

Passing Shots

Norm Blum
Editor & Publisher



SunState Racquetball Association

Starts in September



Steve Ruedlinger

Grand Prix set for Florida

By Norm Blum
Publisher

ORLANDO — A series of tournaments, designed to promote racquetball and organize it on a state-wide level, has been put forth by Grand Prix Promotions of Orlando.

The first of eight tournaments is set for The Racquet Ball in Orlando September 15-17 and will feature more than \$3,000 in cash prizes for the open division — the largest purse ever offered in Florida.

Players who compete in the Grand Prix events will become members of the Sun State Racquetball Association.

Grand Prix Promotions was put together by Steve Ruedlinger of Orlando and *The Florida Racquet Journal*. Among the major state-wide sponsors are Freedom Savings & Loan, Carrmente's of Orlando and Sullivan Real Estate. A portion of all entry fees will be donated to the Muscular Dystrophy Association.

"We're trying to promote the sport in a way it hasn't been promoted. Other sports like tennis, golf and bowling have had more success because they've been organized," says Ruedlinger, 28, who ran a Grand Prix in Calgary, Canada, last year. "We are trying to organize people on a state-wide basis. Right now everybody is out freelancing — doing their own thing."

Initially, Grand Prix Promotions will run the tournament and take care of the entire gamut — ranging from obtaining souvenirs to compiling the draw.

The second Grand Prix event is scheduled for the Fontainebleau October 13-16 in Ocala. The remaining dates, December 1-4,

January 12-15, February 16-19, March 22-25, April 26-29, May 24-27, and a yet to be named date in June, have been selected and negotiations with clubs are currently taking place.

"We want a tournament schedule nine months in advance so we know where it will happen — just like the pro circuit — so a person can plan where they are going. We expect to be extremely organized and run a first class tournament with the cooperation of the AARA," Ruedlinger says.

Ruedlinger, who is based in Orlando, is working full time for the Grand Prix to assure its success.

"Club managers and owners have good intentions, but they are committed to do other things. It takes someone full time to do it right."

Through the use of a computer, sandbagging, the worst problem facing tournament directors, will be eliminated.

"We will have computerized rankings in each division. A person goes into the system at a certain level and accumulates points. They advance to the next level by winning a tournament or accumulating enough points. Each round a player wins he gets points. For example, say a person is a B player. He enters the system with 1800 points. A first-round win is worth 10 points, a second round victory is 15 points and a berth in the semis is 25 points. The open division starts at 2,000. We'll be able to seed players according to the rankings and make sure people are playing in the division they should be in."

According to Ruedlinger, the rankings will generate interest and bonus awards will be given to the first three finishers in each division.

The divisions being offered will be Men's Open, A, B, C, D, Juniors (17 & under), Veterans (27+), Seniors (35+) and Masters (45+). For the women there will be an Open, B, C, D, 27+ and 35+. There will be Open, B and C doubles for both men and women. If there is a demand for more divisions, they will be added.

A minimum \$1,500 purse will be offered in the men's open divisions.

Ruedlinger hopes to offer \$10,000 for the final tournament in the open division and while the tournaments are open to anyone, players must compete in three Grand Prix events to be eligible for the championship.

Ruedlinger expects the money being offered in the open division to generate more interest among the juniors.

"Look at tennis. The reason mom and dad force tennis on junior is because of the prize money out there. The odds are astronomical on

reaching that level, but there are a lot of dreamers," Ruedlinger says. "If there is money being offered in racquetball, it's a chance for the juniors to earn some money to pay for their college education. You need such an incentive in order for the sport to grow."

For more information on the tournaments, call Grand Prix Promotions at (305) 423-1151 or stop by the offices at 124 West Pine St. in Orlando.

Yellen to replace Peck at camp

Mike Yellen, the new No. 1-ranked player in the world, will replace the injured Dave Peck at the three-day racquetball camp July 15-17 at the Miami Lakes Inn & Country Club, sponsored by *The Florida Racquet Journal*.

Yellen, 23, a right-hander from Southfield, Mich., became king of racquetball when he defeated Marty Hogan in the DP Leach Nationals in Atlanta. It was Yellen's third

straight victory having won the Catalina Championship in Chicago and the Ektelon National Championship in Anaheim, Calif., where he also defeated Hogan. It was Hogan's first loss in five years in the nationals.

Peck, who was ranked first last year, was injured in his semifinal match against Yellen in Atlanta. He was kneed in the thigh during the first game and thought he had a

slight cramp. Yellen went on to win the match 3-0, 3-0 and Peck applied ice to the injury after the match. His leg began swelling during the evening and he went to the hospital where pressure was relieved from his quadracep.

Reservations are still being accepted for the three-day camp. Call (904) 721-3660 for more details.

FIRE — Who says racquetball isn't a spectator sport? Not the fire department in Atlanta. In the final of the DP Leach National Championships at the Atlanta Sporting Club, Mike Yellen held a 9-5 lead over defending five-time champion Marty Hogan in the tiebreaker. Yellen's momentum was suddenly stopped when the fire department came rushing in to clear the aisles, claiming there was a potential fire hazard. Play was stopped for 10 minutes and the officials threatened to evacuate the club when some spectators refused to give up their coveted seats. Play resumed when the crowd cooperated, and Yellen went on to win 11-7. The incident received national coverage on Ted Turner's Cable News Network.

TENNIS ANYONE? — You really had to search the fine print of the *Atlanta Constitution* to find the results from the DP Leach Nationals. Apparently there are no racquetball fanatics on the sports copy desk of Atlanta's papers as the results could be found under the heading — TENNIS. They corrected themselves in the weekend editions, placing the results under the Miscellaneous category.

BLIND RAGE — Dennis Hirschfelder goes into a frenzy when he turns on the television and sees a beer commercial with a couple of racquetballers taking the court without eye protection. "That particular commercial really upset me," says Hirschfelder, the director of eye safety programs for the National Society for the Prevention of Blindness. "I wrote them and told them it really made me sick. They said 'mea culpa,' but as far as I know they didn't take it off the air. If a company does the advertising to show its product line — on television or in magazines — why not go ahead and show the players with proper eye protection?"

A CASE TO THE BEST — Here's a suggestion for tournament awards from a reader: Award a case of STROH LIGHT beer for the following categories: Best Legs — toned, tanned and fine. Best Referee — knowledgeable, respected, volunteers a lot. Best socks — creative, attractive, a joy-to-behold, smells good. Best Dressed Doubles — coordinated, appealing, sharp.

THINGS WE LIKE — Happy Hours, monthly fees, well-dressed players and timeouts that last longer than 30 seconds.

THINGS WE DISLIKE — A club running out of towels and locks, players who say they have one more point to play when the lights flash and then continue playing for 10 minutes.

THUMBS UP — Laurels to Sarasota's Judi Schmidt. She brought 11 players to the junior nationals in New York and had the smarts to convince businesses to sponsor the trip. . . Laurels to Penn Athletics. They are No. 1, but aren't sitting on their laurels. When it comes to supporting the sport, Penn makes a genuine effort. Laurels to players who make it a point to support tournament sponsors. If Pizza Hut sponsors a tourney, make your next purchase there and make it a point to tell them why you are a customer. Such feedback will generate future support.

SIGN THAT WAIVER — The tournament (Please turn to page 9)

Where To Play

For \$100 a year, your club can reach all the racquetball players in Florida. Contact the Florida Racquet Journal about placing your club in the Where To Play section. Call (904) 721-3660.

AUBURNDALE

Auburndale Tennis & Pro Shop — 202 West Park St. (813) 697-7265. 4 outdoor 4-wall courts. 8 a.m.-11 p.m. Public courts. Non-resident, \$3 during daytime, \$5 after 5.

BOCA RATON

The Olympiad — 21069 Military Trail. (305) 368-6441. 11 racquetball courts, 2 squash courts. Nautilus, whirlpool, sauna. Pool under construction. Restaurant. \$5.25 guest fee for out-of-towners.

BRADENTON

Power Racquetball Plus — 6412 14th St., West Bradenton. (813) 758-0904. Six air-conditioned courts. Pro shop, snack bar. \$3 guest fee. 6 a.m. — 11 p.m. Under new ownership. Guests welcome.

CORAL SPRINGS

The Quadrangle Racquetball Complex — 2160 University Dr. (305) 753-8900. 12 courts. No guest fee for NCCA card holders; \$5 for others. Pro shop, cafe, nursery, Nautilus, whirlpool, sauna. 7 a.m.-midnight weekdays. 8a.m.-8 p.m. weekends.

CLEARWATER

Suncoast Court House — 2147 Pine Forest Dr. (813) 531-8933. 16 courts. 2 glass tournament courts. \$5 guest fee covers court time. Nautilus, pool, fully equipped lockerroom. 6:30 a.m.-midnight weekdays, 8 a.m.-midnight weekends.

CRYSTAL RIVER

Kelly's Racquet and Swim Club South Griffin Rd. (904) 795-3703. 2 racquetball courts, 2 tennis courts. Guests with members: \$5 per day plus court fee. Universal, exercise room, spa, jogging track, swimming pool. Clubhouse with lounge.

FORT LAUDERDALE

Holiday Courtrooms — 750 W. Sunrise Blvd. (305) 764-8700. 19 courts. \$6 guest fee for out-of-towners. Basketball court, running track, two Nautilus rooms, swimming pool.

Powerline Health & Racquet Club — 5300 Powerline Rd. (305) 772-2222. 9 racquetball courts; 2 international, 2 American squash courts. Complete Nautilus Fitness Center. Full restaurant and lounge. 30 seconds off I-95, Commercial Blvd. exit. Take Powerline Rd. North.

Bodycenter, Health & Racquet Club — 5065 NE 13th Ave. (305) 491-2255. 9 courts. \$5 guest fee. Aerobics, Slimnastics, Dancerize. Yoga. Nautilus for men and women. Complete lockerroom facilities. Day care center.

FORT MYERS

The Olympiad — 8450 Dayton Ave., SW (813) 939-4477. 10 courts. Country club atmosphere. Fully equipped lockerroom, outdoor jogging track. Convenient and accessible from all directions. 7 a.m. to 11 p.m. seven days a week.

GAINESVILLE

Gainesville Racquetball Club — 6916 W. University Ave. (904) 372-2120. 6 courts. \$3 guest fee (call ahead). Universal. Lounge, juice bar, color TV.

HOLLYWOOD

South Florida Racquet Club — 5555 Ravenswood Rd. (305) 987-6410. 10 courts. No guest fee for NCAA members. \$3 for others. \$2 guest fee for basketball and volleyball. Whirlpools, saunas, free baby sitting in nursery. Pro shop. Video games & pool tables. 7-foot TV Screen in a full service cocktail lounge. Full Nautilus facilities. Open challenge courts every Tuesday, Friday and Sunday.

JACKSONVILLE

Jacksonville Racquetball Health and Fitness Center — 6651 Crestline Dr. (904) 724-6994. 10 courts. \$5 non-prime time guest fee; \$6 prime. Nautilus, Aerobics. The only club in Jacksonville that caters to out-of-towners.

Ortega Racquet Club and Fitness Center — 4206 San Juan Ave. (Ortega/Avondale area). (904) 388-1500. 6 courts. No guest fee for active out-of-town club members. Largest heated indoor pool in Jacksonville. Separate men's and women's lockerroom facilities. Steam Seafood Restaurant.

Racquet Power — 3390 Kori Rd. (904) 268-8888. Premier club in Jacksonville. 14 courts. No guest fee when accompanied by member. Otherwise, \$10 during non-prime time hours. Modern Nautilus room, Dynavit, out-side whirlpool, steam room, sauna, aerobics, self-defense classes.

NEPTUNE BEACH (JACKSONVILLE)

Beaches Racquet Club — 450 Atlantic Blvd. (904) 241-5252. 6 courts. \$3 guest fee, plus court time. Nautilus, aerobics room, complete lockerroom, nursery, snack bar. 6 a.m.-11 p.m. weekdays, 7 a.m.-11 p.m. weekends.

MELBOURNE

The Harbour Pines Racquet Club — (305) 7776737. NEW CLUB! 13 racquetball courts, 1 squash court, Nautilus Equipment room, steam room, whirlpools, saunas, \$3 guest fee. **Tyrone Racquetball Club** — 6690 Cross Winds Dr. North (813) 381-8711. 16 courts. \$5 guest fee; Non-Prime time \$8, Prime Time \$10. Whirlpool, sauna, exercise room. Private club. 6:30 a.m.-midnight daily.

MIAMI

Bogey's — 5885 NW 151st St. (305) 822-0160. 9 courts. \$6 guest fee includes court time. Gymnasium, aerobics. Restaurant and lounge.

Holiday Health & Racquet Club — 10631 SW 88th St., Dadeland West Office Park. (305) 596-0600. 11 courts. \$5 guest fee, plus court time. Fee waived for NCCA members. No reservations, please call. Separate men's and women's health club. Nautilus, fully equipped lockerrooms, pro shop. Lounge, social area.

Miami Court Club — 9395 Bird Rd. (305) 226-4014. 10 courts. No guest fee for NCCA members; \$3 for others (no reservations).

Hotel guests in Miami can reserve non-prime for \$7 (6 a.m.-4:30 p.m. weekdays, 6 p.m.-midnight weekends). Prime \$9 or \$12. Racquets, shoes for rent. Pro shop, whirlpool, sauna, steam room. 6 a.m.-midnight daily.

Miami Lakes Athletic Club — Palmetto Expressway & NW 154th St. (305) 821-1150. 9 racquetball courts. Championship court. Diane Bullard — head pro. Gymnasium. Restaurant and lounge. Nautilus. Aerobics. Guests must be accompanied by members.

NAPLES

The Olympiad — 1048 Castello Dr. (813) 262-1112. 8 courts. \$5 guest fee. Pool, complete lockerroom. Restaurant. Under new ownership.

OCALA

The Fontainebleau - 2120 Northeast 46th Ave. (904) 236-2288. 10 courts. \$3 guest fee. Nautilus, swimming pool, sauna, steam room, whirlpool, lockers. Aerobicise, karate, gymnastics. Pro shop, supervised nursery, hair salon. Video games, snack bar, lounge

ORANGE PARK

Park Avenue Racquet Club — 714 Park Ave. (904) 269-8000. 6 racquetball courts, 8 soft tennis courts. \$3 guest fee plus court time. Nautilus, whirlpool, pro shop, nursery. Bar and lounge. 7 a.m.-11 p.m. weekdays, 8 a.m.-11 p.m. weekends.

ORLANDO

The Club — 825 Courtland St. (305) 644-5411. 10 racquetball courts, 16 tennis courts, swimming pool, Nautilus, lounge, pro shop, sauna, whirlpool. Guest fee \$3 & \$5. 7 a.m.-11 p.m. weekdays, 8 a.m.-6 p.m. weekends.

The Racquet Ball — 5165 Adanson St. (305) 645-3999. 8 courts. \$6 guest fee. Nautilus, complete lockerrooms. Restaurant.

Racquetball South — 5224 S. Orange Avenue. (305) 857-1388. Brand new facility. \$5 guest fee. 8 courts, 2 glass championship courts. Nautilus. Spacious lounge and grill with large screen TV. A new era in relaxation — Flotation. Completely stocked pro shop.

ORMOND BEACH

Omega 40 — 1 S. Old Kings Rd. (904) 672-4044. 10 courts, 24 pieces of Nautilus, \$5 guest fee. Swimming pool, whirlpools, steam/sauna. Open 7 a.m.-11 p.m. Manager of the year Mike Phillips resides.

South Florida Racquet Club

PANAMA CITY

The Court House — 3120 W. Highway. (904) 796-6184. 6 courts. Separate lockerrooms, whirlpool, sauna. Cam 2 weight room. Gymnasium, dance room, heated swimming pool, nursery & lounge. No guest fee for NCCA members.

POMPANO BEACH

Tennis Trainer — 1301 W. Copen Rd. (305) 974-4310. 7 racquetball courts, 3 tennis courts, 2 indoor practice tennis courts. \$7 guest fee (full use of club). Fully equipped lockerroom.

PORT CHARLOTTE

Charlotte Racquet Club — Loveland Blvd. (813) 629-2233. 4 racquetball courts, 6 tennis courts. \$3 guest fee; \$6 non-prime, \$8 prime. Universal, ping pong. Snack bar. Plans for expansion.

SARASOTA

SARASOTA YMCA — 1075 S. Euclid Ave. (813) 957-0770. 8 courts (2 new exhibition courts with excellent spectator viewing). \$2 guest fee. Non-prime \$5, prime \$7. Co-ed whirlpool. Visitors and guests welcome. Open 7 a.m. to 11 p.m. daily. Massage therapist on duty 9 a.m. to 5 p.m. Monday thru Friday.

Sarasota Racquetball Club — 2170 Robinhood Dr. (813) 922-3546. 6 courts. \$2 guest fee (no reservations); non-prime \$6, prime \$8. Nursery. Lounge, free first-run movies.

ST. PETERSBURG

Tyrone Racquetball Club — 6690 Cross Winds Dr. North. (813) 381-8711. 16 courts. \$3 guest fee for out-of-town club members with current card; non-prime \$7, prime \$9. Whirlpool, sauna, exercise room. Private club. 6:30 a.m.-midnight daily.

STUART

Mid Court Racquetball Club — 20 N.E. Dixie Hwy., Rt. 707. (305) 692-9488. 8 courts. \$2.50 guest fee (guests welcome); \$8 prime (4 pm.-11 p.m. weekdays). All other hours \$6. Racquets, balls for rent. Universal gym, whirlpool, saunas, pro shop, nursery. Lounge, billiards, game room. 8 a.m.-11 p.m. daily.

TAMPA

Brandon Racquet Club — 2011 S. Parsons Ave. (813) 689-4410. 5 courts. No guest fee for out-of-town club members; \$6 non-prime, \$8 prime. Universal, saunas. 7 a.m.-midnight daily.

Tampa Bay Court House — 7815 N. Dale Mabry (813) 932-5321. 10 courts. 2 side-wall glass courts. \$5 guest fee covers court time. Nautilus, pool, fully equipped lockerrooms. 6:30 a.m.-midnight weekdays, 8 a.m.-midnight weekends.

TAVENIER

Wall to Wall Racquetball — Upper Florida Keys, Milemarker 91.5 (behind Harry's Restaurant) (305) 852-2634. 5 courts. No guest fee for out-of-towners with current club card. Nursery. Ideal resort area. Finally, racquetball in the Keys!! Check it out.

VENICE

Venice Racquetball and Fitness Center — 581 N. Venice By-Pass (813) 484-8427. 8 courts. \$3 guest fee; \$4 non-prime, \$8 prime. 2 full gyms, swimming pool, sauna, steam bath, inhalation room. Big lounge.

VERO BEACH

The Forum — 650 12th St. (off U.S. 1). (305) 567-7727. 6 courts. Under new management. Watch the Los Angeles Dodgers train and play a game of racquetball. Club expects to expand shortly and become a showcase among clubs in Florida. Watch us grow!

WEST PALM BEACH

The Courthouse — 1500 Old Okeechobee Rd. (305) 684-2111. 7 courts. Complete Nautilus Fitness Center. Enjoy the sun and then visit the Courthouse. Food and cocktail area.

Winners

Sunshine State Games Warm-up Classic
Jacksonville Racquetball Club

MEN'S Open — Mitt Layton def. Chris Buckner. 3rd — Van Dubolsky. MEN'S B — Charlie Krestul def. Chuck Rolling. 3rd — Mike Distif.

FLORIDA RACQUET JOURNAL

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ano. MEN'S C — Candy Winter def. Richard Chatham. 3rd — Al Bendick. MEN'S D — Robbie Matheny def. John Shailer. 3rd — David Gordon. MEN'S 18-24 — Curtis Winter def. Buckner. 3rd — Dave Johnson. MEN'S 30-34 — Layton def. Dubolsky. 3rd — Greg Deval. MEN'S 35-39 — Joe Kinsey def. Jose Rivera. 3rd — Buckner. MEN'S 40-44 — (round robin) Charlie Kramer, Paul Cone, Jack Sussman. MEN'S 45+ — (round robin) Al Winter, Frank Shumer, Bob Kelly. MEN'S 25-29 — (round robin) Chuck Rolling, Bruce Davis, Bob Huber. MEN'S Open Doubles — Nick Hondras/Ray Felice def. Kramer/Rodriguez. MEN'S B Doubles — Harvey Sussman/Steve Ussach def. Eddie Graddick/Johanny Brown. MEN'S C Doubles — Craig Dewhurst/Dave Hermann def. Mac McDaniel/Al Benedick.

WOMEN'S B — Linda Carlson def. Barbara Rotundo. 3rd — Ruth Zenk. WOMEN'S C — Jill Carlson def. Susan Howarth. 3rd — Carolyn Glazier. WOMEN'S D — Holly Ramsey def. Sandy Tilley. 3rd — Chris Chandler. WOMEN'S 30-39 — Mary Crouch def. Albertine McDaniel (injury). 3rd — Rotundo def. Zenk. WOMEN'S B Doubles — (round robin) McDaniel/Crouch, Ann Hatcher/Teresa Wilds. WOMEN'S C Doubles — (round robin) Chandler/Linda Skeeles, Georgia Lavello/Linda McDuff. JUNIORS 14-17 — (round robin) Charlie Krestul, Robbie Matheny. MEN'S NOVICE — (round robin) Scott Stuckey, Brownie Ramsey.

1st Annual Pepsi Cash Shootout
Orlando Tennis & Racquet Club

MEN'S Open — Tim Hansen def. Bubba 3rd — Vinnie Ganley. MEN'S B — Armando Alonso def. Art Saft. 3rd — Chick Winn. MEN'S C — Tommy Knight def. Fred Stallworth. 3rd — Rob Kulp. MEN'S 19+ — Hansen def. Gautier. 3rd — Ganley. MEN'S 25+ Bobby Owens def. Randy Pfahler. 3rd — Todd Taylor. MEN'S 30+ — Owens def. Van Dubolsky. 3rd — Sid Lauteria. MEN'S 35+ — Joe Serabia def. Erroll Potter. 3rd — Ray Key. WOMEN'S Open Gail Lauteria def. Susan Sotelo. 3rd — Linda Derrick. WOMEN'S B — Joann Goble def. Agatha Falso. 3rd — Beth Ann Alo. WOMEN'S C — Linda Mojer def. Barbara Maxwell. 3rd — Cheryl Atherly. WOMEN'S 25+ — Lauteria def. Sotelo. 3rd — Renee Fish. MEN'S Open Doubles — Dan O'Brien/Joe Porta def. Ganley/Potter. 3rd. Dave Reep/Pat Maloney. MEN'S B Doubles — Lauteria/Sobel def. Steve Xynidis/Allen Sobel. 3rd — John Cunningham/Kurt Nystrum. WOMEN'S Open Doubles — (round robin) Sharn Davis/Chris Collins, Renee Fish/Linda Derrick. MIXED Open Doubles — Jim Spratt/Sue Strickling def. Chris Collins/Marty Fluharty. 3rd — Fish/Ruben Triplett.

Racquetball West
Fort Walton Beach

MEN'S Open — Sergio Gonzalez def. Mike Ray.

3rd — Steve Miragliotta def. Dave Bledsoe (forfeit). MEN'S B — Greg Easom def. Ernie Benson. 3rd — Kevin Davis. MEN'S C — Rick Ford def. Cliff Moody. 3rd — M. Boller. JUNIOR Vets — Mark Morrison def. Jay Schwartz. 3rd — Tom Kimbrough. MEN'S Novice — Tip Shumaker def. Don Kearney. 3rd — Charles Pezalla.

WOMEN'S Open — Ann Barneburg def. Mary Lyons. 3rd — Kathy Glauvna. WOMEN'S B — Nancy Froelich def. Kathy Piccione. 3rd — C. Clark. WOMEN'S C — Kathy Hannon def. Susie Looney. 3rd — Bubbles Landry. WOMEN'S Novice — Jeanine Troups def. Wendy Brown. 3rd — Cheryl Buffkin.

Racquetees
Brandon

MEN'S Open — Jeff Bales def. Frank Johnson. 3rd — Mark Klusza. MEN'S B — Gonzalo Morrello def. Chris Hopkins. 3rd — Mike Jeaning.

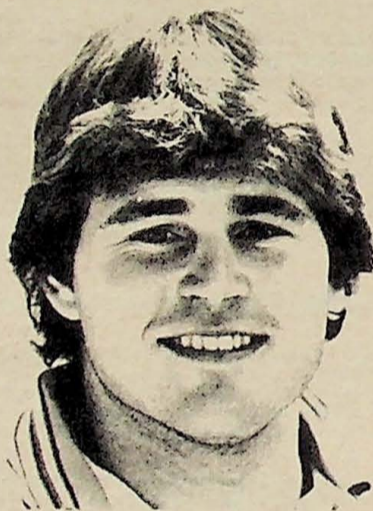
MEN'S C — Terrell Webb def. Jim Hager. 3rd — Linda Derreck. MEN'S 35+ — John Bolaton def. Jim Mattingly. 3rd — Alex Aversa. MEN'S Open Doubles — Bales/Johnson def. GeneOwen/Smith. 3rd — Klusza/John Scargle. WOMEN'S B — Carol Neel def. Donna Egglestone. 3rd — Terri Losano. WOMEN'S C — Jean Timple def. Skeeter Forrest. 3rd — Karn Lawers.

The Dave Peck Racquetball Camp

Miami Lakes Inn & Country Club

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Learn the intricacies of racquetball from Dave Peck, the nation's No. 1 ranked player. For three days you'll work on, practice and discuss the techniques and strategies of racquetball.



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Tuition is \$235. This includes three solid days of racquetball instruction, extensive videotaping, a souvenir racquetball outfit (shirt and shorts), plus a Saturday night banquet.

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The Miami Lakes Inn and Country Club has attractive weekend rates specially designed for the weekend racquetball camp. For information, call (305) 821-1150.

Staff

Dave Peck will be assisted by Laura Martino, fourth-ranked on the women's pro tour; Miami Lakes Athletic Club touring pro Diane Bullard, the 1982 National Amateur Champion, and other top instructors within Florida.

Additional Information

If you have any questions regarding the Dave Peck Racquetball Camp, call the *Florida Racquet Journal* at (904) 721-3660 or write:

P. O. Box 11657

Jacksonville, Florida 32239

Morrison captures national 25-plus title

Special to the Journal

HOUSTON, TEXAS — Mark Morrison is on a roll. Morrison, who won three titles in the Southeast Regional Championship, picked up his first national AARA singles championship, easily winning the 25+ division. Morrison defeated Massachusetts' Dennis Aceto 21-12, 21-5 to claim the title.

"I expected the 25+ division to be tougher," said Morrison. "I played smart, controlled the ball and won. It was the greatest, but I'd like to have won in the open division."

Morrison lost in the second round in the open division after beating the Midwest regional champ in the first round. New Mexico's Gary Mazaroff, who finished third and qualified for the U.S. National Team which will compete in the Central American Games October 5-10, defeated Morrison 19-21, 21-9, 11-8.

"I should have won. But I was pretty perturbed. The ref couldn't speak English and the linesman was his sponsor," Morrison said. "I was upset with the seedings. Out of 132 entries in the open division, they seeded two people and I had to play some pretty good folks in the early rounds. The guy who beat me coasted to the semifinals. He played someone who lost in the first round of the B's and another fellow who lost in the first round of the 25's. In a national tournament, there's no excuse for not seeding the players. Why have the regionals if you don't seed the players?"

Morrison was so upset he was ready to leave after splitting the first two games in his first round match in the 25+ division.

"Mitt Layton urged me on and provided me with the moral support to keep me going," Morrison said. "After that, it was pretty easy."

Morrison, a teaching pro at the Gainesville Racquetball Club, says he plans to play in both the open and age group division.

"The open is getting tougher and tougher. It isn't that the players are any better, it's that there are a lot more good ones than there used to be. Every round is getting to be tough and I'll play in the open while I'm still young enough," Morrison said.

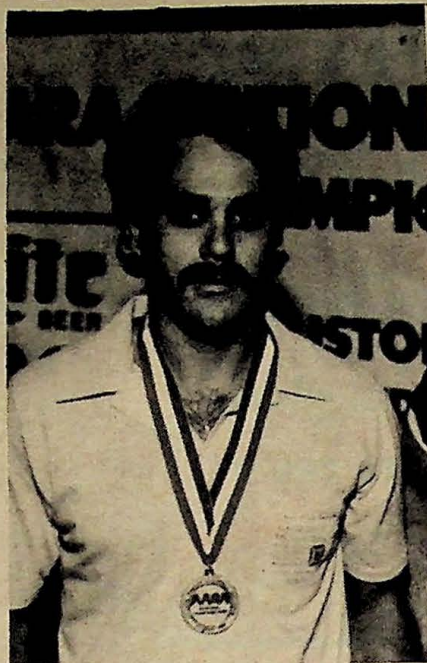
Dan Ferris of Edina, Minn., won the open division, defeating Jim Cascio of Bricktown, N.J., 21-14, 12-21, 11-7.

Here's a capsule summary of how other Floridians did in the U.S. National Singles Championship, which was sponsored by Lite Beer from Miller, DP Leach and Penn Athletic Products Company:

Men's Open — Terry Fluharty (Orlando), Geoff Hunter (Miami), Ted Koukoulis (Brandon) lost in the first round. Scott Smith (Orlando) reached the round of 32.

Men's B — Chris Buckner (Gainesville) finished third. Geoff Hunter reached the quarters and Vic Stricheck (Miami) reached the 16's.

Men's 25+ — Terry Fluharty reached the 16's losing to finalist Dennis Aceto. Van Dubolksy (Gainesville) lost to a semifinalist and won the consolation finals.



Mark Morrison

Men's 30+ — Van Dubolksy lost in the 32's; Mitt Layton (Jacksonville), Gene Owen (Lakeland) lost in the first round. Layton lost in the consolation finals.

Men's 35+ — Jeff Leon (Tampa) lost in the 32's.

Men's 40+ — Leon reached the 16's; Pete Crummey (Miami) lost in the first round.

Men's 45+ — Ed Vlock (Tampa) reached the round of 16's before losing.

Men's 50+ — Gordon Ira, Jr. (Jacksonville) lost in the quarters.

Men's 60+ — Carlos Seva (Miami) won the consolation finals.

Women's Open — Rose Goldstein (Jacksonville), Gail Lauteria (Orlando) lost in the first round. Julie Pinnell (Orlando) reached the 16's before losing to eventual champion Cindy Baxter.

Women's B — Rose Goldstein lost in the 16's.

Women's 25+ — Gail Lauteria and Julie Pinnell each lost in the first round. Barb Owen (Lakeland) reached the 16's.

Women's 30+ — Libby Laney (Coral Springs) won two rounds. Cheryl Lee lost in the second round.

Women's 35+ — Judi Schmidt (Sarasota) finished third.

Women's 40+ — Judi Schmidt lost to finalist Barb Smith in the quarters.

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President's Committee on
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EVENING SERTOMA CLUB

OF

SARASOTA, FLORIDA

2nd ANNUAL RACQUETBALL CLASSIC

JULY 22, 23 and 24

1983



SITE: BATH & RACQUET CLUB
2170 Robinhood Street, Sarasota, Florida - Phone 922-3546

ENTRY FEE: \$18.00 First Event
\$10.00 Second Event

MAKE CHECKS PAYABLE TO: Evening Sertoma Club of Sarasota
Entry Fee must be received by 6:00 p.m., Wednesday, July 20th, 1983
All entry fees are tax deductible

OFFICIAL BALL: Penn Blue

AWARDS: Trophies for First, Second and Third for each tournament event
SPORT SHIRTS TO ALL CONTESTANTS

TOURNAMENT DIRECTORS: Warren Bouwman and Kelly Simonetta.
Directors reserve the right to delete or combine divisions and to deny entry into a particular division, if necessary

TOURNAMENT SCHEDULES: Play will begin at 6:00 p.m. on Friday, July 22nd
Losers must referee next match or find suitable substitute
Schedule of players and events will be available Thursday, July 21st, after 5:00 p.m.

HOSPITALITY: Tournament Shirts, Refreshments and Food for all participants

AREA HOTELS: In Sarasota, Florida:
RODEWAY INN
1 North Tamiami Trail
365-1900

MARTINE'S QUALITY INN
1425 South Tamiami Trail
955-9841

Please enter me in the following divisions:

.....Men's OpenWomen's OpenMen's Doubles
.....Men's "B"Women's "B"Co-Ed Doubles
.....Men's "C"Women's "C"	
.....Men's Seniors 35+Women's NoviceJr. - 13 & under
.....Men's Masters 45+Women's BeginningJr. - 14 to 17
.....Men's Novice		
.....Men's Beginning		

NAME:.....ADDRESS:.....

PHONE:.....CITY:.....STATE:.....

I hereby for myself, my heirs, executors and administrators, waive and release all rights and claims which I may have against Sertoma and The Bath and Racquet Club for damages which may be suffered by my participation in this Tournament.

SIGNATURE:.....DATE:.....
(Parent's signature if under 18 years)

SHIRT SIZE:SmallLarge
.....MediumX-Large

Printing Courtesy of Sertoman Bill Moore,

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Press



Running a tournament is no picnic

By Kathy Blum
Managing Editor

If you think *playing* in a tournament is tough, just try *running* one. You'll quickly find out how demanding the job is and you'll have a lot more respect for tournament directors.

My husband Norm recently co-sponsored the 1983 Sunshine State Games Warm-Up Classic at the Jacksonville Racquetball Club, Health & Fitness Center, and I learned first-hand what's involved in planning and running a tournament.

I thought he was a bundle of nerves a few days before *The Florida Racquet Journal* hits the streets. This was much worse. He would rush to the post office each morning, hoping to come home with a huge sack of tournament entries. It never happened. Everyone waited until the last minute before calling in his entry. For a while, he was wondering what he was going to do with 225 t-shirts and what Pizza Hut's reaction would be when they delivered 30 pies for only a handful of people. Fortunately an alternate game plan wasn't necessary.

There's a good reason why many tournament directors walk around like zombies at their tourneys. It's because they're exhausted before the first game ever begins! A lot of planning has to be done for a tournament — that's something most people don't think about.

Buying t-shirts and trophies, having tournament applications and ads printed, arranging meals and parties — it's enough to drive anyone crazy!

But the real fun begins once the tournament starts. Checking in players is a test of endurance. Collecting money from some of them is a real battle.

After the players have checked in, they find out the bad news: who their first and, in 50 percent of the cases, who their last opponent will be. Tournament directors are always flooded with complaints about the draw. Everyone has suggestions on how it should be done. What they all prefer is an easy draw to the finals to assure themselves of making it past Friday night.

Before the third match begins, the tournament is usually running behind schedule. It's not surprising when you realize how long it takes for players to warm up. With the doubles matches it takes *four* times as long! How a person can play two games to 21 points in two-and-a-half hours is beyond me. A player will often see a match is taking longer than expected, but wants to know why he has to wait so long.

Of course a tournament director's main headache is finding referees. After winning a match, many players conveniently hide in the lockerroom, take

20-minute showers or pretend they didn't hear the PA system screeching their name.

The tournament desk faces other problems as well, such as no warm-up balls! The average player takes home 200 balls from a tournament. One wonders if anyone buys balls any more.

The players certainly couldn't complain of a shortage of food or beer. There was enough beer to sink a battleship and I'm sure the average player gained 10 pounds.

Somehow we ended up with too many small shirts, but managed to sweet talk many entrants into taking home a small shirt for their son. After all, he did leave him home all weekend. One mistake we did make was to offer a variety of shirts with different Pepsi logos and colors. Players were actually removing gym shorts from their bags to see what matched best.

But in the end everything always seems to come together and everyone has a good time — except the poor tournament director!

Tyrone Club selected to host nationals

Special to the Journal

ST. PETERSBURG — The Tyrone Racquetball Club, considered one of the nation's finest racquetball facilities, has been selected to play host to the AARA National Doubles Championship Oct. 27-30.

"We pointed out the motels, airports and entertainment available here," manager Carl Nicks said. "We'll have a banquet at the Play-boy Club and the bunnies will be at the club to help out. The idea of

coming to Florida was also very appealing."

Nicks also credited AARA State Chairman Van Dubolsky with landing the prestigious tournament. Dubolsky is a member of the national board of directors and urged his colleagues to select the Tyrone Racquetball Club, due to its successful tournaments in the past.

More information on the national tournament will appear in future issues of *The Florida Racquet Journal*.

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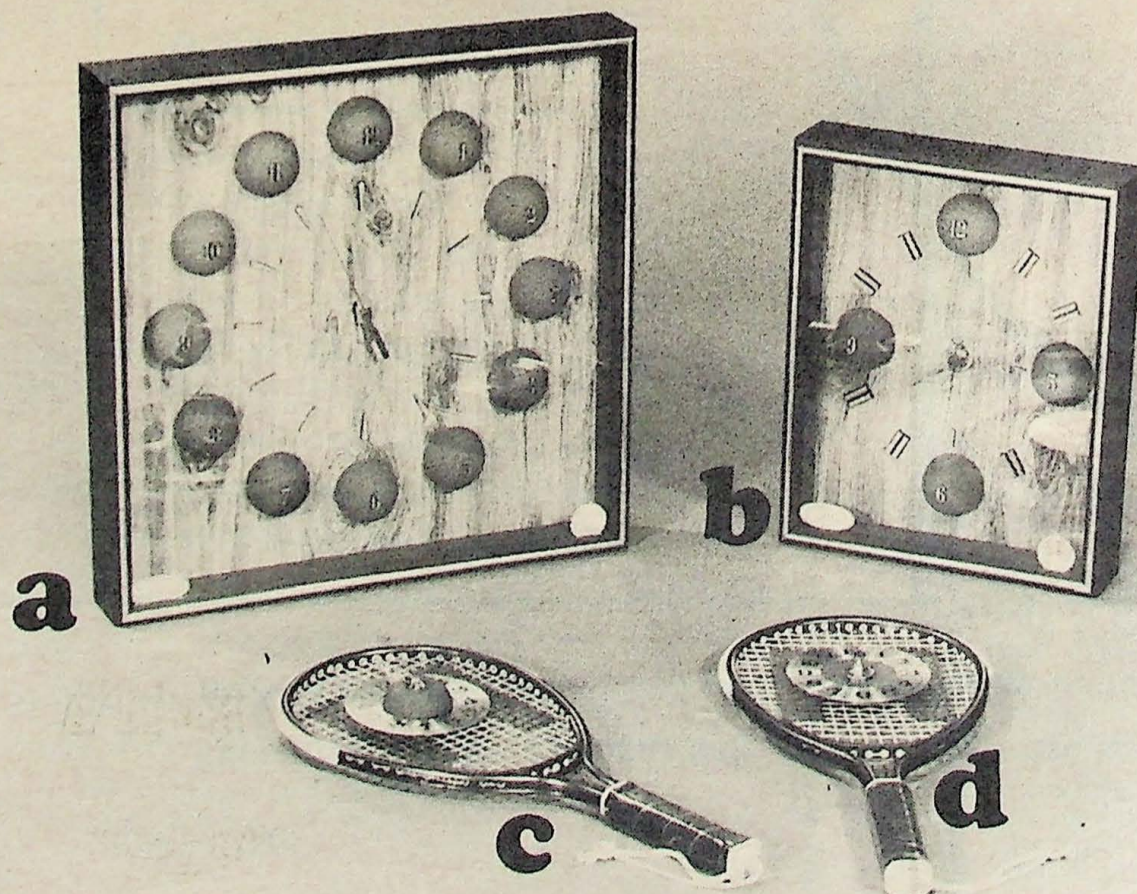
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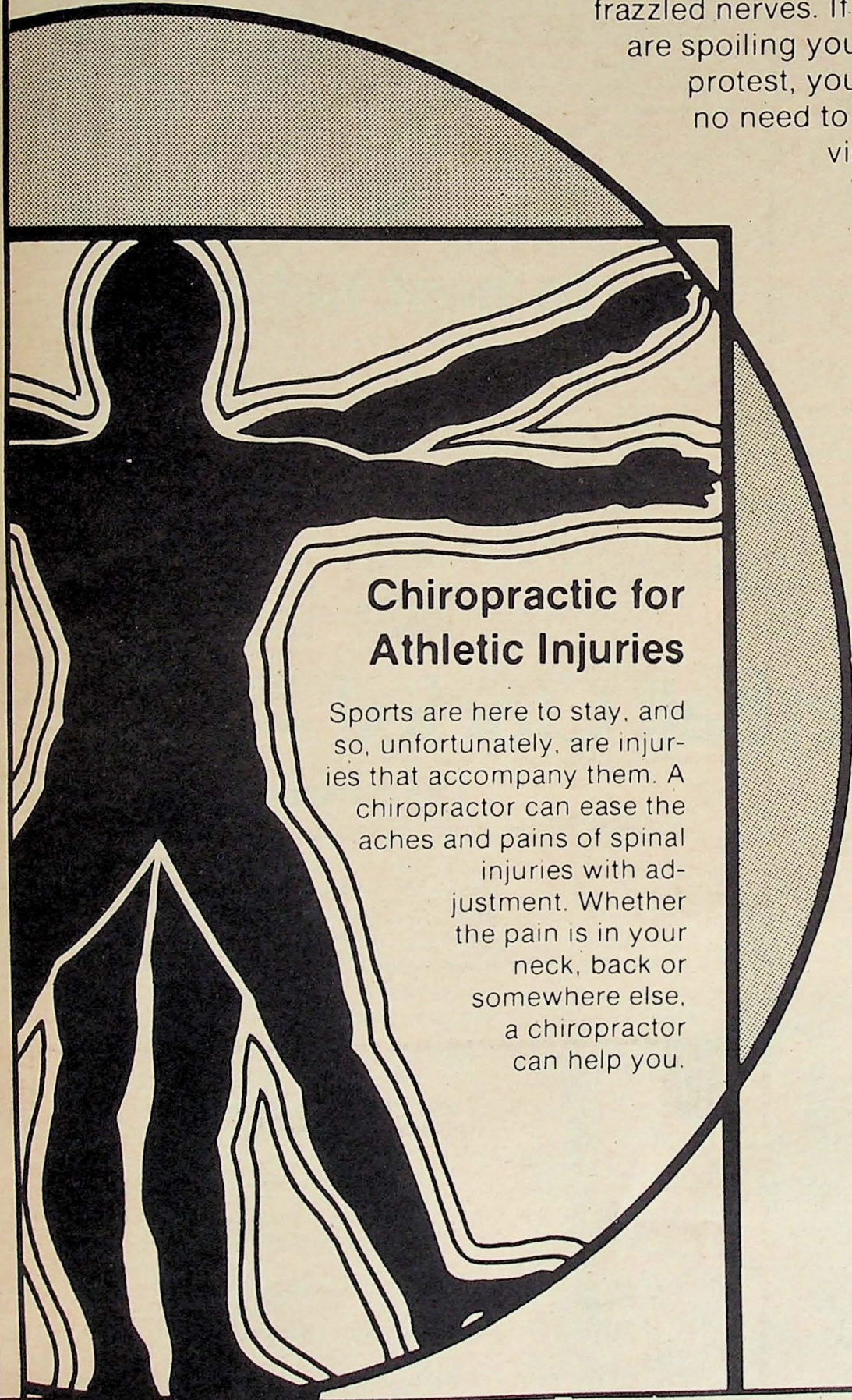
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1983 T.E.C.H. BENEFIT RACQUETBALL SHOOTOUT

July 29-30-31, 1983

Naples, Florida

DATE: FRIDAY, JULY 29 through SUNDAY, JULY 31, 1983

ENTRY FEE: \$21.00

DEADLINE: MONDAY, JULY 25, 1983 (No Phone Entries Please)

OFFICIAL BALL: Penn Ultra-Blue

RULES: 2 games to 21, tie-breaker to 11, - Consolation matches for all singles divisions. 1 game to 21 points.

HOSTED BY: OLYMPIAD OF NAPLES
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(813) 262-1112

AWARDS: Trophies to 1st, 2nd, and 3rd Places and consolation winners.

STARTING TIMES: Call the Olympiad after 5 p.m. Wednesday, July 27.

HOSPITALITY: Food and refreshments provided throughout weekend.

SOUVENIRS: Tournament T-Shirts

OFFICIAL ENTRY FORM _____ **DATE** _____

NAME _____

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CITY _____

STATE _____ **ZIP** _____

PHONE(DAY) _____ **PHONE(NIGHT)** _____

CLUB AFFILIATIONS _____

SEX: M F **BIRTHDATE** _____

Mo Day Yr

Mo Day Yr

EVENTS

Men's	Limit Entrants	Women's	Limit Entrants
<input type="checkbox"/> Open	14	<input type="checkbox"/> Open	14
<input type="checkbox"/> A	28	<input type="checkbox"/> B	28
<input type="checkbox"/> C	32	<input type="checkbox"/> D	28
<input type="checkbox"/> D	28	<input type="checkbox"/> Novice	28
<input type="checkbox"/> Novice	28		
<input type="checkbox"/> Senior (35 +)	16		
<input type="checkbox"/> Master (45 +)	8		

MAKE CHECK PAYABLE TO: OLYMPIAD OF NAPLES
AMOUNT ENCLOSED: \$

WAIVER CLAUSE: I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the host club, Olympiad of Naples or the Kiwanis Club of Naples and their respective representatives for any and all injuries suffered by me in connection with any participation in the TECH Benefit Racquetball Shootout tournament.

SIGNATURE _____

(SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18 YEARS OF AGE)

How to prepare yourself for a weekend camp

What can a racquetball player expect when he attends a camp given by a professional player? For that matter, what can an instructor expect from his audience when he gives a camp like the one coming up July 15-17 at the Miami Lakes Inn & Country Club? The camp is sponsored by *The Florida Racquet Journal*. Reservations can still be made for the camp. Call (904) 721-3660 for details.

At what point is a camp beneficial? To me, it's when a player stagnates; when his game doesn't seem to improve. A clinic can alter mechanics and get you going again.

In my mind, communication makes a good clinic from an instructional standpoint. I want people to laugh. I want them to ask a lot of questions. I want them to be aggressive, to force me to rationalize my ideas. That's the only way they're going to learn.

I always begin my clinics with a spot on safety and then move into a definition of terms. I ask, "What type of player do you want to be?" "What does power-control mean?" With that aside, I shift to the basics. The quickest way to improve your game is by improving your mechanics ("Practice makes perfect, but only if it's perfect practice.")

At this point, many clinics miss. The pro slips into his backhand and forehand routine; the audience listens but doesn't always understand.

As an instructor, you have to force people to break that cone of silence. I usually ask, "What are some of your problems?", "What part of your game needs the most improvement?"; anything - just as long as it opens up conversation.

Once the words flow, though, you can't respond with answers like, "Well, you're just not hitting the ball right." Offer specifics. And if you can't answer them, you'd better think twice about being an instructor.

I usually close my clinics with a spot

Instruction

By Mike Yellen



on positioning, service return and serve. Then I allow a half-hour question and answer period.

With positioning, I often stick my butt out - way out - and walk around the court. Then I ask, "Have you ever played anybody who does this?" That's often good for a laugh or two and a couple more questions.

In service returns I teach options. You're already on the defensive. The object is to force your opponent from center court. And what most players don't realize - and which I drill into their heads - is that certain shots at certain levels are automatic in racquetball. I teach them to play percentage racquetball; to hit the right shot at the right time.

As a participant, if you don't understand percentage racquetball or your clinic host doesn't bring it up - ask. Question what you should do when a ball is at shoulder height; when a ball comes down-the-line at your waist. Questions, questions, questions. It can't hurt.

Do enter the camp open-minded. Don't think you know it all.

I know what you're thinking: "I don't know what to ask when I get to a clinic." Well, beforehand, analyze your game. What problems are you having; what improvements do you want to make; what shots do you lack confidence in?

All you need are two or three ideas. Don't be bashful. Make the pro rationalize his ideas. If you do, both you and the pro - in the long run - will come out as winners.

Calendar

- July 8-10 - Holiday Courtrooms - Fort Lauderdale
- ★ July 8-10 - Imperial Courts - Melbourne
- ★ July 15-17 - Midcourt Club - Stuart
- ★ July 22-24 - Sunshine State Games Finals - The Club - Orlando
- July 22-24 - Sarasota Bath & Racquet Club
- July 22-24 - Sportrooms - Sabal Chase
- July 29-31 - The Olympiad - Naples
- Aug. 5-7 - The Quadrangle - Coral Springs
- ★ Aug. 5-7 - Sarasota YMCA
- ★ Aug. 10-12 - Court Sport - Lantana
- ★ Aug. 19-21 - Jacksonville Racquetball Club, Health & Fitness Center
- Aug. 29-31 - AARA State Doubles - Tyrone Racquetball Club - St. Pete
- Sept. 2-4 - Miami Lakes Inn & Country Club
- ★ Sept. 9-11 - The Fontainebleau - Ocala
- Sept. 16-18 - \$5,000 Grand Prix - The Racquet Ball - Orlando
- Sept. 21-23 - The Olympiad - Boca Raton
- Sept. 30-Oct. 2 - Omega 40 Doubles Classic - Ormond Beach
- ★ Oct. 14-16 - 2nd Grand Prix Stop - The Fontainebleau - Ocala
- ★ Oct. 27-30 - National Doubles - Tyrone Racquetball Club - St. Petersburg

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A carpet retailer used barter to pay for the entire \$45,000 cost of opening a new store.

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How does Barter Systems get paid?

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Passing Shots

(Continued from page 1)

director at a recent Jacksonville tourney didn't want to come across as being insensitive, but he breathed a sigh of relief when he discovered three players who received injuries had signed waivers. Veteran tourney player Albertine McDaniel was the victim of a backhand followthrough and her nose was broken; Robbie Polk cramped up badly, sat in the whirlpool for 45 minutes and then started throwing up because he was in the whirlpool too long. He was taken to the hospital and promptly consumed two bags of a saline solution through an IV. And yet another player received a bloody lip when he literally stepped in front of Candy Winter while she was hitting a ball off the backwall.

MISCELLANEOUS — If you are in Chicago stop by the Charlie Club. It has everything imaginable under one roof, including a hotel, swimming pool, track, tennis and racquetball courts and a gymnasium. Sergio Gonzalez on playing Bret Harnett, who is labeled the next

Marty Hogan: "He has a pretty awesome backhand," Sergio said after losing 11-8, 11-9, 11-6 in the nationals. Gonzalez, however, realizes he can play on the same level as the top pros. It's just a matter of playing with them on a regular basis and getting used to the pace. Misrepresentation is when a club that has two locations advertises it has a swimming pool, failing to mention at which club the pool is located, surprising the consumer who thinks it is at both places.

CLUB CONSTRUCTION — The Harbour Pines Racquet Club held its Grand Opening and *The Journal* is glad to report that it is a first-class facility and should serve the Melbourne community well. Racquetball West will be closed in August while the club expands its facilities. A construction first is occurring at the Sarasota YMCA. The two courts being added are ahead of schedule. The Kangaroo Courts in Tampa are for sale. Orlando's Ken McCabe, whose goal is to be the McDonald's of racquetball, has had some minor problems with having too much water one month and not

enough the next, and construction has been delayed. But McCabe optimistically reports a Fairwinds grand opening by the fall.

TRIVIA QUESTION — When is the last time a tournament was held in Tampa? . . . Another reminder. Hey fellows, let's get things straight for next year and not schedule the Sunshine State Games qualifiers the same weekend as the national junior singles championships. Really, you don't need a MBA from Harvard to prevent it from happening a third straight year. . . Can you believe the sudden wave of aerobic shows on television? . . . One broker responsible for selling a club says nine out of 10 times, the club's problems can be traced to mismanagement. "Daddy buys his son a club to play with and he knows nothing about business and the club eventually deteriorates." . . . The Jacksonville Racquetball Club, Health & Fitness Center has found a substitute for those worthless trophies which end up in the closet. At its recent tournament, the club awarded handsome nine-inch crystal plates with

the initials of the club engraved on the plate and a ribbon attached to it. . . One national manufacturer says his pet peeve is giving a club t-shirts and then seeing them turn into a billboard with sponsor's logos on them. "If I give away a shirt I want my name on it and that's it." . . . With the success of People Express Airlines, one wonders how a No-Frills tournament would go over. . . The pro tour will be open next year, but not one sponsor has come across with the almighty buck to assure a tour will take place. . . Be sure to practice your doubles. The Tyrone Racquetball Club in St. Petersburg will play host to the state doubles in August and the national doubles championship in October. *The Florida Racquet Journal* plans a special edition for the national doubles championship. . . The restaurant at the Sport & Court club in Gainesville is appropriately called The Ceiling Shot. . . Attention owners, need a club pro or manager and want to keep such information confidential? We'll let you use our P.O. box. Call (904) 721-3660 for details.

Joe Icaza Frank Johnson

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Make preparations for camp

Horoscope

ARIES (March 21-April 19): This very active month will make it difficult to schedule court time. There can be some tension on the domestic front because you haven't gotten enough exercise and you are grumpy around the house. Loosen up.

TAURUS (April 20-May 20): Avoid indecision in your game. Make up your mind — either hit a backhand or run around it. If you hesitate, you'll lose the point anyway. You have gambling urges, so go ahead and put a beer or two on the line for your next match.

GEMINI (May 21-June 21): This is a good month to have a goal and focus as much of your attention upon it as possible. Set your sights on the ladder and try to move up at least three notches this month.

CANCER (June 22-July 22): Now is your time to shine. Your career, love life and racquetball game are at its peak. Why? You've arranged your schedule to make time for everything and you feel 100 percent better. This month you'll continue to make smart decisions.

LEO (July 23-August 22): Slow down to fight off fatigue, Leo, or you could find yourself saying the wrong things at the wrong time. You simply can't play two to three hours without feeling an impact. Play an hour, shower and get back to work. You can't afford to hang around the club. The more rest you get the first three weeks this month the better you'll feel the remainder of the year.

VIRGO (August 23-September 22): You're quite popular this month. Everyone wants to play you and you have to turn people down because you are

booked. You are a fair player and always play hard which makes you in demand. You've made vast strides in your game. Keep it up, Virgo!

LIBRA (September 23-October 23): Social contacts at the club will help your career, especially during the first 10 days and after the 16th. Therefore it helps to play your game and mingle with friends and meet new people at the snack bar after your game. A crucial business decision will pay for your court time for the next five years.

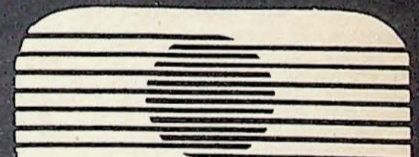
SCORPIO (October 24-November 22): You are spending too much time on the racquetball court. You find yourself playing at 7 p.m. and hanging around for a few beers until 11. Your family is wondering where you've been. Don't give up the beer, but don't ignore your loved ones. Keep things in perspective and you'll have the best of both worlds.

CAPRICORN (December 22-January 19): A lesson or two between the 16th and 18th will help your game tremendously and will bring a solution to certain problems you've been having. Your game has been in a rut and after the 23rd it's time to really practice.

AQUARIUS (January 20-February 18): With vacation coming up, you'll find it difficult to get a game in, but bring your equipment with you. Perhaps when your spouse is browsing through the shops you'll sneak off to a local racquetball club. Tell them you are a hotshot player from Florida looking for a game and hope the top player isn't around.

PISCES (February 19-March 20): You'll be at your best around the 16th, 18th, 23rd and onward. Enjoy the hot streak while it lasts.

GET IN THE GAMES
YOURSELF!



FLORIDA'S
SUNSHINE STATE GAMES

Governor Bob Graham invites you to join him at the 1983 Sunshine State Games' opening ceremony, 8 p.m., July 22, at the Tangerine Bowl. For more information on special events, call (305) 423-6700 or contact the Orlando Recreation Department, 649 West Livingston Street, Orlando, Florida 32801.

2 New Glass Exhibition Courts Now Open
Sarasota Kiwanis Club
 4th Annual
Racquetball Tournament
 August 5, 6, 7, 1983
Sarasota YMCA Racquetball Club
 1075 S. Euclid Ave. • Sarasota, Florida 33577
 Phone (813) 957-0770

Entry Deadline
 Monday August 1st — 6 p.m. Call for Starting Times after 2 p.m. Thursday, August 4th.

Entry Fees
 \$18.00 1st event - \$12.00 2nd event
 \$30.00 per doubles team - \$12.00 junior divisions.

Late Entries

Add \$5.00 per event to regular entry fee.

Note: if you have problems in scheduling first round match, we will try to accommodate your schedule. After first round we cannot adjust schedule for conflicts.

Official Ball

PENN

Rules

AARA rules apply. Matches in all divisions to semi-finals will be 15 point games; 21 points in semi-finals and finals; 11 point tiebreakers in all rounds.

Officiating

Losers must referee next match on their court or provide a suitable substitute. Failure to comply will result in forfeiture of the player's next match. Tournament shirts will be awarded upon completion of refereeing duties.

Tournament Directors

Judi Schmidt and Bryant Meeks reserve the right to delete or combine divisions, to determine an individual's eligibility in a division & to reclassify if necessary.

Hospitality

Saturday and Sunday breakfast. Mid-afternoon meal Saturday. Snack foods and Gatorade throughout tournament.

Prizes

To include trophies for first two places in adult singles and doubles events, first three places in junior divisions.

Eyeguards recommended for all participants — MANDATORY FOR JUNIOR PLAYERS.

DIVISIONS		NAME	ADDRESS	CLUB AFFILIATION	PHONE (Home)	(Work)
Men	Women					
Open	Open	_____	_____	_____	_____	_____
A	B	_____	_____	_____	_____	_____
B	C	_____	_____	_____	_____	_____
C	Novice	_____	_____	_____	_____	_____
Novice	30+	_____	_____	_____	_____	_____
30+		_____	_____	_____	_____	_____
40+		_____	_____	_____	_____	_____
50+		_____	_____	_____	_____	_____
Doubles		PARTNER (Doubles)	_____	_____	_____	_____
Juniors		Signature	_____	_____	_____	_____
14 & under	Mixed	_____	_____	_____	_____	_____
12 & under	Women's A-B	Parent Signature	_____	_____	_____	_____

Waiver: I hereby, for myself, my heirs, executors and administrators waive and release all rights and claims for damages I may have against the Sarasota YMCA for any and all injuries and other damages which I may suffer in connection with my participation in this tournament.

Christina styles are in

By Renee Landro

American women are devoted to figure fitness, and Christina is devoted to figure-shaping American women. Christina is a fashion sports line from the Olga Company. For Spring '83 her dynamic, energetic "TEE-SHAPES" Activewear Collection CROP-TOP and DANCE PANT in comfort stretch cotton/lycra are the essentials.

Christina tops off the tone-down, work-out wardrobe with her delightful CROP-TOP. Complete with a rounded neckline and curvy cap sleeves, the CROP-TOP lets you show off your tummy-trimming success with a body-boasting bare midriff.

What's more, it's accented with

Christina's exclusive hidden-support — the no-seam, no-show super-shaping soft-cup bra!

Team up the CROP-TOP with Christina's hip-hugging, body-beautifying "TEE-SHAPES" DANCE PANT. She has fashioned the DANCE PANT with thigh-high cut hips for a high-kicking, leggy look. And, Christina has cut the DANCE PANT on the bias to stay put while you shape up.

For a whole wardrobe of sensational stay-in-shape styles, choose from Christina's "TEE-SHAPES" collection of bodythings, featuring her exclusively designed signature motif. You can mix'n match them to meet all your fitness fashion needs.



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AARA Notes

By Van Dubolsky
AARA Editor

With the summer there is usually a lull when it comes to racquetball activity, but this summer is an exception.

The calendar for the AARA is almost booked solid. In July we have four sanctioned tournaments. The Holiday Courtrooms in Fort Lauderdale and the Imperial Courts have tournaments the weekend of July 8-10. The following weekend, the Midcourt Club in Stuart will run a sanctioned tournament.

The weekend of July 22-24, the first four finishers from the qualifiers will

congregate for the Sunshine State Games Championship at The Club in Orlando. This is a true state championship since we'll have the best players from all four regions.

Things don't let up in August. On the first weekend, the Sarasota YMCA, which always runs good tournaments, has things scheduled for August 5-7 as does the Quadrangle in Coral Springs. The following week brings us to The Court Sport in Lantana and a week later the Jacksonville Racquetball Club plans a tournament for August 19-21.

The month ends with a bang when the Tyrone Racquetball Club plays host to

the AARA State Doubles Championship. Congratulations to Carl Nicks for also landing the AARA National Doubles Championship which is set for October 27-30.

If you look in the calendar section of *The Florida Racquet Journal*, you'll notice the schedule is becoming booked for September as well. An asterisk is placed by all events that are AARA sanctioned.

Here's a look at the tentative AARA State Calendar:

October - Regional Doubles, National Doubles.

November - State four-wall outdoor championship.

January, February or March - AARA state singles.

February or March - Florida Intercollegiates.

April - National Intercollegiates, SE

Regional Singles.

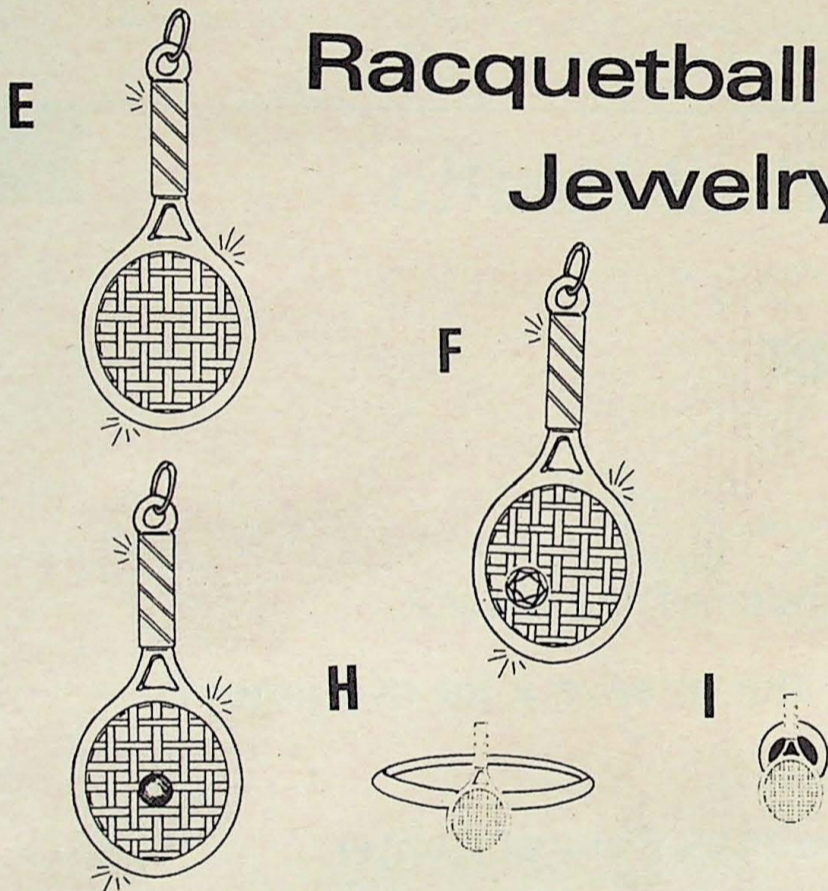
May - Junior SE Regionals.

May 26-30 - National Singles.

If you plan a tournament, club managers are encouraged to call *The Florida Racquet Journal* to find out what is happening around the state. . . There will be a general meeting of the AARA at The Club at 2 p.m. on July 23. Anyone is invited to attend. . . Your state AARA gave out more than \$2,000 to players who won their respective divisions in the regionals and attended the nationals and junior nationals. . . The AARA would like to encourage all clubs to reduce the costs of tournaments for juniors. We suggest \$10-\$12 entry fees. The juniors are the future of our sport and we must make it affordable for them and their parents, who incur travel expenses when taking them to tournaments.

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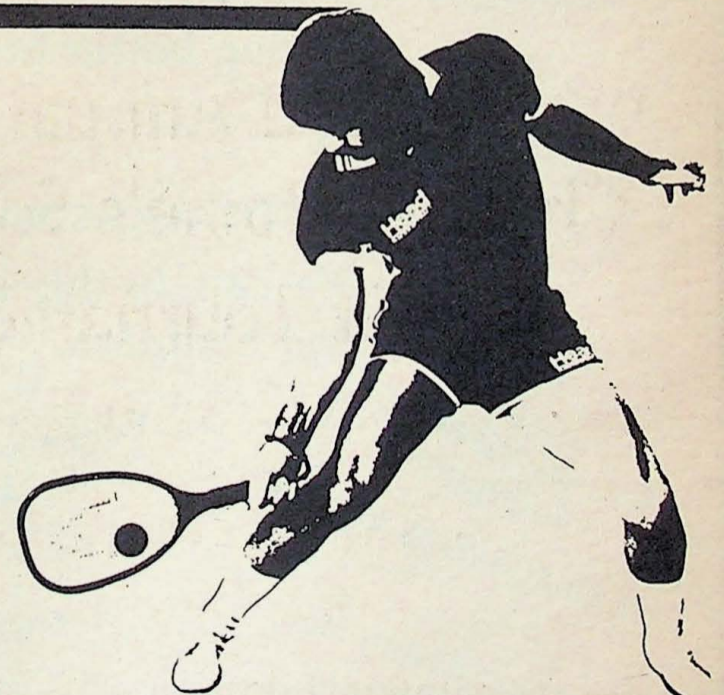
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STRANDEMO'S

RACQUETBALL TIPS: by Steve Strandemo

When you readjust your serving position in either direction, your serving targets will 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.

Select opponent carefully for a good game

Picking the correct opponent is as important a consideration as picking the right racquet, the right club or the right protective gear.

By selecting a partner of similar skill and fitness level, the racquetball player is able to obtain the cardiovascular benefits associated with playing racquetball.

Sounds obvious, doesn't it?

Obvious though it may sound, however, mismatched players — in a game often played for social reasons — are the order of the day. And the dangers of mismatching can be severe. As in the case of the high school bully, the dangers most often go to the weaker, poorly prepared player.

To achieve maximum health benefits, matching should be seen as an integral aspect of playing racquetball. Studies have been conducted to measure stress levels and cardiovascular response during



**Advice
from
the
doctor**

games that conclusively show players of equal ability tend to gain more from their matches than mismatched players.

The highest heart rate occurs when the player was stronger than his opponent. But matches were shorter — mostly due to the other player's inability to keep up with the stronger counterpart.

Since it has been well documented that cardiovascular benefits are related to the intensity, duration and frequency of training stimulation, one can see where mismatching can severely curtail the activity to the point where maximum

potential benefits are drastically diminished.

Responses to racquetball's intensity have been measured using radio telemetry. The transmitter — attached to the player — sends the heart rate signal to a machine capable of producing a visual representation for qualified analysis.

In the proper hands, this information tends to yield curious results — for example, while the average rally in racquetball has been measured as lasting 7.4 seconds, response was much longer when players were equally matched. Given the higher than average heart rate intensity associated with racquetball, it is clear to see that maximum derivation of cardiovascular benefits from the sport are best achieved through careful matching of players.

The American College of Sports Medicine suggests such aerobic endurance

activities should last from 15 to 60 minutes at an intensity of 60 to 90 percent of maximum heart rate reserve. The A.C.S.M. goes on to suggest such activity should take place only four times per week and that only for players in satisfactory conditioning.

Because of racquetball's high heart rate intensity, it is thus recommended that adults with cardiovascular problems should first consult a physician before they undertake the rigors of the game.

Mindful of his limitations, a player should remember that in order to best benefit from the thorough cardiovascular workout racquetball brings, pick the correct opponent.

If you have any questions, please contact Dr. Drucker through this magazine, or write to him directly at 150 N.W. 168th Street, North Miami Beach, Florida 33169.

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Briefs

ANAHEIM, CA. — Pensacola's Jay Schwartz reached the finals of the veterans division before losing to New York's Reuben Gonzalez in the Ektelon National Championship.

Schwartz, who qualified for the third straight year, defeated Dave Blackford 15-10, 15-11 in the first round and edged Joe Wirkus 15-13, 11-15, 15-9 to advance to the finals.

Reuben, the defending champion and a semifinalist in a recent men's pro stop, was too much for Schwartz in taking the title 15-10, 15-7.

Miami's Sergio Gonzalez also turned in a respectable performance in the open division. He defeated California's Jim Cascio 15-11, 15-11 before losing to Mark Martino, brother of women's professional Laura Martino, 15-7, 15-12.



The Dave Peck Racquetball Camp is coming July 15-17 at the Miami Lakes Inn & Country Club. Reserve your space today and learn from the nation's No. 1-ranked racquetball player. Call (904) 721-3660 or write: P.O. Box 11657 Jacksonville, FL 32239.

Midori Melonball available

Midori Melonball, a new game created by the makers of Midori Melon Liqueur, is available to club owners.

Midori Melonball is a mix of tennis, dodgeball and volleyball and can be played on a racquetball court. Players must dodge the green Melonball in order to let it bounce before returning.

Midori is offering a Melonball kit to participating clubs for \$89.99. The kit includes 24 Midori T-shirts, two official Midori Melonballs, rules of play, posters, two Midori drink-mixing jugs and recipes for mixed drinks made with Midori Melon Liqueur.

The price of the kit will be refunded to any club that sends a photo of its Midori Melonball party to Midori Melonball, P.O. Box 1669, Grand Central Station N.Y., N.Y. 10163.

A Midori Melonball cocktail combines Midori Liqueur, Suntory Vodka and orange juice.

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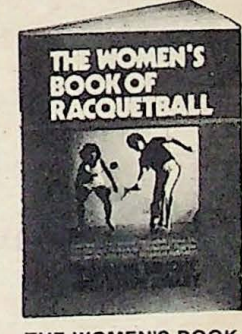
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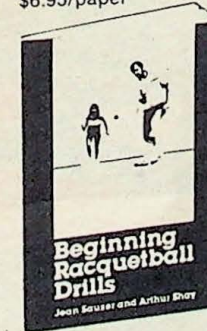
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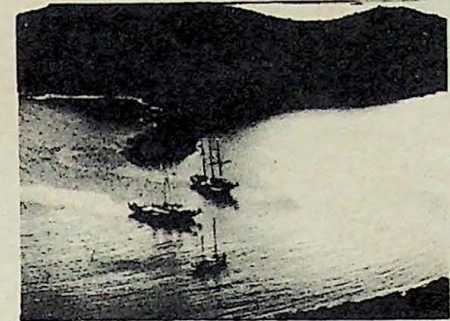
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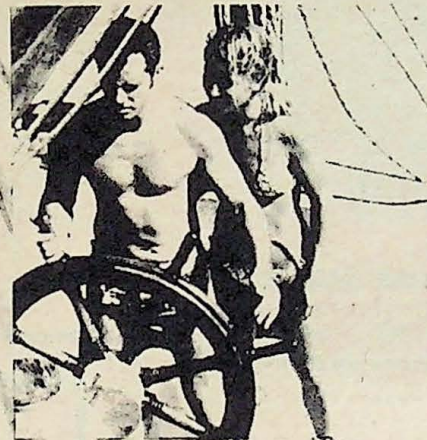
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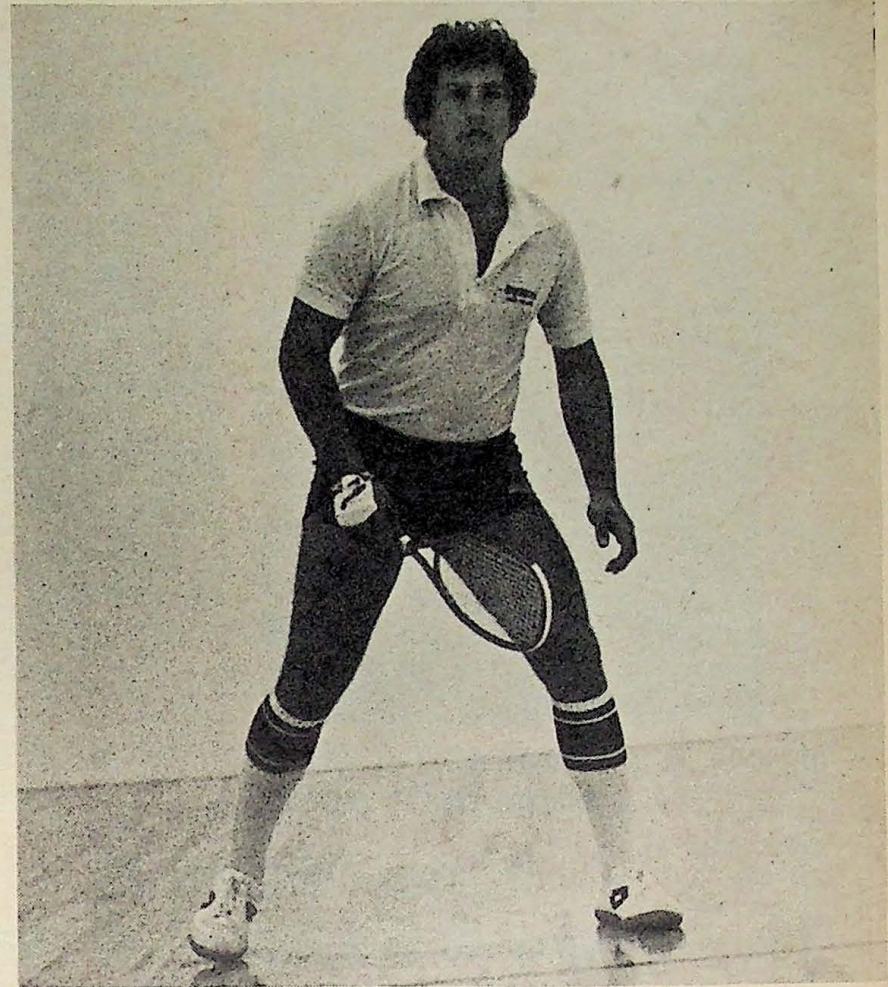
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Tournament Director: Dave Palmer

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No. 1

Mike Yellen is now racquetball's No. 1-ranked player. Yellen defeated Marty Hogan in the final of the DP Leach Nationals in Chicago. Yellen defeated his Ek-telon teammate, Dave Peck, who was ranked No. 1 last year in the semifinals.

Florida Racquet Journal

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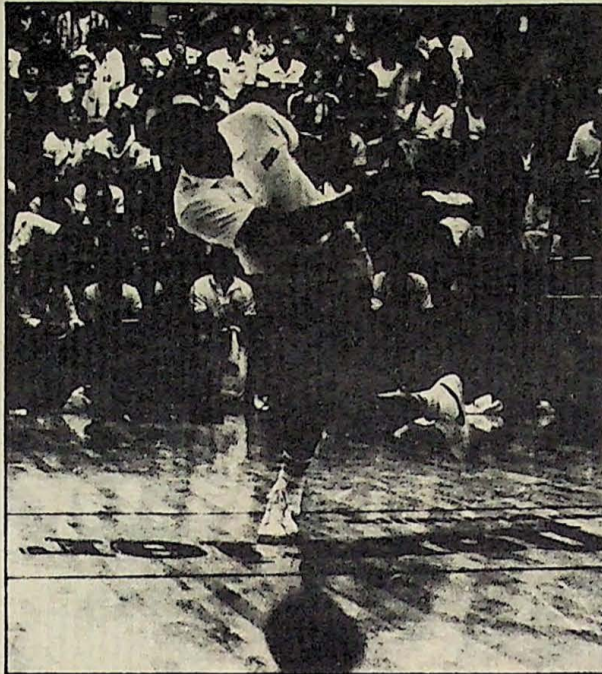
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