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Annual Racquet Guide

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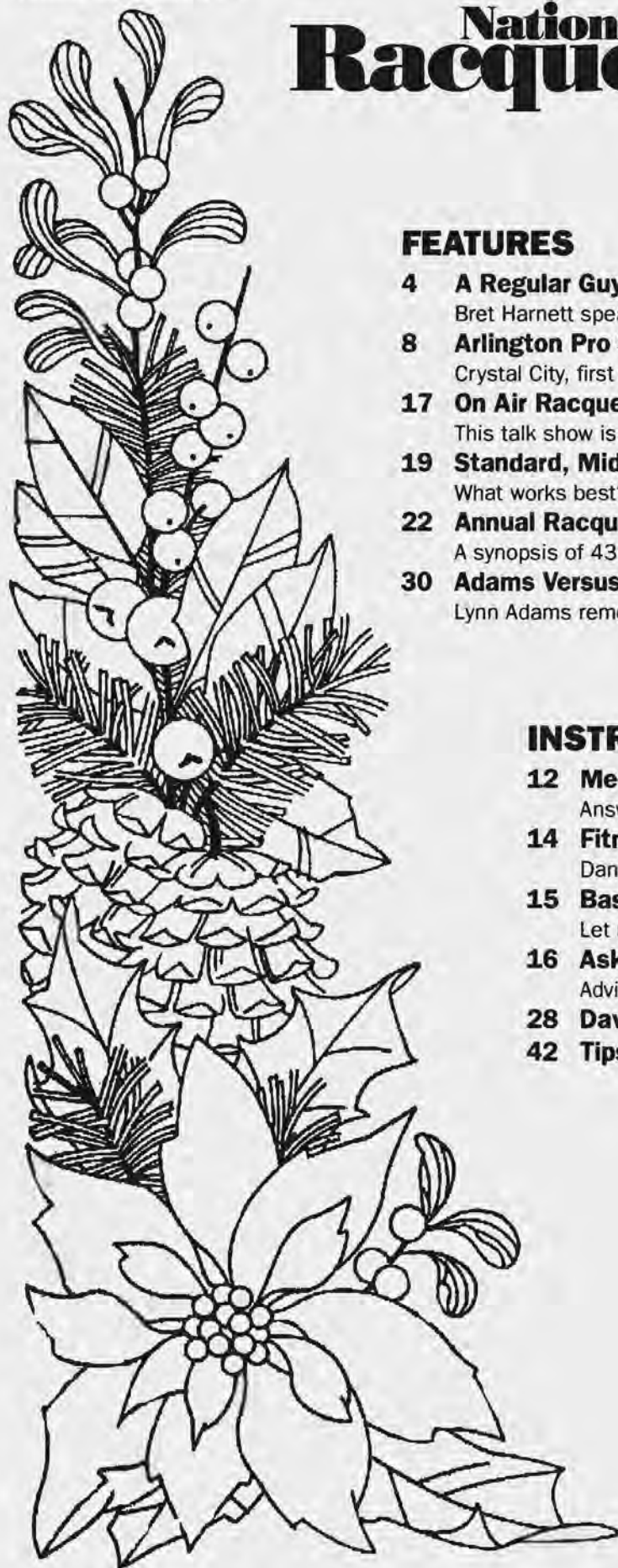


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Off The Wall

Looking Back...Looking Forward

by Helen L. Quinn

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Here we are at the end of another year — seems they pass by quicker and quicker, and this year has been so eventful for us here at *National Racquetball*, it has really flown.

We began our second year of publishing this magazine feeling that perhaps we were finally beginning to understand what racquetball was all about and what our readers expected from us. We traveled to both professional and amateur tournaments. We attended trade shows and RMA meetings. We visited AARA headquarters in Colorado Springs and we employed an editor who played racquetball and knew the game.

The more involved we became in racquetball, the more we recognized the strengths and weaknesses of the organizations which run the sport at the national level. We also became aware of who had the interest of racquetball as a motivator and who was self serving — factors which are found in any sport. And, most of all, we realized the lack of unity between all the elements involved and their lack of awareness of many of the problems which exist.

We saw a men's professional tournament and were disturbed by the attitude and behaviour of some of the players — certainly not a professional presentation and somewhat surprising in a sport where even avid racquetball players do not recognize the names of the top professional players. One would think that the powers that be in men's racquetball would do everything possible to make the fans happy. After all, it is the fans who, indirectly, finance a professional career.

We also observed the national organization of amateur racquetball run almost entirely with volunteers under the guidance of an executive director. We became aware of the politics involved and once again felt that there was a lack of unity throughout the sport, which, to a small extent has impeded its growth.



During this period of time, we came to realize that the magazine, as the only racquetball publication distributed nationally, could play a role in bringing together these separate entities, and that is what we have attempted to do.

At the professional level we have received complete cooperation from the Racquetball Manufacturers Association (RMA), the manufacturers themselves and the players. The players have contributed generously of their time and expertise. They have allowed us to interview them, they have called us with general information and have willingly provided instruction for us to share with our readers.

At the amateur level, we have provided coverage of major amateur tournaments with the assistance of the American Amateur Racquetball Association and its members. We also have published the official AARA newspaper *Racquetball in Review* which was mailed to members nine times a year.

And now, in an effort to unify the sport even more, beginning with the January, 1988 issue, *Racquetball in Review* will be included as a separate section in *National Racquetball*. This will bring all the news of our great sport to members of the AARA and to our subscribers. There will no longer

(continued on page 49)

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A Regular Guy With An Amazing Talent

Bret Harnett Speaks Softly And Carries A Big Racquet

by Sigmund Brouwer



If you have a chance sometime, watch Bret Harnett during a tournament. Watch him as he moves through a crowd, or reaches into his equipment bag at the side of the court.

First, there is no mistaking him. He is six foot three, panther lean, and wastes no motion. He wears his dark hair short, and his face is roughly hewn handsome.

Second, you won't see him smile much. He keeps his eyes away from onlookers. Moving through a crowd, he is almost a shark slicing through water. As he waits outside the court beside his equipment bag, you can see his mind is only on the game ahead.

But watch a little longer, until someone actually broaches that exterior with a question. He will pause, and you'll see he is considering the question seriously. This is your first clue to the real Bret Harnett. There is no way he would rattle a flip answer, the standard response of anyone else too hurried, or too important.

The second clue is in the way he politely answers the question. Any question. And the third clue is his lack of guile, his determination to make the answer satisfactory. Want another clue to Bret Harnett?

This reserved, gravely shy athlete says very little about himself, yet is as close as the sport comes to a racquetball machine.

There is Marty Hogan, explosive and fiery, but capable of making

enough mistakes to assure us that he is mortal. There is Mike Yellen, quietly efficient but sometimes with the sameness and flavor of McYellen racquetball. But neither Hogan nor Yellen are racquetball machines.

Bret Harnett is a racquetball machine. His left-handed stroke has the precision of a Rolex, and the violence of thunder. He never tires; his reach is as incredible as his height and leanness suggest, except more so. And his style is simple: what comes up, he puts down.

So why isn't he famous? Two reasons. No national championship and he is much too quiet. As he says, "I don't have a real loud presence about myself. It's not that I really chose to be low profile, it's just that I think the game needs different personalities. Everyone on the court can't be the same. We can't all be the Dave Peck or the Marty Hogan in manner."

But, more famous he should be.

In 1985, at the age of 21, he had already reached the number 11 position among all-time professionals with his win/loss record. Now, two years later, he is fifth, with 143 professional tournament wins and 61 losses. Of the four ahead of him on that list, one player (Dave Peck) is ahead by only .4244 percent. The other three leaders are — who else but — Marty Hogan, Charlie Brumfield and Mike Yellen.

In outright tournament wins, Harnett has 10. Only three other players in the history of the game have won more, and all of them (Hogan, Brumfield and Yellen) have had years of extra time to accumulate their victories. Upon reaching the finals of a tournament, Harnett has won more than 70 percent of his matches. Only Marty Hogan has done better.

But what about the national championships?



That's a painful thought for Harnett. Last year, he won three of the pro stops; more than anyone else on the tour. Mike Yellen won only a single tournament. Harnett was in the finals of four events; so was Mike Yellen. And against each other in the finals, they each won once. But when the echo of the season's final point faded (Egan Inoue defeating Mike Yellen in Minneapolis), Yellen received the crown.

"Yeah, it was a bummer, because I wanted nothing more than that national championship. I worked hard all last season with it as my main goal," he says.

"But hey, that was the ranking system. We all knew how it worked from the beginning. I think, though, what really hurt was having a few tournaments dropped at the end of the year." (Under last season's ranking system, tournaments were worth more as the season progressed; Harnett had a poor tournament in Phoenix, and with the late-season tournament cancellations, it cost him much-needed points.)

When his fellow professionals voted him Player of the Year, two years running (1986, 1987), he was neither boastful about it, nor falsely modest.

"That was good for me, the awards. It showed me I wasn't playing for nothing, that I had the respect of my competitors. And I'll tell you, it was a nice feeling to win the awards."

Many things have contributed to Bret's success, but his relationship with his family is probably the single, most important factor in his mind.

"Bret Harnett is a racquetball machine...He never tires; his reach is as incredible as his height and leanness suggest..."

"My parents live in Las Vegas, in the same house where I lived with them for 20 years. What's really nice is we're still close. I moved out three years ago, to a townhouse I bought, but I must see them at least every other day. It's like their house is mine. I'll be sitting over there watching their big-screen T.V. and drinking their iced tea when they come home from work.

"Their support of my racquetball was incredible. When I was starting, my Dad had a van, and we traveled to tournaments. Any time there was an amateur tournament or a junior tournament we traveled; Reno, Arizona,

California. My Dad made it possible for me to get the experience that I needed. To this day, he's just in seventh heaven over what I've done, be-



Harnett and friend

cause a lot of it was his doing, and I'm really excited about that."

Need more evidence of a regular guy? Not a guy with a huge ego but a guy who is simply himself? Let him tell you about his girlfriend and racquetball.

"A lot of people say that when you are young, your game will go all to hell because all you're doing is thinking about women, but I would say that as soon as you have a steady girlfriend, someone you really enjoy being with, you no longer have that on your mind.

"I'm not at these tournaments looking for anyone. I'm here for business, to play racquetball, to give the people top-notch whatever I can do on the court. I'm not out here thinking about some pretty girl in the stands while I'm serving at match point to ten."

Of course, when your girlfriend is Miss

Nevada who was second runner-up in the latest Miss America pageant, you already have a pretty girl to think about. But Harnett doesn't bring that up until well into the interview and what does he mention first about her?

"I have to admit, it's getting pretty serious with my girlfriend. I've had girlfriends before, but Stacie [James] I really get along with. She's a singer at the Follies Bergere, a principle singer at the Follies. As a matter of fact, I'm very proud of her. She's a very aggressive career person, she knows what she wants and goes for it."

And then there is what Bret likes to do with his money. Regular things. "Living in Vegas, I like to gamble a little. But only 20 bucks here and there. I'm one to keep my money. If I'm going to gamble, I'd rather put it into something that's material. I'm more of a material person than your average guy I think. I won't go out and spend a grand, hoping to win two grand on the tables. I'd

rather go out and buy something with my thousand so I can go out and look at it and pet it and polish it up!"

His latest acquisition is a sand rail, a form of dune buggy with paddle tires fully equipped with cups to dig the sand. Bret happily added it to his two dirt bikes, two four-wheelers, and the boat on nearby Lake Mead.

Of course, nobody gets that kind of hardware without work. Even though he is a talented racquetball



player on the court, it was hard and methodical work that put him in his position as the second-ranked professional on the RMA men's tour. A good example of the work was his head-to-head play against another left-hander, Cliff Swain.

"He beat me once with a serve that he had and I didn't. He had the stance and position in the box, so that he was hindering me. It wasn't a screen, but he was hitting the ball so hard, I couldn't get an angle on it until it was in my chest. So I thought, 'This is bull for him to do that to me, when I can't do it to him'. There was no reason for him to have a certain serve that I didn't. So I practiced that serve until I owned it, too.

"He beat me three times in a row, the first three times, but I've beaten him the last three times. So now I've got that serve, and the last two or three times we've played, I feel I've outserved him. He may say different, and even be right, but I feel I outserved him to win."

Harnett's work ethic is also plain when you ask him for advice to give the junior players. "I'd tell the juniors to play. If they find they have a talent in racquetball, go for it. Play, play, play, tournament after tournament. I would have to say 'play, and watch the pros'. When I was younger, I watched Hogan, everyone, players who weren't pros. If they had a shot that I thought was neat, the very next day, I'd be in there practicing until it

"My Dad made it possible for me to get the experience that I needed. To this day, he's just in seventh heaven over what I've done, because a lot of it was his doing, and I'm really excited about that."

would be my shot.

Despite the work ethic, and disciplined conditioning which is obvious in every rally of any of his matches, Harnett did lose, early for him, in the quarter finals of the first tour stop of this season, at Davison, MI. Ironically, he had won the same tournament each of the two previous seasons, but both times, it was after a warm-up tournament. This year, it was the first stop of the tour.

"If I have two tournaments a month, I'm primed. I can go. Last season, I won tournaments back-to-back because I was primed.

"But one tournament a month, and going back to Vegas to play against friends who are amateurs doesn't cut it. Then you go in with Inoue or Hogan and you try the pass-

ing shot that got by everyone else, and they end up ripping it and rolling it back and you're saying, 'Wait a minute, my buddy back in Vegas didn't do that! What the hell is going on around here?'"

The people who know Harnett won't be surprised if this is the season when Harnett wins, wins big, and wins the national championship. But even then, don't expect much noise from Bret Harnett.

He isn't about to change himself with any season. "I go to a tournament. I play, and if I win, I win. If I lose, then the next tournament I'll go out and work harder."

This quiet young man epitomizes the ideal, professional racquetball player. He is mannerly, courteous and friendly to the fans. He displays sportsmanship on the court and accepts victory and defeat graciously. As he himself says, "I guess I prefer to make noise more with my racquet than anything." ○



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Crystal City First Class Stop

The 1987 Arlington Pro stop again lived up to its reputation as one of the seasons premiere events. Secluded in the shadows of government buildings and only minutes away from the nation's capital, the Arlington stop captures the aura of Washington. From chauffeur driven limousines waiting to escort professional players, to referees and line-judges attired in suits and ties, the Crystal City event is first class in every respect.

The tournament was a first in numerous ways. It was the first event to utilize this years new ranking system. It was the first sanctioned event in a decade (maybe history) with no representation from the St. Louis contingent of professional players, and it was the first RMA stop in which a top seed missed his starting time and was required to forfeit his match.

The qualifying draw was small and relatively weak compared to other RMA draws and thus allowed those players who drew qualifiers to experience relatively easy first round matches. In fact, only one match with a qualifier went more than three games. The absence of six of the top twenty-four players allowed many other normally top qualifiers to be placed in the main draw reducing the qualifying competition.

The new ranking system gives each event with equal prize money, equal ranking. Prior to this year, later events received higher ranking value which reduced the value of early season events. The number one player at this seasons end will be the individual who has accumulated the most ranking points over the entire season schedule. For the Arlington event the top four seeds were #1 Bret Harnett, #2 Mike Yelleri, #3 Ed

Andrews, and #4 Cliff Swain (original #2 seed Marty Hogan was absent due to a leg injury).

The absence of Marty Hogan, Andy and David Gross and Jerry Hilecher marked the first time in recent history that no St. Louis player competed in a sanctioned event. Hogan was absent due to his injury, while Andy and David Gross had prior family commitments. Jerry Hilecher (#12 seed) was absent from his second straight tour event and rumors are that the leisure of retirement is forever attracting this perennial favorite.

The 32's

The round of 32's went much as expected, except for the upset of Dave Peck by #21 seed Jim Cascio of PA. Although Dave is playing consistent ball, he has drawn hot players in his first two RMA events of the season. Bret Harnett barely survived Peck's persistent game style and squeaked out an 11-9 tiebreaker victory in Davison, while in Arlington Jim Cascio did much the same by winning his final two games against Dave 11-10, 11-10. But, Cascio would prove throughout this tournament that this victory was no fluke.

Only three other 32 matches went to tiebreakers with Canadian Roger Harripersad defeating roommate Bobby Rodriguez of Colorado, #16 seed, Aaron Katz being pushed to the limit by newcomer Charlie

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Bret Harnett (foreground) and Ed Andrews battle it out in the finals.



Crystal City

(continued from page 8)

Nichols of Florida and Jack Newman continuing to break his tiebreaker jinx of last season by defeating Lance Gilliam of Texas.

The 16's

The 16's were full of surprises and upsets. Perhaps no one was more surprised than Gerry Price of CA when last years most improved player Egan Inoue failed to show for his six o'clock match . . . Gerry has been struggling lately, losing to qualifier Doug Ganim in Davison and thus gratefully accepted the forfeit. Although Inoue's 175 m.p.h. serve would be less effective on the slow panel courts, Egan would still have been favored to advance to the quarters. Apparently Egan misread the draw sheet (he read 8 p.m. instead of 6 p.m.) and arrived at the club two hours after his starting time. This error would cost Egan not only money and a ten hour plane ride, but critical ranking points and position.

Cascio continued his upset barrage by defeating #9 Steve Lerner 11-8 in game five. Cascio revenged a loss to Steve in the season's first tour event when Lerner defeated him 11-4 in the tiebreaker. Perhaps it was Jim's participation on Team USA at the Pan American games, the presence of his new bride, or perhaps his selection as racquetball's

Amateur Athlete of the Year that injected a new found energy into Cascio's play.

Corey Brysman continued his climb up the ranking ladder by defeating the season's first tournament winner Cliff Swain at Davison. Swain had defeated Corey earlier in three straight games, but this time the slow courts in Arlington helped negate Cliff's powerful serve and allowed Corey to get in more rallies. The last two shots of the match illustrated that on this day, destiny was on Corey's side. At 9-9 in the fifth Cliff hit a reverse pinch which Corey barely retrieved as he reached around Cliff in middle court. In lunging for the ball Corey somehow rolled out a perfect kill shot. Although Corey was partially hindered by Cliff, no hinder was called and Corey got the point. At match point, after numerous great dives by both players, Corey desperately hit a defensive around-the-world Z ball. As the ball caromed to the back left corner, it somehow hit the corner crack perfectly and rolled out flat for the match. Although Cliff was of course disappointed, it is obvious he has adapted well to his new Burt racquet and will be a force to reckon with this season.

Gregg Peck enjoyed one of his best tournaments in more than a year. Down two games to none, Gregg fought back to defeat Mike

(continued on page 13)



The Awards Ceremony (left to right), Stan Levy, Gotham Group (sponsor); Bret Harnett; Ed Andrews; Mike Shehad, Smith Ind. (sponsor) and Judd Grosshans (tournament director).

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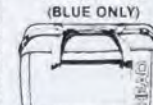
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The Racquetball Medical Forum

by Dr. Paul Ross

Part of a monthly series in which National Racquetball readers can ask advice from our medical editor, Dr. Paul Ross. If you would like him to address a specific medical problem, send your question to MEDICAL EDITOR, National Racquetball, P.O. Drawer 6126, Clearwater, FL 34618-6126.



Dr. Ross: I have been playing racquetball for about five years, but within the last six months I have increased my playing time. I play two to three times during the week and in tournaments on most week-ends. Recently, during play and afterwards, I have sharp pain on the ball of my foot near my big toe joint. Now, the pain is intense with every step I take during regular walking. I have even tried not playing, but with no relief. What can I do now?

V.A., Worcester, VT

Dear V.A.: From your description of the type of pain and its location, there is a very good possibility that you have experienced an injury to the sesamoid bones of your foot. These are the small bones, the size of lima beans, on the bottom of your foot just behind the big toe joint. They act as a fulcrum for the tendon that controls the downward motion of the large toe. Each time you push off the ball of your foot, that tendon pulls the big toe downward towards the floor.

With the stop and go and lateral motions of racquetball, this area of your foot is susceptible to injury, and the resulting pain can be due to a bone bruise, joint inflammation, or fracture.

It is important to have your foot x-rayed to rule out the possibility of fracture. If it is fracture, the only way these bones generally heal is by placing the foot in the cast and using crutches to keep weight off the foot, for a period of three to six weeks. Sometimes even this is not successful and surgery is required to remove that bone.

If there is no fracture, then foam

padding to relieve pressure to the area would help. Anti-inflammatories such as aspirin, nuprin or advil will help reduce much of the pain and associated swelling. You may also apply ice to your foot by massage technique to reduce pain as well. If the pain is chronic and continues for weeks, a cortisone injection will be necessary. If not fractured this may be a self limiting injury.

You may need to purchase new racquetball shoes with more and better shock absorption in the ball of the foot. Also, try double thickness athletic socks, such as those made by Thor-lo or Wigwam.

Finally, if this seems to be a chronic problem, you may very well need to have a pair of orthotics — prescription arch supports — made to control the way your foot functions.

Dr. Ross: I have recently recovered from a foot injury. There seems to be so many conflicting views on when to use ice and heat. Would you clarify this for me?

S.K., Baltimore, MD

Dear S.K.: This question of when to use ice or heat has been asked of me with such frequency that I am glad to have the opportunity to share this information with you. Injuries, in general terms, can be placed in two categories. Acute or chronic. The symptoms one feels can vary, based on the anatomic structure that is injured (skin, tendon, muscle, ligament, bone, etc.) The more severe the injury, the more structures involved. One constant factor in all acute injuries is that they respond

with inflammation and swelling. Generally, the more traumatic and severe the injury, the more inflammation and swelling there is. X-rays are needed to rule out fracture.

The inflammation and swelling can occur almost immediately or in fact take several hours. This is a normal phase in the healing of any injury and can last up to seventy-two hours. By decreasing the amount of swelling and inflammation, you can reduce the pain and speed healing.

The fastest and most efficient way of reducing the potential swelling and inflammation at the time of injury is to remember the work "RICE". Rest, Ice, Compression, Elevation. Decrease your activity level, apply ice to the traumatized area, wrap it in an ace bandage or other form of compression, and elevate the foot. Ice should not be applied directly to the skin as it will cause a frostbite type reaction if left on too long. Utilize an ice bag or towel when applying. The ice acts in two ways: 1) To construct blood flow, which in turn will reduce swelling and inflammation; 2) As a topical local anesthetic thereby reducing the pain. The ice should be applied twenty minutes out of every hour that you are awake for the best results, for a period of 24-72 hours.

NEVER, I repeat NEVER, use heat on an acutely injured area. This will only cause increased inflammation and swelling, for heat causes blood vessels to become dilated. Once the initial inflammation and swelling area are over, then you need to gently and gradually get the foot

(continued on page 49)

Crystal City

(continued from page 11)

Ray 11-9 in the tiebreaker. Although Gregg continued to pressure Mike throughout the match, Ray's inability in winning the fifth game has become his silent nemesis. It had been more than a year since Mike has won a tiebreaker. Whatever the reason, mental or physical, Mike's steadily dropping ranking dictates he breaks the jinx soon.

Jack Newman, who just last tournament broke his one year tiebreaker jinx, again pulled off the tournament's biggest upset by defeating #2 seed Mike Yellen 11-8 in the tiebreaker. Yellen seemed to lose intensity and along with it a 7-2 lead in game five. Jack defeated Mike in Davison last year and seems to have gained confidence when playing Yellen. Instead of playing conservatively, as is Jack's normal style, he goes for the kill when playing Yellen. Obviously his game plan has worked, at least against Yellen.

In another surprising match, Jim Cascio continued to play well as he went out to a two game to zero lead against #1 seed, Bret Harnett. But, as everyone knows, Bret never gives up and the constant pressure he puts on his opponents usually takes its toll. Cascio was no exception as he started to tire in game three. The combination of Bret's tremendous physical conditioning and his new Pro-Kennex racquet, which allows him more power, proved too much for Jim as Bret won the last three games easily.

Ed Andrews found himself in a similar situation as he dropped the first two games to Gerry Price. Price played well and actually was shooting for match point at 10-10 in the third, in what looked to be an easy forehand set-up at the short line. After the match, Ed said he really thought the match was over, his only hope being that the set-up was to Gerry's forehand side. Although it may seem unusual, Gerry's forehand is definitely weaker and less consistent than his backhand. Luckily for Ed the charts proved to be correct this time as Gerry skipped the forehand set-up. Ed regained the serve and momentum and went on to win game three and the match.

In the remaining quarter final matches, Gregg Peck easily dis-

mantled Jack Newman in three straight games and Corey Brysman outlasted the tour's elder statesman, Ruben Gonzalez.

The Semi's

The first semifinal was a see-saw match between Ed Andrews and Gregg Peck. Both players started slow with Gregg going out to a two to one game lead. Ed seemed to have enough opportunities, but continually skipped his forehand shots. In the fourth game Ed easily regained what is now recognized as the games smoothest stroke, and easily won the last two games four and two. Although Gregg had one of his best tournaments in months, his backhand pinch was still not as effective as the year he won the DP Nationals. This is Gregg's bread and butter shot and for him to consistently reach the semi's, he will have to regain his old form.

In the other semifinal, Bret Harnett manhandled Corey Brysman. Bret's serves were so accurate and hit with such velocity that all Corey could do was try to get his racquet on the ball. Bret continued to pound away at Corey, easily winning in three straight games. Corey made the mistake of playing Bret's game of power and as Brysman found out, few players can match Bret's skill.

The Finals

The finals were almost a replay of Bret's semifinal match. Again Bret served with commanding power and accuracy, controlling the entire rhythm of the match. Although Ed did manage to win game three, Harnett's revenge in game four was an 11-0 thrashing and complete dominance.

Bret's new racquet allows him to generate much more power thus greatly improving his serving game. If there was a weakness in Bret's game last season, it was probably his serve. With his new found offensive serve, Bret may be too much to

(continued on page 49)

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Fitness For Racquetball

by Dan Obremski



With the ever increasing quality and discipline of athletes in the 1980's, I think it's important to put some form of weight training into your workout schedule to add to your strength and endurance, and to compete at a higher level in racquetball.

From a professional standpoint, it's obvious to me that the top players on the tour, and the players with the potential to reach the top, have already begun to reap the benefits of weight training for racquetball.

Speaking for myself, I don't think I could survive a tough match, much less compete at the professional level, without weight training regime I have followed for the last two years. I believe that most of the credit for my wins should go my conditioning and strength.

That is why I hope this program, or a similar one, can bring you success on the racquetball court.

The off-season workout should be formulated to prepare you physically and mentally for the upcoming

season. The physical preparation comes through lifting, running dieting, steps, jumping rope, stretching, etc., which in turn prepares you mentally because of the fact that you'll be more confident knowing that you are stronger and fitter than ever.

Since this article is specifically designed to aid strength training for racquetball, I won't get into other facets of a conditioning regimen, such as steps, diet etc., but will list off-season and in-season lifting.

I suggest that one workout a week should be a negative workout which means pushing the muscle to the failure point in a positive resistance, then with the assistance of a partner, (lowering the weight with added pressure) to the point of muscle failure. Let's take the bench press as an example of how this builds your strength.

When doing a bench press your muscle gets a little more tired every time you lower the weight to your chest, thus making each pushing

Off-Season Routine

Day 1: chest, triceps and legs

chest — three exercises, three sets each, 10-12 reps.

- bench press, incline bench, decline bench (choose one);
- dumbbell flies, incline flies, decline flies (choose one);
- nautilus flies, cable cross, dips (choose one).

triceps — three exercises, two sets each, 10-15 reps.

- bar pushdowns, dips, lying extension, kickbacks, nautilus triceps (choose three).

legs — choose four exercises, three sets each, 12-16 reps.

- squats, lunges, leg extension (naut), leg press (choose two);
- leg curl — lying, leg curl — standing one leg (choose one);
- calf raises toes straight, toes in, toes out (choose one).

Day 2: back, shoulders, biceps and forearms
back — three exercises, three sets each, 8-

12 reps.

- pull ups wide grip, pull downs behind neck, same to chest (choose one);
- bent over rows, seated pulls, nautilus pull-over (choose one);
- one arm dumbbell pulls, kneeling one arm cable pulls (choose one).

shoulders — three exercises, two sets each, 8-12 reps.

- behind neck press — nautilus, bar, dumbbells (choose one);
- front dumbbell raises, front cable raises (choose one).

biceps — three exercises, two sets of each, 10-15 reps.

- straight bar curl, chest bar curl (choose one);
- one arm dumbbell curls, incline seated dumbbell curls (choose one);
- isolation curls standing, isolation curls over bench (choose one).

forearm — two exercises, two sets of each, 8-12 reps.

- forearm curls, reverse wrist curls.

Day 3: rest

Day 4: repeat day one — change exercises

Day 5: repeat day two — change exercises

Day 6: rest

In-Season Routine

Day 1: Whole body (see off-season chart to choose exercises), lift to failure.

chest — four exercises, one set of each
back — four exercises, one set of each
shoulders — two exercises, one set of each
biceps — three exercises, one set of each
triceps — three exercises, one set of each
forearms — two exercises, one set of each
stomach — two exercises, one set of each
legs — three exercises, one set of each

Day 2: rest

Day 3: repeat day one, change exercises

Day 4: rest

Day 5: repeat day one

NOTE: If you have tournaments on consecutive weekends, you should only workout twice during the week between.

movement a little weaker. By doing a negative workout the muscles that control the lowering of the weight are strengthened thus saving more energy for the pushing or positive aspect of the exercise. In time this process increases body strength.

I am frequently asked which are the best muscles or muscle groups to work in order to help a racquetball game. Most people feel it is the arms, stomach and legs but, in fact, every muscle is important to your game. A lot of the players on the pro tour will agree that explosive power on the court doesn't come from one strong muscle group but from the whole package.

Before getting into the actual

routines, I believe it's important to stress the fact that you should have different routines for in-season and off-season. In the off-season your goal is to build muscles, but during the season you simply want to maintain muscular tone and endurance. You don't want to overload your body to the point that it hinders your game, and a greater portion of your time should be devoted to practicing, playing and staying in form. (See chart on facing page.) ○

Dan Obremski is currently ranked 11th on the RMA professional tour. He regularly conducts fitness clinics at the Olympic Training Center for the National Elite Training Camp.

Basics For Beginners

Muscle Memory

Muscle memory is the ability of the muscles to "remember" the movement they have just made. You can compare it to the after-image of the eye; that white spot that stays on the eye-image after the flash bulb has gone off. Muscle memory is what allows you to mimic others and to learn complicated movements quickly. It is a subconscious act which works best when not interfered with by the conscious mind. It is a "feel" for the movement that we develop. Muscle memory works for all people, but less successfully in those who are trying to think each movement out and those who are looking at random for the right moves through trial and error technique.

When you do hit the shot you had planned, you can *feel* that everything in your muscle and coordinating actions worked just right. A voice in your head should say 'great!' or 'that was it!'. Identify the correct movements.

To make the same shot again, simply allow your muscles to duplicate the movements they performed the first time. Do not think about it, do not try to remember what you did, don't analyze it. Just let it happen. Utilizing muscle memory in this way will help to increase your success rate. Eventually you will build up a

large catalog of shots and they way that they feel when properly executed. When you have mastered this technique, your conscious mind will be free to work on strategy and other problems while your body execute the shots required with a good feel for the game.

When you mishit a shot, try to pinpoint that feeling which did not work or feel right. Try to isolate the one or two things that went wrong and correct them on the next attempt. If you are successful, label that feeling as correct and tell yourself that it was a great shot, a good feeling.

The advanced player will have a vast catalog of shots and the way they feel when executed from different spots in the court, at different heights, different speeds, different velocities and to different targets. This catalog can be developed at random with trial and error methods but will take years and years to develop into a whole shooting arsenal. Deliberately looking for certain shots and consciously associating them with a feeling of muscle coordination that goes with them will speed up the process immensely and see you in a higher skill level in the same amount of time. ○

by Mark Kessinger

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This is the first in a monthly series where National Racquetball readers can ask advice from some of the top professionals in the game. If you have a question for the pros, simply direct it to one of the playing editors listed inside our front cover, and address it to PLAYING EDITOR, National Racquetball, P.O. Drawer 6126, Clearwater, FL 34618-6126.

Question: I was wondering if **Gregg Peck** could tell me what he does to stop distractions from spectators during his matches. I always play well at tournaments until people start watching me. Then it seems like I forget what racquetball is! *Candace Sorenson, Grand Rapids, MI*

The obvious advice, Candace is to concentrate on your match, but we both know that is tougher than it sounds! I think the main thing, especially when you're playing on glass with people moving around, is to control what you're thinking about. And, fortunately, there is a way to do that.

All you need to do is concentrate on the specifics.

Don't say to yourself, "Okay, I want to play well." That leaves you too much room to remember the crowd. Instead, think about the very next thing you need to do.

If you're about to serve, concen-

trate on what serve you think will be the best, then concentrate on hitting that serve. So, say to yourself, "Okay, I want to hit a good drive serve to the backhand side." Or if you're receiving serve, think about what your opponent has been serving, and what serve you might expect next, and what you want to do with the serve when it arrives.

What you'll find is that all of a sudden you'll just forget about the people.

When I first started playing, crowds made me nervous, but then I would concentrate on a specific thing and go from there. It helped a lot, and now I do that throughout all my matches, regardless if people are watching or not. It not only gets me away from thinking about the crowd, but the concentration makes me play better.

Question: Could **Fran Davis** please tell me if lifting weights will help or hurt a woman's racquetball game? I would like to be in a training program

to make my game better, but I am worried my muscles might get too big. *Collette Barthel, Red Deer, Canada*

Collette, if you have and follow a proper weight training program, it will be one of the best ways to increase your endurance, strength and flexibility for racquetball.

You are right in asking your question, though. The wrong type of weight training will give you too much bulk and restrict your range of motion. This would be a type of program where you are lifting the heaviest weights possible with little repetition.

The proper program would be one where you're lifting light weights with a lot of repetition. Then weight training becomes superb for racquetball. I would suggest you check with your local fitness director and ask for a weight training program for the specific sport, not body building.

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On-Air Racquetball

by Mark Toljagic

Denver is a sports town. Sure, you say, but so is Boston, New York and Los Angeles, all steeped with the lore of legendary teams. But consider this measuring stick: radio talk shows on sports. No other city in the country has as many as Denver, with its four-station coverage.

KYBG, the latest broadcaster to enter the radio sports arena, even has something for the sizeable racquetball community in the mile-high city, a weekly one hour talk show for call-in racquetball enthusiasts. And it's the only one on the continent.

"What's Your Racquet?" is the brainchild of Johnny Langland, a long-time recreational racquetball player. Launched on April 28, 1987, the weekly program is hosted by Langland, and it features interviews with the best in the sport, the movers and shakers and of course, the listeners.

It covers everything from the high of winning a national championship five times (Mike Yellen) to local tournament schedules and results. Langland's goal is "to promote the clubs, facilities, associations and people that comprise the racquetball scene in Colorado." By all accounts, the program is right on the mark.

While other racquet sports do get a mention, with sometimes co-host Brent Wilcox and the tennis scene, 80 percent of the emphasis is on racquetball. This gives racquetball players from as far away as Idaho and Iowa (on a clear night) good reason to tune in to the program. They are never disappointed.

One show had the sport's number one ranked men's professional, Mike Yellen, talking about his workout habits prior to a tour. Lucky Denver-area players riddled the

(continued on the next page)



Is it? Could it be? It is — Mike Yellen

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champ with such queries as: Does he switch grips? Are eyeguards mandatory on the circuit? Are sweatbands? They asked all the types of question that can only give complete satisfaction when straight from the horse's mouth.

On-air, Langland is six feet of hunched-over radio announcer. He is 40 years old, and has been playing racquetball seriously for the past three. Besides contracting as the teaching pro for The Sports Club in nearby Lakewood, he is an active tournament player (open) at local, state and national levels.

He started his sports career as a pitcher with professional baseball teams, playing anywhere from Washington State to Mexico for 10 years, never quite making the big leagues. Then, at 28 years of age, he earned his wings as a corporate jet pilot.

Johnny didn't like some of the attitudes he had to deal with while he flew hard-driven executives from one end of the country to the other. "Only one thing mattered to some of them. Money. And once I felt that attitude come from a person, I'd be one quiet

pilot for the two or three days we traveled together. It wasn't fun."

So Langland made his decision to quit. To him, it wasn't worth the money to be dissatisfied with his work. Among his new goals was the radio talk show.

"I thought it would be a good idea. It was. But it takes more work than I dreamed. The only tough part is running it without a major sponsor. I think the show is helping racquetball, and I could use the support."

Right now, Johnny rents time from the studio, and pays for that rent with help of local sponsors, but it is rapidly becoming apparent that more air-time is needed.

Langland describes his first night in front of the mike as nerve-racking, where he spoke at about "a hundred miles a minute".

He grins a big ballplayer's grin. "The first show I didn't know what I was doing. We didn't have a whole lot of calls. But things got better."

It wasn't long before he felt as "at home" in the studio as his guests. Luke St. Onge, director of the AARA, RMA commissioner Jim

Hiser, and players Jack Nolan and Toni Bevlock of the U.S. National Team, are among others to have also been featured on the show in the past.

Johnny says, "It feels like the show is improving tremendously from week to week. And we get more calls than we can handle now."

In fact, it is going so well that negotiations are taking place between Johnny and the radio station. There is a good chance "What's Your Racquet?" will be moved from its evening slot and one-hour time period, to two hours of prime time, once a week, starting at noon.

It comes as no surprise that with such interesting interviews, this Colorado gem has gathered attention outside the state. The show is verging on national syndication, depending on the sponsorship Langland can secure.

In the meantime, Johnny Langland's "What's Your Racquet?" can be heard every Tuesday evening between 7 and 8 p.m. on KYBG ("K*BIG") 1090 on the AM dial. In case you're in the neighborhood. ○

Johnny Langland and Mike Yellen (background) supervise the racquetball sound waves.



STANDARD, MID-SIZE, OR OVER-SIZE



What works best?

The larger size racquets have been available long enough to be more than a novelty. So, with our annual racquet guide, we have included some opinion about those racquets, from those who depend on them for a living, the professional players.

Mike Yellen — on the over-sized racquet

Mike Yellen is currently ranked as the number one men's professional player, following his record fifth consecutive national championship last season.

In looking at an over-size racquet, I would say its advantages depend on the skill level of the player.

For those at an 'A', open or pro level, there are two advantages. The extra two inches on the racquet allows them to retrieve a few balls which might ordinarily be out of reach — providing they're moving in the right direction — and because of that extra length, it allows more leverage on each shot to hit the ball a little harder.

For a beginning and intermediate player, there is one more advantage. Those players might want to switch to the oversize because it has such a large sweetspot. The sweetspot helps them because they tend to have more trouble watching the ball hit the racquet.

And on the flip side, the open or pro players really don't have the problem of watching the ball hitting the racquet, so the benefit of a larger

overall sweetspot doesn't make that big a difference to them.

I wouldn't say that the larger size of the racquet hurts players when the ball is in the corners, because I've always felt if you let yourself get in the corners with *any* racquet, you're going to be in trouble. Obviously, because this racquet is a little larger, you're going to be in more trouble if you do let the ball get in the back corners. But if you see a lob or ceiling ball that might put you in trouble, cut it off before the back wall, because, again, you know you'll be in trouble with any racquet.

As to control, I don't feel I control the ball any better with this racquet, but for intermediate players it might help. Normally the average players might not move their feet as well, or set up as well, to hit tough shots, and that extra hitting surface might help them a little in those situations.

When it comes to spin, you might be able to spin the ball a little more with the oversize, but I don't think it makes much of a difference because, as everybody knows, the ball compresses so easily, and doesn't spin much at all.

One thing that is deceiving about the racquet is its weight. When you look at a standard-sized racquet or a mid-sized racquet compared to an oversize, it looks like it should weigh more, but actually it doesn't. My over-size racquet only weighs 245 grams, which is lighter than some of the standard racquets I used before.

The key, though, is that there is
(continued on the next page)



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What works best?

(continued from page 19)

no single racquet for everybody. Some racquets complement some types of games, and you don't really know unless you have a chance to test it on the court, almost like you would test drive a car. Some sporting goods stores and pro shops have testing programs available, and that is what you should look for when considering buying the over-size against another racquet.

Caryn McKinney — on racquet sizes for women

Currently ranked number two on the WPRO tour, Caryn McKinney is also one of the top instructors among the women professional players.

The most important thing for any woman in choosing a racquet is to choose one that feels comfortable on the court. The grip size should feel good, as should the balance of the racquet. While a player may not know exactly what that balance is, they will always know what *feels* good in balance.

Beyond that, for most women, and I think for juniors as well, the mid-size is becoming the trend, just like it did in tennis. The mid-size gives you a little bit more reach, a little more power, and a slightly larger hitting area.

I used to play with the standard, but now I play with the mid-size. I initially went to it to get some power when my shoulder was hurt, and I've stayed with it since.

However, the over-size might be going a little far in trying to get extra power. I'm not convinced the over-size racquets are good for women. Women don't have the natural upper body strength that the guys have, and even though the racquets weigh the same amount, the weight is further away from the body, so it takes more strength and effort to get the head around to hit the ball square. The women I know that have tried the over-size, have made that comment.

In the corners, I have not been able to discriminate whether the mid-



size is more difficult to handle than the standard size racquet. There might be a difference there between the over-size and the standard, but not the mid-size and standard.

As for staying with the standard racquet, I think the reason, despite the extra power of the mid-size, that a woman might consider it over a larger racquet is just a matter of preference. If someone's convinced even if they go to a mid-size, they're not going to be able to get things out of the corners or barely off the back wall, then they need to stay with the standard. But, on the flip side, if someone is convinced they're going to have greater power and greater control and greater reach with their mid-size, then they are going to do those things with a mid-size.

Cliff Swain — on the mid-size racquet

Ranked number six on the men's professional tour, Cliff Swain began this season by winning the RMA pro stop in Davison, MI.

I would say first that the standard racquet doesn't have enough power to keep up with the other players and their larger racquets. If you look at tennis, you will see that most of the players have switched to the mid-size or larger.

But when it comes to choosing a larger racquet, I don't like an over-size. I don't feel you have enough reflex control on shots where you have to dig the ball out of the corner,

or when you're up front with shots coming right at your body.

Players like myself and Andy Gross (ranked 15th on the pro tour), use a lot of wrist and timing — more than size — for power, and we need the control that I don't feel I can get with the over-size. I just feel that racquet is too bulky. Not in weight, but in size.

The over-size is obviously going to give you a little more power than the mid size, power from the size of the racquet and the sweetspot, but I feel the mid-size allows you to get more snap on the ball. The over-size is better for someone like Ed Andrews (ranked 4th on the pro tour), who has a long, sweeping stroke.

It's like when a hitter uses a size 35 bat, he will get more power when he gets his bat on it, but he's will be more consistent when he uses a size 33 or 31, because he can get around on the ball better.

But it doesn't necessarily follow that the standard will be a better choice than the mid-size. The standard is a good racquet, but times are changing and people are hitting the ball harder and with bigger sweetspots, with more control.

The mid-size is where you need that little extra power to keep up with those people using the larger racquets.

In sum, I think that the mid-size is the perfect compromise between the snap and timing control of a standard racquet, and the power of an over-size racquet. ○

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WILSON



CERAMIC STAFF

Head Size: Mid
Weight: 245 grams
String: 20-28 lbs. tension
Material: Injection molded graphite/fiberglass/ceramic
Grip: 3-11/16", 3-15/16"
Features: Foam-filled handle, protective bumper, racquet cover
Skill Level: Intermediate to advanced
Suggested Retail: \$37.00

EKTELON



CBK

Head Size: Mid
Weight: 245 grams
String: 15 L multifilament
Material: Graphite/boron/kevlar
Grip: SS-FL
Features: Racquet cover
Skill Level: Advanced to professional
Suggested Retail: \$200.00



250G

Head Size: Mid
Weight: 245 grams
String: 16 L
Material: Graphite/ceramic
Grip: SS-FL
Features: Racquet cover
Skill Level: Intermediate to advanced
Suggested Retail: \$130.00



GRAPHITE STAFF

Head Size: Mid
Weight: 245 grams
String: 20-28 lbs. tension
Material: Injection molded graphite/fiberglass
Grip: 3-11/16", 3-15/16"
Features: Protective bumper, leather grip, racquet cover
Skill Level: Intermediate to advanced
Suggested Retail: \$31.00



SYMITAR

Head Size: Over
Weight: 245 grams
String: 16 G multifilament
Material: Graphite/ceramic
Grip: SS-FL
Features: Racquet cover
Skill Level: Intermediate
Suggested Retail: \$100.00



INTEGRA

Head Size: Mid
Weight: 245 grams
String: 16 L multifilament
Material: Graphite/ceramic
Grip: SS-FL
Features: Racquet cover
Skill Level: Novice to intermediate
Suggested Retail: \$45.00



SUPERSHOT

Head Size: Mid
Weight: 250 grams
String: 22-27 lbs. tension
Material: Aluminum
Grip: 3-7/8"
Features: Strung-in bumper and grommet strip, racquet cover
Skill Level: Beginning to intermediate
Suggested Retail: \$24.00

PRO-KENNEX



MARTY HOGAN SHADOW

Head Size: Optimum
Weight: 235-250 grams
String: Synthetic gut,
32-36 lbs. tension
Material: 80% graphite,
20% fiberglass
Grip: 3-5/8", 3-7/8",
4", leather
Features: Thermal
cover, valuables pocket
Skill Level: Pro and top
amateur
Suggested Retail:
\$159.95



MARTY HOGAN MICRO CERAMIC

Head Size: Optimum
Weight: 235-250 grams
String: Gosen, 30-36
lbs. tension
Material: 90% graphite/
5% fiberglass/5%
ceramic
Grip: 3-5/8", 3-7/8",
4", leather
Features: Thermal
racquet cover, valu-
ables pocket
Skill Level: Intermedi-
ate to top pros
Suggested Retail:
\$140.00



MARTY HOGAN COMP

Head Size: Optimum
Weight: 235-250 grams
String: Gosen, 34-38
lbs. tension
Material: 80% graphite/
20% fiberglass
Grip: 3-5/8", 3-7/8",
4", leather
Features: Full thermal
cover, valuables pocket
Skill Level: Advanced
beginner to pro
Suggested Retail:
\$87.50



MARTY HOGAN 60

Head Size: Optimum
Weight: 235-250 grams
String: Gosen, 34-38
lbs. tension
Material: 60% graphite/
40% fiberglass
Grip: 3-5/8", 3-7/8",
4", leather
Features: Full thermal
cover
Skill Level: Advance
beginner to advanced
intermediate
Suggested Retail:
\$70.00



MARTY HOGAN 40

Head Size: Optimum
Weight: 235-250 grams
String: Gosen, 34-38
lbs. tension
Material: 40% graphite/
60% fiberglass
Grip: 3-5/8", 3-7/8",
4", leather
Features: Head cover
Skill Level: Advanced
beginner to advanced
intermediate
Suggested Retail:
\$62.95



GRAPHITE MICRO

Head Size: Optimum
Weight: 240-250 grams
String: Micro system,
26-30 lbs. tension
Material: Injection
molded 20% graphite,
80% fiberglass
Grip: 3-5/8", 3-7/8",
leather
Features: Head cover
Skill Level: Advanced
intermediate
Suggested Retail:
\$45.00



OMEGA CG 1000

Head Size: Standard
String: MAD RAQ
Material: Ceramic/
graphite composite
Grip: 3-7/8", leather
Features: Flared
teardrop frame;
racquet cover
Skill Level: Intermedi-
ate to advanced
Suggested Retail:
\$64.00



OMEGA CG

Head Size: Mid
Weight: 245-250 grams
String: MAD RAQ
Material: Ceramic/
graphite composite
Grip: 3-7/8", non-slip
polyurethane
Features: Head cover
Skill Level: Intermediate
to advanced
Suggested Retail:
\$50.00



OMEGA MG 2001

Head Size: Mid
Weight: 245-250 grams
String: MAD RAQ
Material: Magnesium/
aluminum composite
Grip: 3-7/8", leather
Features: Head cover
Skill Level: Beginner to
intermediate
Suggested Retail:
\$33.00



CERAMIC BLASTER

Head Size: Optimum
Weight: 240-250 grams
String: High density
pattern, 30-34 lbs.
tension
Material: 10% chopped
silicon carbide/90%
graphite fiberglass
nylon matrix
Grip: 3-5/8", 3-7/8",
leather
Features: Head cover
Skill level: Intermediate
to advanced
Suggested Retail:
\$41.95



WHITE FIRE MID

Head Size: Standard
Weight: 240-255
grams, strung
String: 25-30 lbs.
tension
Material: 90% graphite
boron, 10% ceramic
Grip: 3-7/8", leather
Features: Thermal
racquet cover
Skill Level: Intermedi-
ate to advanced
Suggested Retail:
\$150.00



GOLD FIRE

Head Size: Standard
Weight: 240-255
grams, strung
String: 25-30 lbs.
tension
Material: 100% graph-
ite boron
Grip: 3-7/8", leather
Features: Thermal
racquet cover
Skill Level: Intermedi-
ate to advanced
Suggested Retail:
\$120.00

BARD

DIVERSIFIED PRODUCTS



GRAPHITE CERAMIC ZEPHYR

Head Size: Mid
Weight: 240 grams
String: 40 lbs. tension, touring nylon
Material: 97% graphite, 3% ceramic
Grip: 3-5/8", 3-7/8"
Features: Deluxe racquet cover
Skill Level: Advanced intermediate to pro
Suggested Retail: \$99.00



GRAPHITE MIDSIZE 8000

Head Size: Mid
Weight: 250 grams
String: 28 lbs. tension, touring nylon
Material: 80% graphite
Grip: 3-7/8", flared handle
Features: Deluxe cover, molded bumper guard
Skill Level: Touring pro
Suggested Retail: \$89.00



GRAPHITE 8000

Head Size: Standard
Weight: 250 grams
String: 28 lbs. tension
Material: 80% graphite
Grip: 3-7/8"
Features: Core design eliminates air pockets; nylon cover
Skill Level: Touring pro
Suggested Retail: \$89.00



DP 45-2500 MID SIZE A

Head Size: Mid
Weight: 250 grams
String: 38 lbs. tension
Material: Aluminum alloy
Grip: 3-7/8"
Features: Deluxe cover
Skill Level: Beginner to intermediate
Suggested Retail: \$29.00



BURT COMP II

Head Size: Mid
Weight: 240 grams
String: 38-40 lbs. tension
Material: Hand laid graphite/fiberglass
Grip: 3-5/8", 3-15/16", dri-grip, leather
Features: White bumpers, perforated grip for cooling & drying
Skill Level: Intermediate to open tournament level
Suggested Retail: \$149.00



BURT COMPETITION II

Head Size: Traditional
Weight: 240 grams
String: 38-40 lbs. tension, on main and cross
Material: Hand laid graphite/fiberglass
Grip: 3-5/8", 3-15/16", dri-grip, leather
Features: White bumpers, perforated grip
Skill Level: Intermediate to open tournament level
Suggested Retail: \$149.00

HEAD



RX50

Head Size: Mid
Weight: 240 grams
String: 26-33 lbs. tension
Material: Ceramic/graphite/fiberglass
Grip: 3-3/4", 3-7/8", 4"
Features: Open throat, power wedged design
Skill Level: Advanced
Suggested Retail: \$115.00



RADIAL

Head Size: Mid
Weight: 240 grams
String: 26-33 lbs. tension
Material: Graphite/boron/Kevlar/fiberglass
Grip: 3-3/4", 3-7/8", 4", 4-1/4"
Features: Large sweetspot, super stiff
Skill Level: Advanced
Suggested Retail: \$110.00



BORON IMPULSE

Head Size: Standard
Weight: 240 grams
String: 26-33 lbs. tension
Material: Ceramic/graphite/boron
Grip: 3-3/4", 3-7/8", 4", 4-1/8"
Features: Standard frame, new technology
Skill Level: All
Suggested Retail: \$95.00



SPECTRUM

Head Size: Mid
Weight: 240 grams
String: 26-33 lbs. tension
Material: Graphite/fiberglass
Grip: 3-3/4", 3-7/8", 4", 4-1/8"
Features: Slightly higher fiberglass content than radial
Skill Level: All
Suggested Retail: \$95.00



PRELUDE

Head Size: Mid
Weight: 240 grams
String: 26-33 lbs. tension
Material: Fiberglass/graphite/ceramic
Grip: 3-3/4", 3-7/8", 4"
Features: Large sweetspot, foam handle
Skill Level: Intermediate
Suggested Retail: \$75.00



EXPERT

Head Size: Mid
Weight: 240 grams
String: 16-20 lbs. tension
Material: Graphite/fiberglass/ceramic
Grip: 3-3/4", 3-7/8", 4", 4-1/8"
Features: Injection molded for advancing player
Skill Level: All
Suggested Retail: \$50.00

SPALDING



POWER FLITE

Head Size: Mid
Weight: 235 grams
String: 16 main x 19 cross, 25-28 lbs. tension
Material: 40% graphite/60% fiberglass
Grip: 3-7/8"
Features: Protective bumper
Skill Level: Intermediate to advanced
Suggested Retail: \$59.00-\$69.00



CENTURION II

Head Size: Standard
Weight: 250 grams
String: 16 main x 18 cross, 25-28 lbs. tension
Material: Injection molded graphite
Grip: 3-7/8"
Features: Protective bumper
Skill Level: Beginner to intermediate
Suggested Retail: \$29.99



SMASHER

Head Size: Standard
Weight: 250 grams
String: 14 main x 19 cross, 25-28 lbs. tension
Material: Aluminum
Grip: 3-7/8"
Features: Protective bumpers
Skill Level: Beginner to intermediate
Suggested Retail: \$24.99

RICHCRAFT



PULSAR

Head Size: Over
Weight: 235 grams
String: 50 lbs. tension
Material: 100% Graphite fibers
Grip: 3-3/4", 3-7/8", A'me rubber or Neuman leather
Features: Hand laid grommetless
Skill Level: Intermediate to advanced
Suggested Retail: \$120.00



CERAMIC

Head Size: Mid
Weight: 235 grams
String: 45 lbs. tension
Material: Ceramic/graphite
Grip: 3-3/4", 3-7/8", A'me rubber or Neuman leather
Features: Molded-in string passages, hand laid
Skill Level: Intermediate to advanced
Suggested Retail: \$110.00



230G

Head Size: Mid
Weight: 235 grams
String: 45 lbs. tension
Material: Graphite
Grip: 3-3/4", 3-7/8", A'me rubber or Neuman leather
Features: Molded-in string passages, hand laid
Skill Level: Intermediate to advanced
Suggested Retail: \$95.00



CERAMIC USA

Head Size: Standard
Weight: 230 grams
String: 45 lbs. tension
Material: Ceramic/graphite
Grip: 3-3/4", 3-7/8", A'me rubber or Neuman leather
Features: Very explosive, hand laid
Skill Level: Intermediate to advanced
Suggested Retail: \$90.00



TURBO, INJECTION PERFECTION

Head Size: Mid
Weight: 240 lbs.
String: 45 lbs. tension
Material: Performance matrix formula
Grip: 3-3/4", 3-7/8", A'me rubber or Neuman leather
Features: Moderately stiff
Skill Level: Advanced beginner to professional
Suggested Retail: \$60.00



SPECTRUM, INJECTION PERFECTION

Head Size: Mid
Weight: 240 grams
String: 45 lbs. tension
Material: PMF
Grip: 3-3/4", 3-7/8"
Features: Moderate flexibility
Skill Level: Beginner to advanced intermediate
Suggested Retail: \$50.00



TURBO PLUS

Head Size: Standard
Weight: 240 grams
String: 45 lbs. tension
Material: Graphite composition
Grip: 3-3/4", 3-7/8"
Features: Open throat
Skill Level: Experienced player
Suggested Retail: \$50.00



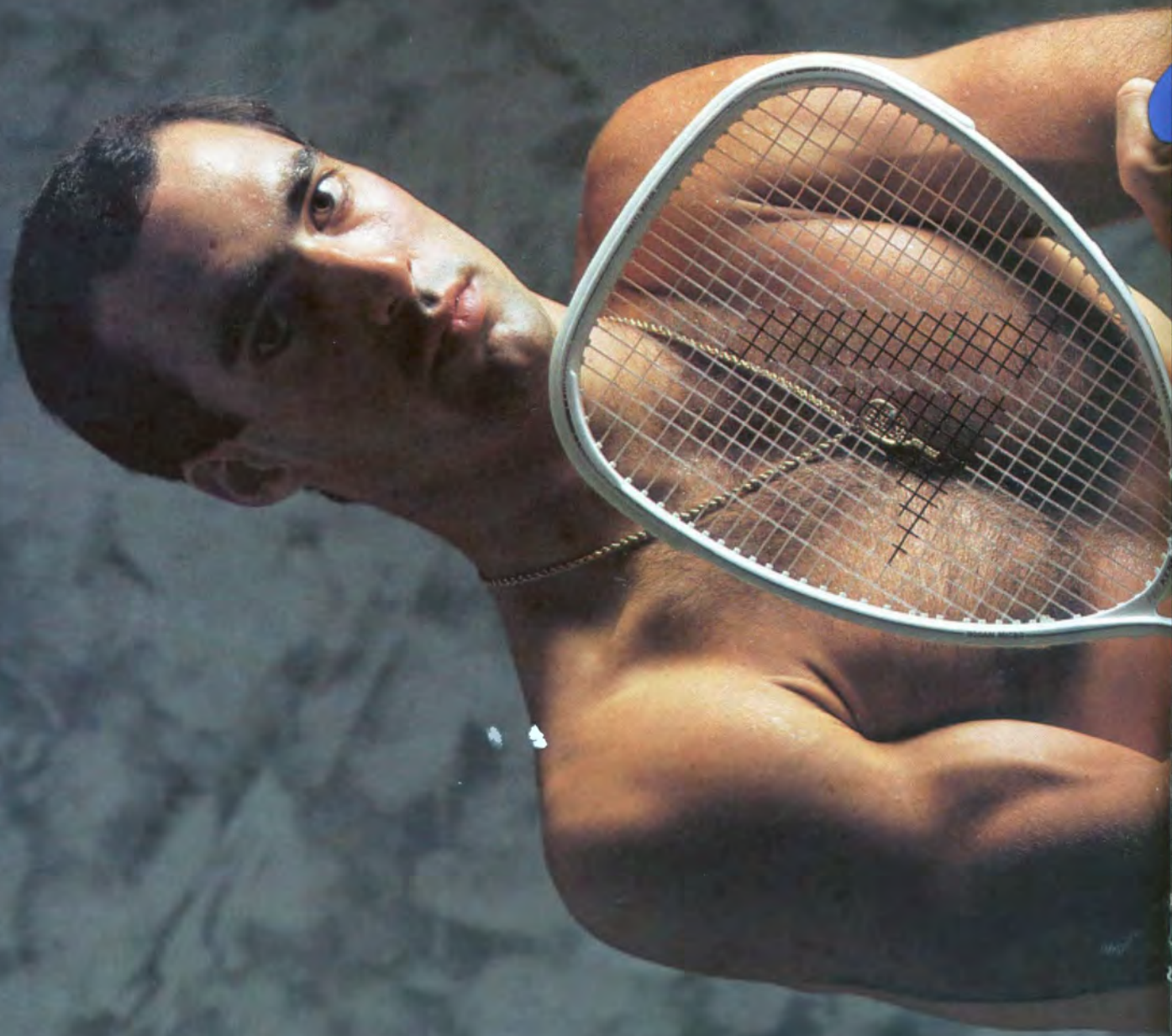
SPECTRUM 240

Head Size: Standard
Weight: 240 grams
String: 32 lbs. tension
Material: Graphite composition
Grip: 3-3/4", 3-7/8"
Features: Closed throat, moderately stiff
Skill Level: Intermediate to advanced
Suggested Retail: \$40.00



LASER

Head Size: Standard
Weight: 245 grams
String: 30 lbs. tension
Material: Graphite composition
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The Key To High Percentage Service Returns

by Dave Peck

One of the building blocks of racquetball — and the easiest to master — is the service return, but unfortunately, for some reason instructors tend to make it the most complicated. They shouldn't.

You want to avoid confusion in service return. Racquetball is an action-reaction sport. If your mind is muddled as a shot approaches, you'll end up hitting weak, ineffective returns. Therefore, your return-of-serve philosophy should be a simple one, and encompass these:

1) Play defense. 2) Make your opponents *earn* their points. 3) Take high-percentage shots. 4) Keep the server out of the critical center court position. 5) Set up scoring points of your own.

Now, this may seem complex for such an elemental aspect of the game, but it's not. All the above suggestions can be boiled down into one sentence: **Use standard shots for standard heights.**

This means in certain areas of the court, when the ball is served into a particular area of your body, react with a specific shot into a specific area. Nothing more, nothing less.

Returning serves at chest high or above

Immediate reaction, either forehand or backhand: take the ball to the ceiling with a ceiling shot.

If the serve, most likely a lob or lazy-Z, comes into your backhand, take it back to the side in which your competition is the weakest, most likely down the same side to the backhand if you are both right-handed. If it comes to your forehand, take it crosscourt to the ceiling.

It's a mistake to deviate from this philosophy. Hitting down on the ball — an overhand kill or pass — is very difficult and is usually reserved for those with a high skill level. All you

want to do in this situation is force your opponent from the center court control zone and into deep back-court.

Returning serves from waist to midchest level

One option is to take the ball back to the ceiling.

Another option is to go with a *high percentage* offensive shot, dictated by your opponent's position on the court and where the serve is headed.

In the latter case, think in terms of percentages. You have two suboptions: down-the-line or crosscourt. Both are one-wall shots. At this point, with the ball above your waist, don't attempt a two-wall shot such as a side wall/front wall. If you miss, the ball will almost certainly carom out into center court, which at the moment, your opponent owns.

By hitting the pass shots from waist to mid-chest, even if you should miss the outright pass, your opponent is pulled from center, and forced to hit a shot 38 to 39 feet from the front wall.

Returning serves from waist to knee level

Make your return at pass shot height.

This is still a little high to think in anything other than percentage shots — and that means one-wall returns. Of course, it's important to note that in amateur and pro racquetball, 60 percent of the shots travel crosscourt (it seems many players have a phobia about hitting down-the-line, probably due to a fear of the side wall), so most people gear into stopping crosscourt shots. So mix it up. Your best percentage shot in this situation (as in the waist to midchest serves) is down-the-line. Later, you can kick in a crosscourt for variety.



Service return at knee height or lower

This is the time you can go for the kill, unless it is a screaming drive serve that you feel lucky to flip to the ceiling.

But on poor drive serves, or lobs that fall short, the ball is finally down where you want it. You don't have to swing down to kill it. If anything, you want to miss a kill attempt on the high side, because if you leave it up, you've still got a chance to pass your opponent.

Special situations — pinch returns

At the most basic levels, you want to stay away from two-wall returns until you've mastered one-wall for the best of percentage play. If you miss the shot it will be either a skip ball, or a ball that returns into your opponent's strength at mid court.

But there are times when attempting the pinch is a good bet. For example, if your opponent begins playing deep in the court, or leans a lot on his heels waiting for passes and kill attempts, that's when you should mix in a side wall/front wall pinch. ○

This article is an excerpt from the book *Dave Peck's Championship Racquetball System*, published by Simon & Schuster, Inc., New York. Dave Peck won the men's professional national championship in 1982, and is one of the top players and coaches in the game today.

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Adams vs. McKay

Lynn Adams Remembers

The year that Heather McKay won her first squash world championship in England, Lynn Adams was a wobbly four-year-old in Southern California, awkwardly chasing baseballs thrown by her father.

Heather McKay went on to win 16 more consecutive squash world championships. In games to nine points, her world-class opponents were grateful to reach three. She lost barely a half dozen games during that 17-year span, and not once did McKay lose a match.

As McKay's era in squash ended, Lynn Adams — barely older than McKay's entire winning streak — had declined a track scholarship at UCLA in favor of learning a new sport, racquetball. Adams had decided she would be the best.

McKay had decided to replace squash with racquetball.

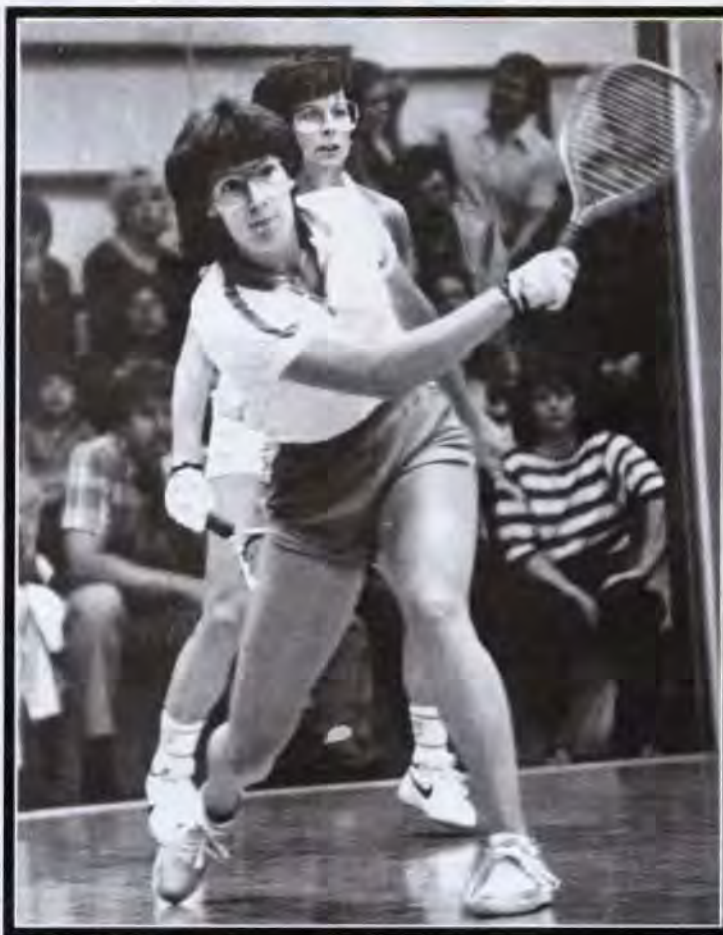
When they met, Lynn Adams was still 'Lynn Who?'. McKay was in the process of winning her first national title, only eight months after first picking up a racquetball racquet.

But soon it was apparent to everyone in the sport, that they were the two to challenge the other champion, Shannon Wright. They did, and won.

When they finished competing against each other, the score in matches was 16 for McKay, 14 for Adams. Heather McKay returned to her native Australia to coach that country's national team. Lynn Adams continued to win national championships, adding on two for a total of five, and is still at the top of the sport.

In this interview, Lynn Adams discusses the see-saw rivalry that captivated observers of the women's game for five years.

Where did you first meet Heather McKay?



Lynn Adams (front) and Heather McKay

I met her first at the Nationals in Tempe, Arizona in 1979. You might say it was an indication of what was to come. I played her twice that tournament. I played her in the last round qualifying for the pros, and in the finals of the open division. I lost to her both times.

Coincidentally, we had both entered racquetball at about the same time. She was 36 and I was 21. We both had to face problems as we broke in. Mine were the usual problems of someone new. Hers, though, were different.

I remember it seemed like the rest of the women professionals were not real thrilled that she would be playing. Suddenly there was this awesome squash player who had never lost, and there were a lot of

rumors floating about her before she entered the tour. Snippy remarks were made because Charlie Drake [a leading force in professional racquetball at the time] had taken her under his wing. There was also speculation about how much money he was paying her, and it was said she was getting lessons from Marty Hogan and Charlie Brumfield.

I think it was a lot of jealousy. Since it was my first time out, I saw her just as an athlete. I didn't have anything to lose or gain by her coming on the tour.

At that tournament, few probably dreamed you would eventually be a five-time national champion, maybe not even yourself. Did you suspect back then that it would be the begin-

ning of such an intense rivalry?

We had this one conversation where I said, "You know, you've probably been hearing some of the things the other women have been saying, but I'm thrilled that you're playing, because I'm just coming into this sport and I see a lot of good players, but to me you are an athlete, and that can only help the sport."

That was our first meeting and conversation, and it's funny because since that time, I felt — I don't know if she felt — that she and I were going to be the ones.

But I think even from that point, there was always a little distance between us. Usually when I meet new people on the tour, friendships happen easily, but Heather and I kept a little distance, I think because we knew what was going to come later. We never got really close, but there was always a mutual respect and we liked each other.

Did that first tournament, and those first losses affect the way you played her as the rivalry progressed?

I was mesmerized by her. At that first tournament, when I watched her play all I saw was an athlete with tremendous presence on the court. To this day, I think she is an incredibly gifted athlete, and so much of her talent came easily to her. I mean she worked hard and was disciplined, and when you are good you make things look easy, but sometimes I think it *really* was easy for her on the court. At any level, that is intimidating. Also, she was very mature and composed and it was obvious she knew what she was doing. She didn't know a lot about racquetball, but she knew how to compete. That set up a lot of future problems because it took me a long time to bring her down from that pedestal.

Once it seemed you were going to be her main challenger, how did she react to you?

I think with my early game, it was obvious I had a lot of skill, but no finesse and no poise. Heather was always — even though she tried to keep her thumb on me during matches — very helpful.

If I were to ask her a question, she wouldn't be vague or beat around the bush, she would answer my question. I always felt like she answered me honestly.

In comparison, there were times

when I would ask Shannon questions and I knew that she was saying things to play games with me. But Shannon was ultra competitive, and that was the way she handled it. It's interesting, though. I have a feeling that if we had been playing squash Heather might not have been so generous. But I think because she was older, and she had matured more and she was in a second sport, she could give a little more bit more freely.

You said you had put her on a pedestal. What happened for you to move past that barrier?

Before I beat her, I always had lots of potential. Everyone would say, "Oh yeah, Lynn has so much skill, but she'll never get her head together, she'll never learn how to control herself." I don't think anyone thought I would do what I've done, except for Jim [Carson, Lynn's ex-husband and coach] and myself.

At one point, in the early 1980's, I had lost a lot of matches both to Shannon and Heather, and I was very frustrated. Getting my head together

was a problem. So Jim and I went to this retreat in the mountains, and we spent some time asking ourselves a lot of hard questions. And to each answer, we'd ask again 'why?', getting deeper and deeper into my motivations and problems.

Well, the tournament after that was in Chicago. It became the first time that I played close to my ability. My head was clear and I played good racquetball, and I played Heather in the finals. I beat her the first set, then lost the second and the tie-breaker. But I was so thrilled at the end of that match it didn't matter that I had lost. I finally realized I had what it took and that I could do it.

Usually when things like that happen, it's personal. Not too many people see what really goes on. But after the match was over, Heather went up to Jim, and said, "I don't know what you guys are working on, but she's definitely heading in the right direction and I hope she keeps it up."

That was classy. It added to the good feeling I had about my game.

(continued on the next page)

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McKay out front...

...or Adams...



Adams vs. McKay

(continued from page 31)

What was her reaction to the first time you actually beat her?

The first time that I beat her was a Rhode Island tournament in 1981.

It was a tournament that I knew I was going to win. I had had a dream the night before that I would win 11-10 in the tiebreaker, and that's exactly what happened.

After the match was over, she left the court and headed to the locker room. I stayed where I was because I was so excited and overwhelmed. Just before the awards ceremony, Heather came back and she was her usual self. Calm, not very upset or devastated. She was gracious in her speech, said nice things about me, and had a sense of humor about everything.

That just blew me away, because I knew how I was after losing. I would find it hard to talk to people. I would go off to be alone. It impressed me to see her in control. I mean, I beat her 11-10 in the tiebreaker and she had missed a plum set-up at 10-9, and I'm sure in her mind she should have won the match. How could she not have been upset?

A couple months later, I asked her about it. I told her I was still having a tough time not taking things on the court personally, and I brought up that example. She laughed.

She said, "Lynn, after you won the match, I left the court, very calmly. I walked into the locker room, and as soon as I knew nobody was in there, I threw my bag all the way across the locker room and I started cursing you. I was just ranting. I finished my ranting, picked up my bag, walked out and that's how you saw me."

It gave me a sense of everything is not as it appears. It was an interesting insight into her personality.

You mentioned Shannon Wright. How did she influence the rivalry?

There was a neat triangle between Heather and Shannon and myself. Three different personalities, and it showed in how we dealt with each other, how we dealt with the crowds, how we dealt with the referees.

Shannon was the bull in the china shop. She just plowed through; there was nothing subtle or tactful

about her. You knew exactly what she wanted, how she wanted to get it, how she was going to go about it. She was very blunt and pretty brutal about it. And that was how Shannon played.

That drove Heather up the wall. She hated playing Shannon. And Shannon knew that Heather hated playing her. When Shannon would be not so nice on the court, Heather would fall apart. That, along with Shannon's exceptional skill, is one of the reasons why she beat Heather as often as she did. It wasn't until the end of Shannon's career when Shannon started to become more of a human being, and more aware of how she affected people, that Heather started winning more matches.

Could you have used those same tactics with equal effectiveness against Heather?

Definitely. I think it would have been very easy to beat Heather every single time. All it would have taken was for me to be an absolute jerk on the court.

I mean there would be times when Heather and I would get into confrontations on the court. I would say something angry to her and she would fall apart for five or ten points, depending on the situation.

Then later, I would tell myself, "If only I could be an ass throughout the whole game, it would be easy."

How would you say your rivalry affected women's racquetball?

Between the two of us, I think we came up with so many new things. It was an exciting period, I think, not only for us, but for women's racquetball because she came in and brought some things from squash. She brought wide-angle pinches, v-passes, things you really didn't see a lot in the women's game.

I brought some things from outdoor racquetball — driving the ball down with overheads, a serve with a high bounce, cutting the ball off in the middle of the court.

Then it went beyond just bringing parts of our existing styles. It became the attitude of, "Okay, you beat me today, but I'm going home and I'm going to work my butt off to make sure I have something a little different and a little better to make sure I win the next one."

So we introduced new things,

because we were constantly trying to get the edge on each other. I was the first person to short-hop a serve in the women's game, maybe even the men's game, and that came from wanting an edge to throw her off. She introduced the splatshot that she took from the mens' game. I brought in the z-ball. Until then, the professional women didn't hit z-balls. That was for old players. But we brought in all of these things, because you needed an edge if you wanted stay on top.

Then all the other women had to do it if they wanted to keep up, so I think there was a big jump in the skill level of women's racquetball because of that rivalry.

Would you say you both had the same attitude towards the rivalry?

Competition is everything to me. I'm very competitive in every form of life so what I loved most about playing Heather was how much she challenged me. With her, it didn't matter how confident I was, there was always a thing in the back of my mind telling me that I could lose. When I

walked on the court, I knew I'd have to play to my capability and play smart to win. I loved that. To me, that was the excitement of the whole rivalry.

But one time I told her it was exciting for me to not know whether I would win or lose. She said, "I don't like that at all. I would prefer to know that every time I walk on the court, I'm going to win."

I said, "No, that takes all the fun out of it." And she said, "No, that's the fun of it."

So we had a real different sense of how we approached it.

There was of course, the 'public Heather McKay', cool, calm and always controlled. What did you see that perhaps most people wouldn't?

Everyone always thought that she was so polite and so quiet and so together, but she talked a lot to me on the court. She was not the calm, cool queen that everyone thought she was. She would kick the ball and hit her racquet on the wall. But I think I saw it more than most

(continued on the next page)

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Adams vs. McKay

(continued from page 33)

people did just because I pushed her, while most people didn't. I liked to see that though; she seemed much more of a human being. I think a champion that is a human being is much more attractive than a champion who seems to be perfect.

She was very subtle. She could do things that half of the women weren't even aware were being done to them. For example, she would block a shot, or force the shot to be hit around her, and half the time the other person would end up apologizing! She was real smooth.

One year, during the entertainment at the nationals banquet, I gave out gag gifts to everyone according to their personality. I gave Jennifer Harding and Vickie Panzeri each a Barbie doll — Jennifer's doll was immaculate with little pearls, and Vickie's doll had a punk haircut and wool socks and a bizarre outfit.

I gave Heather surgical gloves and announced to everyone it was because she is such a smooth operator. A lot of people didn't really know why, but she knew what I was saying. Then she turned it around, because the next day she had her back to me as they introduced us to play the finals, and the crowd started laughing. She had taken the gloves with her and was putting them on. Then she turned around and held up those gloved hands, and said with a leer, "You're mine."

So despite her appearance she had a sense of humor?

Oh yes. We were able to tease like that back and forth often. You could pretty well say anything to Heather and she would take it in the right sense. She could take a joke and she could give it back.

But a lot of people don't think of Heather as being very humorous. At one nationals, she lost to Shannon in the semifinals, so she didn't mind having a few rum and cokes at a big Saturday night get-together in somebody's hotel room. She sat by the doorway and as people walked past, she'd stick her foot out and trip them, then just howl with laughter. Nobody ever believed she would do that, so they wouldn't expect it, even the third or fourth time. Fifteen minutes later, sure enough somebody

...but the competition was always intense.



would fall flat on their face again.

Did anything special happen as the rivalry came to an end with Heather's retirement in 1985?

Well, all through the rivalry, we knew — barring an injury to me — that Heather would retire first. So we had planned to go out one night at her final tournament and confess to each other all those things we always tried for that little 'edge' to win. And, for our private farewell, we ended up going out in a little group, with both our husbands, and talking about the rivalry.

Publicly, there was a big banquet for her, with a slide presentation, and I gave a speech about what it meant to me to compete against her for six years.

The tournament was the DP Nationals, and I really wanted to play her in the finals. Instead, she lost a close tiebreaker to Vickie in the semifinals, and I cried. Nothing against Vickie, but it was a lost opportunity for one final time against each other, and I knew I wouldn't see her again because she was moving back to Australia.

What do you miss with her gone?

It's hard to explain without sounding dumb. So much happens in a match that goes unseen, even by the two people playing each other. But Heather saw everything about me. I saw everything about Heather. We both knew what we were doing all the time. I could feel it when she would start to get determined, and I would have to combat that, and I could feel it when she was discouraged or angry or vulnerable. And I knew she could feel that from me.

And when you love competition — the actual struggle to be doing your best during the moment — that kind of depth between two opponents is almost a magical reward. The closest I've come to it since is a couple of times with Caryn McKinney, because she has that awareness on the mental side, and a couple of times with Marcie Drexler, with that awareness on the physical side. But never that combination of both, as with Heather. I hope it comes again in my career.

If I wanted to sum Heather McKay and racquetball, I would say that I think she did wonderful things for women's sports, and racquetball in particular, and I miss the hell out of her. ○

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The Battle Of The Sexes

How Women Should Play To Defeat Men (And What Men Should Learn To Dread)

by Caryn McKinney

Caryn McKinney is ranked number two on the WPRa tour.

As a professional player who makes more than fifty appearances each year, I am constantly in situations where I compete with men in exhibition play. Not only are these guys "psyched-up" for the occasion, but they have frequently spent the previous month preparing for it. After all, everyone knows that a woman can't beat a man at anything as athletic and physically demanding as racquetball, right?

But one of the great things about racquetball is the fact that women can compete with men — and win!

No, the best female open players cannot defeat the best male open players, any more than I can beat Mike Yellen or Bret Harnett. Men are generally stronger, faster and quicker. But these natural physical differences are not so overwhelming if you, as a woman, play a man of comparable ability. Remember that racquetball is a game requiring many talents, not just power and speed, so focus on playing *smart* racquetball.

For you ladies who enjoy (or have no choice) competing with the guys, here's how I approach the challenge. Assuming I know virtually nothing about my opponent, I can generalize the following, merely because he's male. (Gentlemen, please don't be offended if you don't fit the mold. Remember, I am generalizing.)

I can generalize these things: 1) He's stronger; 2) He might be faster and/or quicker; 3) He likes to hit the ball hard because it's impressive; 4) He probably prefers 'serve and

shoot' racquetball. That is, when he's in doubt, he'll hit it lower and harder.

From this, I develop my game strategy. The real beauty of having a game plan is that even if it doesn't work, I'll at least know what *not* to do, so that I can make the effective adjustments later.

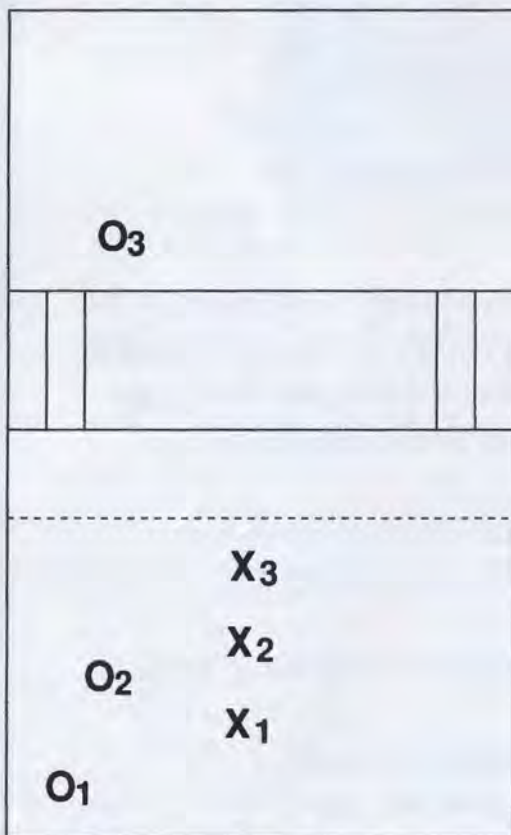


Diagram A. O = opponent, X = you. General rule: Play a step and a swing away from your opponent, as illustrated. Move forward as he moves forward, but NOT past the five foot line.

First, there's not much we women can do about the strength factor. But practicing sound fundamentals and stroke mechanics allow women to hit the ball at what I call competitive (and sometimes surprising) speed. Likewise, my opponent may indeed be faster and quicker,

but I will explain how to use his apparent assets to our advantage. Bottom line: we will play smarter, with greater patience, and accurate execution of shots.

The other two factors are easy to exploit in the game plan against men. From generalization number three, we can expect that the harder they hit the ball, the longer it's going to be 'up' and in play, and the greater the chances are that the ball will come off the back wall.

And with the last generalization, we will remember that 'serve and shoot' racquetball is risky, because the most difficult way to win a rally in racquetball is to kill the ball. A kill shot is not only the most difficult, but also the lowest percentage shot in the game. So, we'll allow, with grace, our opponent his successful kill shots and if he can keep it up, he'll win, but he'll have to do it consistently from 38 feet deep in the court!

So here's the game plan:

1) Practice intelligent court positioning. Always stay back at least as deep as the five foot restraining line. The deeper your opponent is positioned, the deeper you should be. The likelihood that he'll hit the ball low decreases as his distance from the front wall increases. Also, as the ball is hit harder, we need a little more time to react and set-up for our return. Slightly deeper court positioning accomplishes this goal. (See diagram A)

2) Be patient. Don't fall into the trap of hitting everything hard and shooting the ball just because he does. When you're not set up for an offensive shot, use a ceiling ball or an around-the-wall ball to force him to shoot from deep court.

Bore him to death if you have to,

but the odds are best that he'll skip more balls and leave more balls up for you to rekill or pass than balls he'll be able to kill. Just be patient enough to wait for your opportunities. Stick to the game plan!

3) Start with all angles, heights, and speeds of lob serves. Use a variety of serves, but start with

"...one of the great things about racquetball is the fact that women can compete with men — and win!"

lobs to his forehand and backhand. High Z-lob to the forehand, medium lob Z-serves to the backhand, and half lob to the backhand are some of my favorites. If he's going to shoot the ball anyway, you might as well make him do it from 38 feet from the front wall, and above waist or shoulder height!

Also experiment with jam serves and changing the pace of your drive serves. His eagerness to move and shoot the ball will make those serves more effective than usual. Reminder: immediately position yourself as shown in diagram A — hustle!

4) Try not to do too much when returning serve. Play smart. Remember, when you're returning serve, you're in deep court and the odds of you being able to kill the ball are no better than his were.

If you have the opportunity to take an aggressive shot, drive the ball at an effective passing angle and make him hit on the run. He'll probably try to shoot it anyway, and that's what we want. If you don't have that offensive option when returning serve, play a good ceiling ball and immediately move to center court position.

5) Always play on your toes with knees bent. Play like this particularly when returning serve. Many more shots are retrieved by preparing ahead of time like this. That includes

watching your opponent at all times to have an idea of his options in any given situation.

In a nutshell: 1) Work on good stroke mechanics; 2) Master effective court positioning; 3) Stay back, be patient and wait for your opportunities; 4) Use variety when serving, but test him initially with lobs; 5) Play the safer percentage shots on return of serve. When in doubt, go to the ceiling; 6) Play with controlled energy, weight balanced over both feet, and be watching him carefully.

There you have it, ladies. Take some time to practice this game plan, both mentally and physically. Be aware of how you win points and why you lose points and you'll learn to defeat any opponent, male or female. You'll find out, like me, that you should be most concerned when you walk on the court with the older, *smarter* guys.

This approach has certainly worked for me. I have no idea how many games I've played in exhibi-

"You'll find out, like me, that you should be most concerned when you walk on the court with the older, smarter guys"

tions, but I've only lost two in the past 14 months. Those two guys literally 'shot the eyes' out of the ball in an 11 point game, and they did it from deep court. My hat is off to them, but who knows what would have happened if we had been playing a full match. ○

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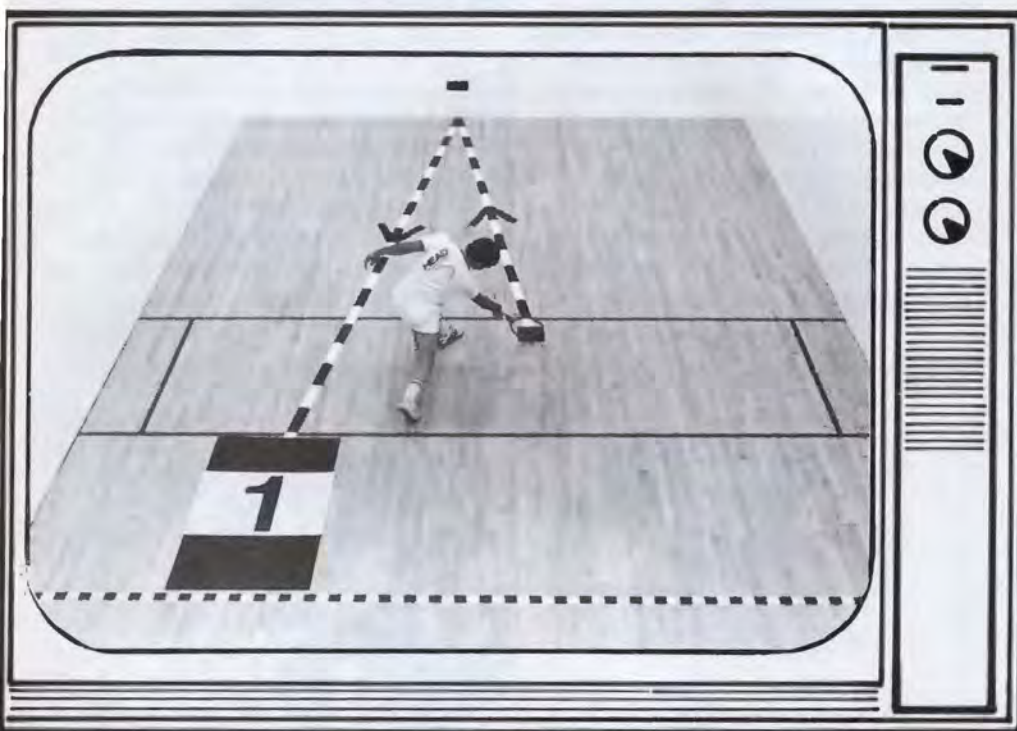
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What's The Call

by Michael Arnolt

Drive Serve Rule Misapplied

Q: I was at a tournament in Michigan recently where the drive serve rule was interpreted to mean that a player is prevented from serving any serve, including Z-serves and lob serves, while inside the three-foot drive serve zone. Since I was from out of state, I was hesitant to dispute the referee's call. My understanding of the rule is that the zone applies to the drive serve only. Who is correct?

Tom Higgins, Indianapolis, IN

A: The drive serve rule became part of the AARA rulebook on September 1, and there may be some misapplication at first. For the record, Tom, you are correct.

Specifically, the rule requires that a player attempting a drive serve to the right side of the court must start and finish the service motion outside the three-foot line in the service box on the right side of the court. The racquet may not break the plane of the three-foot line. Of course, the rules applies in the same way to serves on the left side of the service box.

The rule states further: "The drive serve zone is not observed for cross-court drive serves, the hard-Z, soft-Z, lob or half-lob serves." That means you can serve any serve,

except the drive serve, anywhere you choose in the service box.

When it comes to the interpretation of new rules, it is wise to ask the tournament director to intercede. It's as much for the match referee as it is for the players; both may be switching roles at some point during the tournament.

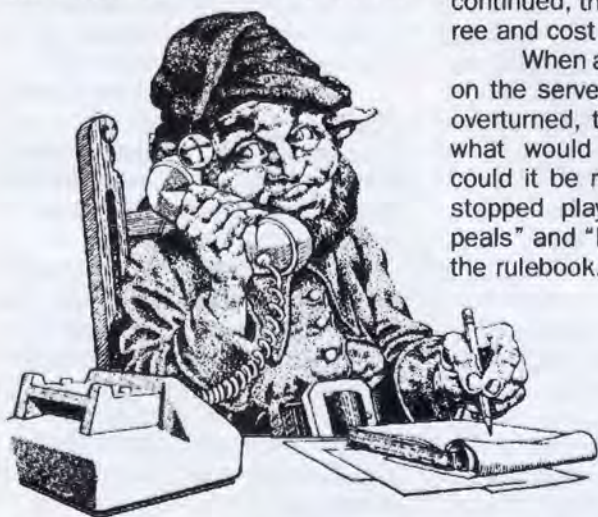
The Missing Ace?

Q: In a match involving one of the top female players in the nation, her opponent hit a serve that cracked out in the vicinity of the short line. The referee called the serve short, but after an appeal by the server, the call was reversed. Both line judges saw the serve as good. The question ensued as to whether the serve was a point, or a replay. The receiver, a former national titleholder, quickly took the position that "once the referee makes a call, it stops play and prevents the receiver from making any play on the ball". Though the ball was clearly not retrievable, her argument prevailed. She got away with one, didn't she?

Steve Dayvault, Wilmington, NC

A: It certainly appears that way, Steve. If the referee was also of the opinion that the serve could not have been retrieved even if play been continued, then she fudged the referee and cost her opponent a point.

When a referee's call — either on the serve or during a rally — is overturned, the referee must judge what would have happened (i.e. could it be retrieved?), had he not stopped play. See "Kill Shot Appeals" and "Fault Serve Appeals" in the rulebook. ○



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Passing Shots

by Norm Blum



WHY DON'T YOU TAKE THIS CROWD AND SHOVE IT — That almost occurred at the first pro stop of the year in Davison.

Marty Hogan,

who was defeated by **Cliff Swain** in the final, isn't known for keeping opinions to himself. The charismatic Hogan, disgusted with the crowd for cheering for his opponents throughout the tournament, made his feelings known during the awards ceremony. He lambasted them for what he considered their unsportsmanlike behavior.

Hogan, by the way, wasn't receiving jeers or cheers during October and the early part of November. He hurt his knee jogging and it required minor surgery. As of press time, he was expected to be sidelined three to six weeks.

SQUASH PLAYERS DOMINATE

— Racquetballers won't want to hear it, but squash players are the best all-around racquet performers. That was proven in Atlanta when a squash player was victorious in a triathlon involving racquetball, squash and tennis players. Overall, the squash players were the most competitive in all three sports.

JOKE DEPT — There's a new sport called Bi-Rak-It which involves playing with two racquets. When asked about it, **Mike Yellen** responded: "I don't like anything with the 'bi' prefix."

RESPECT UPDATE — They can come out with new racquets, books and videotapes, but there isn't much that will help my game. I won my first match of 1987 in October and it was against a player who hadn't played in three years and was winded after walking down the stairs from the locker room.

HE CAN'T COME TO THE PHONE

— You have to question the ethics of this front desk person. She chewed out a male customer who was en route to a rendezvous when he asked her to tell his wife "I'm on the court" in case she called. She refused, but quickly backtracked when a \$20 bill became visible...There are now so

many lines on the racquetball court that there should be a sign outside each court with instructions.

RACQUETBALL PLAYMATES

You know women's racquetball will have reached the big time when they come out with their own girlie calendar like golf and tennis...As if she needed another advantage, **Lynn Adams** is now using the oversized **Toron Racquet**...**Mary Dee** was awarded the Sportsmanship Award by the Women's Professional Racquetball Association...One former racquetball pro says the worst thing that can happen to professional racquetball is if everyone develops a blistering serve like **Egan Inoue**. "That isn't good racquetball. It would be terribly boring to watch," he said. That might be true, but right now it's entertaining...Ektelon's Total Racquetball catalog, which has an AARA

"Racquetballers won't want to hear it, but squash players are the best all-around racquet performers."

membership coupon in it, averages about 50 new memberships a month for the AARA...By next May, **Luke St. Onge** expects the AARA to have 50,000 members, up 10,000 from today...The AARA is like a newspaper office. People rarely write positive letters to the editor. Most of the complaints the AARA receives concern local tournaments.

OUT OF SHAPE TIPS — How do you play someone who is pathetically out of shape? "There are two ways of looking at it," says **Mike Yellen**. "Initially I'll try and play my game — move the ball around until I have a chance at my shot. If I'm not scoring points, then I'll start hitting more ceiling shots and move him around and tire him out. In the pros you usually don't play someone who is way out of shape. But sometimes you play a qualifier who had to play three rounds the day before. In the old days when the ball was much slower, being in shape was mandatory. Games were played to 21 and it

wasn't uncommon to see players cramp up in the middle of matches..."

MISCELLANEOUS — Mark my words, the portable court and cable TV will make racquetball more popular. With the portable court, there can literally be an audience of several thousand people. Today most clubs can barely squeeze — and I mean squeeze — a couple of hundred people into the spectator area...AARA President **Van Dubolsky** put a stop to all racquetball-related calls made to his home. It worked. He and his wife, **Becky**, are expecting a baby in April...Former National doubles champ **Mary Lyons**, who just had a baby girl, on being pregnant and not being able to play: "Now I know how a sailor feels who has been out to sea for a few months."...**Bonnie Stoll**, one of the fit players on the pro tour, is helping others reach the same level. She moved to Los Angeles and is now a personal trainer. She goes to clients' home and supervises their workouts...Not everyone enjoys belonging to a club with all the amenities. In California there are facilities called Pay 'n Play. You simply put dollar bills in a machine, play your hour or two and leave...Here's a sure bet: One of your holiday gifts will be a can of balls. My question is: after receiving that gift for five straight years how do you feign excitement?...

RUMOR DEPT — The U.S. National Racquetball unquote: Detective **Mary Beth Lacey** on a recent episode of CBS' *Cagney and Lacey*: "Her husband is banging her around like a racquetball."...

Things I like: Open players who know how to rile up a crowd; unique racquetball gifts for the holidays; **Marty Hogan's** charisma and club owners that charge one price for everyone.

Things I dislike: Those Delmonte Lite commercials that show two girls on a racquetball court playing the game like badminton; owners who make deals and then forget about it two weeks later; and players who make comebacks...And one last passing shot. Have a happy and safe holiday season! ○



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MAGAZINE,
TO YOU AND
YOURS, OUR
HEARTFELT
WISHES FOR A
JOYOUS AND
PEACEFUL
HOLIDAY
SEASON**

Ask The Playing Editors

(continued from page 16)

Body building is the one with heavy weights and few repetitions.

Also, Collette, you shouldn't worry about having muscles that become too big or unsightly. At my clinics across the nation, I hear it often. Women say, "I don't want to lift weights, because I don't want to look like a man," but they are really worrying about a myth.

The reason anyone, man or woman, gets bulky muscles is because of a hormone called testosterone, which is basically a male hormone. Women don't have the level that men do, so it is impossible for them to become bulky.

The only reason some female body builders have such large muscles is because they take steroids to get that hormone. There is no way that a woman, because of the natural testosterone level in her body, will ever build the same kind of bulk as man. So invest in a good weight training program and enjoy the results!

Question: Please help me out, **Steve Strandemo!** My racquetball is okay, except for one thing. I am helpless

against a hard Z-serve. As soon as my opponents discover this, I lose point after point. How can I prevent this from happening? *Dirk McEwan, Minneapolis, MN*

As you know, Dirk, a Z-serve is one hit into the front wall so that it carooms into the side wall and picks up spin. The ball continues into deep court. When it hits the side wall, it can shoot almost straight sideways, parallel to the back wall.

I would say try not to take that serve out of the air. The first cardinal rule with a Z-serve is to let the ball bounce on the floor before you do anything with it. There is simply too little time with a hard Z-serve for you to get your feet and body ready to hit a good shot, unless you let it bounce first.

Then, you have two options. You have to either step over and take the ball after the bounce — which will be approximately two or three feet behind the dotted restraining line — but *before* the side wall, or you can wait for the ball until *after* it hits the sidewall but before it cracks into the back wall.

With both these options, hit the ball into the low zone (pass or kill attempt) or into the high zone (ceiling

ball), depending on your skill level. A good rule of thumb is to be offensive when you can. In a desperate situation, when it is a brilliant serve and you can't get a good swing or even a flick of the wrist to hit it to the ceiling, then your recourse is to hit it into the back wall.

The best option depends on the speed and angle of that particular serve. If you attack the serve before it reaches the side wall, you give your opponent less time to set up for his return. However, if you can wait on the ball until after it hits the side wall, sometimes it moves towards the middle of the court, and your opponent must move from center court to give room for your shot.

Dirk, probably the best way for you to learn what option to take in a given situation is to see a lot of hard Z-serves. Then you can better decide when you should hit a particular serve early, or wait.

But a bad time to practice is during a game situation when you lose points for your mistakes. Get in the court with a friend, and have him or her hit hard Z-serves against you. It will not only help you, but help them with serving practice! ○

In January: Lynn Adams, Bret Harnett and Mike Ray.

Instructional Tips from Fran and Jim

For A Good Backhand Use Your Racquet To Better Whack It!

Most of our racquetball students have a hard time getting their shoulders and hips turning when they hit a backhand. The reason for this is that the backhand stroke is a complex set of body movements which, when broken down, can be pretty complicated. Here's a tip that we have found to simplify shoulder rotation and give our students more power with their backhand.

In photograph A, Fran is set to hit a backhand, but her left arm is hanging down by her side. She will not be able to rotate her shoulders very well from this position. In photograph B, Jim has placed the racquet between his arms, he is going to rotate his shoulders with the racquet intact. In photograph C, Jim is preparing to hit a backhand. Notice his back elbow is

up, not at his side, like Fran's. Jim is imagining the racquet is still between his arms as in photograph B.

In photograph D, Fran has completed a backhand stroke. Her elbows are still spaced apart as if the imaginary racquet is still cradled in her arms.

Using your racquet this way will force you to get better shoulder and hip rotation. So for more power use your racquet so you will really whack it!

Fran Davis is sponsored by Head Racquet Sports, Foot-Joy, Penn Athletics and California Fitness. She also represents the American Diabetes Association. Jim Winterton is sponsored by Ektelon, Foot-Joy and Sundown. ○

Photo A



Photo D

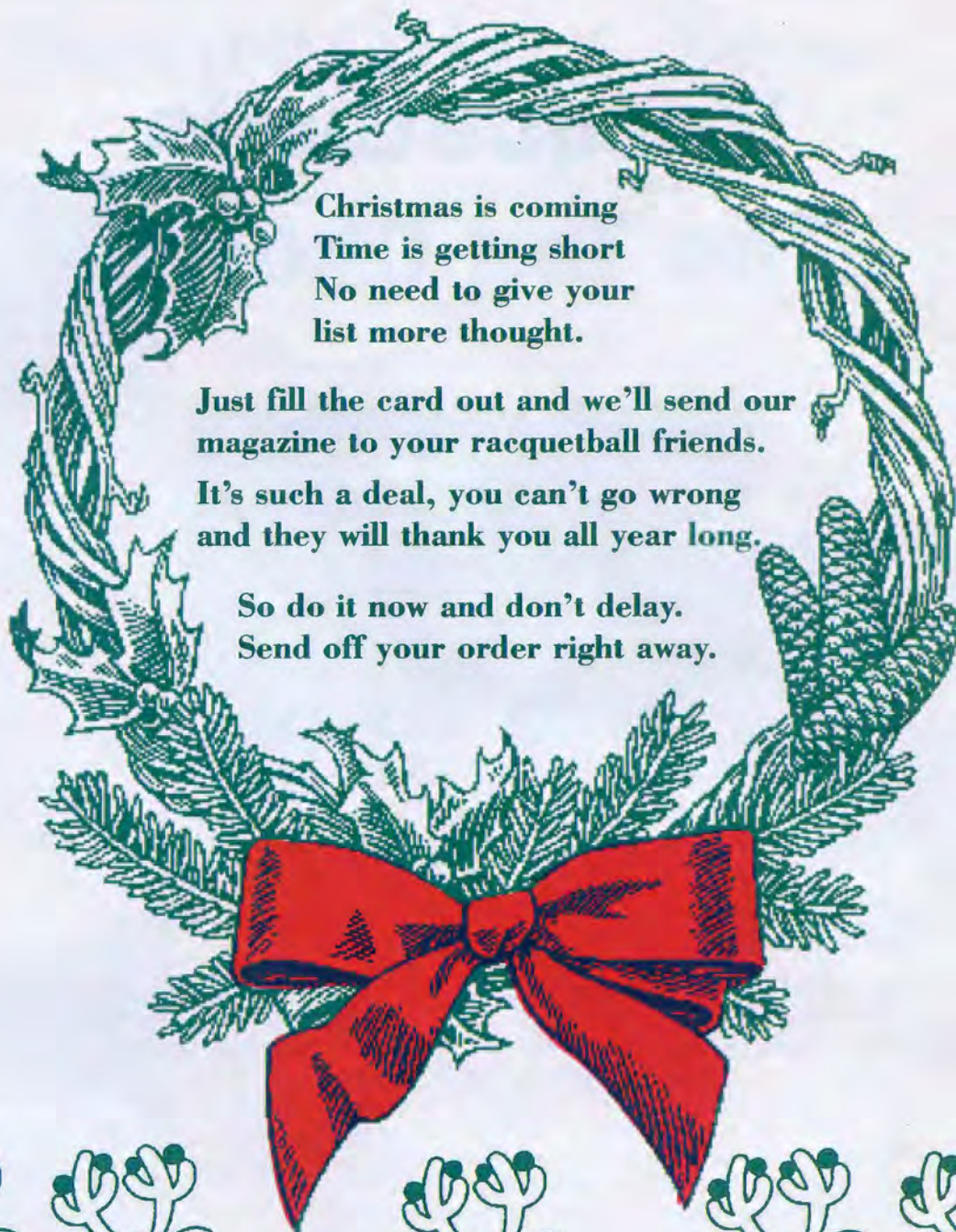


Photo B



Photo C





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Racquetball Promotion

Combine two elements, an excellent racquetball facility, squeaky clean and superbly administered, and an enthusiastic and energetic couple, and you have a combination that should do wonders for encouraging racquetball participation by players of all ages and skills.

That has been the experience of racquetball at the Claremont Club in Claremont, CA. With courts that its members feel are among the best in Southern California, it was a little surprising in recent years to find less than maximum court use. With the arrival in early 1987 of Art and Sally Torres at the club, court usage has increased dramatically. Increased usage benefits all players — there are more players with a wider range of skills to compete against.

Through the encouragement of male and female players of all ages, by way of publicity, clinics, tournaments and ladders, a great number of players have discovered the excitement and benefit of racquetball. Nothing new, just enthusiasm and time proven techniques.

Bob Johnson
Glendora, CA

Marty Misbehaves

I recently attended a RMA professional event at the Davison Racquet Club in Davison, MI. Although the tournament was first class in every aspect (great hospitality, excellent facilities, banquet, two dances and the matches were on-time) the conduct of one professional player in particular was very disappointing.

Every year I purchase tickets well in advance to guarantee a good seat for the finals. As usual the finals were well played and exciting with Cliff Swain coming from behind to upset Marty Hogan in the tie-breaker. The match was very reminiscent of two years ago when Marty came from behind to defeat home-state favorite Mike Yellen. At this time Marty embraced the crowds enthusiastic support as they started to cheer him

on in hopes of a tie-breaker game. (He was behind two games to one and down 10 to 7.) At his acceptance speech in 1985 Marty thanked the crowd for their support and guaranteed his return to defend his title.

Apparently Mr. Hogan has a very short memory of perhaps is now unable to accept the frustration of reduced recognition and losing. Instead of supporting Marty, the crowd again cheered for Cliff to come from behind and force a tie-breaker. Swain seemed to rally with the crowds support and fought back not only to win the fourth game but also the match.

In a very childish and unprofessional manner, Marty ridiculed the crowd for their vocal support. Although the crowds reaction in reality was much milder than two years previous, Marty seemed unable to accept this lost recognition. As a recognized spokesman for professional racquetball, Hogan did the game and his fellow players a great disservice. He not only ridiculed the fans who made his millionaire status possible, but also embarrassed the sponsors by indicating that he and his attitudes such as this, no wonder professional racquetball has a difficult time attracting support.

On the positive side the behavior and attitudes of Cliff Swain and other new players like Egan Inoue and Corey Brysman, were refreshing and encouraging. They mingled with the crowd and displayed excellent conduct both on and off the court. Perhaps Mr. Hogan should reflect back a few years and take a lesson from racquetballs new breed of young players.

Lou Ellen Fecher
Michigan



Off The Wall

(continued from page 2)

be such a complete division between amateur and professional. All our readers will be aware of events at both levels and will have a more complete awareness of the events taking place and efforts being expended on behalf of racquetball.

We feel very strongly that this is a positive move which will strengthen the sport and trust that you, our readers, will agree with us. We will continue our efforts to improve the magazine and to provide an all round view of racquetball and those involved in it.

We thank you for your input during 1987. It makes our job so much easier when we receive your letters and telephone calls of encouragement, and your letters of condolence when Joe Massarelli died were much appreciated. We miss Joe a lot and are proud to continue what he began when he purchased *National Racquetball* in 1986.

We wish you a very Happy Holiday and a most prosperous New Year and look forward to an exciting 1988.



Crystal City

(continued from page 13)

handle this season.

The Arlington event has been part of the RMA tour for the past five seasons. The first class status of the event is greatly due to the effort put forth by tournament director Judd Grosshans. The hospitality provided to the professionals at Arlington is second to none, and is ranked as one of the players favorite stops. The east coast fans await this event with great anticipation, and their enthusiastic support and attendance contributes to its great success. ○

Qualifiers

Jeff Evans, (CA), Jason Wagonner (FL), Nolan Glantz (NY), Dave Sable (PA), Mike Ceresia (Canada), Brad Munroe (WI), Mark Silva (CA), Ed Remen (VA).

The 32's

B. Harnett d. D. Johnson {4, 8, 4}; R. Harripersad d. B. Rodriguez {(10), 5, 9, (4), 5}; J. Cascio d. D. Peck {(4), 6, 10, 10}; S. Lerner d. J. Evans {8, 5, 10}; R. Gonzalez d. J. Wagonner {2, 3, 6}; D. Obremski d. N. Glantz {(9), 8, 5, 3}; C. Brysman d. D. Sable {7, 0, 6}; C. Swain d. D. Greene {8, 1, (7), 8}; E. Andrews d. A.

Embrey {9, 4, 4}; A. Katz d. C. Nichols {8, (2), 10, (10), 0}; G. Price d. M. Ceresia {9, 4, 5}; E. Inoue d. B. Munroe {2, 6, 3}; G. Peck d. M. Silva {9, 7, 2}; M. Ray d. T. Hansen {7, 0 (9), 10}; J. Newman d. L. Gilliam {8, 5, (10), (6), 6}; M. Yellen d. E. Remen {5, 1, 5}

The 16's

B. Harnett d. R. Harripersad {3, 5, 8}; J. Cascio d. S. Lerner {7, (3), (3), 7, 7}; R. Gonzalez d. D. Obremski {(4), 2, 8, 3}; C. Brysman d. C. Swain {5, (8), 8, (7), 9}; E. Andrews d. A. Katz {(4), 2, (7), 6, 4}; G. Price d. E. Inoue {forfeit}; G. Peck d. M. Ray {(9), (2), 8, 9, 9}; J. Newman d. M. Yellen {(4), 9, (7), 6, 8}

Quarter finals

B. Harnett d. J. Cascio {(8), (7), 3, 6, 2}; C. Brysman d. R. Gonzalez {(4), 2, 8, 3}; E. Andrews d. G. Price {(7), (6), 10, 1, 7}; G. Peck d. J. Newman {4, 10, 6}

Semifinals

B. Harnett d. C. Brysman {7, 8, 3}; E. Andrews d. G. Peck {(10), 9, (7), 4, 2}

Finals

B. Harnett d. E. Andrews {3, 5, (7), 0}

Medical Forum

(continued from page 12)

moving again. This is best accomplished by applying moist heat, either by soaking or using a warm, moist towel and putting the foot through some gentle range of motion exercises. Thereafter, to increase motion, apply heat before activity and to counteract the potential for increased inflammation and swelling, apply ice for 20-30 minutes after the activity. When in doubt about when to use ice or heat, be sure to contact your sports medicine podiatrist or physician.

If you have any questions that you would like answered through this column, send your requests to Dr. Paul Ross, c/o *National Racquetball Magazine* or directly to Dr. Ross at 8218 Wisconsin Avenue, Suite 112, Bethesda, MD 20814. ○

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Newsbriefs

Super Seven Series in MI

Racquetball players in the Michigan area should be watching for posters announcing the times and locations of the Bud Light Super Seven Series of tournaments this season.

The series offers more than \$50,000 in prize money in various categories over nine events throughout Michigan until May, 1988. Each tournament is sanctioned by the Racquetball Assoc. of Michigan.

The 'grand finale tournament' will be held May 13-15 in Farmington Hills, MI. For further information, contact Scott Patterson of Ayer Public Relations at (312) 819-3389. ○

Ohio Super Seven

Some tournaments have already been completed in the Ohio Coors Light Racquetball Series, but there are plenty to go until the end of the season.

Each tournament in the nine-tournament series offers over \$3,000 prize money in various events, along with generous hospitality items. The tournaments are sanctioned by the AARA and the Ohio Racquetball Association.

The last tournament in the series will be held April 8-10 in Youngstown, OH. For further information, contact the ORA office at (216) 439-2424, or Doug Ganim at (614) 885-0779. ○

Tournament To Benefit Special Olympics

The Merritt Athletic Club (Security) in Baltimore, MD has invited top national players and the best of the military players to compete from January 15-17 at the First Racquetball Tournament to benefit the Special Olympics of Maryland.

The tournament offers \$1,000 in prize money in the open division and is expected to draw at least 300 players over 22 divisions. The emphasis of the event is to stress disability awareness, and all proceeds will be donated to the Special Olympics of Maryland.

pics of Maryland.

The tournament director says much of the cost of the tournament may be tax deductible, and encourages any players interested to write to 6364 Piney Ridge Dr., Sykesville, MD 21784, (301) 298-8700. ○

CRA NEWS

Bits and Pieces

Now that the C.R.A. Long Term Plan (a five year flexible plan) is complete, the Association is busy coordinating efforts to implement the ideas of the plan.

Dan Stone, C.R.A. president, has been in contact with each of his provincial counterparts, asking them to recommend members who might be interested in working on different areas of the plan. If you have not been contacted, and wish to help, we suggest you contact your provincial association.

As the C.R.A. attempts to increase its corporate support, we are pleased to announce that we have reached an agreement with National Racquetball magazine on a promotional plan. C.R.A. members will be happy to know that each new subscription to the magazine, or renewal, will result in a donation from the magazine to both the provincial and national associations.

This way, by subscribing, you are also helping Canadian racquetball with funds for provincial and national programs such as officiating, coaching, etc.

Look for details at any C.R.A. sanctioned tournament, and in your next newsletter.

In the coming months, we hope to announce further marketing initiatives which will add to the corporate sponsorship of the C.R.A., and racquetball in Canada. ○

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Rankings

RMA Pro Tour Official Rankings November 1, 1987

1	B. Harnett	12073
2	E. Andrews	10670
3	M. Yellen	10526
4	M. Hogan	10289
5	C. Swain	8695
6	R. Gonzales	7770
7	G. Peck	6514
8	E. Inoue	6418
9T	S. Lerner	4992
9T	G. Price	4992
11	M. Ray	4364
12	C. Brysman	3948
13T	J. Hilecher	3942
13T	R. Harripersad	3942
15	D. Obremski	3892
16	A. Katz	3642
17	A. Gross	3567
18	D. Peck	3550
19	J. Newman	3164
20	D. Gross	2989
21	L. Gilliam	2464
22	D. Johnson	2220
23	J. Cascio	2114
24	B. Sell	1539
25	D. Green	1414

WPRA Official Rankings November 1, 1987

1	L. Adams	200.00
2	C. McKinney	148.75
3	M. Drexler	116.25
4	K. Kuhfeld	83.75
5	M. O'Brien	78.75
6	V. Panzeri	60.00
7	M. Lynch	52.50
8	T. Gilreath	50.00
9	C. Evon	47.50
9T	J. Paraiso	47.50
11	J. Paraiso	46.25
12	F. Davis	36.25
13	T. Bevelock	35.00
14	M. Dee	30.00
15T	A. Katz	25.00
15T	M. McDonald	25.00
17T	S. Robson	23.33
17T	B. Stoll	23.33
19T	L. Porter	20.00
19T	R. Whitmire	20.00
21T	L. Alvarado	13.33
21T	D. Fletcher	13.33
23T	C. Baxter, C. Doyle,	10.00
	D. Fischl, R. Goblish, M. Morris,	
	C. Nichols, T. Rasmussen	

Pro-Kennex Signs Bret Harnett

Bret Harnett has joined the playing staff of the Marty Hogan Racquetball division of Pro-Kennex. The 23-year old Harnett, who is a top-ranked player on the Racquetball Manufacturers Association (RMA) men's tour, was identified by Marty Hogan and signed by Charlie Drake of Pro-Kennex.

"Because we feel that Marty Hogan is synonymous with the sport, we originally felt that we would never have another athlete affiliated with Marty Hogan Racquetball," said Drake. "But, Bret is an exceptional talent whose calibre as a player is consistent with the calibre of Marty Hogan Racquetball."

Drake also said that the company actually manages the player's career and creates as much exposure as possible for the

player within the sport, through the development of complementary endorsement contracts. ○

Marty Hogan (left) and Bret Harnett.



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Schedule of Events

RMA Tour Schedule 1987-88 Season

December 9-13

U.S. Open
BQE Pitner Racquet Club
26-50 BQE West
Woodside, NY 11377
(718) 726-4343

February 17-21, 1988

Amie May Can. Open Pro/Am
Cambridge Racquet Club
1385 West 8th Avenue
Vancouver, B.C. V6H 1C8
(604) 736-6794

February 24-28

Griffith Athletic Club
4925 S.W. Griffith Drive
Beaverton, OR 97005
(503) 644-3900

March 2-6

M-PACT Open
Landmark Club
12740 Merritt Drive
Dallas, TX 75251
Aaron Katz (214) 392-1501

March 24-27

ETU Trucking Pro/AM
Michigan Athletic Club
2500 Burton S.E.
Grand Rapids, MI 49506
(616) 887-1558
(313) 653-5999

Nationals

Site and Date TBA

WPRA Tour Schedule 1987-88 Season

December 4-6, 1987

Los Caballeros Sports Village
17272 Newhope Street
Fountain Valley, CA 92708
Lynn Adams (714) 979-6942

February 26-28, 1988

Shawnee-at-Highpoint
808 Washington Avenue
Sellersville, PA 18960
Molly O'Brien (215) 822-1951

March 10-13

Westerville Athletic Club
939 South State Street
Westerville, OH 43081
Denny Vincent (614) 882-7331

April 21-24

Atlanta Sporting Club
P.O. Box 95563
Atlanta, GA 30347
Caryn McKinney (404) 636-7575

June 2-5

Riverbend Athletic Club
2201 E. Loop 820 North
Fort Worth, TX 76118
Ed Ghanami (817) 284-3353

1987 AARA Schedule

December 3-6

Swingers Int'l Athletic Club
1630 Welton
Denver, CO 80202
Dan Tauriello (303) 623-2100

December 3-6

7th Annual Freezeout
Auburn YMCA

December 3-6

27 William Street
Auburn, NY 13021
Dorothea Hughes
(315) 255-1242

December 4-6

Gold River Winter Classic
Gold River Racquet Club
2201 Gold Rush Drive
Gold River, CA 95670
Rene Pulis (916) 638-7001

December 4-6

Harvest Classic
Racquet's Edge
4 Morse Drive
Essex Junction, VT 05452

December 4-6

Heidelhaus-Coors Pro-Am
The Courthouse
P.O. Box 4365
Missoula, MT 59801

December 4-6

INSRA State Doubles Court Club
3455 Harper Road
Indianapolis, IN 46240
Joe Ault (317) 846-1111

December 4-6

Killshot Kommittee
South Florida Racquet Club
5555 Ravenswood Road
Ft. Lauderdale, FL 33312-8631
Eva Russell/Vince Biondi
(305) 923-8631

December 4-6

Spartanburg Open
Spartanburg Athletic Club
P.O. Box 18212
Spartanburg, SC 29318
Edward Nolan (803) 585-4298

December 4-6

Super 7 #3
29th Street Fitness Center
2801 29th Street
Grand Rapids, MI 49507
Jim Hiser (313) 653-5999

December 4-6

Tar Heel Open
Omni Sports Club
301 Executive Park Blvd.
Winston-Salem, NC 27103
Charlotte Harris (919) 260-3663

December 11-13

Birch Pointe
Pike Creek Court Club
4905 Mermaid Blvd.
Wilmington, DE 19808
Ed Young (302) 239-6688

December 11-13

Coors Light Racquetball Series
Waycross Athletic Club
1990 Waycross Road
Cincinnati, OH 45240
Doug Ganim (614) 885-0779

December 11-13

Devil Mountain Open
Supreme Court

100 Coggins Lane
Pleasant Hill, CA 94523
Deb Jensen (415) 938-5370

December 11-13

Madison Open
Hammonasset Racquetball Club
2138 Silas Deane Highway
Rocky Hill, CT 06067
Ed Mazur (203) 563-1491

December 11-13

New Hampshire State Doubles
Manchester Court Club
Manchester, NH
Gaye Rosenfeld (603) 668-8375

December 17-20

Highline Open
Highline Athletic Club
10 West Dry Creek Court
Litteton, CO 80121
Barry Riddle (303) 794-3000

December 18-20

Open Tournament
Executive Health & Fitness Club
Londonderry, NH
Dale Bennett (603) 668-4753

December 19-20

Sports+ Christmas Double Up
Clinton Racquet Club
35700 Groesbeck Highway
Mt. Clemens, MI 48043
Jerry Eldred/John Brennan
(313) 791-7535

December 27-30

Jr. Orange Bowl
Miami Lakes Athletic Club
Main Street
Miami Lakes, FL 33014
Bill Higgs (305) 821-1150

January 7-10, 1988

DAC Invitational
Denver Athletic Club
1325 Glenarm Place
Denver, CO 80204
Mike Casey (303) 534-1211

January 7-10

Steamboat Springs Open
Steamboat Springs Athletic Club
33250 Storm Meadows
Steamboat Springs, CO 80477
Gary Crawford (303) 879-1036

January 8-10

Bottom Board Shoot-Out
Sacramento Court Club
947 Enterprise Drive
Sacramento, CA 95825
Tim Scott (916) 920-1933

January 8-10

Bud Light-WCGY Open
Salem Racquetball Club
Manor Parkway
Salem, NH 03079

January 8-10

Coors Light Racquetball Series
Westerville Athletic Club
939 South State Street
Columbus, OH 43081
Doug Ganim (614) 885-0779

January 8-10

Cystic Fibrosis Open
Colonie Court Club
444 Sand Creek Road
Albany, NY 12211
Barry Russell/John Martin
(518) 459-4444

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First 20 words \$60, each additional word \$2.50.
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January 8-10

Derby Open
NEHR-Derby
2138 Silas Deane Highway
Rocky Hill, CT 06067
Ed Mazur (203) 563-1491

January 8-10

Super 7 #4
Saginaw Valley Health
Racquetball Club
2717 Schust Road
Saginaw, MI 48603
Jim Hiser (313) 653-5999

January 8-10

Winter Classic
Ricochet Health & Racquet Club
219 St. Nicholas Avenue
South Plainfield, NJ 07080
Terry Gatarz (201) 753-2300

January 8-10

10th Indy Open
Indiana Athletic Club
411 South Harbour Drive
Novlesville, IN 46060
Jack Fogle/Mike Amolt
(317) 776-0222

For AARA information contact:
Luke St. Onge (303) 635-5396

For RMA information contact:
Jim Hiser (313) 653-9602

For WPRA information contact:
John Samford (817) 654-2277



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Left: Standard models available in crystal (shown) and tortoise.

Below: Caryn McKinney, #2 on the WPRA pro tour, uses Action Eyes exclusively.

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