

RACQUETBALL

AARA IN REVIEW

Official Publication of the AARA • Member United States Olympic Committee

Volume 4, Number 8 • November 1985

ANDREWS SERVES WINNER AT 7TH ANNUAL COOKOUT

You could say that AARA Champion Ed Andrews was head chef and bottle washer at the 7th Annual Western Cookout and Racquetball Shootout in California held September 11-15 at the Irvine Clubhouse. The only problem was, none of the players who came to dine in Andrews court could digest what Andrews was serving, and for the second consecutive year, the #2 ranked amateur and defending Amateur Champion barbecued the tough field of high-ranked players to take the tournament.

Andrews squared off against current Canadian National Champion, Roger Harripersad, in the final. It was a grudge match. Harripersad had decimated Ed at the World Games in London and, more recently, Roger had fallen to Andrews in the round of 32 at the West Lane Pro/Am in August. When the two stepped out on the court to face each other, it was serious Cookout time. Somebody was going to get roasted.

Roger, who is now on the Sacramento State University racquetball team, found he had a raging bull on his hands as Andrews tenderized Harripersad with a sizzling 15-10, 15-4 victory over the Canadian.

"I really felt good," declared a jubilant Andrews. "I was moving very well and hitting my backhand down-the-line passes like I have to do to beat Roger."

The doubles' action also featured Andrews with Mike Gustaveson on his side to do a little Team Cooking against Harripersad and Shawn Moskwa in the semifinal. Harripersad and Moskwa threw the tough match-up into a tie-breaker, but Andrews and Gustaveson survived with a 15-7, 14-15, 11-2 win.

Scott Winters and Guy Texiera fell to Andrews and Gustaveson in the doubles' final, 15-7, 15-5.

The Women's Open division was won

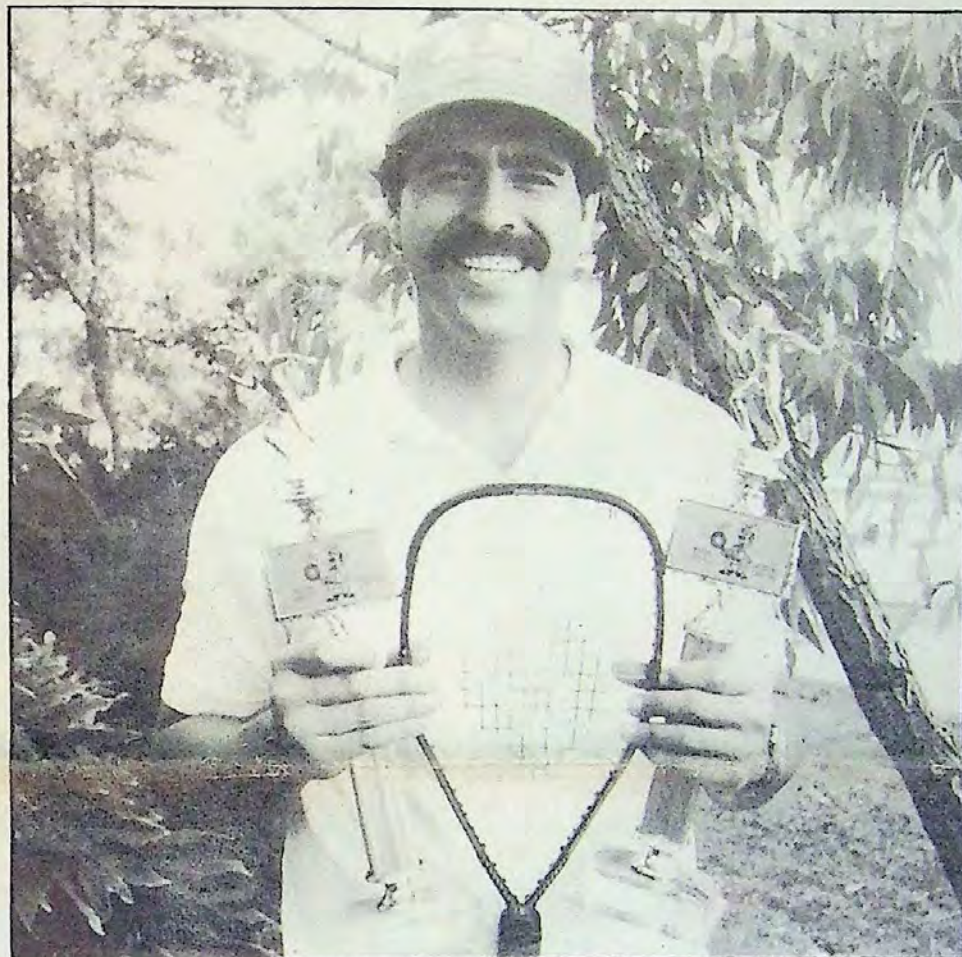
by Karin Walton for the second year, mimicing Andrew's performance. Walton's finals opponent this year was Canadian Crystal Fried who also plays on the Sacramento State Racquetball Team. Both games of the final match had the crowds cheering down to the last point, but Walton managed to hold off Fried with 15-13, 15-14 winners.

Walton received \$100 and a Pioneer car stereo and speaker package. Mike Gustaveson was also awarded \$100 and a Pioneer dual tape deck. Andrews took home \$200 and a Pioneer compact disk player and stereo receiver for winning the two events.

All tournament players were treated to a complimentary Straw Hat Pizza/Labbatts' Beer party and a Saturday night Western Steak Barbeque. A special player raffle drawing was also held at the Saturday night cookout. Prizes which were raffled away included: a trip to the wine country for two including airfare and lodging via West States Airlines, a black and white TV set, a DP Bodytone 300 rowing machine, DP dart boards, dinners for two, Catalina Island Holiday Crusies, Star Tool Equipment, Champion gloves and many other prizes.

The tournament's main sponsor was Pioneer Electronics, and co-sponsors included DP Industries, Penn Athletic Products, The Budget Gourmet, Straw Hat Pizza Restaurants, Labbatt's beer, Nike, A'me Power Grips, West States Airlines, Mobile Scaffolding and Sir Speedy.

A special thanks goes to The Irvine Clubhouse support crew of Ron Stuth-eit, Bernie Mulvenna, Mary Ann Seitz, Jill Robertson, Mike Powell, Mickey Bel-lah, Sandy Lauer, Bob Williamson, Julie Kern and others who refereed extra matches and manned the CARA registration desk.



Ed Andrews flashes a grin upon winning two trophies at the Western Cookout.

Racquetball Heads Into Winning Fourth Phase

By Jason Holloman, Editor

I realize I have a biased audience. All of you out there already play racquetball, but I thought you might want to know what other people in and out of racquetball are saying about our sport.

An article entitled "Inside Racquet Sports" was plopped on my desk from two different people on the same day. I guess they wanted me to look at it. I did. It had some interesting stuff in it I would like to pass on to you, plus a few observations of my own.

First of all, some interesting figures:

- Between seven to nine million people play racquetball, or, about 1 out of 26 people in the U.S. play racquetball.
- 1,300,000 racquets were sold in 1984. That's between 60 to 70 million dollars in retail sales.
- There are 20,000 to 26,000 courts in 3,500 racquetball facilities.
- Racquetball is played in 44 countries
- Out of the 30 most popular participant sports, racquetball is 23rd.

So. That is the state of racquetball today. As my title suggests, racquetball is heading into a fourth phase. What were the other three? First, the sport was just a curiosity, but it was fun and easy to learn, so a lot of people picked it up from playing at facilities like the YMCA. By 1970, there were about 50,000 players.

In the second phase, manufacturers of racquets and club builders got into the action. Suddenly, racquetball became the "in" game to play. Clubs, players and racquetball equipment sales rose incredibly. Pro players began to surface. Sponsorship money became available for high-level players and a lot of politics about who would control this booming new sport began to rear its ugly head. By 1980, in ten short years, there were an estimated 13 million players!

The third phase was a rough one and inevitable, too. What goes up, must come down. The clubs had over-built. As one club manager put it, "There were too many courts and clubs chasing after too few players." Add to that the recession that started around 1980 and things got real bad very fast. Clubs

(Continued on page 7)

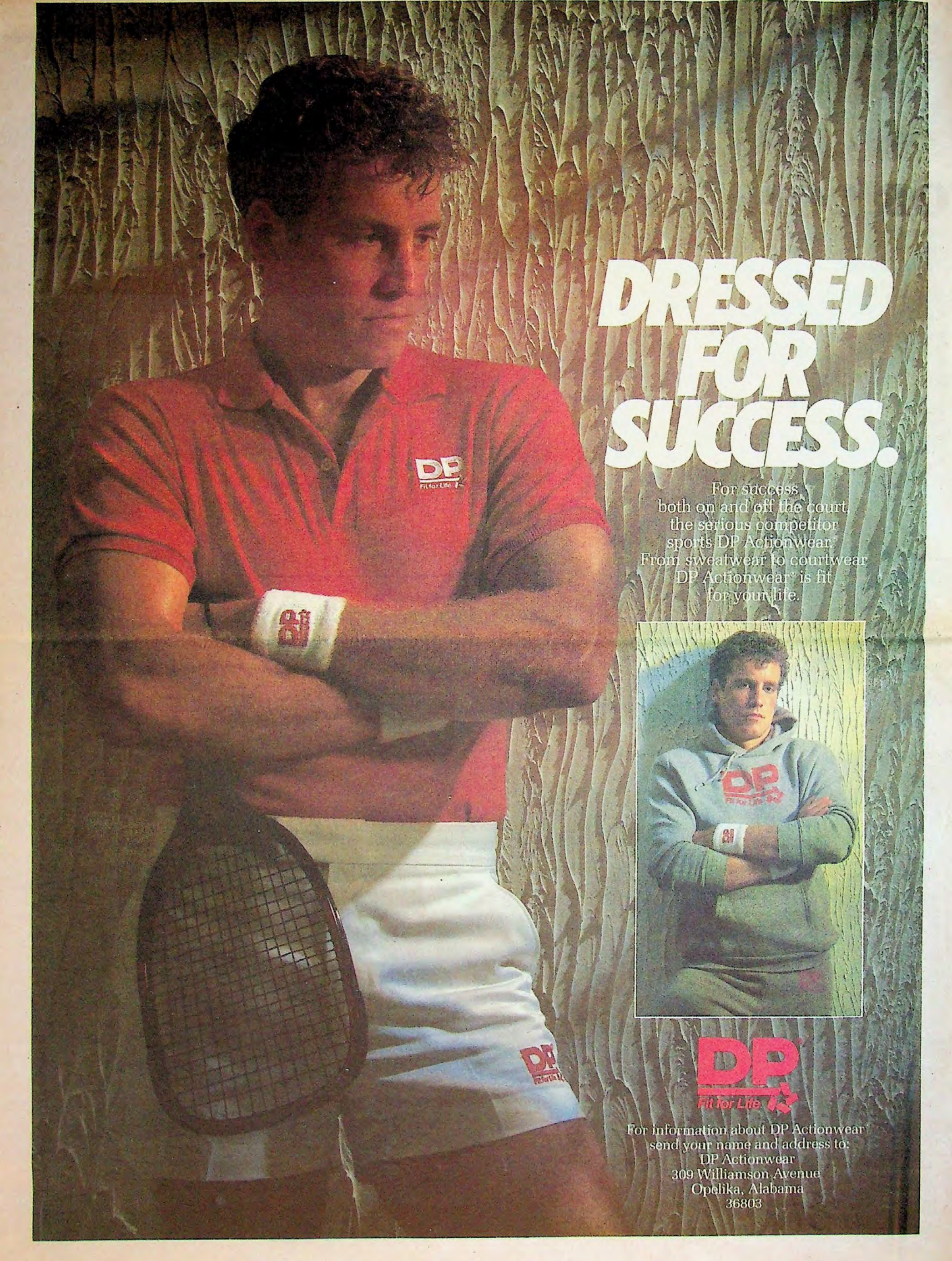
American Amateur Racquetball Association
815 North Weber, Suite 203
Colorado Springs, CO 80903

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Des Plaines, IL
Permit No. 109

GEOFFREY E. PETERS
500 SHERIDAN RD
EVANSTON

0386

IL 60202



DRESSED FOR SUCCESS.

For success
both on and off the court,
the serious competitor
sports DP Actionwear.
From sweatwear to courtwear,
DP Actionwear® is fit
for your life.



For information about DP Actionwear®
send your name and address to:
DP Actionwear
309 Williamson Avenue
Opelika, Alabama
36803

THE PSYCHOLOGY OF COMPETITION

Part One: Stress & Performance

By Dr. Jerry May and
Drew Stoddard

Dr. Jerry May, Ph.D., is a Clinical Psychologist for the United States Ski Team. He is Co-chairman of the U.S. Olympic Sports Psychology Advisory Panel, and is Professor of Psychiatry and Behavioral Sciences at the University of Nevada School of Medicine, in Reno, Nevada.

Drew Stoddard is the Commissioner for the RMA men's pro tour and an editor for National Racquetball Magazine.

It's tournament time! For six weeks you've been training every day to get your game in top form — drilling forehands, doing sprints, suffering through Nautilus workouts, and destroying everyone you play in practice. A smile comes across your face as you check out the draw sheet and discover that your first round opponent is one of your favorite practice-match destroyers. You've got four racquets in your bag — all newly strung — some brand new gloves, and enough clothes to last you through the finals. All your friends are coming to watch. Everything is ready. "This," you say to yourself, "is going to be cake."

But as match time gets closer, things start getting a little weird. Your pulse is pounding, your mind is racing, you're starting to sweat, and your lungs just can't seem to get enough air — and so far all you've done is put on your socks.

Those nice little butterflies are now staging full-scale war games in your stomach. What's going on here? When you finally walk into the court (why are all those people staring at you?) your only hope is that everything will change after you start playing.

It does. It gets worse. Your feet seem nailed to the floor, your arms and legs have turned into cement, and simply getting the ball to the front wall has become a major challenge. Your forehand — which only an hour ago was ripping like a cannon — is now moving the ball with all the power of a dripping faucet. In what seems like moments the match is over; you've scored a total of six points — all on shots where you accidentally hit the strings of your racquet.

Bewildered and angry, you walk off the court and swear to yourself that you will never play this stupid game again!

What happened?

There is not a serious racquetball player alive — or athlete for that matter — who has not experienced something like the scenario above at some time in his or her career. Indeed, some of us are doomed to experience it over and over again because we never learn that physical preparation alone is only part of the formula for athletic success. A highly-trained body can be rendered utterly useless in an instant when it is controlled by the unpredictable reactions of an untrained mind.

Every athlete knows the importance of physical training for athletic performance. Because sports is a process of measuring one's ability to execute specific skills, most training programs are designed solely to increase the level of physical performance. However, on a given day in competition the difference between one athlete's performance and another's frequently depends on how well each is prepared mentally.

This is particularly true of racquetball, because it is played at such high speeds. Although the basics of the sport are easy to master, at higher levels, racquetball combines the precise timing of a perfect golf swing with reaction times that are measured in microseconds. The slightest loss of concentration under the intense stress of tournament play can devastate and otherwise perfect game in seconds.

Fortunately, our minds can be trained in much the same way we condition our bodies. The purpose of this series of articles is to present a basic overview of the psychological aspects of athletic performance. We will explore why our mental processes break down under certain conditions, and how we can learn to condition our minds to function predictably under stress.

STRESS

It is perhaps the greatest challenge for every athlete, regardless of his or her sport, to understand that executing a given skill in the relaxed atmosphere of practice can be quite different from performing the same task under the pressure of competition. In racquetball, for example, hitting a perfect forehand kill in a practice match might be quite simple while hitting the same shot in the semifinals of an important tournament can seem nearly impossible. Why? Logically, the act of killing a forehand would seem to be the same in either case.

The explanation is actually quite simple. The ability of the mind to re-implement a learned skill is altered — for better or worse — by the presence of stress.

So much attention has been given recently to the negative effects of it in our lives that we tend to think of stress as always destructive, but this is not true. Stress cannot, and should not, be totally avoided. To eliminate it would be to destroy life itself.

Hans Selye (M.D., Ph.D.) was the first person to systematically study stress; he defined it as *the non-specific response of the body to any demand upon it*. Stress is a very general concept, and includes almost any thought, feeling, or event that occurs in one's life. Stress is a vital, creative force that energizes the body. Yet, like all powerful forces, it can also throw the body off course.

Although all types of stress make certain demands on the body, it is important to learn which stressors are bene-

ficial and which are detrimental to your own mental and emotional state, and will thus affect your performance. We all react to stress differently. For one player the stress of a tournament may act as a strong motivator, while another might view it as highly threatening. Each of us must learn to recognize overstress, and when the limits of our own adaptability have been exceeded.

There are many factors that can cause stress for an athlete, some external and others, internal.

External factors are those that are beyond your control. They might include parental pressure, boisterous spectators, a crowding opponent, or the extreme physical demands of playing round after round in a large tournament. The higher in a sport an athlete goes, the more of these factors seem to develop.

Internal stress is that which we bring on ourselves, and is therefore possible to control. This type of stress can come from unrealistic expectations and goals, worrying about mistakes, self-consciousness, or a strong fear of failure. When an athlete learns to control these internal stress factors, it is often easier to limit the effect of the external stressors.

Regardless of its source, once the level of stress exceeds your own ability to adapt, your performance level will drop. It is when thoughts are difficult to control, feelings too intense, and situations seem overwhelming, that a good psychological training program can be most beneficial.

GENERAL ADAPTATION SYNDROME

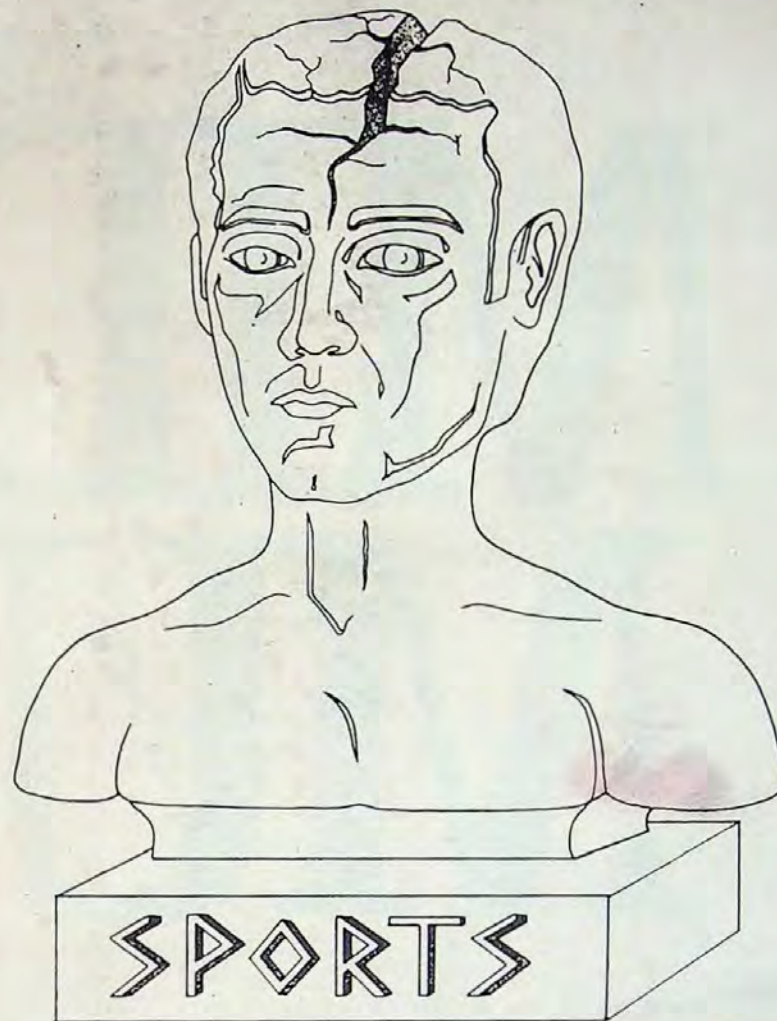
Whenever the mind and body are subjected to stress over a long period of time, no matter what the particular ir-

ritant may be, a reaction occurs which is called the General Adaptation Syndrome. This reaction takes place in three parts: 1) the alarm phase, during which the body is put on alert and summons its defensive forces to combat the stressor; 2) the resistance phase, where the body maintains and fights against the irritant; 3) the stage of exhaustion, when unable to resist and attack any longer, the body finally gives in and experiences a breakdown in performance, the onset of disease, or ultimately, death.

For an athlete, the alarm phase can be triggered by stress of a specific event on the day of competition. For the serious racquetball player this takes place most often during tournament play. When this happens, the body and mind go into action to cope with the stress and normally do quite well. If, however, the competitive events continue at close enough intervals over an extended period of time, the mind and body are kept in the totally ready state and the responses of the resistance state are triggered. This is why it can be so difficult to play round after round in an important tournament. Not only does the body become physically tired, but the mind begins to break down as well.

Unfortunately, the real situation does not have to be present for the alarm-resistance-exhaustion sequence to occur, because the mind has the capability to store in memory an event, and then worry over it. Most of us have the capacity to endure this exposure for a while, but with extensive stress, the mind and body break down. During this resistance phase, the illness and injury rate goes up, and performance level is reduced.

(Continued on page 5)



"A highly-trained body can be rendered utterly useless in an instant when it is controlled by the unpredictable reactions of an untrained mind."

MID-SIZE MUSCLE.

Head introduces the power to change your game forever. It's the extra power delivered by Head's revolutionary new mid-size racquets.

Adding power by making the racquet bigger is easy. But only Head knew how to develop a bigger racquet with a flawless balance between added power and control.

With a *slightly* larger head, Head's new mid-size racquets deliver a lot of extra power. And they do it

without stripping your game of finesse or timing or control. So your shots just get faster, harder, and a whole lot tougher to return.

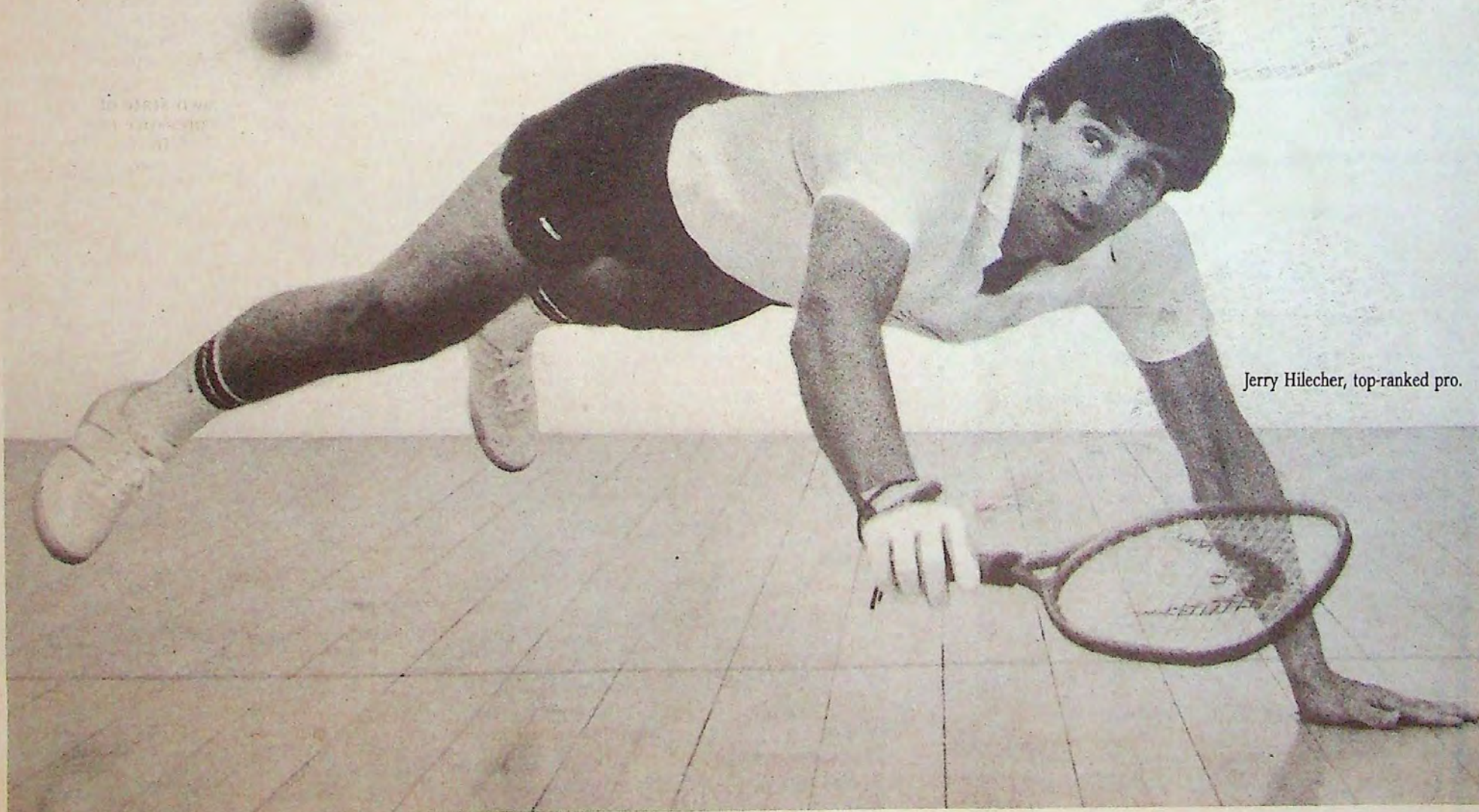
Ask top-ranked pro Jerry Hilecher. He'll tell you mid-size is helping him hit backhands like never before. That's why he's playing with his new mid-size Radial on the Pro Tour.

Or ask the International Amateur Racquetball Federation. They've declared Head's new mid-size

the "official racquetball racquets" of the 1985 World Games in London.

Or better yet, ask yourself. Play-test a new Head mid-size racquet and you'll find out just how much muscle mid-size can add to your game.

**INTRODUCING
THE NEW MID-SIZE RACQUETS
FROM HEAD.**



Jerry Hilecher, top-ranked pro.

THE NEW MID-SIZE RADIAL.

Ultra-light and extra-firm, its unique blend of graphite, boron, and kevlar delivers the control, accuracy, and "feel" tournament players demand.

THE NEW MID-SIZE SPECTRUM.

Powerful kevlar, graphite, and fiberglass composite is exceptionally light, yet forgiving for the intermediate player.

THE NEW MID-SIZE LASER.

Strong, sleek tubular aluminum construction with a graphite-reinforced throatpiece. Designed to deliver big power and pinpoint precision for the advanced player's power game.

THE NEW MID-SIZE SPRINT.

Designed with forgiving flex, the lightweight aluminum construction combines power and playability for the advancing player.

HEAD

You've never felt racquetball like this before.

For free product information write AMF Head, Inc., P.O. Box CN-5227, Princeton, N.J. 08540. ©1985 AMF Head, Inc. Head's new mid-size racquets are legal for all AARA and professional tournaments.

Psychology of Competition

(Continued from page 3)

AROUSAL AND PERFORMANCE

There is a specific relationship between arousal (stress) and athletic performance. TABLE 1 depicts this relationship. It is vital for every athlete to understand this principle, and to learn how to apply it to his or her own situation.

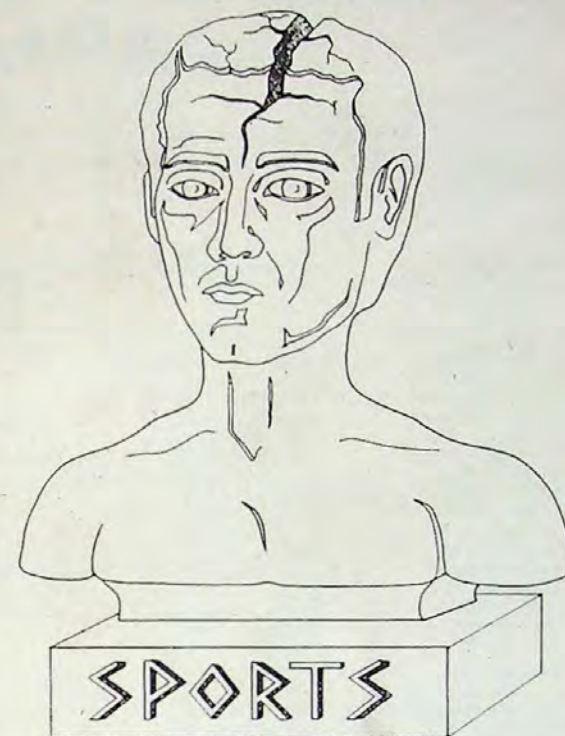
If you look at the curved line that represents performance, you'll see that when you're not aroused, your performance level will be low. (Since competition is usually viewed as stressful, low arousal levels are seldom a problem for the athlete.) As arousal increases, performance increases until an optimal level is reached. Beyond that point, however, further increases in arousal begin to have a detrimental effect, and performance diminishes.

This, of course, explains what happened in the scenario at the beginning of the article. Most of us would like to think that the anxiety we feel prior to playing in a tournament will drive us to play our best, but in fact, we often become so anxious during competition that we are unable to play at all.

The balance between arousal and performance is very delicate. And, it is possible to move from low to high arousal levels in seconds. For example, during competition you might think about a feared opponent, a past failure, a crowd of spectators, or a bad referee's call and immediately find yourself in an over-aroused state. If you are unable to detect that change and bring your arousal level back to an optimum level, your performance will quickly deteriorate.

Since we all react to stress differently, each of us must learn to recognize the signs of our own optimum performance level. Most top athletes agree that when you're performing well, everything you do is automatic. There is very little conscious thought. For some, there is a feeling of confidence, calm or peacefulness. For other, there may be a feeling of pleasurable excitement. Although you are alert, your body may feel relaxed and your movements fluid. Many athletes report that their minds become almost blank, with total concentration on the moment and the task at hand.

It is also crucial to learn to detect when your own state of arousal has gone beyond the optimum level. Some of the more common signals of over-arousal are rapid breathing, tense



"One of the most common mistakes made by athletes is to fight the symptoms of over-arousal by trying harder."

muscles, anger toward yourself, and rambling thoughts that distract and ruin your concentration.

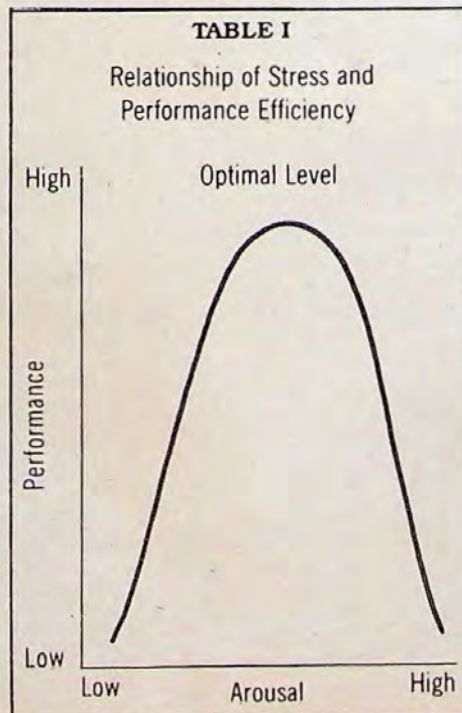
One of the most common mistakes made by athletes is to fight the symptoms of over-arousal by trying harder. Remember, over-arousal causes a decrease in performance level, so trying harder may actually produce worse results. Once your performance has started down the curve on the performance efficiency graph, the only solution is to reduce your level of arousal. There is no such thing as a quick fix.

It is often observed, with some degree of amazement, that the top competitors in most sports are seldom the most physically gifted, and this is true. Most highly successful athletes have learned to control their own state of arousal, often using the pressure of competition as a motivator. In fact, some top athletes, like national racquetball champion Mike Yellen, seem to only play their game best under great pressure. The principle behind mental preparation is really simple mathematics — you can give up a lot of physical talent if, under the pressure of competition, you are able to perform at 100% while your opponent is at 50%.

"You must train your mind to adjust in the same way you once trained your body to hit a forehand kill."

Learning to control arousal and to reduce stress takes time, effort, and practice. You must train your mind to adjust in the same way you once trained your body to hit a forehand kill. There are three basic methods that have been proven to be effective for helping athletes perform at their best under stress: 1) cognitive restructuring, 2) mental imaging, and 3) relaxation training.

Next month we will begin exploring these three techniques.





AARA/ARHS NATIONAL RANKINGS

AS OF OCTOBER 1, 1985

Men's Open

- 1 Fred Calabrese, MA
- 2 Ed Andrews, CA
- 3 Dan Obremski, PA
- 4 Andy Roberts, TN
- 5 Tom Montalbano, NY
- 6 Arron Katz, TX
- 7 Dave Negrete, IL
- 8 Tim Hansen, FL
- 9 Joey Cline, NJ
- 10 Doug Ganlm, OH
- 11 Sergio Gonzalez, FL
- 12 Todd O'Neil, VT
- 13 Mark Morrison, FL
- 14 Charlie Nichols, FL
- 15 Mark Hegg, CO
- 16 Jim Cascio, PA
- 17 Jim Hamilton, IN
- 18 Bruce Christensen, NY
- 19 Dan Ferris, MN
- 20 Don Kelly, CO

Women's Open

- 1 Cindy Baxter, PA
- 2 Terry Latham, TX
- 3 Cindy Doyle, NY
- 4 Nan Higgins, MA
- 5 Chris Evon, IL
- 6 Claudia McCarthy, FL
- 7 Mona Mook, CA
- 8 Mary Dee, VT
- 9 Martha Adams, GA
- 10 Cathy Nichols, CD
- 11 Cathie Frederickson, MI
- 12 Robin Levine, NY
- 13 Diane Bullard, FL
- 14 Marci Drexler, CA
- 15 Pam Beck, PA
- 16 Trina Rasmussen, CA
- 17 Sandy Robson, IL
- 18 Diana Almeida, CO
- 19 Debbie MacKell, IN
- 20 Dot Fischl, PA

Men's A

- 1 Tom Sanchez, TX
- 2 Ed Hunter, SD
- 3 Sal Teddoro, NJ
- 4 Pierre Dubrin, NJ
- 5 Kip Lytle, SD
- 6 Tom Cappa, NY
- 7 Skip Corn, AL
- 8 John Ochwat, NY 9
- 9 John Gillooly, MA
- 10 Joe Petruzzello, MA
- 11 Dave Ragsdale, NJ
- 12 Jim Barrett, NH
- 13 Larry Barnes, OH
- 14 George Delancy, MA
- 15 Lance Gilliam, TX
- 16 Nolan Glantz, NY
- 17 Mark Isley, MO
- 18 D. McMillan, NC
- 19 Bruce Meyer, IA
- 20 Randy Seltzer, NY

Women's A

- 1 Mary Rasmussen, OK
- 2 Eileen Donofrio, NJ
- 3 Paula Russler, SD
- 4 Pam Afford, FL
- 5 Jody Trappe, NJ
- 6 Melodie Fox, WA
- 7 Scarlet Amo, TX
- 8 Ricky Hengen, SD
- 9 Beth Alot, FL
- 10 Amber Leseure, IN
- 11 Heather Adler, CT
- 12 Donna Borrer, WV
- 13 Eileen Ehrlich, FL
- 14 Lisa Faquin, TN
- 15 Margaret Lucas, TX
- 16 Debbie McNeil, GA
- 17 Margaret Olaway, IL
- 18 Chris Collins, FL
- 19 Jody Llacera, NY
- 20 Sue Chin, IL

Men's B

- 1 Don Childs, TX
- 2 Sal Teddoro, NJ
- 3 Kevin Howell, FL
- 4 Curt Rozier, MI
- 5 Jeff Decker, IN
- 6 Si Mathison, AL
- 7 George Delaney, MA
- 8 John Flamman, SD
- 9 James Golden, TX
- 10 Kelly Cottrill, PA
- 11 Erick Gunderson, MA
- 12 Dave Picard, MA
- 13 Wayne Bosna, OK
- 14 Rich Gustin, SC
- 15 Tom Hagen, MT
- 16 Nathan Jilek, TX
- 17 Wayne Miller, PA
- 18 Curt Monson, WA
- 19 Tim Ostmu, MN
- 20 Gary Alexander, CO

Women's B

- 1 Janet Burke, MA
- 2 Kara Childs, TX
- 3 Sandy Lantis, NE
- 4 Robin Saraceni, NY
- 5 Fran Kenick, IL
- 6 Carol Lueddeck, WA
- 7 Karen Sanfilippo, NJ
- 8 Donna Daly, WY

- 9 Penny Jacob, NJ
- 10 Mary Flynn, NY
- 11 Debra Held, FL
- 12 Gretchen Spiegel, FL
- 13 Kari Gregg, KS
- 14 Karen San Filippo, FL
- 15 Tamera Anderson, TX
- 16 Ginger Barsotti, OK
- 17 Gail Ganzer, NY
- 18 Chris Huisman, IA
- 19 Vickie Paez, FL
- 20 Sarah Worden, TN

Men's C

- 1 David Huck, TX
- 2 Jim Klienrock, MA
- 3 Charles Seidel, ME
- 4 Joe Cosentino, NY
- 5 Joe Salas, TX
- 6 Bryon Hobbs, IN
- 7 Jeff Power, MI
- 8 Casey Stein, NY
- 9 Sal Acosta, TX
- 10 Dan Akeley, OH
- 11 Bob Francis, PA
- 12 Bob Gidner, WA
- 13 Jeff Haase, SC
- 14 Chris Jones, OK
- 15 Curt Metz, SD
- 16 John Parsons, WY
- 17 Al Rockett, AL
- 18 Lawrence Weiner, IL
- 19 Dan Verbeck, MI
- 20 Terrell Webb, FL

Women's C

- 1 Kerri Bjork, TX
- 2 Joan Wyckoff, NJ
- 3 Lisa Pletz, SD
- 4 Belinda Emerson, VT
- 5 Carol Lombardi, VA
- 6 Jane Worden, FL
- 7 Tracey Troszak, MI
- 8 Deb Weaver, IA
- 9 Tamera Hart, TX
- 10 Elaine Knowlen, ME
- 11 Dixie Beymer, KS
- 12 Kathy Gronwick, WA
- 13 Desire Osmon, NC
- 14 Karen Dwczarzek, IL
- 15 Connie Scott, AL
- 16 Kathy Turnell, TX
- 17 Gayle Westbrook, AL
- 18 Barb Goebenbach, FL
- 19 Lisa Jorbel, NJ
- 20 Barbara Hahn, DE

Men's D

- 1 Brett Arriola, TX
- 2 Randy Womack, TX
- 3 Mike Mahuren, WA
- 4 Larry Hicks, KY
- 5 Chris Jones, OK
- 6 John Lancia, OH
- 7 Ken Paras, IL
- 8 Dave Pellano, MA
- 9 Scott Schaffer, MN
- 10 Hector Tenorio, TX
- 11 John Balcom, MA
- 12 Paul Scarnici, MA
- 13 Stephen Perry, CA
- 14 Noe Atkinson, WA
- 15 Ken Rynard, IN
- 16 Vin Bondi, FL
- 17 Jim Ciolelo, ME
- 18 Jary Barasch, IL
- 19 Kelly Heath, WY
- 20 Russ Riddell, IN

Women's D

- 1 Tammie Giles, TX
- 2 Rita Bain, CO
- 3 Sandy Ridky, MI
- 4 Lynette Abbott, TX
- 5 August Anderson, SD
- 6 Beverly Bolte, AR
- 7 Elizabeth Golum, TX
- 8 Mary Nowasacki, MA
- 9 Patti Yough, FL
- 10 Cheryl Esser, SD
- 11 Gail Hardy, FL
- 12 Kelly Beane, NH
- 13 Ann Armstrong, MI
- 14 Retha Reiter, IN
- 15 Elizabeth Ritter, MI
- 16 Patricia Roberts, CA
- 17 Linda Peters, CA
- 18 Shelley Prather, SD
- 19 Wanda Ruggieri, NH
- 20 Eva Russell, FL

Men's E

- 1 Steven Rovinsky, TX
- 2 Scott Bodolsky, NJ
- 3 Bruce Friesth, SD
- 4 Byron Urbe, TX
- 5 Perry Baptiste, TX
- 6 Troy Dingman, KS
- 7 Andrew Macisac, MA
- 8 Wesley Miller, TN
- 9 Miles Sanders, OH
- 10 Frederick Smith, OH
- 11 Stephen Akers, AL
- 12 Greg Martis, DE
- 13 Tom Williams, AL
- 14 Tom Myers, CA
- 15 Keith Harvey, PA
- 16 Bob Lessard, NH
- 17 Rick Brooks, TX
- 18 Ken Campbell, FL

- 19 Rick Brooks, TX
- 19 Martin Carter, MI
- 20 Rick Cascomao, AK

Women's Novice

- 1 Frances Peters, TX
- 2 Debbie Little, MA
- 3 Elizabeth Bailey, TX
- 4 Donna Gegoudas, AL
- 5 Amy Griebler, FL
- 6 Kathy Janzen, KS
- 7 Cindy Polley, TX
- 8 Donna Roehler, PA
- 9 Shari Wolfe, DE
- 10 Heather Homan, NH
- 11 Elaine Johnson, NY
- 12 Roxanne Biermann, PA
- 13 Sandy Colaw, KS
- 14 Melanie Cole, NM
- 15 Ann Duhaime, NY
- 16 17 Pauline Gracia, NY
- 17 Pat Hanson, NY
- 18 Julia Hartheimer, NY
- 19 Denise Lederman, NY
- 20 Joann McMinn, PA

Men's S

- 1 Wesley Miller, TN
- 2 Johnathan Boyett, CA
- 3 Levi Groomer, NM
- 4 Eric Ekman, MA
- 5 Craig Stevens, PA
- 6 Frank Dean, MI
- 7 Brain Bovee, MI
- 8 Jim Aberti, NY
- 9 George D'Anney, FL
- 10 Gary Groomer, NM
- 11 Jeff Hiers, KS
- 12 Matt Hornaday, IN
- 13 Matt Malowski, NY
- 14 Evan Pellowski, WI
- 15 Jon Xynidis, FL
- 16 Frank Dean, Jr., AL
- 17 Mike Greenough, NM
- 18 Brian Wilbur, CA
- 19 Brent Zimmerman, MI
- 20 Tony Puggioni, NY

Women's S

- 1 Christine Van Hees, CD
- 2 Ginger Gelhaus, CA
- 3 Debra Derr, FL
- 4 Dawn Gates, IL
- 5 Kendra Healon, PA
- 6 Jennifer Thompson, FL
- 7 Jenny Payne, IL
- 8 Kristy Xynidis, FL
- 9 Kathy Hagerty, AL
- 10 Laura Jelsa, NM
- 11 Kim Metzler, NM
- 12 Sunny Beasley, NM
- 13 Karen Kohlstein, FL
- 14 Jenny Wald, FL
- 15 Deborah Paller, AL
- 16 Veronne Bauwens, FL
- 17 Dee Harris, FL
- 18 FR Reeder, FL
- 19 Lia Brooks, NY
- 20 Christine Skinner, MI

Men's 10

- 1 Suds Monchik, NY
- 2 Craig Czys, FL
- 3 Wylie Herzberg, ME
- 4 Scott Zimmerman, MI
- 5 Jason Minnion, WY
- 6 Andy Thompson, WI
- 7 Ryan Davis, IN
- 8 Alan Engel, FL
- 9 Barry King, WY
- 10 Wesley Miller, TN
- 11 Joaquin Murrieta, CA
- 12 Craig Rappaport, PA
- 13 Troy Shramek, ME
- 14 Anthony Trevino, CO
- 15 Wade Ward, WY
- 16 Jodi Willens, WI
- 17 Brent Zimmerman, MI
- 18 Mike Steel, WY
- 19 Ryan Smith, FL
- 20 Frank Dean, AL

Women's 10

- 1 Britt Engle, FL
- 2 Eikova Icenogle, CA
- 3 Alyssa Boland, MT
- 4 Liz Brooks, NY
- 5 Andrea Buegen, CT
- 6 Sara Linskey, MN
- 7 Hayden May, CA
- 8 Ericka Wilhite, OH
- 9 Jill Butler, CA
- 10 Lia Brooks, NY
- 11 Tara Flowers, MI
- 12 Kim Peckler, IL
- 13 Heather Reilly, NH
- 14 Christine Shinness, MI
- 15 Amy Wishtoff, AK
- 16 Debra Derr, FL
- 17 Paige Sowders, MI
- 18 Kia Krieg, AK
- 19 Carrie Nicks, FL
- 20 Kari Aragon, NM

Men's 12

- 1 John Ellis, CA
- 2 Patrick Pond, TX
- 3 Craig O'Connell, CO
- 4 Russ McCoy, PA
- 5 Chris Conte, NY
- 6 John Kolen, AL

- 7 Alan Engel, FL
- 8 Lenny Aragon, NM
- 9 Richard Lyons, FL
- 10 Derek Harmeson, IN
- 11 Harris, MD
- 12 Craig Czys, FL
- 13 Suds Monchick, NY
- 14 Brian Warner, TX
- 15 Nikki Xunidis, FL
- 16 Mike Meyer, NY
- 17 David Bean, IN
- 18 Matt Eckles, KS
- 19 Jim Ellenberger, WI
- 20 Derek Locker, MN

Women's 12

- 1 Erica Wilhite, OH
- 2 Jennie Lee, PA
- 3 Amy Simonetta, FL
- 4 Tina Alonzi, CO
- 5 Talya Dodson, CA
- 6 Kim Copelas, MA
- 7 Danielle Culverhouse, AL
- 8 Martha Gates, IL
- 9 Kelly Russell, KY
- 10 Hannah Spector, FL
- 11 Jacki Charonneau, NY
- 12 Kari Aragon, NM
- 13 Amber Leseure, IN
- 14 Monica Carmona, CA
- 15 Heather Dunn, MA
- 16 Alicia Kinney, AK
- 17 Heidi Kniesal, NY
- 18 Kristen Lingman, NM
- 19 Shelby Panoast, IL
- 20 Britt Engel, FL

Men's 14

- 1 Joey Paraiso, CA
- 2 Nolan Glantz, NY
- 3 Robert Wexler, TX
- 4 Robby Walden, FL
- 5 Jason Waggoner, FL
- 6 Will Epperson, AL
- 7 Chad Sanford, IN
- 8 Brian Jorgenson, PA
- 9 Mike Locker, MN
- 10 John Gillooly, MA
- 11 Ross Greenber, FL
- 12 Mike Craig, SC
- 13 BJ Gruber, NY
- 14 Brian Kellar, TX
- 15 Tom Williams, AL
- 16 Mike Guidry, TX
- 17 Dale Johnson, IL
- 18 James Loretto, FL
- 19 Travis Noell, MD
- 20 Craig O'Connell, CO

Women's 14

- 1 Michelle Gilman, OR
- 2 Amy Simonetta, FL
- 3 Jackie Charbonneau, NY
- 4 Robin Levine, NY
- 5 Amber Leseure, IN
- 6 Tina Alonzi, CO
- 7 Tami Dodson, CA
- 8 Jennie Lee, PA
- 9 Hannah Spector, FL
- 10 Pam Afford, FL
- 11 Cindy Doyle, NY
- 12 Susan Cox, FL
- 13 Mary L. Dean, AL
- 14 Kim Copelas, MA
- 15 Michelle McCullough, TX
- 16 Cara Pellowski, WI
- 17 Dana Sibell, MN
- 18 Brandy Yrigoyen, CA
- 19 Heather Dunn, MA
- 20 Alicia Kinney, AK

Men's 16

- 1 Bryan Adams, TX
- 2 Keith White, SD
- 3 Rob Hagen, SD
- 4 Chris Leseure, IN
- 5 Pierre Dubrin, NJ
- 6 Rob Kulp, FL
- 7 Oscar Gonzalez, FL
- 8 Si Mathison, AL
- 9 Keith Midden, MO
- 10 Troy Armstrong, MN
- 11 Vicki Oliver, TX
- 12 Chris Wright, MO
- 13 David Brackin, AL
- 14 Mike Alvarado, TX
- 15 Jeff Blitz, NY
- 16 David Bogenschütz, WI
- 17 Tony Boscia, CO
- 18 George Copelas, MA
- 19 Brian Jorgenson, PA
- 20 Eric L'Archeleque, CD

Women's 16

- 1 Claudia McCarthy, FL
- 2 Vicki Yarns, FL
- 3 Carrie Healy, GA
- 4 Ann Prentiss, NY
- 5 Kelly Pulis, CA
- 6 Susan Craddock, NY
- 7 Janet Burke, MA
- 8 Paula Russler, SD
- 9 Robin Levine, NY
- 10 Keri Niggemeyer, OH
- 11 Leigh Ann Coutu, DE
- 12 Kim Russell, KY
- 13 Julie Thomas, IL
- 14 Angela Wyle, CO
- 15 Leslie Oddy, FL
- 16 Dana Conroy, FL

- 17 Nathalie Bernard, CD
- 18 Delaine Comer, CA
- 19 Elma Fuentes, CO
- 20 Amy Mabry, AK

Men's 18

- 1 Jeff Conine, CA
- 2 Howard Millian, NY
- 3 Rob Kulp, FL
- 4 Charlie Nichols, FL
- 5 Oscar Gonzalez, FL
- 6 Rob McKinney, PA
- 7 Arron Vogel, NY
- 8 Bobby Rodriguez, CO
- 9 Bill Geray, KS
- 10 Mike Lowe, CA
- 11 Tado Stead, MN
- 12 Mark Mikulla, IN
- 13 Mike Bronfield, CA
- 14 Jeff Hager, FL
- 15 Brian Bliss, MO
- 16 Chris Cole, MI
- 17 David Gries, AL
- 18 Joe Kline, NY
- 19 Kiel Koger, LA
- 20 Martin Mercer, CD

Women's 18

- 1 Dina Pritchett, IN
- 2 Carrie Healy, GA
- 3 Marla Griedman, FL
- 4 Wendy Crews, MD
- 5 Robin McBride, FL
- 6 Lisa Anthony, CA
- 7 Elaine Mardas, OH
- 8 Janet Burke, MA
- 9 Susan Craddock, NY
- 10 Hollie Huelsmann, MO
- 11 Shelly Lee, PA
- 12 Robin Levine, NY
- 13 Jill Osteen, NC
- 14 Dena Pritchett, TN
- 15 Paula Russler, SD
- 16 Jackie Paraiso, CA
- 17 Joey Paraiso, CA
- 18 Vicki Yarns, FL
- 19 Wendy Cruz, MD
- 20 Tina Erwin, AK

Men's Wheelchair

- 1 Clark William, TX
- 2 John Foust, CO
- 3 Dan Kiley, CA
- 4 Jim Leatherman, MD
- 5 Chip Parmoly, CA

Women's Wheelchair

- 1 Kathy Donohoe, TX
- 2 Tammy Riggs, CA

Men's 19+

- 1 Joey Cline, NJ
- 2 Tim Hansen, FL
- 3 Jim Jeffers, IL
- 4 Charlie Horton, NY
- 5 Tom Coleman, MA
- 6 Aaron Katz, TX
- 7 Brian Phillips, FL
- 8 Mike Coleman, MA
- 9 John Barrett, PA
- 10 Ed Davidson, OH
- 11 Rob French, MN
- 12 Mark Henshaw, WA
- 13 Doug Jones, KS
- 14 Steve Kiffe, MT
- 15 Tim Labonne, IN
- 16 Andy Roberts, TN
- 17 John Schneider, FL
- 18 Richard Hull, FL
- 19 Sergio Gonzalez, FL
- 20 Bert Huber, FL

Women's 19+

- 1 Jan Curtis, FL
- 2 Lisa Hjelm, CA
- 3 Lori Basch, FL
- 4 Fran Kenek, IL
- 5 Cindy Eksuslan, MA
- 6 Cathy Nichols, CD
- 7 Kelly Cremons, IN
- 8 Lisa Devine, TN
- 9 Terri Graham, NE
- 10 Leanne Nassberg, NY
- 11 Chris Radcliffe, MT
- 12 Tracey Sundquist, WA
- 13 Christy Johnson, FL
- 14 Diana Almeida, CO
- 15 Terri Graham, ME
- 16 Debra Staub, CA
- 17 Lisa Riley, MA
- 18 Chris Collins, FL
- 19 Beth Aldi, FL
- 20 Colleen Brint, OH

Men's 25+

- 1 Gary Merritt, TX
- 2 Danny Winn, AL
- 3 Mark Morrison, FL
- 4 Jerry Wickliffe, GA
- 5 Larry Fox, MI
- 6 John Peterson, NY
- 7 Gary Retter, WA
- 8 Steve White, AL
- 9 Dave Gordon, MN
- 10 Rick Turner, FL
- 11 Davey Bledsoem, GA
- 12 Bill Land, LA
- 13 Al Caballero, FL
- 14 Joe Ault, IN
- 15 Kevin Chamblis, OK
- 16 Darwin Lunn, MT

- 17 Bill Lyman, IL
- 18 Randy Olsen, ME
- 19 Mike Openbrier, PA
- 20 Mitch Smith, PA

Women's 25+

- 1 Kathy Gluvna, TN
- 2 Mary Pat Sklenka, TX
- 3 Barbara Simmons, FL
- 4 Linda Screeton, IN
- 5 Martha Adams, GA
- 6 Sheri Anderson, MI
- 7 Marilyn Ellis, MA
- 8 Teri Gatarz, FL
- 9 Malia Kamahoa, HI
- 10 Kim Redding, PA
- 11 Amy Rice, NJ
- 12 Colleen Shields, IL
- 13 Terry Singletary, OK
- 14 Sheri Stranberg, MT
- 15 Connie Hagler, IN
- 16 Pamela Laursen, TX
- 17 Joanie Quinlan, MA
- 18 Cindy Carter, FL
- 19 Diane Bullard, FL
- 20 Kerstin Ackerman, WA

Men's 30+

- 1 Dennis Aceto, MA
- 2 Jim FL
- 3 Stu Hastings, MI
- 4 Brian McDermott, NY
- 5 Ken Smith, OK
- 6 Bill Simon, FL
- 7 Tom Riley, MA
- 8 Jim Hamilton, IN
- 9 Gene Owen, FL
- 10 Milt Layton, FL
- 11 Ed Garabedian, PA
- 12 Van Dubolsky, FL
- 13 Todd Taylor, FL
- 14 Ray Navover, MI
- 15 Mike Janiak, PA
- 16 Wayne Vincent, GA
- 17 Stan Wing, FL
- 18 AJ Allen, IL
- 19 Dan Allen, WA

Women's 30+

- 1 Julie Pinnell, FL
- 2 Gail Woods, LA
- 3 Terry Latham, TX
- 4 Mary Jo Murray, TX
- 5 Connie Peterson, OR
- 6 Janet Simon, MA
- 7 Linda Derrick, FL
- 8 Jan Peterson, PA
- 9 Agatha Falso, FL
- 10 Susan Morgan, FL
- 11 Jean Deschger, CA
- 12 Mary Rasmussen, OK
- 13 Martha Callahan, MA
- 14 Mary Ann Cluess, NY
- 15 Linda Derrick, FL
- 16 Terry Dickerson, KS
- 17 Eileen Ehrlich, FL
- 18 Chris Fischer, OH
- 19 Chris Martin, MT
- 20 Holly Rentz, KY

Men's 35+

- 1 Ed Remen, VA
- 2 Bill Taliaferro, TX
- 3 Mike Stephens, MI
- 4 Dick McCabe, IN
- 5 Mike Clifford, NY
- 6 John Henken, TN
- 7 Glen Withrow, MN
- 8 John Dobly, IL
- 9 Mark Steinhoff, NY
- 10 Mark Hegg, CO
- 11 Jim Hiser, MI
- 12 Wayne Vincent, GA
- 13 Tom Brownlee, MI
- 14 Joe Weiss, CA
- 15 Van Dubolsky, FL
- 16 Milt Layton, FL
- 17 Russel Montague, PA
- 18 Keith Morgan, CA
- 19 Jerry Henderson, WA
- 20 Steve Chapman, FL

Women's 35+

- 1 Mary Jo Murray, FL
- 2 Martha Callahan, MA
- 3 Agatha Falso, FL
- 4 Jean Deschger, CA
- 5 Sherry Armstrong, CO
- 6 Linda Miller, IN
- 7 Vicki Edelmann, MA
- 8 Yvonne Callavan, WA
- 9 Sue Graham, CO
- 10 Berte Heath, MT
- 11 Susan Kraft, KS
- 12 Margaret Light, IL
- 13 Helen Moore, TX
- 14 Lena Priano, NJ
- 15 Charlotte Stultz, PA
- 16 Maite Urza, WA
- 17 Judy Schmidt, FL
- 18 Judy Woodward, IN
- 19 Libby Laney, FL
- 20 Sandy Rogers, WA

Men's 40+

- 1 Rob Riley, FL
- 2 Ed Remen, VA
- 3 Ed Vlock, FL
- 4 Mike Winslow, FL
- 5 Jack Ross, FL

- 6 Mike Gorman, MN
- 7 Neil Shapiro, NY
- 8 Sid Williams, WA
- 9 Ron Galbreath, PA
- 10 Craig Shaak, FL
- 11 Jeff Leon, FL
- 12 Dennis Lose, CA
- 13 Tom McKie, TX
- 14 Dayton Dickey, TX
- 15 Joe Icaza, FL
- 16 Reed Barnitz, NM
- 17 Lee Humphrey, TX
- 18 John Alton, FL
- 19 Robert Boice, ID
- 20 Renee Depot, RI

Women's 40+

- 1 Nancy Katz, PA
- 2 Gayann Bloom, MA
- 3 Carol Saraceni, NY
- 4 Judy Schmidt, FL
- 5 Julia Williamson, FL
- 6 Bev Franks, IL
- 7 Mildred Gwinn, NC
- 8 Marion Johnson, TX
- 9 Joan Pearce, IL
- 10 Jan Shelton, MT
- 11 Agatha Falso, FL
- 12 Judy Hopkins, PA
- 13 Mimi Kelly, MA
- 14 Koz Burnett, NY
- 15 Mary Lou Acuff, NJ
- 16 Doris Billings, NJ
- 17 Nidia Fumes, CA
- 18 Pat Guth, MT
- 19 Jo Kenyon, FL
- 20 Kathy Mueller, MN

Men's 45+

- 1 Charlie Garfinkel, NY
- 2 Ed Vlock, FL
- 3 Jude Smith, OK
- 4 Rex Lawler, IN
- 5 Tony Lasala, NJ
- 6 Dario Mas, DE
- 7 Ron Johnson, IL
- 8 Skip Elman, MA
- 9 Sid Williams, WA
- 10 Don Costleigh, Sr., NY

NEWS ☆ NEWS ☆ NEWS ☆ NEWS

**Report Issued On
Youth Strength Training**

Because of the increasing interest and the use of strength training by the pre-pubescent athlete, and because of the recognition of reported injuries and potential long term harmful effects, the National Strength and Conditioning Association has developed a position paper on pre-pubescent strength training which addresses these issues and recommends appropriate guidelines for training.

The report begins by defining strength and conditioning terms, then provides an overview of benefits of strength training, such as strength gains, injury protection, self-image enhancement, improved motor performance, and an introduction of coaching techniques related to strength training in prepubescents. A discussion of reported risks is also included, as well as a section on other consideration.

The bulk of the report, however, focuses on guidelines which the NSCA has developed for strength training in prepubescent athletes and provides a sample strength training program. Considerations for the young athlete include starting age, appropriate health, "coachability" and emotional maturity. Coaching recommendations include, but are not limited to, well-trained personnel, appropriate facility layout and quality program characteristics. All are covered in-depth in the report.

The NSCA is a 10,000 member professional organization for persons involved in the conditioning of athletes for optimum performance. For more information about the NSCA or a copy of the NSCA position paper on pre-pubescent strength training, please contact: Ken Kontor, NSCA, P.O. Box 81410, Lincoln, NE 68501, 402-472-3000.

**Australian Racquetball
Federation Formed**

The Australian Championships were officially the first organized under the auspices of the Federation of Australian Racquetball. The Federation planning has resulted because of the hard work of Michael Darcy, Richard Swindail, Peter Virgona and Martin Gailbreath. The sport welcomes the Federation as the organization and development body to the sport for Australia.

For more information contact: G.P.O., Box 2231T, Melbourne, Victoria 3001.

**Sports Computing Corp
Signs International Contract**

The Sports Computing Corporation, known for its ARHS rating system for the AARA, announced it has reached an agreement with an Ontario firm to market its standard computerized method for objectively measuring the performance of racquetball players in Canada. The exclusive agreement was signed by Pat McGlone, president of Sports Computing Corp., and Ian Barnes, president, Sport Data, Inc., an Ontario corporation. The program will be called Canadian Racquets Handicap System.

The American Racquetball Handicap System here in the U.S. and the Canadian Racquets Handicap System in Canada are in a position to become a catalyst for the sport in the same way golf has benefited from handicaps, stated McGlone.

For more information about the Sports Computing Corporation and the American Racquetball Handicap System, contact: Sports Computing Corp., 10237 Yellow Circle Drive, Minnetonka, MN 55343, 612-333-6621. ■

WHAT RACQUET DO YOU PLAY WITH?

Fill In This Survey About Your Favorite Racquet

This is going to be very interesting. Fill in the form below about your favorite racquet and send it in. The staff here at Racquetball In Review will then tabulate the results of the survey and publish it in an upcoming issue.

If you want to sound out about your racquet, now's the time to do it. Clip out the form and send it to: Racquetball In Review, Racquet Survey, 4350 DiPaolo Center, Glenview, IL, 60025.

1. How often do you play racquetball during the year?
 - ☐ 3 or more times per week
 - ☐ 2 times per week
 - ☐ 1 time per week
 - ☐ 1 time per month or less
2. What is your playing level?
 - ☐ Beginner
 - ☐ Intermediate
 - ☐ Advanced
 - ☐ Open
 - ☐ Professional
3. How many racquets do you personally own?
 - ☐ One
 - ☐ Two
 - ☐ Three
 - ☐ Four or more
4. What kind of a racquet do you usually play with?
 - ☐ Aluminum
 - ☐ Fiberglass
 - ☐ Steel
 - ☐ Graphite
 - ☐ Wood
 - ☐ Other _____
5. What is the name of the firm that manufactures your racquet?
 - ☐ AMF Head
 - ☐ AMF Voit
 - ☐ DP
 - ☐ Ektelon
 - ☐ Hogan/Pro Kennex
 - ☐ Omega
 - ☐ Wilson
 - ☐ Richcraft
 - ☐ Other _____
6. Have you had your racquet restrung in the past 12 months?
 - ☐ Yes
 - ☐ No
7. How many racquetball racquets did you buy in the last 12 months?
 - ☐ One
 - ☐ Two
 - ☐ Three or more
 - ☐ None
8. What was the cost of the last racquet you bought?
 - ☐ \$20 or less
 - ☐ \$21 - \$40
 - ☐ \$41 - \$60
 - ☐ \$61 - \$100
 - ☐ \$101 - \$150
 - ☐ \$151 or more
9. What will most likely influence your next racquet buying decision? (Rank in order of your first three preferences; i.e., put a number 1 next to your first choice, a number 2 next to your second choice, etc.)
 - ☐ Playing test
 - ☐ Price
 - ☐ Appearance
 - ☐ Local instructor's advice
 - ☐ "Feel"
 - ☐ Advertising
 - ☐ Touring Pros endorsement
 - ☐ Another player's advice
10. What do you like most about the racquet you're now using? (Rank in order of first three preferences.)
 - ☐ Grip
 - ☐ Appearance
 - ☐ "Sweet Spot"
 - ☐ Power
 - ☐ Control
 - ☐ Weight
 - ☐ Balance
 - ☐ Other _____
11. Where did you purchase your last racquetball racquet?
 - ☐ Local club pro shop
 - ☐ YMCA/JCC
 - ☐ Sporting Goods Store
 - ☐ Discount Store
 - ☐ Mail Order
 - ☐ Other _____
12. What do you dislike most about the racquet you're now using?
 - ☐ Grip
 - ☐ Appearance
 - ☐ "Sweet Spot"
- ☐ Power
- ☐ Control
- ☐ Weight
- ☐ Balance
- ☐ Other _____

13. Are you male or female?

- ☐ Male
- ☐ Female

14. What is your age?

- ☐ Under 18
- ☐ 18-24
- ☐ 25-34
- ☐ 35-44
- ☐ 45-54
- ☐ 55-64
- ☐ 65 or over

15. Please make any comments you'd like about your racquet:

16. (Optional)

Name _____

Address _____

City/State/Zip _____

Name of facility you play at _____

City/State of facility _____

Enters Fourth Phase

(Continued from page 1)

went out of business. The open pro tours went to private invitationals. Racquet sales declined so many manufacturers bit the dust.

Only the smart manufacturers, clubs and the real racquetball enthusiasts remained after about 3 1/2 years of a real rollercoaster ride whose only direction looked like down. Clubs diversified into multi-use fitness centers and welcomed the new blood of the fitness boom. Manufacturers also diversified into other areas besides racquetball and the players who had just played the game because it was "in" were now out.

So, what was left after the "crash"? A real sport. Racquetball. It has paid it's dues and it's here to stay.

Enter the fourth phase. According to one source, Terstep Recreations, a court manufacturer, racquetball courts are now being built at a rate of 800 to 1,000 a year in health clubs, YMCAs, colleges and universities and corporate fitness centers.

"Racquetball is generally a component of today's physical fitness activi-

"Sports analysts say that Squash will be the next big boom sport, but I think not."

ties." Mr. Phil Trotter of Terstep explained, "and the fitness community continues to grow."

People who join fitness centers now for weight lifting or aerobics or whatever, are being exposed to racquetball for the first time. Many of them try it out.

Also, in this fourth phase, the Racquetball Manufacturers Association has taken an important step in nurturing the pro tours. This year, under the guidance of Commissioner Drew Stoddard, the men's pro tour will have 14 stops and \$250,000.00 worth of prize money.

The WPRA, which is the governing force behind the women's pro tour, has also selected a new Commissioner, Jim Carson. Mr. Carson has organized 10 stops for the women pros.

The pro game is important to our sport because it is traditionally where the manufacturers test and introduce new and improved products for everyone in the sport.

Add all of these developments to the efforts our own organization, the A.A.R.A., has done to promote racquetball as a candidate for the Olympics, promote Juniors programs and provide a consistent, benevolent, guiding hand for the millions of amateur players, and we have an excellent framework for a strong, growing sport.

Some sports analysts say that Squash will be the next big boom sport and that racquetball will have to give way to its new-found popularity. Maybe, but I think not. Squash is fun, but it is more difficult to play than racquetball. It requires more mental discipline and greater eye-hand coordination to play just so-so. It's a lot like tennis in that respect.

No, racquetball can be played after just a few minutes of instruction from a friend, but, upon mastering the basics, there is still a lot of room to grow, and, in the environment of the health club, it is easy to see why racquetball is now being called, "The Fun Sport Of Fitness." ■

Omega superiority explained.

Exclusive Mad Raq™ stringing gives more power. More control. More slice. More top-spin. More finesse. More consistency. Less shock.

Mad Raq™ is the only stringing arrangement in the world unique enough to have a patent. And only Omega has it.

Omega knows racquetball is played on the strings, not the frame. So we concentrated on a revolutionary breakthrough in stringing. We succeeded.

The patented Mad Raq™ six-string pattern looks different than the conventional four-string pattern. But it's not just for looks. Tests conducted by an independent research lab prove it can help give players the edge they've never had.

Up to 23% greater ball bite.

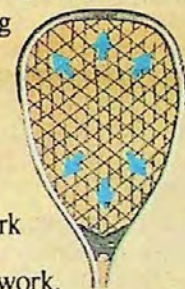
Up to 33% greater bite time.

Larger "holes" in the Mad Raq stringing pattern, six gripping edges rather than four, and a rougher surface pattern, give up to 23% greater surface ball bite and up to 33% greater bite time for greater control, finesse, top-spin and slice than conventional stringing.



Six-string pattern dampens vibration up to an extra 11%.

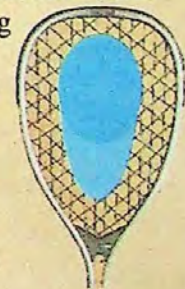
The Mad Raq stringing pattern deflects vibration six directions instead of just four. This means up to 11% less shock to your wrist, arm and shoulder. And you work less hard, because the strings do more of the work.



Up to 16% larger "sweet spot."

Up to 8% larger "power zone."

The Mad Raq stringing pattern gives you up to a 16% larger "sweet spot" than conventional stringing for more controlled hits. And a 8% larger "power zone" than conventional stringing for more power hits.

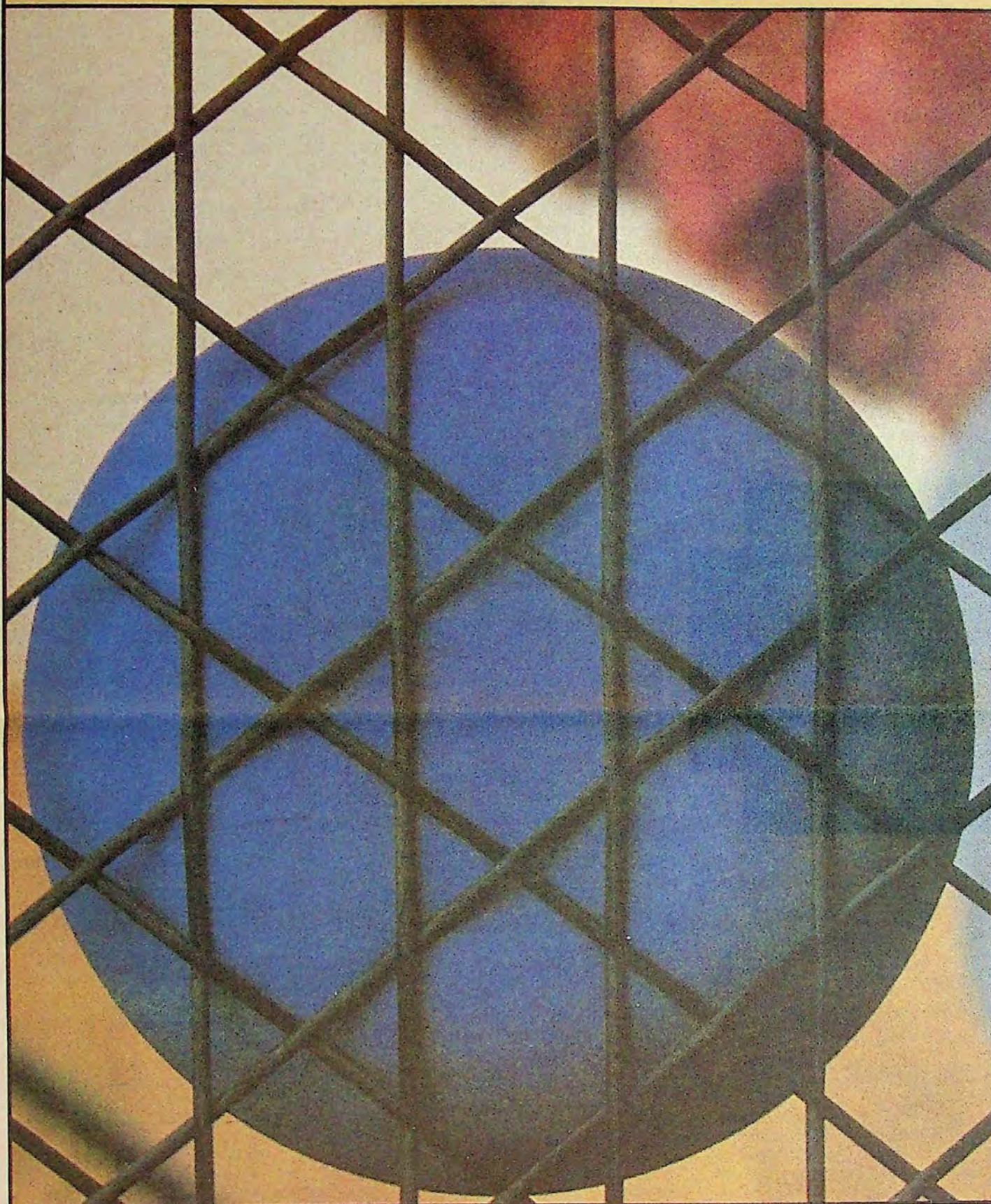


The Omega promise: Mad Raq stringing gives a player the 20% edge they've never had.

Instead of having string tension adjusted either for power playing or soft-touch playing, as you would have to do with a conventionally-strung racquet, Mad Raq stringing gives the player the capability of playing both styles with one racquet.

Mad Raq. It looks different. It plays with a difference.

Write for easy stringing instructions.
Omega Sports, 9200 Cody
Overland Park, KS 66214



Titanium

Starfighter

Star 1000

Excalibur

Alpha 1000

Olympic 1

ΩMEGA

Being Tournament Tough

By Mike Yellen

Mike Yellen is one of the best players of all-time with three National Pro Championships and four National Pro Titles. A valued member of the Ektelon Advisory Staff, Mike is also one of the most acute observers of racquetball competition.

If you've seen it once, you've seen it 100 times: the professional athlete—perhaps a racquetball player, a baseball pitcher, or a quarterback—is surrounded by the press after a poorly played game.

"What happened?" goes the questioning. "What went wrong today?"

"I don't know," is usually the reply. "I just didn't seem to have it today."

Exactly what is it? It's obviously not ability. Most professional and high-ranked amateurs take their sports seriously and are in excellent shape. It's not fundamentals. By now the strokes, pitch or toss have long been mastered.

In my mind, what it is, is a trio of very important words: Preparation - Adaptation - Discipline. Having those three ITs separates the champions at any tournament and, no matter what the sport, you just can't walk onto a court, a mound, or a field, without paying respect to those three words. If you don't, sooner or later, it catches up with you.

TOURNAMENT PREPARATION

People sometimes ask me why I look like I'm in a trance when I'm on the court. For months, weeks, years before that match, I've been taking one continual test. My workouts have been intense. I hit the shots where they belong, and I work to get into the proper hitting position. I use Tournament Preparation.

In tournaments, you'll find yourself playing people you've never met, so it's important to vary your opponents in practice. Obviously, it's not to my (or your) advantage to play the person who has the same strengths and weaknesses day in and day out (not to mention the same boredom factor).

Play quick players, accurate ones, retrievers, powermen—all styles. It adds to and strengthens your game and forces you to test shots you wouldn't normally test. If need be, you can always go back to your bread and butter shots and opponents.

ADAPTATION

Now that you're prepared to play the match with intense, well-planned practice, what about hitting the court in reality? This is where Adaptation comes into play.

In racquetball, unlike hitting a baseball, you can control your own destiny. In baseball, you have control over one thing: yourself. If a pitcher is having a hot day throwing darts, you're in trouble. In racquetball, it's different. Your opponent hits a shot you can return with a kill. At least you have a chance to respond. That's why you have to analyze, anticipate and adjust to what's going on around you.

The key to adaptation is to analyze what your opponent does best, and then keep him from doing it!



Mike Yellen

"Play quick players, accurate ones; retrievers, powermen—all styles. It adds to and strengthens your game."

You'd be surprised how many times I see amateurs and professionals alike beaten because they refuse to change their so-called style. Sure, the hard drive serve is a tough serve to return, but if a guy can roll them out, I'm not going to give him hard drive serves.

If my opponent can take them off the back wall and roll them out, he won't see any off-the-back-wall shots from me. If he can kill a shot when he gets set, I never let him rest. Do the same thing. Analyze what your opponent likes to do, then drive hard in the opposite direction.

But you must adapt every time you walk on the court. Every opponent is different and you must find out what it is that makes him different. Make him do what he doesn't want to do.

DISCIPLINE

Finally, the climb to excellence and consistency is Discipline. All good players have it. If you're concerned about cashing the check, you don't have it.

If you have a problem with your backhand, get proper instruction, then practice the shot. Don't rally. Just get yourself a court, set up, drop the ball, and swing for an hour, or until you feel comfortable and confident.

So many people say they can't hit this or that shot, then the first thing they do in practice is blast away at their best shot for hours on end. What good does that do? You know how to hit a forehand. What about a ceiling ball? A Z serve? A pinch? I realize this is a course in simplicity, but with four walls, a ceiling, a racquet and a ball, racquetball is not that difficult to define. The hard part is refining what the fundamental skills are, and that takes discipline.

Almost any athlete worth his salt will tell you the mental aspect of sports makes and breaks careers. It's the same on your level. You have to take that little extra step to improve. That means taking the time to be prepared NOW. It saves from answering a lot of "What Happened!?" questions at tournaments later on.

AMATEUR STAR SHINES FOR ARHS

Remember Dan Ferris? Sure you do. He's was the National Open Singles Champion in 1983 and 1984. A good man and a great racquetball player. Well, ARHS thought so, too, and have welcomed him aboard as part of their staff to work with the many racquetball clubs in the country that use the services of this racquetball rating system.

According to Pat McGlone, president of ARHS, "Ferris will be working with the many racquetball clubs throughout the country that participate in the ARHS program. He will also be contacting the clubs that are not presently enrolled in the program to introduce them to the many benefits the ARHS system provides to the sport of racquetball and the clubs."

We know Dan will do a great job for ARHS. In addition to his successful play at the national level, Ferris has spent a great deal of time and effort promoting grass-roots participation in the sport. While earning his degree in business at St. Cloud State University, he was instrumental in organizing, and playing on, the schools first racquetball team which finished second in 1980 and third in the 1981 AARA National Intercollegiate Championships.

"For the past four years I have spent a great deal of time putting on racquetball clinics throughout the country to help build more enthusiasm for our sport and to develop junior players," Dan commented. That kind of experience will be invaluable for ARHS.

Ferris continued, "One of the problems that has always existed in racquetball is the method used to define player performance levels. With the old system, players never earned a performance rating. They simply picked a level they were comfortable with, like A, B, C, D and Novice, and used it. This imperfect method of self-grading can be eliminated when a club enrolls in the ARHS program. Now each player has a three-digit performance rating which they earned through the actual results of the games they have played."

What that all boils down to is a way racquetball players can handicap themselves much like golfers and bowlers do. And what's great about it is that it is standard throughout the sport! No more guess-work from club to club about where you stand in relation to other players. It's all down there in black and white on a rating sheet that is provided every month by ARHS.

"It's a great way to help clubs establish truly meaningful leagues and tournaments," Mr. McGlone indicated.

Another thing about the rating system is that you don't have to win for your rating to go up! You just have to improve and the rating system even shows you how you can do that. A very welcome organization indeed!

It's good to see that Dan can continue to help all of us in an area he is well acquainted with, racquetball. Congratulations, Dan!

For more information about the ARHS rating system, call Pat McGlone at 612-933-8400.

RAM Re-locates And Expands

Right-Gard Corporation has relocated its offices to Hatfield, PA, from its old location in nearby Montgomeryville. The new location increases the size of both its manufacturing space and its business office space by 50 percent.

With the acquisition of this new building, Right-Gard has also acquired additional rubber molding equipment to keep pace with the demand for the RAM racquetball which, since its endorsement two years ago by Marty Hogan, has doubled its sales each year.

Mouthguards and shinguards will also be manufactured at the Hatfield location.

CALL TOLL FREE! Frontier

PRO SHOP
PRO KENNEX
Hogan Graphite \$75.95
Hogan Composite 57.95
Hogan Bronze 44.95

EKTELON
NEW CBK Graph/Boron \$154.95
NEW Aris Graphite 115.95
NEW Toron Graph Oversize 104.95
New Optima Graphite 89.95
Composite 250G 79.95
ST 245 72.95
Citori 59.95
Maxum Oversize 56.95
Excel Graphite 54.95
Contra Oversize 36.95
Comp Jr. 22.95

HEAD
Graphite Apex \$96.95
NEW Radial Mid 74.95
Graphite Express 67.95
NEW Spectrum Mid 64.95
Boron Impulse 60.95
Vector 56.95
Professional 44.95
Master 36.95

DP LEACH
Boron Graphite \$107.95
NEW Graphite USA 79.95
Graphite 8000 59.95
NEW Graphite 245 47.95

Purchase 2 Racquets or more
and get FREE SHIPPING!

CALL TOLL FREE!
Outside California:
1-800-854-2644
In California: 1-800-532-3949

GLOVES
(Quantities of 3 or more, deduct \$1 per glove)
NEW Ektelon Weightlifting \$14.95
Ektelon Stay-Soft 11.95
Ektelon Cabretta 9.95
Ektelon Synthetic 7.95
DP Pro Staff Cabretta 9.95
DP Pro Leather 7.95
Footjoy Sta-Sof 11.95
Head Glove 8.95
Penn Cabretta 8.95
Buckskin 7.95

EYEGUARDS
Leader New Yorker \$17.95
Leader Albany 16.95
NEW Ektelon Interceptor 24.95
Ektelon Eye Sentry 24.95
New Sentinel (For Glasses) 22.95
Ektelon Court Goggles 18.95
Bausch & Lomb Action Eyes 21.95

ACCESSORIES
Hogan Pro Tour Bag \$25.95
Hogan Barrel Bag 16.95
Ektelon Tour Pro Bag 33.95
Ektelon Overniter Bag 27.95
Ektelon Traveler Bag 19.95
NEW Ektelon Champ Dfl Bag 17.95
NEW Ektelon Aerobic Spf Bag 15.95
Racquetball Saver 7.95
Ektelon Wrist Tether 5.95
Tacki-Mac Grip w/adhesive 5.95
AME Grip w/adhesive 4.95

Foot Joy Court
Shoes Available!

CALL TOLL FREE and use your VISA or MASTER CARD. By mail, send MONEY ORDER — no personal checks, please. Add \$2.50 for UPS shipping & insurance. For 2nd day air, add additional \$2.50. COD add \$2.50. Alaska, Hawaii, APO, FPO — add \$6.00. California residents add 6% sales tax.

Frontier
PRO SHOP

2750 Midway Drive
San Diego, CA 92110
619/225-9521
Hours: Mon.-Fri. 8 AM - 6 PM PST
Sat. 10 AM - 6 PM PST



New Directions



By Luke St. Onge,
Executive Director

The following is a report of the highlights of the Board of Directors Meeting held in Colorado Springs, Colorado, October 4th and 5th:

1. Accepted the partial audit of the A.A.R.A. done by Waugh & Associates, C.P.A. in Colorado Springs.
2. Accepted membership program that will establish 1 year, 2 years, family, and lifetime memberships after January 1, 1986.
3. Accepted proposal splitting North Dakota and South Dakota down the middle into both Region 13 and Region 11.
4. Awarded the 1986 National Singles Championships to the Downtown Y.M.C.A. in Houston, Texas.
5. Awarded the 1986 U.S. Juniors Championships to the Illinois State Racquetball Association in Chicago, Illinois.
6. Awarded the 1986 U.S. Intercollegiate Championships to Playoff Athletic Club, in Providence, Rhode Island.
7. Awarded "official" ball status to Penn Athletic Products Company for the 1986 U.S. National Singles Championships.
8. Awarded "official" ball status to Penn Athletic Products Company for the 1986 U.S. Junior Championships.
9. Awarded "official" ball status to Penn Athletic Products Company for the 1986 U.S. National Intercollegiate Championships.
10. Adopted scoring for all Junior competition as 15, 15, 11.
11. Proposed rule changes will appear in December issue of "Racquetball in Review."
12. Nominated the following candidates for the 1986 Board of Directors. Openings — 3:
 1. Allan Seitelman — New York
 2. Judi Schmidt — Florida
 3. John Denley — New Jersey
 4. Geoff Peters — Illinois
 5. Clint Koble — Nevada
 6. Jerry Gray — Michigan
 7. Gay Ann Bloom — New Hampshire
 8. Lee Bateman — Pennsylvania

Racquetball Christmas Cards

An original idea for an ideal Christmas gift for every racquetball player, available only from Serendipity — Racquetball Christmas Cards. Your name and address can be printed inside for club or business use at little extra cost.

Only \$10.00 per dozen or \$5.50 per dozen for postcards. Please call 201-729-6517 for details, or write: Serendipity, P.O. Box 409 Sparta, NJ, 07971.

Racquetball Elbow

Dear Editor,

I am an avid racquetball player and have recently developed tennis elbow. I play about four to five times a week and also play in tournaments. Most of the doctors I have been to don't really have much experience with tennis elbow in racquetball. Could you please give me any helpful information about getting rid of tennis elbow and suggestions in how to avoid it in the future. Also, can you recommend any doctors that specialize in sports medicine that know about racquetball injuries who are located in the South Florida area?

Don Richards
Miami, FL

Although there are various causes of elbow soreness in racquetball, two are extremely common. One cause is excessive racquet vibration — the type usually found in inexpensive aluminum racquets — and should disappear when you switch to a racquet that provides more dampening. Racquet vibration is far less common now than it was 5 or 10 years ago.

The more likely explanation is im-

proper grip size. If the grip you are using is too small — though it may feel good to you — the muscles of the arm are forced to strain on every shot to hold the racquet securely, causing elbow soreness. This is a very common problem, and it is an easy one to detect. The soreness will disappear immediately when you switch to a slightly larger grip.

As you state, there are few doctors who are familiar with injuries peculiar to racquetball, and we know of none in your area. Hopefully, our readers will respond if they are aware of any. —Ed.

Dissatisfied in CTAARA

Dear Editor,

I am writing you this letter to inform you how disappointed I am in the way the Connecticut chapter of the AARA is run.

First of all, many of us are disappointed that more tournaments are not reported to the National Headquarters. Connecticut runs about 20 tournaments a year under AARA rules, but ONLY TWO are reported. This hurts in

having Connecticut players ranked nationally.

Secondly, we have the oldest paper in the country and the largest in Connecticut. The Hartford Courant prints local sports, such as bowling league results, softball, races, etc. I am sure that if our director took the time and sent them upcoming racquetball tournament dates and the results of the tournaments that were played we would see more interest and more people taking part in these tournaments. This could only benefit all of us.

I also would like to see the Nationals held here on the East Coast.

Joseph A. Shelto, Jr.
Kensington, CT

Write A Letter To The Editor

It's easy and we try to answer any and all questions you send in to Racquetball In Review. Just send your questions or comments to: Letters To The Editor, Racquetball In Review, 4350 DiPaolo Center/ Dearlove Road, Glenview, IL 60025. Sorry, we cannot return any letters or manuscripts sent to us. Write today. —Ed.

AARA OFFICERS AND BOARD MEMBERS

PRESIDENT

Paul Henrickson, 20 Oakes St., Millbury, MA, 01527, 617-754-6073.

VICE PRESIDENT

Jim Hiser, Davison Racquetball Club, G-2140 Fairway Dr., Davison, MI, 48423, 313-767-3434, 313-365-9602.

NATIONAL RULES COMMISSIONER

Mike Arnolt, 8444 Seabridge Way, Indianapolis, IN, 46240, 317-259-1359, 317-776-0222.

SECRETARY TREASURER

Dave Anderson, Spare Time Inc., 7919 Folsom Blvd., Suite 150, Sacramento, CA, 95826, 916-383-3070.

NATIONAL COMMISSIONER

Van Dubolsky, L24 Santa Fe Community College, 3000 N.W. 83rd St., Gainesville, FL, 32602, 904-395-5356.

BOARD MEMBERS

Jim Austin, 11719 Molter, Houston, TX, 77065, 713-820-1000. Malia Kamahoa, 2900 Durbin Place, Virginia Beach, VA 23456, 804-583-2361. Stephen Ducoff, AFMPC/MPCSOA, Randolph AFB, TX, 78150, 512-652-3471. Cathie Fredrickson, 12539 Terry Ave., Wayland, MI, 49348, 616-672-7736. Clint Koble, Incline Courthouse, 880 Northwood, Incline Village, NV 89450, 702-831-4212. Garner White, 3626 Brookside Drive, Rapid City, SD, 57702, 605-343-7615.

REGIONAL COMMISSIONERS AND STATE DIRECTORS

Region 1 Commissioner — Paul Henrickson, 20 Oakes St., Millbury, MA 01527, 617-754-6073. **NEW HAMPSHIRE** — Lance/Gay Bloom, 23 Cliff Ave., Boars Head, Hampton Beach, NH, 03842, 603-926-3233. **VERMONT** — Green Mountain RB Assn., Chuck Bigelow, Box 1978, Cedar Ridge Dr., Shelburne, VT, 05482, 802-985-8510, 802-656-2918. **MAINE** — John Bouchard, The Court Yard, 327 North St., Saco, ME, 04072, 207-284-5953. **RHODE ISLAND** — John Wargat, 2120 Pleasant St., Dighton, MA 02715, 617-620-2609. **CONNECTICUT** — Paul Thiel, 6 Old Hollow Road, Trumbull, CT, 06611, 203-268-1719, 203-378-2211. **MASSACHUSETTS** — Maureen Henrickson, 20 Oakes St., Millbury, MA 01527, 617-754-6073.

Regional 2 Commissioner and New York State Director — Al Seitelman, 142 Landing Ave., Smithtown, NY 11787, NEW JERSEY — Jon Denley, 8 Chatham Ct., Bricktown, NJ, 08723, 201-458-2354.

Region 3 Commissioner — Bernie Howard, Road 1 Box 362 A, Reedsville, PA, 17084, 717-667-2209. **PENNSYLVANIA** — Dave Dunn, 640 Hamilton Mall #203, Allentown, PA, 18015, 800-272-1900. **DELAWARE** — Dario Mas, 706 Kilburn Road, Wilmington, DE, 19803, 302-478-7919. **MARYLAND AND D.C.** — Robin Doble, Racquetball Players Association, P.O. Box 805, Bryans, Road, MD 20616, 301-283-5453. **VIRGINIA** — Ed Remen, Virginia

RB Assn., 308 Glenn Drive, Sterling, VA, 22170, 703-430-0666.

Region 4 Commissioner and Florida State Director — Van Dubolsky, L24 Santa Fe Community College, 3000 N.W. 83rd St., Gainesville, FL, 32602, 904-395-5356. **NORTH CAROLINA** — Mike Dimoff, 1409 B Whilden Pl., Greensboro, NC, 27408, 919-379-0550. **GEORGIA** — Mike Brooks, 2138 Faulkner Road, Atlanta, GA, 30324, 404-633-2638. **SOUTH CAROLINA** — Jim Adkins, 722 Osprey Ct., Mt. Pleasant, SC 29464, 803-881-3174.

Region 5 Commissioner and Alabama State Director — Bob Huskey, DDS, 1610 2nd Avenue, Opelika, AL, 36801, 205-749-0776, 205-745-6295. **TENNESSEE** — Lloyd Toth, Nashville Supreme Court, 4633 Trousdale, Nashville, TN, 37205, 615-832-7529. **MISSISSIPPI** — Sheila McClintock Haynes, The Courthouse, 2625 Courthouse Circle, Jackson, MS, 39208, 601-932-4800.

Region 6 Commissioner and Kansas State Director — Dave Bowersock, 6953 Kentford, Wichita, KS 67226, 316-683-1390. **ARKANSAS** — Tom Wilkins, Pleasure Park Athletic Club, 2303 Hwy. 70 East, Hot Springs, AR, 71901, 501-623-5559. **OKLAHOMA** — Susan McMasters, Route 3, Box 490, Perkins, OK, 74059, 405-743-1328. **KANSAS** — Dave Bowersock, 6953 Kentford, Wichita, KS, 67226, 316-683-1390. **MISSOURI** — Bob Hardcastle, 181 Trails West, Chesterfield, MO 63017, 314-469-3395, 314-532-0484.

Region 7 Commissioner — Bruce Hendin, Racquetball & Handball Club of San Antonio, 849 Isom, San Antonio, TX, 78216, 512-340-0364. **TEXAS** — Tom McKie, P.O. Box 26043, Dallas, TX, 75226, 214-670-8897. **LOUISIANA** — Richard Fulseller, 101 Cabildo, Lafayette, LA, 70506, 318-981-9916.

Region 8 Commissioner — Alvin Barasch, 7330 N. Cicero, Lincolnwood, IL, 60466, 312-635-9394, 312-673-7300. **IOWA** — Bob Sheldon, 319-232-1309. **ILLINOIS** — Art Michael, Leaning Tower YMCA, 63— Touhy Avenue, Niles, IL, 60648, 312-647-8222. **WISCONSIN** — Joe Wirkus, 4912 Hammers Road, Madison, WI, 53711, 608-271-3131.

Region 9 Commissioner — Jim Hiser, Davison Racquetball Club, G-2140 Fairway Drive, Davison, MI, 48423, 313-767-3434, 313-653-9602. **MICHIGAN** — Lee Fredrickson, 12539 Terry Ave., Wayland, MI, 49348, 616-672-7736. **OHIO** — Frank Cremens, 3334 Daisy Ct., Brunswick, OH, 44212, 216-225-6820.

Region 10 Commissioner and Indiana State Director — Michael Arnolt, 8444 Seabridge Way, Indianapolis, IN, 46240, 317-259-1359, 317-776-0222. **KENTUCKY** — Dennis Smith, Lover's Lane RB Club, 1056 Lover's Lane, Bowling Green, KY, 42101, 502-782-2810.

Region 11 Commissioner — Garner White, 3626 Brookside Drive, Rapid City, SD, 57702, 605-343-7615, 605-348-5858. **NEBRASKA** — Jim Sherwood, 6911 Van Dorn, Lincoln, NE, 68506, 402-483-1807, 402-488-7064. **MINNESOTA** — Dave Gordon, 1400 2nd Street South, A704, Minneapolis,

IL, MN, 55454, 612-340-9723, 612-572-5491. **NORTH DAKOTA** — Roger Mazurek, YMCA, Box 549, Bismarck, ND, 58501, 701-255-1525. **SOUTH DAKOTA** — Joe Jagodzinski, 187 Wonderland Ct., Black Hawk, SD, 57718, 605-787-6632, 605-342-4105.

Region 12 Commissioner — John Foust, 3051 South Glencoe, Denver, CO, 80222, 303-758-9340, 303-750-3210. **COLORADO** — Lou Smario, 4963 Kelso Road, Boulder, CO, 80301, 303-530-4866, 303-530-7503. **NEW MEXICO** — Ralph Waddington, 10513 Santa Susana Road, N.E. Albuquerque, NM, 87111, 505-822-0636. **ARIZONA** — Jack Nolan, Box 1202, Tempe, AZ, 85281, 602-893-9323, 602-894-2281. **UTAH** — Toni Dever, Box 67, Salem, UT, 84653, 801-423-1325.

Region 13 Commissioner — Clint Koble, Incline Courthouse, 880 Northwood, Incline Village, NV 89450, 702-831-4212. **MONTANA** — Lee Tickell, 909 Hollins Ave., Helena, MT, 59601, 406-443-4559. **WYOMING** — Dave Rodriguez, Rocky Mountain Health Club, 1880 Westland Road, Cheyenne, WY 82001, 307-634-8884.

Region 14 Commissioner — Ed Martin, Spare Time Inc., 7919 Folsom Blvd., Suite 150, Sacramento, CA, 95826, 916-383-3070. **CALIFORNIA** — Terry Lockett, 725 14th Street, Sacramento, CA 95814, 916-441-2977. **NEVADA** — Steve Necoechea, Incline Court Club, 880 Northwood, Incline Village, NV, 89450, 702-831-4212. **HAWAII** — Margherita Parrent, Wentworth Racquet Club, Box 20, Naval Station, Pearl Harbor, HI, 96860, 808-471-0610.

Region 15 Commissioner — Sid Williams, 5227 South Puget Sound, Tacoma, WA, 98409, 206-473-2266. **WASHINGTON** — Sandy Rogers, 1003 Tule Lake Road South, Tacoma, WA, 98444, 206-535-0754. **OREGON** — Jim Davidson, 860 Hoyt S.E., Salem, OR, 97302, 503-399-8063. **IDAHO** — Elaine K. Armijo, 409 Kurtwood, Pocatello, ID, 83204, 208-233-4490, 208-233-3300. **ALASKA** — Robin Rodriguez, Box 117, Marcus Road, Eagle River, AK, 99477, 907-694-2654, 907-272-0581. **ALSO FOR ALASKA** — Dennis Kaufman, 150 Eagle Street, Fairbanks, AK, 99701, 907-456-1914.

National High School Commissioner — J.L. Barish, 31 Sandi Drive, Poughkeepsie, NY, 12603. **National Wheelchair Commissioner** — Jim Leatherman, 21 South Kresson St., Baltimore, MD, 21224, 301-435-1881. **Intercollegiate Commissioner** — Larry Liles, 152 Longreen Drive, Memphis, TN, 38119, 901-685-0764. **Women's Commissioner** — Cathie Fredrickson, 12539 Terry Avenue, Wayland, MI, 49348, 616-672-7736. **Junior Council Commissioner** — Bob Wilhelm, 1131 Lafayette, Flint, MI, 48503, 313-742-3312. **National Commissioner for the Disabled** — Sam DeCrispino, 727 East Lake Avenue, Baltimore, MD, 21212, 301-435-5168. **Commissioner for Americans in Europe** — Hal Leffler, Siegener Strasse 48, 6230 Frankfurt 80, West Germany. **Military Commissioner** — Stephen D. Ducoff AFMPC/MPCSOA Randolph AFB, TX, 78150, 512-652-3471.

AARA SCHEDULED TOURNAMENTS REPORT

October 31—November 3
Belmont Shore RB Tournament
The Belmont
4918 East Second Street
Long Beach, CA 90804
Willie Rodriguez 213-438-1176

October 31—November 3
Halloween Classic
Woodfield Racquet Club
Schaumburg, IL
Don Dvorak 312-884-0678

October 31—November 3
The Denver Sporting Club
5151 DTC Parkway
Englewood, CO 80111
Don Kriete 303-779-0700

November 1-3
Fall Feast RB Tournament
Monroeville Racquet Club
Judi Stadler 412-242-8636

November 1-3
Manchester Court Club
1 Leclerc Circle
Manchester, NH

November 1-3
Nautilus Fitness Center
P.O. Box 219
Jacksonville, NC
Ann Blalock

November 1-2
Octoberfest
Old Auburn Court House
11558 F Ave
Auburn, CA 95603
Helen May 916-885-1964

November 1-3
Oklahoma State Doubles
Stillwater, OK
Susan McMasters

November 6-10
1st Federal Savings Tourney
Lynmar Racquet Club
2660 Vickers Drive
Colorado Springs, Co 80918
Khris Myers

November 7-10
Front Range Classic
2095 West 6th Ave
Broomfield, CO 80918
Julie Seed 303-469-6653

November 7-10
Naper Olympic Open
Olympic Health & Fitness
Naperville, IL
Bob Good 312-357-7200

November 8-10
Light Rebound RB Tournament
Rime Fitness Center
89 Rollings Road
Birmingham, AL 35209
Mark Sandlin 205-942-2119

November 8-10
Riva Open
Royal Racquet Club Inc
1718 Rollings Road
Burlingame, CA 94010
Dina Williams 415-692-3300

November 11-13
7th Annual Columbus Day Classic
Santa Maria Racquetball Club
330 West Carmen Lane
Santa Maria, CA 93454
805-928-2305

November 14-17
Turkey Shoot
Rallysport
2727 29th Street
Boulder, CO 80301
303-449-4800

November 15-17
State 4-wall Championships
Auburndale Rec Center
Keith Johnson
202 West Park St
Auburndale, FL 33828

November 15-17
Michigan Champ Series
Diane Easterling
900 Long Blvd. #423
Lansing, MI 48910

November 15-17
Michelob Light Open
Cross Court Athletic Club
433 West Cross St
Woodland, CA 95695
Steve Harris 916-666-1319

November 21-24
The Point
535 Van Gordon
Lakewood, CO
Jersen Denk 303-987-8568

November 22-24
San Francisco Open
Telegraph Hill Club
1850 Kearney Street
San Francisco, CA 94111
Ann Grace

November 22-24
Tennessee Turkey Shoot
Nashville Supreme Court
4633 Trousdale
Nashville, TN 37204
Jerry Dixon 615-832-7529

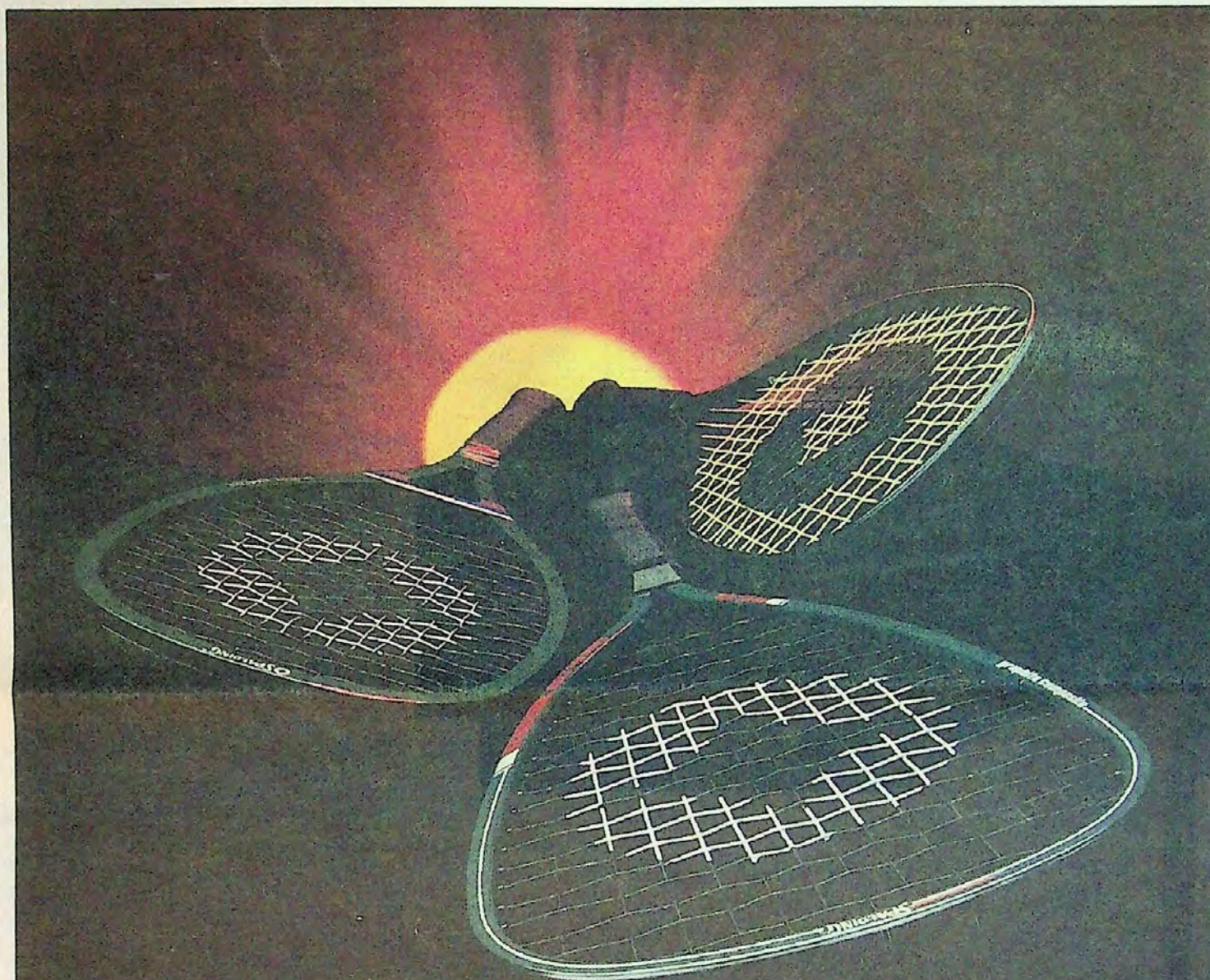
November 22-24
WRA Stop
Tyrone Racquetball Club
St. Petersburg, FL

November 29-30
Zev Yaroslavsky 4th Annual Turkey
Shootout
The Center Courts, Inc.
11866 La Grange Avenue
West Los Angeles, CA 90025
Jay Streim 213-826-6648

November 29—December 1
Thanksgiving Classic
Modesto Courtroom
2012 McHenry Avenue
Modesto, CA 95350
209-577-1060

December 5-8
Swingers
International Athletic Club
1630 Welton
Denver, CO
Howard Chinatti 303-623-2100

December 5-8
IRSA State Doubles
The Charlie Club
Mount Prospect, IL
Art Michaely 312-647-8222



HIGH TECH PERFORMANCE WITHOUT THE SKY HIGH PRICES.

To some, performance outweighs prestige. To that no-nonsense breed of player, Spalding offers a selection of innovative racquets that are unsurpassed in playability.

The New Comp Pro 235™ racquet is a prime example. Its state-of-the-art graphite composite construction features a fully legal oversize head for a dramatically larger sweetspot and an exceptionally maneuverable weight of only 235 grams!

The New Spalding Intimidator™ racquet is no less a

performer. Formed from an advanced aluminum alloy, its streamlined tubular configuration allows lightning quick racquet control. And the Intimidator's throatless wish-bone design produces increased power and control that you will be able to feel on your first kill.

Whether it be for the novice or the pro, only Spalding offers a full line of high quality racquets with the looks, the feel and all the performance features you're looking for.

Ask to try a Spalding demo today!



SPALDING

INTRODUCING HEAD EXPRESS. THE SHOE THAT PLAYS AS HARD AS YOU.

Highest-quality leather reinforces the toe, and it gives the instep extra support. In fact, with more leather than the leading indoor court shoe, the Express is extremely durable throughout.

The Express is an incredibly light 12 ounces of cool comfort. A contoured sole and breathable nylon mesh are the reasons why.

Molded heel counter prevents twisting. Forward cant cups your heel. Molded innersole cushions your foot. It all adds up to incredible comfort, game after game after game.



High-traction gum rubber sole is designed to take the stress with reinforced pivot points.

Nothing eliminates shock like this EVA midsole. It absorbs the punishing impact of play so your heel doesn't have to.

