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Magazine - July/August 1995 - \$4.00

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*Michelle Gould wins sixth title, Michael Bronfeld takes second in a row!*

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# Have You Ever Seen the Kind of Bruise a 180 mph Serve Can Leave, On Your Ego?

"Nice Serve Cliff!"

[Wow!]

"Nice Serve Cliff!"

[Was that a serve or a missile?]

"Nice Serve Cliff!"

[Had to be a wetball serve!]

"Nice Serve Cliff!"

[Maybe the video caught it?]

"Nice Serve Cliff!"

[This is getting old fast!]

"Nice Serve Cliff!"

[Okay, I'm just gonna guess!]

"Nice Serve Cliff."

[Guess again!]

"Nice Serve Cliff."

[Hey got a piece!]

"Nice Serve Cliff."

[Is this double elimination?]

"Nice Serve Cliff."

[This sucks!]

"Nice Serve Cliff."

[I suck!]

"Nice Serve Cliff."

[Great, I choked one back.]

"Nice Serve Cliff."

[This just eats the big one!]

"Nice Serve Cliff."

[I'm not even gonna get to serve!]

"Nice game Mr. Swain."

[Jerk!]

CLIFF SWAIN



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## FROM THE EDITOR

By Linda Mojer

There we were, just chugging along, slowing but surely making things just a little bit better with each issue. Tweaking here, punching up the color there, sneaking another color photo or two inside [no, really, Luke, it's

practically free], getting better resolution on our black and white scans, spending a bit more time on design ... plus attracting new writers to improve and diversify content, just to add icing to the cake.

We've got your nice heavy, coated stock for a bright cover, with plans to drop some jazzy artwork, digitized computer imagery or just plain good photography on it. One minute we've got plenty of suitable, coated paper for the "guts" at a reasonable cost. The next, we're looking at publishing what looks suspiciously to me like glossy Sunday comics on a practically see-through paper stock for the same price we've been paying for the good stuff. And we can't get the good stuff at any price...

If you're not in the printing business (and I sometimes wish I weren't), you might not have noticed the global paper shortage which only recently snuck up on RACQUETBALL Magazine. Sure, people have been trying to scare me for a while, but I don't spook easily. Until now. [What exactly do you MEAN, we can't get paper !!?!]

So, we've survived that immediate crisis and yes, this issue is slightly lighter and more "airy" than you're used to. No, we're not happy about it. Maybe, you might not have noticed it if we hadn't mentioned it ... or it might have at least taken you a while to figure it out. Perhaps, we could have let it pass without fanfare. But, we're in this together so I thought you should know.

It's not economics. We're not cutting corners. It's not a standard we'll aspire to permanently. The truth is, this issue cost us the same as it did to produce our last, only six short weeks ago, and I've only just now recovered from the shock ...

Oh, well ... if it's good enough for the millions of readers of Rolling Stone and TV Guide ... who am I to complain?

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*Top: Robin Levine with her "Athlete of the Year" award. Photo: Cecil Haynes.*

*Middle: Pro tour action between Sudsy Monchik and Cliff Swain in Phoenix.*

*Bottom: Bronfeld celebrates second national title. Photo: Scott Liparelli.*

### ON THE COVER

*Leaping lizards! National open finalists Malla Bailey (airborne) vs. Michelle Gould and Michael Bronfeld (levitating) vs. Dan Fowler. Photos: Scott Liparelli.*



# READER FORUM

## **What ABOUT Cliff Swain?**

The article about Marty and Sudsy [January/February '95] was great. It's easy to write about what someone has already done ... it's a little different to write about potential. I don't think that anyone would deny that the kid [Sudsy] has potential. Remember, the "changing of the guard" was posed as a question.

As far as accomplishments go, I don't believe it is fair to compare Cliff and Marty. Cliff is the dominant player, for now. Anyone who thinks that won't change is fooling themselves. What Marty has done for racquetball transcends the bottom line; he has helped revolutionize the sport. He has helped change the way the game is played. That is something that, no matter how much time passes, will never change. Not even if someone comes along and "re-revolutionizes" it. To actually change the way an entire sport is played takes something very special.

Maybe Cliff has it. Time will tell. One thing is certain. Marty had it, and did it. Keep in mind that having what it takes, and using it are two totally different things. To be the best is one thing. To be the greatest is another. To be a legend ... go ask Marty.

Not to take anything away from Cliff — he is head and shoulders above the rest — but one day he will be out, and someone else will be "king for a day." Agreed, it will be a long time before someone will be as dominant in the sport as Cliff has been, but it will happen. It has to, it's called progress.

You would be hard pressed to find any sport where this is not the case. Look at basketball. Jordan is arguably the greatest player of all time. Someday even Jordan's feats will be

eclipsed. It may be a long way off, but it will happen. As it should.

I don't think anyone has to worry about Cliff, or his exposure. You will have to go a long way back to find any issue of any racquetball magazine that doesn't mention him at least five times. He's so good that even if you went out of your way not to mention him, you couldn't do it. His record speaks loud and clear for him. Keep up the good work, Cliff.

As for Sudsy, I guess we'll have to wait and see.

**William L. Smith**  
*Colorado Springs, Colorado*

## **Role Model**

I want to share something with you that happened over the weekend, that literally caught me off guard.

My stepson, Jeremiah, during most of the nationals in Houston, was nowhere to be found. From one match to another, upstairs and down, he seemed mesmerized by the thrill and height of competition on court. And then yesterday I asked which of the competitors he most enjoyed watching. He held up a can of balls to me that bore the autograph of Chip Parmelly. It seems as

though Jeremiah has not only found a new friend, but a role model as well. Later on, Jeremiah came to me flashing a ticket to the finals that Chip had given him. Jeremiah had a glow that I personally have never seen in the two years I've known him. Judy also stated that it has been a long time since she has seen him so taken by any one person.

Jeremiah has not stopped talking about Chip. He called all his friends to discuss Chip, and has planned his day today to show everyone his can of balls, talk about the tournament, and I'm sure Chip's name will be the highlight of their day.

Chip has no idea what he has done or created, and if you talk with Chip soon, please share this story with him, and let him know that this family deeply appreciates his heart-felt gestures.

Judy said last night, "It's truly a shame that Chip lives so far away, and has no idea what he's done."

Thanks again for making our first year at nationals a very special one, and please extend a "special thanks" to Chip from all of the Woods family.

**Joe Woods**  
*Houston, Texas*

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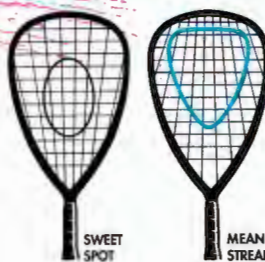
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### **The Last Word on One Serve**

One serve ... the real reason? Adopting this service rule will accomplish shorter games, and commit sport-assisted suicide. Isn't that against the law?

It is my firm belief that, if this rule would make my game more exciting, other veteran sports would have ventured onto that hallowed ground and stayed there. Let's look at some other sports: Baseball (3-4 hours per game) — Time wasters: strikes and balls; Tennis (1-3 hours per match) — Time wasters: two serves, changing sides; Racquetball (45 minutes to an hour) — Time wasters: two serves, breaking balls.

Now for baseball, putting the ball on a tee would definitely speed things up, increase action by eliminating that boring pitching routine with balls and strikes. But this can not be done, since it is a basic element and crucial part of the game!

Look at tennis. Pete Sampras' booming aces are exciting ... just like Cliff Swain's. Nobody boos when a fault serve occurs. Why would you want to take that thrill out of the game ??

The bottom line is that our game is short enough, why speed up play? I think a sport should last 30-45 minutes with at least a touch of sweat!

The only thing that is for sure: the two-serve rule needs to stay and should be applied to both sexes equally. What logical reason, in today's world, would justify anything else?

**Brian Pope**  
Columbus, Ohio

*[Editor's Note: The debate is just about closed, folks. Please see the board notes elsewhere in this issue for the final verdict. The one-serve modification will continue to apply only to open, U.S. national team qualifiers (national championships). This modification addresses the fact that the one-serve rule does apply in international competition, and that U.S. team members need to qualify on that basis.]*

## **GUEST EDITORIAL: Ability or Equipment?**

by Jaime Guerra

*After a couple of days at the nationals, there is one thing that still bothers me. I don't think that having two serves is, or was, responsible for the lack for rallies. At least not as much as the new racquet/equipment technology for one thing. Being free to roam as much as my health allowed, I was able to see random games and those I picked for my own pleasure. I saw a lot of very good racquetball and I also saw a lot of very bad racquetball.*

*In some divisions people with a total lack of mechanics and lack of form are still hitting the ball at incredible speeds. It seems that all you have to do any more is just put the racquet in front of the ball and it is going to pop off the strings and reach the wall anyway. I think its possible that the new equipment (as good ... great ... fantastic as it is) could be hurting the game more than the "big serve."*

*I heard a rumor circulating that, in one of the recent matches on the pro tour against Andy Roberts, Sudsy Monchik hit a backhand that was timed by a laser speedgun at 210 mph. I don't know whether to believe it or not, but with this new equipment it is quite conceivable that it did happen. What I'm wondering is what is going to happen when we break the 200 mph barrier on the serve?*

*Even now, we see an awful lot of people just shaking their heads in amazement. In one of Michelle's matches, I saw Molly O'Brien do just that ... turn around and shake her head at some of the serves that Michelle was hitting that seemed just impossible for any human being to reach. Should manufacturers be curbed from continuing to improve the equipment? I think that natural physical ability is really being overcome by whoever has the best equipment any more.*

*In discussing this with one of the pro players he pointed out that today's tour players play squash for recreation and conditioning. He claimed that squash is a better conditioning game than racquetball because the ball waits for you. You have to get to every ball, and you can get to every ball, so you don't quit ... you don't stop and shake your head. So you get an excellent workout.*

*We agreed that this is bad for racquetball. Even professional golfers play golf for recreation, so if we start playing something else in our off hours, what is going to happen to the game we love so much?*



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# "ROCKETBALL" WITH A TWIST



BRONFELD & FOWLER (ABOVE)  
GOULD & BAILEY (LEFT)  
PHOTOS: SCOTT LIPARELLI



order to fill the Olympic Festival roster for '95. But with the absence of players who had previously qualified, turned pro, or opted for other appearances, everyone in the round qualified for the trip to Colorado Springs in July (see final roster on page 14).

**T**hough locals were chanting their support for the Houston Rockets, it sounded curiously like "racquetball" being hooted and hollered from sports bars all around town leading into Memorial Day. Serious racquetball athletes knew the difference, but still maintained that the action was really at the Ektelon AARA 28th U.S. National Singles Championships, sponsored by Penn, on this holiday weekend. NBA playoffs aside, racquetball brought its own version of foot-stomping excitement right into the heart of Texas, and the Downtown Houston YMCA, for six days at the end of May.

In perhaps their final year as qualifiers for a U.S. Olympic Festival, the men's and women's open divisions were packed with athletes looking for a top-sixteen, or better, finish. Players who advanced into the round, but no further, were re-seeded into a playoff to determine final positions, then picked in that

## **Pan Am Champ back on Top**

Recent Pan American Games champion Michelle Gould reclaimed her national women's open title, with a record-setting sixth victory. After having her winning streak interrupted in 1994 with her first loss in five years, Gould was on a mission.

Starting from an uncommon position at the bottom of the draw, #2 seeded Gould began her bid for a sixth title by advancing with ease against Arizona's Karen Key, Atlanta's Kim Russell, Maryland's Molly O'Brien and U.S. teammate Cheryl Gudinas of Chicago. For #4 seeded Malia Bailey, her first match gave her the most trouble, with a tiebreaker against Minnesotan Carol Kriegler. From there it got easier, as she set about the task of disappointing former junior and intercollegiate champion Kerri Stoffregen of Ohio, women's pro tour regular Lynne Coburn of Maryland and newly-appointed U.S. team member Laura Fenton of Massachusetts.



In a rematch of a not-so-distant final against Malia Bailey (the two played off for the title in '93), Gould took her time getting started. Malia kept pace from Gould's opening serve, and it took six sideouts before the first point was scored on a skipped backhand serve return by Malia. From there, it was point-for-point with Malia leading the way to her widest margin at 10-6. After a hinder call by referee Carlton Vass, Michelle re-focused and centered herself on the court ... literally. When she regained serve on the next rally, she forced a backhand error on Malia, cracked an ace serve to the right, rolled a forehand pinch and made a clean forehand pass to tie it up at 10-10 — all without moving more than a single step from dead center court. Bailey wisely called a timeout.

Two more forehand winners ended the streak for Gould, who then lost an appeal on a short serve and reluctantly moved into back court to receive a z-lob and give up a point. Getting down to the wire, the players put even more pressure on referee Vass with a heated avoidable debate at 12-12 which was denied on appeal. Gould won the replayed point with an overhead crosscourt pass, but then erred with another short serve to sideout. On her next return of a drive serve to the right, Gould picked up the low shot off the back wall on two but neither she, the ref, nor Malia caught it and the rally played out to her advantage. Re-taking the serve, Gould earned game point with another forehand

winner, followed by a skipped backhand cross court attempt by Malia for the win.

Riding her momentum in the second game, Michelle jumped out to a 7-0 lead with a run that included two crack ace drive serves to the right, and a mix of precision down the line and pinched forehands. A rare skip gave Malia her first scoring opportunity and a point, but a quick recovery saw Gould dominate the remaining rallies until a second overhead forehand error allowed a final point for the challenger at 11-2. Then it was over. Michelle pulled away to 13, where a brief skirmish of sideouts gave hope for a comeback, until a final backhand error by Bailey and a crisp down-the-line backhand pass by Gould ended this year's women's open final in a little over an hour.

"I've been playing here since my first national in 1982," recalled Malia. "I finished third that year, and have qualified for the team ever since, except for 1988. It's always a challenge to go up against Michelle, she's a great player." Throughout the final, Jim Bailey and 13-month old daughter Kelani Quynn were in the stands cheering for a clearly back-to-business mom at the top of her form.

For Gould, the win didn't only set a record for the most career national singles titles ... "It's one of those things where you don't know how much you appreciate something until its gone," she said "I realized how much this title really meant after I lost last year, so I was definitely motivated to get it back." The two-time world champion was also thrilled with her reward for the win ... inclusion on a goodwill tour to the Far East

**EKTELON**





this August. "I've always wanted to go to Australia, so this is extra special."

### **Newcomer to Semifinal**

In the women's open quarterfinal team qualifier, former U.S. team member Laura Fenton pulled out the biggest upset of the tournament with a close tiebreaker win over defending champion Robin Levine, 14-15, 15-13, 11-3. Fenton, who won the 1993 national doubles title with Michelle Gould, earned her first team spot in singles for the win. "It's been a goal of mine to get onto the team for my singles game," said Fenton, "but I'm a little concerned about having put Robin off the squad. She's a phenomenal player and the team needs her kind of talent." In following rounds, Fenton lost to Bailey in straight games, and to Cheryl Gudinas for third, but was still pleased with her performance for the weekend.

The fourth player to qualify for the U.S. team by reaching the semi-final round was two-time U.S. Olympic Festival champion and Pan American Games silver medalist Cheryl Gudinas, now a veteran on the squad. But her rematch against Gould in their semi-final ended as quickly as the Pan Am final had, in straight games of 15-1, 15-7. Now seeking a third U.S. Olympic Festival gold medal, Gudinas will have to be on the lookout for Levine, who will be keyed up for a rematch of last year's Festival final and a chance to regain her team spot.

### **First Back-to-Back since '90**

With his successful title defense in Houston, Michael Bronfeld joined an elite club of five athletes who have earned "back-to-back" national open titles in the sport's history. Only four others have been able to achieve the feat since the first national championship in 1968 (Can you name them? If not, see page 16). And Bronfeld wants more. "I'll be here next year, looking for a three-peat."

Starting at the top of the draw, Bronfeld earned a bye in the first round, before advancing directly to the final without dropping a game. Straight game losses against the champ went to Texas' Andrew Haywood, Minnesota's Mike Locker, Denver's Tony Boscia and transplanted Floridian Brian Rankin, now of Missouri.

Moving from the #6 spot in bottom center, Dan Fowler quickly became a force to be reckoned with in

a somewhat tougher draw as he moved swiftly past Texan Juan Esperaza, current intercollegiate champion Shane Wood of Massachusetts, southpaw Vince Kelley of Oregon, former junior phenom James Lorello of Florida, and long-time U.S. team member Doug Ganim of Ohio. He matched Bronfeld in advancing without a single game loss, but would end up on the receiving end of that scheme when all was said and done.

In the opening points of the first game, Bronfeld gave little thought to the one serve limit and took his chances. Right out of the box, he aced two drive serves to the left and faulted on a short, but taken the lead at 6-2. Although the first game was filled with long rallies and solid play, few points were scored as each player made his best effort on defense. Single point advances inched the score to 12-4 for Bronfeld before the two paced back and forth from the service box seven times and Fowler got to point 5 on a skipped backhand return of serve. After one more point, it became Bronfeld's turn to stall at 13, as Fowler crept to 11 and stayed there. Michael answered with a long serve, and the pair traded sideouts five more times before Dan skipped a short-hop return, followed by Michael cracking out a backhand at an impossible angle to end game one.

And it was more of the same in the second. Again, an initial skirmish of scoreless sideouts opened the game, including an avoidable turnover called on Bronfeld by referee Doug Ganim. Then it was Fowler who got jittery on the serve, losing his advantage three times on short serves before reaching his second point. In fact, Bronfeld built a comfortable 9-1 lead with a powerful forehand that forced errors on Fowler again and again. A timeout to regroup helped Dan get back on a scoring track and he held Bronfeld at 11 while he closed the gap with hard working retrievals and scrappy rallies. Two favorable avoidable calls from Ganim also helped, including a Fowler set-up in center court that he chose to take as a high pass instead of going low. Bronfeld tried to leap out of the way but was caught ... "you can't jump *that* high," commented Ganim, and awarded the point.

In the heat of the battle, the players broke yet another ball and Fowler stalled again at six. Point twelve came to Bronfeld on a drive serve, which Dan appealed as a screen and lost. A backhand down the





**Bronfeld leaps over Fowler's forehand in their final. Photo: Scott Liparelli.**

line and a missed dive by Fowler to retrieve a forehand put Michael at match point, but it was still far from over. Another series of five sideouts kept hope alive for Fowler, who gained a second wind to run out four big points by forcing a backhand error out of Bronfeld, putting in an ace drive to the right, passing cleanly down the middle and pinching a perfect forehand – before skipping an overhead reverse attempt into the left corner to end the run. After a last-ditch Fowler timeout, a careful serve put the ball in play, and an even more careful return gave Michael his opening. With good preparation and the concentration that makes him a champion, Bronfeld laid in a beautiful backhand rollout for the match.

### **New Faces**

Rookies Dan Fowler and Brian Rankin broke into the top-four circle and were named to the U.S. National Team for their advances into the open semi-final round. Both players currently compete on the pro tour, where each gained

plenty of experience. To make the squad, Rankin logged his upset over current U.S. Olympic Festival champion and former Southwest Missouri State University teammate Derek Robinson, in straight games. Fowler defeated James Lorello in his team playoff, then advanced into the final with a win over Doug Ganim.

### **Medals all around ...**

While silver medalists Dan Fowler and Malia Bailey were hard at work in the open divisions, their spouses knew exactly what they were up against. Married to Dan Fowler earlier in the season, the former Doreen (Metzold) Fowler finished second in the Women's 25+ division. For the Bailey's, Jim handed off daughter Kelani to friends for his match, then added a Men's 45+ bronze medal to the family haul.

### **Eleven successful defenses**

Defending champions found it difficult to hold on to their '94 titles, with only eleven of the thirty able to secure back-to-back wins. Michael Bronfeld became the fifth athlete to

*Long-time reporter and former competitor Jaime Guerra, who for many years volunteered his services to cover the nationals, was recently forced to retire from the Houston Chronicle due to illness. Still, he couldn't stay away, and made a special effort to drop by the championship to watch some of his favorite players last month, then share some personal, taped observations for RACQUETBALL Magazine.*

### **GUERRA'S SIDELINE NOTES:**

*It's good for racquetball to have Michael and Michelle repeat. With international competition getting tougher by the minute – from what I see from Mexico, Canada and other countries – we need to keep more people of their quality on the U.S. Team.*

*Going into the tournament, a lot of people were bemoaning the lack of "big names" in the open division with so many players turning pro. I believe that in the long run it's good for racquetball. How else are you going to make big names if younger athletes don't have an opportunity to play in prestigious events such as the nationals? And not only play but do so with a chance of winning ... if not all of it, at least to go up against a big name (where they gain confidence) or get closer to a spot on the U.S. Team (where that confidence can grow and they gain motivation and the desire to excel).*

*But I still didn't miss the so-called big names and I think (not knowing who else might have shown up) that Michael has the talent to beat any of them ... the end result would have been the same. Michael would have still repeated if he had played Ellis or Sweeney; he was so intense, in condition and ready for it.*

*Michael was devastating in steamrolling to his second national title. He was in the best shape*





earn consecutive men's open titles. Brian Fredenberg held on to his Men's 19+ title, along with Bobby Sanders who added a second straight Men's 55+ win to his record, while Joe Lambert was successful in his bid for a three-peat in Men's 65+. In wheelchair competition, current world champion Chip Parmelly added a fourth straight title to his record.

For the women, Kim Russell and Karin Sobotta each held onto '94 titles with victories in Women's 25+ and 30+, respectively, followed by Janet Myers in Women's 40+. Gerri Stoffregen went back-to-back in the 50's with a fourth total win in the division. Hall of Famer Jo Kenyon earned her three-peat in Women's 60+, along with gracious defenses by Mary Low Acuff in 65+ and 70+.

Double medals went to Dave Peck with a gold in Men's 35+ and a silver in 30+ (for a total of twelve grueling matches for the week, including back-to-back tiebreakers in the finals); AARA Hall of Famer Jo Kenyon with "double gold" in the Women's 55+ and 60+; and to Mary Low Acuff, who won her fourth Women's 65+ title, and went unchallenged in the Women's 70+ division.

### ***Wheelchair draws largest field in 12 years***

A record nine wheelchair racquetball athletes entered this year's event, including current world champion Chip Parmelly who advanced through a preliminary round-robin flight to reach the medal round, then defeat Rick Slaughter in straight games of 15-14, 15-4 for his eighth career title. Undefeated in world wheelchair competition, Parmelly will take part in the 1996

Paralympics in Atlanta where racquetball will make its debut.

Donna Cline of San Antonio competed against some of the top male wheelchair athletes in the world in her preliminary round-robin flight – including '94 world silver medalist Gary Baker – then went unchallenged to garner the women's title.

### ***Juniors Sweep Divisions***

Up-and-coming junior athlete Rocky Carson earned his first adult national title in one of the largest and most competitive divisions, the Men's A, after advancing through six rounds to reach the final, then defeat Texan Andrew Haywood. A four-time Junior Olympic champion, Carson holds back-to-back wins in the Boy's 14 and under division ('94, '93), plus a Boy's 12- title in '92 and a 10- win in 1990.

U.S. Junior National Team member Sadie Gross also won her first adult title in a tough Women's A bracket. Gross advanced through five rounds to reach the final, then defeat Erika Juhl in a close straight game match, 15-8, 15-13. Sadie holds two national junior Olympic titles in Girl's 14 and under ('92) and 16- ('94), and earned a world junior title in 14- in 1992.

Recent intercollegiate champion and '94 Junior Olympic champion Tammy Brockbank moved into the adult ranks with her first women's 19+ national title, after four rounds and a win over #2 seeded junior rival Kerri Stoffregen in a tiebreaker. Earlier in the playoff, Brockbank eliminated defending champion Amy Kilbane to advance into the rematch of last





**Far left to right: Kim Russell, Brian Fredenberg, Karin Sobotta, Bobby Sanders, Terry Ann Rogers. Above left: Chip Parmelly. Above right: Rick Slaughter.**

year's Junior Olympic championships against Stoffregen. Both Brockbank and Stoffregen have held appointments to the U.S. junior and adult national teams.

### **New Champs go the Distance**

Not a single first-time titlist had an easy time of it, with each and every match going to a tiebreaker for a rookie national champion. In the Men's 30+, John Amatulli upset long-time competitor and former pro tour great Dave Peck in an 11-8 tiebreaker, after advancing through five rounds of play. Ed Garabedian also advanced through five rounds to reach his Men's 40+ final, then narrowly defeat top-seeded defending champion Tom Travers, 11-10. Mitt Layton took home his first Men's 45+ title after six rounds and a win over #4 seeded Johnny Northern, 11-3. Horace Miller battled through five rounds, then defeated Tom McKie, 11-9. Earlier in the playoff, Miller knocked off top-seeded, four time Men's 50+ champion Ron Galbreath in his first tiebreaker of his run.

For the women, two-time world senior champion Debra Tisinger came out on top after five tough

matches, defeating top-seeded Linda Moore, 6-15, 15-9, 11-7. Tisinger holds back-to-back world senior titles in Women's 35+, won in 1994 and 1993, but this is her first national win. Terry Ann Rogers advanced through four rounds of Women's 45+, then defeated Shelley Ogden, 11-15, 15-9, 11-1. Earlier in the playoff, Rogers eliminated defending champion Meri Jean Kelley in straight games of 15-6, 15-11 to advance into the final.

### **They're back ...**

James Lorello earned his first national title since 1982 with his Men's 25+ division win, after advancing through five rounds, then defeating top-seeded Rob French in straight games of 15-10, 15-3. A former junior athlete, Lorello won his first national title in the Boy's 12 and under division thirteen years ago. His last major final was played at the 1988 national intercollegiate, where he lost to Michael Bronfeld.

Three-time Men's 55+ champion Otis Chapman moved up a division to take his first Men's 60+ national title by winning four rounds to reach the final, then defeating #4

of his life, he told me, and he was looking forward to repeating. Now he's looking to make it a three-peat! He's definitely returning to Houston next year to go for three in a row. He wants to participate in all the international events that are coming up next year. And, as I said, the U.S. Team needs quality people like Michael and Michelle to remain the number one force in world racquetball.

Both Michael and Michelle were simply overwhelming in winning their championships without losing a single game. But in the first game of her final, Michelle made mistakes that kept her serve coming off the back wall where Malia could capitalize on them and stretch the score to double figures. But at 8-10, Michelle's serve came together in her "robotic" mode and the match was hers from then on. Still, Malia kept taking advantage of the few mistakes that Michelle made, but unfortunately, she doesn't make all that many when she gets on her game.

One thing that really struck me as amazing (and, again, healthy for racquetball) was the grace of Malia Bailey. I had never seen anyone in all my many years of sports lose as graciously as she did. It was really heartbreaking because she played quite well. It must be just terrible to lose 15-2 when in actuality you played outstanding racquetball. I admired her for her attitude before, during and after the match.

Another match that impressed me was the upset win by Laura Fenton over Robin Levine. Laura was so cool and in control throughout. She started like gangbusters, built a huge lead, then had a lapse where Robin went up to 14-8. But even then she stayed in it to 14-15 in losing the first game, but that remarkable comeback carried her to a 15-13 win in the second game. Then in the tiebreaker, Robin



## 1995 U.S. Olympic Festival RACQUETBALL

| MEN'S ROSTER:   | HOMETOWN            | QUALIFIED:          |
|-----------------|---------------------|---------------------|
| Tony Boscia     | Denver, Colo.       | #8 Singles          |
| Alan Engel      | Bradenton, Fla.     | #2 Intercollegiates |
| Dan Fowler      | Silver Spring, Md.  | #2 Singles          |
| Doug Ganim      | Columbus, Ohio      | #2 Dbls, #4 Sgls    |
| Mike Johnston   | Davison, Michigan   | #12 Singles         |
| Adam Karp       | Santa Ana, Calif.   | #9 Singles          |
| Vince Kelley    | Portland, Ore.      | #11 Singles         |
| Mike Locker     | Duluth, Minn.       | #14 Singles         |
| James Lorello   | Coral Springs, Fla. | #7 Singles          |
| Jimmy Lowe      | Ft. Knox, Ky.       | #10 Singles         |
| James Mulcock   | Albuquerque, N.M.   | #13 Singles         |
| Todd O'Neil     | Dallas, Texas       | #4 Doubles          |
| Brian Rankin    | Hazelwood, Mo.      | #3 Singles          |
| Derek Robinson  | Kennewick, Wash.    | #3 Singles          |
| Bobby Rodriguez | Denver, Colo.       | #3 Doubles          |
| Jason Thoerner  | Jacksonville, Fla.  | #16 Singles         |

| WOMEN'S ROSTER:       | HOMETOWN                 | QUALIFIED:          |
|-----------------------|--------------------------|---------------------|
| Lynne Coburn          | Owings Mills, Md.        | #5 Singles          |
| Britt Engel           | Bradenton, Fla.          | #3 Intercollegiates |
| Chris Evon            | San Diego, Calif.        | #7 Singles          |
| Laura Fenton          | Leominster, Mass.        | #4 Dbls, #4 Sgls    |
| Holly Gray            | Phoenix, Ariz.           | #11 Singles         |
| Cheryl Gudinas        | Lisle, Ill.              | #3 Singles          |
| Kersten Hallander     | Jacksonville Beach, Fla. | #10 Singles         |
| Amy Kilbane           | Rocky River, Ohio        | #319+, Rd/32 Sgls   |
| Robin Levine          | Sacramento, Calif.       | #8 Singles          |
| Marcy Lynch           | South Wales, Pa.         | #9 Singles          |
| Susan Morgan Pfahler  | Jacksonville, Fla.       | #2 Doubles          |
| Molly O'Brien         | Annapolis, Md.           | #7 Singles          |
| Joy Paraiso MacKenzie | San Diego, Calif.        | #1 Doubles          |
| Dawn Peterson         | Eau Claire, Wis.         | #4 Intercollegiates |
| Kim Russell           | Atlanta, Ga.             | #13 Singles         |
| Kerri Stoffregen      | Cincinnati, Ohio         | #3 Dbls, #14 Sgls   |

| COACHING STAFF     | HOMETOWN          |
|--------------------|-------------------|
| Hart Johnson       | St. Cloud, Minn.  |
| Gary Mazaroff      | Albuquerque, N.M. |
| Neil Shapiro       | Albany, N.Y.      |
| Steve Strandemo    | Encinitas, Calif. |
| Steve Lerner (mgr) | Columbus, Ohio    |



seeded Art Johnson in straight games of 15-13, 15-13 for the gold medal. Chapman went undefeated in the Men's 55+ division from 1987-1989.

Victor Sacco also moved up to win his first Men's 70+ title after three rounds and a win over #4 seeded Richard Davis in straight games of 15-1, 15-3. Sacco held back-to-back titles in Men's 60+ in 1986 and 1987, then added a Men's 65+ title in 1990.

AARA Hall of Famer and eight-time national champion Luzell Wilde of Centerville, Utah reclaimed his Men's 75+ title after a one-year hiatus. Wilde advanced through four rounds to reach the final, then defeat #2 seeded C. Allen Shepherd in straight games of 15-7, 15-13. Wilde went undefeated in Men's 65+ from 1985-1989, plus added a win in '83

to earn a total of five titles in the division, before securing two more in 70+ in 1988 and 1991. His most recent win was in the Men's 75+ in 1993.

Five-time former champion C. Allen Shepherd also made the jump to a higher division and earned his first Men's 80+ national title. Shepherd won his round robin flight, upsetting defending champion John Pearce in straight games of 15-7, 15-7 for the gold medal. Shepherd held three consecutive titles in Men's 75+ from 1990-1992, and also won back-to-back 70+ titles in 1986 and 1987.

### In General ...

This year's nationals drew over 600 elite competitors, awarded thirty titles, and celebrated a 13th consecutive year at the Downtown YMCA site ... At its annual banquet, the AARA honored athletes and contributors to the organization. Athlete of the Year nods went to Californians Michael Bronfeld and Robin Levine, along with presentations to outstanding male age group winner Ron Galbreath of Pennsylvania and Peggy Steding Award winner Gerri Stoffregen of Ohio. Service and special recognition awards went to Missouri's Jen Yokota (Presidential Award); Houston's Chris Cole (John Halvorsen Fair Play Award); and California's Margo Daniels (Joe Sobek Contributor Award).

Many thanks go out to Ektelon's Rob Ahrens Dorf and his staff of Dave Peck, Melissa Cain, fitness expert Pat Etcheberry and guest speaker Jack Groppel — for always being available to help promote and keep things rolling. The same accolades go to Penn's Amy Wishingrad, Sherri Norris, Jay Simmons and Mike Moore who, after supervising the assembly of the Penn can inflatable display, generally offered their assistance throughout the long weekend.

John Pearce (Mr. Baylor as his friends call him) was the oldest player in the Nationals at a young 82 ... It was great to see Randy Stafford back at the Nationals. Randy is a long time elite player who manufactures racquetball courts for a living. Randy says that the court business is the best it's been in seven years ... It was great to see Luzell Wilde back after a year's absence ... Special thanks to Joe Woods, Annie Muniz and the Texas Amateur Racquetball Association [TARA] for taking a more active role in the nationals by serving all of the meals for the six days of competition ... the states with the most gold medals were: California with five, Texas with four, Florida & Ohio



with three apiece, and North Carolina and Idaho with two each.

Jim Hiser's slide show at the banquet continues to be the highlight. Jim's focus on children and athletics hit home to all of us ... Ektelon guest speaker Jack Groppel gave an added lift to the banquet ... This is the second successful year without a head table ... The most popular items in the silent auction continue to be the racquets and Olympic memorabilia. Over \$6,000 was raised this year ... Due to junior and adult national team's commitments, the '96 Olympic Festival will feature many new players ...

The upgrading of the open semis and finals with music, bios and crowd involvement certainly added excitement. The new sound equipment will be used in all major AARA events ... AARA scoreboards are frequent travelers. This year they have gone to Mexico, California, Argentina, Nashville, Houston, back to Colorado Springs via Denver, and to Mexico - again!

Head Sports, Inc. held its national sales meeting in conjunction with the tournament and it was a great success ... Ashaway and Python, official AARA licensees, were kept busy in the Hyatt re-stringing racquets and replacing grips all week long.

**FINAL RESULTS: SKILL DIVISIONS — MEN'S OPEN:** #1 Michael Bronfeld (Carmel Valley, Calif.) def. Dan Fowler (Wheaton, Md.) 15-11, 15-10. **WOMEN'S OPEN:** #2 Michelle Gould (Boise, Idaho) def. #4 Malia Bailey (Norfolk, Va.) 15-12, 15-2. **Men's A:** Rocky Carson (Santa Maria, Calif.) def. #1 Andrew Haywood (Nacogdoches, Texas) 15-14, 15-14. **Women's A:** #2 Sadie Gross (Yankton, S.D.) def. Erika Juhl (Newark, Del.) 15-8, 15-13.

**AGE DIVISIONS — Men's 19+:** #1 Brian Fredenberg (Coppell, Texas) def. Brad McCuniff (Cedar Falls, Iowa) 15-10, 15-3. **Men's 25+:** #2 James Lorello (Coral Springs, Fla.) def. #1 Rob French (Urbandale, Iowa) 15-4, 15-13. **Men's 30+:** John Amatulli (St. John, Ind.) def. #3 Dave Peck

(Austin, Texas) 9-15, 15-10, 11-8. **Men's 35+:** #3 Dave Peck (Austin, Texas) def. #1 Tim Armstrong (Overland Park, Ks.) 8-15, 15-6, 11-6. **Men's 40+:** Ed Garabedian (West Chester, Pa.) def. #1 Tom Travers (Westlake, Ohio) 13-15, 15-12, 11-10. **Men's 45+:** #3 Mitt Layton (Jacksonville, Fla.) def. #4 Johnny Northern (Detroit, Mich.) 4-15, 15-13, 11-3. **Men's 50+:** Horace Miller (Chicago, Ill.) def. #2 Tom McKie (Garland, Texas) 15-14, 3-15, 11-9. **Men's 55+:** #1 Bobby Sanders (Cleveland, Ohio) def. #3 Rex Lawler (Terre Haute, Ind.) 15-5, 15-10. **Men's 60+:** Otis Chapman (Cleveland, Ohio) def. #4 Art Johnson (Denver, Colo.) 15-13, 15-13. **Men's 65+:** #1 Joe Lambert (Dallas, Texas) def. #3 Barney Friesth (Sioux Falls, S.D.) 15-14, 15-14. **Men's 70+:** #2 Victor Sacco (Norwood, N.Y.) def. #4 Richard Davis (Houston, Texas) 15-1, 15-3. **Men's 75+:** Luzell Wilde (Centerville, Utah) def. #2 C. Allen Shepherd (Gaithersburg, Md.) 15-7, 15-13. **Men's 80+:** #2 C. Allen Shepherd (Gaithersburg, Md.) def. #1 John Pearce (Waco, Texas) 15-7, 15-7.

**Women's 19+:** #4 Tammy Brockbank (Boise, Idaho) def. #2 Kerri Stoffregen (Cincinnati, Ohio) 7-15, 15-4, 11-5. **Women's 25+:** #1 Kim Russell (Atlanta, Ga.) def. Doreen Fowler (Wheaton, Md.) 15-8, 15-9. **Women's 30+:** #1 Karin Sobotta (Kennewick, Wash.) def. #2 Kersten Hallander (Atlantic Beach, Fla.) 14-15, 15-8, 11-10. **Women's 35+:** #2 Debbie Tisinger (Simi, Calif.) def. #1 Linda Moore (Madison, Neb.) 6-15, 15-9, 11-7. **Women's 40+:** #1 Janet Myers (Charlotte, N.C.) def. #2 Marcy Lynch (North Wales, Pa.) 15-9, 15-14. **Women's 45+:** Terry Ann Rogers (Foster City, Calif.) def. Shelley Ogden (Cincinnati, Ohio) 11-15, 15-9, 11-1. **Women's 50+:** #1 Gerri Stoffregen (Cincinnati, Ohio) def. #2 Sharon Hastings-Welty (Corvallis, Ore.) 9-15, 15-2, 11-5. **Women's 55+:** #2 Jo Kenyon (Tallahassee, Fla.) def. #1 Kathy Mueller (St. Cloud, Minn.) 15-9, 15-12. **Women's 60+:** #1 Jo Kenyon (Tallahassee, Fla.) def. #2 Mary Walker (Canoga Park, Calif.) 15-6, 15-6. **Women's 65+:** Mary Low Acuff (Asheville, N.C.) def. Reta Harring (Madison, Wis.) 15-8, 15-6. **Women's 70+:** Mary Low Acuff (Asheville, N.C.) unchallenged. **Wheelchair:** Donna Cline (San Antonio, TX) unchallenged.

**Wheelchair Results (in order of finish): Men's Open:** #1 Chip Parmelly (Diamond Bar, Calif.) def. #2 Rick Slaughter (Nashville, Tenn.) 15-14, 15-4; 3. Gary Baker (Parkersburg, W.V.); 4. Steve Kuketz (Boston, Mass.); 5. Mark Fenn (Indianapolis, Ind.); 6. Audie Kemp (Muncie, Ind.); 7. Les Gorfine (Milwaukee, Wis.); 8. Ross Davis (San Antonio, Texas); **Women's Open:** Donna Cline, (San Antonio, Texas).

seemed to fall apart while Laura returned to her very cool, calm manner and in a very methodical, precise way went to an impressive 11-3 win.

*When I spoke with Laura after the match, she told me that all her life she had dreamed of making the national team and that finally, at the age of 33, she made it by defeating Robin. That she lost the next round to Malia Bailey and then to Cheryl Gudinas for third place was really immaterial. It was the fulfillment of her dream, the way she played and all her hard work preparing to qualify that made her matches so much fun to watch. I think we are going to see more and more of that type of play at nationals, as more "big names" turn pro and more kids come out of the woodwork with that same kind of drive.*

*All in all the tournament was terrific — from beginning to end. And since I didn't work this year, I was able to pick my spots, choose the matches that I wanted to watch, and participate at my own pace without worrying about a deadline. I thought the sportsmanship was good. I didn't see too many people banging walls with racquets (either the racquets are getting too expensive to risk, or maybe we're becoming better sports!). This has always been my favorite time of the year and I have never been disappointed here. And this time I was even more impressed than when I used to be in a rush to pick up a story or a quote. This time I was able to really talk to the players and get a true feeling for racquetball ... for the greatness of the game and the greatness of its people. I hope we never lose the nationals to another city. I hope this continues to be a yearly event and I hope to remain a part of it, even from the sidelines.*



## THE EYE OF A CHAMPION:

### Michael Bronfeld

By Gerry E. Stoneman

After being in the personal training profession for three years, I was surprised when local racquetball hero Michael Bronfeld chose me to whip him into shape for the Pan American Games. He is very unique in that he is ranked #1 nationally, yet he displays a gentle and humble behavior unlike most top-notch athletes. Perhaps it is his passion for the game, or his underlying intensity, that keeps him focused on winning. I wasn't sure, but I was determined to tap into this person's psyche, and discover what it is like ... through the eye of a champion.

Together we formulated a plan to work out every day for two months prior to the Pan American Games, regardless of obstacles that might come our way. Like weather. As a runner myself, used to training with intense athletes, outdoor running and stadium bleacher drills didn't seem like a problem. Wrong! Racquetball players train and play indoors, so it was truly a challenge to get my client to run even three miles with wind and a bit of a chill. But Michael went along with a bit of coaxing, because he was aware of the tremendous amount of work needed to get his cardiovascular conditioning up to the highest level; especially to sustain hours of match play.

Despite Michael being at the top of this game, my goal was to increase his cardiovascular endurance, enhance his flexibility, and strengthen the muscle groups utilized in racquetball. We were both a bit intimidated from the onset, but found that being "workout partners" made the training much more bearable, especially on jump rope and court drill days. I have trained several athletes and non-athletes in various sport specific ways, but Michael was the most challenging; especially with the designated time frame prior to competition. We had to get moving and fast!

Our training included hours of intervals, jump rope skills, court drills, weights, running, and a lot of nutritional guidance. The routine trips to Wendy's before an afternoon workout had to cease. Developing an awareness for proper sports nutrition takes time, patience, and a willing nature from the



**By winning his second consecutive national singles title, Michael Bronfeld joined an elite club of only five athletes who have been able to achieve the feat in the sport's 28-year history. The group includes pro tour greats Tim Doyle ('89/'90), Ed Andrews ('85/'86 & '80/'81), Dan Ferris ('83/'84) and Charlie Brumfield ('72/'73). Photo: Scott Uparelli**

participant. I acknowledged success with Michael when he began carrying boxes of raisins, bananas, and extra water in his gym bag to refuel his glycogen stores after a workout. Even

though the progress and energy levels of many of his training sessions were directly related to his food consumption, I couldn't expect to change him overnight. But with patience and guidance, I came to understand Michael and how his life was structured.

An extremely intense and competitive individual, Michael has a passion for racquetball, and I felt fortunate in having the rare opportunity to work one-on-one with such a gifted athlete. Personal trainers can make a difference for even the most novice athlete trying to break into the sport. It takes dedication, perseverance, and commitment from both trainer and competitor. Once a relationship has been established, however, the specific programming is exciting! Every day must present a new challenge in one form or another. Every day must make a difference in the athlete's overall health and well being. Now, with a second national title to Michael's credit, I feel satisfied knowing that I had the opportunity to impact his outlook on being a well-conditioned athlete.

On Michael's return from Buenos Aires, he phoned me with the results of his experience. He was happy with the turnout, despite the one-point loss to team-



mate John Ellis. I was ecstatic with his individual silver medal and the team gold medal, and in usual Michael Bronfeld style, he barely cracked a smile! Such is the expression and personality in the eye of this champion. The following are his thoughts on the Pan American Games, racquetball in general, and his future with the sport.

**Gerry Stoneman:** How many years have you been in competitive racquetball?

**Michael Bronfeld:** Fifteen years.

**GS:** Who introduced you to the sport?

**MB:** My father.

**GS:** In past competitions, how did you prepare?

**MB:** I basically used tournaments as my on-court training. I would decide on a tournament to enter, find out who the competition was, and whether it was challenging enough. Also, daily cardiovascular conditioning was at the core of my program.

**GS:** Who would you say is your mentor in the sport of racquetball and why?

**MB:** I never really had a mentor. I would just pick up tips from other players from the gym, or at the tournaments.

**GS:** What is your greatest achievement in the sport?

**MB:** Becoming a member of the Pan American team. Also, winning the National Championships in 1994. (and now again, in '95)

**GS:** How would you describe international competition versus national competition? I mean, how do they compare in terms of challenges?

**MB:** Well, the international competition doesn't really compare to the national level. We have players with more depth, and the matches are quite tougher than on the international level.

**GS:** Being ranked #1 nationally, what kind of pressure do you feel to maintain that ranking?

**MB:** None really. I just try hard to play well and never worry about what other people think. I give everything I have to competition.

**GS:** What one factor would you say gives you an edge over the other competition?

**MB:** Mental toughness.

**GS:** What, do you feel, is the future of racquetball?

**MB:** Well, I'm curious to see if it will ever make it to the Olympic Games. Maybe not in 1996 in Atlanta, but sometime in the future. I would enjoy preparing for such an event, but I doubt it will ever happen.

**GS:** In winning the individual silver medal, how did it feel to have your American rival, John Ellis, barely beat you in the final tiebreaker?

**MB:** Disappointing, but I was actually glad it was John from my team, rather than another country team member. John really played with everything he had. He is a great competitor, and I truly respect him for his talent. Hey, we went out and had some beers together after the match!

*continued on next page ...*

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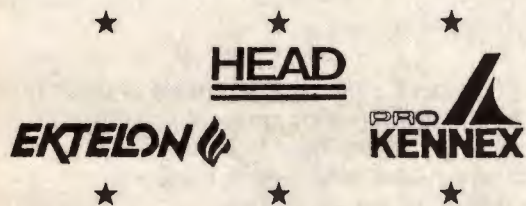
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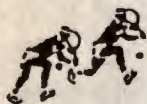
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**GS:** You seem like a pretty quiet and humble guy. With all the titles you have achieved, how do you maintain a level head?

**MB:** It's my personality. I am very self-satisfied. I never boast or brag about my achievements. The recognition I receive usually comes long after the competition, and sometimes not at all. It's okay though, I've learned to live with it.

**GS:** What sports do you enjoy participating in besides racquetball?

**MB:** Basketball, squash, tennis. Most all sports.

**GS:** What are your hobbies?

**MB:** I love to read, whenever I get the opportunity. I recently became engaged, so my fiancée and I spend a great deal of time together watching movies, and such. I am a huge fan of the San Francisco 49er's, so during football season, I usually spend all my time focused on the games.

**GS:** To all aspiring racquetball champions, what would you advise them to do regarding progression in the sport?

**MB:** Be patient. Don't get discouraged from the onset, otherwise you will lose your focus. Also, practice as often as possible on the court. Strike up a game with as many challenging opponents as you can. And lastly, enjoy the game. It is not worth even doing if you don't have fun at it!

**GS:** One final question before we go. What would you consider to be your motto?

**MB:** Be happy in what you do and have an enjoyment of the sport.

After the interview, Michael and fiancée Christina went out to enjoy the evening. As he left I felt almost a sense of sadness. We had such fun during our training sessions, but now he was on his own to digest all the information we had shared.

Sometimes, training can be a real drag, but if you have someone to spend the rigorous days and hours with, the grueling workouts don't seem so bad.

For such a normal guy to be so incredibly talented is impressive, yet he acts as though life at the peak of his sport is no big deal. But that is Michael Bronfeld doing what Michael Bronfeld does best: playing racquetball and living each day to the fullest. Through the eye of this champion shines only one thought – watch out elite hopefuls! Michael Bronfeld will always have the intensity and fierceness of a tiger!



## **PROfile: IRT Tour Highlights**

By Woody Clouse

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### **SAMBA PRO AM GETS HOT IN PHOENIX**

With Samba soft drink and Planet Fitness teaming up to host the Arizona State Singles and an IRT Pro Stop this tourney was sure to be a great event!

In the first round, Kelly Gelhaus vs. Todd O'Neil became a two and a half hour war, ending in an 11-9 tiebreaker win by O'Neil. In a rivalry stemming from their childhood through the juniors and now onto the pro tour, Sudsy Monchik was able to capitalize on Jason Mannino's mistakes and beat him in a close four game match. A last "honorable mention" was Louis Vogel vs. Darren Schenck. For the first time in IRT history, Vogel beat an opponent without letting him score a single point!

The second round saw two major upsets, the first as Dan Fowler played error-free against an uninspired John Ellis, who appeared to be suffering burnout from his recent victory at the Pan Am Games. A second upset saw Adam Karp come from a 0-2 deficit to defeat Tim Doyle, who simply lost his rhythm, then his momentum and consequently the match. Karp proved he is a player capable of beating anyone. A minor upset in the round had Monchik beating Mike Ray in a lop-sided four games.

The quarterfinals began with Cliff Swain giving his usual beating to Aaron Katz. Mike Guidry handed Dan Fowler a reality pill, beating him in a not-so-close four games, while Drew Kachtik's consistency proved to be too much for Adam Karp.

The semis matched Swain vs. Guidry and Kachtik vs. Monchik. Swain went through Guidry like a hot knife through butter, beating him 11-2, 11-0, 11-3, avenging his loss in Pittsburgh. The second match had Monchik avenging his own Pittsburgh loss to Kachtik, beating him 11-8, 11-6, 11-3.

With both players fresh from easy wins in their semis, this final was sure to be spectacular. Simply put, it was the best final played all year. Monchik came out smokin' in the first game, beating Swain 11-2. Swain returned the favor, winning game two 11-5. The third game went back and forth with Monchik winning 11-9. Smelling victory in the

fourth, Monchik came blazing out to a 9-2 lead. Swain didn't falter, coming way back from this deficit to fight off four match points to win the fourth 12-10. Now with the momentum in Swain's corner, he looked poised to win yet another final, but Monchik had other plans as he took another commanding 10-4 lead. Monchik seemed to have the victory in hand, but when playing Swain, no lead is safe. Swain tied Monchik at 10-10, but not to let this one slip away, Monchik came up with some crucial gets and the shots he needed to beat Swain.

---

### **VCI WORLD DOUBLES IN SAN FRANCISCO**

With VW Credit Inc. backing, the IRT hosted its first World Professional Doubles tournament. The absence of doubles on the tour provided an "anybody's chance" atmosphere that was exciting to players and fans alike. And once fans had a chance to adjust to the speed of the games, everyone was buzzing as they watched to find out who would become the best pro team in the world.

The first quarterfinal match-up had #1 seeds Drew Kachtik and Mike Guidry playing one-time partners Kelly Gelhaus and Joey Paraiso. Down 2-1 in games, Gelhaus and Paraiso used their team experience to apply a lot of pressure to the "Big Guns" from Texas, taking them out 11-5, 11-5 in the last two games.

The second quarter re-united amateur world doubles champions John Ellis and Eric Muller against the "biggest" team in the field, Mike Ray and Tony Jelso. The teams swapped lop-sided wins the first four games, saving the close one for the finale. With the match seemingly in hand, Ellis and Muller were stunned by great re-kills and a 12-10 score that left them shaking their heads in disbelief.

The third quarter paired Cliff Swain with Tim Sweeney against doubles expert Brian Hawkes and backhand specialist Gerry Price. But nothing clicked with their play on this day as Swain and Sweeney easily won 11-4, 11-5, 11-3.

The last quarter had #2 seeds Tim Doyle and Sudsy Monchik play AARA national singles champion Michael Bronfeld and long time touring pro Todd O'Neil. Bronfeld and O'Neil put up a great fight but the speed and power of Doyle and Monchik were too much as they slipped by in a close four games.



## SAMBA PRO-AM: PHOENIX

### Round of 16

|                    |                                        |
|--------------------|----------------------------------------|
| Cliff Swain def.   | Todd O'Neil 11-3, 11-5, 11-2           |
| Aaron Katz def.    | Woody Clouse 7-11, 11-5, 11-5, 11-9    |
| Dan Fowler def.    | John Ellis 11-6, 11-8, 11-4            |
| Mike Guidry def.   | Brian Rankin 11-9, 8-11, 11-2, 11-4    |
| Adam Karp def.     | Tim Doyle 2-11, 7-11, 11-2, 11-7, 11-5 |
| Drew Kachtik def.  | Louis Vogel 11-9, 11-6, 11-9           |
| Sudsy Monchik def. | Mike Ray 5-11, 11-3, 11-4, 11-5        |
| Andy Roberts def.  | Eric Muller 11-3, 11-2, 11-1           |

### Quarterfinals

|                    |                                     |
|--------------------|-------------------------------------|
| Cliff Swain def.   | Aaron Katz 12-10, 11-3, 11-7        |
| Mike Guidry def.   | Dan Fowler 6-11, 11-1, 11-8, 11-6   |
| Drew Kachtik def.  | Adam Karp 11-3, 13-11, 11-9, 11-2   |
| Sudsy Monchik def. | Andy Roberts 9-11, 11-5, 11-4, 11-4 |

### Semifinals

|                    |                               |
|--------------------|-------------------------------|
| Cliff Swain def.   | Aaron Katz 11-2, 11-0, 11-3   |
| Sudsy Monchik def. | Drew Kachtik 11-8, 11-6, 11-3 |

### Final

|                                |                                |
|--------------------------------|--------------------------------|
| Sudsy Monchik def. Cliff Swain | 11-2, 5-11, 11-9, 12-10, 12-10 |
|--------------------------------|--------------------------------|

## VCI WORLD DOUBLES: SAN FRANCISCO

### Round of 16

|                      |                                   |
|----------------------|-----------------------------------|
| Kachtik/Guidry def.  | Diodari/Nomura 4, 3, 8            |
| Gelhaus/Paraiso def. | Vogel/Brady 6, (7), 8, 4          |
| Ellis/Muller def.    | Mulcock/Mayorga 6, 8, 4           |
| Ray/Jelso def.       | Garcia/Hardwick 4, 2, 3           |
| Swain/Sweeney def.   | Bloom/Storey 1, 7, 8              |
| Price/Hawkes def.    | Clouse/Mannino 6, 8, 4            |
| O'Neil/Bronfeld def. | Rankin/Engel (12), 3, (11), 2, 10 |
| Doyle/Monchik def.   | Perez/Johnson 5, 4, 0             |

### Quarterfinals

|                     |                                    |
|---------------------|------------------------------------|
| Kachtik/Guidry def. | Gelhaus/Paraiso 7, (8), (11), 5, 5 |
| Ray/Jelso def.      | Ellis/Muller (5), 2, (2), 1, 10    |
| Swain/Sweeney def.  | Price/Hawkes 4, 5, 3               |
| Doyle/Monchik def.  | O'Neil/Bronfeld 9, 5, (8), 9       |

### Semifinals

|                    |                                   |
|--------------------|-----------------------------------|
| Ray/Jelso def.     | Kachtik/Guidry 4, 3, (9), (7), 10 |
| Doyle/Monchik def. | Swain/Sweeney 9, 9, (9), (3), 5   |

### Final

|                              |                                        |
|------------------------------|----------------------------------------|
| Tim Doyle/Sudsy Monchik def. | Mike Ray/Tony Jelso (3), 5, (3), 9, 10 |
|------------------------------|----------------------------------------|

The semis began with Ray and Jelso jumping out to a convincing 2-0 game lead against Gelhaus and Paraiso, who seemed unshaken by the deficit. With their backs against the wall, Gelhaus and Paraiso fought back as the crowd rallied behind the underdogs to tie the games at 2-2. Using the momentum and the crowd support, Gelhaus and Paraiso pulled ahead in the tiebreaker, but Ray and Jelso, having been in this position before, didn't falter as they took advantage of some unforced errors to edge out the upset minded locals in another 12-10 tiebreaker.

The second semi matched up Doyle and Monchik against Swain and Sweeney. The first two games saw sawed back and forth with Doyle and Monchik

squeaking out both game victories 11-9. During the third and fourth games Swain and Sweeney's determination broke through as they tied the match at 2-2. The tiebreaker began and ended with Doyle and Monchik combining power and youth to overwhelm Swain and Sweeney 11-5 in the tiebreaker.

The stage was now set for the world title. In the first game Ray and Jelso took control and easily won 11-3. After shaking off the first game jitters, Doyle and Monchik re-grouped to return the favor, winning 11-5. Not to be outdone, Ray and Jelso forced the issue, winning game three easily 11-3. Up 2-1 and smelling victory, Ray and Jelso pulled out to a big lead in the fourth only to see that lead disappear with an 11-9 loss in the fourth. The tiebreaker began with Ray and Jelso once again taking a commanding lead.

Staring straight into the jaws of defeat, Doyle and Monchik knew that they had to make their move in order to have any chance of overcoming their 10-7 deficit. And a move they made with Doyle hitting crucial roll-outs and Monchik covering the court like a blanket, they came back to win 12-10 to capture the first fan frenzied VCI World Doubles Title.

## CAMECO CLASSIC LIGHTS UP SASKATOON

This unassuming stop located above Montana in the Great White North is the best kept secret on the pro tour, bar none!

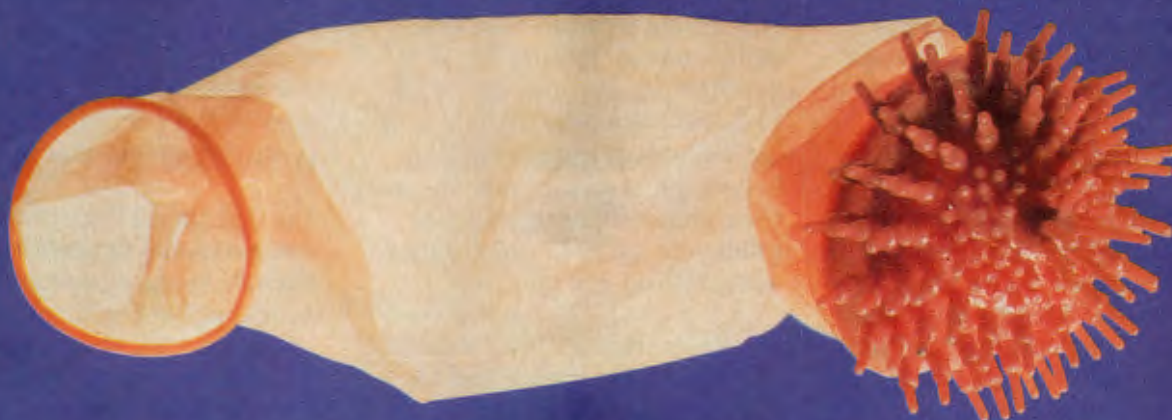
After being greeted by smiles and a fruit basket, the players all gathered for a press conference that clarified how serious this province is about their racquetball. The hundreds of juniors, non-stop press coverage and autograph seekers provide the players an environment unsurpassed by any other stop.

All top 16 seeds advanced without a hitch setting the stage for the rest of the tourney to begin.

The sixteens went as expected until home country favorite and world amateur champion Sherman Greenfeld played Tim Doyle. Greenfeld played his stick and move style to perfection keeping Doyle off balance the entire match. Other than the third game, Greenfeld controlled the match, beating Doyle in a lop-sided four games.

The only other match in the round of sixteen that earned a second glance was Brian Rankin vs. Aaron Katz. After losing the first two games handily, Rankin fought his way back to force a tiebreaker. Two and





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half hours later Rankin out-lasted Katz, completing the comeback in a spectacular 13-11 finish.

The quarterfinals began with Cliff Swain protecting his turf by laying a beating on Drew Kachtik 11-7, 11-1, 11-4. Mike Ray looked as sharp as he has all year by whipping Mike Guidry 11-5, 11-5, 11-4.

Sherman Greenfeld continued his run by advancing past a beat-up Brian Rankin. The last quarterfinal was the most perplexing match of the tournament. Sudsy Monchik cruised to a 2-0 lead against a lost Andy Roberts. Entering the third, Monchik did a Dr. Jekyll and Mr. Hyde, letting all control slip away as he was trampled in the next three 11-4, 11-4, 11-1.

The semifinals began with Swain and Ray exchanging power against control with Swain being too steady and powerful for Ray to overcome. Swain advanced into the finals with a four game victory.

The second semifinal had the entire country rooting for Greenfeld as he broke out to an 11-5 first game win that did nothing more than wake Roberts up. Roberts proceeded to take the next three games fighting off a late rolling charge by Greenfeld that was too little, too late.

The finals were simply a showcase for Swain's dominance and his continuous bid to be called the best of all time. Needless to say, Swain swept Roberts in three easy,

painless games, capping Swain's effort to keep his Cameco Classic title for yet another year.

---

### **U.S. Pro-Am Open in Las Vegas**

High rollers ... big dreams ... the brass ring. The obvious attraction of the city itself is the reason why this tournament has the deepest draw of the year. This stop's energy easily matches that of the city.

The first round began with this year's national amateur champion, Michael Bronfeld matching up against professional national champion Cliff Swain. Although Bronfeld won game two, Swain's strength was too much for him as Swain prevailed in four games.

The other first-round match-ups worth mentioning include Canadian Mike Ceresia upsetting John Ellis, who has lost in the first round of this tournament three years in a row. Mike Ray, overcoming a 2-0 game deficit, defeated longtime great California athlete Steve Lerner 11-9 in the tiebreaker. Finally, Woody Clouse outlasted an upset-minded Jason Mannino in a two-and-a-half hour, five-game brawl.

The round of sixteen began with Tim Doyle taking revenge against Sherman Greenfeld, who later forfeited the match due to an eye-brow-raising injury. This round saw all the top seeds advance.

The quarterfinals began with Andy Roberts having his usual way against Aaron Katz in three straight games. Tim Doyle rebounded from a 14-12 first game loss against Mike Ray to whip him the next three games at 11-2, 11-5, and 11-4. Mike Guidry surprised everyone with how easily he won, beating Drew Kachtik 11-3, 11-4, and 11-1.

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The most highly anticipated match of the tournament squared off Cliff Swain against Sudsy Monchik. The first game began with a classic 12-10 battle with Swain emerging as the victor. The three games to follow displayed Monchik's raw talent and desire, as he breezed by Swain 11-1, 11-8, 11-5.

The semifinals opened with Andy Roberts and Tim Doyle vying for the year-end #2 ranking. Doyle played inspired ball by keeping constant pressure on the ever-consistent Roberts. This pressure paid off as Roberts wore down in the tiebreaker, giving the victory to Doyle, 11-5.

The second semifinal saw Sudsy Monchik jump out to a quick two-game to zero lead against Mike Guidry. Guidry willed game three only to have his opponent resume his brilliant play as Guidry lost the match in the fourth, 11-4.

The final between tour roommates and close friends Doyle and Monchik was a display of power, agility and precision, which made it a crowd-pleaser. Doyle pulled out to a 1-0 game lead by hitting un-retrievable serves when needed most. Monchik, unfazed by the deficit, took his game to another level, winning the next three with ease. This victory for Monchik was the most satisfying of his career, confirming his status as a true national champion. In his own words, "This proves that my two other wins were no fluke."

Monchik may be the only player on the tour who could not only match, but surpass, the energy and dreams that lure people to Las Vegas. In a city where legends are made, this may be a sign.

## IRT UPDATE

By Hank Marcus

**IN APPRECIATION:** The pros returned to Arizona and the beautiful Planet Fitness for the first time in eight years with a great response. Charlie Siddle and Shelly McGann provided a great event combined with the Arizona State Singles at one of the best viewing courts in the country. The whole Courtesy Sports group put on their typical first class event in the first of its kind event when VCI got the pros to team up for doubles. The trip to Saskatoon was tremendously warmer as Loren Prentice and Ken Bateski followed up with another super event with tons of juniors and fun. Vegas is the hottest spot on the tour with players

### CAMECO CLASSIC: SASKATOON

#### Round of 16

Cliff Swain def. .... Chris Brumwell 11-2, 11-4, 11-0  
Drew Kachtik def. .... John Ellis 2-11, 11-7, 12-10, 11-4  
Mike Ray def. .... Eric Muller 11-6, 11-6, 11-9  
Mike Guidry def. .... Roger Harripersad 11-6, 12-10, 11-7  
Sherman Greenfeld def. .... Tim Doyle 11-4, 11-3, 9-11, 11-6  
Brian Rankin def. .... Aaron Katz 5-11, 8-11, 11-9, 11-7, 13-11  
Sudsy Monchik def. .... Woody Clouse 11-7, 11-8, 10-12, 12-10  
Andy Roberts def. .... Jason Mannino 11-4, 11-7, 11-2

#### Quarterfinals

Cliff Swain def. .... Drew Kachtik 11-7, 11-1, 11-4  
Mike Ray def. .... Mike Guidry 11-5, 11-5, 11-4  
Sherman Greenfeld def. .... Brian Rankin 11-3, 10-12, 11-6, 11-1  
Andy Roberts def. .... Sudsy Monchik 7-11, 3-11, 11-4, 11-4, 11-1

#### Semifinals

Cliff Swain def. .... Mike Ray 11-8, 11-5, 6-11, 11-8  
Andy Roberts def. .... Sherman Greenfeld 5-11, 11-3, 11-7, 12-10

#### Final

Cliff Swain def. .... Andy Roberts 11-3, 11-8, 11-4

### U.S. PRO-AM OPEN: LAS VEGAS

#### Round of 16

Cliff Swain def. .... Tony Jelso 11-5, 12-10, 11-2  
Sudsy Monchik def. .... Mike Ceresia 11-3, 11-3, 11-2  
Drew Kachtik def. .... Louis Vogel 8-11, 11-5, 11-4, 11-5  
Mike Guidry def. .... Adam Karp 2-11, 11-5, 11-7, 11-3  
Tim Doyle def. .... Sherman Greenfeld 11-2 (forfeit)  
Mike Ray def. .... Brian Rankin 11-2, 11-8, 11-2  
Aaron Katz def. .... Woody Clouse 11-8, 11-8, 9-11, 11-2  
Andy Roberts def. .... Mike Engel 11-4, 11-5, 11-8

#### Quarterfinals

Sudsy Monchik def. .... Cliff Swain 10-12, 11-1, 11-8, 11-5  
Mike Guidry def. .... Drew Kachtik 11-3, 11-4, 11-1  
Tim Doyle def. .... Mike Ray 10-12, 11-2, 11-5, 11-4  
Andy Roberts def. .... Aaron Katz 11-6, 11-5, 14-12

#### Semifinals

Sudsy Monchik def. .... Mike Guidry 11-5, 11-4, 7-11, 11-4  
Tim Doyle def. .... Andy Roberts 11-6, 11-5, 11-8

#### Final

Sudsy Monchik def. .... Tim Doyle 9-11, 11-6, 11-4, 11-3

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#### **IRT TOP 30 RANKINGS**

1. Cliff Swain .....2529
2. Andy Roberts.....2155
3. Tim Doyle .....1785
4. Mike Guidry .....1688
- 5T. Drew Kachtik .....1522
- 5T. Mike Ray.....1522
7. Aaron Katz.....1382
8. Sudsy Monchik.....1191
9. John Ellis .....968
10. Woody Clouse ..... 962
11. Ruben Gonzalez.....934
12. Brian Rankin .....660
13. Louis Vogel.....644
14. Dan Fowler .....571
15. Adam Karp.....570
16. Eric Muller.....531
17. Todd O'Neil .....403
18. Kelly Gelhaus..... 384
19. Mike Engel..... 350
20. Tony Jelso ..... 339
21. S. Greenfeld.....314
22. Mike Ceresia ..... 276
23. Scott Reiff ..... 247
24. Josh Messina ..... 243
25. Derek Robinson....237
26. R. Harripersad.....234
27. Jason Mannino ....213
28. Darrin Schenck ....186
29. David Hamilton ...168
30. Mike Glowa .....148

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

#### **PENN GLOVE BONUS POOL**

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3. Brian Rankin
4. Woody Clouse
5. Louis Vogel
6. Todd O'Neil
7. Dan Fowler
8. Jason Mannino

#### **HEAD ANATOM BONUS POOL**

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

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

#### **VCI CHALLENGE CUP SERIES FINAL STANDINGS**

Cliff Swain captured the beautiful VCI Cup for the second year in a row after accumulating the most points in the 1994-95 VCI Challenge Cup Series. Swain



## WPRA NATIONALS

By Cheryl Gudinas

The All Sports WPRA National Championships were held May 4-7 at Merritt Athletic Club, in Baltimore, Maryland, closing out the season until the fall, and due to a shortened season this year, was an important event for players to attempt to solidify their rankings.

Doubles play kicked off on Thursday with Robin Levine and Marci Drexler eager to defend their '94 title. Amy Kilbane and Diane Gronkiewicz would take them to four games in the quarters, but the lefties would ultimately prevail. AARA national doubles finalists, Susan Morgan-Pfahler and Mary Lyons, always a force to be reckoned with, would make the trip from Florida, and eventually find themselves in the semifinals, after defeating Caryn McKinney and Robin Whitmire in the quarters. Michelle Gould and Laura Fenton would also advance to the semis, and the team of Kim Russell and Cheryl Gudinas would be victorious over the last minute match up of Malia Bailey and Marcy Lynch.

After defeating Gould and Fenton earlier in the season at the AARA nationals, most thought that Lyons and Pfahler could very well do the same this time around. But Gould and Fenton adjusted to this team's control style however, and handled them in three, 11-4, 11-7, 11-5.

In the other bracket, the match went to five games and proved to be one of the most exciting of the doubles matches. Down in the first game, Kim Russell heated up to make a comeback possible for her and Gudinas, taking the first game 11-8. But this was a see-saw match all the way through, and Drexler and Levine regained the momentum they had enjoyed early in the first game, and won the second 11-3. The next two games played out the same way, with Gudinas and Russell winning the third 11-7, then dropping the fourth 11-2. Who knew what would happen next...? Up 7-4 in the tiebreaker, Kim began getting a good vibe about the patented crack serve that she had shied away from all game. After informing her partner of this vibe, she went for it and cracked two in a row! It appeared that, up 9-4, this team was in pretty good position now ... but their dynamic duo of

opponents caught fire with splats and pinches, and a few rather unique shots (Robin, I think you know the one!). Drexler and Levine didn't let their opponents score another point after that, and made a great comeback to win 11-9 in the fifth. Ultimately, they went on to win the title, but not in the fashion they would have liked, as Gould and Fenton were destined to forfeit due to injury...

In singles, many wondered who would match up (and when) against Caryn McKinney, who doesn't compete as often as she used to, and always seems to show up when we least expect it! People always flock to this event ... especially some players we haven't seen often enough this season and would like to see more of, like: Mary Diaz of Puerto Rico; New York's Lisa Calitri and Sandra Walsh; Kersten Hallander of Florida; Indiana's Diane Gronkiewicz; and Georgia peaches Kim Russell, Jan Curtis and Caryn McKinney.

In the round of 16, hometown favorite, Lynne Coburn drew Caryn McKinney. Serving very effectively, Lynne dropped only one game, 11-10, then won in four convincing games of 11-4, 11-0, 10-11, 11-6. Gould, Levine, Gudinas, and Drexler all advanced in three-game matches. Susan Morgan-Pfahler took #7 seeded Chris Evon to five games, with Evon winning the fifth, 11-1. Marcy Lynch, playing good racquetball all season, defeated Molly O'Brien in a super tiebreaker, 12-10.

### ADVANCING IN BALTIMORE

#### Round of 16

Michell Gould def. ....Kim Russell 11-1, 11-0, 11-2  
Marcy Lynch def. ....Molly O'Brien 11-5, 8-11, 11-6, 6-11, 12-10  
Marci Drexler def. ....Kersten Hallander 11-1, 11-6, 11-5  
Lynne Coburn def. ....Caryn McKinney 11-4, 11-0, 10-11, 11-6  
Cheryl Gudinas def. ....Kim Machiran 11-7, 11-7, 11-4  
Amy Kilbane def. ....Laura Fenton 11-4, 11-5, 10-11, 10-11, 14-12  
Chris Evon def. ....Susan Pfahler 8-11, 11-4, 11-5, 10-11, 11-1  
Robin Levine def. ....Robin Whitmire 11-2, 11-0, 11-2

#### Quarterfinals

Michelle Gould def. ....Marcy Lynch 11-5, 11-4, 11-1  
Marci Drexler def. ....Lynne Coburn 11-3, 11-4, 0-11, 11-2  
Cheryl Gudinas def. ....Amy Kilbane 11-2, 11-5, 11-8  
Robin Levine def. ....Chris Evon 11-7, 11-1, 11-3

#### Semifinals

Marci Drexler def. ....Michelle Gould 6-11, 11-1, 4-1 (injury forfeit)  
Robin Levine def. ....Cheryl Gudinas 11-0, 11-6, 11-8

#### Final

Marci Drexler def. ....Robin Levine 11-9, 11-5, 11-6



#### **Tourney Side Notes:**

- \* Doreen who???...congrats to newlyweds Dan and Doreen!
- \* Cindy Conine - happy Mother's Day a bit early!
- \* Robin - no more postcards!
- \* Janet and Dennis, Jr. - what are the Hornets up to lately?
- \* Congratulations Malia Bailey - pro consolation winner over Mary Lyons!

Perhaps the most interesting match to watch was one that lasted two and a half hours between #6 seeded Laura Fenton and unseeded Amy Kilbane. With what appears to be a new dedication to the game, Kilbane is looking better with every showing. After defeating Malia Bailey in five games, Amy continued on her roll by taking Laura Fenton to a super tiebreaker. After winning the first two games, 11-4, 11-5, Kilbane found herself serving match point at 10-10. With a missed call by the referee, the crowd wondered if Amy could keep her composure and still take the game after having to replay the rally. Although she did lose the game, the whole match became a mental test for both players, as Fenton squeaked out the fourth by the same score, 11-10. It was in the fifth game that Kilbane proved what kind of mental and physical toughness she has, as the game finished in an exciting victory for her, 14-12.

The quarterfinals saw all top four seeds advance after Drexler was pushed to four games by Lynne Coburn; Gould downed Marcy Lynch in three, and Levine beat Chris Evon in three games as well. Gudinas faced Amy Kilbane (only three hours after her match with Fenton), but Amy couldn't get it together again so soon, and Gudinas also won in straight games.

In the first semifinal on Saturday, #3 seeded Cheryl Gudinas faced #2 seeded Robin Levine. Having lost to Gudinas in their last meeting in March, Levine appeared to be on a mission. Admittedly having one of the best serving days of her career, Robin allowed no momentum to be generated whatsoever by Gudinas. "I had to just have fun with it. I couldn't do anything to slow her down," stated Gudinas after the match was over in Robin's favor, 11-0, 11-6, 11-8.

On the other half, Marci Drexler advanced by forfeit, as top seed, Michelle Gould had suffered an injury in an earlier match, which affected her ability to move efficiently.

In a match up seen earlier in the year, Drexler and Levine would meet again, only this time in the finals. As usual, no one really wished to place any money either way on this one. Robin appeared to be playing well all weekend, but Marci seemed a bit eager to hit the courts again, after not playing a complete match a day earlier. Both players appeared "hungry" but Drexler took command and became the new pro national champion by winning in three straight games. This victory by Marci marks the first time the WPRA has had a new champion in the last five years.

When asked about the victory, Drexler smiled, shook her head and stated, "Boy, I really wanted to win this!"

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#### **PENN Pro Series Final Standings**

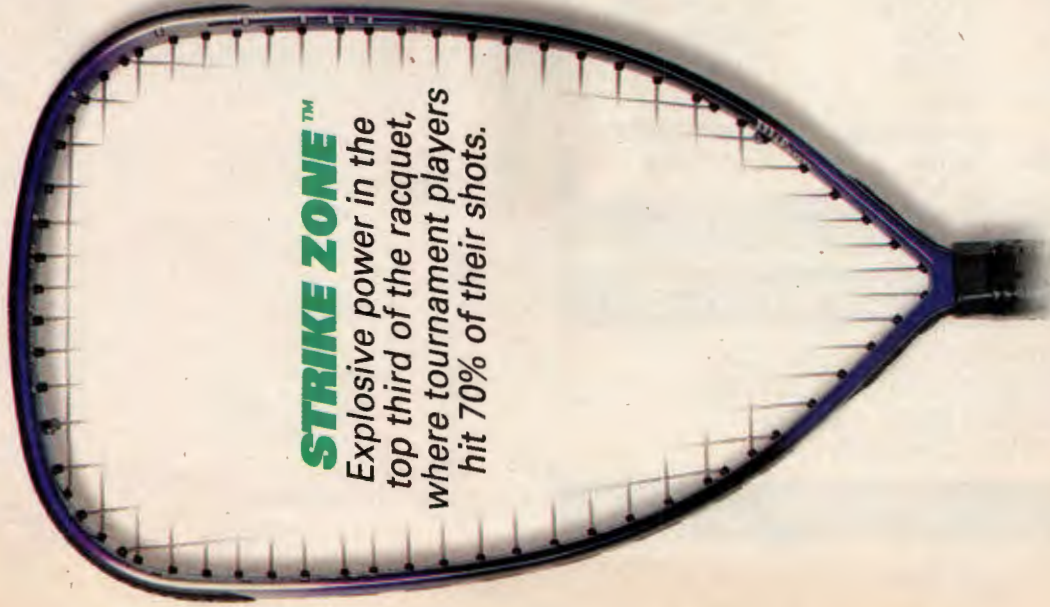
- 1.\* Michelle Gould.....(7450)
- 2.\* Robin Levine.....(5950)
3. Marci Drexler.....(5550)
4. Cheryl Gudinas.....(4650)
5. Lynne Coburn.....(3400)
6. Chris Evon.....(3000)
7. Laura Fenton.....(2250)
- 8T. Marcy Lynch.....(1500)
- 8T. Molly O'Brien.....(1500)
10. Amy Kilbane.....(750)

**Penn Pro Series Bonus points were awarded to quarterfinalists at each stop this season based on finish.**

**\*Denotes bonus winners.**



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## 1994-95 Final Rankings

| Rank | Player .....              | Points | Stops | Average |
|------|---------------------------|--------|-------|---------|
| 1.   | Michelle Gould.....       | 7450   | 4     | 1862.5  |
| 2.   | Robin Levine .....        | 5950   | 4     | 1487.5  |
| 3.   | Marci Drexler .....       | 5550   | 4     | 1387.5  |
| 4.   | Cheryl Gudinas .....      | 4650   | 4     | 1162.5  |
| 5.   | Lynne Coburn .....        | 3400   | 4     | 850.0   |
| 6.   | Chris Evon.....           | 3000   | 4     | 750.0   |
| 7.   | Laura Fenton .....        | 2650   | 4     | 662.5   |
| 8.   | Molly O'Brien.....        | 1900   | 3     | 584.6   |
| 9.   | Marcy Lynch .....         | 2300   | 4     | 575.0   |
| 10.  | Amy Kilbane.....          | 1950   | 4     | 487.5   |
| 11.  | Michelle Wiragh.....      | 1300   | 4     | 325.0   |
| 12T. | Kim Machiran .....        | 925    | 3     | 284.6   |
| 12T. | Malia Bailey.....         | 925    | 3     | 284.6   |
| 14T. | Anita Maldonado.....      | 900    | 3     | 276.9   |
| 14T. | Roz Olson .....           | 900    | 3     | 276.9   |
| 16T. | Lorraine Galloway.....    | 1000   | 4     | 250.0   |
| 16T. | Janet Myers.....          | 1000   | 4     | 250.0   |
| 18T. | Susan Morgan-Pfahler..... | 800    | 2     | 228.6   |
| 18T. | Robin Whitmire.....       | 800    | 2     | 228.6   |
| 20T. | Ellen Crawford .....      | 500    | 2     | 142.9   |
| 20T. | Kim Russell.....          | 500    | 2     | 142.9   |
| 22T. | Holly Gray .....          | 400    | 1     | 106.7   |
| 22T. | Caryn McKinney.....       | 400    | 1     | 106.7   |
| 22T. | Kerri Stoffregen .....    | 400    | 1     | 106.7   |
| 26T. | Robin Liebman.....        | 300    | 3     | 92.3    |
| 26T. | Doreen Fowler.....        | 300    | 3     | 92.3    |
| 28T. | Lisa Calitri .....        | 200    | 2     | 57.1    |
| 28T. | Diane Gronkeiwicz .....   | 200    | 2     | 57.1    |
| 28T. | Yolanda Jordan .....      | 200    | 2     | 57.1    |
| 28T. | Karen Key .....           | 200    | 2     | 57.1    |
| 28T. | Mary Lyons.....           | 200    | 2     | 57.1    |
| 28T. | Jessie Slaughter.....     | 200    | 2     | 57.1    |
| 28T. | Jen Yokota .....          | 200    | 2     | 57.1    |
| 35T. | Julie Duchene.....        | 125    | 1     | 33.3    |
| 35T. | Elaine Hooghe.....        | 125    | 1     | 33.3    |
| 37T. | Jan Curtis.....           | 100    | 1     | 26.7    |
| 37T. | Chris Deer.....           | 100    | 1     | 26.7    |
| 37T. | Mary Diaz .....           | 100    | 1     | 26.7    |
| 37T. | Andee Glomberg .....      | 100    | 1     | 26.7    |
| 37T. | Jean Heckman.....         | 100    | 1     | 26.7    |
| 37T. | Dana Sibell .....         | 100    | 1     | 26.7    |
| 37T. | Sandra Walsh .....        | 100    | 1     | 26.7    |



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# 1995-96 OFFICIAL RULES OF RACQUETBALL

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# 1995 OFFICIAL RULES OF RACQUETBALL



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**SPEED KILLS**



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## RULE CHANGES

(Effective September 1995)  
 Eyewear must meet ASTM F803 or CSA standards  
 [see rule 2.5 (a) for specific wording] . . . 32  
 Technical foul assessed for serving/receiving delays exceeding 10 seconds  
 [see rule 4.5] . . . 34  
 Hitting the non-serving doubles partner while in the service box is now a fault  
 [see rule 4.10 (k)] . . . 35



## 1 — THE GAME

### Rule 1.1 TYPES OF GAMES

Racquetball may be played by two or four players. When played by two it is called singles and when played by four, doubles. A non-tournament variation of the game that is played by three players is called cutthroat.

### Rule 1.2 DESCRIPTION

Racquetball is a competitive game in which a strung racquet is used to serve and return the ball.

### Rule 1.3 OBJECTIVE

The objective is to win each rally by serving or returning the ball so the opponent is unable to keep the ball in play. A rally is over when a player (or team in doubles) is unable to hit the ball before it touches the floor twice, is unable to return the ball in such a manner that it touches the front wall before it touches the floor, or when a hinder is called.

### Rule 1.4 POINTS AND OUTS

Points are scored only by the serving side when it serves an irretrievable serve (an ace) or wins a rally. Losing the serve is called a sideout in singles. In doubles, when the first server loses the serve it is called a handout and when the second server loses the serve it is a sideout.

### Rule 1.5 MATCH, GAME, TIEBREAKER

A match is won by the first side winning two games. The first two games of a match are played to 15 points. If each side wins one game, a tiebreaker game is played to 11 points.

### Rule 1.6 DOUBLES TEAM

(a) A doubles team shall consist of two players who meet either the age requirements or player classification requirements to participate in a particular division of play. A team with different skill levels must play in the division of the player with the higher level of ability. When playing in an adult age division, the team must play in the division of the younger player. When playing in a junior age division, the team must play in the division of the older player.

(b) A change in playing partners may be made so long as the first match of the posted team has not begun. For this purpose only the match will be considered started once the teams have been called to the court. The team must notify the tournament director of the change prior to the beginning of the match.

### Rule 1.7 CONSOLATION MATCHES

(a) Each entrant shall be entitled to participate in a minimum of two matches. Therefore, losers of their first match shall have the opportunity to compete in a consolation bracket of their own division. In draws of less than seven players, a round robin may be offered. See Rule 5.5 about how to determine the winner of a round robin event.

(b) Consolation matches may be waived at the discretion of the tournament director, but this waiver must be in writing on the tournament application.

(c) Preliminary consolation matches will be two of three games to 11 points. Semifinal and final matches will follow the regular scoring format.

## 2 — COURTS AND EQUIPMENT

### Rule 2.1 COURT SPECIFICATIONS

The specifications for the standard four-wall racquetball court are:

(a) Dimensions. The dimensions shall be 20 feet wide, 40 feet long and 20 feet high, with a back wall at least 12 feet high. All surfaces shall be in play, with the exception of any gallery opening or surfaces designated as court hindrances.

(b) Markings. Racquetball courts shall be marked with lines 1 1/2 inches wide as follows:

1. Short Line. The back edge of the short line is midway between, and is parallel with, the front and back walls.

2. Service Line. The front edge of the service line is parallel with, and five feet in front of, the back edge of the short line.

3. Service Zone. The service zone is the five-foot area between the outer edges of the short line and service line.

4. Service Boxes. The service boxes are located at each end of the service zone and are designated by lines parallel with the side walls. The edge of the line nearest to the center of the court shall be 18 inches from the nearest side wall.

5. Drive Serve Lines. The drive serve lines, which form the drive serve zone, are parallel with the side wall and are within the service zone. The edge of the line nearest to the center of the court shall be three feet from the nearest side wall.

6. Receiving Line. The receiving line is a broken line parallel to the short line. The back edge of the receiving line is five feet from the back edge of the short line. The receiving line begins with a line 21 inches long that extends from each side wall. These lines are connected by an alternate series of six-inch spaces and six-inch lines. This will result in a line composed of 17 six-inch spaces, 16 six-inch lines, and two 21-inch lines.

7. Safety Zone. The safety zone is the five-foot area bounded by the back edges of the short line and the receiving line. The zone is observed only during the serve. See Rules 4.11 (k) and 4.12.

### Rule 2.2 BALL SPECIFICATIONS

(a) The standard racquetball shall be 2 1/4 inches in diameter; weigh approximately 1.4 ounces; have a hardness of 55-60 inches durometer; and bounce 68-72 inches from a 100-inch drop at a temperature of 70-74 degrees Fahrenheit.

(b) Only a ball having the endorsement or approval of the AARA may be used in an AARA sanctioned tournament.

### Rule 2.3 BALL SELECTION

(a) A ball shall be selected by the referee for use in each match. During the match the referee may, at his discretion or at the request of a player or team, replace the ball. Balls that are not round or which bounce erratically shall not be used.

(b) If possible, the referee and players should agree to an alternate ball, so that in the event of breakage, the second ball can be put into play immediately.

### Rule 2.4 RACQUET SPECIFICATIONS

(a) The racquet, including bumper guard and all solid parts of the handle, may not exceed 21 inches in length.

(b) The racquet frame may be any material judged to be safe.

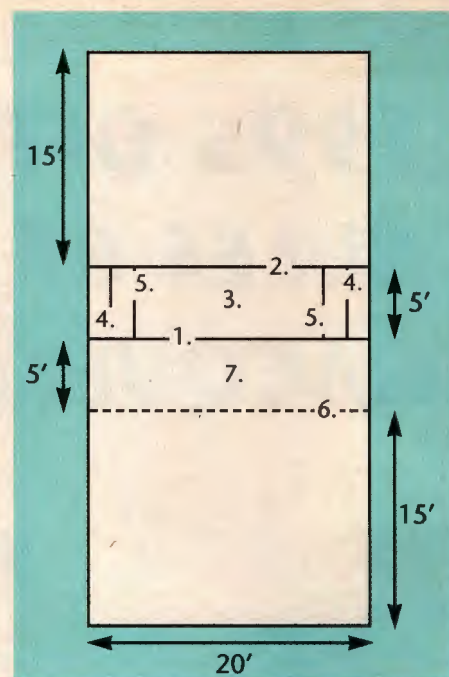
(c) The racquet frame must include a cord that must be securely attached to the player's wrist.

(d) The string of the racquet should be gut, monofilament, nylon, graphite, plastic, metal, or a combination thereof, providing the strings do not mark or deface the ball.

(e) Using an illegal racquet will result in forfeiture of the game in progress or, if discovered between games, forfeiture of the preceding game.

### Rule 2.5 APPAREL

(a) Effective September 1, 1995, lensed eyewear designed for racquetball, and which meets or exceeds ASTM F803 or Canadian (CSA) impact standards, is required apparel. This rule applies to all persons, including





those who must wear corrective lenses. The eyewear must be worn as designed and at all times. A player who fails to wear proper eyewear will be assessed a technical foul and a timeout to obtain proper eyewear. A second infraction in the same match will result in immediate forfeiture of the match. (See Rule 4.18(a)9). The current AARA approved eyewear list is available from the AARA's national office.

(b) **Clothing and Shoes.** The clothing may be of any color; however, a player may be required to change wet, extremely loose fitting, or otherwise distracting garments. Insignias and writing on the clothing must be considered to be in good taste by the tournament director. Shoes must have soles which do not mark or damage the floor.

(c) **Equipment Requirements During Warm-up.** Approved eyeguards must be worn and wrist cords must be used during any on-court warm-up period. The referee should give a technical warning to any person who fails to comply and assess a technical foul if that player continues to not comply after receiving such a warning.

### 3 — OFFICIATING

#### Rule 3.1 TOURNAMENT MANAGEMENT

All AARA sanctioned tournaments shall be managed by a tournament director, who shall designate the officials.

#### Rule 3.2 TOURNAMENT RULES COMMITTEE

The tournament director may appoint a tournament rules committee to resolve any disputes that the referee, tournament desk, or tournament director cannot resolve. The committee, composed of an odd number of persons, may include state or national officials, or other qualified individuals in attendance who are prepared to meet on short notice. The tournament director should not be a member of this committee.

#### Rule 3.3 REFEREE APPOINTMENT AND REMOVAL

The principal official for every match shall be the referee who has been designated by the tournament director, or his designated representative, and who has been agreed upon by all participants in the match. The referee's authority regarding a match begins once the players are called to the court. The referee may be removed from a match upon the agreement of all participants (teams in doubles) or at the discretion of the tournament director or his designated representative. In the event that a referee's removal is requested by one player or team and not agreed to by the other, the tournament director or his designated representative may accept or reject the request. It is suggested that the match be observed before determining what, if any, action is to be taken. In addition, two line judges and a scorekeeper may also be designated to assist the referee in officiating the match.

#### Rule 3.4 RULES BRIEFING

Before all tournaments, all officials and players shall be briefed on rules as well as local court hindrances, regulations, and modifications the tournament director wishes to impose. The briefing should be reduced to writing. The current AARA rules will apply and be made available. Any modifications the tournament director wishes to impose must be stated on the entry form and be available to all players at registration.

#### Rule 3.5 REFEREES

(a) **Pre-Match Duties.** Before each match begins, it shall be the duty of the referee to:

1. Check on adequacy of preparation of court with respect to cleanliness, lighting and temperature.
2. Check on availability and suitability of materials to include balls, towels, scorecards, pencils and timepiece necessary for the match.
3. Check the readiness and qualifications of the line judges and scorekeeper. Review appeal procedures and instruct them of their duties, rules and local regulations.
4. Go onto the court to introduce himself and the players; brief the players on court hindrances, local regulations, rule modifications for this tournament; explain misinterpreted rules.
5. Inspect players equipment; identify the line judges; verify selection of a primary and alternate ball.
6. Toss coin and offer the winner the choice of serving or receiving.

(b) **Decisions.** During the match, the referee shall make all decisions with regard to the rules. Where line judges are used, the referee shall announce all final judgments. If both players in singles and three out of four in a doubles match disagree with a call made by the referee, the referee is overruled with the exception of technical fouls and forfeitures).

(c) **Protests.** Any decision not involving the judgment of the referee will, on protest, be accorded due process as set forth in the by-laws of the AARA. For the purposes of rendering a prompt decision regarding protests filed during the course of an ongoing tournament, the stages of due process will be first to the tournament director and second to the tournament rules committee. In those instances when time permits, the protest may be elevated to the state association and then to the National Board of Directors in the manner prescribed in the by-laws.

(d) **Forfeitures.** A match may be forfeited by the referee when:

1. Any player refuses to abide by the referee's decision or engages in unsportsmanlike conduct.
2. Any player or team who fails to report to play 10 minutes after the match has been scheduled to play. (The tournament director may permit a longer delay if circumstances warrant such a decision.)

(e) **Defaults.** A player or team may be forfeited by the tournament director or official for failure to comply with the tournament or host facility's rules while on the premises between matches, or for abuse of hospitality, locker room, or other rules and procedures.

(f) **Spectators.** The referee shall have jurisdiction over the spectators, as well as the players, while the match is in progress.

(g) **Other Rulings.** The referee may rule on all matters not covered in the AARA Official Rules. However, the referee's ruling is subject to protest as described in Rule 3.5 (c).

#### Rule 3.6 LINE JUDGES

(a) **When Utilized.** Two line judges should be used for semifinal and final matches, when requested by a player or team, or when the referee or tournament director so desires. However, the use of line judges is subject to availability and the discretion of the tournament director.

(b) **Replacing Line Judges.** If any player objects to a person serving as a line judge before the match begins, all reasonable effort shall be made to find a replacement acceptable to the officials and players. If a player objects after the match begins, any replacement shall be at the discretion of the referee and/or tournament director.

(c) **Position of Line Judges.** The players and referee shall designate the court location of the line judges. Any dispute shall be settled by the tournament director.

(d) **Duties and Responsibilities.** Line judges are designated to help decide appealed calls. In the event of an appeal, and after a very brief explanation of the appeal by the referee, the line judges must indicate their opinion of the referee's call.

(e) **Signals.** Line judges should extend their arm and signal as follows: (i) thumb up to show agreement with the referee's call, (ii) thumb down to show disagreement, and (iii) hand open with palm facing down to indicate "no opinion" or that the play in question wasn't seen.

(f) **Manner of Response.** Line judges should be careful not to signal until the referee acknowledges the appeal and asks for a ruling. In responding to the referee's request, line judges should not look at each other, but indicate their opinions simultaneously in clear view of the players and referee. If at any time a line judge is unsure of which call is being appealed or what the referee's call was, the line judge should ask the referee to repeat the call and the appeal.

(g) **Result of Response.** If both line judges signal no opinion, the referee's call stands. If both line judges disagree with the referee, the referee must reverse the ruling. If one line judge agrees with the call and one disagrees, the referee's call stands. If one line judge agrees with the call and one has no opinion, the call stands. If one line judge disagrees with the referee's call and the other signals no opinion, the rally is replayed. Any replays, with the exception of appeals on the second serve itself, will result in two serves.

#### Rule 3.7 APPEALS

(a) **Appealable Calls and Non-Calls.** In any match using line judges, a player may appeal only the following calls or noncalls by the referee: skip ball; fault serve, except screen serves; out serve; double bounce pickup; receiving line violation; and court hinder. At no time may a player appeal a screen



serve, a hinder call (except court hinders), a technical foul, or other discretionary call of the referee.

(b) **How to Appeal.** A verbal appeal by a player must be made directly to the referee immediately after the rally has ended. A player who believes there is an infraction to appeal, should bring it to the attention of the referee and line judges by raising his non-racquet hand at the time the perceived infraction occurs. The player is obligated to continue to play until the rally has ended or the referee stops play. The referee will recognize a player's appeal only if it is made before that player leaves the court for any reason including timeouts and game-ending rallies or, if that player doesn't leave the court, before the next serve begins.

(c) **Loss of Appeal.** A player or team forfeits its right of appeal for that rally if the appeal is made directly to the line judges or, if the appeal is made after an excessive demonstration or complaint.

(d) **Limit on Appeals.** A player or team may make three appeals per game. However, if either line judge disagrees (thumb down) with the referee's call, that appeal will not count against the three-appeal limit. In addition, the game-ending rally may be appealed even if the three-appeal limit has been reached.

### Rule 3.8 OUTCOME OF APPEALS

(a) **Skip Ball.** If the referee makes a call of "skip ball," the call may be appealed. If the call is reversed, the referee then must decide if the shot in question could have been returned had play continued. If in the opinion of the referee, the shot could have been returned, the rally shall be replayed. However, if the shot was not retrievable, the side which hit the shot in question is declared the winner of the rally. If the referee makes no call on a shot (thereby indicating that the shot did not skip), an appeal may be made that the shot skipped. If the no call is reversed, the side which hit the shot in question loses the rally.

(b) **Fault Serve.** If the referee makes a call of fault serve, the call may be appealed. If the call is reversed, the serve is replayed, unless if the referee considered the serve to be not retrievable, in which case a point is awarded to the server. An appeal may also be made if the referee makes no call on a serve indicating that the serve was good.) If the no call is reversed, it will result in second serve if the infraction occurred on the first serve or loss of serve if the infraction occurred on the second serve.

(c) **Out Serve.** If the referee makes a call of out serve, the call may be appealed. If the call is reversed, the serve will be replayed, unless the serve was obviously a fault in which case the call becomes fault serve. However, when the call is reversed and the serve is considered an ace, a point will be awarded. An appeal may also be made if the referee makes no call on a serve (indicating that the serve was good.) If the no call is reversed, it results in an immediate loss of serve.

(d) **Double Bounce Pickup.** If the referee makes a call of two bounces, the call may be appealed. If the call is reversed, the rally is replayed, except if the player against whom the call was made hit a shot that could not have been retrieved, then that player wins the rally. (Before awarding a rally in that situation, the referee must be certain that the shot would not have been retrieved even if play had not been halted.) An appeal may also be made if the referee makes no call thereby indicating that the get was not two bounces. If the no call is reversed, the player who made the two bounce pickup is declared the loser of the rally.

(e) **Receiving Line Violation (Encroachment).** If the referee makes a call of encroachment, the call may be appealed. If the call is overturned, the service shall be replayed. An appeal may also be made if the referee makes no call. If the appeal is successful, the server is awarded a point.

(f) **Court Hinder.** If the referee makes a call of court hinder, the rally is replayed. If the referee makes no call and a player feels that a court hinder occurred, that player may appeal. If the appeal is successful, the rally will be replayed.

### Rule 3.9 RULES INTERPRETATIONS

If a player feels the referee has interpreted the rules incorrectly, the player may require the referee or tournament director to show him the applicable rule in the rulebook. Having discovered a misapplication or misinterpretation, the official must correct the error by replaying the rally, awarding the point, calling sideout or taking whatever corrective measure necessary.

## 4 — PLAY REGULATIONS

### Rule 4.1 SERVE

The player or team winning the coin toss has the option to either serve or receive at the start of the first game. The second game will begin in reverse order of the first game. The player or team scoring the highest total of points in games 1 and 2 will have the option to serve or receive first at the start of the tiebreaker. In the event that both players or teams score an equal number of points in the first two games, another coin toss will take place and the winner of the toss will have the option to serve or receive.

### Rule 4.2 START

The server may not start the service motion until the referee has called the score or "second serve." The serve is started from any place within the service zone. Certain drive serves are an exception, see Rule 4.6.) Neither the ball, nor any part of either foot may extend beyond either line of the service zone when initiating the service motion. Stepping on, but not over, the lines is permitted. When completing the service motion, the server may step over the service (front) line provided that some part of both feet remain on or inside the line until the served ball passes the short line. The server may not step over the short line until the ball passes the short line. See Rules 4.10 (a) and 4.11 (k) for penalties for violations.

### Rule 4.3 MANNER

After taking a set position inside the service zone, a player may begin the service motion — any continuous movement which results in the ball being served. Once the service motion begins, the ball must be bounced on the floor in the zone and be struck by the racquet before it bounces a second time. After being struck, the ball must hit the front wall first and on the rebound hit the floor beyond the back edge of the short line, either with or without touching one of the side walls.

### Rule 4.4 READINESS

The service motion shall not begin until the referee has called the score or the second serve and the server has visually checked the receiver. The referee shall call the score as both server and receiver prepare to return to their respective positions, shortly after the previous rally has ended.

### Rule 4.5 DELAYS

Except as noted in Rule 4.5 (b), delays exceeding 10 seconds shall result in an out if the server is the offender or a point if the receiver is the offender.

(a) The 10 second rule is applicable to the server and receiver simultaneously. Collectively, they are allowed up to 10 seconds, after the score is called, to serve or be ready to receive. It is the server's responsibility to look and be certain the receiver is ready. If the receiver is not ready, he must signal so by raising his racquet above his head or completely turning his back to the server. (These are the only two acceptable signals.)

(b) Serving while the receiving player/team is signalling not ready is a fault serve.

(c) After the score is called, if the server looks at the receiver and the receiver is not signalling not ready, the server may then serve. If the receiver attempts to signal not ready after that point, the signal shall not be acknowledged and the serve becomes legal.

### Rule 4.6 DRIVE SERVICE ZONES

The drive serve lines will be 3 feet from each side wall in the service box, dividing the service area into two 17-foot service zones for drive serves only. The player may drive serve between himself and the side wall nearest to where his service motion began only if the player starts and remains outside of the 3-foot drive service zone. In the event that the service motion begins in one drive service zone and continues into the other drive service zone, the player may not hit a drive serve at all. Violations of this rule, either called or not called, may be appealed.

(a) The drive serve zones are not observed for crosscourt drive serves, the hard-Z, soft-Z, lob or half-lob serves.

(b) The racquet may not break the plane of the 17-foot zone while making contact with the ball.



(c) The drive serve line is not part of the 17-foot zone. Dropping the ball on the line or standing on the line while serving to the same side is an infraction.

#### Rule 4.7 SERVE IN DOUBLES

(a) Order of Serve. Each team shall inform the referee of the order of service which shall be followed throughout that game. The order of serve may be changed between games. At the beginning of each game, when the first server of the first team to serve is out, the team is out. Thereafter, both players on each team shall serve until the team receives a handout and a sideout.

(b) Partner's Position. On each serve, the server's partner shall stand erect with back to the side wall and with both feet on the floor within the service box from the moment the server begins the service motion until the served ball passes the short line. Violations are called foot faults. However, if the server's partner enters the safety zone before the ball passes the short line, the server loses service.

#### Rule 4.8 DEFECTIVE SERVES

Defective serves are of three types resulting in penalties as follows:

(a) Dead-Ball Serve. A dead-ball serve results in no penalty and the server is given another serve (without canceling a prior fault serve).

(b) Fault Serve. Two fault serves result in an out (either a sideout or a handout.)

(c) Out Serve. An out serve results in an out (either a sideout or a handout.)

#### Rule 4.9 DEAD-BALL SERVES

Dead-ball serves do not cancel any previous fault serve. The following are dead-ball serves:

(a) Ball Hits Partner. A serve which strikes the server's partner while in the doubles box is a dead-ball serve. A serve which touches the floor before touching the server's partner is a short serve.

(b) Court Hinders. A serve that takes an irregular bounce because it hit a wet spot or an irregular surface on the court is a dead-ball serve. Also, any serve that hits any surface designated by local rules as an obstruction.

(c) Broken Ball. If the ball is determined to have broken on the serve, a new ball shall be substituted and the serve shall be replayed, not canceling any prior fault serve.

#### Rule 4.10 FAULT SERVES

The following serves are faults and any two in succession result in an out:

(a) Foot Faults. A foot fault results when:

1. The server does not begin the service motion with both feet in the service zone.

2. The server steps completely over the service line (no part of the foot on or inside the service zone) before the served ball crosses the short line.

3. In doubles, the server's partner is not in the service box with both feet on the floor and back to the side wall from the time the server begins the service motion until the ball passes the short line. See Rule 4.7 (b).

(b) Short Service. A short serve is any served ball that first hits the front wall and, on the rebound, hits the floor on or in front of the short line either with or without touching a side wall.

(c) Three Wall Serve. A three-wall serve is any served ball that first hits the front wall and, on the rebound, strikes both side walls before touching the floor.

(d) Ceiling Serve. A ceiling serve is any served ball that first hits the front wall and then touches the ceiling (with or without touching a side wall).

(e) Long Serve. A long serve is a served ball that first hits the front wall and rebounds to the back wall before touching the floor (with or without touching a side wall).

(f) Out-of-Court Serve. An out-of-court serve is any served ball that first hits the wall and, before striking the floor, goes out of the court.

(g) Bouncing Ball Outside Service Zone. Bouncing the ball outside the service zone as a part of the service motion is a fault serve.

(h) Illegal Drive Serve. A drive serve in which the player fails to observe the 17-foot drive service zone outlined in Rule 4.6.

(i) Screen Serve. A served ball that first hits the front wall and on the rebound passes so closely to the server, or server's partner in doubles, that it prevents the receiver from having a clear view of the ball. (The receiver is obligated to place himself in good court position, near center court, to obtain that view.) The screen serve is the only fault serve which may not be appealed.

(j) Serving before the Receiver is Ready. A serve

is made while the receiver is not ready as described in Rule 4.5.

(k) Ball Hits Partner. A served ball that hits the doubles partner while in the doubles box results in a fault serve.

#### Rule 4.11 OUT SERVES

Any of the following serves results in an out:

(a) Two Consecutive Fault Serves. See Rule 4.10.

(b) Failure to Serve. Failure of server to put the ball into play under Rule 4.5.

(c) Missed Serve Attempt. Any attempt to strike the ball that results in a total miss or in the ball touching any part of the server's body. Also, allowing the ball to bounce more than once during the service motion.

(d) Touched Serve. Any served ball that on the rebound from the front wall touches the server or server's racquet, or any ball intentionally stopped or caught by the server or server's partner.

(e) Fake or Balk Serve. Any movement of the racquet toward the ball during the serve which is noncontinuous and done for the purpose of deceiving the receiver. If a balk serve occurs, but the referee believes that no deceit was involved, he has the option of declaring "no serve" and have the serve replayed without penalty. (f) Illegal Hit.

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An illegal hit includes contacting the ball twice, carrying the ball, or hitting the ball with the handle of the racquet or part of the body or uniform.

(g) **Non-Front Wall Serve.** Any served ball that does not strike the front wall first.

(h) **Crotch Serve.** Any served ball that hits the crotch of the front wall and floor, front wall and side wall, or front wall and ceiling is an out serve (because it did not hit the front wall first). A serve into the crotch of the back wall and floor is a good serve and in play. A served ball that hits the crotch of the side wall and floor beyond the short line is in play.

(i) **Out-of-Order Serve.** In doubles, when either partner serves out of order, the points scored by that server will be subtracted and an out serve will be called: if the second server serves out of order, the out serve will be applied to the first server and the second server will resume serving. If the player designated as the first server serves out of order, a sideout will be called. The referee should call no serve as soon as an out-of-order serve occurs. If no points are scored while the team is out of order, only the out penalty will have to be assessed. However, if points are scored before the out of order condition is noticed and the referee cannot recall the number, the referee may enlist the aid of the line judges (if they are being used) to recall the number of points to be deducted.

(j) **Ball Hits Partner.** A served ball that hits the doubles partner while outside the doubles box results in loss of serve.

(k) **Safety Zone Violation.** If the server, or doubles partner, enters into the safety zone before the served ball passes the short line, it shall result in the loss of serve.

#### **Rule 4.12 RETURN OF SERVE**

##### **(a) Receiving Position**

1. The receiver may not enter the safety zone until the ball bounces or crosses the receiving line.
2. On the fly return attempt, the receiver may not strike the ball until the ball breaks the plane of the receiving line. The receiver's follow-through may carry the receiver or his racquet past the receiving line.
3. Neither the receiver nor his racquet may break the plane of the short line, except if the ball is struck after rebounding off the back wall.
4. Any violation by the receiver results in a point for the server.

(b) **Defective Serve.** A player on the receiving side may not intentionally catch or touch a served ball (such as an apparently long or short serve) until the referee has made a call or the ball has touched the floor for a second time. Violation results in a point.

(c) **Legal Return.** After a legal serve, a player on the receiving team must strike the ball on the fly or after the first bounce, and before the ball touches the floor the second time; and return the ball to the front wall, either directly or after touching one or both side walls, the back wall or the ceiling, or any combination of those surfaces. A returned ball must touch the front wall before touching the floor.

(d) **Failure to Return.** The failure to return a serve results in a point for the server.

(e) **Other Provisions.** Except as noted in this rule (4.12), the return of serve is subject to all provisions of Rules 4.14 through 4.16.

#### **Rule 4.13 CHANGES OF SERVE**

##### **(a) Outs.** A server is entitled to continue serving until:

1. Out Serve. See Rule 4.11.
2. Two Consecutive Fault Serves. See Rule 4.10.
3. Ball Hits Partner. Player hits partner with attempted return.
4. Failure to Return Ball. Player, or partner, fails to keep the ball in play as required by Rule 4.12 (c).
5. Avoidable Hinder. Player or partner commits an avoidable hinder which results in an out. See Rule 4.16.

(b) **Sideout.** In singles, retiring the server is a sideout. In doubles, the side is retired when both partners have lost service, except that the team which serves first at the beginning of each game loses the serve when the first server is retired. See Rule 4.7.

(c) **Effect of Sideout.** When the server (or serving team) receives a sideout, the server becomes the receiver and the receiver becomes the server.

#### **Rule 4.14 RALLIES**

All of the play which occurs after the successful return of serve is called the rally. Play shall be conducted according to the following rules:

(a) **Legal Hits.** Only the head of the racquet may be used at any time

to return the ball. The racquet may be held in one or both hands. Switching hands to hit a ball, touching the ball with any part of the body or uniform, or removing the wrist thong results in a loss of the rally.

(b) **One Touch.** The player or team trying to return the ball may touch or strike the ball only once or else the rally is lost. The ball may not be carried. (A carried ball is one which rests on the racquet long enough that the effect is more of a sling or throw than a hit.)

(c) **Failure to Return.** Any of the following constitutes a failure to make a legal return during a rally:

1. The ball bounces on the floor more than once before being hit.
2. The ball does not reach the front wall on the fly.
3. The ball caroms off a player's racquet into a gallery or wall opening without first hitting the front wall.
4. A ball which obviously does not have the velocity or direction to hit the front wall strikes another player.
5. A ball struck by one player on a team hits that player or that player's partner.
6. Committing an avoidable hinder. See Rule 4.16.
7. Switching hands during a rally.
8. Failure to use wrist thong on racquet.
9. Touching the ball with the body or uniform.
10. Carry or sling the ball with the racquet.

(d) **Effect of Failure to Return.** Violations of Rules 4.14 (a) through (c) result in a loss of rally. If the serving player or team loses the rally, it is an out. If the receiver loses the rally, it results in a point for the server.

(e) **Return Attempts.** The ball remains in play until it touches the floor a second time, regardless of how many walls it makes contact with — including the front wall.

1. In singles, if a player swings at the ball and misses it, the player may continue to attempt to return the ball until it touches the floor for the second time.

2. In doubles, if one player swings at the ball and misses it, both partners may make further attempts to return the ball until it touches the floor the second time. Both partners on a side are entitled to return the ball.

##### **(f) Out of Court Ball**

1. After return. Any ball returned to the front wall which, on the rebound or the first bounce, goes into the gallery or through any opening in a side wall shall be declared dead and the server shall receive two serves.

2. No Return. Any ball not returned to the front wall, but which caroms off a player's racquet into the gallery or into any opening in a side wall either with or without touching the ceiling, side wall, or back wall, shall be an out for the player failing to make the return, or a point for the opponent.

(g) **Broken Ball.** If there is any suspicion that a ball has broken during a rally, play shall continue until the end of the rally. The referee or any player may request the ball be examined. If the referee decides the ball is broken the ball will be replaced and the rally replayed. The server will get two serves. The only proper way to check for a broken ball is to squeeze it by hand. (Checking the ball by striking it with a racquet will not be considered a valid check and shall work to the disadvantage of the player or team which struck the ball after the rally.)

##### **(h) Play Stoppage**

1. If a foreign object enters the court, or any other outside interference occurs, the referee shall stop the play immediately and declare a dead-ball hinder.

2. If a player loses any apparel, equipment, or other article, the referee shall stop play immediately and declare an avoidable hinder or dead-ball hinder as described in Rule 4.16 (i).

(i) **Replays.** Whenever a rally is replayed for any reason, the server is awarded two serves. A previous fault serve is not considered.

#### **Rule 4.15 DEAD-BALL HINDERS**

A rally is replayed without penalty and the server receives two serves whenever a dead-ball hinder occurs.

##### **(a) Situations**

1. **Court Hinders.** The referee should stop play immediately whenever the ball hits any part of the court that was designated in advance as a court hinder (such as a door handle). The referee should also stop play (i) when the ball takes an irregular bounce as a result of contacting a rough surface (such as court light or vent) or after striking a wet spot on the floor or wall and (ii) when, in the referee's opin-



ion, the irregular bounce affected the rally. A court hinder is the only type of hinder that is appealable. See Rule 3.7 (a).

2. Ball Hits Opponent. When an opponent is hit by a return shot in flight, it is a dead-ball hinder. If the opponent is struck by a ball which obviously did not have the velocity or direction to reach the front wall, it is not a hinder, and the player who hit the ball will lose the rally. A player who has been hit by the ball can stop play and make the call though the call must be made immediately and acknowledged by the referee.

3. Body Contact. If body contact occurs which the referee believes was sufficient to stop the rally, either for the purpose of preventing injury by further contact or because the contact prevented a player from being able to make a reasonable return, the referee shall call a hinder. Incidental body contact in which the offensive player clearly will have the advantage should not be called a hinder, unless the offensive player obviously stops play. Contact with the racquet on the follow-through normally is not considered a hinder.

4. Screen Ball. Any ball rebounding from the front wall so close to the body of the defensive team that it interferes with, or prevents, the offensive player from having clear view of the ball. (The referee should be careful not to make the screen call so quickly that it takes away a good offensive opportunity.) A ball that passes between the legs of the side that just returned the ball is not automatically a screen. It depends on the proximity of the players. Again, the call should work to the advantage of the offensive player.

5. Backswing Hinder. Any body or racquet contact, on the backswing or on the way to or just prior to returning the ball, which impairs the hitter's ability to take a reasonable swing. This call can be made by the player attempting the return, though the call must be made immediately and is subject to the referee's approval. Note the interference may be considered an avoidable hinder. See Rule 4.16.

6. Safety Holdup. Any player about to execute a return who believes he is likely to strike his opponent with the ball or racquet may immediately stop play and request a dead-ball hinder. This call must be made immediately and is subject to acceptance and approval of the referee. (The referee will grant a dead-ball hinder if it is believed the holdup was reasonable and the player would have been able to return the shot, and the referee may also call an avoidable hinder if warranted.)

7. Other Interference. Any other unintentional interference which prevents an opponent from having a fair chance to see or return the ball. Example: When a ball from another court enters the court during a rally or when a referee's call on an adjacent court obviously distracts a player.

(b) Effect of Hinders. The referee's call of hinder stops play and voids any situation which follows, such as the ball hitting the player. The only hinders that may be called by a player are described in rules (2), (5), and (6) above, and all of these are subject to the approval of the referee. A dead-

ball hinder stops play and the rally is replayed. The server receives two serves.

(c) Avoidance. While making an attempt to return the ball, a player is entitled to a fair chance to see and return the ball. It is the responsibility of the side that has just hit the ball to move so the receiving side may go straight to the ball and have an unobstructed view of the ball. In the judgment of the referee however, the receiver must make a reasonable effort to move towards the ball and have a reasonable chance to return the ball in order for a hinder to be called.

#### Rule 4.16 AVOIDABLE HINDERS

An avoidable hinder results in the loss of the rally. An avoidable hinder does not necessarily have to be an intentional act and is the result of any of the following:

(a) Failure to Move. A player does not move sufficiently to allow an opponent a shot straight to the front wall as well as a cross-court shot which is a shot directly to the front wall at an angle that would cause the ball to rebound directly to the rear corner farthest from the player hitting the ball. Also when a player moves in such a direction that it prevents an opponent from taking either of these shots.

(b) Stroke Interference. This occurs when a player moves, or fails to move, so that the oppo-

nent returning the ball does not have a free, unimpeded swing. This includes unintentionally moving the wrong direction which prevents an opponent from making an open offensive shot.

(c) Blocking. Moves into a position which blocks the opponent from getting to, or returning, the ball; or in doubles, a player moves in front of an opponent as the player's partner is returning the ball.

(d) Moving into the Ball. Moves in the way and is struck by the ball just played by the opponent.

(e) Pushing. Deliberately pushes or shoves opponent during a rally.

(f) Intentional Distractions. Deliberate shouting, stamping of feet, waving of racquet, or any other manner of disrupting one's opponent.

(g) View Obstruction. A player moves across an opponent's line of vision just before the opponent strikes the ball.

(h) Wetting the Ball. The players, particularly the server, should insure that the ball is dry prior to the serve. Any wet ball that is not corrected prior to the serve shall result in an avoidable hinder against the server.

(i) Apparel or Equipment Loss. If a player loses any apparel, equipment, or other article, play shall be immediately stopped and that player shall be called for an avoidable hinder, unless the player

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has just hit a shot that could not be retrieved. If the loss of equipment is caused by a player's opponent, then a dead-ball hinder should be called. If the opponent's action is judged to have been avoidable, then the opponent should be called for an avoidable hinder.

#### **Rule 4.17 TIMEOUTS**

(a) **Rest Periods.** Each player or team is entitled to three 30-second timeouts in games to 15 and two 30-second timeouts in games to 11. Timeouts may not be called by either side after service motion has begun. Calling for a timeout when none remain or after service motion has begun, or taking more than 30 seconds in a timeout, will result in the assessment of a technical foul for delay of game.

(b) **Injury.** If a player is injured during the course of a match as a result of contact, such as with the ball, racquet, wall or floor, he will be awarded an injury timeout. While a player may call more than one timeout for the same injury or for additional injuries which occur during the match, a player is not allowed more than a total of 15 minutes of rest during a match. If the injured player is not able to resume play after total rest of 15 minutes, the match shall be awarded to the opponent. Muscle cramps and pulls, fatigue, and other ailments that are not caused by direct contact on the court will not be considered an injury.

(c) **Equipment Timeouts.** Players are expected to keep all clothing and equipment in good, playable condition and are expected to use regular timeouts and time between games for adjustment and replacement of equipment. If a player or team is out of timeouts and the referee determines that an equipment change or adjustment is necessary for fair and safe continuation of the match, the referee may award an equipment timeout not to exceed 2 minutes. The referee may allow additional time under unusual circumstances. (d) **Between Games.** The rest period between the first two games of a match is 2 minutes. If a tiebreaker is necessary, the rest period between the second and third game is 5 minutes.

(e) **Postponed Games.** Any games postponed by referees shall be resumed with the same score as when postponed.

#### **Rule 4.18 TECHNICAL FOULS AND WARNINGS**

(a) **Technical Fouls.** The referee is empowered to deduct one point from a player's or team's score when, in the referee's sole judgment, the player is being overtly and deliberately abusive. If the player or team against whom the technical foul was assessed does not resume play immediately, the referee is empowered to forfeit the match in favor of the opponent. Some examples of actions which may result in technical fouls are:

1. Profanity.
2. Excessive arguing.
3. Threat of any nature to opponent or referee.
4. Excessive or hard striking of the ball between rallies.
5. Slamming of the racquet against walls or floor, slamming the door, or any action which might result in injury to the court or other players.
6. Delay of game. Examples include (i) taking too much time to dry the court, (ii) questioning of the referee excessively about the rules, (iii) exceeding the time allotted for timeouts or between games, or (iv) calling a timeout when none remain.
7. Intentional front line foot fault to negate a bad lob serve.
8. Anything considered to be unsportsmanlike behavior.
9. Failure to wear lensed eyewear designed for racquet sports is an automatic technical foul on the first infraction and a mandatory timeout will be charged against the offending player to acquire the proper eyewear. A second infraction by that player during the match will result in automatic forfeiture of the match.

(b) **Technical Warnings.** If a player's behavior is not so severe as to warrant a technical foul, a technical warning may be issued without point deduction.

(c) **Effect of Technical Foul or Warning.** If a referee issues a technical foul, one point shall be removed from the offender's score. If a referee issues a technical warning, it shall not result in a loss of rally or point and shall be accompanied by a brief explanation of the reason for the warning. The issuing of the technical foul or warning has no effect on who will be serving when play resumes. If a technical foul occurs between games or when the offender has no points, the result will be that the offender's score will revert to minus one (-1).

## **5 — TOURNAMENTS**

#### **Rule 5.1 DRAWS**

(a) If possible, all draws shall be made at least 2 days before the tournament commences. The seeding method of drawing shall be approved by the AARA.

(b) At AARA National events, the draw and seeding committee shall be chaired by the AARA's Executive Director, National Tournament Director, and the host tournament director. No other persons shall participate in the draw or seeding unless at the invitation of the draw and seeding committee.

(c) In local and regional tournaments the draw shall be the responsibility of the tournament director.

#### **Rule 5.2 SCHEDULING**

(a) **Preliminary Matches.** If one or more contestants are entered in both singles and doubles, they may be required to play both singles and doubles on the same day or night with little rest between matches. This is a risk assumed on entering two singles events or a singles and doubles event. If possible, the schedule should provide at least 1 hour between matches.

(b) **Final Matches.** Where one or more players has reached the finals in both singles and doubles, it is recommended that the doubles match be played on the day preceding the singles. This would assure more rest between the final matches. If both final matches must be played on the same day or night, the following procedure is recommended that:

1. The singles match be played first and
2. A rest period of not less than 1 hour be allowed between the finals in singles and doubles.

#### **Rule 5.3 NOTICE OF MATCHES**

After the first round of matches, it is the responsibility of each player to check the posted schedules to determine the time and place of each subsequent match. If any change is made in the schedule after posting, it shall be the duty of the committee or tournament director to notify the players of the change.

#### **Rule 5.4 THIRD PLACE**

Players are not required to play off for third place. However, for point standings, if one semifinalist wants to play off for third and the other semifinalist does not, the one willing to play shall be awarded third place. If neither semifinalist wishes to play off for third then the points shall be totaled, divided by 2, and awarded evenly to both players.

#### **Rule 5.5 ROUND ROBIN SCORING**

The final positions of players or teams in round robin competition is determined by the following sequence:

- a. Winner of the most matches;
- b. In a two way tie, winner of the head-to-head match;
- c. In a tie of three or more, the player who lost the fewest games is awarded the highest position.

(1) If a two way tie remains, the winner of the head-to-head match is awarded the higher position.

(2) If a multiple tie remains, the total points scored against each player in all matches will be tabulated and the player who had the least points scored against him is awarded the highest position. Note: Forfeits will count as a match won in two games. In cases where points scored against is the tiebreaker, the points scored by the forfeiting team will be discounted from consideration of points scored against all teams.

#### **Rule 5.6 TOURNAMENT MANAGEMENT**

In all AARA sanctioned tournaments, the tournament director and/or AARA official in attendance may decide on a change of court after the completion of any tournament game, if such a change will accommodate better spectator conditions.

#### **Rule 5.7 TOURNAMENT CONDUCT**

In all AARA sanctioned tournaments, the referee is empowered to forfeit a match, if the conduct of a player or team is considered detrimental to the tournament and the game. See Rules 3.5

(d) and (e).



### Rule 5.8 PROFESSIONAL

A professional is defined as any player who has accepted prize money regardless of the amount in any professional sanctioned (including WPRA and IRT) tournament or in any other tournament so deemed by the AARA Board of Directors. (Note: Any player concerned about the adverse effect of losing amateur status should contact the AARA National Office at the earliest opportunity to ensure a clear understanding of this rule and that no action is taken that could jeopardize that status.)

(a) An amateur player may participate in a professional sanctioned tournament but will not be considered a professional (i) if no prize money is accepted or (ii) if the prize money received remains intact and placed in trust under AARA guidelines.

(b) The acceptance of merchandise or travel expenses shall not be considered prize money, and thus does not jeopardize a player's amateur status.

### Rule 5.9 RETURN TO AMATEUR STATUS

Any player who has been classified as a professional can recover amateur status by requesting, in writing, this desire to be reclassified as an amateur. This application shall be tendered to the Executive Director of the AARA or his designated representative, and shall become effective immediately as long as the player making application for reinstatement of amateur status has received no money in any tournament, as defined in Rule 5.8 for the past 12 months.

### Rule 5.10 AARA ELIGIBILITY

(a) Any current AARA members who has not been classified as a professional (See Rule 5.8) may compete in any AARA sanctioned tournament.

(b) Any current AARA member who has been classified as a professional may compete in any event at an AARA sanctioned tournament that offers prize money or merchandise.

### Rule 5.11 DIVISIONS

(a) Open Division. Any player with amateur status.

(b) Adult Age Divisions. Eligibility is determined by the player's age on the first day of the tournament. Divisions are:

|                       |                               |
|-----------------------|-------------------------------|
| 19+ - Junior Veterans | 55+ - Golden Masters          |
| 25+ - Junior Veterans | 60+ - Veteran Golden Masters  |
| 30+ - Veterans        | 65+ - Senior Golden Masters   |
| 35+ - Seniors         | 70+ - Advanced Golden Masters |
| 40+ - Veteran Seniors | 75+ - Super Golden Masters    |
| 45+ - Masters         | 80+ - Grand Masters           |
| 50+ - Veteran Masters |                               |

(c) Junior Age Divisions. Player eligibility is determined by the player's age on January 1st of the current calendar year. Divisions are:

|            |                        |
|------------|------------------------|
| 18 & Under | 10 & under             |
| 16 & Under | 8 & under              |
| 14 & Under | 8 & under Multi-Bounce |
| 12 & Under |                        |

### Rule 5.12 DIVISION COMPETITION BY GENDER

Men and women may compete only in events and divisions for their respective gender during regional and national tournaments. If there is not sufficient number of players to warrant play in a specific division, the tournament director may place the entrants in a comparably competitive division. Note: For the purpose of encouraging the development of women's racquetball, the governing bodies of numerous states permit women to play in men's divisions when a comparable skill level is not available in the women's divisions.

### Rule 5.13 AARA REGIONAL CHAMPIONSHIPS

(a) Adult Regional Tournaments

1. Regional tournaments will be conducted at various metro sites designated annually by the AARA and players may compete at any site they choose.

2. A person may compete in any number of adult regional tournaments, but may not enter a championship (no skill designation) division after having won that division at a previous adult regional tournament that same year.

3. A person cannot participate in more than two championship events at a regional tournament.

4. Any awards or remuneration to an AARA National Championship will be posted on the entry blank.

(b) Junior Regional Tournaments All provisions of Rule 5.13 (a) also apply to juniors, except:

1. Regional tournaments will be conducted within the following regions which are identified for the purposes of junior competition:

|           |                                         |
|-----------|-----------------------------------------|
| Region 1  | Maine, N.H., Vt., Mass., R.I., Conn.    |
| Region 2  | New York, New Jersey                    |
| Region 3  | Pa., Maryland, Virginia, Delaware, D.C. |
| Region 4  | Florida, Georgia                        |
| Region 5  | Alabama, Mississippi, Tennessee         |
| Region 6  | Arkansas, Kansas, Missouri, Oklahoma    |
| Region 7  | Texas, Louisiana                        |
| Region 8  | Wisconsin, Iowa, Illinois               |
| Region 9  | West Virginia, Ohio, Michigan           |
| Region 10 | Indiana, Kentucky                       |
| Region 11 | N.D., S.D., Minn., Neb.                 |
| Region 12 | Arizona, New Mexico, Utah, Colorado     |
| Region 13 | Montana, Wyoming                        |
| Region 14 | California, Hawaii, Nevada              |
| Region 15 | Washington, Idaho, Oregon, Alaska       |
| Region 16 | North Carolina, South Carolina          |

2. A person may compete in only one junior regional singles and one junior regional doubles tournament each year.

3. Rule 5.13 (a)(3) may not apply if tournaments (singles/doubles or adults/juniors) are combined.

### Rule 5.14 U.S. NATIONAL SINGLES CHAMPIONSHIPS AND U.S. NATIONAL DOUBLES CHAMPIONSHIPS

The U.S. National Singles and Doubles Tournaments are separate tournaments and are played on different dates. Consolation events will be offered for all divisions.

(a) Competition in an adult regional singles tournament is required to qualify for the National Singles Championship. Current National Champions are exempt from qualifying for the next year's championships.

(b) The National Tournament Director may handle the rating of each region and determine how many players shall qualify from each regional tournament.

(c) If a region is over subscribed, a playoff to qualify players in a division may be conducted the day prior to the start of a National Championship.

### Rule 5.15 U.S. NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS

It will be conducted on a different date than all other National Championships and generally subject to the provisions of Rule 5.14.

### Rule 5.16 U.S. NATIONAL HIGH SCHOOL CHAMPIONSHIPS

It will be conducted on a different date than all other National Championships. Consolation events will be offered for all divisions.

### Rule 5.17 U.S. NATIONAL INTERCOLLEGIATE CHAMPIONSHIPS

It will be conducted on a different date than all other National Championships. Consolation events will be offered for all divisions.

### Rule 5.18 U.S. NATIONAL SKILL LEVEL (A,B,C,D) CHAMPIONSHIPS

It will be conducted on a different date than all other National Championships. Consolation events will be offered for all divisions.

## 6 — EIGHT AND UNDER MULTI-BOUNCE

In general, the AARA's standard rules governing racquetball play will be followed except for the modifications which follow.

### Rule 6.1 BASIC RETURN RULE

In general, the ball remains in play as long as it is bouncing. However, the player may swing only once at the ball and the ball is considered dead at the point it stops bouncing and begins to roll. Also, anytime the ball rebounds off the back wall, it must be struck before it crosses the short line on the way to the front wall, except as explained in Rule 6.2.



### Rule 6.2 BLAST RULE

If the ball caroms from the front wall to the back wall on the fly, the player may hit the ball from any place on the court — including past the short line — so long as the ball is bouncing.

### Rule 6.3 FRONT WALL LINES

Two parallel lines (tape may be used) should be placed across the front wall such that the bottom edge of one line is 3 feet above the floor and the bottom edge of the other line is 1 foot above the floor. During the rally, any ball that hits the front wall (i) below the 3-foot line and (ii) either on or above the 1-foot line must be returned before it bounces a third time. However, if the ball hits below the 1-foot line, it must be returned before it bounces twice. If the ball hits on or above the 3-foot line, the ball must be returned as described in the basic return rule.

### Rule 6.4 GAMES AND MATCHES

All games are played to 11 points and the first side to win two games, wins the match.

## 7 — ONE-WALL AND THREE-WALL

In general, the AARA's standard rules governing racquetball play will be followed except for the modifications which follow. Rule 7.1 ONE-WALL There are two playing surfaces the front wall and the floor. The wall is 20 feet wide and 16 feet high. The floor is 20 feet wide and 34 feet to the back edge of the long line. To permit movement by players, there should be a minimum of three feet (six feet is recommended) beyond the long line and six feet outside each side line.

(a) Short Line. The back edge of the short line is 16 feet from the wall.

(b) Service Markers. Lines at least six inches long which are parallel with, and midway between, the long and short lines. The extension of the service markers form the imaginary boundary of the service line.

(c) Service Zone. The entire floor area inside and including the short line, side lines and service line.

(d) Receiving Zone. The entire floor area in back of the short line, including the side lines and the long line.

### Rule 7.2 THREE-WALL WITH SHORT SIDE WALL

The front wall is 20 feet wide and 20 feet high. The side walls are 20 feet long and 20 feet high, with the side walls tapering to 12 feet high. The floor length and court markings are the same as a four wall court.

### Rule 7.3 THREE-WALL WITH LONG SIDE WALL

The court is 20 feet wide, 20 feet high and 40 feet long. The side walls may taper from 20 feet high at the front wall down to 12 feet high at the end of the court. All court markings are the same as a four wall court.

### Rule 7.4 SERVICE IN THREE-WALL COURTS

A serve that goes beyond the side walls on the fly is an out. A serve that goes beyond the long line on a fly, but within the side walls, is a fault

## 8 — WHEELCHAIR [NWRA]

### Rule 8.1 CHANGES TO STANDARD RULES

In general, the AARA's standard rules governing racquetball play will be followed except for the National Wheelchair Racquetball Association [NWRA] modifications which follow.

(a) Where AARA rules refer to server, person, body, or other similar variations, for wheelchair play such reference shall include all parts of the wheelchair in addition to the person sitting on it.

(b) Where the rules refer to feet, standing or other similar descriptions, for wheelchair play it means only where the rear wheels actually touch the floor.

(c) Where the rules mention body contact, for wheelchair play it shall mean any part of the wheelchair in addition to the player.

(d) Where the rules refer to double bounce or after the first bounce, it shall mean three bounces. All variations of the same phrases shall be revised accordingly.

### Rule 8.2 DIVISIONS

(a) Novice Division. The novice division is for the beginning player who is just learning to play.

(b) Intermediate Division. The Intermediate Division is for the player who has played tournaments before and has a skill level to be competitive in the division.

(c) Open Division. The Open Division is the highest level of play and is for the advanced player.

(d) Multi-Bounce Division. The Multi-Bounce Division is for the individuals (men or women) whose mobility is such that wheelchair racquetball would be impossible if not for the Multi-Bounce Division.

(e) Junior Division. The junior divisions are for players who are under the age of 19. The tournament director will determine if the divisions will be played as two bounce or multi-bounce. Age divisions are: 8-11, 12-15, and 16-18.

### Rule 8.3 RULES

(a) Two Bounce Rule. Two bounces are used in wheelchair racquetball in all divisions except the Multi-Bounce Division. The ball may hit the floor twice before being returned.

(b) Out-of-Chair Rule. The player can neither intentionally jump out of his chair to hit a ball nor stand up in his chair to serve the ball. If the referee determines that the chair was left intentionally it will result in loss of the rally for the offender. If a player unintentionally leaves his chair, no penalty will be assessed. Repeat offenders will be warned by the referee.

(c) Equipment Standards. In order to protect playing surfaces, the tournament officials may not allow a person to participate with black tires or anything which will mark or damage the court.

(d) Start. The serve may be started from any place within the service zone. Although the front casters may extend beyond the lines of the service zone, at no time shall the rear wheels cross either the service or short line before the served ball crosses the short line. Penalties for violation are the same as those for the standard game.

(e) Maintenance Delay. A maintenance delay is a delay in the progress of a match due to a malfunction of a wheelchair, prosthesis, or assistive device. Such delay must be requested by the player, granted by the referee during the match, and shall not exceed 5 minutes. Only two such delays may be granted for each player for each match. After using both maintenance delays, the player has the following options: 1. Continue play with the defective equipment. 2. Immediately substitute replacement equipment. 3. Postpone the game, with the approval of the referee and opponent.

### Rule 8.4 MULTI-BOUNCE RULES

(a) The ball may bounce as many times as the receiver wants though the player may swing only once to return the ball to the front wall.

(b) The ball must be hit before it crosses the short line on its way back to the front wall.

(c) The receiver cannot cross the short line after the ball contacts the back wall.

## 9 — VISUALLY IMPAIRED

In general, the AARA's standard rules governing racquetball play will be followed except for the modifications which follow.

### Rule 9.1 ELIGIBILITY

A player's visual acuity must not be better than 20/200 with the best practical eye correction or else the player's field of vision must not be better than 20 degrees. The three classifications of blindness are B1 (totally blind to light perception), B2 (able to see hand movement up to 20/600 corrected), and B3 (from 20/600 to 20/200 corrected).

### Rule 9.2 RETURN OF SERVE AND RALLIES

On the return of serve and on every return thereafter, the player may make multiple attempts to strike the ball until (i) the ball has been touched, (ii) the ball has stopped bouncing, or (iii) the ball has passed the short line after touching the back wall. The only exception is described in Rule 8.3.

### Rule 9.3 BLAST RULE

If the ball (other than on the serve) caroms from the front wall to the back wall on the fly, the player may retrieve the ball from any place on the court



— including in front of the short line — so long as the ball has not been touched and is still bouncing.

#### **Rule 9.4 HINDERS**

A dead-ball hinder will result in the rally being replayed without penalty unless the hinder was intentional. If a hinder is clearly intentional, an avoidable hinder should be called and the rally awarded to the nonoffending player or team.

### **10 — HEARING IMPAIRED [NRAD]**

In general, the AARA's standard rules governing racquetball play will be followed except for the National Racquetball Association of the Deaf modifications which follow.

#### **Rule 10.1 ELIGIBILITY**

An athlete shall have a hearing loss of 55 db or more in the better ear to be eligible for any NRAD tournament.

### **11 — WOMEN'S PROFESSIONAL RACQUETBALL ASSOCIATION [WPRA]**

In general, the AARA's standard rules governing racquetball play will be followed for competition on the Women's Professional Racquetball Association tour, except for the modifications which follow:

#### **Rule 11.1 MATCH, GAME, SUPER TIEBREAKER**

A match is won by the first side winning three games. All games, other than the fifth one, are won by the first side to score 11 points. The fifth game, called the super tiebreaker, is won by the first side scoring 11 points and having at least a 2-point lead. If necessary, the game will continue beyond 11 points until such time as one side has a 2-point lead.

#### **Rule 11.2 APPEALS**

There is no limit on the number of appeals that a player or team may make.

#### **Rule 11.3 SERVE**

The server may leave the service zone as soon as the serve has been made.

#### **Rule 11.4 DRIVE SERVICE ZONE**

The server may begin a drive serve anywhere in the service zone so long as the server is completely inside the 17-foot drive service zone when the ball is actually contacted.

#### **Rule 11.5 RETURN OF SERVE**

The receiver may enter the safety zone as soon as the ball has been served. The served ball may not be contacted in the receiving zone until it has bounced. Neither the receiver nor the receiver's racquet may break the plane of the short line unless the ball is struck after rebounding off the back wall. On the fly return attempt, the receiver may not strike the ball until the ball breaks the plane of the receiving line. The receiver's follow through may carry the receiver or the racquet past the receiving line.

#### **Rule 11.6 AVOIDABLE HINDER**

An avoidable hinder shall be called when one of the following occurs:

(a) The player's movement or failure to move interferes with their opponent's opportunity to take an offensive shot. The player is entitled to a free, unimpeded swing on their shot. The player should not be blocked by the opponent, preventing their getting to or returning the ball for an offensive shot.

(b) Any other action or conduct described in Rules 4.16 (d) through 4.16 (i).

#### **Rule 11.7 TIMEOUTS**

Each player or team is entitled to two 30-second timeouts per game.

#### **Rule 11.8 TIME BETWEEN GAMES**

The rest period between all games will be 2 minutes except that a 5-minute rest period will be allowed between the fourth and fifth games.

#### **Rule 11.9 EQUIPMENT TIMEOUTS**

A player does not have to use regular timeouts to correct or adjust equipment provided that the need for the change or adjustment is acknowledged by the referee as being necessary for fair and safe continuation of the match.

### **12 — INTERNATIONAL RACQUETBALL TOUR**

#### **[IRT/Men's Professional]**

In general, the AARA's standard rules governing racquetball play will be followed for competition in the Transcoastal International Racquetball Tour, except for the modifications which follow:

#### **Rule 12.1 GAME, MATCH**

All games are played to 11 points, and are won by the player who scores to that level, with a 2-point lead. If necessary, the game will continue beyond 11 points, until such time as one player has a 2-point lead. Matches are played the best three out of a possible five games to 11.

#### **Rule 12.2 APPEALS**

The referee's call is final. There are no line judges, and no appeals may be made.

#### **Rule 12.3 SERVE**

Players are allowed only one serve to put the ball into play.

#### **Rule 12.4 SCREEN SERVE**

Screen serves are replayed.

#### **Rule 12.5 COURT HINDERS**

No court hinders are allowed or called.

#### **Rule 12.6 OUT OF COURT BALL**

Any ball leaving the court results in a loss of rally.

#### **Rule 12.7 BALL**

All matches are played with the Penn Pro ball.

#### **Rule 12.8 TIMEOUTS**

Each player is entitled to one 1-minute timeout per game.

#### **Rule 12.9 TIME BETWEEN GAMES**

The rest period between all games is 2 minutes.

### **RULE CHANGE PROCEDURES**

To ensure the orderly growth of racquetball, the AARA has established specific procedures that are followed before a major change is made to the rules of the game. Those procedures are:

1. Rule change proposals must be submitted in writing to the AARA National Office by June 1st.
2. The AARA Board of Directors will review all proposals at its October board meeting and determine which will be considered.
3. Selected proposals will appear in RACQUETBALL Magazine — the official AARA publication — as soon as possible after the October meeting for comment by the general membership.
4. After reviewing membership input and the recommendation of the National Rules Committee and National Rules Commissioner, the proposals are discussed and voted upon at the annual Board of Directors meeting in May.
5. Changes approved in May become effective on September 1st. Exception: changes in racquet specifications become effective 2 years later on September 1st.
6. Proposed rules that are considered for adoption in one year, but are not approved by the Board of Directors in May of that year, will not be considered for adoption the following year.



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# KINETIC

## THE MOMENT OF TRUTH

### What Players Around The Country Are Saying After Taking The ProKennex Kinetic Challenge

"The power difference was amazing!"

- Dana Sibell  
Minnesota State Champion

"The weight balance is perfect!"

- Mal Roberts  
National 65+ Champion; Florida

"The Kinetic is very powerful and will be the choice of top level players."

- Craig Smith  
Club Champion; Bakersfield, CA

"This racquet is a power 10. The weight is beautiful and the handle has no vibration."

- Sharon Rowland  
California State Assoc. President

"I get more power with less effort, its smooth and has no vibration."

- Hank Miranda  
Youth Pro; Bakersfield, CA

"The Kinetic is smooth and takes less effort to stroke the ball. After eight games my arm usually feels sore the next day, not with this racquet!"

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Youth Pro; Riverside, CA

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## PERFORMANCE SERIES: MENTAL TOUGHNESS FOR RACQUETBALL

By Michelle Gould



**H**ow many of us have played absolutely great on one day, and the next day found it almost impossible to hit the front wall? How many of us feel completely out of control when we play, as if our emotions are running us instead of the other way around? How many of us have played a great match, only to wonder how we made it happen? Why can't we always produce the same results?

Mental training is the most important part of anyone's racquetball game. Most athletes believe that their mental game is 50% to 90% of the reason why they win or lose. If that's the case, then why don't more people address the importance of the mental game? The mind is such a complex thing, yet most people honestly believe that they are in control of their emotions. We don't realize how much control the mind actually has over the outcome of a match.

Most of us still believe that mental toughness is an inherited trait instead of a learned one. Here is your wake up call – mental toughness is learned through hard work and determination. It is not something that you are either born with or you aren't. Mental training is exactly what it says – training. A lot of hard work and effort on your part will make you mentally tough!! If you think practicing all of the stroke mechanics in racquetball is difficult, wait until you try gaining control of your mind!

Someone once told me that I would always be my toughest opponent. I didn't realize until much later exactly how true that was. Not long after I first started playing racquetball and began winning against some of the better players in my club, I started to learn how hard work and determination can pay off. When I was 13 years old, no one wanted to lose to me because I was a kid. When I was 15,

no one wanted to lose to me because I was a *female* kid. Some people began making it very difficult on me to play because their egos wouldn't take losing to a kid – or a female.

When I started to experience a lot of, shall we say, "*not nice*" play from these opponents, I had to get tough. No one explained how to accomplish this, I just knew that I had a goal of being a good racquetball player and even though others didn't like playing me, I wasn't going to let them get me off track. People have many insecurities, and when they can't deal with them, they start taking it out on others. I happened to be in their path on many of these occasions. I stayed focused on my goals and wouldn't allow others to change my course. The start of my becoming mentally tough had begun.

Racquetball requires a great deal of preparation and time to become proficient, and so does becoming mentally tough. First, you must practice exactly as you will play in a tournament. You must remain relaxed, calm and quiet. This will allow your senses to take over and bring you to new heights of success. If you have ever heard anyone talk about being in the "zone," they will say something like this, "the ball felt like it was going in slow motion," or "the ball seemed large, and movements seemed effortless." Everything just seemed to happen for them with very little conscious effort on their part. One of the only ways to achieve this kind of feeling is to remain calm and clear your mind so automatic pilot (the "zone") starts to take over.

Instead of remaining positive and focusing on the next point, many players will tell themselves that missing that shot was stupid, or that they must hit the ball lower, or to get their racquet prepared, or all of these. A player who does this is putting undue



pressure and stress on themselves about something that has already happened. If we allow these negative thoughts into our head, I can guarantee negative results will continue to occur. We must tell ourselves to "STOP!," and gain control again. We must remain positive and try to keep our heads clear. Automatic pilot will then have the opportunity to take over. I play some of my best matches when I am actually yawning before I walk on the court. I feel relaxed, confident, and in control.

Some of you will be thinking that all of that sounds great, but you have to think while you play because you don't have all of your skills yet and things are very difficult for you. I am always trying to get better by practicing different shots and learning new things on the court to improve my game, just as most players do. I have to concentrate very hard to become proficient at any sort of new skill, and think a great deal about how to put everything together to make it work. The difference is that, during a match, if I am not very comfortable with a new skill then I will not attempt to use it. I try to stay within my limits until the new tools I am trying to learn become effortless, or can become a part of my automatic pilot. If I can't find anything that works against a particular opponent, then I may try something new that I am not 100% comfortable with, but only as a last resort.

Mental training consists of not only training yourself to remain calm and in control during all of your matches, but preparing yourself for anything that could happen during the match, ahead of time, in your mind. If you have a

bad referee who makes all of the calls in your opponent's favor; if you have an opponent who is cheating and calling you names as you walk by them; if you have to play someone in a tournament who you don't like, you must be prepared. Being prepared before any of these situations arise during a match will help you overcome these obstacles. Practice what kind of a response you will give, or practice saying nothing at all (even when someone tries to push you past your limits). If you have practiced a response in your head that you are comfortable within any situation, then when it does happen, you will have an automatic response that will not disturb your automatic pilot or zone.

Mental training in racquetball takes practice just like every other part of your game and conditioning. If you neglect this part of your game, then your whole game will suffer. The mind is very complex and controls the majority of our successes and failures. You must work on getting control over your mind and your emotions to become a winner. You will be very glad you did! If you are interested in learning more about this subject, then I suggest reading the book "Mental Toughness Training For Sports" by James E. Loehr, Ed.D.

One last final note of thanks to Diana McNab, sports psychologist for the U.S. National Team. Diana, you have helped my mental game immensely since I started working with you in 1990. I will never forget all of your recommendations and support. You are a great person and a wonderful friend.

---

## **THE SUCCESS ZONE™**

**By Jack L. Groppe, Ph.D.**  
Executive Vice President  
LGE Sport Science, Inc.

*The following is the abbreviated text of the keynote address given by Jack L. Groppe at the Ektelon AARA U.S. National Singles Championships banquet in Houston, Texas. Several athletes at the event requested this "instant replay" of the information that Dr. Groppe presented.*

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

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

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

*These are belief systems of all the great athletes we have had the good fortune to deal with:*



1. I will not turn against myself during tough times.
2. I will come prepared to compete every day.
3. I will put myself on the line when I compete.
4. I never surrender.
5. When it's tough, I will stay in control with humor.
6. I never show weakness on the outside when I'm competing.
7. The crazier it gets, the more I have got to love it.
8. I love to compete more than winning.

But let me leave you with these thoughts. If you truly learn to bring your talent and skill to life, here is how you must live your life.

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4. Never, never, never surrender your spirit.

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**About the Author ...** Dr. Jack Groppe, sport scientist, fitness and nutrition consultant, author, lecturer and coach, is the Executive Vice President of the LGE Sport Science Center in Lake Nona, Orlando, Florida, and is world renowned for his application of the sport sciences to human performance, both in the athletic and business worlds. His research has included performance analyses of over 12 sports, having successfully worked with numerous world class athletes such as the Chicago White Sox, Olympic gymnast, Wendy Bruce, and tennis professionals, Stan Smith, John McEnroe and Michael Chang. He is a certified professional tennis coach and instruction editor to Tennis Magazine; has received the highest teaching rating from the United States Tennis Association (USTA) and recently received the 1993 International Tennis Hall of Fame's Educational Merit Award. He serves as the chairperson of the National Sport Science Committee for the USTA National Committee on Fitness and Health, plus serves on the National Advisory Staffs of The Prince Sports Group, Penn Racquet Sports, Powerstik and Tone Trainers, Inc.

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# GAME PLAN



*Strategy from the Wilson Racquetball Elite Staff*

When I won the 1994 Olympic Festival, little did I know what I was getting myself into! As the winner, I automatically qualified to be a member of both the VIIth World Championship U.S. Team and the Pan American Team that would compete against the world's best racquetball players only months later. This opportunity was unique in the sense that, unlike during the racquetball season where you try to maintain your physical abilities, it allowed me to train for the long term.

Here's the regimen I used that enabled me to become a gold and bronze medal Pan American athlete. I call it the Mind, Body, and Soul process – a blueprint I use to train for the toughest competition.

## **Mind**

Imagery plays a very important role in the overall training for competitive racquetball. Put your racquet and ball down, and stop for a moment to imagine every situation, every stroke, every point on the court. Play a mental movie of your serve, exactly targeted for an ace. Picture your forehand, backhand, rally ... every aspect of the game. Visualize yourself with the perfect stroke technique, follow through and court position. Mentally practice with a positive attitude. Control the game with your mind, and you'll see results on the court.

## **Body**

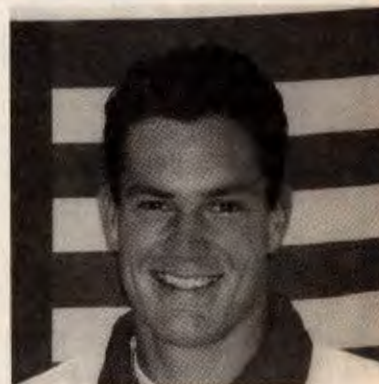
Now that you've pictured the perfect strokes to make you a better player, it's time to work on the body to make it a reality. Racquetball is a very physical game of endurance, with constant starts and stops. It's very difficult to play competitive, top level racquetball unless you are in top condition.

**Aerobic Conditioning:** Racquetball itself is great aerobic exercise, as it improves your cardiovascular system by elevating your heart rate. But to play the best racquetball you need to strengthen your heart, lungs and arteries. Utilize exercises that offer low intensity and high duration, such as running, using stair machines or swimming. You might try to jump rope, ride the stationary bicycle or walk for cardiovascular condition.

**Anaerobic Conditioning:** This type of exercise demands oxygen at a rate faster than the body can provide, so the intensity of the activity should not be maintained for long periods of time. Racquetball with its stop and go action is considered aerobic as well as anaerobic, along with basketball, soccer and tennis. To get ready for major competitions, I add sprint running and sprint swimming to my conditioning program.

**Racquetball:** Whether you're getting ready for the Pan American Games or a club tournament, you should practice with the same intensity as you would use in a competition. Practice to get comfortable with a variety of situations, and to add confidence. Some players use stationary drills to work on their strokes, and this can be effective by repetition alone.

**TRAINING TO BE  
THE BEST  
By Derek Robinson**



*Derek Robinson, a 25-year-old Southwest Missouri State graduate, is an aggressive competitor in the amateur as well as professional arena. He was the recipient of team gold medal and third place individual finish at the recent 1995 Pan American Games, a gold medal at the 1994 Olympic Festival, and has been consistently ranked the top 15 on the pro circuit. Off the court, Robinson is owner and sports promotion director of Off the Wall, Inc., located in Indiana.*



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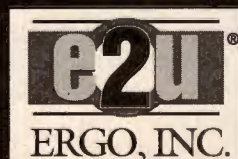


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I personally like to practice like I play, and put myself in different situation. So I work on playing drills to improve form and technique. I don't just drop and hit 1,000 forehands and 1,000 backhands. I'll set myself up with all different shots including ceiling balls, up the alley, down the line and lunges ... it's almost an aerobic type of exercise. I take each ball as it comes, just like in an actual game. During racquetball competitions, I'll practice twice a week, one to one and a half hours each session. During the off-season, I'm on the court three or four times a week.

Of course, you can't just drill to prepare for competition ... you actually have to compete at a higher level to get ready and be able to anticipate every situation. I know that at my home club, there's really not the calibre of players that I would meet at a world competition. So to make sure I'm competition-ready, I play a lot of tournaments ... pro stops, national amateur championships and state tournaments. These offer three distinct levels of competition, but all provide a high level of racquetball.

## Soul

In the last six months or so, I have found a lot of very talented people that I teach or have met in competition. Yet for all their athletic ability, there is something missing in their game. I believe that to win in racquetball, you must be ready mentally, have your body in pristine condition ... and be at total, inner peace. Now you don't have to chant and light incense before every match! Just remember that who you are as an individual overrides your performance on the racquetball court.

Finding inner peace could be as simple as tying up loose ends if you're traveling for a period of time, or writing this article before the deadline. So when you walk onto the court, you can leave all that other stuff behind that doesn't concern racquetball. If you've got a negative attitude, it will just bring you down. You'll feel better, and as a result, play better racquetball. Living a positive life has really helped me to maximize my performance.

External peace goes hand in hand with internal peace. How I affect other individuals is important to me. I try to be positive, and make others feel better about themselves.



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## **AMPRO TIP: ARE YOU FEELING BURNED OUT?**

*By Fran Davis, U.S.  
National Team  
Assistant Coach &  
Diana McNab, U.S.  
National Team Sports  
Psychologist*

How many of you play racquetball year-round without a break ... day after day, week after week, month after month, year after year? If you do, there is a great chance that this kind of continuous play will lead to burnout.

Take a quick look at some other sports that have a specific timeframe with time off in between seasons:

- Basketball Season - October to April with play-offs, then time off
- Football Season - July to January with playoffs, then time off
- Hockey Season - September to April with playoffs, then time off
- Baseball Season - February to September with playoffs, then time off

Just think if the players of these sports played year-round with no breaks. Do you they might experience burnout?

Burnout is exactly what I see in racquetball players who don't take time off. I'm here at the Nationals spending some time with Cliff Swain, the #1 professional player in the world at the Head sales meeting and we're talking about being burned out. He's at the tail end of his season with two big tournaments left and he's feeling it - after a long season (20 pro stops) that started in September of last year and will end this June. I've also had conversations with some of the U.S. Team members who play the Nationals in Houston, win a spot on the U.S. Team and then just a couple of months later have to go play in the Olympic Festival after a grueling season that started in September of the previous year.

No matter how you look at it, if you're playing too much, with no breaks, burnout can and will set in! These elite athletes are living proof of it. It can happen to you too ... you're not invincible.

Let's take a moment and define burnout so we're all on the same wavelength:

Burnout is when someone puts too much stress on themselves, too often with too little time to recover. The stress can be physical (constantly working out), or intellectual (worrying about the past or the future), or emotional (relationships), or spiritual (feeling out of touch with life).

The number one burnout candidates are your A-type overachievers and usually your best athletes who put themselves on the line, all out, all too often.

We can only hold peak performance for four to six weeks without a break in the momentum.

The problem with burnout is that it sneaks up on you slowly and then you crash and burn. The key is to catch it in its early stages.

### **Signs and symptoms of burn-out:**

#### **A) Physical Signs**

1. Tired, lethargic, fatigued
2. Heavy legs
3. Sore throat
4. Swollen glands
5. Lack of quickness and coordination
6. Slow recovery time
7. "Don't want to go to the club"

#### **B) Psychological Signs**

1. Moody
2. Can't concentrate or focus
3. Headaches
4. Lack of self-confidence
5. No memory or creativity

#### **C) Emotional Signs**

1. Cry easily
2. Upset
3. Hostile/angry
4. Withdrawal

### **Cures for burnout:**

1. Drink more water and prevent dehydration
2. Diet - less salt, fats, sugars, alcohol and caffeine
3. Sleep 7-8 hours (sound sleep)
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5. Take a day off
6. Change your training schedule
7. Add balance to your life (work, playing, me and others)
8. Do something for someone else
9. Go back to nature - woods, ocean, fresh air
10. Laugh - have a sense of humor
11. Have fun
12. Yoga, meditation, visualization

The following "Racquetball Burnout Scale" is an exercise you can do to see what level of burn-out you are experiencing, or not experiencing:

1. Is your coordination off and are you stopping more frequently? . . . . . Y or N
2. Are you making poor decisions or judgements? . . . . . Y or N
3. Are you hostile or angry on the court? . . Y or N
4. Can you focus and concentrate on the court? . . . . . Y or N
5. Are you feeling tired, lethargic or slow? . Y or N
6. Do you lack self-confidence? . . . . . Y or N
7. Do you lose to people you know you should beat? . . . . . Y or N

8. Do you get upset by referee's calls? . . . . . Y or N
9. Are you apathetic and don't care any more? . . . . . Y or N
10. Is going to the club becoming a chore? . . . . . Y or N

Racquetball Burnout Scale Results: 4 or less Y = fine, not burned out; 5 or more Y = moderate, look at early warning signs; 7 or more Y = danger, pay attention and seek professional help.

Remember, burnout can slowly creep up on you and then one day it's too late because you can crash and burn. Play close attention to the signs and don't ignore them, but rather attack them aggressively early on.

Remember too, burnout can be avoided if you take some time off and give yourself a break, time to recover. By giving yourself a break you can assure yourself you will come back physically, psychologically and emotionally fresh and rested ... ready to give 100% ... other sports do it, why not racquetball? Try it ... you'll see the positive end result ... good luck in the process.



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## **TARGET TRAINING: MAKING PRACTICE FUN**

*By Jack Newman*

One of the most important things that you can do to improve your game is to get out on the court and practice by yourself. If you surveyed all of the top professional players on the IRT Tour they would tell you that they spend about 80% of the time practicing alone. The students I teach who advance to the next level, do so because they leave our camp understanding the value of on-court drilling. The problem with drilling alone is that it takes

time and can be boring ... but this article will show you how practice can be fun while improving your game.

"Target training" is meant to describe how you can set up different targets on the walls or the floor to help aid in your practice sessions. The first drill is for practicing your serves, and all you'll need is your racquetball bag. For your drive serves you want to place your bag just barely over the short line, then proceed to hit a series of 10 drive serves at a time. Keep practicing your serves until you feel that you are hitting on or close to the bag at a high percentage (50%). This not only makes your practice time go by quickly, but by consistently hitting your

targets in practice you will hit your serves better in tournament play.

Another service drill helps you practice your lob serves. Find a small box and set it in the back corner of the court. Hit a series of 10 lob serves at a time to see how many you can get to drop into the box. These two drills can be done alone or with a partner to make it even more competitive. Your mind will be trained to hit these targets after a few months and you will see great improvement in your serves.

Another target training drill can aid your shot selection. All you need is either masking or electrical tape to mark some targets on the

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front wall. If you want to drill on a specific shot, just use the tape to mark off where you want the ball to hit on the wall. Again you should use a series of 10 shots at a time to keep your concentration level high. This type of target training is great for visualization as it will improve your shot consistency.

The main point of this article is that we have to make our practice sessions fun as well as to improve your game. By using target training, you'll gain the concentration you need to make your practice worthwhile. Remember that in all sports, players and teams always practice — it's the only way to secure the big improvements that we're all after. I am sure after reading this article you can find many other ways to set up targets on the court. Good luck and hit those targets!

## THE STRING'S THE THING

By Steve Crandall

Vice President, Sales & Marketing  
Ashaway Racket String

My great great grandfather, Captain Lester Crandall, certainly never heard of racquetball back in 1824, but he would have understood perfectly the need for a special kind of string for the sport. Captain Lester had a good handle on technology; he understood marketing; and he knew that the best way to succeed in business was to listen to the customer, and give them what they demanded. So I think he would have approved of the new relationship between the AARA and the company he founded 171 years ago, Ashaway Line & Twine, otherwise known as Ashaway Racket Strings.



### Tennis vs. Racquetball

String dynamics are quite different between tennis and racquetball. Racquet head shapes and sizes are different. String tensions are different. Ball response is different. Racquetball is, first and foremost, a power game, while tennis relies more on control and spin shots. Racquetball players accidentally hit the wall with their racquets — there are no walls to hit in tennis. After too much use, tennis strings lose their resiliency — they often "die" long before they break. Not so in racquetball: strings almost always break before they wear out.

I always find it surprising that racquetball players don't pay more attention to their string: many aren't even aware that there are differences between rac-

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quetball and tennis string, much less differences between the many strings made specifically for our sport. But string is not somewhat important – it's absolutely critical: after all, you don't hit the ball with your racquet frame (at least not intentionally) – you hit it with the string. A racquetball player ignoring string is like an auto racer not caring about his tires (Hey, I got the car, right?), or a sailor ignoring his sails (my boat's great – who cares about those white floppy things?).

Ashaway and the other string makers have designed different strings to suit the needs of the different sports. String is actually a pretty sophisticated product, and while you may not be able to readily see the differences, they certainly exist. There are different fibers, different construction methods, different coatings and processes. In the coming months I'll be explaining many of these differences, and trying to relate string technology to performance characteristics. How the racquet is strung has an equally sizeable influence on your game. Eventually, I hope readers will be able to make sense out of any manufacturer's claims, be able to relate string characteristics to their own playing style, and make informed decisions when buying string and stringing a racquet.

Back to Captain Lester, my ancestor was originally a commercial fisherman. But he was dissatisfied with the quality of fishing line available, so he started tinkering, and in 1824 perfected a new type of line-making

equipment that worked better than anything else available at that time. The linen line it produced was so good that his fellow fishermen essentially forced him to give up fishing and go into line-making full time. The man knew which side his bread was buttered on, and he did what his customers told him to do.

His descendants haven't forgotten. All along: we've listened to our customers, worked hard to develop what they've asked for, and been rewarded by having the number one selling lines of badminton and squash strings. We intend to duplicate that performance in racquetball: tell us what you want, and we'll see to it that you get the best string that can be made.



STEVE CHANDALL

*Ashaway and the AARA recently entered into a partnership, of sorts, structured to benefit everyone in the sport. As the official string of the AARA, Ashaway has a lot to give, and a lot to gain from the sport. In upcoming issues, look for "Mains & Crosses," a column on racquet string and stringing, that provides specific "how-to" and*

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technical information that players can use to improve their game. Here, I'd like to explain why Ashaway and the AARA got together.

As a manufacturer, Ashaway is obviously interested in selling string. As the official sanctioning body for racquetball, the AARA promotes the sport. Working together, we hope to achieve both ends. By naming us its official string, the AARA will help Ashaway increase its sales. And since our sponsorship is structured on a commission basis, the more string we sell, the greater our monetary contribution to the AARA, thus enabling it to better promote the sport.

We feel this is fair and beneficial to both parties, and offers something to you, the players, as well: every time you buy Ashaway string, you have an opportunity to help the sport and the American Amateur Racquetball Association. The collaboration is a natural. Ashaway is the only American manufacturer of strings for racquetball (in fact, the only American manufacturer of strings for all racquet sports). It just makes sense to help each other.

As the official string, Ashaway will be highly visible at tournaments, where we'll be giving away free string and occasionally providing free stringing services to players (we had a great time at Nationals...). We honestly believe we've got some of the best product on the market and think that once you've tried our "Kill" series of strings (DuraKill™, SuperKill®, and PowerKill™Pro) and found the one best suited to your game, you'll stick with us.

But there's another reason for us to attend tournaments and give away string: feedback. Talking with players is the only way we can learn what you're looking for in a racquetball string. When you see us at a tournament, introduce yourself. Ask questions, and tell us what kind of performance you want. What kind of feel? How much durability are you willing to sacrifice for better power, and vice versa? Which strings do you like? Which do you hate? What are your stringing habits? We want to know. For the same reason, we expect to be sponsoring players in the near future, and maybe some coaches as well: we want to get our strings into your racquets, and we want to hear your recommendations.

Now here's the hitch: Ashaway's deal with the AARA only applies to our racquetball string. If you buy Ashaway tennis string, the AARA receives nothing. The idea is not to try to reduce our obligation – it's to make the point that racquetball string and tennis string are different, and if you're putting tennis string in your racquetball racquet, you're doing yourself, and your game, a disservice.

## LOOK (!) FOR CHANGE IN EYEGUARD RULE

Protective racquetball eyewear will look much the same as it did last year, but because of new regulations, will never be viewed quite the same way again. Beginning September 1, only eyewear which meets specific U.S. or Canadian impact standards may be worn on the racquetball court. The acronym for those standards are ASTM F803 and CSA, respectively.

The AARA Board of Directors approved the change on January 1, with a delay in implementing the rule designed to provide time for players to become informed about the change. Eyewear appearing on the January, 1993 list may be worn until September 1.

The change, although it appears only slight, is significant. Prior to January 1, manufacturers or distributors of protective eyewear merely had to attest that the eyewear was designed for racquet sports. New language requires that the glasses be designed expressly for racquetball and that they meet ASTM F803 or CSA impact standards. There is a movement afoot by U.S. and Canadian regulatory groups to establish a joint North American impact standard.

"Despite a stringent eyeguard rule adopted in December of 1987, there are players who labor under a couple of false impressions," AARA board member Mike Arnolt commented.

"Some players believe that street glasses with polycarbonate lenses are sufficient to meet the AARA test for protective eyewear," he said. Not so. "The main structural element of the eyewear – the frames – must also be designed for racquetball. The lenses merely supplement the protective strength of the frames," Arnolt added.

The mistaken use of OSHA eyewear worn in the factory is the other ill-conceived belief. Glasses which are tested only to ANSI Z87 standards are a clear indication they are designed for the workplace, not racquetball.

"While eyewear designed for racquetball generally will meet OSHA standards, the reverse is not true. The testing standards are much different," Arnolt said.

Specific packaging design and inside disclaimer information will be required of all eyewear manufacturers or distributors by mid-1996 to have AARA approval.

The 1995 AARA approved eyewear list contains 14 manufacturers or distributors and nearly 70 models of eyeguards. They



include one-piece and hinged eyewear; glasses designed for children; something for those who require corrective lenses and even a model to wear over your everyday pair of glasses.

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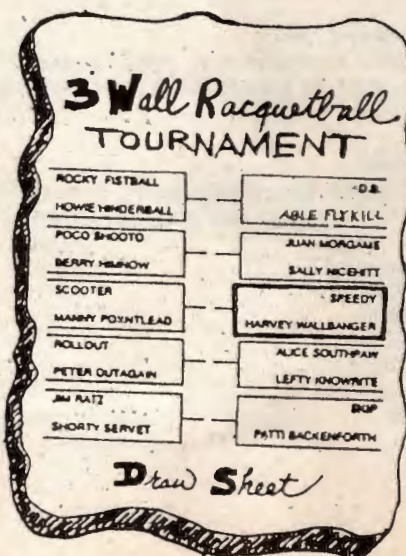
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## CHANGING TIMES

By Luke St. Onge

With the conclusion of the National Singles, so ends another year. Or does it? It used to be that there was a lull over the summer, leading up to the kick off of a new season in the fall. Well,

now I can say, with little or no opposition, that there is no off season!

June now hosts the Pro Nationals as well as the Junior Olympics. July will see the U.S. Olympic Festival and the Wilson AARA U.S. 2nd Annual Skill Level Championships, both in Colorado. Later in the month, Junior Team U.S.A. departs for the Peace Games in Europe which will commemorate the 50th anniversary of the end of World War II.

The August line-up includes adult and junior Elite Camps, the U.S. Junior Team trials, and the 11th annual World Senior Championships in Albuquerque. At the same time, the U.S. National Team will conduct a goodwill tour of the Far East with competitions in Guam, Japan, Korea and Australia.

Looking back, it's been quite a year with many new companies taking active part in AARA events and signing on as official product sponsors. Ektelon and Penn continue to serve as major sponsors and supporters of your association — a ninth year for Ektelon and the sixteenth year with Penn as the "official ball." But even more racquetball companies are now involved, with the added support of Wilson Racquetball to the Intercollegiate and Skill Level (ABCD) Nationals and ProKennex at the High Schools.

We have also entered into official product agreements with manufacturers, similar to those of the NBA and NFL. Ashaway is the official string, Python the official grip, Transition the official racquet, and Leader the official eyeguard of the AARA. Most recently we were pleased to finalize an agreement with HiTec as the AARA's official shoe. Penn remains the official ball of all AARA national and regional events, joined by Wilson, Ektelon, Penn ProKennex, Dunlop and Spalding on the list of approved balls for all level 1-4 tournaments.

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porting those companies that support you. Our official product and title sponsors have made a major commitment to the AARA and you, its membership. Through your consumer support, you can send a strong message about your enthusiasm and dedication to racquetball. Please remember this when you go to buy your next ball, racquet, shoe or other equipment to enhance your game.

### **AARA May Board Meeting Highlights**

**GENERAL:** Voted in favor of reducing AARA officer terms from three years to two years ... Approved contracts with Wilson, Pro-Kennex, Ashaway, Python, Leader, Transition and Hi-Tec Indoor Sports Inc. ... Adopted the 1995-96 budget ... Postponed, for one year, the scheduling of all adult metro regionals on one weekend.

**REGIONALS:** Eliminated all qualifying waivers for the adult regionals for people who play in the national singles, including all national invitationals which formerly served as qualifiers ... All current national singles champions must now play in a regional in order to compete in the nationals ... Medical waivers must be: a) signed by a physician noting the diagnosis; b) submitted prior to the player's scheduled regional in order to be considered.

**ELECTIONS:** The following three people have been elected to three year terms: Van Dubolsky (FL) with 27.8% of the vote, Julee Nicolai (PA) with 26.2%, and Neil Shapiro (NY) with 25.5%. Ron Pudduck received 20.5%. With three votes cast on each ballot, the maximum available to each candidate was 33%. A total of 1385 votes were counted.

**INTERCOLLEGIATE:** a) The AARA re-affirmed its high priority on the long range plan; b) All collegiate players who wish to compete in the National Intercollegiate Championships must compete in an intercollegiate regional to qualify.

**COMMITTEES:** Two blue ribbon committees were formed; one to report back to the board regarding the future and direction of the U.S. Open Racquetball Championships; a second to establish criteria for a contributor division for the AARA Hall of Fame. Currently, inductee nominations only include athletes and overlooks those with distinguished service and contributions to the sport.

**RULES ADOPTION:** a) Approved that if a server or receiver takes more than 10 seconds to serve or receive a technical foul will result. The old rule stated that a side out or point was awarded. b) For doubles play only, if a server hits their partner in the service box it is a fault serve. Two fault serves will result in a side out. c) The one serve rule was defeated and will not come up for a vote again until 1997. However, the one serve modification will continue to apply in all U.S. Team (open) qualifying events.

## **1995 Ektelon AARA 28th U.S. National Doubles Championships**

### **TOURNAMENT INFORMATION**

**U.S. TEAM:** Winning teams in men's and women's open will be appointed to the U.S. National Racquetball Team for one year.

**ENTRY FEE:** \$60.00 first event per player (includes referee fee), \$30.00 second event per player. Two division limit.

**ENTRY DEADLINE:** October 6, postmarked no later than October 3, 1995. IF any entries are accepted after the deadline an additional \$15.00 late fee will be assessed. All entries are FINAL, with absolutely no refunds after the deadline date.

**STARTING TIMES:** Will be available after 5:00 pm on Monday, October 16. Call 904/268-8888.

#### **PLAY BEGINS:**

|                              |                 |
|------------------------------|-----------------|
| Mens Open•A•19•25•30+        | .....Wed. 10/18 |
| Men's 35•40•45•50+           | .....Wed. 10/18 |
| Men's 55•60•65+              | .....Thu. 10/19 |
| Women's Open•A•19•25+        | .....Thu. 10/19 |
| Women's 30•35•40•45+         | .....Thu. 10/19 |
| All Mixed Divisions          | .....Thu. 10/19 |
| Mens 70•75•80+               | .....Fri. 10/20 |
| Womens 50•55•60•65•70•75•80+ | .....Fri. 10/20 |

**OFFICIATING:** \$5.00 will be paid for every match you referee. Director of Referees: Otto Dietrich, AARA National Rules Commissioner. Tournament Director: Margo Daniels, AARA National Tournament Director.

**DRUG TESTING:** Random testing will be performed. For more information about specific medications call the Drug Hotline at 1-800-233-0393.

**LODGING:** The Lexington Hotel offers a room rate of \$75.00 per night for up to four persons per room. To receive special tournament rates, be sure to mention the National Doubles when you make your reservations by calling 602/279-9811. The hotel is in the same building as the tournament facility. Deadline to receive this rate is October 2, 1995.

**UNITED AIRLINES FARE DISCOUNT:** United offers you 5% off any published United fare regardless of cost. Phone Uniteds toll-free number at 800/521-4041, daily between 8:30 am and 8:00 pm EST and use AARA account number 578 ES.





## American Amateur Racquetball Association 28th U.S. National Doubles Championships

### ENTRY FORM ... Please print

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Zip \_\_\_\_\_

Phone (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Regional Competed In \_\_\_\_\_

Division in Regional \_\_\_\_\_ Finish \_\_\_\_\_

Partner \_\_\_\_\_ Division \_\_\_\_\_

Partner \_\_\_\_\_ Division \_\_\_\_\_

### EQUIPMENT SURVEY

My racquet is \_\_\_\_\_

My glove is \_\_\_\_\_

My eyeguards are \_\_\_\_\_

My shoes are \_\_\_\_\_

I am sponsored by \_\_\_\_\_

**AARA MEMBERSHIP:** An AARA competitive license membership is required to compete in this event ... please add your fees if necessary. [Note: If you have recently joined the AARA at a sanctioned event and have not yet received your membership card, you must present your receipt copy of the membership application or a cancelled check upon registration.]

**WAIVER:** I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against the AARA, Ektelon, Penn Racquet Sports, City Square Sports Club, the Lexington Hotel or their respective agents for any and all injuries. By registering to compete in this event, I consent to drug testing as administered according to AARA/USOC guidelines.

Participant Signature & Date \_\_\_\_\_

### DIVISIONS ... Two event maximum

|                   | MEN'S | WOMEN'S | MIXED |
|-------------------|-------|---------|-------|
| .....             | Open  | Open    | Open  |
| Jr. Veteran ..... | 19+   | 19+     | 19+   |
| Jr. Veteran ..... | 25+   | 25+     | 25+   |
| Seniors .....     | 30+   | 30+     | 30+   |
| Seniors .....     | 35+   | 35+     | 35+   |
| Seniors .....     | 40+   | 40+     | 40+   |
| Masters .....     | 45+   | 45+     | 45+   |
| Masters .....     | 50+   | 50+     | 50+   |
| Golden Masters .. | 55+   | 55+     | 55+   |
| Golden Masters .. | 60+   | 60+     | 60+   |
| Golden Masters .. | 65+   | 65+     | 65+   |
| Golden Masters .. | 70+   | 70+     | 70+   |
| Golden Masters .. | 75+   | 75+     | 75+   |
| Golden Masters .. | 80+   | 80+     | 80+   |
| .....             | A     | A       | A     |

### ENTRY FEES AND PAYMENT:

First event (per player) . . . . (\$60.00) \_\_\_\_\_

Second event (per player) . . (\$35.00) \_\_\_\_\_

AARA Membership fee . . . . (\$20.00) \_\_\_\_\_

Tax deductible donation  
to U.S. Team. . . . . \$ \_\_\_\_\_

TOTAL DUE: . . . . . \$ \_\_\_\_\_

Use your AARA MBNA credit card to charge your entry, and receive an additional 10% off your fees. Only MBNA charges are eligible for this discount!

MC/Visa # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Cardholder (please print) \_\_\_\_\_

Signature \_\_\_\_\_

### MAIL COMPLETED ENTRY WITH FEES TO:

AARA NATIONAL DOUBLES  
1685 W. UINTAH,  
COLORADO SPRINGS  
COLORADO 80904-2921

DEADLINE: OCTOBER 6TH  
ENTRIES MUST BE  
POSTMARKED BY  
OCTOBER 3, 1995







DANIELS



COLE



YOKOTA



STONEMAN

# R B • P E O P L E

## ANNUAL AWARD WINNERS

Chris Cole, Margo Daniels and Jen Yokota were pleasantly surprised at having their 1994 accomplishments recognized by their peers at the AARA's annual banquet on May 27 in Houston. Traditionally the AARA Board of Director's makes its "last minute" selections for the John Halverson Fair Play award, Joe Sobek Contributor award and Presidential award on site at the nationals, keeping tight security on both the slate of nominees and the results.

So, when it came time for "the envelope, please" Cole was praised for his fair play at the U.S. Olympic Festival last summer; Daniels for her contributions at the tournament desk; and Yokota for outstanding service as state director of the Missouri Racquetball Association.

*Daniels: "It's not very often that I'm speechless, but I am so surprised and honored by this I don't know what to say. What I do, I do for the athletes, no matter what age or level of play. To know that all of them are pleased with my efforts is very special to me."*

*[Photo courtesy Cecil Haynes]*

*Cole: "To tell you the truth, I'm kind of embarrassed about it. When I called the double bounce everyone else thought I was wrong. The whole crowd thought I got it, but Scott and I both knew that it was two. If I think it's two, I'll call it on myself. I'm going to keep playing like I always have. I guess it just goes to show, by the way people reacted, that today in sports not all people do things that way and it's kind of sad. It's nice to be recognized."*

*Yokota: "There are many of my peers deserving of this award, and it was nice to be recognized by the Board for this enjoyable volunteer work. I am thankful for all of the support given by Luke, Kevin and the AARA staff as well as the MRA members, and especially my parents."*

## STONEMAN PREMIERES

Gerry Stoneman is a first-time contributor to RACQUETBALL Magazine, after training two-time national champion Michael Bronfeld for the Pan Ams (see page 16). A fitness trainer by trade, Stoneman shared her outlook on her profession...

*Fitness has always been a way of life for me, and been at the forefront of my motivation for helping others. My approach involves perseverance,*

*patience, and a positive attitude. This lifestyle of personal health and fitness came very natural to me, and by searching for an improved balance between the mind and body through outdoor activity, I took the first step towards a happier and successful life.*

*My philosophy on total fitness is one of a "wellness" approach through stress management, eating for health and longevity, leading an active life, and accepting challenges with a positive outlook. If one can balance this with proper rest and relaxation, the rewards will be there, plain and simple. In physical fitness, cardiorespiratory training, muscular condition, and flexibility are what is necessary to achieve and maintain a long, active, and healthy life. In visualizations, proper breathing techniques, and positive attitude. All these ingredients are at the core of any successful program.*

*Personal training is a growth profession – with so much research and debate on any fitness related subject, it's difficult to see and end to such a fulfilling field of health. Now that medical establishments are recognizing the value of fitness in our lives, and personal trainers as valuable resources in the healing community, the spectrum of personal training will be never-ending!*



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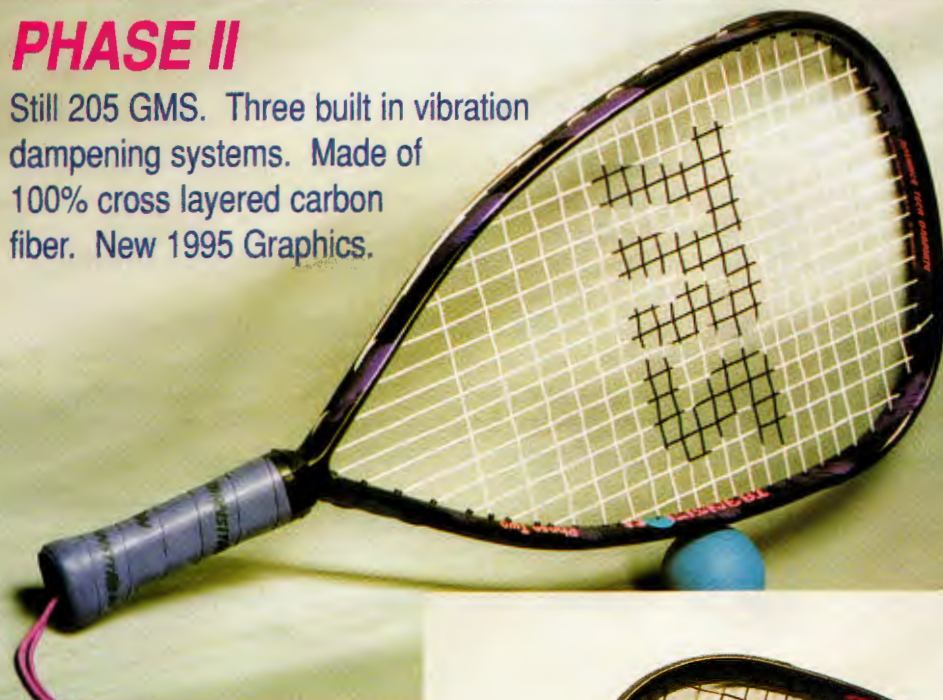
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Joel Bonnett, MI  
Mike Anderson, MI  
Elaine Hooghe, OH  
Kerri Stoffregen, OH  
Kelvin Vantrease, OH  
Ed Remen, VA  
Shelly Ogden, OH  
Marco Perez, CA  
Jason Krikorian, RI  
Oscar Bazar, CA  
Bobby Corcoran, AZ  
Hart Johnson, MN  
Alan Engel, FL  
Britt Engel, FL  
Don Alt, OH  
Jon Ohlheiser, FL  
John Mack, CA  
Gerri Stoffregen, OH  
Craig Kunkle, CA  
Rob Abrams, OH  
Dave Sisemour, PA  
Dave Cardillo, NY  
Dave Simonette, MD  
Crystal Winfry, OH  
Dave Johnson, CA  
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## AARA Sportswear



**U.S. RACQUETBALL TEAM LOGO T-SHIRT** (left) 100% cotton pre-shrunk Hanes Beefy-T with gold National Team eagle logo on front encircled by 16 international flags. Black. S, M, L, XL \$12.00.

**USA RACQUETBALL POLO SHIRTS** (Not shown) All cotton, with tri-color embroidery. (S,M,L,XL) Colors: Navy, Coral, Turquoise & White. \$29.00

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*Learn your Lessons III - Advanced Racquetball* (shown left) offers much more than the typical instructional video, investigating the psychology of winning athletes, speed training techniques of world champions and the on- and off-court preparations required to maintain peak performance. \$35.00, plus shipping/handling.

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*Learn your Lessons II* - AMPro practice drills help you improve every aspect of your game with individual, paired and group examples. Great for the instructor looking for new ideas, or for intermediate players who want more out of their practice sessions. \$19.95 + s/h.

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Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Date Ordered \_\_\_\_\_

\_\_\_\_\_ Check/\$ order enclosed, or  
Visa/MasterCard \_\_\_\_\_ Exp. Date \_\_\_\_\_

Number \_\_\_\_\_

Signature \_\_\_\_\_

Order with MasterCard or VISA by calling 719/635-5396, or send your completed order form to: AARA Sportswear, 1685 West Uintah, Colorado Springs, Colorado 80904-2921. Please allow 4-6 weeks for delivery.

Order Total \_\_\_\_\_

Postage \_\_\_\_\_ \$ 4.95

Enclosed \_\_\_\_\_



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## NATIONAL CALENDAR

|                   |                                             |
|-------------------|---------------------------------------------|
| JULY 22-28        | Peace Games                                 |
|                   | • The Hague, Netherlands                    |
| JULY 27-29        | International Masters Invitational          |
|                   | • Minneapolis, Minnesota                    |
| AUG.29 - SEPT. 02 | IRF World Senior Racquetball Championships  |
|                   | • Albuquerque, New Mexico                   |
| OCTOBER 18-22     | Ektelon U.S. National Doubles Championships |
|                   | • Phoenix, Arizona                          |
| DECEMBER 16-20    | IRF World Junior Championships              |
|                   | • Fountain Valley, California               |

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## MEN

### Men's Open

1. Dan Fowler, MD
2. Jimmy Lowe, KY
3. Doug Ganim, OH
4. Mike Locker, MN
5. Michael Bronfeld, CA
6. Tony Boscia, CO
7. Rich Baer, NY
8. Chris Cole, TX
9. David Hamilton, OH
10. Sean Graham, CT

### Men's A

1. Ed Fink, TX
- 2T. Rocky Carson, CA
- 2T. Ralph Cuesta, FL
- 2T. Joey Sacco, CA
5. Alex Spaeth, IL
6. Brannon Hertel, KS
- 7T. Steve Black, UT
- 7T. Rob Connelly, MA
- 7T. Andrew Haywood, TX
- 7T. Jack Long, TX

### Men's B

1. Richmond Ellis, AZ
2. Stephen Lewis, WA
3. Ken Fairchild, NJ
4. Jeffrey Gal, NY
5. Rich Book, IL
6. Raymond Bierner, AZ
- 7T. Rich Behrens, CO
- 7T. Tom MacArle, AZ
- 7T. Tom Ogden, NY
10. Bill Groombridge, CA

### Men's C

1. Carl Rebeske, AZ
2. Mark Sandoval, CO
3. Preston Gaster, NC
4. Ron Frantz, CA
5. Bill Hodges, OH
6. Ken Linger, AK
- 7T. Frank Senger, NY
- 7T. Freling Smith, NY
9. German Carrasco, VA
10. Tim O'Neil, NH

### Men's D

1. Glen Childers, TX
2. Jay Retkevich, NH
- 3T. Edwin Negron, AK
- 3T. Mark Sandoval, CO
5. David Leon, GA
6. Jim Lucci, IL
- 7T. Terry Ahearn, AK
- 7T. Augusto Gonzales, FL
- 7T. Carl Pitts, TX
10. Carlos Cabrera, FL

### Men's Novice

1. Scott Granat, NY
2. Stephen Mykalcio, NY
3. Gennaro Izzo, NY
4. Gary Perkins, FL
5. David Gagnon, NH
- 6T. Alfi Azpiaz, FL
- 6T. Mark Lentz, FL
- 6T. John Lindsey, TX
- 6T. Michael Myers, MO
- 6T. Jeff Rhodes, OH

### Men's 19+

1. Shane Wood, MA
2. Matt Fontana, FL
3. Brian Fredenberg, TX
4. Brian Pointelin, MO
5. Scott Grunin, MA
- 6T. Matt Adesso, OH
- 6T. Jason Ambrecht, NC
8. Ray Maestas, NM
- 9T. Allan Engel, FL
- 9T. Brad McCunniff, IA

### Men's 25+

1. James Lorello, FL
2. Jeff Bell, AZ
3. Michael Kord, VA
4. Rob French, IA
5. Damon Currier, ME
6. John Davis, LA
- 7T. Oscar Alvarez, FL
- 7T. Brad McCunniff, IA
- 7T. John Negrete, IL
- 7T. John Rodriguez, NY

### Men's 30+

1. John Amatulli, IN
2. Dave Peck, TX
- 3T. Dave Cardillo, NY
- 3T. Jim Jeffers, MN
- 5T. Bruce Erickson, MO
- 5T. Rob French, IA
- 5T. Sam Wasko, VA
8. Steve Hachey, NY
9. Curtis Winter, FL
10. Jim Grant, MA

### Men's 35+

1. Mitch Smith, PA
2. Bill Lyman, IL
3. Joe Hassey, AZ
4. Troy Stallings, MN
5. Mike Martinez, CA
6. Tim Armstrong, KS
7. Walter Schramm, NY
8. Dave Peck, TX
9. Gene Couch, FL
10. Dave Eagle, OH

### Men's 40+

1. Gary Mazaroff, NM
2. Ed Garabedian, PA

3. Phillip Parker, PA
4. Gene Couch, FL
5. David Nowack, MO
6. Sal Perconti, FL
7. John Marinich, OH
8. Mitt Layton, FL
9. Tim Lavoie, MN
10. Johnny Northern, MI

### Men's 45+

1. Mitt Layton, FL
2. Jim Bailey, VA
3. Dominic Palmieri, OH
4. Johnny Northern, MI
5. Tim Lavoie, MN
6. Frank Ciociola, NY
7. Frank Rusch, IL
8. Greg Hasty, Sr., IL
- 9T. Doug Dickman, MO
- 9T. Herb Grigg, IL

### Men's 50+

1. Ron Johnson, IL
2. Ray Huss, OH
3. Horace Miller, IL
4. Tom McKie, TX
5. John Mootz, NY
6. Erhard Gruenwald, IL
7. William Copeland, CO
8. Les Barbanell, NJ
- 9T. Terry Albright, MO
- 9T. Tom Perna, OH

### Men's 55+

1. Ron Hutcherson, IN
2. Rex Lawler, IN
3. Dario Mas, DE
- 4T. Charlie Garfinkel, NY
- 4T. Bobby Sanders, OH
6. Gordon Kelly, MI
7. Richard Valleroy, MO
8. Joe Shanahan, FL
9. Jim Wilking, UT
10. Ron Adams, CA

### Men's 60+

1. Paul Banales, AZ
2. Art Johnson, CO
- 3T. Don Alt, FL
- 3T. Otis Chapman, OH
- 3T. Jack Dunsmoor, ID
6. Louis Berson, NY
7. Bert Shulimson, IL
- 8T. Rex Benham, AR
- 8T. Ken Moore, CA
10. Dan Llacera, FL

### Men's 65+

1. Joe Lambert, TX
- 2T. Jack Bogasky, VA
- 2T. John O'Donnell, IL
- 2T. Herb Nathan, FL
- 2T. Mal Roberts, FL
- 6T. Verlyn Dunn, ID

- 6T. Victor Sacco, NY
8. Barney Friesth, SD
- 9T. John Bogasky, VA
- 9T. J.D. Driver, MI

### Men's 70+

1. Richard Davis, TX
2. Victor Sacco, NY
- 3T. Glenn Melvey, ND
- 3T. Simon Wiederman, TX
5. Tony Duarte, CA
6. Nick Sans, CA
7. John Siewert, WI
- 8T. John Bareilles, VA
- 8T. Arpad Toth, NH
10. Chuck Bellos, NC

### Men's 75+

1. Earl Acuff, NC
2. Allen C. Shepherd, MD
3. Luzell Wilde, UT
4. Charles Russell, CA
5. Andy Trozzi, MA
6. George Spear, FL
7. Cam Snowberger, PA
- 8T. Charles Estram, MA
- 8T. Henry Ponowy, MO
10. Charlie Estrom, MA

### Men's 80+

- 1T. John Pearce, TX
- 1T. Allen C. Shepherd, MD
3. Jack Daly, VA
4. Steve Ordos, MN
5. Harry Steinman, MD

## WOMEN

### Women's Open

1. Laura Fenton, MA
2. Amy Kilbane, OH
3. Lorraine Galloway, NY
4. Malia Bailey, VA
- 5T. Cheryl Gudinas, IL
- 5T. Karin Sobotta, WA
- 7T. Michelle Gould, ID
- 7T. Kerri Stoffregen, OH
9. Martha Bailey, CO
10. Joann Slater, TX

### Women's A

1. Erika Juhl, DE
2. Sadie Gross, SD
3. Rhonda Rajsich, AZ
4. Beth Neff, WA
5. Karen Green, MI
6. Linda Leasure, FL
7. Donna McGatha, MO
8. Cindy Hamilton, NH
9. Mary Beke, AZ
10. Kathy Burns, NY

### Women's B

1. Joyce Schafer, CA
2. Rhodell Eppenger, AK
3. Carmen Alatorre-Martin, VA
- 4T. Victoria Carpenter, NC
- 4T. Ann Doucette, ME
- 4T. Carol Zimlinghaus, CO
7. Karen Morris, AR
8. Kim Brackett, NH
9. Chris Moore, CO
10. Esmeralda Berrich, CO

### Women's C

- 1T. Cheri Prickett, AR
- 1T. Karen Wozniak, AZ
3. Angela Burth, VA
4. Megan Bals, NE
5. Julie Dale, AK
6. Gale Mills, AR
- 7T. Mary Flynn, NY
- 7T. Concepcion Prat, GA
- 9T. Janet Hicks, FL
- 9T. Mary Lauer, MI

### Women's D

1. Crystal Winfrey, OH
2. Robin Paris, NH
3. Camille Hatcher, SC
4. Kassi Herr, FL
5. Pam Potter, FL
- 6T. Toby Brandtman, CA
- 6T. Terry McKeever, ME
- 8T. Pamela Dees, CO
- 8T. Alex Fernander, FL
- 8T. Jennifer Jasker, IL

### Women's Novice

1. Sarah Wells, TX
2. Jean Biggs, NY
- 3T. Melissa Danile, MI
- 3T. Yvonne Ghilardi, NH
- 6T. Kassi Herr, FL
- 6T. Joan Weiss, NY
7. Jennifer Dunn, AR
8. Rhonda Kopf, NY
- 9T. Jennifer Annett, NY
- 9T. Beth Atkinson, MA

### Women's 19+

1. Tammy Brockbank, ID
2. Kerri Stoffregen, OH
3. Rachel Gellman, NM
4. Jen Yokota, MO
- 5T. Britt Engel, FL
- 5T. Amy Kilbane, OH
- 5T. Julie Taylor, UT
- 8T. Catherine Basa, NC
- 8T. Sue Cox, FL
- 8T. Heather Dunn, MA



# NATIONAL RANKINGS

## Women's 25+

1. Kim Russell, GA
2. Doreen Fowler, MD
3. Michelle Wiragh, MD
- 4T. Rosemary Anderson, NC
- 4T. Kelley Beane, NH
- 4T. Kathy Bowden, NE
- 4T. Peggy Clark, MN
- 4T. B.J. Ehr Gott, CT
- 4T. Lorraine Galloway, NY
- 4T. Kaye Hastings, MI

## Women's 30+

1. Karin Sobotta, WA
2. Kersten Hallander, FL
3. Lorraine Galloway, NY
4. Kim Machiran, MO
- 5T. Kelly Kirk, MN
- 5T. Phyllis Morris, TX
7. Linda Leasely, FL
- 8T. Stacy Sour, CO
- 8T. Wyllis Vidrine, OH
10. B.J. Ehr Gott, CT

## Women's 35+

1. Mary Lyons, FL
2. Debbie Tisinger, CA
- 3T. Carol Bastien, IL
- 3T. Linda Moore, NE
- 3T. Janet Tyler, FL
- 3T. Marianne Walsh, UT
7. Roz Petronelli, MA
- 8T. Carol Kriegler, MN
- 8T. Val Shewfelt, UT
10. Carol Frenck, VA

## Women's 40+

1. Laura Patterson, MI
2. Susan Pfahler, FL
3. Janet Myers, NC
- 4T. Mary Bickley, PA
- 4T. Brenda White, IL
6. Joanne Pomodoro, MA
- 7T. Deb Gridley, CO
- 7T. Marcy Lynch, PA
- 7T. Marcia Richards, LA
10. Debbie Chaney, IN

## Women's 45+

1. Linda Miller, IN
2. Marijean Kelley, CA
3. Shelley Ogden, OH
4. Donna Ebner, MO
5. Grace Touhy, IL
6. Terry Ann Rogers, CA
7. Judy Sands, IL
8. Mary Jo Murray, FL
9. Agatha Falso, FL
10. Jean Heckman, NY

## Women's 50+

1. Sharon Hastings-Welty, OR
2. Nancy Butts, WI
3. Nidia Funes, CA
4. Gerri Stoffregen, OH
5. Mildred Gwinn, NC
6. Rose Stoltmann, WI
7. Rose Hernandez, UT
8. Kendra Tutsch, WI
- 9T. Helen Dunsmoor, ID
- 9T. Gail Schaefer, MD

## Women's 55+

1. Kathy Mueller, MN
2. Helen Dunsmoor, ID
3. Jo Kenyon, FL
4. Marion Crawford, NY
5. Annabelle Kovar, NE
6. Sylvia Sawyer, UT
- 7T. Sue Carow, IL
- 7T. Sue Embry, CA
- 9T. Norma Carlisle, UT
- 9T. Mary Walker, CA

## Women's 60+

1. Joe Kenyon, FL
2. Lola Markus, IL
3. Mary Walker, CA
4. Cleata Ching, PA
5. Mary Low Acuff, NC
6. Jane Graham, GA
7. Reta Harring, WI
8. Rebecca Dixon, OH

## Women's 65+

1. Reta Harring, WI
2. Mary Low Acuff, NC
3. Rebecca Dixon, OH
4. Dorothy Vezetinski, WA
5. Phyllis Melvey, ND

## Women's 70+

1. Mary Low Acuff, NC
2. Eleanor Quackenbush, OR

## Women's 75+

1. Mary Low Acuff, NC

## BOYS

### Boy's 8 & Under

1. Jeremy Robbins, TX
2. Matthew Hammond, OH
- 3T. Andrew Ortiz, MD
- 3T. Diego Robles, Mex.
- 5T. Justin Erdman, OH
- 5T. David Lewis, CO

7. Garrett Stone, MN
- 8T. Andrew Grissom, CA
- 8T. Geoffrey Mora, CA
- 8T. Ross Williamson, KS

### Multi-Bounce

1. Jeremy Robbins, TX
2. Matthew Hammond, OH
3. Codoy Drago, OR
- 4T. Sam Basta, MO
- 4T. Stephen Brandt, NM
- 4T. Justin Erdman, OH
- 4T. Andrew Grissom, CA
- 4T. Cameron Leiting, WI
- 4T. Charley Pratt, OR
- 4T. Conner Wheeler, CO

### Boy's 10-

1. Jack Huczek, MI
2. Clay Burris, FL
3. Jon Hellner, OR
4. Blake Vonkaenel, NE
5. Roylee Luna, NM
- 6T. Trevor Crowe, OR
- 6T. Shane Karmelin, MD
8. Peter Oakes, OH
9. Jim Gooden, TX
10. Matt Barker, OH

### Boy's 12-

- 1T. Ashley Conway, NC
- 1T. Shane Vanderson, OH
3. Trevor Crowe, OR
- 4T. Grant Barker, MO
- 4T. Nathaniel Dehmer, MN
- 4T. Joel Worthington, KS
- 7T. Jack Huczek, MI
- 7T. Joe Roth, PA
- 7T. Jon White, GA
10. David Foye, MD

### Boy's 14-

1. Ryan Staten, KS
2. Willie Tilton, CO
3. Justin Carey, NY
4. Matt Gehling, MD
5. Adam Tueller, UT
- 6T. Jeffrey Garner, AL
- 6T. Lee Hammons, CA
- 6T. Blake Silha, MT
9. Brandon Henline, GA
10. David Liakos, NE

### Boy's 16-

1. Bucky Freeman, TX
2. Willie Tilton, CO
3. Abe Valdez, OR
4. Ben Williams, NY
5. Terrance Holbrook, UT
- 6T. Jed Bhuta, AL
- 6T. Matt Davenport, MO
- 6T. Shawn Fry, NC

- 6T. Paul Strike, OH
10. Hal Spangenberg, CA

### Boy's 18-

1. Eric Storey, IN
2. Jason Mannino, CA
3. David Hamilton, OH
4. Jed Bhuta, AL
- 5T. Brandon Cuaresma, AK
- 5T. Craig Donaldson, MO
- 5T. Bucky Freeman, TX
- 5T. Shane Wood, MA
- 9T. Brian Berkey, IN
- 9T. Brian Gomez, OH

## GIRLS

### Girl's 8 & Under

- 1T. Adrienne Fisher, OH
- 1T. Kelley Fisher, OH
3. Abigail Hobart, FL
- 4T. Brandi Hanson, OR
- 4T. Ashley Mora, CA
6. Katie Lyons, FL
7. Nikki Winfrey, OH
- 8T. Braun Jacobson, CO
- 8T. Candice Tueller, UT
- 8T. Sara Wilshire, KY

### Multi-Bounce

1. Adrienne Fisher, OH
2. Kelley Fisher, OH
- 3T. Alison Bertagnoli, WI
- 3T. Diana Meyer, OR
- 3T. Ashley Murphy, MO
- 3T. Kimberly Walsh, UT
7. Deidra Kamin, TX
- 8T. Elizabeth Ferguson, OR
- 8T. Melissa Martin, WI
- 8T. Emma Reicks, CO

### Girl's 10-

1. Kimberly Irons, OH
2. Crystal Winfrey, OH
3. Derai Darling, OR
4. Melissa Jones, FL
5. Adrienne Fisher, OH
6. Melissa Holden, CA
7. Leslie Luna, NM
8. Jesi Fuller, NM
- 9T. Michelle Kaiser, AK
- 9T. Mary Sweeney, NY

### Girl's 12-

1. Keely Brannigan, ID
2. Melanie Mueller, CO
3. Molly Law, CO
4. Eve Bateman, PA
5. Heather Holden, CA
6. Jeni Fuller, NM

7. Natasha Elmore, MN
8. Suzanne Martinez, UT
9. Kindra Sears, IN
10. Annie Hammons, CA

### Girl's 14-

1. Sara Borland, IA
2. Brooke Crawford, OR
3. Melanie Mueller, CO
4. Katie Olsson, OR
- 5T. Megan Bals, NE
- 5T. Eve Bateman, PA
- 5T. Kristen Walsh, UT
8. Jennifer Bennett, UT
- 9T. Becky Bowman, IN
- 9T. Emily Daniels, CA

### Girl's 16-

1. Melissa Boyd, UT
2. Sadie Gross, SD
3. Erin Frost, OR
4. Vanessa Tulao, TN
- 5T. Katie Gould, MO
- 5T. Meadow Krantz, MN
- 5T. Dionna Brown, CA
- 7T. Colleen Maginn, WI
- 7T. Rhonda Rajsich, AZ
- 7T. Bobbi Ross, NC

### Girl's 18-

1. Vanessa Tulao, TN
- 2T. Christy Gould, MO
- 2T. Rhonda Rajsich, AZ
4. Shannon Feaster, DC
- 5T. Aimee Chastain, MN
- 5T. Sadie Gross, SD
7. Tammy Brockbank, ID
- 8T. Dawn Gates, IL
- 8T. Kori Grasha, NY
- 8T. Theresa Larsen, OR

## WHEEL CHAIR

- 1T. Steve Kuketz, MA
- 1T. Chip Parmelly, CA
- 1T. Donna Cline, TX
4. Rick Slaughter, TN
5. Gary Baker, VA
6. Bob Nichols, MA
- 7T. Eric Engstrom, MA
- 7T. Ken Medeiros, MA
9. Audie Kemp, IN
10. Mark Fenn, IN

Rankings Current as of June 6, 1995



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**JULY**  
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**July 14**  
Summer Pro Am  
Northeast  
Racquetball Club –  
Columbia Heights,  
MN  
612/572-0330



Summer Sizzler  
Tournament  
Quadrangle West  
Athletic Club  
Clearwater, FL  
813/535-4901

4th Annual Steve  
Powers Memorial  
Bally's Holiday Spa  
Falls Church, VA  
703/573-0660



**July 15**  
Commonwealth  
Games  
Lancerlot Fitness  
Vinton, VA  
703/981-0205

**July 20**  
Georgia Games  
Athletic Club NE  
Atlanta, GA  
404/636-7575

**Wilson U.S. Skill  
Level Nationals  
Lakewood Athletic  
Club – Lakewood, CO  
303/989-5545**

**July 21**  
Summer Games  
Classic Athletic club  
Lyndhurst, NJ  
201/444-0859

20th Anniversary Cash  
Bash @ Miami Racquet  
& Fitness Club – Miami,  
FL – 305/225-2582

**July 27**  
International Master  
Invitational  
Northwest Racquet,  
Swim & Health Club  
St. Louis Park, MN  
507/257-3353

**July 28**  
Ballard Open  
Olympic Athletic Club  
Seattle, WA  
206/783-0427

Bluegrass State Games  
UR Seaton Center  
Lexington, KY  
606/288-6011

15th Annual Cystic  
Fibrosis @ Courts Plus  
New Bern, NC  
919/633-2221

**July 29**  
Outdoor Event  
Spanish River HS  
Boca Raton, FL  
407/881-5077

.....  
**AUGUST**  
.....

**August 1**  
Star Security Cash  
Tournament @ Susan  
Street Complex  
Leesburg, FL  
800/469-0095

**August 4**  
Mid Summer Shoot Out  
The Club – Orlando, FL  
407/645-3550

**August 11**  
Friendly Restaurants  
Doubles Open  
Nautilus — Erie, PA  
814/868-0072

Summer Sizzler Pro Am  
Northeast Racquet Club  
Columbia Heights, MN  
612/572-0330

**August 12**  
State Doubles Warm-Up  
Quadrangle West  
Athletic Club  
Clearwater, FL  
813/535-4901



# NATIONAL CALENDAR

## August 15

Utah State Juniors  
Redwood Multi-Purpose  
Ctr – West Valley, UT  
801/974-6923

## August 18

Tournament of  
Champions @ USA  
Fitness & Racquetball  
Center – Closter, NJ  
201/444-0859

## August 25

Summer Smash  
Mad Maggies  
Burlington, MA  
617/273-1025

## August 29

**IRF World Senior  
Racquetball  
Championships  
Tom Young's Athletic  
Club  
Albuquerque, NM**

## SEPTEMBER

### September 15

Blast It 1995  
The Sports Center  
Fayetteville, NC  
910/864-3303

Fall Racquetball  
Championships  
Maverick Athletic Club  
Arlington, TX  
817/275-3348

Pennbriar Open  
The Pennbriar Club  
Erie, PA  
814/825-8111

Pete Peterson Classic VI  
Northeast Racquetball  
Club – Columbia  
Heights, MN  
612/572-0330

### September 22

Aloha Open  
Omni Sports Club  
Winston-Salem, NC  
919/760-3663

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- 10% discount on all AARA catalog and video purchases

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- A higher line of credit, up to \$50,000
- Unmatched travel benefits including up to \$1,000,000 in Common Carrier Travel Accident Insurance\* with the Gold card, \$300,000 with the Onyx card
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# Look down the throat of the most powerful new technology in racquetball.

## New 16.2" LongString™ Racquets

### Chaos 190g

Longstring technology for players who increase power with a faster swing.

### Havoc 230g

Longstring technology for players who increase power by putting more mass into the ball.

## Revolutionary LongString Concept

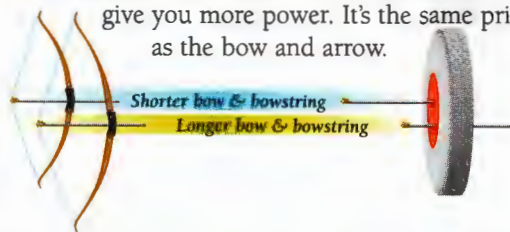
Longest racquet face (16.2") and mainstrings (16.0") in racquetball. Unique throat design, handle and Tri-Taper Frame enable E-Force to lengthen mainstrings from 1.5" to 3" more than competitors' racquets—generates ripping new power.

Adds 10 to 15 extra inches in combined length to 10 centermost main strings

■ traditional mainstring length  
■ LongString mainstring length

## More Power from Longer Mainstrings and Racquet Face

For the same effort, longer mainstrings and racquet face give you more power. It's the same principle as the bow and arrow.



Stiffness is customized throughout the frame to control and release the awesome power of Havoc and Chaos.



### E-Force Tri-Taper Frame

- Stiff high-power head.
- Tapered mid-face.
- Broad high-strength throat.



**Tim Doyle,**  
Prototype power  
professional. One  
of the tour's most  
feared competitors.

## Don't Come Up Short

Get more mainstring for your money. Get in-your-face down-your-throat power with 16.2" LongString technology.



**E-FORCE**®  
real racquetball



## E-Force Carbon/Power Series

### Aggro

E-Force's stiffest racquet—190 grams

total power weapon, for aggressive players who sacrifice all for maximum power. There's nothing else like it in racquetball.

### Thruster

Awesome power with shock-absorbing comfort—190 grams

stiff graphite with vibration-damping thermoplastic polymers. Easy on the elbow, arm and shoulder.

### Hyperlite 160g

Racquetball's lightest racquet—160 grams

tremendous power with rapid response

and lightning-fast

head speed. 1"

head heavy to

increase

swing

weight.

*Intimidating power*—that's what racquetball is all about, and the E-Force Carbon/Power series gives you three specialized ways to get it. Humble your next opponent, with the power of E-Force. Demand E-Force at your club or dealer.



### Thruster

Power with minimal vibration  
190g



### Aggro

Maximum stiffness  
190g



**Egan Inoue,**  
E-Force founder, world  
champion and power  
serve record holder.

### Hyperlite 160G

Racquetball's lightest  
racquet

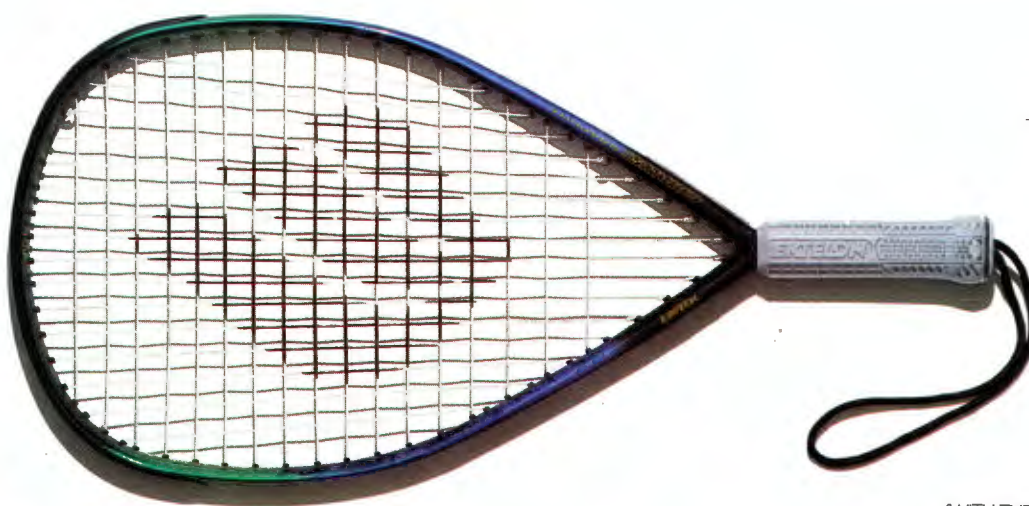
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to E-Force  
for specialized  
racquets with  
in-your-face  
power.**





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THAN A STATE  
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