

RACQUETBALL

MAGAZINE • January – February 1997

Vol.8 • No.1 – \$4.00

U.S. OPEN DEBUT

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big names,
drew big
crowds, and
now promises
to force big
changes in
the sport ...

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Pro Tour coverage, Regional Updates, Instructional,**

**Industry News,
Sanctioned event
Calendar, National
Rankings ... and
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At the May 1996 Board of Directors
meeting in Houston, Texas, it was
decided that the American Amateur
Racquetball Association will henceforth
be known as the United States
Racquetball Association.

from the editor

Come to think of it, this is a lot easier than trying to think up something to talk about to introduce each issue. What other contests can we dream up? Not to minimize the importance of our announcement ... We have a winner!



The winning design for the USRA logo contest came to us from Dave Titus of Mammoth Lakes, California, who was also among

the first to send in his entry (with thanks to Pete Mellish for some creative guidance). You may recall earlier bits of Dave's work (he designed our 3D masthead and the glass version on the July/August cover), and if you're really curious, one of his wedding pictures appears on page 54. He's also been involved in producing some graphics for the RACQUETBALL Magazine website. Quite a busy (not to mention talented) guy!

We received a total of twelve designs in all, making the decision all the more difficult. But it also tells us – once again – just how talented our little racquetball community really is.

So, just to let everyone else know where to turn when they need a little graphic work done (*psst ... state associations, this is for you ...*), we've listed our finalists, honorable mentions and "thanks for a special project" citations right here for all to see.

Finalists: Gordon H. Ira, Jr., Md. (Jacksonville, Fla.) & Cynthia Collins (Round Rock, Texas)

Honorable Mention: Robert Webster (Vancouver, Wash.); Mike Nigro (Greeley, Colo.); Shane Carlson (Clovis, N.M.); Rhett Collins (Round Rock, Texas); Paul David Tucker (Dandridge, Tenn.); Mary Low Acuff (Asheville, N.C.); Frank Smalarz (Lemont, Illinois).

And special thanks for the class design project submitted by Keith Karelva's students Jacob Szydek, Yair Rodriguez, David Ramos, Cory Jovanovic and Jacob Jovanovic – all from Burbank, Illinois.

Perhaps if I start thinking about it now, I'll have come up with something dazzling to write about – roughly eight weeks from this very minute ...



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RACQUETBALL Magazine

FEATURES

- U.S. OPEN 8
No Dumping! by Brad Patterson 16

DEPARTMENTS

- PROfile Tour Highlights
IRT/Milwaukee 22
IRT/Chicago 23
IRT/Riverside 24
1997 Calendar 27
Tour Rankings 26
USRA National Rankings 60
USRA National Events Calendar 62
Corporate Sponsors & Advertisers 64

INSTRUCTIONAL

- Mastery of Racquetball: Down the Line
featuring Tom Travers 35
AmPRO Tip: The Making of a Champion
by Fran Davis & Diana McNab 38
AmPRO Club Racquet by Michelle Gould 40
Wilson Game Plan: On Your Toes!
by Lynn Adams 42
Nutrition Tip: Dehydration
by Kory B. Duarte 42
Ashaway Mains & Crosses: Pictorial
by Steve Crandall 46

COLUMNS

- From the Editor 2
Courtside Update 28
Industry Update 47
Changing Times by Luke St. Onge 44
RB: Global 45
RB: People 50

TOURNAMENT ENTRIES

- Pro-Kennex National High Schools 56
E-Force National/World Intercollegiates ... 57
1997 Intercollegiate Regional Qualifiers ... 57
1997 Regional Qualifiers 59

PHOTOS

Top: Tracy Hunter "spectates" at the University of Memphis. Photo: Kass Herr. Center: Dan Pischke prepares to serve on his way to an "A" division title. Photo: Barb Davis. Bottom: Skill division champion Dr. Terry Truvillion poses with Drew Kachtik at the U.S. Open. Photo: Terry Truvillion.

ON THE COVER

Our very special thanks goes to photographer Mike Boatman, who worked overtime to get a great collection of action shots at the Open. The cover shot is his favorite - Mike Guidry goes vertical against Andy Roberts in their quarterfinal.

RACQUETBALL Magazine • 3

Contents

Vol. 8, No. 1
January - February 1997

reader forum

U.S. OPEN

As a racquetball player with amateur talent but professional enthusiasm, I was overwhelmed with the spectacular display put on by the USRA and the U.S. Open. The organization, facility, and level of play were all first class and the result was a magnificent tournament with unqualified success, at least in the eyes of the spectators. Thank you for giving me that experience.

As if the excitement of seeing the big boys play wasn't enough, I am now the proud owner of the racquet that Sudsy used to win the first Open. I cherish it as the realization of a treasured memory, but I also appreciate its value as an historic artifact. It only added to the thrill of my exciting weekend in Memphis.

I am excited about being a part of the racquetball boom and look forward to helping in whatever way I can to nurture the sport and help it grow. If you need an advocate in Huntsville, Alabama, I willingly volunteer to gather my fellow racquetball aficionados and support the cause, yours, mine and everyone who loves the sport. I look forward to next year's Open. When and where is it going to be?

Bill Youkey
Owens Cross Roads, Alabama

[The U.S. OPEN will return to Memphis, November 12-16, 1997 ... —Editor]

HELP

I can't cover the court anymore. I am 53, 5'11" and 205 pounds. I don't get to shots or I don't return them as well as I used to. What can I do — so I can play as well as I used to?

Randy Embry
Owensboro, Kentucky

AN ORDINARY JOE

Since you seem to garner so much praise for your magazine, I thought you might value some dissent. I am a middle-aged college professor/racquetball player. I will play more than 1000 games this year for the fifth consecutive year. (I'm nearing my goal of 1200 for 1996.) I do not play tournaments or in leagues. I am simply one of those everyday players who enjoys the exercise and the fellowship.

Therefore, a magazine that goes on and on about the professional tour and national rankings and the like is not very useful to me. It seems to me that racquetball is not a sport like football, basketball, or baseball where professionals are likely to become household names and celebrities. It is a game people play, not a game they'll line up to watch. That is to our credit, I think.

The many players like me simply want a magazine that discusses the game. We could learn from substantive pieces on strategies, articles that deal with health related issues, and information about equipment. I know you get into all of these areas. I do not think you get into them enough.

It is the ordinary Joe who will make the sport rise or fall. Give us more about and for Joe. Thanks.

D. Brown
Grand Rapids, Michigan

NEWBIE ...

A year ago I began playing racquetball and found it to be one of the most enjoyable games I ever played and one of the toughest, and this is coming from someone who played hockey for awhile. I used to think it was a stupid sport, but now that I have the chance to actually get on a court and play I think it is a blast.

Last March I had the opportunity to play in my first tournament and I picked the Regional to make my debut. It was an incredible feeling to be on the court playing in a pressure situation. I entered the novice and D divisions. I lost my first D match 15-8 and 15-10, which I thought was not too bad, considering I found out people normally drop down a level. In the novice division I did much better. I won my first two matches 15-7, 15-0 and 15-2, 15-0 to advance to the semi's where I finally lost 15-10, 12-15, 11-9.

Even though I lost and did not get a trophy, I did go home feeling that I was a winner because I had at least tried. So thank you for giving people like me the chance to play!!!

Now I'd like to know about ranking. How do you decide how to rank people? I mean how do people get a ranking in novice, especially since you can only play in it once? The guy who beat me in the regionals was ranked in the

OMISSION: In the November/December issue, the National Doubles results did not reflect the title win by Jo Kenyon and Lola Markus in Women's 60+. As the only team to enter the 60+ division, Jo and Lola were shifted into the Women's 50+ round robin for competition, where they placed second. Still, the pair claimed the 60+ title — unchallenged — and we apologize for the oversight. — Editor.

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readersonline

September-October issue. Just in case my name ever shows up in there, I would like to know what I did to get there.

My second question is probably one that you get asked a lot. How do people, like myself, get sponsored? I see a lot of people with sponsorships from all different sorts of companies. And not just the people playing in the open divisions, but people playing in my divisions as well. I know that winning a lot helps, but does anyone have any good advice on how to get the attention of these sponsors? One of my goals this season is to get a sponsor but I don't know where to begin. Some open players tell me I have the potential and show the promise of a person who could be in A or Open by the end of the season and I think that it would be really cool to be a part of a team.

Well in closing, I would like to thank you for your time and patience in reading this letter and any form of response would be greatly appreciated. I would also like to say that I thoroughly enjoy reading Racquetball Magazine. Thanx!

Tim Horvatic Jr.
Hamilton, Ohio

[Readers ... would anyone like to offer some advice on Tim's sponsorship hopes? On the question of rankings, the next issue will be the annual Factbook special edition, which includes a full explanation of the ranking system and procedures. — Editor]

WHAT'S GOING ON ONLINE

Here's a sampling of what some of the folks on the newsgroup are talking about. You can join the online discussions at alt.sport.racquetball.

Subject: Instructional Article
From: Peter Furmonavicius

The Michael Gelhaus instructional article "Splat!" in the Sept-Oct 1996 RacquetBall Magazine is the best instructional article that has appeared in any racquetball magazine in the past several years. Any way we can get more top-notch articles like that one? Thanks in advance.

Subject: Racquetball on TV, apply ice hockey technology?
From: Lee Haas//Raleigh, N.C.

Since many feel that Racquetball on TV is not popular because it is so hard to follow the ball (size and speed), why not apply the ice hockey technology that enhances the TV video so that the travel of the puck can be followed?

One problem perhaps difficult to overcome, (for real-time appli-

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cations), is designing a ball that had the proper mechanical properties and still contained the needed electronics. This may have been less difficult for an ice hockey puck.

HOWEVER, for non-real-time rebroadcasts, it would seem possible, (and reasonable!), for a video processor to process the images frame by frame in order to construct and insert an "easier-to-see-ball-travel" visual aid similar to what I have seen done for the fast moving ice hockey puck.

I imagine this could be a very interesting and exciting event to watch! Thoughts?

Subject: Racquetball pressurizers, any point?
From: Ed Arias

I've got some friends who use these all the time...and yes the balls are TOO lively which suits me fine since my ceiling game is nil anyway. It's no fun playing with these "superballs." I've never used them ... I find my balls retain their bounce for a long time whether I keep them in my bag or if my kids get to them ... usually they break during play before the surface deteriorates or they lose their bounce. Here's what one manufacturer says:

"Racquetballs are supposedly manufactured to be pressureless. They do, however go dead during play. Kept in the Racquet Ball Saver, racquetballs not only play like new balls but usually rebound at a faster speed than do new balls. Ball speed can be adjusted by the amount the top is screwed onto the container."

CORRECTION: Due to the confusion surrounding the division change from 19+ to 24+/- ... we've revised it again! The NEW name for the division is "All-Age" – which simply means it is an unrestricted second division for players of all ages. Look for an "All-Skill" second division at National Singles & Doubles, which will replace the former "non-championship A" division. And for the small fry: a NEW 6 and under multi-bounce division for Junior competition.

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MAKING HISTORY

It's not often that people get to fully experience a complete thought process — from "spark" to finish. More often, one person has the idea, someone else has the cash, another has the creativity and an agency on the coast has the contacts. In an interesting turn of events, promoter Doug Ganim and Promus Hotel Corporation CEO Ray Schultz, the pro tours and the USRA staff found themselves headed down a comparable path that would literally change the face of the sport. The first Promus Hotel Corporation U.S. OPEN Racquetball Championships, presented by American Express, brought together every bit of talent, on court and off, that could conceivably pull off an event of this magnitude. And the result? It seems that racquetball has gone big time ...



Big Names

For the pros, men's top seeds going into the tournament were #1 Sudsy Monchik, #2 Cliff Swain, #3 Andy Roberts and #4 Jason Mannino, followed by Mike Ray, Mike Guidry, John Ellis and Dan Fowler. The women were #1 Michelle Gould, #2 Cheryl Gudinas, #3 Laura Fenton and #4 Jackie Paraiso, leading Dina Moreland, Robin Levine, Molly O'Brien and Lynne Coburn. Marty Hogan dusted off his backhand to attempt to advance out of the qualifying draw of 128, and Caryn McKinney chose the event to make a strong comeback bid of her own.

QUALIFIERS TO THE IRT PRO DRAW

John Amatulli
Michael Anderson
Fabian Balmori
Joel Bonnett
Rocky Carson
Rob DeJesus
George Delaney
Doug Eagle
Bruce Erickson
Glenn Garrison
Sean Graham
Sherman Greenfeld
Clay Griffin
Scott Hamon
Ryan Horna
Brian Istace
Aaron Katz
Dan Llacera
Mike Locker
Jeff Mayorga
Brad McCunniff
Martin McDermott
Hank Minardo
Ronald Mount
Kris Odegard
Bill Parodi
Simon Roy
Grant Smith
Jason Thoemer
Shane Vanderson
John Weatherbee
Chris Wright

QUALIFIERS TO THE WIRT PRO DRAW

Tammy Brockbank
Marci Drexler
Chris Evon
Lorraine Galloway
Carrie Healy-Avergis
Karen Key
Joy MacKenzie
Amanda McDonald
Caryn McKinney
Kyoko Ochiai
Karina Odegard
Lori Jane Powell
Keri Stoffregen
Debbie Tisinger
Christie Van Hees
Jen Yokota

DAY ONE: WEDNESDAY

Men's & Women's Qualifiers

In one of the largest men's qualifying draws, a round of 128 was in store for players hoping to earn a spot in the main IRT draw. Women with plans to be added to the WIRT equivalent had begun their preliminary competition in earnest on Wednesday as well, with all of the winners advancing through two rounds to qualify.

Men's Round of 64

Later in the day, each of the top four seeds advanced with ease in their first rounds, taking low-scoring, straight game wins over nervous qualifiers. In his first round, Monchik defeated Canadian opponent Simon Roy, 11-5, 11-5, 11-3; Roberts gave a lesson to 15-year old Shane Vanderson with an 11-1, 11-2, 11-4 win and Mannino disappointed another Canadian hopeful, Kris Odegard, 11-2, 11-0, 12-10.

Cliff Swain survived a sluggish start against Ronald Mount of Murfreesboro to win 11-13, 11-1, 11-4, 11-0. "(Mount) played a good first game and I kind of took him lightly," Swain said. "Then I picked up a notch and took it from there ... I didn't really play that much better, I just tried to focus and play one point at a time. You never know what can happen."

Of the remaining seeds in the top eight, Mike Guidry and John Ellis advanced in straight games, while Dan Fowler dropped one game to Rob DeJesus and Mike Ray needed a full five games to eliminate Bruce Erickson.

Later that evening, eleven athletes who had advanced out of the qualifying round took away spots from seeded tour players in the round of 64.

ON THE SIDELINES

The event officially kicked off on Tuesday with a press conference at the Racquet Club of Memphis. Promus CEO Ray Schultz made opening remarks, along with Senior Vice President of Major Gifts for St. Jude Children's Research Hospital Richard Hackett, club owner Mac Winker, tournament director Doug Ganim and player Andy Roberts. The top 16 men's and women's pros were also on hand for interviews and exhibitions.

After a hectic week of construction, testing, sanding and finishing, the one-of-a-kind "made for TV" portable court made its debut on Tuesday evening at the St. Jude Children's Hospital Pro-Am Doubles benefit. Randy Stafford, local enthusiast and owner of the Memphis-based Court Company that built the special playing field, christened the exhibition court with its first match to benefit the St. Jude Children's Hospital.

Thirty-two amateur athletes donated \$200.00 per player to be teamed with a pro partner in the doubles event, which raised over \$6,000.00 for St. Jude. For their participation, all 32 amateurs received signed racquets from their partners — all of whom were chosen from a blind draw pool comprised of the top 16 men and women on the tour. Winner Dino Tashie and partner Derek Robinson were also awarded official event medals for their 15-12 final victory over Bill Gurner and Tony Jelso at the end of the evening.

On Wednesday, the U.S. OPEN National Skill Championships began competition at the University of Memphis, fielding several draws of 64 in A,B,C & D divisions. Across town at the Wimpleton Sports Complex, participants in the Master's Invitational event began their preliminary rounds in equally-large 35 and over age divisions.

At the largest trade show exclusive to the racquetball industry, E-Force announced the debut of its new website, inviting players and spectators to view their site online ... Network



These two pages (l-r): Derek Robinson & Dino Tashie won the Pro-Am Doubles Benefit, Laura Fenton (left) against Caryn McKinney; Sudsy Monchik (left) dives for a shot by Fabian Balmori; Andy Roberts (left) takes a backhand to put Michael Bronfeld out of position. All photos with this feature: Courtesy Mike Boatman.

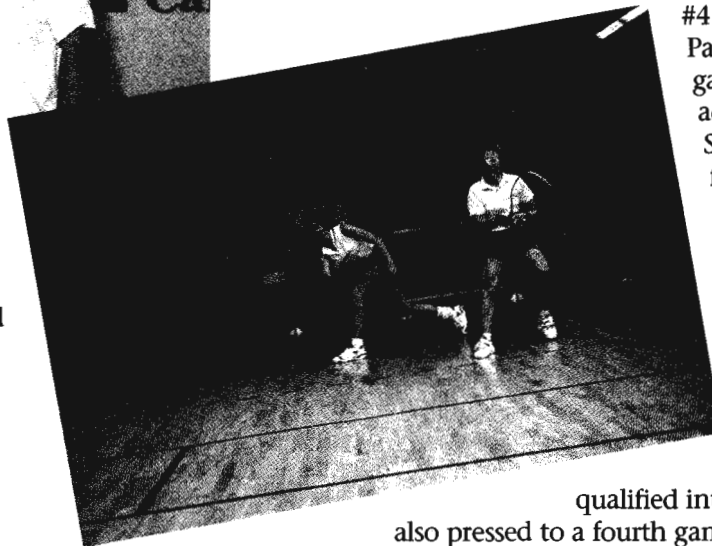
In tiebreakers, Junior Team member Rocky Carson took a five-game win over national team member and #14 seed Derek Robinson; Fabian Balmori defeated #17 Brian Rankin; Jason Thoerner won over #27 Dave Sable and Sherman Greenfeld defeated Canadian teammate and #31 seed Mike Green. Going to four games each, Dan Llacera bumped #21 Darren Schenck and Brian Istace defeated fellow Canadian #30 Mike Ceresia. In straight games, Mike Locker advanced with a victory over #26 Vince Kelley; Aaron Katz defeated #28 Mike Glowa and Doug Eagle won his match against #15 James Mulcock. Jeff Mayorga received a bye when #18 seeded opponent Tim Doyle was a no-show, and John Amatulli claimed an injury forfeit from #24 Brian Simpson.

DAY TWO: THURSDAY

Women's Round of 32

The only upset of a top women's seed in the first round of play was earned by former pro tour regular Caryn McKinney of Atlanta, Georgia who shocked #4 Laura Fenton with an 11-7, 11-2, 13-15, 11-4 win. On the comeback trail, McKinney had all but disappeared from the pro tour several seasons back, nursing an achilles tendon injury. But she put the pain aside and upset Fenton to advance in the sweet 16.

"It always feels good to win," McKinney said. "Particularly to be able to play well against somebody of the caliber of Laura Fenton. She's proven herself, she's a great player ... I enjoy the competition, if you come out on top then it's a blessing, but the competition is why we're here."



The Fenton-McKinney match was one of five in the round that went over three games, with #2 seeded Cheryl Gudinas, and #4 seeded Jackie Paraiso dropping a game apiece before advancing. Kerri Stoffregen won the first game of her match against Gudinas, and former pro tour champion Marci Drexler pulled out the second game of her match against Paraiso. Chris Evon, who

qualified into the draw, was also pressed to a fourth game by Randy Friedman, while Janet Myers was taken to the only full tiebreaker of the round by Canadian Lori Jane Powell. Two remaining qualifier hopefuls managed to last through the first round of play against seeded players: Jen Yokota over #13 Kim Machiran in four games, and Tammy Brockbank over #12 Doreen Fowler in three.

Men's Round of 32

With two rounds scheduled for Thursday, the men headed for the courts early, where Venezuelan native Fabian Balmori pulled out a second upset over current U.S. national team member and #16 seed Kelly Gelhaus in a marathon tiebreaker. Todd O'Neil, seeded #22, also slipped past a voice-less #11 Tony Jelso in straight games for the only other turnover in the round. Mike Ray found himself pressed by Aaron Katz in their four game match, and Michael Bronfeld took a narrow 11-9 fourth game win over Rocky Carson.

The remaining seeds made quick work of their opponents with straight game victories, but thoughts had already begun to turn toward Sunday — and the largest prize purse in racquetball history.

"In a way, you just have to look at it (as just another tournament) because you can't put too much pressure on yourself," Swain said after his defeat of '94 world champion Sherman Greenfeld. "But there's no question

that this is the biggest one we've ever had."



Men's Round of 16

Top seeded Sudsy Monchik continued his drive toward the final with another in a series of straight game victories over Venezuelan Fabian Balmori, along with Swain, who defeated Doug Eagle to advance. Southpaw #13 Woody Clouse also remained undefeated after taking a straight-game upset win over #4 Jason Mannino, along with John Ellis, who out-powered Louis Vogel in three. Lefty Mike Ray claimed more court time after dropping game one to former U.S. Olympic Festival champion Adam Karp, as did Drew Kachtik in his eventual win over Dan Fowler.



Hometown favorite #3 Andy

Roberts also recovered from an 11-8 first-game loss to '95 national champion Michael Bronfeld in his second round of the day.

"He came out in the first game and just flat played better than I did," Roberts said. Recovering quickly, Andy returned to his power style of racquetball to take the next three games 11-4, 11-3, 11-5.

"I felt like I got better as the match went on and I hit a few kill shots," Roberts said. "Getting to the finals would mean everything. I've been shooting for this tournament for six months ... this is certainly one of my highest goals."

DAY THREE: FRIDAY

Women's Round of 16

With three of the top four seeds remaining in the women's bracket, Michelle Gould led the charge by downing Anita Maldonado 11-0, 11-8, 11-0. Her biggest challenge thus far had been adapting to the portable court.

"I'm just trying to adjust to the court and how the lighting is set and get used to the bounces," Gould said. "I've had some good matches for me to kind of figure it out."

Marketing opted for lower-tech, live entertainment at its display. Owner Doug Smith traveled with a live python named "Walter" to promote his namesake grip ... Head USA rounded up its two top players, Monchik & Swain, for back-to-back poster signing sessions ...

Parties, Parties, Parties ... Industry sponsors hosted a series of player parties at the Racquet Club of Memphis, including Ektelon, Head USA, Leader, Penn Racquet Sports and Spalding.

Never a dull moment ... between matches spectators at the main exhibition court were treated to specialty entertainment, courtesy of local cheerleading troupes, Elvis impersonators, and dazzling laser light shows. Masters of ceremonies Doug Ganim and Otto Dietrich laid in their own versions of "big time" boxing introductions over the airwaves, and big-screen TV monitors broadcast the live action throughout the club.

U.S. OPEN INVITATIONAL RESULTS

[Level Five Invitational Event]

Men's Open: Joel Bonnett (Newaygo, Mich.) def. Javier Moreno (Pueblo, Colo.) 15-4, 15-10. **Women's Open:** Christie VanHees (Kelowna, British Columbia) def. Karin Sobotta (Kennewick, Wash.) 15-9, 15-2

Men's All-Age: Rocky Carson (Santa Maria, Calif.) def. Willie Tilton (Colorado Springs, Colo.) 15-11, 15-4. **Men's 25+:** Mike Locker (W. St. Paul, Minn.) def. Sean Graham (Bridgeport, Ct.) 15-7, 15-6. **Men's 30+:** John Amatulli (St. John, Ind.) def. Brad McCuniff (Cedar Falls, Iowa) 6-15, 15-2, 11-10. **Men's 35+:** Marty Hogan (St. Louis, Mo.) def. Dave Peck (Austin, Texas) 15-11, 15-10. **Men's 40+:** Mitt Layton (Jacksonville, Fla.) def. Ed Garabedian (West Chester, Pa.) 15-8, 8-15, 11-10. **Men's 45+:** Mitt Layton (Jacksonville, Fla.) def. Gene Pare (Fremont, Calif.) 15-11, 15-12. **Men's 50+:** Ed Remen (Reston, Va.) def. Johnny Northern (Detroit, Mich.) 15-10, 12-15, 11-10. **Men's 55+:** Les



Remaining action in the round included a four-game win by #2 seeded Cheryl Gudinas over Chris Evon; a five-game tiebreaker victory by Molly O'Brien over Marcy Lynch; and straight game wins by Robin Levine over Janet Myers, Caryn McKinney over Lydia Hammock, Jackie Paraiso over Jen Yokota, Dina Moreland over Tammy Brockbank, and Lynne Coburn over Amy Kilbane.

Looking ahead to the quarterfinals, Gould mused about opponent Lynn Coburn "she's playing great," Gould said. "I watched her play this afternoon and her serve was on. It's going to be tough."

Men's Quarterfinal

Monchik continued his drive toward the final, dropping only one game to Drew Kachtik in their quarterfinal matchup. In that match, Monchik went so far as to break one of the strings on his *opponent's* racquet on a return of serve.

According to spectator Tim Franklin, "it was the strangest thing I've ever seen. Drew served a z-serve and Sudsy not only hit Drew's racket hard enough to knock it out of his hand, but the shot broke one of the strings."

Enjoying a productive week, Woody Clouse again advanced with an upset over Mike Ray in four games of 11-9, 8-11, 11-8, 11-9. Andy Roberts took three games to advance over Mike Guidry, 11-5, 11-4, 11-7 and move into the semi.

Guidry made no excuses for his play. "I felt like I played alright but Andy was hitting real solid," Guidry said. He was serving great and I really couldn't get into the match. I missed some shots but I never really got opportunities, he played great."



Clockwise (L-R): Joy MacKenzie (I) vs. Michelle Gould; Bruce Erickson (I) vs. Mike Ray; Cliff Swain (I) vs. Andy Roberts; Jackie Paraiso vs. Gould.

Cliff Swain took a four-game victory against John Ellis, dropping the first game 8-11 before rallying to take the next three 11-5, 11-6, 11-5.

DAY FOUR: SATURDAY

Women's Quarterfinals

It was the women's turn to have a long day, with two rounds scheduled in their

bracket. Gould's pre-game

concerns about Coburn turned out to be unfounded, as she advanced easily in straight games. The remaining three winners in the round also held their matches to three games apiece, but not with quite as much ease. Jackie Paraiso eliminated #5 Dina Moreland, 11-7, 11-8, 11-5; Caryn McKinney narrowly upset yet another seeded player with her win over #6 Robin Levine, 11-7, 13-11, 12-10, and Cheryl Gudinas defeated #7 Molly O'Brien, 11-3, 11-8, 11-8.

Men's Semifinals

With a hometown crowd behind him, #3 Andy Roberts advanced into the final after defeating Cliff Swain in a four-game upset. Roberts edged out Swain with a strong opening bid, winning the first two games 11-9, 11-4 and holding a lead all the way to match point in the third. Swain battled back several times to reach his own match advantage at 11-10, then finished the game with an ace drive serve into the glass on the forehand side. But the effort seemed to take its toll on Swain, and Roberts served out the remainder of the match, winning 11-0 in the fourth.

"I think I had three or four chances at match point," Roberts said. "I thought I put three good serves into play and he just hit excellent returns. I was telling myself that there was nothing negative to come out of that, only positive. The pressure was on him and he answered it."

"I thought we were both playing at a high level," Roberts said. "Here, I thought the difference in the

match was that I wasn't giving him any easy points off of his serve."

At the top of the bracket, #1 seeded Sudsy Monchik advanced over #13 seeded left-hander Woody Clouse to reach the final. After Clouse took the second game 11-8, Monchik held off a serious challenge in the third to pull ahead to a 13-11 win and go up two games to one. In the deciding fourth, Monchik took a more direct approach to claiming his finals spot, with an 11-4 win.

Women's Semifinals

Michelle Gould earned her spot in the finals with a straight game win over former doubles partner Jackie Paraiso, keeping to her tradition of not allowed anyone to break a double-digit score against her.

"I did a good job of staying focused and putting the ball down when I needed to," Gould said. "I didn't want her to dictate the pace, her style of game is much different than mine."

On the other side of the bracket, Caryn McKinney's triumphant return to the pro tour was the talk of the event. Once at the top of the women's tour until injury sidelined her from competition, the U.S. OPEN was her first major event in several seasons.

"She's always a threat because she is so smart and crafty," Gould said. "She says that she hasn't been training for this event, but that's not true and nobody believes it. She's been practicing her normal five hours per day."

Still, Gould's doubles partner Gudinas made her way past McKinney in a five-game tiebreaker to reach the final. "Cheryl played a really tough match (against McKinney)," Gould said. "The key for her was getting her serve in and being able to move her feet."



Barbanell (Fort Lee, N.J.) def. Fred Letter (Warren Township, N.J.) 8-15, 15-8, 11-9. Men's 60+: Jay Krevsky (Harrisburg, Pa.) def. Paul Banales (Phoenix, Ariz.) by forfeit. Men's 65+: J.D. Driver (Muskegon, Mich.) def. Bert Schulimson (Chicago, Ill.) 15-7, 15-9. Men's 70+: Earl Acuff (Asheville, N.C.) def. Malcolm Roberts (Melbourne, Fla.) by forfeit. Men's 75+: Earl Acuff (Asheville, N.C.) def. Nick Sans (Irvine, Calif.) 15-12, 15-11. Men's 80+: George Spear, Sr. (Poughkeepsie, N.Y.) def. Allen Shephard (Asheville, N.C.) by forfeit.

Women's All-Age: Amanda MacDonald (Saskatchewan, Canada) def. Sara Borland (Bettendorf, Iowa) by forfeit. **Women's 25+:** Michelle Wragh (Laurel, Md.) def. Arithnita Dickerson (Oak Park, Mich.) 15-1, 4-15, 11-3. **Women's 30+:** Kersten Hallander (Jacksonville, Fla.) def. Lorraine Galloway (Jamaica Estates, N.Y.) 15-13, 15-1. **Women's 35+:** Kim Machiran (St. Louis, Mo.) def. Denise Mock (Dallas, Texas) 7-15, 15-14, 11-7. **Women's 40+:** Linda Moore (Lincoln, Neb.) def. Janell Marriott (West Warwick, R.I.) 15-7, 4-15, 11-9. **Women's 45+:** Janet Myers (Charlotte, S.C.) def. Shelley Ogden (Cincinnati, Ohio) 15-10, 15-6. **Women's 50+:** Gerri Stoffregen (Cincinnati, Ohio) def. Margaret Hoff (Park Ridge, Ill.) 15-8, 15-7. **Women's 55+:** Nancy Kay Butts (La Crosse, Wis.) def. Mildred Gwinn (Waxhaw, N.C.) 15-13, 12-15, 11-7. **Women's 60+:** Jo Kenyon (Tallahassee, Fla.) def. Lola Markus (Park Ridge, Ill.) 15-7, 15-4. **Women's 65+:** Lola Markus (Park Ridge, Ill.) def. Mary Low Acuff (Asheville, N.C.) 15-9, 15-2.

U.S. OPEN NATIONAL SKILL LEVEL CHAMPIONSHIPS [Level Six National Event]

Men's A: Daniel Pischke (Kirkland, Wash.) def. Scott Foster (Pleasanton, Calif.) 15-3, 9-15, 11-7. **Men's B:** Sam Ryder (Boyceville, Wis.) def. Tony DeSanto (Ft. Myers, Fla.) 15-11, 15-8. **Men's C:** Kazushige Oikawa (Tokyo, Japan) def. Preston Gaster (Sanford,

ROAD TO THE FINALS

#1 **Sudsy Monchik** - Staten Island, New York

def. Qualifier Simon Roy 11-5, 11-6, 11-3
 def. #32 Rafael Filippini 11-7, 11-9, 11-0
 def. Qualifier Fabian Balmori 11-5, 11-5, 11-2
 def. #0 Drew Kachtik 3-11, 11-7, 11-9, 11-6
 def. #13 Woody Clouse 11-4, 8-11, 15-13, 11-4
 def. **ANDY ROBERTS** 11-8, 11-9, 11-3

#3 **Andy Roberts** - Memphis, Tennessee

def. Qualifier Shane Vanderson 11-1, 11-2, 11-4
 def. Qualifier Brian Istace 17-0, 11-1, 11-1
 def. #19 Michael Bronfeld 8-11, 11-4, 11-5, 11-3
 def. #6 Mike Guidry 11-5, 11-4, 11-7
 def. #2 Cliff Swain 11-9, 11-4, 10-12, 11-0

#1 **Michelle Gould** - Boise, Idaho

def. Qualifier Joy Mackenzie 11-3, 11-5, 11-4
 def. #16 Anita Maldonado 11-1, 11-7, 11-0
 def. #6 Lynne Coburn 11-3, 11-6, 11-6
 def. #4 Jackie Paraiso 11-5, 11-5, 11-1
 def. **CHERYL GUDINAS** 11-5, 11-4, 11-3

#2 **Cheryl Gudinas** - Chicago, Illinois

def. Qualifier Keri Stoffregen 7-11, 11-5, 11-5, 11-8
 def. Qualifier Chris Eyon 11-6, 3-11, 11-3, 11-8
 def. #7 Molly O'Brien 11-3, 11-8, 11-8
 def. Qualifier Caryn McKinney 11-3, 11-6, 9-11, 2-11, 11-6



Above: Finalists Gudinas, Gould, Monchik & Roberts following the award ceremony. Below: Gudinas (l) and Gould in their final.

"Today, I felt up," Gudinas said. "I fought for what I could get and then when I got into the box I didn't have any serves. I'm going to go home and work on my drive serve."

DAY FIVE: SUNDAY

Women's Final

The women took to portable court first and dazzled the crowd with terrific serve and volley play. And, not surprisingly, it was top ranked Michelle Gould who came away with the win by downing perennial finalist and #2 seed Cheryl Gudinas in straight games 11-5, 11-4, 11-3.

"I felt really good about today's match," Gould said. "Cheryl and I have played a lot this year and we're doubles partners so I think we know each others strengths and weaknesses well."

Cheryl admitted that her weakness is a lack of service power, which kept her from the winner's prize money.



Gould knows her own strengths, too. "I knew it was going to be important, especially on this court, to get in

a good serve to force the weak return and then a quick put-away," she agreed. "If you give Cheryl an inch she'll take a foot."

Men's Final

It was #1 vs. #3 — Monchik vs. Roberts. But even with his hometown crowd, Roberts could not pull off the upset as Monchik took it in straight games of 11-8, 11-9, 11-3.

"Suds served really well this afternoon," Roberts said. "I couldn't get any rhythm in the match. In the rallies, I felt like I was winning most of them, the problem was that there were no rallies."

Monchik opened the match with a 10-1 lead in game one which included eight aces.

Right: Sudsy dives for a shot in his final against Roberts. Below: Dick Hackett and Ray Schultz accept the "big check" for St. Jude Children's Hospital at the awards ceremony. All photos this feature: Mike Boatman.



"Playing Andy always brings out the best in me," Monchik said. "I just wanted to come out and play real aggressively from the beginning and try to jump on top which I did. But as good as Andy is, he came back and definitely gave me a scare."

The Tally

The inaugural U.S. OPEN event marked the largest prize purse — totalling \$50,000 — ever awarded to both male and female professional racquetball athletes. Sudsy Monchik received a \$10,000.00 check for his six-round advance, and Michelle Gould took home \$4,000.00 for her efforts through five rounds of competition. The two will also be immortalized as the first pro winners to have their names inscribed on the U.S. OPEN championship cup. Each received a replica of that cup along with their winnings.

A third major winner — the St. Jude Children's Research Hospital — benefitted from five separate fundraisers conducted throughout the week during the Open: The Pro-Am Doubles Challenge, a silent auction, live auction, the "Master Chef's Dinner for the Children" and referee donations. Their grand prize was a check in the amount of \$11,560.00 for the hospital.

"It's a real honor for the children of St. Jude's," Dick Hackett said, "and I'm here to simply say on their behalf, 'A very pleasant thanks to Promus Hotel Corporation.'"



N.C.) 15-3, 15-3. **Men's D:** Leonard Toth (Grand Prairie, Texas) def. Ray Meisner (Glendale Heights, Ill.) 15-4, 8-15, 11-5.

Men's All-Age A/B: Alain Pujolar (Hialeah, Fla.) def. Sam Ryder (Boyceville, Wis.) 15-6, 15-9. **Men's All-Age C/D:** Fabrizio Avelar (Caracas, Venezuela) def. Elliott Mistich (Belle Chase, La.) 15-7, 15-7. **Men's 25+ A/B:** Ken Blalock (Mount Pleasant, Texas) def. Don Dettmore (Altamonte Springs, Fla.) 15-10, 15-14. **Men's 35+ A/B:** Duffy Bracken (Hamilton, Ohio) def. Geoff Hunter (Naples, Fla.) 15-13, 10-15, 11-1. **Men's 35+ C/D:** Preston Gaster (Sanford, N.C.) def. Rayne Thomas (Harahan, La.) 15-14, 15-2. **Men's 45+ A/B:** Thomas Rall (Albany, N.Y.) def. Lee Brown (Jackson, Tenn.) 15-0, 15-2. **Men's 45/55+ A/B:** Jerry Williams (Meadows, Texas) def. Jack Morganroth (Cincinnati, Ohio) 15-11, 14-15, 11-9. **Men's 55+ A/B:** Jay Krevsky (Harrisburg, Pa.) def. Leo Bourque (Grant, Fla.) 15-3, 15-1

Women's A: Michele Kinaan (Costa Mesa, Calif.) def. Vallana Perrault (Virginia, Minn.) 15-8, 15-8. **Women's B:** Yesenia Delbusto (Miami, Fla.) def. Adrienne Fisher (Dayton, Ohio) 15-11, 15-1. **Women's C:** Heather Elliott (Fort Myers, Fla.) def. Kassi Herr (Orlando, Fla.) 15-7, 15-13. **Women's D:** Terry Truvillion (Detroit, Mich.) def. Judy Mancuso (Lexington, Va.) 15-7, 15-2.

Women's All-Age A/B: Vallana Perrault (Virginia, Minn.) def. Yesenia Delbusto (Miami, Fla.) 15-10, 15-10. **Women's 25+ A/B:** Angela Burth (Alexandria, Va.) def. Debbie Chen (Honolulu, Hawaii) 15-8, 15-10. **Women's 25+ C/D:** Tammy Leiting (Racine, Wis.) def. Heather Elliott (Fort Myers, Fla.) 13-15, 15-8, 11-10. **Women's 35+ A/B:** Rose Cornelius (Santa Maria, Calif.) def. Susan Hann (Malabar, Fla.) 15-5, 5-15, 11-6. **Women's 35+ C/D:** Kassi Herr (Orlando, Fla.) def. Tawn Wolfe (Huntington Beach, Calif.) 15-5, 15-8. **Women's 45+ A/B:** Margaret Hoff (Park Ridge, Ill.) def. Nidia Funes (Novato, Calif.) 2-15, 15-9, 11-5.



... UNLESS IT'S YOUR DOUBLES PARTNER

by Brad Patterson

Doubles. Notice that the word is very close to "couples." And with good reason. When individual athletes join forces to form a doubles team, that bond can become greater than many marriages and closer than most sibling relationships. The partnership is sometimes fleeting, sometimes lifelong, but always very important to those involved.

In sports such as racquetball, tennis or bowling, the athlete is usually on their own. Winning or losing is dependent upon that individual's talent, preparation and effort. The athlete is solely responsible for the outcome. The player has no one to blame if the result is a loss, and does not have to share the credit with anyone when victorious.

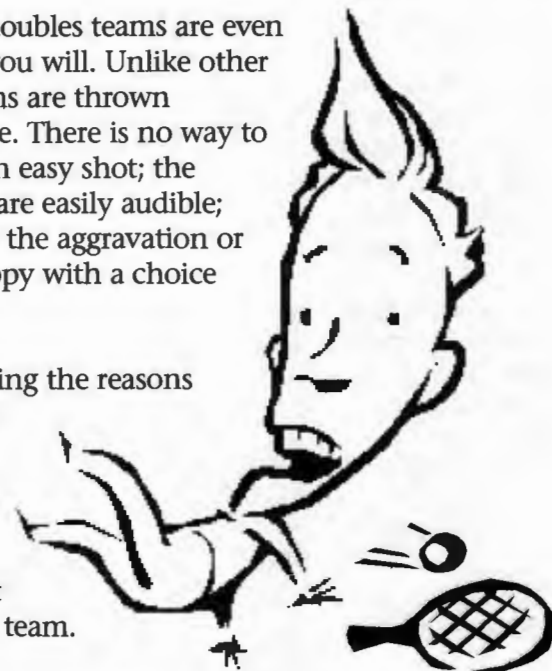
But that all changes in doubles. Ideally, the two players are of near ability level. When one player is much stronger than the other player, it adds strain to the partnership. The weaker player usually is under a great deal of pressure to hold up their side of the court and the stronger player often times overcompensates and takes risky chances. Whatever the skill differences between the partners, the team loses if both players can not hold up their ends of the proverbial bargain.

In racquetball, doubles teams are even more intimate, if you will. Unlike other sports, racquetball teams are thrown together in a confined space. There is no way to

hide the grimaces when a partner misses an easy shot; the groans when a partner skips an easy return are easily audible; there is no place to look in an effort to hide the aggravation or frustration that builds up in a player, unhappy with a choice of doubles partner.

Psychologists would have a field day analyzing the reasons why some doubles teams are successful and others are not. There also seems to be no rhyme or reason behind what makes a player successful with one doubles partner and not successful with another. It's well known that two great singles players do not necessarily make for a doubly-great doubles team.

There are literally a million stories about doubles teams and doubles partners in the Naked City, and here are a just a few of them.



Racquet Science

Basic physics teaches us that there is a balance point for every racquet. As that point moves closer to your hand, the racquet swings faster. Farther from your hand, the racquet swings slower.

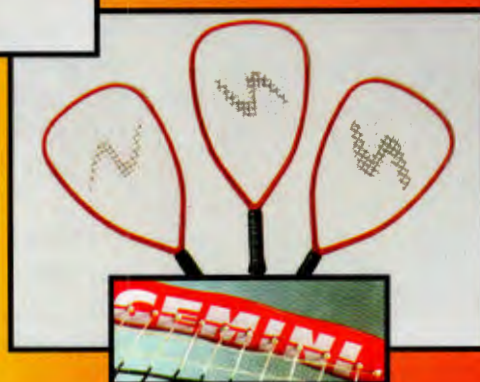
Of course, higher racquet speeds mean greater ball velocity. But it also means that if you hit the ball too late or too early in your swing, you can change your balance point to hit the ball in the optimum "midpoint" zone in each swing. The result is more power with better control than ever before.

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NO
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... how to dump ...

First, what makes a successful doubles team?

"The most important thing is communication," said Jim Hiser, Associate Executive Director of the United States Racquetball Association. "That is the key."

The world's number one ranked women's singles player, Michelle Gould, agreed.

"You have to be able to communicate with your doubles partner," said Gould, who recently won the National Doubles title with Cheryl Gudinas. "Compatibility is also very important. Some people just don't play well with other players."

Communication was the trait mentioned the most by players of all ability levels when asked about the qualities of a good doubles team.

Larry Daub, an A Division doubles player, said he looks for someone "I like," when picking a doubles partner. Daub also said that the roles of the team have to be clear.

"I think that one of the partners has to be the leader," he said. "It can make it pretty difficult if both players are trying to be in charge of calling the shots and setting the strategy."

Robin Levine, currently one of the top ten women players in the world, said that the best teams "just gel better."



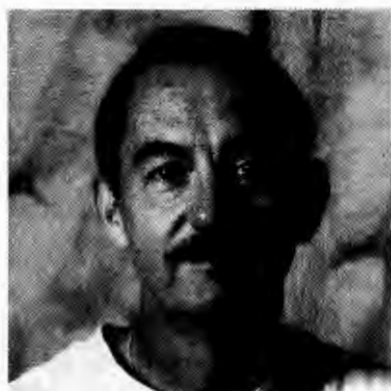
"You have to have confidence in your partner," she said. "It's pretty tough to be successful if you don't have confidence in each other."

Okay, communication is vital; compatibility seems to be important to make up a good doubles tandem; you must "gel," as a team, and maybe there are some actual strategic reasons behind the successful doubles team. For some excellent advice on picking a good doubles partner and on *being* a good doubles partner, see the July/August issue of Racquetball Magazine and check out the 'Cardinal Rules' offered by Lynn Adams.

"I think you want to complement the other player," said Kory Duarte, who lives in Oklahoma City and plays in the Open Division. "If your partner has a great backhand, then they play the backhand. If one player is really aggressive and goes for a lot of winners, I think they need a partner who is a little more consistent."

Illinois State President Geoff Peters says he would rather play with a friend in doubles, looking at doubles as "more of a social thing."

"I think teams tend to play better if the players have different styles," Peters said. "Compatibility is very important to a good doubles team, at least at the recreational level. If you're at the top,

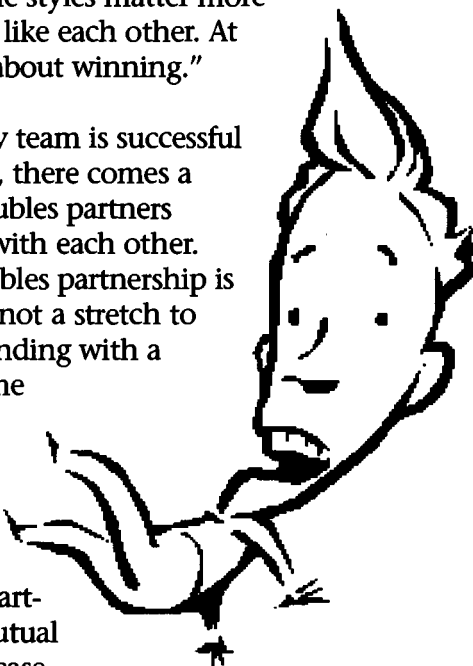


Top to Bottom: Larry Daub, Robin Levine, Todd O'Neill. Photos: Jeff Rust.

... your doubles partner

then I think the styles matter more than if players like each other. At that level, it's about winning."

Now, not every team is successful of course. And, there comes a time when doubles partners cease playing with each other. When the doubles partnership is dissolved, it is not a stretch to compare the ending with a divorce. In some case, it is amicable. In some instances, the decision to break up the partnership is a mutual one. In many case, however, there is a feeling of rejection and/or betrayal — at least on the part of the "dump-ee." For the (such a terrible phrase) "dump-er," if you will, there is guilt, anxiety, and often feelings of consternation over whether or not it was the right decision.



Sometimes, the decision to end the doubles relationship is made quickly — in the hallway immediately following a poor performance in a tournament, for example. But on most occasions, at least one doubles partner has thought of dissolving the team long before the actual decision has been made. There are countless reasons why a player decides to break up a partnership, and many ways to go about it. But, certainly, as Neil Sedaka sang so many years ago, "Breaking Up Is Hard To Do."

"I was shocked," said Todd O'Neil, recalling being dumped. He and partner Jack Nolan had just won the 1986 World Doubles championship, a "big win," said O'Neil.

"I thought it was a given that we would continue to play together," he continued. "It was disappointing. Sure, there was a little feeling of rejection."

But O'Neil recovered sufficiently enough to pick up a new partner just prior to the next major event and finish third — ahead of his former partner. A somewhat happier ending.



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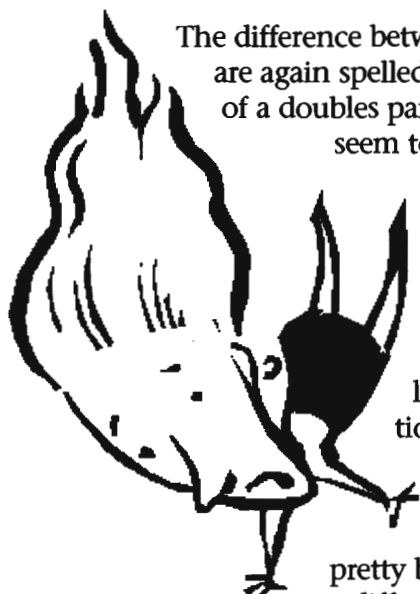
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The difference between men and women are again spelled out in the breakup of a doubles partnership. Women seem to take everything so personally — the men, less so.

"On the women's tour, it's like a messy divorce, or ending a long-term dating relationship" Levine said.

"Some people take it well, and other times, it can be pretty bad. For the guys, it's different. It happens, and they go on."



The traditional macho image of the male probably has something to do with the fact that the men do seem to take getting dumped better. The "stiff upper lip," supposedly enables the male to go back out and find another partner with ego intact.

Either way, when the decision has to be made to end the partnership, our "experts" were unanimous in their advice.

"You need to discuss it with your partner first," said Daub, who said he has never had to "dump" a partner, and has not been dumped himself, "and not with anyone else." Be honest. This goes back to the communication aspect. You've got to be able to talk it out with your partner.

"I would do it in a neutral location," Daub added. "... away from the racquetball court."

Levine also urged anyone who is thinking of getting rid of their partner to do it quickly.

"Don't wait around," she said. "And, don't do it right before a big tournament."

Gould has changed partners often. She is, after all, arguably the greatest player of all time, and has no shortage of potential partners who would like to play with her. "I think change is good," she said. "Relationships need to grow."

She wholeheartedly agreed with Levine's comments on the timing.

"I delayed telling a person once, waiting for the right time, and it hurt me," she said. "If you make the decision, be honest and get it all out right away. The important thing is to keep your friendship intact. That is sometimes hard to do, but if you handle it right, it can be done."

So, if you get dumped, don't take it personally — sometimes it is best for your growth as a player. And, if you have to dump your partner, do it quickly and keep the partner as a friend if possible. Sounds like pretty sound advice.

O'Neil has had an interesting history in ending his doubles relationships.

"Almost all the partners I have played with, like, retired after I finished playing with them. Maybe I just wore them down mentally," O'Neil said. Then, referring to his current partner (with whom he recently won the national doubles title), Todd wondered aloud "I hope Derek Robinson isn't ready for retirement."

Author's Note: If you have an amusing anecdote (and WE will be the judge of what is 'amusing,' — thank you very much) on dumping a doubles partner or having been dumped by your partner, we want to hear from you. Write, call, fax or email (this IS the 90's after all) the USRA office. We will publish some of the better anecdotes.

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STRONG FUNDS PRO-AM

The IRT returned to Milwaukee for the second annual Strong Funds Pro-Am, where qualifying was conducted Wednesday night and the following players made the main draw: Josh Freeman, Brian Istace, George Delaney, Philip Nordan, Dave Negrete, Mike Johnston, Rafael Fillipini, and Glen Strengers from down under.

Opening Round

There were no upsets to report in the first round, but Drew Kachtik was given all he could handle by Raphael Fillipini who fell just short of a turnover, losing 10-12 in the fifth. Remaining top seeds advanced to the second round without dropping a game. James Mulcock continued his steady climb by beating Todd O'Neil in

Round of Sixteen

The round of sixteen held pretty true to form, with the exceptions of #11 Louis Vogel knocking off #6 John Ellis in five games, and #9 Dan Fowler taking out #8 Drew Kachtik in four. Cliff Swain beat Mulcock, Mike Guidry beat Jelso, Andy Roberts beat Reiff in five games, Jason Mannino got past Clouse in three, Mike Ray won against Karp, and Sudsy Monchik took out Gelhaus in three.

Quarterfinals

The surprise upset of the round went to Louis Vogel as he served Andy Roberts right out of the tournament. Vogel, who's been off and on with his serve in the past, seems to have it dialed in this year. Swain and Guidry battled to the tiebreaker with Swain coming out on top 11-7. Jason Mannino and Mike Ray also did some real battling, but Ray pulled out the tiebreaker 12-10. Continuing the tiebreaker trend in this round, Dan Fowler pushed Sudsy Monchik to the limit with wins in games three and four before Sudsy won the fifth 11-4.

Semifinals

For the second week in a row Vogel and Swain faced off, and Vogel got off to a bad start, again. Cliff was on the serves Louis was launching at him, and won in straight games. Sudsy did the same in his match, taking out Mike Ray in three.

Final

The final was a rematch of the previous week's final in Chicago—Swain vs. Monchik. The two were set for battle, and Monchik drew first blood 11-7. Both players were showing off their impressive array of shots and court coverage, forcing each other to hit perfect shots for winners. The match easily could have gone to five games, but Cliff toughed out the third, swung the momentum his way, then won the fourth game to avenge his loss in Chicago. This is how it is at the

top, one or two shots make all the difference ... or so I hear anyway!

ROUND OF SIXTEEN	
Sudsy Monchik	11-2
Dan Fowler	11-7
Mike Ray	12-11
Jason Mannino	11-9
Andy Roberts	11-8
Louis Vogel	11-4
Mike Guidry	11-7
Cliff Swain	11-7
QUARTERFINALS	
Sudsy Monchik	11-4
Mike Ray	12-10
Louis Vogel	11-6
Cliff Swain	11-7
SEMIFINALS	
Sudsy Monchik	11-3
Cliff Swain	11-1
FINAL	
Cliff Swain	11-6

five, Tony Jelso beat Ryan Homa, Louis Vogel beat Kelley Kerr, Scott Reiff knocked off Derek Robinson, Wood Clouse took out Brian Simpson, Adam Karp got past Mike Glowa, Dan Fowler beat Mike Green, and Kelly Gelhaus beat Darrin Schenck in four.

HALLOWEEN CLASSIC PRO-AM

IRT in the Windy City!! Please note I have refrained from any cheesy trick or treat jokes, although the pros did enjoy a costume party during the infamous Negrete gala on Saturday ...

Once again the IRT boasted a big qualifying draw, featuring survivors Jimmy Ellenberger, Sherman Greenfeld, Brian Istace, Mike Green, Brad McCunniff, Grant Smith, Ryan Homa, and George Delaney who all moved up to the big time!!

Opening Round

All but one of the seeds advanced without too much damage, but Mike Ray was eliminated from the tournament in three straight. A few of the other seeds dropped a game, but no one else got a good scare. (Oops, a Halloween joke.) Other first round action included Mulcock over Schenck, Fowler past Kerr, Karp advancing by Ceresia, Clouse beat Reiff, Robinson squeaked past O'Neil in four, Jelso took out Glowa, and Vogel and Gelhaus advanced with forfeit wins over Vince Kelley and Tim Doyle, respectively.

Round of Sixteen

Sherman Greenfeld kept the upset wave going with his win over Dan Fowler in a long five-gamer. Sudsy Monchik got past James Mulcock in four, Adam Karp upset Mike Guidry in four, Ellis dropped the first two to Clouse but came back to win the next three. The bottom half included Andy Roberts advancing after a

ROUND 1	
Sudsy Monchik	11-9
Sherman Greenfeld	11-8
Adam Karp	11-9
John Mulcock	11-8
Andy Roberts	11-6
Jason Mannino	12-10
Louis Vogel	11-9
Cliff Swain	11-8
QUARTERFINALS	
Sudsy Monchik	11-2
Adam Karp	11-9
Jason Mannino	11-6
Cliff Swain	11-5
SEMI-FINALS	
Sudsy Monchik	12-10
Cliff Swain	11-7
FINAL	
Sudsy Monchik	12-11-8

seesaw battle with Derek Robinson, Jason Mannino beating Tony Jelso in three, Louis Vogel defeating Drew Kachtik in four, and Cliff Swain cruising pasting Kelly Gelhaus in three.

Quarterfinals

The round had some different match ups for a change, and also a few surprises. The first upset of the round went to Jason Mannino as he knocked off #3 Andy Roberts in five. Next on the upset list was Adam Karp in

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RALPH'S/FOOD 4 LESS PRO-AM

The tour made it's annual journey to one of its favorite sites in Riverside. This club has seen some great racquetball in the past, and this stop would continue the precedent with yet another large, multi-round qualifying draw – congrats to the survivors. Although none were fortunate enough to see the next round, Ruben Gonzalez outlasted Mike Bronfeld in five, Scott Reiff took out #9 Dan Fowler in four, Karp got past Sable in four, Kelly Gelhaus took Clouse out of the tournament early, James Mulcock beat Derek Robinson in five, Vogel breezed past Sawyer, Todd O'Neil ousted Tony Jelso, Tim Doyle blew out yours truly and all the top seeds advanced unscathed.

Round of Sixteen

The round of sixteen saw Monchik defeat mentor Gonzalez, Mannino take out Reiff, and Ellis beat Gelhaus — all in straight games. Drew Kachtik came from behind to beat Karp, Mike Ray toughed out a close one with Vogel, Guidry outlasted O'Neil in a marathon, and Roberts beat Mulcock in four. A forfeit by Tim Doyle moved Swain up a round.

Quarterfinals

Monchik and Mannino are always an entertaining match-up, with Sudsy running shots down from everywhere, and Jason cleaning the floor with his chest. The crowd was dazzled by the acrobatics as Sudsy went on to win in four. Kachtik dropped the first two games but showed some real toughness to come from behind to beat Ellis in five. Andy Roberts served some missiles and threaded the lines to cruise past Mike Ray in three straight. In his first real match of the tournament, Swain looked sharp in his four game win over Guidry.

Semifinals

The semis featured two great match-ups, with wily veteran Drew Kachtik against the number one Sudsy Monchik and Cliff Swain facing Andy Roberts. Kachtik surprised everyone but himself by beating the top ranked Monchik in four games, using a combination of drive Z's and good passes to keep Monchik's power at bay. Any Roberts and Swain match is sure to provide some of the finest racquetball on the tour. This time the match went Andy's way, as he won the first two games, lost a close third 13-11, and giving Cliff a doughnut in the fourth.

Reiff	11-2
Sable	11-3
Jason	11-4
Drew	11-2
John	11-1
Andy	11-6
Mike	11-3
Cliff	11-8
Guidry	11-5
Sudsy	11-6
Drew	11-4
Andy	11-8
SEMIFINALS	
Drew	11-6
Andy	11-0
Final	
Andy	11-9

his defeat of John Ellis in four games. Karp took advantage of an ailing Ellis and cruised into the semi's for the second time in his career. Sudsy Monchik came out blazing, handing Sherman a donut to start the match. But Greenfeld pressed on, and ground the match out to five games before losing 11-2 in the fifth. Cliff Swain did the same, serving up a first-game donut to a slow-starting Vogel, who couldn't find any rhythm with his serve, and lost in three straight.

Semifinals

The semifinals pitted Adam Karp vs. Sudsy Monchik and Cliff Swain vs. Jason Mannino. The #1 player in the world looked ready to defend his spot, as he moved on to the finals in four games. Swain held up his end of the deal by beating Jason Mannino in three straight games. So the number one and number two players made it through the draw, and faced each other in the finals on Sunday.

Final

The Woodfield crowd was ready for some great action, and the two best players in the world were aiming to please. The match went to a tiebreaker — as usual between these two. Swain won the first 11-8, but Monchik stormed back to win the next two 12-10 and 11-3. Cliff won the fourth in a close 12-10 game, but Monchik toughed it out and won the fifth 11-8 to take the title.

LOW BACK PAIN

By Dr. Grant P. Smith

How did you feel when you got out of bed this morning? Bones creaking like the floor of a run down racquetball court? Feel like the sands of time have settled in the small of your back? Well it's time to do something about it.

Research shows that four of every five adults will be affected by low back pain at some time in their life. Obviously low back pain is a common occurrence and is inevitable unless you take care of yourself. Besides maintaining a well balanced diet, exercise is very important and should be implemented into a daily routine in order to strengthen the lower torso and prevent further spinal complications. Exercise promotes healing and increases circulation, which brings more healing nutrients to the affected area. There are many different things that you can do for the low back, and recommending specific exercises is not easy, because of conflicting schools of thought.

One thing is certain, extension exercises are not recommended because of facet jamming and compression of the nerves. Looking at the biomechanics of the trunk and lower extremity, there are certain groups of muscles that aid in low back support. The lumbar extensors and abdominals provide stabilization for the lower torso, and the quadriceps, hamstrings and gluteals help support the pelvis. When working these muscle groups it is important to use caution and safety, "even if you know what you're doing." Personal trainers are a great tool to use if you want to get started on the right foot.

Remember, everybody is different and what works for one person may not work for the next.

→ **Riverside ...**

Final

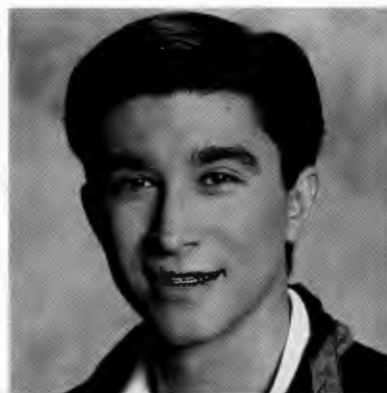
The two finalists were decided. Drew Kachtik fresh off his win over Sudsy and Andy coming off a strong performance against Swain. Much to the capacity crowd's delight, the match went the distance. The two traded games until the fifth, where the match would be decided at the wire. Both players hit some clutch shots, but Roberts solid game prevailed for the 11-9 win.

Low back pain is recognized by imbalance and weakness in varying degrees whether it is bone, joint capsule, nerve, ligament, muscle or tendon. A proper exercise regimen should be targeted toward improving flexibility, postural balance and strength.

In my next article, I will discuss specific exercises and the proper way to do them. Until then, you should consult a personal trainer in your local health club.

SOME CONTRIBUTING FACTORS OF LOW BACK PAIN
Smoking, drug abuse, poor posture, over working the body, prolonged sitting or standing, occupation, family history of low back pain.

WHAT CAN HELP? Exercise, good posture, chiropractic care, lose excess weight, proper nutrition, lumbar supports.



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'96 '97 irt & wirt rankings

MEN'S STANDINGS

1.	Sudsy Monchik.	New York	2691
2.	Cliff Swain	Massachusetts	2132
3.	Andy Roberts	Tennessee	2076
4.	Mike Ray	South Carolina	1362
5.	Mike Guidry	Texas	1335
6.	Jason Mannino	California	1323
7.	John Ellis	California	1265
8.	Drew Kachtik	Louisiana	1003
9.	Dan Fowler	Maryland	945
10.	Woody Clouse	California	852
11.	Louis Vogel	New Mexico	833
12.	Adam Karp	California	788
13.	Tony Jelso	California	730
14.	Michael Bronfeld	California	480
15.	Kelly Gelhaus	California	469
16.	Derek Robinson	Washington	457
17.	James Mulcock	New Mexico	446
18.	Brian Rankin	Missouri	414
19.	Todd O'Neil	Texas	400
20.	Ruben Gonzalez	New York	378

Rankings as of 12.05.96

WOMEN'S STANDINGS

1.	Michelle Gould	Idaho	900
2.	Cheryl Gudinas	Illinois	685
3.	Jackie Paraiso	California	506
4.	Dina Moreland	California	420
5.	Robin Levine	California	387
6.	Laura Fenton	Nebraska	360
7.	Lynne Coburn	Maryland	356
8.	Molly O'Brien	Maryland	321
9.	Marcy Lynch	Pennsylvania	276
10.	Amy Kilbane	Ohio	273
10.	Janet Myers	North Carolina	273
12.	Lydia Hammock	California	208
13.	Anita Maldonado	New York	206
14.	Randy Friedman	New York	198
15.	Doreen Fowler	Maryland	189
16.	Caryn McKinney	Georgia	182
17.	Kim Machiran	Missouri	160
18.	Tammy Brockbank	Idaho	144
19.	Chris Evon	California	143
20.	Lorraine Galloway	New York	100

Rankings as of 12.05.96



pro tour

IRT CALENDAR

January 29 – February 2
Racquet Club of Pittsburgh
Pro-Am @ Racquet Club of
Pittsburgh, Pennsylvania

February 12 – 16
VCI Pro-Am
Southern Athletic Club
Atlanta, Georgia

February 19 – 23
IRT Columbus Pro-Am
Continental Athletic Club
Columbus, Ohio

February 26 – March 2
Penfield Pro-Am @ Penfield
Racquet & Fitness Club
Rochester, New York

March 12 – 16
Coors Light Pro-Am
LA Fitness – Anaheim,
California

March 19 – 23
Boston Pro-Am @ Boston Ath.
Club – Boston, Mass.

March 26 – 29
PaineWebber Pro-Am
City Square Sports Club
Phoenix, Arizona

April 2 – 6
Team Concepts/Gold's Gym
Pro-Am @ Gold's Gym
Syracuse, New York

April 9 – 13
VCI Doubles Championships
Schoeber's Athletic Club
Pleasanton, California

April 23 – 27
Foxwoods IRT Pro Nationals
Las Vegas Sporting House
Las Vegas, Nevada

April 30 – May 4
San Diego Pro-Am '97
Club TBA
San Diego, California

May 14 – 18
Bay101 IRT World
Championships
Bayhill Athletic Club
Milpitas, California

June 4 – 8
Spalding Tournament of
Champions @ Multnomah
Ath. Club–Portland, Oregon

WIRT CALENDAR

January 9 – 12
1997 Grand Slam Pro-Am
Highpoint Athletic Club
Chalfont, Pennsylvania

February 6 – 9
Berglund Roanoke Pro-Am
Roanoke Athletic Club
Roanoke, Virginia

March 14 – 16
RAD Athletics Super Series
Continental Athletic Club
Columbus, Ohio

April 4 – 6
Chattanooga Pro-Am
Sports Barn
Chattanooga, Tennessee

April 23 – 27
Foxwoods WIRT Pro Nationals
@ Las Vegas Sporting House,
Nevada

May 1 – 4
Crystal City Classic Pro-Am
The Skyline Club at Crystal
Gateway–Arlington, Virginia

May 14 – 18
Bay101 WIRT World
Championships @ Bayhill
Athletic Club–Milpitas, Calif.

June 5 – 8
RAD Tournament of
Champions @ Multnomah
Ath. Club–Portland, Oregon

calendar ... tour calendar

SPALDING IRT SATELLITE TOUR

Feb. 28 – March 2

Paducah Open
Paducah, Kentucky
Sandy Trail (502) 443-7529

March 7 – 9

Omni 41 Make-A-Wish
Open–Schereville, Indiana
Rich Lopez (219) 738-1841

March 14 – 16

Green Mountain Open
Essex Junction, Vermont
Ed Hammer-Williamson (802)
654-7717

St. Louis Super Series
St. Louis, Missouri
Brian Rankin (314) 838-1330

Continental A.C. Open
Columbus, Ohio
Steve Lerner (614) 847-0884

April 4 – 6

IRT TN State Championships
Nashville, Tennessee
Walter McDade (615) 871-4301

July 11 – 13

Courthouse of Blues Open
Jackson, Mississippi
Chris Baker (601) 992-3900

IRT CANADIAN PRO-AM TOUR

January 24 – 26

Cedar Springs
Burlington, ONT

Feb. 28 – Mar. 2

Mayfair–Toronto, ONT

April 11 – 13

Fit For Life Agincourt
Toronto, ONT

April 24 – 27

Lakeshore Rec Center
Port Elgin, ONT

May 1 – 4

Grand Finale – Club TBA

Dates TBA

Mirabel – Montreal, QUE
Club TBA – Prince Albert, SAS
Mayfield – Edmonton, ALB
Ottawa Athletic Club, ONT
Fit For Life Airport –
Mississauga, ONT

For Canadian Pro-Am Info:

Adrian Webb
Racq / Reation
(519) 653-3448

IRT CANADA WEST

March 12 - 16

Carnoustie Racquet Club
Port Coquitlam, BC

Dates TBA

Newlands Racquetball Club
Langley, BC
The California Club
Surrey, BC

For IRT CanadaWest Info:

Kelly Kerr – (604) 536-2478
e-mail: irtkid
@uniserve.com

IRT JAPAN

April 5 – 6

Club TBA – Osaka, Japan

July 19 – 21

Sports Club Together
Fukuoka, Japan

For IRT Japan Information:

Koichi Kitamura
Moonlight Workshop;
Headquarters for IRT Japan
81-3-3398-2847
e-mail: chau-san
@libra.bekkoame.or.jp

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LYNMAR CLASSIC A BIG SUCCESS

by Rebecca Maxedon

The Lynmar Classic, held annually at Lynmar Racquet Club in Colorado Springs, Colorado, continues to enjoy larger and larger turn-outs in top-level players from around the region, after a little help from local racquetball player and fan Eddie Meredith.

A building contractor in the Springs, Meredith is one of the major promoters of the event. He approached Lynmar racquetball pro Pete Dean and suggested that extra money, strictly earmarked for cash prizes, might create more interest and increased participation. Then he offered to donate the cash.

"I've been playing racquetball since 1980. I'm originally from Mississippi and we used to go to a lot of tournaments in New Orleans and there was always a lot of excitement and activity around the game" recalled Meredith. "In that time I've seen the game go through a lot of changes."



"I love the game and I thought if I could do something to promote and help people get together to compete and have fun we could generate some interest," he continued.

The tournament is geared toward open players through the prize money offered.

"If you have a big open draw, the rest just falls into place," Meredith said. "The open players often bring in the crowds, just because their games are so elevated."

"I probably don't make a lot more money than anybody else playing at Lynmar" admitted Meredith "I just thought if a little extra would help build the event ... why not put something back into the game?"

1996 Results—Men's Open: Luis Bustillos def. Willie Tilton 12-15, 15-6, 11-5; Men's A: A. Anacala def. Bruce Burgess 15-5, 15-13; Men's B: Marc Schnittker def. Dennis Ortiz 10-15, 15-5, 11-5; Men's C: Neal Oseland def. Mike Matheson 15-12, 15-2; Men's D: Danny Beaudry def. D. Rowan 15-11, 15-4; Men's 35+: Mark Helton def. Jay Reinsma 15-5, 15-13; Men's 45+ Joe Houck def. Terry Dees 15-9, 15-5; Women's A: Carol Zimlinghaus def. Haley Wihongi 15-13, 6-15, 11-10; Women's C: Shelly Stetler def. Lorene Larrew 15-5, 15-11.

COURTSOUTH MAGIC CITY CLASSIC

by Jen Yokota

Lots of fast action and overall great racquetball competition by some of the world's top players was on display in early October at Courtsouth in Birmingham, Alabama. Drawing one of the strongest Men's Open racquetball tournament brackets in the United States, over \$5000 in cash awards was distributed by tournament director Jim Garner.

The favorite, Andy Roberts was defeated by 1994 World Champion Sherman Greenfeld of Winnepeg, Canada. They headlined a field that included three IRF World and several USRA U.S. National Champions.

To reach the final, Roberts defeated David Lockridge of Georgia, followed by James Lorello of Florida. In the semifinal, Roberts defeated Lorello's tournament doubles partner Jason Thoerner by scores of 11-6, 11-6, and 11-1.

Greenfeld defeated Bob "Action" Jackson of Mississippi in the second round of play, then Anthony Ramirez of the University of Memphis in the quarterfinal. The semifinal featured the last two World Champions facing-off against one another in '94 champ Greenfeld and newly-crowned Todd O'Neil of Dallas. O'Neil took the first game, 11-9. But Greenfeld delivered his smooth trademark backhand serve, and kept O'Neil off-balance the entire match and combined it with excellent anticipation to take the remaining three straight 11-8, 11-2, 11-1, in commanding fashion.

In the final, Roberts jumped to a quick 8-1 lead and took the game 11-4. game two was neck-and-neck up to

4-4, when Greenfeld took five straight points en route to his 11-4 win.

Roberts returned to game three with a 6-3 lead, but Greenfeld got the serve back and ran off another set of five consecutive points to gain the lead. Roberts narrowed the gap to 10-9, but Sherman captured game three, 11-9.

Game four was all Roberts as he held his 4-1 and 7-3 leads to take it 11-3. It appeared Roberts had the edge and momentum going into the deciding game, but Greenfeld took a quick 7-0 lead, and although Roberts crept back into the game to 9-7, Greenfeld held on for the 11-8 victory, his first ever over Roberts.

Men's Open Singles Results: Round of 16—#1 Andy Roberts (TN) def. David Lockridge (GA) 11-2, 11-3, 6-11, 11-8; #8 James Lorello (FL) def. Steve Shapiro (GA) 11-3, 11-4; #5 Jason Thoerner (FL) def. So Mathison (AL) 11-1, 11-2, 11-8; #4 Scott Reiff (FL) def. Andy Yambrek (KY) 12-10, 11-2, 7-11, 11-8; #3 Sherman Greenfeld (CAN) def. Bob Jackson (MS) 11-7, 11-0, 11-0; Anthony Ramirez (TN) def. Bill Byford (TN) 11-9, 6-11, 7-11, 11-2, 11-7; Ronald Mount (TN) def. #7 Will Epperson (AL) 12-10, 11-6, 11-9; #2 Todd O'Neil (TX) def. Jeff Garner (AL) 11-6, 11-8, 11-3. Quarterfinals—#1 Roberts def. #8 Lorello 11-6, 6-11, 11-6, 11-3; #5 Thoerner def. #4 Reiff 11-3, 10-12, 12-10, 3-11, 11-8; #3 Greenfeld def. Ramirez 11-5, 11-3, 11-3; #2 O'Neil def. Mount 11-3, 11-9, 11-9. Semifinals—#1 Roberts def. #5 Thoerner 11-6, 11-6, 11-1; #3 Greenfeld def. #2 O'Neil 9-11, 11-8, 11-2, 11-1. FINAL—#3 Greenfeld def. #1 Roberts 4-11, 11-4, 11-9, 3-11, 11-8.

Men's Open Doubles Results: Semifinals—#1 Reiff/O'Neil def. #4 Epperson/Mathison 15-5, 15-3; #2 Thoerner/Lorello def. #3 Goodman/Lockridge 15-1, 15-12.

FINAL—#2 Thoerner/Lorello def. #1 Reiff/O'Neil 15-10, 14-15, 11-9.

CARA & EKTELON HOST MEMBERSHIP DRIVE

by Dave Curtis

The California Amateur Racquetball Association [CARA] and Ektelon joined forces to promote racquetball and association membership through a series of promotional events held at racquetball clubs during November and December. "We combined a traditional evening of equipment demonstration by Ektelon with a special effort to reach new members at the club level" reported Dave Curtis, CARA president.

The demo nights invited players to see and test the latest racquetball gear from Ektelon, including racquets, gloves, shoes, bags and accessories. Ektelon players and

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courtside•update

representatives were on hand to answer questions and give out a training secret or two.

The demo nights also gave CARA a chance to reach out to club players who aren't regulars on the state tournament circuit. While CARA is the largest state organization within the USRA, members total just 2,000 of the one million people who play racquetball in California. "If we are to expand our sport and our organization, we must reach out to the club players as well as continuing to strengthen our base of tournament players," Curtis noted.

FIFTEEN YEARS OF GOOD TIMES

by Anita Efron

It's hard to believe, but 1997 marks our 15 year milestone! Back in 1983, while Revie Sorey was still an active Chicago Bear, we decided it was time to give something back to the sporting world. Although football was his livelihood, racquetball was his passion. Thus, the Revie Sorey Celebrity Racquetball Tournament was born, with the concept of great racquetball and a great time! Revie's personal touch of making each participant feel like his own special guest, has helped the event grow into one of the nation's largest and most popular tournaments.

For our 15th anniversary in mid-January, we're celebrating by bringing together as many players as possible from across the US, Canada and Mexico. It will be an international event with equal prize money for men and women, a huge party with top entertainment and a charity auction, benefitting the Boys & Girls Club. The proceeds will provide quality programming for needy youngsters.

GET A GRIP

by Bobbi Wiarda

La Mesa Racquetball in San Diego, California hosted the first annual GET-A-GRIP racquetball tournament to kick off its twentieth anniversary celebration as the "Last of the original Racquetball Clubs". Many racquetball enthusiasts do not know that racquetball was born in San Diego.

JUNIOR TEAM QUALIFYING CHANGES

The United States Junior Racquetball Team is comprised of 16 individuals who are chosen at a Junior Team Trial held at the United States Olympic Training Center in Colorado Springs each summer. Eight females and eight males are selected from the team trial process and are appointed to the U.S. Junior National Team for one year.

A total of forty-four athletes will be allowed to compete for positions on the U.S. Junior Racquetball Team at the annual team trial. The following criteria will be used to select those athletes who will attend the selection camp:

From annual Junior Olympic Championships

Boy's & Girl's 18 and under semi-finalists (8)

Boy's & Girl's 16 and under semi-finalists (8)

Boy's & Girl's 14 and under finalists (4)

From annual High School Championships

Boy's & Girl's gold division champions (2)

From State recommendations/selections (22)

A total of 22 at-large candidates will be nominated by state association presidents and program officials. [Note: Regional qualifying is eliminated under the new qualifying procedures. Policies and procedures for submitting state nominations will be available from the USRA office in mid-January.]

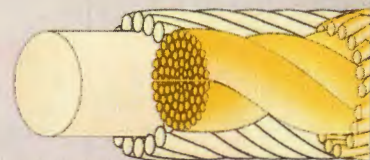
Because of racquetball's history in San Diego, we invited some of the local celebrities to join us opening night. Dr. Bud Muehleisen, writer of the original rules and builder of racquetball courts; Charlie Brumfield, five-time National Champion in the 1970's; Carl Loveday, current senior participant; and Bette Weed, owner of what was Helix Courthouse and nationally ranked player, were in attendance. It was appropriate that Dr. Bud Muehleisen and Charlie Brumfield were pitted against each other at La Mesa Racquetball's opening tournament twenty years ago.

The tournament was a success. The draw was small so we went to a round robin format and the playing was non-stop. That seems to be part of the tournament's success. Come visit us in San Diego, bring your racquet, we'll get you a game and see how racquetball started in a small homey club still maintaining nine courts.

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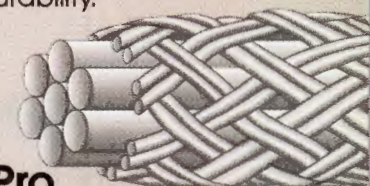
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Michael's, The Ripit Club
800 552-6453

Massachusetts
NRC Sports
800 243-5033

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Pennsylvania
ATS
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GENESIS

The original hangs in the foyer of the International Racquetball Federation office in Colorado Springs. This 40" by 52" work by Colorado artist Donna Pylypczuk is titled "Genesis" and depicts what is considered to be the evolution of racquetball from the



MesoAmerican Ball Game played in Central America as far back as 2000 B.C. It is theorized that all rubber ball games may have their origins in this ancient form of competition.

A limited-edition of 250 signed and numbered artist's prints are available for \$35.00, as well as signed museum quality posters on heavy stock for \$15.00.

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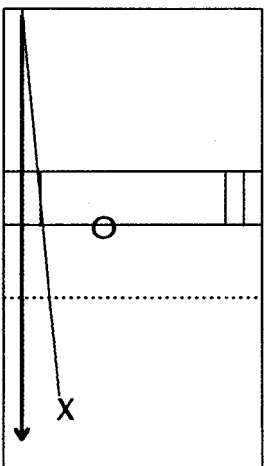
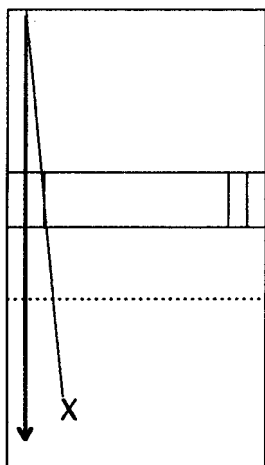
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down the line

Purpose: To pass your opponent, driving them into the back court in order to force a weak return so that you can end the rally.



DOWN THE LINE

Path of the Ball

The Down-the-Line shot hits the front wall 18"-20" high, and travels straight back, close to the side wall. Keep this shot off the side wall, unless it hits the side wall very deep in the court. The ball bounces twice before hitting the back wall.

Execution

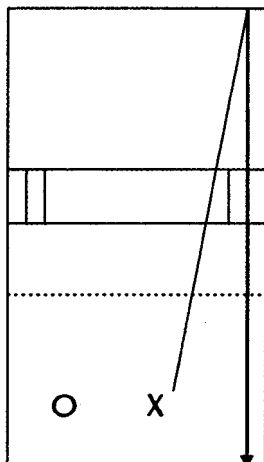
Down the line should be one of the highest percentage offensive shots in your arsenal. Point your front foot in the direction the ball is to travel – toward the front wall for a straight-in shot. For forehand or backhand, turn your hips and step straight into the ball to shoot straight down the line. The follow through is pronounced as the hips turn. Do not stop your swing. The ball travels straight in and straight back, inside the second service line. Maintain your consistent swing and follow through.

When to Use

Hit down the line when you are deep in the court with your opponent in front of you, such as when you return a serve to your forehand or backhand. Down the line is a high percentage shot that can drive your opponent back and to the side, so that you can take center court position and end the rally. Remember, you're not trying to kill the ball a couple of inches off the floor. The ball hits the front wall 18"-20" high and drives past your opponent.



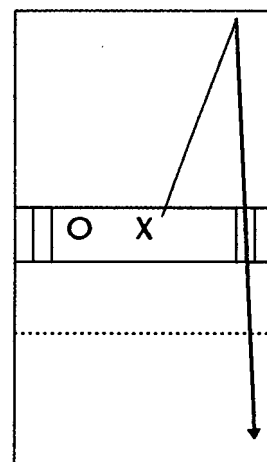
Sixth in a series based on Mastery of Racquetball™, an official USRA instruction program taught by Tom Travers, three-time Men's 40+ National Champion. Travers has taught at the USRA Elite Racquetball Camp, U.S. Olympic Training Center in Colorado Springs, and is assistant coach of the U.S. Racquetball Team.



Also use the Down-the-Line shot when you are deep in the court with your opponent beside you on the side wall...

Or when you are in front court with your opponent beside you on the side wall.

DO NOT USE A DOWN-THE-LINE SHOT WHEN YOUR OPPONENT IS BEHIND YOU!



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AMPRO TIP: The Making of a Champion

By Fran Davis & Diana McNab



A CHAMPION

... is someone (or a team) that performs at their highest level on a consistent basis.
... is committed to achieving excellence.
... is mentally tough.
... is willing to train physically harder than anybody else.
... wants it more than anything and is willing to pay the price for success.
... is driven.
... is determined.
... has passion for their sport.
... has a work ethic equal to none.
... wants to be the best and accepts nothing less.
... is always looking for new ways to get better and improve.
... is never stagnant.
... sees every obstacle as a challenge.
... has the heart of a lion and never gives up.
... is made not born.

These characteristics of champions are what separate

Sudsy Monchik, Michelle Gould, Evander Holyfield, Pete Sampras, the N.Y. Yankees, the S.F. 49ers, and the Chicago Bulls from *all the rest*. Their work ethic is second to none.

Now let's take a look at how you too can develop some of what it takes to be a champion and then use it in moderation depending on your goals, other commitments and limitations you have in your life.

From research studies, we have learned that once the physical skills, strategies and techniques have been developed.... the making of a champion is all in the head. The development of an athlete's self-concept is a key determining factor in their performance level. The "ideal-self" is the exact image of the perfect results – "Can you see yourself winning?" The self-image is how the athlete perceives themselves from the inside/out and ultimately it is the level of an athlete's "self-esteem" or how they feel about themselves at the moment of competition that will determine the end result.

"Visualization" is the key tool in putting it all together. An athlete's mind thinks in pictures when performing. Visual is your #1 sense in sports, then you add words or an affirmation to anchor the image in your mind. Once the image and

message is clear it then passes through your belief-system before it is anchored in your gut to create the blueprint of perfect performance. Champions visualize themselves winning points, games and tournaments naturally. In a relaxed physical state last thing at night and first thing in the morning they "see," "hear," and "feel" themselves performing their sport.

Champions also have very specific pre-game psyche plans – from eating and drinking rituals, to preparation of equipment, to physical warm-up and mental imagery prior to their match. The key to winning is preparation, preparation and more preparation. It is what you do before the event that determines the end result.

Champions also have on-court recovery skills and strategies – from focus and concentration, to physical relaxation and pregame preparation. They use different breathing techniques to calm their mind, monkey slumps and physical rituals to relax their muscles and broad-pinhpoint focus rituals and positive self-talk to keep them in the game.

Champions know how to use "periodization" in their training techniques and simulate tournament situations. The latest research in sports psychology is that what you

perform in practice will determine your weekend results. Elite athletes train hard in mid-week and rest and recover prior to the tournament. Energy comes in waves, so you need to peak in mid-week – recover – and peak on the weekend.

The making of a champion is a science which is very specific, organized and practiced.

Here's a summary of all the different aspects of "Making a Champion":

1. — Diet/Water-Intake
2. — Sleep/Rest/Recovery
3. — Level of Self-Concept
4. — Visualization/Affirmations
5. — Limiting Belief Systems
6. — Periodization in Training
7. — Pre-Game Psyche Plan
8. — Rituals/Breathing/Relaxation
9. — On court recovery techniques
10. — Broad and Pin Point Focus

11. — Concentration/Distracton Control
12. — Mindfulness/Playing in the Now
13. — 100% Confident
14. — Attitude/Motivation
15. — Enjoyment of the Sport

Since a champion is made and not born it doesn't matter what level you play (novice, D, C, B, A, Open or Pro) ... it doesn't matter what your limitations are ... it doesn't matter what you compete in (leagues, in-house or open tournaments or just a friendly match with your buddy) ... there are champions inside each and every one of us waiting to come out. The degrees, obviously vary from the professionals we mentioned in the beginning of the article to you, the amateur, but we all have it within us to perform at our highest level on what is a consistent basis to us.

Go for it...you've got nothing to lose and everything to gain ... to be a champion in your own right!

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Photo by John Foust

AmPRO AMERICAN PROFESSIONAL RACQUETBALL ORGANIZATION *Club* RACQUET

NEWS FOR PROFESSIONALS IN THE BUSINESS OF RACQUETBALL • Special to RACQUETBALL Magazine

MINING FOR RACQUETBALL PROFITS

By Michelle Gould

Would you like to find out how to make money from the racquetball courts in your facility? Are your courts empty and you can't figure out how to get people interested in playing racquetball? Have other clubs in your area converted their courts into weight equipment or aerobics rooms? Would it just be easier for you to forget about racquetball, or would you rather figure out how to make a profit using the resources you already own?

What if you could "mine" substantial profits by digging for hidden treasures within your facility? Would it matter whether these additional profits resulted from cost reductions or new revenues? Since many AmPRO affiliated clubs face these issues every day, we've been working to answer these questions – and more.

We tackled this topic by looking to our member clubs for a successful racquetball program to model – and found the West Allis Athletic Club in Milwaukee, Wisconsin. Their racquetball membership base has remained steady through the sport's boom in the 80's, slump of the early 90's, and comeback of the mid 90's. With twelve courts and approximately 875 regular league positions, this facility has maintained a constant stream of racquetball players over the past decade.

West Allis has 2,500 total members – 1,000 of them racquetball players. The big question everyone wants to know is how they have continued to enjoy success in a sport that has showed decline in recent years. Their answer is customer service and programming!! That answer brings a larger profit to their facility – and could for yours, too.

Quite simply, the club gives their members what they ask for. Their customers wanted a quick, effective workout, with a little stress-relief fun at the same time. The answer was racquetball. To make things even easier, the club developed a unique program that allows members to call the front desk and alert them when they will get a break to come and get a workout. The front desk staff then searches the racquetball member database to find someone of the same ability level – available at the desired time – and calls both parties to finalize the arrangements. They only ask for a couple of hours advance notice to provide the service – which ends the hassle of pre-planning matches, plus gives the member a chance to meet new people. What a great concept!

The West Allis Athletic Club program is possible because they have several employees who handle different areas of racquetball. The key is that they always have at least one person on duty who is responsible for racquetball only. The front desk staff is also very informed about – and highly involved with – the club's racquetball programs and any special events that members might be interested in attending.

The ideal racquetball staff member must know how to run several different, fun programs along with leagues and must be customer service oriented (if your facility doesn't have a programmer for racquetball, you can send one of your employees to an AmPRO clinic to become certified). After all, if your customers aren't aware of your programs, they won't take part in them. The West Allis Athletic Club offers free lesson packages to new members to get them started in the sport

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ADG-QABM-796

Scheduled 1997 AmPRO Instructor Clinics

DATE	SITE	CITY
January 3-5	Downtown Health & Racquet	New Haven, CT
February/March	Site TBA	San Francisco, CA
February 21-23	Merritt Athletic Club	Annapolis, MD
March 14-16	Site TBA	Jacksonville, FL
April 11-13	Site TBA	Phoenix, AZ
April 25-27	Tom Young's Athletic Club	Albuquerque, NM
April 25-27	Site TBA	Buffalo, NY
May 2-4	Site TBA	Houston, TX

Scheduled 1997 AmPRO Programmer Clinics

DATE	SITE	CITY
March 14-16	Site TBA	Jacksonville, FL
June 13-15	Site TBA	Central US
August 1-3	Site TBA	Western US

For additional information, or to schedule your own clinic, please call Michelle Gould, AmPRO Executive Director at (208) 362-3844

that they believe brings them the largest return for their investment. They offer leagues (morning, noon, and night) for all skill levels, male and female. They are pro-active in calling members to get them involved in leagues instead of waiting for sign-ups.

Why go to the extra effort of specialized customer service to get your members to play racquetball? The answer is money. We all know that membership turnover is a major concern in the health club industry. IHRSA data indicates that racquetball (sports) members have the highest retention rate – 39% among all club member groups. Want to make an educated guess about what it costs to attract one new member to your facility? Add up last year's total expenditures for advertising, promotion, membership sales, incentives, and other costs associated with attracting new members, and divide that amount by the number of new members actually realized from those efforts. That per-member cost will be an eye-opener! Industry leaders know that it is far more cost-effective to retain members than to constantly replace them.

Several other "hidden profit" factors can be directly linked to racquetball participation. Since many clubs now utilize computer based check-in systems, you can track your own member patterns to see if yours follow this trend. Many strength and aerobic participants simply rocket through your front doors, attend their class or grind through their workout, and blow back out of the club without spending an extra minute — or dollar — in your facility. In contrast, racquetball members are more involved in group and social activities, and tend to have longer visits to the club which, in turn, impact other profit centers like restaurant / lounge / refreshment areas or the pro shop for accessories.

It's a little-known fact that the average profitability of a club with racquetball courts is \$33.00 per square foot versus \$29.00 per square foot without racquetball courts. On average, it

costs \$10,000 for upkeep in the fitness area of a facility every year versus \$100.00 annually per court for racquetball upkeep. What activity would be more profitable for you to promote in your facility? Racquetball also burns up to 800+ calories an hour, works most major muscle groups, and is a lot of fun!!

We've only mentioned a few areas where racquetball can impact your profitability: [1] reduced membership turnover from higher member satisfaction; [2] additional sales to member groups that visit your facilities for longer periods of time; and [3] reduced maintenance costs that are directly related to keeping existing racquetball facilities intact.

So, the next time you hear a club manager / owner say that racquetball is dead, have them look at some facilities that are having great success and ask themselves how they can do the same. No health club facility wants to leave money on the table, so follow the West Allis Athletic Club's lead and let racquetball, customer service, and programming provide your treasure map to mining for profitability in the 90's!! Your customers and your bottom line are worth it!

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Wilson. RACQUETBALL GAME PLAN: On your Toes! By Lynn Adams

*T'was the night before Christmas
And all through the club*

*Keep trying, keep moving
And soon you will see*

*He's as quick as a wink
When in real life its obvious
He can't move worth dink*

*He broke out in a grin
"I'll do it by golly ...
'Cause I like to win!"*

*He wonders aloud
Will I ever be fast?
Or forever be doomed
To come in dead last?*

*So he started a program
He got quicker each week
With hill sprints and court sprints
Till Joe couldn't speak*

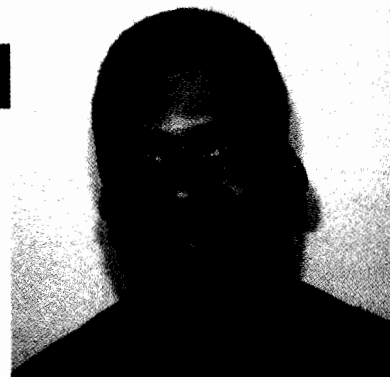
*Just at that moment
He heard a voice speak
"Quit moaning and groaning,
Your excuses are weak*

*Yet often Joe wondered
Who broke him the news
That footwork is crucial
If you don't want to lose*

*You can get quicker
I promise, you know
All it takes is hard work
And staying up on your toes*

*Doesn't matter, he thinks
'Cause I saw the light
So to all, good competition
Good playing, good night!*

DEHYDRATION: An Undesirable Bodily State By Kory B. Duarte



So I hear you had a tough match at the U.S. Open in Memphis ... tell me who didn't. You got tired very rapidly and mentally you just weren't as sharp as normal. Don't blame the weather, the draw, or the Elvis impersonator. It's possible that you may have been dehydrated from having a little too much "other" stuff (snacks, alcohol, or sports drinks) and not enough of the "right" stuff, which just happens to be pure water.

When preparing to play a tournament, it's very important that you prepare physically as well as mentally. The problem for some of us, however, is reaching our optimum fitness level when it comes to nutrition because we are not very disciplined and want to have our cake and eat it too. Water is the most important nutrient we can consume to prevent dehydration — otherwise we would die within a few days.

Don't let me scare you, I'm sure you understand the importance of water to all of us. Generally, we as humans use anywhere from 50 to 150 gallons of water each day: 1.5 percent for drinking and cooking.

The body needs to replace about two and a half to three glasses a day to keep functioning. Some of this water comes from the water in foods. But about six to eight glasses are needed to make up the balance. You can fulfill this requirement with juice, milk or other beverages *but*, alcoholic drinks, coffee, tea, and colas have an opposite, diuretic effect — they wash water from the body by way of urination. Still, the best source to hydrate our bodies is plain, pure water.

Dehydration occurs if you fail to consume enough water and can result in fatigue and shifting body temperatures as well as heat exhaustion and heat stroke. Some early signs of dehydration are decreased urine production, lethargy, anxiety, and irritability, elevated heart rate and body temperature may also be present. Untreated dehydration may lead to cardiovascular collapse and death. Some other signs are a dry mouth, headache, or sweat that beads on the skin. If these signs are present seek medical help immediately.



WHY IS THIS MAN SMILING ?

Derek Robinson
Wilson Elite Staff



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→ dehydration ...

As racquetball athletes, we need to constantly replenish our levels of water before, during, and after playing. Once in a dehydrated state, athletes can't rehydrate their bodies in sufficient time to perform at an optimum level. Keeping the body well hydrated is one of the most important aspects of performing at your physical peak. As more water is lost from the body, specifically due to sweating, dehydration occurs and physical performance diminishes rapidly. Whether you finish your opponent off in two quick games or play a marathon tiebreaker, drinking plenty of water will help you to perform at your best, plus keep you from tiring

mentally as your body fatigues. So remember to drink a lot of water when participating in any exercise program and be careful out there — it's a fitness jungle.

Kory Duarte is a Systems Analyst for the U.S. Air Force. He is also a fitness consultant in Oklahoma City, specializing in fitness management/marketing and all personal aspects of fitness for companies and individuals seeking better lifestyles through total wellness. He has been playing racquetball for eight years and was a member of the 1996 U.S. Air Force Racquetball Team.



changing times by Luke St. Onge

This past year has been a banner one for the sport of racquetball. To mark its fourth decade, the AARA has changed its name to the United States Racquetball Association and now prepares for a new year, with a new look, a higher profile and more challenges.

As part of an annual renewal of our commitment to the sport and its millions of enthusiasts, we invite you to review the past twelve months with us. The sidebar details some of the highlights of 1996, which included more television exposure, the debut of a U.S. Open that reunited the pro's and amateurs, a successful launch of the Racquetball Industry Initiative, and an eighth consecutive World Cup team championship for the United States.

Yet racquetball participation figures continue to slump according to the Sporting Goods Manufacturers Association, which predicts a 20% drop in its research numbers for 1996. At the same time, all of the initiatives brought forward this past year have been carefully devised to reverse any such trend. We know you want to help protect your sport as well — and you can — by assisting us in our efforts to sustain programs which boost our visibility and viability in a competitive sports market.

We need your help, and your passion for the sport, to re-establish racquetball as a growth commodity in the sporting industry. We count on our generous donors year-round to make tax-deductible investments in the future of our sport. Racquetball deserves its rightful place among competitive sports that provide lifelong enjoyment to so many. We hope you will join us in making it happen — and thank those who already do!

RACQUETBALL 1996

New Points of View: World Championships are televised live on ASPN for the first time ... Time Warner & ESPN tape and broadcast the semi's and finals of the pro division at the U.S. OPEN — a first ... The Racquetball Industry Initiative (RIA) reaches 2,000 court clubs and fitness centers with a video tape and workbook which shows club owners how to realize \$90,000 per court per year ... Two internet websites are developed for the association and RACQUETBALL Magazine.

International Acclaim: The U.S. National Racquetball Team wins the combined title at the World Championships for the eighth time. They win all six gold medals in individual competition, but they surrender the men's team competition to the Canadians ... U.S. National Team wins Tournament of the Americas in Cali, Colombia ... U.S. Junior National Team wins Junior Worlds in California in December 1995 with 12 countries competing.

The Pros: U.S. OPEN is held in Memphis with 140 in the men and women's pro draw, plus 600 amateurs in affiliated competition. ... IRT accepts promotion of the Women's Tour. Now called the IRT/WIRT Tour. ... IRT/WIRT boasts 28 stops. A record for the sport.

National Staff: Kevin Vicroy joins the National Staff as media coordinator ... AmPRO is restructured under Michelle Gould to include programming, coaching, and instructional.

racquetball

USOC SEeks CANDIDATES FOR INTERNATIONAL OLYMPIC ACADEMY

The U.S. Olympic Committee's Education Committee is seeking candidates to represent the United States at two different sessions of the International Olympic Academy in Olympia, Greece, next summer.

A Special Session, called the Third Joint International Session for Educationists and Staff of Higher Institutes of Physical Education, will be held on June 5-12, 1997. The General Session, which is the 37th International Session for Young Participants, will be on July 7-22, 1997.

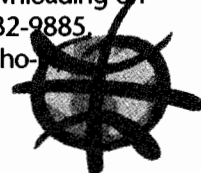
All Olympic Family members are eligible to apply. The Special Session is for participants 19 years and older who work within the Olympic family or an educational institution. The topic of the meeting will be "Ethics in Sport and the Olympic Games." The General Session is for individuals

between the ages of 19-35. The theme will be "The Olympic Movement today Following the Centennial Olympic games."

The application deadline is February 15. The selection process for delegates will be completed by March 15. A mandatory orientation session will be held in Colorado Springs in May. Participants will also be required to complete a project on their IOA experience and report back to the USOC Education Committee for three years.

For an application, please call Cindy Stinger at (719) 578-4892, FAX at (719) 632-9802 or write at National Events Division, U.S. Olympic Committee, One Olympic Plaza, Colorado Springs, Colo., 80909.

For more information, contact Frank Zang in the USOC Public Information and Media Relations Division at (719) 578-4529. This release is also available for downloading on the USOC's Electronic Bulletin Board, (719) 632-9885. (Settings: Parity-N, Data bits-8, Stop bits-1, Echo-Duplex-Full)



SCOREBOARD

11TH AUTUMN OPEN

Zoetermeer in the Netherlands: October 11-13

MEN'S OPEN: 1. Michiel van der Holst (NED), 2. Pascal Matla (NED), 3. Jeroen Vink (NED), Cons. Martin de Rooij (NED). MEN'S B: 1. Raymond Passchier (NED), 2. Wendy Hackett (GBR), 3. Erik van der Bergh (NED). MEN'S C: 1. Paul Dano (BEL), 2. Paul Devos (BEL), 3. Oscar Spauwen (NED), Cons. Remco Riedijk (NED). MEN'S 35+: 1. James Johnson (USA), 2. Ron Ruiz (USA), 3. Hans van Veen (NED). DOUBLES: 1. Matla/van der Holst (NED), 2. De Jong/de Rooij (NED), 3. Hackett/Radder (GBR/NED). WOMEN'S B: 1. C. Serbruyns (BEL), 2. Chantal Matla (NED), 3. Marjolijn Borman (NED).

ONLINE OVERSEAS

The following report came in online to *RACQUETBALL Magazine* from Joseph Villarreal, stationed in Ramstein, Germany. "A good time was had by all at the Christmas Open in Baumholder, Germany, where over 35 players showed up to do battle in six divisions. Tournament directors Brad Porter and Mr. Kurth would like to extend their appreciation to all the participants and especially to all the people who helped out with the tournament — it was a great success."

The results were—Men's Open: 1. Pete Chase, 2. Mike Bowers, 3. James Johnson; Men's B: 1. G. Lopez, 2. David McCrane, 3. Joe Vigil; Men's C: 1. Nathan Andree, 2. Lou Nelson, 3. Mark Petkus; Men's Seniors: 1. Pete Chase, 2. Mike Bowers, 3. James Johnson. Women's Open: 1. Patty Kanish, 2. Elke Sommer. Men's Doubles: 1. Pete Chase/Joe Vigil, 2. Roger Moncayo/Joe Villarreal, 3. Rico Southee/Sasha Alsbach.

RACQUETBALL ON THE INTERNET IS HERE!

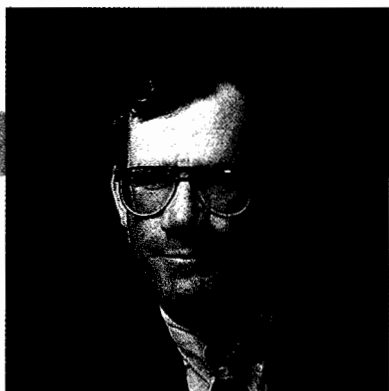
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MAINS & CROSSES: How Racquet String is Made

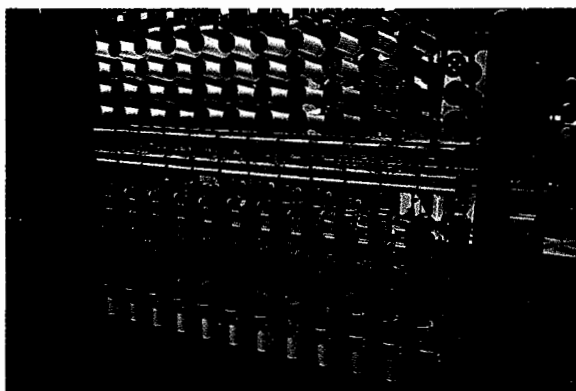
ASHAWAY
RACKET STRINGS

Maybe I'm just a bit too close to the subject to be entirely objective, but I find racquet string fascinating, and I just don't get it when otherwise serious racquetball players ignore their most important piece of equipment. But even among players who restring frequently, few give any thought to how string is made.

String manufacturing relies on century-old techniques, with a healthy dose of high-tech mixed in. Some of the equipment at Ashaway dates from the earliest years of the 20th Century, but it's still the best technology available for turning the latest polymer yarns from suppliers like DuPont and ICI into high-tech racquet strings. Every step in the process plays an important role in the construction of high-quality string. Here's how it works.

**CLOCKWISE
FROM RIGHT...**

PHOTO #1:
The first step is to build the string's core, using mono- or multi-filament nylon, Kevlar®, or Zyex® yarns. The yarns come off the stationary bobbins at



the top of the twisting frames, and are twisted together on one of the fast-spinning bobbins at the bottom. By varying the number of twists put into the yarn for each inch of core produced, Ashaway controls the amount of elongation and resiliency. When full, the bottom bobbins hold 3,500 feet of core.

PHOTO #2: A worker sets up a machine that braids the string's jacket or wear layer. As the core rises through the center of the machine, bobbins containing yarns for the jacket weave in and out around it. Differences in jacket construction can alter the string's durability, control, ease of stringing, and appearance. We can even run the string through the braider twice to produce two jacket layers.

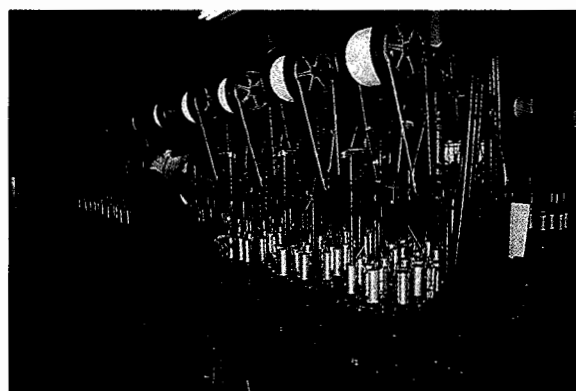


PHOTO #3: A chemical wear coating is then applied for abrasion resistance. The string unreels from the right, enters the coating bath, then rises over pulleys forty feet straight up into the drying tower, seen at center. (The bath is just below the tower.) The string is then re-wound on the takeup reels at left. It may go through this process six times to apply the right thickness of coating.

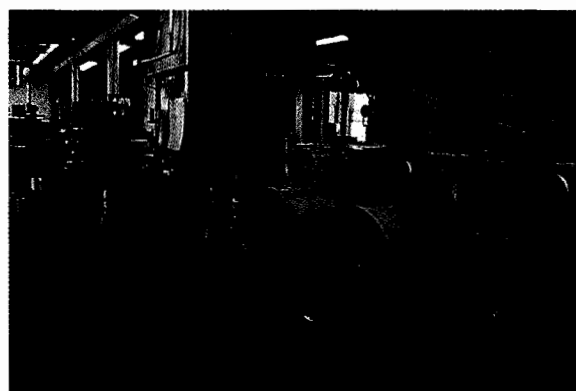
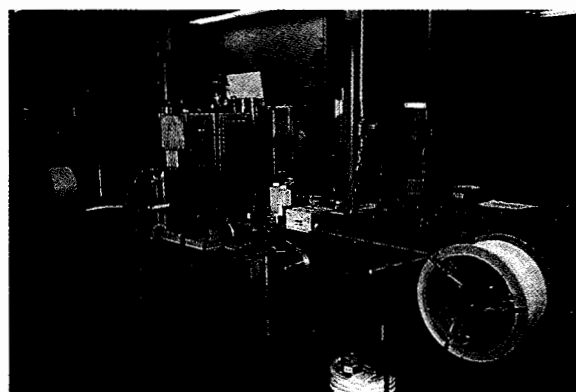


PHOTO #4: An ink-jet prints the Ashaway name on the string at a rate of 3,000 feet per minute. Next, the string dips through another coating bath to make it easier to string into rackets. Then it's inspected by hand, cut to length, packaged, and shipped to distributors, stringers, or retail outlets worldwide.



industry update

PRO PENN GREEN BALL ADOPTED BY USRA



Penn Racquet Sports and the USRA recently announced that the Pro Penn green ball has been adopted as the official ball for regional and national championship play in 1997. The change to the green ball for competitive play was made following the overwhelming success of the inaugural U.S. OPEN

Racquetball Championships where, for the first time, professionals and amateurs both competed using the Pro Penn green ball.

"This new agreement provides the best ball for the best players whether they're professionals or amateurs," said Mike Curtis, Penn's Director of Marketing and International Sales.

"We're excited about the opportunity to introduce the Pro Penn green ball into the highly competitive environment of our regional and national championships" said USRA Executive Director Luke St. Onge.

The Pro Penn green ball was developed in 1994 in conjunction with the IRT for pro tour play. Penn's ultra blue racquetball will maintain its USRA official ball status and remain a vital part of the competitive environment nationwide.

E-FORCE JOINS USRA ONLINE

Using a two-part, rotating graphic that features the company's long-string technology, E-Force recently became the first "online advertiser" to support the USRA's official website. The E-Force graphic is set as a marquee above the USRA main homepage and, at present, is exclusive to the page. "We've designed the USRA homepage — and the internet ad presence — for all of our sponsors and advertisers to access," said USRA

Director of Communications Linda Mojer, "E-Force moved quickly to become the first advertiser in our cyberspace, and we're certain that others will want to take advantage of the same opportunity to reference their products and services online."

The USRA homepage is the most comprehensive site for racquetball information on the internet, including the official rules, national championships, results, titles, record books, demographics and online reference publications. A second website for *RACQUETBALL Magazine* ONLINE is "under construction" and will also have ad opportunities available to its print advertisers in 1997. The sites can be found at <http://www.racquetball.org> and <http://www.racqmag.com>. For more information about online advertising, contact Curt Rettke at Panacea Consulting [<http://www.panatech.com>], or call 703/841-4348.



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industry•update

WILSON MOVES TO CHICAGO

In an effort to improve the focus of its racquetball business, Wilson Racquet Sports has transferred its San Diego-based operations to corporate headquarters in Chicago. Effective February 1, 1997 all marketing and product development of the racquetball category will be directed by a new management team through the company's main marketing department. The move will centralize operations, including warehousing, customer service, credit and customer billing, which have been managed through the Chicago office since the San Diego office was opened in July, 1994.

As part of the move, General Manager Norm Peck, and National Sales Manager Jay MacGregor have resigned their positions. The new management team is made up of: Tom Odishoo (Business Director); Kerry Lynch (National Sales Manager); Terri Graham (Player Promotions Manager) and Lynn Adams (Players Education and Development) who, collectively, have over 40 years experience in the racquetball market. Outside sales of Wilson racquetball equipment will continue to be managed by independent rep groups.

"Previously, with our operations split geographically, we didn't have the synergy between the various business departments that we currently do with our other product categories," stated John Embree, general manager of Wilson Racquet Sports. "We decided it was best to consolidate all of the business operations in one location."

EKTELON NFS SHOES TEAM UP WITH RACQUETBALL TOURS

Ektelon has been named the official footwear sponsor of the International Racquetball Tour (IRT) and the Women's International Racquetball Tour (WIRT), announced Scott Winters, Senior Manager for Ektelon. "We are very excited to be the official footwear of these associations with our new Ektelon® Natural Foot Shape™ (NFS) performance line," said Winters. "Ektelon has a history of supporting racquetball with new technologies and sponsorship of events, clinics and tournaments. Our association with the top level of performance in the game makes sense because we believe that NFS shoes are the highest quality racquetball shoes ever designed."

E-FORCE RENEWS WITH INTERCOLLEGIATES

Ron Grimes, President of E-Force, exercised his option to renew title sponsorship of the Intercollegiate Regionals and World/National Intercollegiate Championships for a second consecutive year. The eight regional events, plus the World event in Boise, Idaho in April, reflect the growing popularity and support of this developmental USRA program.

E-Force has also agreed to become a gold sponsor of the annual World Senior Championships, held in Albuquerque, New Mexico each summer.

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WILSON INTRODUCES NEW LINE OF PROTECTIVE EYEWEAR

Wilson Racquetball recently introduced three new protective eyewear models, which have been approved by the USRA for tournament play. All three models – Court Hawk, Aero Spec and Sitex – feature distortion-free polycarbonate lenses, specially treated with anti-fog coating. The Court Hawk combines styling and performance in a form-fitting wraparound design. Aero Spec's unique graphite-nylon frame is ultra-lightweight and comfortable. Sitex offers a compact frame design with molded sideshields for added protection.

"Our first priority, of course, is protection", commented Tom Odishoo, Wilson's product manager for eyewear. "But fit, styling, and superior value are critical issues as well. When players compare eyewear products on a feature-by-feature basis, the Wilson difference is clearly visible." Suggested retail prices on the new eyewear models range from \$12.95 to \$29.95. For more information, contact Wilson Racquetball at 619-586-0300.

WILSON UNVEILS ULTRA 3-BALL BONUS CAN

Wilson's Ultra racquetball is now available in a completely redesigned 3-ball bonus can. Engineered from a uniquely-formulated rubber compound, the Ultra racquetball has received overwhelming approval by top players across the country for its consistent playability and long-lasting durability. Ultra is also approved by the USRA for all levels of tournament competition. Take the Ultra Challenge. If you're not 100% satisfied with the performance and playability of Ultra racquetballs, Wilson will replace them with a can of racquetballs of your choice.

IHRSA RELEASES REVISED GUIDE TO CHOOSING A HEALTH CLUB

As part of its ongoing effort to alter the young "hard body" image of the health club industry, the International Health, Racquet & Sportsclub Association (IHRSA) has revised its popular "Your Guide to Choosing a Quality Health and Sportsclub." The new pamphlet offers carefully chosen "spandex-free" photographs depicting persons of all ages engaged in different forms of exercise and sports. All are wearing loose fitting clothing rather than the form-fitting garb that non-members associate with the health club industry.

"Our research shows that the majority of people who have never been inside a health club believe that health club members are all young and in great shape," said John McCarthy, executive director of IHRSA. "In fact, health club members come in all sizes, shapes and ages. The one thing they have in common is a desire to be fit." For a free copy of the pamphlet, send a stamped, self-addressed envelope to: Choosing a Club, IHRSA, 263 Summer Street, Boston, MA 02210

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REYNOLDS MOURNED IN FLORIDA

Superman, super player, super human being ... all good ways to describe a super friend, Mike Reynolds, who passed away peacefully at home in Satellite Beach on September 5 at the age of 36. The Florida racquetball community was shocked at the passing of the well-respected athlete, who was an inspiration to many young players – for his skill, sportsmanship and the fact that he simply loved every minute he spent on the court, win or lose.

"I have been in the game for over 22 years and I don't get impressed by many players, but Mike was one of my favorites,"

said long-time friend Mike Mojer. "He had the grace of a panther on the court, and respect for his opponents off the court. He was a lot like Clark Kent. A mild mannered individual who became super when he stepped on the court."

Just before his passing, Reynolds had reflected with a friend about his battle with Hodgkin's disease 16 years prior. He had grown up in a neighborhood that years earlier had been a toxic waste dump and where more than half a dozen people later developed cancer, most notably Hodgkin's disease. Mike was one of only two people from the neighborhood who survived the cancer by undergoing massive doses of radiation.

A cardiologist friend of the family believed that the radiation treatments hardened Mike's arteries, and that he only survived as long as he did due to his athletic lifestyle and conditioning. Hours before his death from congestive heart failure, Mike shot a 42 in nine holes of golf, playing in a league that met once a week after work.

"Mike was just a natural athlete, so fluid, with great rhythm," said good friend Tony Zizzo. "Whatever it is, he had it. The first time I took him snow skiing, he was amazing. He left people with their jaws hanging, mine included. He was the kind of guy you hated, except it was impossible to hate Mike. Everybody loved Mike."

Another one of Mike's best friends was Paul Owens, who asked Mike to be best man at his wedding and godfather to his baby daughter, Alyson. Owens not only was one of Mike's doubles partners, but his boss at McDonnell Douglas, where Mike was a software engineer.

"He was the most incredible, upbeat person you ever met," said Owens. "Six months after he started working at McDonnell Douglas, he knew more people than I knew from seven years working there. And it wasn't that he just knew names. He knew about their parents, their children, their spouses. He just loved people."

"Everybody who knew Mike, learned from him," said Mary Reynolds, who didn't just lose a husband, but a part of herself. "I feel so honored just to have known him."

[From material submitted by Nancy Hines, Mary Reynolds, Mary Lyons, Mike Mojer & Peter Kerasotis of Florida Today Sports. An invitational tournament in memory of Reynolds will be held in Orlando the week-end of February 7.]

SCHOLARSHIP WINNERS NAMED

Kevin Cook

Kevin Cook, 18, is a freshman at Wabash College in Crawfordsville, Ind., one of the nation's premier private men's institutions. A 1996 graduate of Fort Wayne Snider (Ind.) High School, Cook was a basketball manager, member of National Honor Society and listed in the Who's Who in America for High School Students. Snider earned two National High School Racquetball Championships with Cook in the lineup. After finishing first in 1994 and '95, the Fort Wayne school took second place at the Pro



USRA Scholarship winners (L-R) Cook, Kessler & Russell.

Kennex 9th U.S. National High School Championships in St. Louis, Mo., this past March.

Ryan Kessler

Chesterfield, Mo., native Ryan Kessler is currently a freshman at Indiana University. Before moving on to Bloomington, Ind., the '96 grad left quite an impression at Parkway West (Mo.) High School. A member of the National Honor Society, Kessler was also included in the Who's Who in America for High School Students and The finished his high school career with a 3.9 G.P.A. An extremely athletic individual, racquetball was not the only sport in which the 19-year old has excelled. A member of the varsity baseball team from '93-'96, Ryan was named second-team All-Suburban West Conference in '94. As a right-handed pitcher, Kessler featured a biting curveball and a fastball that hovers around 80 m.p.h. When racquetball was in season, Kessler experienced equal success. He won the Missouri State High School Championship in '94 and finished second in '96. If he's not on the diamond or in the racquetball court, Kessler earned other honors. Voted to the Parkway West HS "King of Hearts" court from '93-'96 and "Mr. Spirit" '93-'95.

Kim Russell

Perhaps the most seasoned racquetball player among this year's scholarship winners, Kim Russell earned spots on the U.S. National Team four consecutive years (1990-94). Russell earned two gold medals in international competition when she won first place in doubles at the Tournament of the Americas in '91 and '92, taking the '91 title with Jackie Paraiso and '92 crown with Robin Levine. The Georgia State Racquetball Association named Russell its Female Athlete of the Year three times (1992-94). Her recent accomplishments include the '95 Women's 25-and-over National Singles Championship, the '95 Georgia State Women's Open title. Russell teamed with Levine again at this year's national doubles championships, where the two finished third, narrowly losing to eventual champs Michelle Gould and Cheryl

Gudinas 15-14, 15-14 in the semis. Russell, 28, is currently enrolled in graduate school at the University of Tennessee - Chattanooga. She is participating in the Masters Program of Nurse Anesthesia at the Erlanger Medical Center and holds a 3.7 G.P.A.

LILES & WINTERTON HONORED FOR COACHING

At the inaugural U.S. Olympic Committee "Coach of the Year Program" former U.S. national team coach Larry Liles and current head coach Jim Winterton were honored as racquetball's "developmental" and "national" coaches of the year, respectively. The two were flown to an elaborate award ceremony in Tampa,

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Winterton & Lles accept their awards from Ray Essick, Chairman of the USOC's Coaching Education Committee. Photos: Courtesy USOC.

Florida in November, where they were recognized for their individual achievements, along with coaching peers from 39 other USOC sports.

CITGO PETROLEUM CORPORATION SPONSORS RACQUETBALL TEAM

Tulsa-based CITGO Petroleum Corporation recently established "Team CITGO Racquetball" consisting of local athletes Chris Carter and Glenn Garrison. CITGO has established itself as the team's independent financial sponsor for the 1996-1997 racquetball season. "We are very grateful to CITGO and optimistic about what this type of independent financial sponsorship

could do for the world of amateur racquetball," said E-Force sponsored Carter and Garrison. "We hope to encourage others to prepare a proposal for submission to independent organizations for financial support. This can do nothing but good for the sport."

In satisfying their sponsorships, both say that marketing is a real key to promoting independent financial sponsorship such as what CITGO has done for Team CITGO Racquetball. "Getting your sponsor's name out there through clinics, tournaments, lessons, exhibitions, printed materials, etc, is extremely advantageous."

Garrison is a University of Tulsa scholarship racquetball player, who has won over 60 titles and awards in eight-years of racquetball competition including New Jersey State Open Champion in 1994. He is currently coaching and coordinating the TU racquetball team, has taught with the world's top professionals, run his own camps, and is the club pro at two private clubs in New Jersey.

Carter has been playing competitive racquetball for 12 years, and states that "He enjoys giving back to the sport and hopes to assist in its growth as much as possible." He is the President of the Oklahoma Racquetball Association (including ORA Website editor:

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Chris Carter & Glenn Garrison decked out in sponsor garb...

<http://members.aol.com/racqbo/ora.htm>), Thornton Family YMCA club pro, director of numerous successful tournaments, and the coach of the Thornton Family YMCA Tulsa Metro Junior Racquetball Team (along with Bruce Adams, ORA's Junior Program Director).

Carter and Garrison encourage other amateurs interested in promoting racquetball to attempt obtaining an independent financial sponsorship. They would be happy to answer any questions via e-mail to Carter at: racqbo@aol.com, or Garrison at: GarrisonGG@centum.utulsa.edu.



A FIRST FOR BARBANELL

Les Barbanell of Fort Lee, New Jersey has been a fixture on the national rankings list for the past decade. He has won a host of state and regional titles, and at age 50 became the oldest player in New Jersey history to win an Open Division tournament. In November, he won his first national title at the U.S.

Open in Memphis, in the 55's; a division that included three previous national champions, Charlie Garfinkel, Paul Banales and Fred Letter. Dr. Barbanell, a psychologist in private practice, is also known to readers for the articles he has written for *RACQUETBALL Magazine* on psychology and racquetball.

NOT MY BODY!

By Katherine Grill

"I want you to become more body aware."

I looked up at Bob, my racquetball coach, and frowned.

Having just come off the court from my lesson, I expected some sort of comment on my performance, but this wasn't it. Somehow "body aware" meant preschool anatomy to me. "This is a nose. It can smell a pretty flower" type of stuff.

Oblivious to my thoughts, Bob continued. "I think you need to have a better understanding of what your body can do. It never even occurs to you to try crap shots. I don't want you to plan for them, but if it's all you got, you should go for it."



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HAPPY ANNIVERSARY!

Manuel Felix & Sue Boheman (far left) will celebrate their first wedding anniversary on February 18. Last year, the pair took time away from a tournament in progress to be married on Court 9 of the Reno Athletic Club.

Dave & Janet Titus were married on April 21, after snowshoe-ing up to 8,000 feet for their ceremony. Dave is an avid racquetball player and graphic designer — and has completed several projects for RACQUETBALL Magazine, PLUS submitted the winning design for the new USRA logo!

I blink, envisioning some of the desperation shots I've seen him pull off. Of course, we all seen people do the racquet behind-the-butt, between-the-legs, who-needs-heirs shots. But Bob has also mastered the diving-backwards-38-foot-lob roll-out and the spinning how-did-the-pass-get-behind-me backhand splat.

"And you want me to learn those shots?" I ask, my body already contorting in anxiety.

Bob shook his head. "No. That's not what I meant. Just think of Kevin and Pat."

I nod. "You mean Kevin if-it's-deep-in-the-back-corner-I'll-do-a-handstand-so-I-can-hit-a-forehand, that Kevin? And Pat, the guy who can only roll out the ball if he's airborne, falling on his rear, about to smash his face in the wall?"

"Exactly! They do those shots because they know they can. You don't know what you can do yet."

I nodded. He was exactly right. I didn't know if I could kiss the wall while shooting under my knees. Neither did I want to find out. It seemed too much like playing in rush-hour traffic just to see how fast you could scramble away from a speeding semi with bad brakes.

But Bob is my coach, and so I gamely began experimenting with different shots.

I picked up on the under-the-knee saves readily enough, though beneath the kneecap swelling is much more painful than one might expect. The

behind-the-back, between-the-legs shot made me grateful I'm not a guy, and frankly, there are just some widths my thighs will not accommodate no matter what the incentive.

Having mastered pre-school gymnastics some time ago, I opted to practice Kevin's in-the-corner-handstand for that forehand kill shot. Suffice it to say that the court walls will never be the same. As for my racquet, what's a crack or two in the frame?

It wasn't until Bob saw me leaping backwards into mid-air while swatting wildly at an extremely annoying but completely unharmed insect that he mentioned I had the wrong idea entirely.

"I want you to become more aware of your physical capabilities in a spacial, cosmic sort of continuum."

I blinked. I must have had something in my eye distracting me from the relativistic cognitive flow as it interacted with my aural media.

Bob sighed. "Pick up a new sport for a little bit."

Finally, words I understood! He was telling me I sucked at racquetball, and he wanted to be rid of me for a while. "So I should start swimming or running?"

"No, try water polo or rock climbing. What about spelunking or trick horseback riding?"

"Why not clown skydiving while I'm at it?" I shot back, becoming irritated. "Just where in my life as a novelist,

mother, wife, and your racquetball assistant am I going to fit something like that?"

Bob just shrugged. "I never said it would be easy."

Gritting my teeth, I grabbed my bag and left. But, as I said, he is my coach, so I am honor bound to at least think about what he says. I thought about all the things I did that might make me more body aware. Fourteen hours of labor sprung to mind. I'd like to see him pass a screaming 9-pound bowling ball and not be aware of his body! Or how about balancing a three-foot pile of laundry while wrestling with a 3-year-old over her favorite filthy blanket? That was certainly something I never thought I could do five years ago.

This is the part where I decided Bob was a big, fat jerk and he could peddle his body awareness junk as the latest fitness craze for \$25 per video. I wasn't that naive.

Then a miracle happened. I went on vacation. And given my attitude when I left, I'm sure Bob thought it was a miracle too.

I had one marvelous week in Mexico at a beautiful Club Med village. I had planned and saved for this trip for five years. Did I spend the time lounging on the beach, playing in the pool, or shopping? Well, yes. But I also spent a good portion on their circus trapeze.

I didn't do it because I would become more body aware. In fact, Bob had been relegated to a quiet corner of my mind that I really didn't want to think about just then. I did it because it looked fun and I really wanted to fly through the air with the greatest of ease.

No, it wasn't easy. In fact, the bloody rips on my hands made it distinctly uneasy. But for the first time in my life, I could pursue a sport (actually an art form according to the circus staff) without any particular goal. I had nothing to prove, no game to win, no golden ring to reach for. After all, I had only a week. What can you learn in a week?

I learned that my body will hang upside down and transfer from one bar to the next in a catch. I learned that twisting and flipping and jumping into the unknown while hanging by just two very slick hands can be fun. And most of all, I learned that I can do more than I ever thought possible when I do have fun.

Continued on Page 58

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high school



PRO KENNEX 10TH U.S. NATIONAL HIGH SCHOOL CHAMPIONSHIPS

A USRA Event, presented by Penn Racquet Sports
[Played with the Penn PRO GREEN ball ...]

February 28 - March 2
Concord Sports Club • St. Louis, Missouri
314/842-3111

ENTRY FEE: \$45.00 First event (includes referee fee), \$20.00 second event, \$15.00 third event. **DIVISIONS:** Singles, doubles and mixed doubles are offered. In doubles, both players must be from the same school, except in the non-championship mixed doubles event.

ENTRY DEADLINE: Received no later than FRIDAY, FEBRUARY 14, (postmarked by 02/12). **STARTING TIMES:** Starting times will be available after 5:00 pm on WEDNESDAY, FEBRUARY 26. *Do not call the national office for starting times ... call the site club @ 314/842-3111.* **PLAY BEGINS:** Matches may be scheduled to begin as early as 3:00 pm on FRIDAY, FEBRUARY 28. Local players may begin play on Thursday evening. **CHECK**

IN: Registration will be held at the club beginning on FRIDAY, FEBRUARY 28 and also during the tournament.

GROUND TRANSPORTATION: Black & White Cab offers one-way service to the hotel for \$26.00 (you must make your own arrangements on arrival). A separate shuttle service between the hotel and club will be available from 3:00 pm on Friday through the end of the event on Sunday. **LODGING:** Holiday Inn, South County Center, 6921 South Lindbergh Blvd. Rate: \$60.00 per night for up to four persons per room. For reservations call: 800/264-6616 or 314/892-3600 and mention the High School Championship

USRA RULES: USRA Official Rules will govern both competitions, including the mandatory use of lensed eyewear tested to ASTM F803 or CSA impact standards. **OFFICIATING:** Losers will be required to referee, and \$5.00 of each entry fee will be paid back to you for every match you referee in the gold division.

If any entries are accepted after the deadline, an additional \$15.00 late fee will be assessed (payment made at tournament check-in will be processed as a late entry and surcharged). ALL ENTRIES ARE FINAL. Absolutely no refunds after entry deadline.

TOURNAMENT DIRECTORS: Margo Daniels, National Tournament Director @ 408/372-7224; Jim Hiser, USRA Associate Executive Director @ 719/635-5396; and ACRA Commissioner: Neil Shapiro @ 518/436-9522.

& intercollegiate

tournament info



INTERCOLLEGIATE REGIONALS

Players must PRE-QUALIFY for the World Intercollegiate Championships by competing at one of the following regional qualifiers:

February 7 - 8

Jacksonville Athletic Club
Jacksonville, Florida

Contact: Mary Lyons @ 904/270-2224

February 21 - 23

University of Maryland
College Park, Maryland

Contact: Molly O'Brien @ 410/313-7900

February 21 - 23

Northeast Regional @ West Point

Contact: John Colantoni
@ 800-922-9980

February 28 - March 2

Ashtam Wallace College Rec Center
Berea, Ohio

Contact: Tim Miller
@ 216/826-2286

February 28 - March 2

South Central Regional
University of Tulsa

Contact: John Colantoni
@ 800-922-9980

March 6 - 8

Salt Lake Community College
West Valley, Utah

Contact: Sylvia Snyder @ 810/224-2864
Contact: Dave Timmons @ 810/464-7752

March 21 - 23

Midwest Regional
St. Louis, Missouri

Contact: John Colantoni @ 800-922-9980



E-FORCE IRF 25TH WORLD & NATIONAL INTERCOLLEGIATE CHAMPIONSHIPS

An IRF Event, presented by Penn Racquet Sports
[Played with the Penn PRO GREEN ball ...]

April 02 - 06

The Court House • Boise, Idaho

208/377-0040

ENTRY FEES: \$50.00 first event per person (includes referee fee), \$20.00 second event. **DIVISIONS:** Mens Team-Singles #1,#2,#3,#4,#5,#6 and Doubles #1,#2,#3. Womens Team-Singles #1,#2,#3,#4, #5,#6 and Doubles #1,#2,#3. Only one mens team and one womens team will be permitted per school.

DRUG TESTING: Random drug testing will be performed. Important Note: The entire team will be disqualified if any member fails the test. For more information about specific medications, call the USOC Drug Hotline at 1-800-233-0393.

ENTRY DEADLINE: Entry must be received by WEDNESDAY, MARCH 19 (postmarked by 03/17). **STARTING TIMES:** Starting times will be available after 6:00 pm on TUESDAY, APRIL 1. Do not call the national office for starting times ... call the site club @ 208/377-0040. **PLAY BEGINS:** 8:00 am WEDNESDAY, APRIL 2. No exceptions. **CHECK-IN:** Registration will be held at the club beginning at 6:00 pm on TUESDAY, APRIL 1.

GROUND TRANSPORTATION: Free shuttle service will be available from the Boise Airport to the Red Lion Hotel/Riverside. A separate shuttle service between the hotel and club will be available once play begins. **LODGING:** Red Lion Hotel/Riverside, 2900 Chinden Blvd. Rate: \$79.00 per night for up to four persons to a room. For reservations, call 208/343-1871 and mention National/World Intercollegiate Championships to receive your special rate.

THE U.S. OLYMPIC COMMITTEE TRAVEL DESK AND UNITED AIRLINES JOIN THE USRA TO OFFER THE LOWEST POSSIBLE AIRFARES TO NATIONAL EVENTS • For reservations, phone United's U.S. Olympic Travel Desk, toll-free, at 800/521-4041 between 8:30 am and 8:00 pm EST weekdays. Then reference the special USRA conference account number - 511TD - to receive your low fare! Your support of this program brings racquetball closer to becoming an Olympic Sport!



Pro Penn Green!



Did I come home more body aware, more conscious of my presence in the space-time continuum? No, not really. But I came back more aware of the joy we begin a sport with. It is so easy to forget that when thinking of strategy and foot placement and execution and smart shots.

So I start playing around on the court more. One day, I decided I wouldn't hit the first shot that came to mind. I went for more angles than I ever had before. And because I was playing

Bob, I ended up learning a dozen new shots. When I did a bizarre through the armpit sideways slam, he explained that if I have to hit that, I should aim here

and shoot as hard as I can. If I have to go crosswise to the ceiling, I should try slicing the ball more and angling it to the lights.

It was great! And more important, it was fun.

So I learned how to hit an under the knee save and a behind-the-back splat. I discovered this falling over and shooting under my armpit thing that works really well provided I remember to suck in my chest. I don't try to use them. But then again, I haven't forgotten them either.

And once in a while I get a perfect forehand in there too.

WHAT I LEARNED:

1. *Relax. This is supposed to be fun.*
2. *It's amazing what you can learn when you aren't trying to win.*
3. *Relax. (Are we starting to get a theme here?) Nobody dies if you tell your coach he's a big, fat, hairy jerk. And nobody dies if he's right, and it takes you a really, really long time to figure that out.*

A visit to St. Jude's ...

During their stay in Memphis for the U.S. OPEN, several of the top pros took a morning off to visit patients at the St. Jude Children's Hospital – the official beneficiary of the tournament. Right: Sudsy Monchik (far right) signs posters for a group of eager young men. Below right: Laura Fenton (left) listens to a young lady as her sister looks on. Below: John Ellis (right) shares a joke – and a preference for hats – with a clearly amused youngster!

Photos: Courtesy Stacy Abramowitz, ALSAC Communications.



EKTELON regional

A USRA series of events, presented by
Penn Racquet Sports
[Played with the Penn PRO GREEN ball ...]



April 17-20

championships 59

STOCKTON, CALIFORNIA

West Lane Racquet Club
Director: Rob Farrens
909/472-2100

TACOMA, WASHINGTON

Lakewood YMCA & Pearl Street
YMCA/Tacoma
Director: Robert Lybbert
206/672-9849

BILLINGS, MONTANA

[Adult & Junior #13]
Billings Athletic Club
Director: Steve Pinnow
406/259-2626

BROOMFIELD, COLORADO

The Edge Athletic Club
Director: John Foust
303/699-8121

ARLINGTON, TEXAS

Maverick Athletic Club
817/275-3340
Director: Bob Sullins

FT. SMITH, ARKANSAS

[Adult & Junior #6]
Ozark Sports Club &
Ft. Smith Athletic Club
Director: Dann Schwinger
501/785-8666

MINNEAPOLIS, MINNESOTA

Hall of Fame Racquetball Club
Director: Dave Hart
612/938-9309

CANTON, OHIO

[Adult & Junior #9]
Hall of Fame Fitness Center
Director: Doug Ganim
614/890-6073

BATON ROUGE, LOUISIANA

Louisiana State University
Student Rec Complex
Director: Al Schof
504/468-2813 (H)

ATLANTA, GEORGIA

Southern Athletic Club
Director: Liz Lyon
770/923-5400

FT. LAUDERDALE, FLORIDA

South Florida Racquet & Health Club
Director: Mary Lyons
904/270-2224 (FRA)

BALTIMORE, MARYLAND

[Adult & Junior #3]
Merritt Athletic Club-Security
Director: Molly O'Brien
410/315-7900

ALLENTOWN, PENNSYLVANIA

Allentown Racquet & Fitness
Director: Jodi Paul
610/821-1300

FAYETTEVILLE, NEW YORK

Track & Racquet Club
Director: Steve Gloss
315/446-3141

MANCHESTER, NEW HAMPSHIRE

SITE: TBA
Director: Bill Gargan
603/434-7875

April 24-27

**MISSED YOUR CHANCE TO
QUALIFY FOR NATIONALS??**
Three "post-series" qualifiers will
be held the following weekend...

- **Chicago, Illinois** •
Glass Court Swim & Fitness
Director: Geoff Peters
312/935-9685
- **Jacksonville, Florida** •
Racquetpower
Director: Mary Lyons
904/270-2224 (FRA)
- **Las Vegas, Nevada** •
Las Vegas Sporting House
Director: Mike Coulter
703/733-8999

... AND JUNIOR REGIONALS...

In addition to combined adult & junior regionals, two exclusive junior events will be held to qualify athletes for the Junior Olympics:

APRIL 4 - 6 • Junior Region #11

Hall of Fame Racquetball Club • Columbia Heights, MN
Director: Dave Hart - 612/572-0330

APRIL 17 - 20 • [combined with adult events]

• #13 in Billings, Montana • #6 in Ft. Smith, Arkansas • #9 in Canton, Ohio • #3 in Baltimore, Maryland [see listing above for details]

MAY 2 - 3 • Junior Region #7

Chancellor's Racquet & Fitness • Houston, Texas
Director: Annie Muniz - 713/772-9955

EXCLUSIVE REGIONAL SERIES — NATIONWIDE: APRIL 17-20, 1997 — NO EVENTS OTHER THAN REGIONALS WILL BE SANCTIONED BY THE USRA ON THIS WEEKEND.

ProKennex Racquetball

national rankings...

MEN

MEN'S OPEN

1. Ruben Gonzalez, NY
2. Todd O'Neil, TX
3. Jimmy Lowe, AK
4. Eric Muller, MA
5. George Delaney, MA
6. Chris Wright, MO
7. Craig Rappaport, PA
8. Doug Ganim, OH
9. Brian Simpson, IN
10. Mike Locker, MN

MEN'S A

- 1T. Scott Grunin, NY
- 1T. Jack Huczek, MI
- 1T. Dan Pischke, WA
4. Scott Foster, CA
5. Matt Gehling, MD
- 6T. Doug Brehm, TN
- 6T. Geoff Hunter, FL
8. Ruckman Nilsen, KS
9. Stephen Mykalcio, NY
10. Alain Pujolar, FL

MEN'S B

- 1T. Don Dettmore, FL
- 1T. Sam Ryder, WI
3. Cory Martin, WI
4. Tony Desanto, FL
5. Steve Plakotaris, NJ
- 6T. Rich Hurt, NE
- 6T. Rocco Saccente, NY
- 8T. Ron Bonds, MI
- 8T. Doug Brehm, OH
- 8T. Pat Fulghum, ID

MEN'S C

1. Kazushige Oikawa, JP
2. Lynn Stephens, NC
3. Dave Bartscher, NE
4. Preston Gaston, NC
- 5T. Scott Johnson, ID
- 5T. Marc Schnitker, CO
7. Henry Willis, MS
8. Robert Sellers, NM
9. Scott Remsen, MA
10. Paul Sotolongo, GA

MEN'S D

1. Ray Meisner, IL
2. Leonard Toth, TX
3. Jay Gordon, TX
4. Frank Jaurigue, OH
5. Anthony Zeringue, LA
6. Jeff Dahr Jr., NE
- 7T. Gary Bray, FL
- 7T. Hal Mitlitsky, NY
9. Kenneth Kieren, AR
10. Scott Remsen, MA

MEN'S NOVICE

1. Jose Lopez, TX
2. Brian Alipiev, NY
3. Steve Astrin, GA

- 4T. Wayne Clason, MI
- 4T. Kevin Daub, CO
- 4T. Travis Elquist, ID
- 4T. Jason Hadjstylianos, NY
- 4T. Mike Kruczynski, MD
- 4T. Daniel Smith, NH
- 4T. Brian Waldron, OH

Men's 19+

1. Rob DeJesus, NM
2. Scott Grunin, NY
3. Rich Baer, NY
4. Jason Thoenner, FL
5. Franco Palmer, CA
6. Jim Ellenberger, WI
7. Matt Fontana, FL
8. Dustin Delong, WA
- 9T. Matt Adesso, OH
- 9T. Shane Wood, MA

Men's 25+

1. Kevin Graham, WI
- 2T. Mike Locker, MN
- 2T. James Lorello, FL
- 4T. Bryan Londo, CA
- 4T. Jeff Wilson, NM
6. Chris Baker, MS
7. Mark Cacallaro, NY
8. Dave Ganim, OH
- 9T. Julio Junki, FL
- 9T. Norm McNutt, FL

Men's 30+

1. Bruce Erickson, MO
2. Rabbit Rodgers, ID
3. Alan Sheppard, NC
4. Lance Gilliam, TX
5. John Amatulli, IN
- 6T. Clay Griffin, SC
- 6T. Sam Wasko, VA
8. Chris Gallagher, IN
- 9T. Rob French, CO
- 9T. Tim Hansen, FL

Men's 35+

1. Mitch Smith, PA
2. Dave Eagle, OH
3. Dave Peck, TX
4. Mike Martinez, CA
5. Jeff Hanno, NY
- 6T. Martin McDermott, TX
- 6T. Gil Rodriguez, VA
- 6T. John Scargle, FL
- 9T. Joe Hassey, AZ
- 9T. Don Ott, IN

Men's 40+

1. Mitt Layton, FL
2. Gene Couch, FL
3. Ed Garabedian, PA
4. Tom Travers, OH
5. Steve Neighbors, ID
6. Rick Sorenson, MO
7. Philip Parker, PA
8. Leo Jolly, NC
- 9T. Randy Anderson, MI
- 9T. Troy Stallings, MN

Men's 45+

1. Mitt Layton, FL
2. Gary Mazaroff, NM
3. Dan Davis, TX
4. Leo gurnoe, CA
5. Rick Fusari, FL
6. Jum Luzar, WI
7. Gene Pare, CA
8. Doug Dickman, MO
9. Bruce Metras, CA
10. Darryl Warren, CA

Men's 50+

1. Ed Remen, VA
2. Dennis O'Brien, ID
3. Stan Lemon, TX
4. Horace Miller, IL
- 5T. Russ Deegan, FL
- 5T. Ray Huss, OH
7. Tom McKie, TX
- 8T. R.O. Carson, CA
- 8T. John Mootz, NY
- 8T. Craig Olsen, NE

Men's 55+

1. Rex Lawler, IN
2. Wendell Nelson, ID
- 3T. Robert Large, KS
- 3T. Warren Reuther, LA
- 3T. Bobby Sanders, OH
- 6T. Dario Mas, DE
- 6T. Joe Mulderrin, VA
8. David Jordan, NJ
- 9T. Ron Galbreath, PA
- 9T. Ron Hutcherson, IN

Men's 60+

1. Paul Banales, AZ
2. David Jordan, NJ
3. Jerry Holly, CA
4. Jack Dunsmoor, ID
5. Rex Benham, AR
- 6T. Don Alt, OH
- 6T. Otis Chapman, OH
- 6T. Jay Krevsky, PA
9. Art Hurley, NM
10. Louis Berson, NY

Men's 65+

1. John O'Donnell, IL
2. Vance Lerner, CA
- 3T. Pearce Grove, VA
- 3T. Joe Lambert, TX
5. Victor Sacco, NY
6. Mal Roberts, FL
7. Verlyn Dunn, ID
8. Ralph Waddington, NM
9. Bert Shulimson, IL
10. J.D. Driver, MI

Men's 70+

1. Mal Roberts, FL
2. Victor Sacco, NY
3. Earl Acuff, NC
- 4T. Richard Davis, TX
- 4T. Dick Kincade, CO
- 6T. Jack Gushue, NY

- 6T. Bill Matotan, NM
- 6T. Hank Richard, GA
9. Mike Landy, FL
10. Charlie Devine, AL

Men's 75+

1. Earl Acuff, NC
2. Nick Sans, CA
- 3T. Robert McAdam, TX
- 3T. Hank Richard, GA
5. Andy Trozzi, MA
6. Charles Russell, CA
- 7T. C. Allen Shepard, MD
- 7T. Cam Snowberger, SC
9. Al Romero, NM
10. Frank Sganga, FL

Men's 80+

- 1T. C. Allen Shepard, MD
- 1T. Harry Steinman, MD
- 3T. John Pearce, TX
- 3T. Andy Trozzi, MA
- 5T. Harmon Minor, CO
- 5T. George Spear, NY
7. Walt Mosenthal, MA

Men's 85+

1. John Pearce, TX

WOMEN

Women's Open

1. Michelle Gould, ID
2. Tammy Brockbank, ID
3. Malia Bailey, VA
4. Cheryl Gudinas, IL
5. Mary Tessier, CA
6. Kerri Stoffregen, OH
7. Marcia Hartz, NY
8. Denise Mock, TX
9. Mary Lyons, FL
10. Kim Machiran, MO

Women's A

1. Cheryl Gistand, TX
2. Angie Daaake, NE
- 3T. Susan Hann, FL
- 3T. Michele Kinaan, CA
5. Carol Zimlinghaus, CO
6. Joanna Boyte, NC
7. Sherron Boyea, CA
8. Pattie Schof, LA
9. Vallana Perrault, MN
10. Thelma Ruhlen, VA

Women's B

1. Yesenia Delbusto, FL
2. Adrienne Fisher, OH
3. Melanie Mueller, CO
- 4T. Jeni Fuller, NM
- 4T. Becky Kaufman, KS
- 4T. Linda Vallieres, VT
7. Kristen Kovar, NE
8. Molly Law, CO
9. Kim Moore, TN
10. Darcey Hinsdorf, FL

Women's C

1. Kassi Herr, FL
2. Heather Elliott, FL
3. Belinda Dettman, FL
4. Charlotte Kochersperger, PA
5. Laurie Gordon, CT
6. Mary McCormack, NJ
- 7T. Becky Bastick, KY
- 7T. Shari Hall, WA
- 7T. Chris Herrmann, MO
- 7T. Leslie Miller, IL

Women's D

1. Terry Truvillion, NY
2. Leslie Butler, FL
- 3T. Jesi Fuller, NM
- 3T. Judy Mancusso, VA
5. Linda Robinson, TX
6. Tricia Antoine, LA
- 7T. Eyerce Armstrong, DE
- 7T. Terry Truvillion, MI
9. Jolene Salo, OH
10. Winnie Alvarez, AZ

Women's Novice

1. Cari Mitlitsky, NY
2. Jennifer Swallow, PA
3. Susan Smiley, DE
- 4T. Suzanne Carpenter, OH
- 4T. Joanne Herrera, CO
- 4T. Linda Keener, FL
- 4T. Ruth Kuhlig, CT
- 4T. Judy Mancusso, VA
- 4T. Jedonne Montgomery, ID
- 4T. Janet St. Clair, SC

Women's 19+

1. Amy Kilbane, OH
2. Erika Juhl, DE
- 3T. Aimee Roehler, PA
- 3T. Kerri Stoffregen, OH
5. Heather Dunn, VT
- 6T. Sue Cox, FL
- 6T. Kelly Craig, FL
- 6T. B.J. Ehr Gott, CT
- 6T. Allison Garner, TX
- 6T. Rachel Gellman, AZ

Women's 25+

1. Jen Yokota, MO
2. Elaine Mardas, OH
3. Stacy Sour, CO
4. Kelley Beane, NH
5. Cara Pellowski, WI
6. Sheila Collins, TN
7. Sandee Roach, UT
- 8T. Lisa Shelby, ME
- 8T. Michelle Wiragh, MD
10. Tina Bragdon, CO

Women's 30+

1. Kersten Hallander, FL
2. Lorraine Galloway, NY
- 3T. B.J. Ehr Gott, CT
- 3T. Kim Machiran, MO
- 3T. Dina Moreland, CA
- 3T. Mary Pomeroy, IN

rankings...rankings

- 3T. Cindy Wittenbrink, NM
8T. Phyllis Morris, TX
8T. Debbie Tisinger, CA
10. Cindy Tilbury, MN

Women's 35+

1. Debbie Tisinger, CA
2. Mary Bickley, PA
3T. Carol Kriegler, MN
3T. Denise Mock, TX
5. Mary Beke, AZ
6T. Roz Petronelli, MA
6T. Janet Tyler, FL
8T. Mary Lyons, FL
8T. Marianne Walsh, UT
10. Linda Moore, NE

Women's 40+

- 1T. Karen Holden, CA
1T. Janell Marriott, RI
1T. Janet Myers, NC
1T. Marcia Richards, LA
5. Joanne Pomodoro, MA
6. Renee Fish, FL
7. Mary Keenan, CO
8T. Linda Mojer, CO
8T. Brenda White, IL
10. Shelley Ogden, OH

Women's 45+

1. Eileen Tuckman, FL
2. Shelley Ogden, OH
3. Terry Ann Rogers, CA
4. Nancy Kronenfeld, IL
5. Donna Ebner, MO
6. Pattie Schof, LA
7. Gerri Stoffregen, OH
8T. Elaine Dexter, CA
8T. Dianne Nero, NY
8T. Paula Sperling, NM

Women's 50+

1. Merijean Kelley, CA
2. Gerri Stoffregen, OH
3. Agatha Falso, FL
4. Mildred Gwinn, NC
5. Nidia Funes, CA
6. Sharon Hastings-Welty, OR
7T. Donna Johnson, ID
7T. Pat Tarzon, IL
9. Margaret Hoff, IL
10. Tawn Wolfe, CA

Women's 55+

1. Mildred Gwinn, NC
2. Nancy Butts, WI
3. Jo Kenyon, FL
4. Marquita Molina, CA
5. Helen Dunsmoor, ID
6. Sylvia Sawyer, UT
7. Sue Carow, IL
8. Annabelle Kovar, NE
9T. Lou Bradley, WI
9T. Sharon Hastings-Welty, OR

Women's 60+

1. Jo Kenyon, FL
2. Kathy Mueller, MN
3. Mary Walker, CA
4T. Mary Low Acuff, NC
4T. Lola Markus, IL
6. Susan Embry, CA
7. Helen Dunsmoor, ID
8. Norma Carlisle, UT
9. Ann Byers, OR
10. Louise Kiss, NM

Women's 65+

1. Reta Harring, WI
2. Lola Markus, IL
3. Dorothy Vezetinski, WA
4. Roberta Schoenfeld, NM
5. Mary-Low Acuff, NC
6T. Paula McNeish, FL
6T. Jane Smith, DE
8T. Rebecca Dixon, OH
8T. Mary Lou Kackert, NM
10. Louise Kiss, NM

Women's 70+

1. Mary-Low Acuff, NC
2. Dorothy Vezetinski, WA

Women's 75+

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

BOYS

Boy's 8 & Under

1. Nick Arturo, AK
2. David Lewis, CO
3. Cody Drago, OR
4. Andrew Grissom, CA
5T. Justin Erdman, OH
5T. Eric Wodrich, IN
7. Brady Prince, MN
8T. Jamin Godwin, FL
8T. Kenny Green, GA
10. Paul Bennett, UT

Boy's 8 Multi-Bounce

1. Justin Erdman, OH
2. Mark Swanson, NM
3T. Jamin Godwin, FL
3T. Harrison Slocum, FL
5T. Nick Arturo, AK
5T. Bill Travers, OH
7T. Cody Drago, OR
7T. Kenny Green, GA
9T. Jeffrey Gordon, TX
9T. Ori Melnik, TX

Boy's 10-

1. Jeremy Robbins, TX
2. Brad Slocum, FL
3. Tyler Hollingsworth, OR
4. Simon Jackson, IN
5. Andrew Kopf, NY
6. David LaForest, NY
7. Dan Sheppick, OR

- 8T. Tim Bjorkman, CO
8T. Peter Oaks, OH
8T. Bradley Rogers, KS

Boy's 12-

1. Trevor Crowe, OR
2. Bart Crawford, OR
3. Seth Parker, PA
4. Clay Burris, FL
5T. Josh Epstein, NY
5T. Dain Taylor, IN
7. Jack Huczek, MI
8. Patrick Debord, NE
9. Michael Lawrence, AL
10. Steven Klaiman, TX

Boy's 14-

1. Sanjay Laforest, NY
2. Mike Harmon, FL
3. Shane Vanderson, OH
4. Joel Worthington, KS
5. Ashley Conway, NC
6T. Jason Jansen, ND
6T. Adam Taylor, IN
8T. Grant Barker, MO
8T. Scott Fisher, NY
8T. Philip Hammond, TX

Boy's 16-

1. Willie Tilton, CO
2. Josh Tucker, MO
3. Ryan Staten, KS
4. Andy Tucknott, NE
5T. Rocky Carson, CA
5T. Jeffrey Garner, AL
7T. Brit Berkey, IN
7T. Justin Carey, NY
9. David Liakos, NE
10. Stephen Mykalcio, NY

Boy's 18-

1. Eric Storey, IN
2. John Stanford Jr., FL
3. Sam Ryder, WJ
4. Stephen Mykalcio, NY
5. Dan Darling, OR
6T. Erin Brannigan, ID
6T. Terrance Holbrook, UT
6T. Willie Tilton, CO
9. Jeffrey Garner, AL
10. Jesse Keaveny, AK

GIRLS

Girl's 8 & Under

1. Ashley Willhite, OR
2. Dianne Meyer, OR
3T. Trina Harper, WI
3T. Rebeka Kopf, NY
5. Christine McCracken, NM
6. Ashley Murphy, MO
7. Paige Chandler, TN
8T. Sharon Jackson, IN
8T. Katie Lyons, FL
10. Jenny Epstein, NY

Girls 8- Multi-Bounce

1. Trina Harper, WI
2. Sarah Moyle, OR
3. Brittany Legget, QR
4. Dianne Meyer, OR
5. Katie Lyons, FL
6. Nicole Robinson, OR
7. Christine McCracken, NM
8T. Paige Chandler, TN
8T. Ashley Murphy, MO
8T. Shanae Taylor, IN

Girl's 10-

1. Adrienne Fisher, OH
2. Derai Darling, OR
3. Jesi Fuller, NM
4. Brandie Hanson, OR
5. Cari Mitlitsky, NY
6. Kelley Fisher, OH
7. Leslie Luna, NM
8. Kastle Arturo, AK
9. Jenny Hough, MD
10. Ashley Willhite, OR

Girl's 12-

1. Crystal Winfrey, OH
2. Kimberly Irons, OH
3. Cari Mitlitsky, NY
4. Molly Law, CO
5. Jeni Fuller, NM
6. Candice Tueller, UT
7. Derai Darling, OR
8. Mary Sweeney, NY
9T. Lindsay Deutsch, TX
9T. Juliana Mayor, NY

Girl's 14-

1. Maggie Debord, NE
2. Kristen Kovar, NE
3. Kristen Walsh, UT
4. Krystal Csuk, IL
5. Sara Wencil, OR
6T. Melanie Mueller, CO
6T. Kindra Sears, IN
8. Adva Buzi, TX
9. Amy Jo Hollingsworth, OR
10. Jen Ersek, NY

Girl's 16-

1. Megan Bals, NE
2. Sara Borland, IA
3. Melissa Harmon, FI
4. Brooke Crawford, OR
5T. Meghan Guardiani, MA
5T. Lindsay Sears, IN
7. Liana Kerwood, OR
8. Leisa Marquart, NE
9T. Katie Gould, MO
9T. Jennifer Swallow, PA

Girl's 18-

- 1T. Kori Grasha, NE
1T. Sadie Gross, SD
3. Rhonda Rajsich, AZ
4. Dawn Gates, IL
5T. Erin Frost, OR
5T. Meadow Krantz, MN
7. Christina Lewendal, OR
8. Brooke Crawford, OR
9. Colleen Maginn, WI
10. Debra Derr, FL

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• ProKennex • Spalding • Wilson •

TRANSITION Racquet Sports

national calendar...

JANUARY

JANUARY 22

January Thaw
Towne & Country
Woodcross, UT
801-298-3232

Alaska Athletic Club Open
Anchorage, AK
907-562-2460

JANUARY 24

Metroplex Championship
Maverick Athletic Club
Arlington, TX
817-275-3348

Atlantic City Open
Tilton Athletic Club
Pleasantville, NJ
410-315-7900

Greenbriar Classic
Greenbriar Athletic Club
Indianapolis, IN
317-257-3261

Hall of Fame Pro-Am
Hall of Fame RB Club
Columbia Heights, MN
612-572-0330

I.R.T. Columbus Pro-Am
Continental Athletic
Club-Columbus, OH
614-548-4955

Super Bowl Open
Channing YMCA-Elgin, IL
847-888-7400

Minot YMCA Open
Minot, ND
701-852-0141

The Classy 100/Georges
RB Open @ Nautilus Fitness
Center-Erie, PA
814-868-0072

Women's Senior/Masters
National Invitational
Sports Barn
Chattanooga, TN
423-266-1133

8th Annual Bell Social-
ization @ Yorktown Rac/Fit
Club-York, PA
717-848-5767

JANUARY 25

Racquetball One-Double
Finale @ Jewish CC Health
Club-West Bloomfield, MI
616-975-9080

JANUARY 28

Orem Fitness Center Open
Orem, UT
801-224-7158

JANUARY 31

Bloomington Sports
Complex Open
Bloomington, IL
630-893-9577

Fitness Classic @ Fitness
Inc.-Pocatello, ID
208-233-8035

NE Masters Winter Blahs @
Salem Ath. Club-Salem, NH
603-893-8612

O.R.A. Intercollegiate
Doubles @ Baldwin Wallace
College-Berea, OH
216-826-2286

Smash & Splash @ Green
River Rec. Center
Green River, WY
307-872-0511

The Icicle Open
Allentown Racquet Club
Allentown, PA
610-821-1300

Winter Coors Light Open
Royal Court-Kearney, NE
308-236-5110

17th Annual T & R Open
@ Track & Racquet Club
Fayetteville, NY
315-446-3141

Delaware State Doubles
Kirkwood Fitness & RB
Club-Wilmington, DE
302-378-1596

4th Annual Rochester Pro-
Am @ Rochester Athletic
Club-Rochester, MN
507-282-6000

FEBRUARY

FEBRUARY 6

Alaska State HS/Jr. Tourn.
The Alaska Club
Anchorage, AK
907-337-9550

FEBRUARY 7

Alpha Valentine Double
Trouble @ Alpha
Racquetball Club
Mechanicsburg, PA
717-540-5111

Camp Confidence Tourn.
All American Athletic Club
Baxter, MN
218-829-6453

Decks-R-Us Pro Am
Harbor Square Athletic
Club-Edmonds, WA
206-778-3546

Downstate Reg. Doubles
World Gym at Wantagh
Wantagh, NY
516-826-5555

Illini Classic @ Champaign
Fitness Ctr-Champaign, IL
217-356-1616

Michelob Light @ Grand
Forks Tennis Center
Grand Forks, ND
701-746-2790

Mike Reynolds Invitational
Orlando Fitness & Racquet
Club-Orlando, FL
407-645-3550

Nashua Athletic Club
Open-Nashua, NH
603-889-5520

Northwest Winter Classic II
Northwest Athletic Club
Springdale, AR
501-750-3538

Racquets Four Valentine's
Open @ Racquets Four
Sports Ctr-Indianapolis, IN
317-783-5411

The Head Racquetball Tour
Gene Weiss Racquettime
Euclid, OH
614-890-6073

Valentine Open
Racquetball International
Windham, ME
207-892-3231

Yesterday's-Kidney
Foundation @ Sports
Barn-Chattanooga, TN
423-266-1133

FEBRUARY 8

3rd Ann Total Sports
Challenge @ Total Sports
Harrison TWP, MI
810-463-2000

FEBRUARY 11

St. Valentine's Massacre
Redwood Multi-Purpose Ctr
West Valley City, UT
801-974-6923

FEBRUARY 14

Decathlon Pro-Am
Invitational @ Decathlon
Athletic Club
Bloomington, MN
612-854-7171

Ice Fog Classic
Alaska Athletic Club
Fairbanks, AK
907-562-2460

Meadowlands Open
Classic Athletic Club
Lyndhurst, NJ
201-444-0859

St. Valentine's Day
Massacre @ Sports Courts
Lincoln, NE
402-475-5686

St. Valentine's Day
Massacre @ Woodfield Ath.
Club-Schaumburg, IL
847-884-0678

St. Valentine's Day
Massacre @ YMCA
Idaho Falls, ID
208-523-0600

Sweethearts Doubles
Sawmill Athletic Club
Columbus, OH
614-229-7698

Valentine's Day Rac-Attack
@ Woodcreek Athletic
Club-Tyler, TX
903-561-6800

John Marsden Memorial
North Conway Ath. Club
North Conway, NH
603-356-5774

4th Annual Winter Open @
American Family Fitness
Richmond, VA
804-330-3400

5th Annual ARCC
Tournament @ Mount St.
Mary's College
Emmitsburg, MD
301-447-5290

FEBRUARY 15

Racquetball One
Grand Rapids - MAC
Grand Rapids, MI
616-975-9080

FEBRUARY 19

Valentine Doubles
The Alaska Club
Anchorage, AK
907-337-9550

FEBRUARY 21

Florida State Singles
Championships
Sarasota Bath & Racquet
904-270-2224

Charity Weekend
Tournament @ Central
Penn Fitness Club
Harrisburg, PA
717-564-4171

Fitness Barn Open
The Fitness Barn
Valparaiso, IN
219-762-3191

Hiway 100 Pro-Am
Hiway 100 RS&H Club
Minneapolis, MN
612-525-2565

Nashville City Champ-
ionships @ Athletic Club
Maryland Farms
Brentwood, TN
615-373-2900

Silver Bullet Bash
Rawlins Rec Center
Rawlins, WY
307-328-4573

Smokey Mountain Classic
@ Carson-Newman College
Jefferson City, TN
423-397-7288

Snowball Open
The Fitness Club
Waterville, ME
207-873-0571

The Head Racquetball Tour
Heights Health & Racquet
Club-Huber Heights, OH
614-890-6073

WLNH/Megabucks Open @
Gilford Hills-Gilford, NH
603-293-7546

ACRA Collegiate Regional
@ University of Maryland
College Park, MD
410-315-7900

Vermont State Singles
Racquet's Edge
Essex, VT
802-654-7717

Washington State Singles
@ Bally's Total Fitness
Lynnwood, WA
206-745-8008

alendar...calendar

**BOLDED listings are
LEVEL THREE (State
Championship) or
higher events.**

3rd Ann. Olympic Open
Palos Olympic Health &
Fitness—Palos Hills, IL
708-974-1900

FEBRUARY 26
Silver Racquet Pro-Am
Alaska Athletic Club
Anchorage, AK
907-562-2460

FEBRUARY 27
Spring Smash @ Marv
Jensen Recreation Center
South Jordan, UT
801-253-4404

FEBRUARY 28
Ball Buster @ Fitness
Inc.—Pocatello, ID
208-233-8035

End of Winter Inspirational
White Bear Racquet/Swim
White Bear Lake, MN
612-426-1308

Grand Island YMCA
Open—Grand Island, NE
308-384-8181

Spring Fling @ Wind River
Racquetball Club
Lander, WY
307-332-2811

10th Annual Just for Fun
Tourney @ Penfield
Racquetball Club
Rochester, NY
716-586-7777

ACRA Collegiate Regional
@ Baldwin Wallace Rec.
Ctr.—Berea, OH
216-826-2286

Illinois State Singles
Bloomingdale Sports
Complex—Bloomingdale, IL
708-370-9825

New Hampshire State
Singles: 603-434-7875

..... **MARCH**

MARCH 6
Partners with Youth RB
Benefit @ Thornton Family
YMCA—Tulsa, OK
918-250-4151

ACRA Collegiate Regional
@ Salt Lake Community
College—West Valley, UT
801-464-7792

1997 USRA NATIONAL EVENTS

JANUARY 24-26

FEBRUARY 13-15

FEB.28 - MAR. 02

MARCH 21-30

APRIL 02-06

APRIL 03-05

APRIL 17-20

MAY 21-26

Women's Senior/Master Championships: Chattanooga

NMRA Masters Singles Invitational: El Paso

ProKennex USRA 10th National High School Championships: St. Louis

PARC 11th Tournament of the Americas: Chihuahua, Mexico

E-Force USRA 25th U.S. Intercollegiate Championships: Boise

NMRA U.S. Golden Masters Singles & Doubles: Baltimore

Regional Qualifier Weekend! Nationwide!

Ektelon USRA 30th U.S. National Singles Championships: Houston

MARCH 7
Eastern Nebraska
Championships @ Sports
Courts—Omaha, NE
402-339-0410

March Madness @ Courts
Plus Fitness—Fargo, ND
701-237-4805

Omni 41 Make A Wish
Tournament @ Omni 41
Sports & Fitness
Center—Schererville, IN
219-865-6969

Railyard Health & Racquet
Open—Woodsville, NH
603-747-8006

Scottsbluff YMCA Open
Scottsbluff, NE
308-635-2318

Wilson Doubles Tourn.
Hall of Fame RB Club
Columbia Heights, MN
612-572-0330

Maine State Doubles
Racquetball International
Windham, ME
207-892-3231

New Jersey State Singles
King's Court—Lyndhurst, NJ
201-444-0859

Ohio State Singles
Hall of Fame Fitness
Center—Canton, OH
614-890-6073

Pennsylvania State Singles
@ Penn State University
State College, PA
610-892-6997

Tennessee State Singles
Downtown YMCA
Nashville, TN
615-254-0031

Wyoming State Juniors
Green River Rec. Center
Green River, WY
307-872-0511

MARCH 8
Players Athletic Club
Open—Warren, MI
810-774-6900

MARCH 11
Luck of the Heights
Cottonwood Heights Rec Ctr
801-943-9673

MARCH 13
Shamrock Shootout
Glass Court Swim &
Fitness—Lombard, IL
630-629-3390

MARCH 14
Endless Mountain Open
Shadowbrook Resort
Tunkhannock, PA
717-836-2151

Green Mountain Open
Racquet's Edge—Essex, VT
802-654-7717

Northwest Open
Bellingham Athletic Club
Bellingham, WA
360-676-1800

Slamrock @ Courtsouth
Athletic Club
Murfreesboro, TN
615-895-CLUB

St. Paddy's Day Open
Riverview Racquet Club
Eastlake, OH
216-942-5613

W.I.R.T. RAD Athletics Pro-
Am @ Continental Athletic
Club—Columbus, OH
614-548-4955

14th Annual UCP Tourney
@ Suburban RB & Swim
Club—St. Cloud, MN
321-251-3965

Wyoming State Doubles
Club Energize—Gillette, WY
307-686-7627

MARCH 15
Maine State Juniors
RBI—Windham, ME
207-892-3231

MARCH 18
Utah State Singles
Sportsman—Murray, UT
801-964-1278

MARCH 19
Alaska State Doubles
The Alaska Club
Anchorage, AK
907-337-9550

MARCH 21
Greater Cincinnati/Dayton
City @ Waycross Ath. Club
Cincinnati, OH
614-890-6073

March Madness
Oak Park Athletic Club
Oak Park, IL
708-848-5200

The Maine Open
Fitness Forum
Sanford, ME
207-324-1154

Third Annual DWN Open
Colonial Racquetball/Fit.
Club—Sinking Springs, PA
610-777-7801

Delaware State Singles
Kirkwood Fitness & RB
Club—Wilmington, DE
302-378-1596

Idaho State Singles
AJ's Courthouse
Boise, ID
208-343-2288

Indiana State Singles
Greenbriar Athletic Club
Indianapolis, IN
317-257-3261

Nebraska State Singles
Sports Courts of Lincoln
Lincoln, NE
402-454-2765

MARCH 22
Mathisen Tire Tournament
Supreme Courts RB &
Fitness—Virginia, MN
218-749-8318

Racquetball One Singles
Finale @ Lansing MAC
East Lansing, MI
616-975-9080

MARCH 28
Wyoming State Singles
Wyoming Athletic Club
Casper, WY
307-265-6928

30+ Championships
Bellevue Club
Bellevue, WA
206-455-1616

**AND DON'T FORGET TO
PLAN FOR REGIONALS —
Hosted Nationwide on
APRIL 17-20
[See separate listing
on page 59]**

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REGIONALS are also
REQUIRED to enter World
Intercollegiate, April 02-
06 [See separate regional
listing on page 57]**

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RACQUETBALL Magazine Ad Index

A Healthy Racquet.....	415-757-0199.....	39
Ashaway.....	800-556-7260.....	31
Bell Racquet Sports.....	800-724-9439.....	52
Black Knight.....	800-535-3300.....	55
Caller's Advantage.....	800-435-6832.....	64
Court Club for Sale.....	954-923-1165.....	56
Court Sports.....	800-352-1042.....	19
Courtesy Sports.....	800-729-1771.....	45
Courtesy Sports.....	800-729-1771.....	53
Courtesy Sports.....	800-729-1771.....	49
E-Force.....	800-433-6723.....	21
E-Force.....	800-433-6723.....	6
Ektelon.....	800-435-8356.....	32/33
Ektelon.....	800-435-8356.....	Back Cover
Gemini Racquetball.....	800-899-3367.....	17
Genesis.....	719-635-5396.....	34
Head Sports, Inc.....	800-874-3234.....	Inside BC
Head Sports, Inc.....	800-874-3234.....	7
Lawler Court Products.....	800-875-3701.....	51
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Mastery of Racquetball.....	216-650-9363.....	37
MBNA.....	800-847-7378.....	40
Michael's Ripit Club.....	800-552-6453.....	48
Network Marketing.....	770-751-9463.....	23
Pacific Sports Warehouse.....	800-835-1055.....	55
Panacea Consulting, Inc.....	703-841-4348.....	41
Penn Racquet Sports.....	800-289-7366.....	25
Penn Racquet Sports.....	800-289-7366.....	27
Penn Racquet Sports.....	800-289-7366.....	29
PJ & Associates.....	305-655-7843.....	56
Pro Kennex.....	800-854-1908.....	60
Racquet Connection.....	888-822-2501.....	47
Samuels Tennisports.....	800-543-1153.....	46
Transition.....	800-473-4425.....	62
USRA.....	719-635-5396.....	34
Vincent.....	800-241-1136.....	52
Wilson.....	800-739-4576.....	5
Wilson.....	800-739-4576.....	43
Win Sports.....	714-894-8161.....	56

TOURNAMENT ENTRIES.....	719-635-5396.....	USRA Events
National High Schools.....		56
National/World Intercollegiate.....		57
Intercollegiate Regionals.....		57
1997 Regionals.....		59

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Cliff Swain
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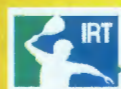
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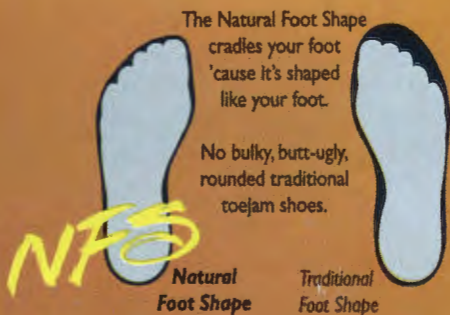
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