovanda, OH; 3-T. Lavoie, MN; 4-M. Layton, FL; 5-R. Woolard, OH; 6-G. Owen, FL; 7-P. Redelheim, TN; 8-L. Pristo, AZ; **Mens 40+:** 1-M. Stephens, MI; 2-J. Schwartz, FL; 3-J. Hennon, TN; 4-F. Ciociola, NY; 5-T. Chodosh, TX; 6-S. Heguy, NH; 7-K. Bonnett, MI; 8-B. Brookens, CO; **Mens 45+:** 1-R. Hutcherson, IN; 2-R. Galbreath, PA; 3-B. Parra, CA; 4-R. Wehrle, GA; 5-T. Perna, OH; 6-J. Turner, CO; 7-N. Shapiro, NY; 8-C. Garfinkel, NY; **Mens 50+:** 1-R. Adams, CA; 2-S. Marcus, FL; 3-J. Fay, TX; 4-B. Sanders, OH; 5-R. Lawler, IN; 6-E. Vlock, FL; 7-A. Johnson,

WPRT Pro Tour Official Rankings October 3, 1988

1	R. Gonzalez	12,795.0
2	B. Harnett	12,305.0
3	C. Swain	9,955.0
4	E. Inoue	9,615.0
5	E. Andrews	8,640.0
6	M. Hogan	8,605.0
7	M. Yellen	7,990.0
8	G. Peck	6,680.0
9	G. Price	6,540.0
10	M. Ray	5,850.0
11	C. Brysman	5,150.0
12	D. Obremski	4,800.0
13	J. Newman	4,420.0
12	D. Peck	4,070.0
15	S. Lerner	3,705.0
16	A. Katz	3,320.0
17	R. Harpersad	3,205.0
18	D. Johnson	3,030.0
19	A. Roberts	2,475.0
20	Drew Kachtik	2,010.0
21	Mike Ceresia	1,982.5
22	Jeff Evans	1,967.5
23	A. Gross	1,775.0
24	J. Cascio	1,575.0

CO; 8-B. Schram, IL; **Mens 55+:** 1-O. Chapman, OH; 2-V. Lerner, CA; 3-N. Goldetsky, MN; 4-L. Cox, IN; 5-R. Horton, CO; 6-L. Hahn, MI; 7-F. Kilbride, CAN; 8-P. Miller, IN; **Mens 60+:** 1-P. Miller, IN; 2-F. Kilbride, CAN; 3-J. Lambert, TX; 4-R. Caretti, MI; 5-S. Eller, IL; 6-R. Johnson, CA; 7-M. Roberts, FL; 8-W. Coyner, WA; **Mens 65+:** 1-L. Wilde, UT; 2-N. Sans, CA; 3-E. Acuff, VA; 4-R. Craig, Jr., IN; 5-D. Goddard, MT; 6-R. Picard, MA; 7-B. Cloud, IL; 8-I. Cowle, NY; **Mens 70+:** 1-L. Wilde, UT; 2-H. Minor, CO; 3-C. Russell, CA; 4-A. Shepherd, MD; 5-J. Singer, CA; 6-I. Gumer, KY; 7-G. McDougall, SD; 8-J. Sawbridge, AZ; **Mens 75+:** 1-J. Pearce, TX; 2-B. Duckworth, FL.

AARA Official Rankings August 26, 1988

Womens Open: 1-T. Bevelock, AZ; 2-S. Morgan, FL; 3-M. Dee, NH; 4-K. Kuhfeld, IN; 5-R. Levine, CA; 6-L. Ecker, MI; 7-L. Anthony, CA; 8-M. Wielhessen, CO; **Womens A:** 1-H. Gray, VA; 2-L. Butler, TX; 3-C. Collins, MI; 4-P. Musselman, PA; 5-S. Huczek, MI; 6-L. Merrill, MN; 7-C. Clark, FL; 8-H. Patten, NH; **Womens B:** 1-A. Kinney, WA; 2-S. Ruhl, CO; 3-D. Westerkon, NY; 4-L. Campbell, TX; 5-S. Evans, MA; 6-G. Cleveland, OH; 7-S. Derdak, IN; 8-A. Boland, MT; **Womens C:** 1-D. Leon, FL; 2-S. Rosling, MT; 3-C. Seitter, FL; 4-S. Turner, CT; 5-M. Davis, CO; 6-P. Saad, MI; 7-B. Duncan, TN; 8-K. Locke, GA; **Womens D:** 1-D. Tracy, MA; 2-W. Rudov, TX; 3-N. Sloan, IN; 4-W. Raft, TX; 5-M. Reese, SC; 6-K. Roller, UT; 7-C. Staats, WA; 8-B. Vanderson, OH; **Womens Novice:** 1-B. Beveney, NY; 2-J. Williams, TX; 3-M. Boyer, OH; 4-S. Klein, NY; 5-S. Ross, GA; 6-C. Paoli, DE; 7-A. Angerillo, AZ; 8-A. Ballard, TN; **Womens 8NB:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Hardeman, TN; 4-J. Quinlan, FL; 5-K. Thompson, MI; 6-J. Degutis, MI; 7-J. Koppel, TX; 8-M. Manzuri, CA; **Womens 8:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Quinlan, FL; 4-M. Manzuri, CA; 5-J. Harde-

WPRA Official Rankings October 14, 1988

1	L. Adams	183.0
2	C. McKinney	137.5
3	K. Kuhfeld	130.0
4	M. Drexler	97.5
5	M. O'Brien	95.8
6	Jackie Paraiso	75.0
7	V. Panzeri	66.0
8	L. Alvarado	58.0
9	T. Bevelock	49.2
10	C. Doyle	48.0
11	M. Lynch	34.2
12T	Joy Paraiso	30.0
12T	L. Porter	30.0
14	D. Fischl	29.0
15	F. Davis	26.7
16	S. MacTaggart	25.0
17	C. Evon	23.3
18	C. Baxter	21.0
19	A. Katz	18.0
20	S. Cantu	15.0
21T	T. Petrocy	12.0
21T	C. McFetridge	12.0
23T	R. Goblish, S. Robson, R. Whitmire	10.0

man, TN; 6-Jill Trachsel, MN; 7-J. Koppel, TX; 8-L. Wooten, FL; **Womens 10:** 1-D. Derr, FL; 2-J. Koppel, TX; 3-S. Mattioli, MA; 4-A. Meyer, CO; 5-Jill Trachsel, MN; 6-S. Gross, MN; 7-V. Tulao, AL; 8-B. Knitter, WI; **Womens 12:** 1-A. Beugen, MI; 2-A. Roehler, PA; 3-T. Jobson, FL; 4-J. Meyer, CO; 5-D. Derr, FL; 6-A. Boland, MT; 7-E. Icenogle, CA; 8-B. Engel, FL; **Womens 14:** 1-E. Icenogle, CA; 2-J. Spangenberg, CA; 3-B. Engel, FL; 4-A. Kinney, WA; 5-H. May, CA; 6-A. Crocker, CO; 7-D. Peterson, WI; 8-A. Simmons, FL; **Womens 16:** 1-H. Dunn, MA; 2-T. Alonzi, CO; 3-S. Pinola, PA; 4-H. Gray, VA; 5-A. Melville, MN; 6-N. Sloan, IN; 7-M. Carmona, CA; 8-A. Simmons, FL; **Womens 18:** 1-D. Sibell, MN; 2-M. Gilman, OR; 3-H. Gray, VA; 4-L. Coutu, DE; 5-S. Cox, FL; 6-C. Doyle, NY; 7-A. Prentiss, NY; 8-C. Matherly, IN; **Womens 19+:** 1-L. Ecker, MI; 2-C. Gudinas, IL; 3-K. Hallander, FL; 4-L. Anthony, CA; 5-R. Olson, MA; 6-T. Troszak, MI; 7-L. Cardwell, MN; 8-M. LaBonne, IN; **Womens 25+:** 1-M. Lyons, FL; 2-M. Bailey, VA; 3-R. Petri, UT; 4-G. Grigsby, KY; 5-C. Collins, MI; 6-L. Screenshot, IN; 7-J. Llacera, MA; 8-S. Dicola, IL; **Womens 30+:** 1-S. Morgan, FL; 2-B. Harrison, OH; 3-P. Clark, MN; 4-C. Shields, IL; 5-B. Kowalski, OH; 6-D. Adams, CO; 7-B. Lepley, TN; 8-G. Woods, LA; **Womens 35+:** 1-C. Dattisman, PA; 2-T. Hokanson, CA; 3-A. Falso, FL; 4-M. Kelley, CA; 5-M. Copley, TN; 6-F. Iffert, PA; 7-S. Armstrong, CO; 8-M. Eichorn, CO; **Womens 40+:** 1-M. Kelley, MA; 2-A. Falso, FL; 3-G. Benham, AR; 4-G. Low, MA; 5-T. Dever, UT; 6-A. Carvajal, TX; 7-L. Miller, IN; 8-J. Schmidt, FL; **Womens 45+:** 1-J. Schmidt, FL; 2-K. Mueller, MN; 3-M. Johnson, TX; 4-M. McNutt, FL; 5-S. Busch, MO; 6-J. Kenyon, FL; 7-C. Pellowski, WI; 8-S. Sawyer, UT; **Womens 50+:** 1-J. Kenyon, FL; 2-K. Mueller, MN; 3-S. Elgaway, FL; 4-M. Crawford, NY; 5-J. Gartland, MA; 6-L. Hunt, TX; 7-M. Walker, CA; 8-S. O'Neil, VT; **Womens 55+:** 1-J. Kenyon, FL; 2-M. Acuff, VA; 3-R. Mooney, CO; 4-C. Gautreau, TX; **Womens 60+:** 1-M. Acuff, VA; 2-C. Gautreau, TX; 3-P. Melvey, ND; **Womens 65+:** 1-M. Acuff, VA.





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SCHEDULE OF EVENTS

WRPA Official Tour Schedule 1988-1989 10th Anniversary Season

November 5-8

Alaska Athletic Club
630 East Tudor Road
Anchorage, AK 99503
Contact: Jay Wistoff
(907) 562-2460

December 8-11

L.A. Fitness
(formerly Sports Gallery)
Anaheim, CA
Contact: Lynn Adams
(714) 979-6942

WRPT Official Tour Schedule 1988-1989

November 16-20

The Sunshine Pro-Am
Miami Lakes Athletic Club
15150 Bull Run Road
Miami Lakes, FL 33014
Dave Gergely
(305) 821-1151

December 1-4

The U.S. Open
BQE Racquet Club
26-50 Brooklyn-Queens
Expressway West
Woodside, NY 11377

Formula For Winning Doubles

(continued from page 33)

strength.

In other words, doubles is always a team game, no matter how it appears to a casual observer.

7. Doubles knowledge. A solid doubles team has years of experience. Obviously, the only way to accumulate experience is to play, often over several seasons.

You can, however, accelerate the process by watching, together, the top doubles teams in your area. Learn from the best. Spend time with your partner analyzing other teams' strategies. Incorporate their best tricks into your game and learn from their mistakes.

8. Serving tactics. The drive serve, when hit hard and direct, is an awesome racquetball weapon. But in top level doubles, a drive serve is virtually nonexistent. Both sides of the court are covered, so the element of surprise is gone. In doubles, low drive serves usually work against you because the ball is hit into the low power zone of your opponents' strokes. Instead, attack opponent weaknesses with a variety of heights, angles and speeds. We may not necessarily have the best serves in doubles, but by using a definite serving strategy, we find the correct serve a good percentage of the time. This pressure leads to many set-ups on service return.

9. Mental toughness (making the big shots). Countless times a team will get to match point and not convert. In

doubles, momentum swings are frequent, and playing against two people makes scoring the final point even tougher.

The key to winning 11-10 tiebreakers — and it seems that they happen more often in doubles than singles — is confidence. Believe in your partner, and know that he or she believes in you, and express that belief through positive reinforcement. This way, you will both feel better when the match gets extremely tight. When you know that your partner is 100 percent behind you on every shot, it takes all the pressure of the situation off your shoulders.

10. Success; nothing succeeds like success. Stepping on the court, knowing that your team is capable of producing a winning effort, not only gives your team an air of confidence, but pressures opponents into trying too hard.

Even if your team's first trophy win is still in the future, you can still let previous successes buoy your efforts. Instead of focusing on past defeats, remember your victories. Whatever successes you have had, from minor to major, are legitimate successes to build on.

With that attitude, your opponents will respect you, and pressure themselves harder. And with luck, you will build a reputation to help you even further.

Any good doubles team is a collaboration of mental and physical attributes which mesh and form to produce a great relationship. The rewards of doubles are literally doubled when you win, you have someone to share the victory with. And when you lose, someone's always there for support. ○

Classified Advertising

RATES & INFORMATION: First 20 words \$60, each additional word \$2.50. Classified display: \$80 per column inch, minimum one inch. Deadline: 10th of month two months prior to issue date (i.e. March 10th for May issue). Mail materials together with payment to: National Racquetball, P.O. Box 6126, Clearwater, FL 34618.

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PASSING SHOTS

by Norm Blum



THEY'RE WELCOME BACK — **Egan Inoue** and **Ed Andrews** are no longer TEAM Ektelon players. **Inoue**, considered the top young player in the game, and **Andrews**, a veteran, have switched to Pro Kennex.

Their departure, especially **Inoue's**, shocked racquetball officials.

Inoue received some expected heat from Ektelon when he was involved in a brawl at the national singles championship in Houston this past May.

"We had to say something to him. We put it in a positive vein," says Ektelon Product Manager **Greg Ryan**. "We told him you're a great guy and have always acted in a professional manner. We recognize everyone makes mistakes. However, the incident was unfortunate and we want you to refrain from getting involved in such a situation again."

Despite the departure of **Inoue** and **Andrews**, **Ryan** says Ektelon would welcome them back.

"It would be short sighted if we categorically refused to have them come back. That would be silly. It wouldn't help us or them. They're both good players with a lot of talent. Hopefully after a year they'll find the grass isn't greener. I know **Egan** loves the Toron. I wish we could give the players the money like they have in tennis, but we don't have the profits or sales for that, so we have to look at everything objectively. If you look at our track record we've kept our players for many years," **Ryan** said.

POTPOURRI — Biggest complaint of professional tennis players — too many professional stops. Professional racquetball players look forward to the day when they have that problem to contend with...Times have changed. In the old days eating steak and potatoes was the pre-game menu. Today nutritionists recommend pasta because it's easier to digest and provides more energy...The drop in rankings of the game's top players — **Mike Yellen** and **Marty Hogan** — hasn't had much of an impact on their popularity in Oregon. Tournament promoter **Hank Marcus** said the **Hogan-Yellen** \$5,000 winner-take-all challenge match was sold out for the second straight year. **Hogan** won this year and **Yellen** the year before, setting up a rubber match for 1989...Pro player **Dan Obremski** will receive more na-

tional exposure than any other player on the tour. **Obremski**, who writes a fitness column for *National Racquetball*, certainly has the credentials to back up his writing. He'll be among 10 finalists to determine who is the fittest athlete in America. The competition will be in the Bahamas this December and televised by ESPN...You'd figure the heat wave of this past summer would increase indoor play. Not necessarily so, says one court owner. "When the walls sweat it can get quite hot indoors," he said...**Kent Taylor**, owner of Sports Unlimited, a court manufacturer, says business is steady. He reports a lot of apartment complexes, colleges and military bases are adding courts.

PERSONAL OPINION DEPARTMENT — Racquetball will really grow when there are more free public courts. You can always find a tennis court in most any city...Affinity credit cards are growing in popularity and the American Amateur Racquetball Association has its card. But the word on the court is that it's difficult to obtain. Yes, I was rejected...The AARA, in an effort to raise money for the U.S. National Team, has started printing on its national events tournament flyers, a section allowing individuals to donate money. AARA president **Van Dubolsky** says the donations aren't exactly pouring in...If racquetball becomes an Olympic sport, you can expect the pros to represent the U.S. Let's hope the powers that be don't make the same inhumane mistake tennis officials made. They inserted **Chris Evert Mills** at the last minute and dropped another player. That just isn't right.

CELEBRITY TALK — A quick Who's Who list of racquetball — 1) corporate raider **T. Boone Pickens** 2) **Farrah Fawcett** 3) **Ryan O'Neal** and 4) former CBS newscaster and current Chicago anchor **Bill Kurtis**. All are avid players...My tennis partner, an obnoxious sports columnist, promises to take up racquetball and write about it when I take a set off him. I'm making progress, losing 6-4, 6-3 in my latest match after having lost 6-0, 6-0 for two straight months. Still, I have to put up with comments like: "You'd like to be in one of those cozy air conditioned courts," he says whenever I breathe hard. We play at high noon in

Florida.

You have to admire the athleticism of someone like **Mary Lyons**. A top ranked

amateur, she had the energy to play until two weeks before giving birth to a baby girl and less than two months later was playing at a top level...True confession to *National Racquetball* Publisher **Helen Quinn**: I haven't read an instructional article in the eight years I've been reading the magazine. Please don't make the comment "and it shows in your game."

You know a novice tournament player when he pays a \$25 entry fee and then begins to write a check for the tournament shirt...if you plan on going to a pro stop, it's not too late for the November 16-20 stop at the Miami Lakes Inn & Country Club. It's a beautiful resort and there's something for everyone in the family. The Inn is across the street from the club and there's a beautiful shopping center. A special patron package has been put together by First Coast Promotions. For details call (904) 396-9969 or *National Racquetball* magazine at (813) 736-5616...For those looking for a holiday gift, check out *National Racquetball's* Gift Guide...If you play a couple of hours a day and are willing to take on anyone regardless of skill level you are a true Court Rat...Wilson Sporting Goods has come out with a thick tennis racquet that's doing well on the market. A manufacturer says that feature can't be adapted to racquetball. "Our engineers looked at it, but the racquet isn't long enough for it to work..." Oregon, one of the most active racquetball states, ranks among the bottom of AARA membership. Despite a personal appearance by the AARA's **John Mooney** to court club owners, they still haven't affiliated with the AARA. Hey fellows, can you send us a letter and explain your position.

THINGS I LIKE — Companies competing for the services of players, the advent of professional racquetball on TV and on a personal note, the thought of being a dad in two months.

THINGS I DISLIKE — Club owners who don't respond to complaints, and clubs in the same city that don't cooperate with one another.

Have a health and happy Thanksgiving holiday! O



IN REVIEW

Editor: Linda Mojer

FROM THE PRESIDENT

by Van Dubolsky

In this month's column I would like to reprint a letter written by New Jersey state director Jon Denley. Jon's letter is an open invitation to club owners throughout the U.S. urging them to participate in our "court club" program. Since it is important that the entire membership be aware of this program, I hope you'll take a minute to look over the following letter, which does a fine job of explaining the concept:

As you are aware, the AARA is a non-profit, educational, service organization, established in 1968, and totally dedicated to the promotion of amateur racquetball throughout the U.S. Over the past several years, we have been the catalyst for the sport's rapid acceptance and incorporation within the Olympic structure. Today twenty-three countries compete globally as a direct result of the strength, organization and fine work of the AARA.

Like any other player-based organization, the majority of our income is derived from a national membership base, which in our case numbers approximately 35,000. Ninety-nine percent of the players on that roster join our association at AARA sanctioned tournaments in which they compete. Of the entire estimated racquetball-playing population, it is estimated that only 2 percent of club players like yours have ever participated in such a sanctioned tournament. Unfortunately, that leaves a very large segment (98%) of your racquetball membership completely unaware of the American Amateur Racquetball Association and its goals.

Realizing that, without your help, we may never reach those club players who enjoy racquetball entirely within your four walls, the New Jersey AARA affiliate would like to institute a simple membership drive with monetary incentives for both your club and individual membership personnel.

Currently, your membership director discusses all of the club amenities and enrollment procedures with a prospective member. Once that new member enrolls, we ask that the director take a few minutes more to briefly



discuss the AARA and its accomplishments and goals. Should the individual join the AARA at that time, we will reimburse the club or individual \$3.00 per paid AARA application.

It's that simple! We will provide an ample supply of enrollment sheets and applications, along with AARA rulebooks and introductory materials for immediate distribution to new members. Reimbursements will be processed on a bi-monthly basis and together we will accomplish these important things:

1. Increase much needed revenues to the AARA.
2. Provide supplemental income to your membership personnel and/or create another profit center for the club.
3. Gain a new club member who immediately learns the proper rules and structure of our sport.
4. Interest a potential tournament player who can increase your income through accelerated court usage, additional pro shop purchases, lessons from your pro, etc.

Since an educated consumer is the best consumer, doesn't it make sense to make every effort to inform your racquetball members about the AARA? At the same time, we need your help to increase awareness of our sport so we can one day realize the goal of racquetball becoming a full-fledged Olympic sport. This exchange and partnership between the AARA and court club owners has unlimited potential for our mutual benefit — just consider the possibilities...

Let club owners in your state know about this program while stressing that the AARA is dedicated to the promotion and development of a world-class sport. Widespread application of this membership program can mean a great deal to the continued success of the AARA, and you can make a difference simply by spreading the word. Thanks! ○

JUNIOR NATIONALS



by Linda Mojer

Just as elementary, junior and high schools let out nationwide for the summer, over four hundred youngsters ranging in age between five and barely nineteen converged on the Sports Club in Lakewood, CO to compete in this year's Junior National Racquetball Championships. Even though local players made up a large "Team Colorado" with twenty-six competitors, Teams "California," "Minnesota" and "Florida" still set the scoring pace with even larger numbers of skilled and enthusiastic youngsters from across the country.

In the highly-competitive Boys and Girls 18 and under championship divisions, sixty-three young men and women squared off in an attempt to secure one of two available spots on the U.S. National Racquetball Team. The boys draw contained just over fifty entrants, including eventual

finalists Mike Locker of Duluth, MN and Mike Guidry of Odessa, TX.

To reach the finals in the division, both Mikes had to unseat one of the top seeded players in the nation. In Locker's case it was #1 Tim Doyle who would provide the semifinal challenge, while Guidry geared up to face #2 Jim Floyd. Before reaching Doyle, Locker had defeated hopefuls Bart Turner of OH and Allan Engle of FL in straight games, then Nick Rallis of MI in an 11-5 tiebreaker in the quarter final. It was back to straight games against Tim Doyle, however, as Locker's consistency proved to be the needed edge over the more experienced player, gaining him the 15-14, 15-11 semifinal win.

On the lower half of the draw, Mike Guidry advanced just as steadily, taking straight game wins against John Kleinschmidt of MO, Tony Jelso of NM and Kelly



Mike Guidry (with coach Dave Peck) after winning the U.S./Ektelon National Junior Championships and the Gold Medal in Lakewood, CO.



Gelhouse of CA before entering the semifinal against Floyd. Like his upper bracket counterpart, Guidry did not hesitate to pull out all the stops to defeat a more experienced competitor, and took the semifinal with hair-splitting scores of 15-14, 15-14.

After clearing the hurdles posed by the #1 and #2 seeds, both Locker and Guidry seemed to gear down somewhat in the final, with Guidry becoming the first to regain his composure and concentration in order to take this year's title. Long rallies, airborne retrievals and youthful abandon marked the entire final, despite lopsided scores of 15-6, 15-7 in Guidry's favor. Adding to the excitement of winning this year's title and joining the U.S. National

Racquetball Team, Guidry has a college career mapped out, beginning at the University of Texas at Arlington where he will study physical therapy.

A much smaller, but no less talented, contingent of Girls 18 and under competitors vied for the remaining spot on the U.S. Team at this year's Nationals. Defending champion Michelle Gilman of Ontario, OR advanced through two rounds, allowing Minnesotans Lynn Kadlec and Dana Sibell only single-digit scores in straight games. Number two seeded Cindy Doyle, of Buffalo, NY, also had little difficulty reaching the final, as she slipped past Angie Probst of MN and Tanya Spangler of WA without entering a tiebreaker. In a repeat perform-

ance of last year's match-up, Gilman retained her title in two games of 15-9, 15-6.

In the team standings, a close battle brewed between the junior boys of opposing coasts for second place overall. California boys scored a total of 62 points for their team, while Florida boys totalled 61, followed by Minnesota boys with 28. The girls of both MN and CA contributed more than their fair share, with point totals of 83 and 58 respectively. This year's smaller contingent of female players in the upper age brackets definitely affected the point total of 31 for Florida girls, and set the final placement for the top three teams at first for Minnesota, second for California and Florida third. O

1988 Ektelon U.S. Junior National Championships of Racquetball Final Results

Singles:

B8nb #2 Shane Vanderson (OH) def. #9 William Tilton (CO)
B8 #1 Jacob Gautreau (TX) def. #10 Matt Saad (CO)
B10 #1 Eric Storey (IN) def. #2 Brent Zimmerman (MI)
B12 #2 Andy Thompson (WI) def. #1 Jason Mannino (NY)
B14 #3 Allan Engel (FL) def. #5 Brett Beugen (MN)
B16 #2 John Ellis (CA) def. #20 John Gillooly (MA)
B18 #6 Mike Guidry (TX) def. #5 Mike Locker (MN)

G8nb Jamie Trachsel (MN) def. Lynn Hansen (IA)
G8 Jamie Trachsel (MN) def. Lynn Hansen (IA)
G10 #1 Debra Derr (FL) def. #7 Jill Trachsel (MN)
G12 #1 Aimee Beth Roehler (PA) def. #3 Andrea Beugen (MN)
G14 #7 Jenny Spangenberg (CA) def. #1 Elkova Icenogle (CA)
G16 #2 Heather Dunn (MA) def. #4 Tina Alonzi (CO)
G18 #1 Michelle Gilman (OR) def. #2 Cindy Doyle (NY)

Final Results — Doubles:

B10 #7 Blair Hansen/Blake Hansen (IA) def. #4 Tyler Siggins/Hal Spangenberg (CA)
B12 #1 Eric Storey (IN)/Andy Thompson (WI) def. #6 Ryan Smith/Jon Xynidis (FL)
B14 #4 Allan Engel/Nicky Xynidis (FL) def. #2 Brett Beugen (MN)/Jim Ellenberger (WI)
B16 #5 Joel Bonnett (MI)/Tim Talley (WI) def. #3 Chris Conway/Robby Walden (FL)
B18 #7 Kelly Gelhaus/Joey Paraiso (CA) def. #1 Tim Doyle

(NY)/Jim Floyd (MI)
G10 Debra Derr (FL)/Amy Meyer (Fruita) def. Sadie Gross (MN)/Jill Trachsel (MN)
G12 Andrea Beugen (MN)/Aimee Roehler (PA) def. Alyssa Boland (MT)/Kristi Knitter (WI)
G14 Elkova Icenogle/Hayden May (CA) def. Amber Frisch (TX)/Jenny Spangenberg (CA)
G16 Aimee Melville (MN)/Stephanie Pinola (PA) def. Heather Dunn (MA)/Monica Carmona (CA)
G18 Michelle Gilman (OR)/Cindy Doyle (NY) def. Lynn Kadlec/Dana Sibell (MN)
MXD Kenny Gilley/Renee Lockey (TX) def. Ty Morgan/Jen Yakota (MO)

Consolation Winners:

B8nb Jerry Howell (Grand Junction, CO)
B8 Shane Vanderson (Columbus, OH)
B10 Jody Friedman (Bradenton, FL)
B12 Matt Kelly (Arvada, CO)
B14 Dan Henke (St. Louis, MO)
B16 Giovanni Mendez (Levelland, TX)
B18 Billy Perrone (Kansas City, KS)
G10 Sadie Gross (Apple Valley, MN)
G12 Sarah Levin (Los Angeles, CA)
G14 Britt Engel (Bradenton, FL)
G16 Amy Melville (Minneapolis, MN)
G18 Cara Pellowski (Menomonee Falls, WI)



IARF Drops The Word "Amateur"

At the World Congress of the International Amateur Racquetball Federation, the word "amateur" was dropped from the title of the organization. With the increasing popularity of racquetball worldwide, the International Racquetball Federation will now be the official worldwide governing body of the sport for both the amateur and professional competitive sectors. ○

IRF Extends Orange Bowl Contract

The World Congress of the IRF has signed a five-year agreement with the Junior Orange Bowl organization of Miami, FL, designating the tournament as the annual Junior World Championships of Racquetball. ○

IRF Awards The 1990 World Championships

The Executive Committee of the IRF chose Caracas, Venezuela as the site of the 1990 World Championships of Racquetball, from among bids from such cities as Mexico City and Santa Cruz, Bolivia. ○

IRF Holds Elections

The IRF elected Han Van Der Heijden of Holland to serve an unprecedented fourth term as President of the organization. Luke St. Onge was appointed as Executive Director, and other elected IRF officers were: Keith Calkins (USA), Secretary-General/Treasurer; Rodolpho Echeverra (Costa Rica), Executive Vice-President; Jose Vierreira (Bolivia), Vice-President, South America; Jurgen Denk (West Germany), Vice-President, Europe; Ken Ishiguro (Japan), Vice President, Asia; Dan Stone (Canada), Vice-President, North America. ○

OUT OF THE PAST

by John Mooney

In another of our continuing articles written to commemorate the 20th anniversary of the AARA and take a look at our history, I've chosen lifetime memberships as my subject for this month. What are lifetime memberships and who has them? When were they initiated? With so many misconceptions as to who and what lifetime AARA members are, we'll start with some history.

In 1968, Robert Kendler, then President of the U.S. Handball Association (USHA), instituted a lifetime membership program with five original members. Each of the five original members had contributed \$100 or more to the USHA Handball Perpetuation Fund and received gold-plated lifetime membership cards for their generosity and commitment to the sport. Also in 1968, Joe Sobek turned over the reins of the International Paddleracket Association (IPRA) to Kendler, who then re-named the group the International Racquetball Association (IRA) and incorporated it with the USHA. Lifetime members of the handball association who joined the newly formed racquetball association were automatically given lifetime membership status in it as well.

Unfortunately, handballers didn't cotton much to racquetball players at that time and only one lifetime USHA member chose to join both organizations. Thus was named the first IRA lifetime member — yours truly, John Mooney.

In 1973, the IRA board elected a new president and became independent of the USHA. All records were transferred to the IRA, including approximately 2,960 members of which only one was a lifetime member. Despite the fact that very few took advantage of the opportunity (which has remained largely unpublicized), the special membership was offered for \$100 until 1985 when the AARA board raised the rate to \$250 for an individual and \$400 for a couple.

During this same period, the AARA assigned free memberships (coded with a 999 expiration date) to over 500 individuals and organizations that made major contributions to the advancement and development of racquetball. The free memberships were meant to expire when special contributions or service were

stopped, but the system broke down, no membership reviews were made, and the 999 list continued to grow! Without a periodic clean-up of the free membership roster, many of those who did have, and still have, cards with 999 expiration dates have come to mistakenly assume that they hold lifetime memberships. Not so!

Only the elite group of 26 individuals listed below who have applied and donated their tax deductible fees, are bonafide lifetime AARA members, and carry a beautiful and prestigious special-issue card:

David Anderson (CA)
Keith Calkins (CA)
Bill Delaney (CA)
John Foust (CO)
John Mooney (CO)
Rose Mooney (CO)
Luke St. Onge (CO)
Van Dubolsky (FL)
Judi Schmidt (FL)
Michael Arnolt (IN)
Greg Nordoff (IN)
Rick Bresnahan (ME)
Myron Friedman (ME)
Cathie Frederickson (MI)
Jim Hiser (MI)
Rich Saffo, Jr. (NH)
Kevin Chen (NJ)
John Denley (NJ)
Joseph Ngai (NY)
Allan Seitelman (NY)
John Boudman (PA)
Linda Boudman (PA)
William Hunt (PA)
David Lutz (PA)
Stephen Ducoff (TX)
Garner White (deceased)

As part of a drive to "Contribute to the USHA Handball Perpetuation Fund" the very first fees collected for lifetime memberships represented a tax deductible donation to a federally chartered non-profit organization. The funding plan also served as an opportunity for individuals to give something back to the game and assure its development for generations to come. Although the organization has undergone a number of name changes, the philosophy still holds true for racquetball enthusiasts, in much larger numbers, today. Why don't you consider joining this special group in 1988 by sending your tax deductible donation to the AARA before year's end? ○



REGIONAL REPORTS

Region Nine Report: Michigan, Ohio, West Virginia "1988 Ohio State Singles"

by Steve Lerner, Ohio Racquetball Association

The 14th annual Ohio State Singles Tournament crowned 34 champions from among 350 entrants. In the flagship division, Elaine Mardas of Columbus continued her domination of the Women's Open with a fifth consecutive title, defeating Barb Harrison of Dayton. In the Men's Open, Tim Doyle of Columbus (in his first Ohio State Championship) rolled through the division to defeat Dave Eagle of Vandalia.

Entering the women's final, neither Mardas nor Harrison had lost a game, but it was Elaine Mardas who retained that distinction with a match win of 15-4, 15-5. Barb Harrison did not go without a title, however, winning the 30+ division by defeating Bonnie Kowalski in the final, and Hall of Fame inductee Cookie Wachtel in the semis. Highlighting the other divisions was an outstanding performance by Karen Rauck of Columbus, who won each of her five matches enroute to titles in both the Women's B and 30+B divisions.

The most interesting match of the tournament was played long before Sunday in the Men's Open division when defending champion Tim Anthony ran into a very hot Dave Eagle. Eagle had struggled late Friday to pull out an 11-10 tiebreaker win over Jim Bolger, but came back strong on Saturday morning to knock out Anthony in two straight games. Eagle moved into Sunday's final by defeating Bart Turner in a conclusive 11-0 tiebreaker after losing the first game and just barely pulling out a win in the second.

In the bottom half of the division, neither Tim Doyle nor Doug Ganim were pushed in the early rounds, but their semifinal match was a war. Doyle and Ganim have played many great matches this past season and this was one of their best, with Doyle surviving 11-5, 15-9, 11-7. This marked the first time in five years that Doug Ganim had not reached the Men's Open final of the State Championships. In his first Ohio championship Tim Doyle proved that he belonged in the final by overpowering Eagle 15-5, 15-7 with his pro calibre serve and great strength.

Like counterpart Barb Harrison in the Women's Open, Eagle refused to go home empty-handed and won his age division (25+) over Don Parker. Peter Keiser also earned one division title (45+) while losing another (40+) to Matti Lavikka. Both Mike Sipes and Jim Herron had busy, yet frustrating weekends; Sipes losing finals to Rick Pence in 30+ and Dave Kovanda in 35+, while Herron was defeated

in the 50s by Bob Wachtel and in the 55s by Len Stemple.

Bob Wachtel's victory was only one part of a big weekend for the entire family. Cookie Wachtel was inducted into the Ohio Racquetball Hall of Fame for a long list of lifetime achievements in racquetball, and son Chris won the Boy's 12 and under division and took second in the 14 and under division. The tournament was a success for other families as well; Jim and Judy Green both won their respective 35+C divisions while son Jacob was a finalist in the Boys 10 and under division. In that final, Jacob was defeated by Jeff Guderson, whose mother Jolene was busy winning the women's 35+ division.

Excitement on the court and great organization by the tournament staff throughout the weekend made the 14th annual Ohio State Singles Tournament a great success. The Ohio Racquetball Association thanks the Sawmill Athletic Club and its staff and tournament directors Dave Valinsky, Bill Whipple and Ron Woolard for a job well done. Congratulations to all the champions and good luck to Elaine Mardas and Tim Doyle in the defense of their titles next year! ○

"Michigan Pre-Season Racquetball Camp"

by Jim Skinner, Racquetball Association of Michigan

Some racquetball players from Michigan and Canada have already begun preparing for the upcoming racquetball season by participating in the second Michigan Pre-Season Racquetball Camp at the Court House in Flint, while a good number of others have been lying out in the sun.

The camp was a five week intensive instructional and playing experience which "kicked-off" with a two-day video clinic featuring WPRA player, Fran Davis. Participants were supervised in conditioning classes and drill sessions twice each week. Drills were tailored for each individual, and a record kept of proficiency and progress. Various health and racquetball topics including fitness, nutrition, rules equipment and first aid, were covered by speakers who conducted weekly seminars for camp participants.

Successful graduates of the camp were certified both in CPR and as AARA referees, plus are now ready to compete throughout the year.

Several state champions and finalists were among last year's graduating class, and this year's participants have set similar goals and hope to do as well. Be sure to put the Michigan Pre-Season Racquetball Camp into your plans for next year. ○



SCHEDULE OF EVENTS

November 1-5

Orem Fitness Open
Orem Fitness Center
580 West 165 South
Orem, UT 84058
Sylvia Sawyer
801-224-2864

November 3-5

Point Lakewood
533 Van Gordan Street
Lakewood, CO 80228
Dave Mammich
303-988-1300

November 4-6

Cellular One/
Jack Fulton Classic
MSU Sportsplex
630 Echles Street
Memphis, TN 38152
Bob Richey
901-755-5990

November 4-6

Ellis & Associates
Racquetball Invitational
Reno Athletic Club
920 Matley Lane
Reno, NV 89501
Tim Murdock
702-788-5588

November 4-6

Fall Open
Davison Racquet &
Fitness Club
G-2140 Fairway
Davison, MI 48423
Randy Minto
313-653-9602

November 4-6

Florida State 4/Wall Outdoor
Auburndale Rec. Center
202 West Park Street
Auburndale, FL 33828
Keith Johnson

November 4-6

Halloween Shootout
The Club At Woodbridge
585 Main Street
Woodbridge, NJ 07095

November 4-6

Region 6
Pacific West
1616 South Mildred
Tacoma, WA 98465

Sid Williams
206-473-2266

November 4-6

Washington Centennial
Games - Region 7
Green Meadow Racquet
7703 N.E. 72nd Avenue
Vancouver, WA 98661
Lisa Robertson
206-256-1510

November 4-6

Washington Centennial
Games - Region 8
Tri-City Court Club
1350 North Grant Street
Keanewick, WA 99336
Stan Johnson
509-627-0158

November 4-6

2nd Annual South
Suburban Open
South Suburban Fitness &
Racquetball Club
3227 East End Avenue
South Chicago Heights, IL
60411
Al Danielwicz

November 4-6

6th Kernal Classic
Fitness Barn
810 North County Road 330
West
Valparaiso, IN 46383
Janie Siddall
219-762-3191

November 11-13

Atlanta Falcons Fall Classic
Atlanta Falcons Health Club
I-85 Suwanee Road
Suwanee, GA 30174
Martha Lenoir
404-945-8977

November 11-13

Bud Light Classic
Jackson Athletic Club
106 Carriage House Drive
Jackson, TN 38301
Mike Ray
901-668-9423

November 11-12

Buehler Open
Buehler Y.M.C.A.

1400 West Northwest
Highway
Palatine, IL 60067
Frank Lemanski
312-359-2400

November 11-13

Leukemia Racquetball
Classic
Branmar Racquet Club
1812 Marsh Road
Wilmington, DE 19810
Suzanne Roberge
302-764-7700

November 11-13

Long Island Open
Sportset Clubs
Rockville Centre, NY 11570
Allan Seitelman
516-360-0979

November 11-13

Michigan Super Seven #2
Saginaw Valley Health &
Fitness Club
2717 Shust Road
Saginaw, MI 48605
Jim Hiser
313-653-5999

November 11-13

Miller-Buckhorn
Players West Racquet Club
208 McConnell
Laramie, WY 82070
Mario Iberra
307-742-8136

November 11-13

Racquets Four Classic
Racquets Four
4002 East Southport Road
Southport, IN 46237
Judy Donovan
317-783-5411

November 11-13

Y.M.C.A. Open
Y.M.C.A. Sarasota
1075 South Euclid Avenue
Sarasota, FL 34237
Barbara Simmons
813-957-0770

November 17-20

Turkey Shoot
Montrose Athletic Club
100 Apollo Road

Montrose, CO 81401
Gary W. West
303-249-2642

November 17-20

Turkey Open
New England Health &
Racquet Club at Enfield
3 Weymouth Road
Enfield, CT 06082
Edward Mazur
203-563-1491

November 17-20

3rd Annual T & R Fall Classic
Track & Racquet Club
6800 East Genesee Street
Fayetteville, NY 13066
Marion Crawford/
Fred Klemperer
315-446-3141

November 18-20

City Championships
Casper Y.M.C.A.
315 East 15th Street
Casper, WY 82601
Brad Neeley
307-234-9187

November 18-19

Illinois State Doubles
Du Page Racquet &
Health Club
475 South Grace
Addison, IL 60101
Judy Young
312-469-3083

November 18-20

Tennessee Turkey Shoot
Nashville Supreme Court
4633 Trousdale Drive
Nashville, TN 37204
Jerry Dixon/Dawn Young
615-832-7529

November 18-20

Jacksonville Athletic Club
6651 Crestline Drive
Jacksonville, FL 32211

November 18-20

Turkey Shootout
Las Vegas Athletic Club West
3315 Spring Mountain Road
Las Vegas, NV 89103
Bob Becker/Kyle Kenny
702-362-3720

SCHEDULE OF EVENTS



November 18-20

3rd Cork N' Cleaver Classic
Tri-State Racquet Club
555 Tennis Lane
Evansville, IN 47715
Barbara Hamman
812-479-3111

Nov. 29-December 3

Sports Haven Open
Sport Haven Club
5350 South 3600 West
Kearns, UT 84118
Steve Benson
801-969-9911

December 1-4

Swingers 88
International Athletic Club
1630 Welton Street
Denver, CO 80202
Dan Tauriello
303-623-2100

December 1-4

8th Annual Freezeout
Auburn Y.M.C.A.
27 William Street
Auburn, NY 13021
Dorothea Hughes
315-255-1242

December 1-4

8th Annual Holiday Open
Du Page Racquet &
Health Open
475 South Grace
Addison, IL 60101
Diane Dearmas
312-543-9200

December 2-4

AMAX Coal/American
Heart Association
Campbell Rec. Center
1000 Douglas Highway
Gillette, WY 82716
Jim Crisp
307-682-7406

December 2-4

Coca Cola/American
Diabetes
Memphis Supreme Courts
2611 South Mendenhall
Memphis, TN 38118
Rob Richey
901-755-5990

December 2-4

Holiday Classic
Southern Athletic Club
754 Beaverruin Road
Lilburn, GA 30247
Vicki Luque
404-923-5400

December 2-4

Holiday Tournament
Davison Racquet &
Fitness Club
G-2140 Fairway
Davison, MI 48423
Randy Minto
313-653-9602

December 2-4

South Jersey Shootout
All Pro Fitness & Racquet
Club
165 Old Kings Highway
Maple Shade, NJ 08052

December 3-5

Dazzling December III
South Florida
Racquetball Club
5555 Ravenswood Road
Fort Lauderdale, FL 33312
Eva Russell
303-923-8631

December 6-10

Deseret Open
Deseret Gym Open
161 North Main Street
Salt Lake City, UT 84103
Lou Rasmussen
801-359-3911

December 8-10

Washington Centennial
Games - Region 2
Spokane Club
W1002 Riverside Avenue
Spokane, WA 99201
John Egerman
509-459-4571

December 9-11

INSRA State Doubles
The Court Club
3455 Harper Road
Indianapolis, IN 46240
Mike Labonne
317-255-7730

December 9-11

Michigan Super Seven #3
Michigan Athletic Club
2500 Burton Street SE
Grand Rapids, MI 49506
Jim Hiser
313-653-5999

December 9-11

PCCC Open
Pike Creek Court Club
4905 Mermaid Blvd.
Wilmington, DE 19808
Ed Young
302-239-6688

December 9-11

Dave Hawkins Memorial
Tacoma Athletic Club
2228 S. 78th Street
Tacoma, WA 98409
Sid Williams
206-473-2266

December 9-11

Youth For Christ
Casper Wyoming
Racquet Club
455 Thelma Drive
Casper, WY 82609
Loni Westby
307-265-6928

December 9-11

4th Annual 1st Coast Classic
Racquetpower
3390 Kori Road
Jacksonville, FL 32217
Mary Lyons
904-268-8888

December 9-11

Bud Light Vermont Pro/Am
The Racquet's Edge
Essex Junction, VT
Bill Burnett
39 Lamoille River Road
Milton, VT 05468
802-893-7077

December 15-19

Highline Athletic Club
10 West Dry Creek Court
Littleton, CO 80121
Mark Cassidy
303-794-3000

STATE RANKINGS

August 30, 1988

Ranking	State Name
1	California
2	Florida
3	New York
4	Illinois
5	Pennsylvania
6	Colorado
7	Massachusetts
8	Ohio
9	Texas
10	Minnesota
11	Indiana
12	Michigan
13	Louisiana
14	New Jersey
15	North Carolina
16	Connecticut
17	Washington
18	Arizona
19	Georgia
20	Wisconsin
21	New Hampshire
22	Tennessee
23	New Mexico
24	Montana
25	Utah
26	Alaska
27	Maine
28	Maryland
29	Nevada
30	Virginia
31	South Carolina
32	Oklahoma
33	Delaware
34	Rhode Island
35	Mississippi
36	Vermont
37	Kansas
38	Alabama
39	Arkansas
40	Idaho
41	Missouri
42	Kentucky
43	Wyoming
44	West Virginia
45	South Dakota
46	Iowa
47	Oregon
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