



## THE LOUISIANA RACQUETBALL ASSOCIATION

*"Dedicated to promoting the game of Racquetball"*

P.O. BOX 80643 / BATON ROUGE, LOUISIANA 70898      504-346-8657

MAY 1986

### 1986 STATE DOUBLES \*\*\*\* AROUND THE CORNER

The 1986 State Doubles Championships are upon us. If you haven't entered, do so today. The deadline to enter is Monday, May 12th, and we are looking forward to record setting participation. It seems that doubles and mixed doubles has caught everyone's fancy. From the older folks to the kids, more players are enjoying playing doubles. There is something about the team effort that draws players to respond to such competition. Winning or losing in the spirit of fun, intense team play is quite rewarding. There is still time to practice and get your team prepared for the competition ahead. This weekend's tournament play should prove exciting and fun, and even more fun when you consider the city hosting it...Greater New Orleans... If you don't have fun in this town, shame on you! Great food, endless entertainment, the French Quarter, Jax Brewery, the zoo, and many places to party such as the F&M Bar, all await you at the 1986 Louisiana State Doubles Championships.

This year's location, the Kenner Y.M.C.A., affords you every convenience at your disposal to make your tournament an enjoyable experience. The potential is there, let's make it happen. Don't miss it! Good luck and I hope you find a partner worthy of your talents.

Good Shooting,

Paul-Chairman

## *Vice-Chairman*

Eyeguards!! This one word for years has been the subject of the longest running argument among racquetball players and the organizations that sponsor tournaments. The wearing of eye protection has always been a very emotional issue. Everyone has their reasons why he or she will or will not wear this protection.

Almost every tournament entry blank recommends the player's use of eyeguards and requires them for under 18 years of age. The sad truth is that the enforcement of such rules is often virtually impossible. The under 18 player sometimes has a parent present who will quickly tell you that their child does not have to wear them if they so decide. Adults have already made the choice whenever they walk onto a court. The waiver of responsibility is at most, vague and ambiguous. Due to legal questions of who would be responsible, increasing numbers of club owners and the associations are letting people make their own choice. So at this time the issue is pretty much at the same old standstill and the argument continues.

For the moment and for practical discussion, let us look at a couple of things. First, the eye is a fragile yet vitally important organ of

*cont.*

the body. Second, a racquetball is a solid compressed sphere that when struck moves at a high rate of speed. Now, while we can generally control vision, a racquetball is sometimes uncontrollable and does not go to the place intended. With this type of conflict, injury looms as being very possible. This potential has to be acknowledged and people advised to take precautions. Is an eye worth injuring or losing if there is a means available to prevent or at least minimize injury? Each person does have the answer to the question.

Recent articles in racquetball magazines and other publications point out the increasing number of eye injuries. The ball, even hit by an average racquetball player, can travel in the range of 100 m.p.h. A detached retina is one of the leading and most frequent injuries.

With State Doubles coming up, I believe that the L.R.A. as your association should ask, promote and encourage players to think about eye protection. To play doubles or singles, a player must know where the ball is and that means looking around. With four people in the court, the chances increase of an injury taking place. Think about this and I hope that all participants have a great, fun-filled and safe week-end this time and every time that players get together to play racquetball.

Bob Stanton  
Vice-Chairman

## Rules

It's about that time again! As you all know, State Doubles is right around the corner and it's time to refresh our memories about some of the important rules that go along with the game.

There are several specific rules that many people have questions about. The first is partnership:

"A change in playing partners may not be made after the final draw has been made and posted. Under no circumstances can a partner change be made during the course of a tournament without the consent of the Tournament Director."

The second point is the position of the partner during the serve:

Rule 3B states that on each serve, the server's partner shall stand erect with back to the side wall and with both feet on the floor within the service box, from the moment the server begins his service motion until the ball passes the short line. Violations are called "foot faults".

The third rule is what to do if a man serves to a woman in mixed doubles. The answer to that is that it is treated as a short serve and therefore is followed by a second serve or hand out/side out, whichever the case may be.

The fourth rule would be an out-of-order serve; do you know the ruling on this one? Well, in doubles, when either partner serves out of order, any points which may have been scored during an out-of-order serve will be automatically void, with the score reverting to the score prior to the out-of-order serve. The "out serve" shall be applied to the first server and the second server shall then be allowed to serve.

In conclusion to these rules, I would like to remind all the players that "Doubles" is a team effort and that one player should not monopolize play during the rallies.

Good luck and good sportsmanship,

Dawn Ellerman for Don Ellerman,  
Chairman, Rules Committee

### LET'S COMPARE

Lately, the L.R.A. has received some bad talk from members. The typical complaints consist of high tournament fees, poor hospitality and outrageous match times. However, the questions must be raised... Higher tournament fees compared to whom? Poor hospitality compared to what? And, just what are outrageous match times? Unfortunately, most players who are quick to throw out insults are unprepared to answer such questions.

Anyone who has ever been to an AARA sanctioned event will realize that the L.R.A. is not so bad after all. First of all, tournament fees for AARA events average \$5-\$10 more than most L.R.A. events, not to mention the fact that there are fewer AARA events each year, and the events are in cities quite a distance from one another.

Secondly, the hospitality of AARA events consists of cold sandwiches and Quick Kick in a large cup. Beer is a luxury only afforded by those willing to pay full price. L.R.A. events always have at least one hot meal and beer is always available, either for a small fee or for free.

Finally, match times must be compared. Some L.R.A. events may run into the early morning, i.e. 1:00 - 2:00 a.m. However, this is nothing compared to AARA events. These events run 24 hours, from Friday evening to Saturday evening with a break for cold sandwiches to be served.

Noone is saying that the L.R.A. is the perfect racquetball association. However, more credit should be given to the organization's ability to blend competitive racquetball with a friendly, social atmosphere...something the AARA falls far short of doing.

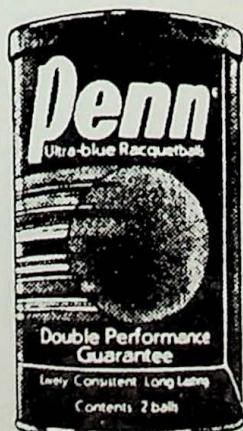
By an "A" player who prefers  
the L.R.A.

HAVE YOU MOVED RECENTLY??  
HAVE YOU NOT BEEN GETTING LRA MATERIAL??

If so, we'd like to know. You should be receiving at least three newsletters a year and all state tournament applications from the LRA. If you are not, then please take a moment to send us your most recent address so that we may enter it into our computer to guarantee your LRA mail to you. Please send to: Louisiana Racquetball Association

P.O. Box 80643  
Baton Rouge, Louisiana 70898

THANK YOU!!



\*\*\*\*\*  
PENN IS THE OFFICIAL BALL OF THE LRA FOR 1986  
\*\*\*\*\*

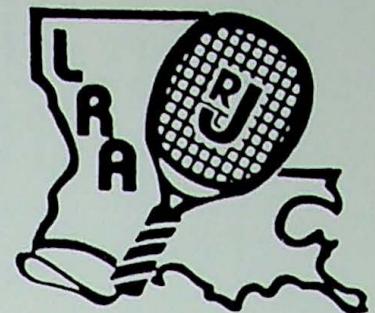
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### 1986 MAY-DECEMBER CALENDAR

Note: Please use this current up-to-date May-December calendar, as there have been a few changes and additions since the last calendar was printed.

<u>MONTH</u>	<u>DATE</u>	<u>NAME</u>	<u>CLUB</u>	<u>CITY</u>	<u>TYPE</u>
<u>MAY</u>	2,3,4 *16,17,18	1986 Contraband State Doubles Championships	Roman Health Kenner-Y	Lake Charles Kenner	B A
<u>JUNE</u>	6,7,8 27,28,29	Baton Rouge Sports Festival Rivercenter Senior Stop	Wallbanger-P Rivercenter	Baton Rouge New Orleans	B A
<u>JULY</u>	*18,19,20	State Seniors/Juniors Champ.	Wallbanger-OH	Baton Rouge	A
<u>AUGUST</u>	1,2,3 15,16,17	Chamale Ronald McDonald 2nd Annual Summer Classic	Club Chamale Bon Temps	Chamale Mandeville	B B
<u>SEPTEMBER</u>	5,6,7 12,13,14 26,27,28	Chamale Senior Stop RBO Invitational 3rd Annual Renaissance II	Club Chamale Racquetball One Renaissance II	Chamale New Orleans Houma	A B B
<u>OCTOBER</u>	3,4,5 *17,18,19	State Qualifying Tournament State Singles Championships	Wallbanger Wallbangers	Baton Rouge Baton Rouge	B A
<u>NOVEMBER</u>	7,8,9 21,22,23	3rd Annual Crossgates Tourney 4th Annual Wild Turkey Classic	Crossgates Roman Health	Slidell Lake Charles	B B
<u>DECEMBER</u>	12,13,14	Racquetball One	Racquetball One	New Orleans	B

\*State Championships

Type A - Draw and tournament done by the L.R.A. Tournament Committee

Type B - Draw will be done by the club

In order to play STATE SINGLES, you must have played in  
 at least one sanctioned tournament since State Singles 1985.

LRA EXECUTIVE COMMITTEE

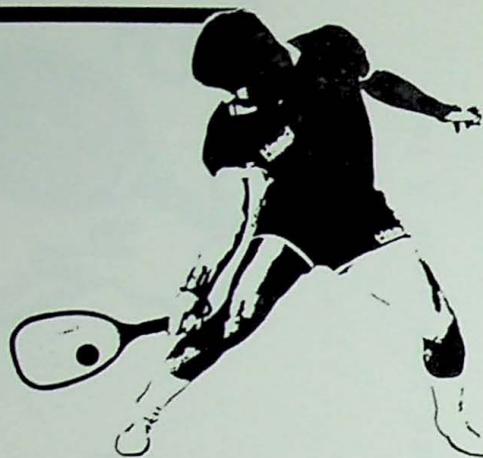
CHAIRMAN-PAUL BRUNO  
 VICE-CHAIRMAN-BOB STANTON  
 RANKING-VALERIE SHEAN  
 FINANCE-JOHN PELLERIN  
 PUBLIC RELATIONS-CHRIS METRAILER  
 RULES-DON ELLERMAN

PREFERRED CLUB DIRECTORY

Kenner-Y 2121 38th St. Kenner, La. 70065 504-443-6363 Renee Hebert	Sports Connection 2605 Munster Blvd. Mereau, La. 70075 504-277-8414 Cliff Zeairs	Wallbanger 10473 Old Hammond Hwy. Baton Rouge, La. 70815 504-923-2793 Mack Faul	Wallbanger 7069 Perkins Road Baton Rouge, La. 70808 504-769-4120 Donnie Jarreau
<u>Wallbanger</u> 13436 Old Jefferson Hwy. Baton Rouge, La. 70816 504-292-9755 Danny Boudreaux			

ASSCOIATE CLUB DIRECTORY

Racquetball One 1300 One Shell Square New Orleans, La. 70190 504-522-2956 Paul Bruno	Renaissance II 106 Southdown W. Blvd. Houma, La. 70360 504-868-8473 James Lecompte	Court King 10080 Morrison Rd. New Orleans, La. 70127 504-246-0666 Rowley Sewell
Crossgates Racquet Club 200 Military Road Slidell, La. 70458 504-643-8194 Richard Broadwell	Convington Court Club Route 3, Box 713 Convington, La. 70433 504-893-4800 Edgar Schafer	Bon Temps 100 Bon Temps Route Mandeville, La. 70448 504-845-8826 Brian Lowe
Rivercenter Tennis Club 600 South Front Blvd. New Orleans, La. 70139 504-587-7242 Elliot Diaz	Imperial Sports Center 105 Imperial Drive Houma, La. 70360 504-868-0133 Bubba Trosclair	Swedish Spa 10 Southgate Lane Lake Charles, La. 70601 318-433-9600 Jerry Magehee
Roman Health Resort 4324 Lake Street Lake Charles, La. 70605 318-478-8510 Becky Spano	B.R. Athletic Club 7639 Airline Hwy. Baton Rouge, La. 70814 504-923-0100 Terry Smith	Red Lerille's 117 Doucet Road Lafayette, La. 70503 318-984-7738 Bill Land
Ichiban Fitness Center 990 Quail Creek Road Shreveport, La. 71105 318-861-3535 Steven Vice	N.O.W.R.A. 1300 One Shell Square New Orleans, La. 70190 504-522-2956 Jan Novick	Club at Chamale Cove #90 Chamale Cove West Slidell, La. 70458 504-649-2751 Joe Mahoney



## STRANDEMO'S

RACQUETBALL TIPS:

### STRANDEMO RACQUETBALL TIP #3

When your opponent is caught close to your right side during a tough center-court rally, and you have him momentarily blocked out of play, learn to hit with a shortened follow-through so that you can make the appropriate scoring shot.

### STRANDEMO RACQUETBALL TIP #4

On the standard backhand set-up position, the wrist is cocked up, with the hand basically on line with the forearm. Mastering a wrist snap out of this position is much easier than the "curl" backhand and there's less chance for error at impact.

### STRANDEMO RACQUETBALL TIP #5

When you readjust your serving position in either direction, your serving targets will all shift accordingly. Because of the angles involved, some of them will be eliminated, either because your location will make them impossible to hit or to avoid being guilty of a screen.

### STRANDEMO RACQUETBALL TIP #6

When hitting a backhand from deep on the left side, strive for the ultimate goal of having these 3 shots in your repertoire - the pinch, the down-the-line and the cross-court. This offensive diversification will keep your opponent honest in his defensive coverage.

### STRANDEMO RACQUETBALL TIP #7

If you see that your ceiling ball is going to come in short and give your opponent an offensive opportunity, move up into center court and play off the offensive shots that he leaves up.

### STRANDEMO RACQUETBALL TIP #8

Be assertive in assuming your coverage position, but also be reasonable. Have a respect for your opponent by giving him room to hit straight-in to the front wall, to go cross-court, and to pinch using the nearest side wall.

### STRANDEMO RACQUETBALL TIP #9

Advanced players use an effective 2-step motion when they are serving low drives and hard Z serves. The first step is a short preparation step and the second is a powerful stride into the shot. Make your forward motion forceful but controlled, so that you are not thrown off balance and unable to relocate quickly and efficiently.

### STRANDEMO RACQUETBALL TIP #10

Watching your opponent set up will greatly increase your readiness to cover his next shot. How he sets up and starts to swing will dictate if he is shooting or going to the ceiling. By not reading this information you will reach a plateau in your anticipation and your game will not improve.

### STRANDEMO RACQUETBALL TIP #11

When returning serve be an opportunist and when your opponent serves a low drive off the backwall or brings a hard Z in a little short, be ready to be offensive with your return. Remember errant serves dictate offensive returns and really tough serves will dictate defensive ceiling ball returns.

# ISN'T IT TIME YOU GOT SERIOUS?

TOO MANY TIMES  
TOO MANY MATCHES  
TOO MANY LOSSES



You started out just playing for the exercise but now it's serious! Competition is tougher and your shots are getting weaker. Isn't it time you had an outside opinion?

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#### 1986 Summer Camp Series

Aspen Co.	June 25 thru 29	July 2 thru 6
Dallas Tex.	July 9 thru 13	July 16 thru 20
Wash D.C.	July 23 thru 27	July 30 thru Aug. 3
Chicago, Ill.	Aug. 6 thru 10	Aug. 13 thru 17
San Francisco, Cal.	Aug. 20 thru 24	Aug. 27 thru 31

**STRANDEMO  
& HEAD**

# TOP 10 MEN'S DIVISIONS

## MEN'S OPEN

Mike Almerico  
Kiel Koger  
Bill Land  
Lance Nelson  
Steve Martin  
James Bayhi  
David Rahn  
Mark Herpin  
Guy Faget  
Jeff Kindl

## MEN'S C

Wayne Skinner  
Brian Bassett  
Rory Shinn  
Stephen Broussard  
Dennis Lloyd  
Billy Danner  
Geoffrey Mackenzie  
John Haney  
Johnny Campbell  
Adil Sequeira

## MEN'S A

Troy LeBlanc  
Mike Waller, Jr.  
John Singer  
Travis LeBlanc  
Alvin Miles  
Larry Tidwell  
Bob Stanton  
Steve Riddle  
Don Ellerman  
John Davis

## MEN'S B

Monty Bordelon  
Rex Ransome  
Geoffrey Burrell  
Larry Grayson, Jr.  
Frank Campo, Jr.  
Ronny Geraci  
Jeff Bascome  
Thomas Dietrich  
Scott Bihm  
Charlie Pfister

## MEN'S D

David Britsch  
Ernest White  
Thomas Peterson  
Audie Patterson  
Mark Jardell  
Pat Eiermann  
Bubba Belaire  
Steven Burt  
Terry Smith  
Albert Schof III

# TOP 10 WOMEN'S DIVISIONS

## WOMEN'S OPEN

Karen Foley  
Michelle Barkate  
Chris Metrailler  
Helen Seigel  
Marsha Richards  
Romaine Lee  
Edie Martin  
Mischa McCrory  
Patti Higgins  
Michelle McCrory

## WOMEN'S C

Debra Nemitz  
Denise Loveless  
Debbie Ricks  
Nanci Heebe  
Jennifer Legros  
Mellisa Saxon  
Tammy Rodriguez  
Rebecca Shaver  
Jackie Story  
Jane Saunders

## WOMEN'S A

Debbie Herrmann  
Anise Valure  
Kathy Munson  
Bonnie Behlar  
Ellen Monteiro  
Lisa Bergeron  
Mary Anne Treme  
Mellisa Hall  
Patti Higgins  
Dawn Ellerman

## WOMEN'S B

Jan Nick  
Mary Diaz  
Laura Berica  
Dawn Ellerman  
Cathy Munson  
Tracy Shean  
Sylvia Parker  
Cindy Elsensohn  
Cathy Wells  
Debbie Bayham

## WOMEN'S D

Jane Saunders  
Nanci Heebe  
Annette Roy  
Mary Crawford  
Rachel French  
Chris Corio  
Dawn Thomas  
Judy Jackson  
Laurie Tully  
Kathleen Davis