

How To Replace Essential Body Fluids ■ Playing The Glass
■ How To Play Your Style ■ How Pocket Pool Can Help Your Game

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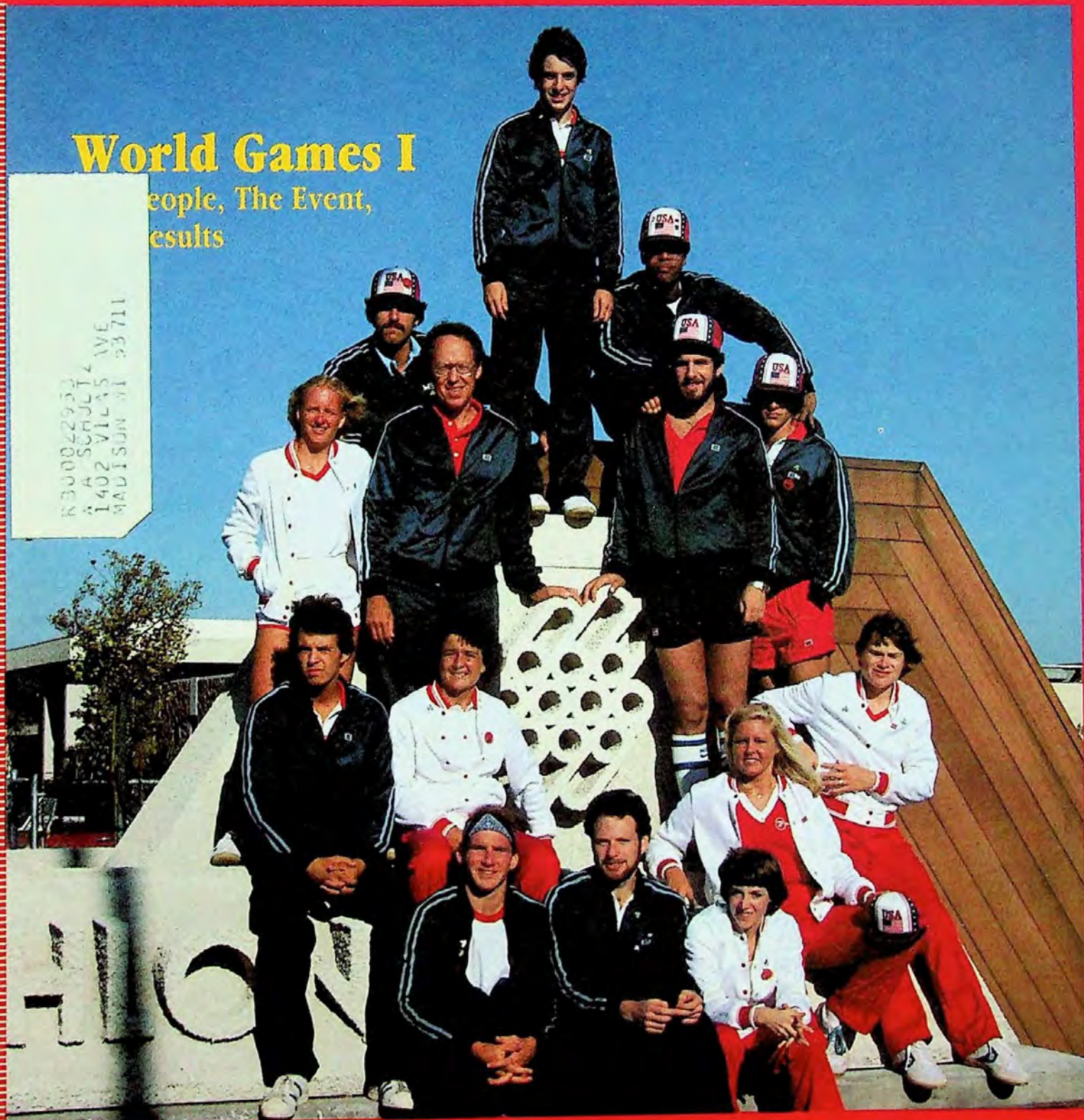
September 1981

RACQUETBALL

World Games I

People, The Event,
Results

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RACQUETBALL

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RACQUETBALL

COURT CLUB AFFILIATES

Participating clubs are recognized for their support of the amateur player. Individual members of the affiliate clubs receive points toward national ranking in tournament play. Court time is available through participating clubs to out-of-town RACQUETBALL readers. Phone ahead for reservations.

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Medford, NJ 08055

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Point Set Tennis and
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Bay Shore, NY 11706

The King's Court
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Brooklyn, NY 11234

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Health Club
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Pelham Manor, NY 10803

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BACK COURT

With The Editor

No doubt you've noticed our new logo. I mentioned last month that we'd be making a few changes around here. This issue marks the debut of those changes. It may take some getting used to, as old habits die hard and most of us resist change as long as possible. Still, you'll find we're continuing to offer you the same quality product as we have in the past. It simply has a new, sportier format. Hope you like it as much as we do.

Last month racquetball made its debut on the international scene by participating in the first World Games. Writer/photographer Carole Charfauros George was on the scene in Santa Clara, California to cover this momentous occasion for our readers. You'll find her story entertaining, as she not only reports the results, but also takes you behind the scenes with some of the players.

For our health-related feature this month, Dana Derick, a Registered Dietitian from Boston, Massachusetts, takes a look at the question of fluid requirements for racquetball players. Given the average racquetballer's tendency to lose a profuse amount of water in an hour on the court, this story should interest everyone. Ms. Derick dispels an age-old myth that players should take salt tablets to replace lost fluids, but doesn't shun some other ways of replenishing lost salt which may surprise more than a few of our readers.

Also in this issue, writer Tom Slear profiles a member of the family that's dominated the game of squash for decades, and finds out just why he's now playing racquetball.

Our instructional articles this month cover a wide variety of topics, from style, to playing the glass, to how a player can learn about racquetball from — of all things — pocket billiards. And with this issue we begin a monthly question and answer column by Dr. Bud Muehleisen, winner of 54 National titles, and one of the most revered instructors in the game today. We hope our readers will take advantage of this opportunity to get advice from one of the game's true masters. Enjoy.

Nancy K. Cronell

N.K.C.

NEW DIRECTIONS

RACQUETBALL



Dear Members,

With the new racquetball season upon us, we are most pleased to announce an exciting new project in our continuing effort to develop grass roots programs for our sport.

Beginning in September, Intercollegiate State Championships will be held in all 50 states. Sponsored by Penn Athletic Products Company, sanctioned by the American Amateur Racquetball Association, the State Championships will be the first concerted effort within the industry to provide local intercollegiate competition other than the Nationals. The State Championships will be emphasizing team competition, and Penn will supply balls, shirts, trophies, score cards, draw sheets, and local promotion. The only requirement on the part of participants is that they comply with NCAA rules of eligibility, compete as a team, and be a member of the AARA. Entry fees will not be charged. All sites have been determined with virtually every court hour being donated by the court clubs and colleges for this developmental effort. We applaud Penn and its staff for its continued dedication to building racquetball through a strong grass roots effort. Details and proposed sites can be found on page 11.

The National Doubles, October 22-25, 1981, to be held at the Monroeville Racquet Club in Pittsburgh, is shaping up nicely. The application is on page 31. Anyone who has attended the National Doubles before can testify that it is a fun tournament and Pittsburgh promises to be a great city to be in. See you there.

Regards,

Luke St. Onge
Executive Director

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Publisher

Gerald W. Pope

Editor

Nancy K. Crowell

Art Director

Gerald Mobley

Advertising Director

Lee E. Harris

Business Manager

Gregory M. Pope

Editorial Contributors

Allen Ascher, Carole Charfauros, Dana Derick, Bob Gura, Armen Keteyian, Bud Muehleisen, Tom Slear, Frances Vaughan, Mike Yellen

Art Contributors

Carole Charfauros, Mark M. Murray

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President

Keith Calkins, Hayward, CA

Vice President

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RECEIVING LINE

Letters To The Editor

Tournament Accolades

The tournament in Boise was great! Congratulations to you and your staff for a great job. I will be there next year.

Dick Manson (Men's 45+)
Aurora, Colorado

The [Nationals Singles] tournament was super! It was very well run and I think that overall the sportsmanship of the players was outstanding. The entire weekend left me with very positive feelings about racquetball.

I want to thank you, Luke, for all of the work you put in so that players across the country may enjoy the sport. I realize that you and a handful of other people put in limitless time and energy. You help to educate the players and promote racquetball in many ways. Your most recent success of racquetball's inclusion in the World Games is very exciting. Thank you for all of your efforts. I'm already looking forward to next year's Nationals. I'll see you there.

Leiliani Olbu
Seattle, Washington

I had lots of fun at the Junior Nationals playing and making new friends. Thank you for sending me the trophy for sportsmanship. I will practice more this year and try to do better in the Nationals next year. Jere Willey is helping me and I'm going to more tournaments now and getting more experience. I recently went to the racquetball tournament in Atlanta and won first place in the Boys 13-and-under.

Scott Corneal
State College, Pennsylvania

I'd like to take this opportunity to agree with Larry Fox and his appraisals of the 1981 AARA Intercollegiate Championships (see June '81 *Racquetball*, p. 5). Our team drove all the way from Albany, New York with high expectations and we were extremely

satisfied. The tourney was all for the fun of it, and fun for all of us. Our trip was made even sweeter due to the fact that our team took 4th place in the Men's division.

See you at the '82 Nationals.

David Bacon
Livingston, New Jersey

I would like to express my thanks to everyone involved with the National Singles Championships in Boise, Idaho this year. The hospitality was excellent and the atmosphere was that of fun and good sportsmanship. Your staff should be commended for their efficiency on running a smooth, exceptional tournament.

Ed Andrews
Bonita, California

I must let you know that the Boise Nationals was my first stateside and AARA tournament and I was extremely pleased with the conduct of the tournament, but more so with the people and kindness extended to me by everyone. My discussions with all the participants from Germany revealed very similar feelings; everyone went out of their way to make us feel welcome and very much at home. A special thanks must go to Bob Petersen and his entire staff. The extensive amount of planning was evident in that all of our needs seemed to be anticipated. I would appreciate it if you could use your magazine to express my thanks to The Court House, Bob Petersen and his staff.

John F. Alton
Major, US Army
Germany

Racquetball welcomes correspondence from our readers. Letters must be signed, and are subject to editing for clarity and length. Send your letters to Editor, Racquetball Magazine, 15115 S. 76th E. Ave., Bixby, OK 74008. ■

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WHAT'S NEW?



Olympic Levis

Levi Strauss and Company, which originally took this country by storm with its blue jeans, has teamed up with the USA Olympic Committee to outfit American athletes in their endeavors to take the world of sports. The partnership was kicked off this summer at National Sports Festival (NSF)/III in Syracuse, New York, at the end of July.

Levi Strauss and Company, named an official NSF sponsor, will also be a major sponsor of the televised coverage of the summer and winter Olympics in 1984, as well as the Olympic trials. The company clearly sees itself as making a positive contribution to the Olympic programs. In fact, according to president Frank Brann, the agreement is sound philosophically as well as physically: "We admire these fine athletes and can make an important contribution to their program. Their striving for excellence is both compatible and complimentary to ours."

For the NSF, athletes will be provided with warm-ups and competition wear, just as Levi Strauss provided warm-ups for racquetball's American entrants in the World Games. Not only do the athletes benefit, but the company will get on-the-job feedback from the athletes.

Different Stringer

Geostar Sports Products introduced this year an innovative racquetball racquet that features a unique tri-radial string pattern and a seven-year frame warranty. It's the Geostar 357, and it comes in two models: the black Carrera and the blue Star. The frame is the 7,000 series aluminum anodized extrusion A-frame, and weighs 270 grams. In addition, the Geostar 357 has brass grommets, a nylon throat, and a one-piece foam polyurethane molded handle topped by a cowhide leather grip.

For more information contact Geostar Sports Products, 6900 E. Comillock Road, Suite 750, Scottsdale, Ariz. 85251; or call 602-941-9042.



Pocket Your Change

Tired of trekking from locker to car to court for change to buy a soft drink, or another can of balls? Reach for the car key in your pocket — the pocket in your shoes, that is. That's right, your shoes. Kangaroos, marketed by Envoys, USA, has recently come out with a racquetball shoe with a zippered pocket. It's a handy extra for your change, or locker key, which many a weary racquetballer should appreciate.

According to the manufacturer, this is an added plus on an already well-featured shoe. From its suede leather and nylon mesh upper to its snug heel fit, and extra toe width, the new Kangaroos



racquetball shoe is made for durability and comfort. Extra comfort features include a soft, puffed top-quarter lining and an extra padded, sponge rubber sock lining. Bottomed with a "super-traction, light weight gum rubber sole," the manufacturer believes these shoes are especially suited for the demands made by racquetball players. For further information, contact Al Wasserman, Envoys USA Inc., 48 Warthington Drive, Maryland Heights, Missouri 63043; or call 314-434-5997.

See Clearly

Simcor Sales, based in Ontario, Canada, has introduced new headgear which they feel is a superior alternative in eye protection for racquet sports. The Gladiator "Big Eye" is simple: a protective visor made from the polycarbonate compound, Lexan, patented by General Electric. It has a polypropylene headband which features a "removable toweling sweatband" and can be adjusted to snugly fit any head.

The "Big Eye" protector, according to the manufacturer, has proven to be effective protection against squash, as well as racquetball, balls. The manufacturer is promoting this new protective eyewear as gear for the whole head, to protect your face and features.

For more information contact Simcor Sales, 146 Emeline St., Providence, R.I. 02906; or call 401-421-1116. ■



SHORT LINES

News Round-up

Growing Stronger

According to a recent study by the consulting firm Infosource, Inc., of Pittsburgh, Pennsylvania, racquetball has bypassed tennis as America's fastest growing sport. The survey, believed to be the first in-depth look at tennis versus racquetball, drew from information provided by eight sporting goods manufacturers, six companies, and several analysts.

The survey showed that although tennis rose in participation 100 percent from 1970 to 1973, it dropped to 50 percent between 1973 and 1976, and it was a mere 13 percent between 1976 and 1979. Racquetball, on the other hand, increased by 230 percent in the last three year period. Although tennis claims 20 million more total players, sales of racquets went down from \$183 million in 1976 to \$122 million in 1979. In the same time span racquetball racquet sales hurtled from \$15 million to \$50 million.

Why has participation in racquetball increased so rapidly in popularity over tennis? The study gives three reasons: racquetball is easy to learn, is less expensive, and involves a shorter waiting time between games. We think it's also because it's a lot of fun!



Fat Chance

Got an extra roll around your waist that resists coming off no matter how much exercise you get? Well, Sports Research Corporation of San Pedro, California claims to have the solution to the extra inches problem. It's BBF — a weight reducing discovery that is a cream and "is simply an aid in loss of water weight so the bulging and swollen fat look will gradually disappear naturally through exercise, but at a much faster

rate." This is not just another "false overnight miracle promise," according to the product brochure, but is a "proven product, tested strenuously for over two years." The manufacturer also claims that use of BBF has other benefits: it produces a pleasant scent as one exercises; it helps warm your body during cold weather exercise; it can be used to aid dry, chapped skin; and it will not stain clothing. The price of this product is \$9.95, which includes postage, handling, and sales tax. For more information write Sports Research Corporation, 3405 Muldae, San Pedro, Calif. 90732, or call 213-519-1484.



Sports Art

The Smithsonian Institute has organized a sports exhibit that shouldn't be missed. Under the sponsorship of the Philip Morris company, and the Miller Brewing company, "Champions of American Sport," as the show is called, opened June 23 in Washington D.C. and will remain there until September 7, on display at the National Portrait Gallery. The exhibit appeals to sports enthusiasts of all ages, as it features over 500 photos, drawings, paintings, and sculptures of 100 athletes, representing sports from A to Z.

All-American favorites captured by American artists is the theme of the exhibit, which is enhanced by hundreds of bits of memorabilia, such as programs, uniforms, and vintage baseball cards which kids have been collecting for over 50 years. Also available is a 288 page catalogue published by Harry N. Abrams, Inc., written by Marc Pachter, the historian of the National Portrait Gallery. The book includes a total of 249 illustrations, with 68 color plates, and is available in both hard and soft cover editions.

From Washington D.C., the exhibit will travel to the Chicago Historical Society, Chicago (October 15-November 29); then to the California Museum of Science and Industry in Los Angeles (January 15-February 28, 1982); will end

up in New York City at the American Museum of Natural History (April 2-June 27, 1982).

Don't miss this chance to see sports personalities celebrated in uniquely American style. Who else would — or could — put the works of Norman Rockwell and Andy Warhol alongside Muhammad Ali's robe and Rocky Marciano's boxing gloves?

WPRA Nationals

Heather McKay successfully defended her national championship title at the Women's Professional Racquetball Association (WPRA) national tournament this year. Fran Davis was elected president of the women's organization. The WPRA tournament was reportedly a success for all those involved.

In the finals, McKay defeated Lynn Adams of Costa Mesa, Calif., 3-0, 3-0. "Lynn was not making many mistakes," said McKay. "I just began to play better, mixed up my shots and denied her the ball off the back wall."

In earlier play, McKay defeated Marci Greer of Wichita, Kan. 3-2, 3-2, while Shannon Wright of Las Vegas, Nev., fell to Adams 3-1, 3-1. Yet, Greer took third place in the pro division when Wright forfeited due to a minor injury.

The Steding cup, named after pro Peggy Steding, went to Adams for being the WPRA member who's done the most for racquetball during the past season. Greer received the Universal Court Club sportsmanship award. WPRA Commissioner Dan M. Seaton summed up everyone's satisfaction in saying "This tournament set the tone for next year's WPRA pro tour, which will consist of 12 to 15 stops throughout the United States and Canada with prize money increased by at least 50 percent." ■



Heather McKay (left) plays Marie Greer in the WPRA Nationals.

PHOTO BY CAROLE CHARFAUDS

Olympian introduces the suspension system racquet.

Once again Bud has turned
the sport inside out.

After the innovations
Bud has brought to
racquetball you'd think
he'd be content. No way.
Once again, this inventor/
pilot/skier/racer/engineer
has advanced
the state of
the art.

"Until now
racquets were
strung *through* the
frame. The holes
weakened it, allowed it to twist.

Now there is the suspension system. An integral flange inside the frame provides the stringing platform. The result is a strengthened frame, and a much stronger game. This new trampoline platform holds the ball longer, allows it to regain an aerodynamic shape, then slings it with added power and control. Even when shots are struck off center.

You'll feel the added control and power immediately. Later, you'll feel less wrist and arm fatigue, because there is less torque action each time the ball is struck."

Of course, pick up any Olympian racquet and you'll sense the perfect simplicity combined with optimum control and power. That is Bud's philosophy.

And at Olympian, we're putting it where it'll do
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Right in your hand.



OLYMPIAN
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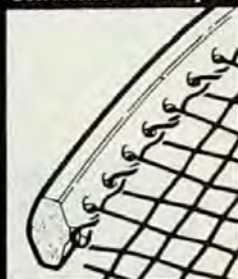
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*Bud Leach, the Chairman of the Board of
Olympian Sports Products, Inc., is world renowned
as a Champion water skier, multi-class racing
driver, scuba pioneer, inventor and
racquetball engineer.*



Conventional Racquet



Suspension System Racquet



WINNING POINTS

Time Out With Dr. Bud

Bud Muehleisen's Amateur Clinic



This monthly column is penned by Dr. Bud Muehleisen, winner of 54 National titles, and coach of numerous national champions. It is directed at questions which are of a technical, mechanical, or strategical nature for the racquetball player. Address your questions to Dr. Bud's Clinic, c/o Racquetball Magazine, 15115 S. 76th E. Ave., Bixby, Oklahoma 74008.

Question: "Why do I have so much problem keeping my backhand shots low to the front wall?" James Luker, Kansas City, Missouri

Answer: Without seeing your swing, I can only recommend the following checkpoints that you should consider and relate to your own swing: (1) The contact point for the backhand should be off the toe of the front foot. (2) Make sure you have good extension when reaching for the backhand so that the racquet face is going through perpendicular to the floor for the normal ground stroke and/or kill shot. If it is, then theoretically the ball will contact the front wall at the height that you hit it from, if you will remember to hit

"through the ball." (3) Also, make sure that you are not "coming off of the ball," which might be by (a) opening the face of the racquet at contact and finishing the stroke toward the ceiling or (b) on a low shot, standing up as you make contact with the ball or complete the stroke, instead of staying down and through the ball.

Question: "What exercises can I do to best strengthen my wrists for more power?" Frances Vaughan, Matawan, New Jersey

Answer: For the record, there are no real muscles in the wrist, but instead those which cause the wrist to break as well as those used in the grip are from the forearm group of muscles. Do not be concerned with strength relating to the ability to hit the ball hard. The ability to hit the ball hard, once the mechanics of the swing are understood, is for the most part related to the timing of breaking the wrist at the point of contact and learning to increase it in its intensity while keeping the swing fluid or smooth is what really makes the ball go.

Question: "I am interested in becoming a competitive player, possibly even at a professional level. I would like to ask your advice on how I could get to be bet-

ter; the quickest way. Also, do you think it would be wise or necessary for me to move to a racquetball hot-bed such as San Diego?" Mark Smith, Denver, Colorado

Answer: The quickest way to improve is a combination of three things: (1) proper instruction, (2) practice, and (3) competition. While acquiring these three things, it is very important, I feel, to have a goal each time you go to the court to practice, whether it be alone or against competition. Always try to accomplish something for that particular workout. This will greatly aid your motivation for working out. I might also add, if you are not motivated to go to the court, don't go that particular time. Pass it up and go do something else instead.

As for the latter part of your question, NO, I definitely feel it is not necessary that you move to some hot-bed for racquetball, such as San Diego. But it is important that you have at least one player in your area who can push you or beat you in competition. Even if it is a player that you can just barely beat, you can still program your workouts so that each one is productive in the goal, or aim that you are trying to achieve for that workout. ■

Rules Update

by Jim Austin
AARA National Rules Commissioner

How the Rules are changed

Changing the rules in any sport can prove to be a real problem. The reason for changing rules is to help make the game more safe, more fair, and easier to understand. In an attempt to accomplish these goals and make racquetball a better and more exciting game, the AARA has set up some guidelines for changing the rules of the game.

We feel that it is important to get the input of as many players as possible in order to validate significant rule changes. In an attempt to accomplish this, the following procedures have been established:

1) AARA State Directors and Regional Commissioners will be asked to poll their players in whatever manner they feel is best to request proposed rule changes and clarifications. Then they will be submitted to the AARA National Rules Committee.

2) All suggested rule changes and clarifications receiving a significant consensus of opinion will be compiled by the National Rules Commissioner and published in *Racquetball* magazine every year in the month of January.

3) All proposed rule changes must be submitted through your AARA State Director or Regional Commissioner or directly to the National AARA Office by October 1st of each year.

4) All proposed rule changes will be voted on by the AARA Board of Directors at their Board meeting at the National Singles Championships each year in May.

5) All approved rule changes will be published in *Racquetball* magazine in July and August of each year and will become effective in September of each year.

6) New rule books will be available in September of each year.

Through these established, published procedures for rule changes and clarifications, the AARA feels that the amateur player is given a voice in making these changes. It is up to you! We value your opinions and seek your advice. The AARA wants to represent you.

New Rule changes

The following new rule changes were passed by the Board of Directors of the American Amateur Racquetball Association at the recent Board meeting in Boise, Idaho. These rules will become effective on September 1, 1981.

1) Rule 4.4b) Dead Ball Serves
CURRENTLY READS — Screen balls. Passes within 18 inches of the server and obstructs the view of the returning side.

NEW RULING — Screen Ball. Passes too close to the server or the server's partner obstruct the view of the returning side. Any serve passing behind the server's partner and the sidewall is an automatic screen.

2) Rule 4.10a) 2. Dead Ball Hinders
CURRENTLY READS — Hitting opponent. Any returned ball that touches an opponent on the fly before it returns to the front wall.

NEW RULING — Hitting opponent. Any returned ball that touches an opponent on the fly before it returns to the front wall with the exception of a ball that obviously does not have the velocity or direction to reach the front wall.

3) Rule 4.12d) Rest Periods
CURRENTLY READS — Rest periods. A two (2) minute rest period between the first and second games with a ten (10) minute rest period between the second and third games.

NEW RULING — Rest periods. A five (5) minute rest period is allowed between all games.

4) Rule 4.16 Age Group Divisions
Age is determined as of the first day of the tournament.

Men's and Women's Divisions

Open — all players other than professionals

Veteran Open — 30+

Seniors — 35+

Veteran Seniors — 40+

Masters — 45+

Veteran Masters — 50+

Golden Masters — 55+

Senior Golden Masters — 60+

Veteran Golden Masters — 65+

Junior Divisions — Age is determined as of January 1, of each year.

Boys and Girls

18-and-under

16-and-under

14-and-under

12-and-under

10-and-under

8-and-under, non-championship (NO BOUNCE)

SCORING IN JUNIOR DIVISION

All matches will be the best two out of three games to 15 points win by one (1) point. The tiebreaker game is win by two (2) points up to 21 points.

It is the responsibility of every player to know the rules of the game, and to keep up with any new rule change. If you have never taken the time to read the rules of racquetball, then you are probably not playing by the correct rules because you do not know them.

Good tournament referees are players who know the rules because they have read the rules and have kept themselves current. Before you complain about referees or the rules, make sure you know the rules and can prove your point by the rule book. Good refereeing is perhaps the most critical problem in tournament racquetball today. This problem can best be solved by every player knowing the rules. Do your part — know the rules. READ YOUR RULE BOOK. ■

Penn Racquetball

PROPOSED SITES 1981 PENN INTERCOLLEGIATE TEAM RACQUETBALL CHAMPIONSHIPS

EASTERN REGION Coordinator-Larry Keating c/o Penn, 411 Hackensack Ave., Hackensack, N.J., 201-342-5205

Connecticut	Downtown Racquet Club	230 George St.	New Haven, 06502	203-787-6501	Will Verhoff
Delaware	Greenville R. Ball Club	3700 Kennett Pike	Greenville, 19807	302-654-2473	Russ Rouark
Maine	Univ. of S. Maine		Portland, 04103	207-284-5953	John Bouchard
Maryland	Green Spring Racquet Club	Falls & Valley Rds.	Lutherville, 21093	301-821-5683	Wm. Hirshfeld
New Hampshire	Laconia Racquet Club	O'Shea Ind. Pk.	Laconia, 03246	603-224-9511	Dennis Ordway
New Jersey	Hopewell Valley Racquet Club	Titus Mill Rd.	Pennington, 08534	609-737-1555	Lonnie Algood
New York	21st Point Club	McGowen off Western	Albany, 12203	518-489-3276	Vince Wolanin
Pennsylvania	State College Racquet Club	1445 W. College Ave.	State College, 16801	814-238-8600	David Corneal
Rhode Island	Celebrity Courts	500 Quaker La.	Warwick, 02887	401-739-6232	Frank Rawcliff
Vermont	Racquet Edge Rec. Center	#4 Morse Dr.	Essex Junction, 05452	802-879-7734	Jerry Donahue
Virginia	Univ. of Virginia	Athletic Center	Charlottesville, 22906	703-433-6618	David Holt
West Virginia	Huntington R. Ball Club	CP-190 5190 W. Pearidge	Huntington, 25705	304-736-4499	Joe McKay

SOUTHERN REGION Coordinator Bob Balink c/o Penn, 4755-C Old Spanish Tr., Pensacola, FL., 32504, 904-438-0203

Alabama	Courts South	100 Old Towne Rd.	Birmingham, 35216	205-823-2120	Don McNutt
Arkansas	Don Kessinger Ct. Club	1428 Merrill Dr.	Little Rock, 72201	501-227-6401	Dale Stanton
Florida	Orlando Tennis & Racquet Club	825 Courtland St.	Winter Pk., 32804	305-644-5411	Alan Sobol
Georgia	Georgia Tech.	225 North Ave.	Atlanta, 30332	404-894-3936	Kirk McQueen
Louisiana	Red LeRille	117 Doucet St.	Lafayette, 70503	318-984-7738	Myrna Ayo
Mississippi	The Court House	2625 Courthouse Cr.	Jackson, 39208	601-932-4800	Chuck Miner
N. Carolina	Highwoods R. Ball & Health	2912 Highwoods Blvd.	Raleigh, 27604	919-876-3641	Jim Slate
S. Carolina	Univ. of S. Carolina	P.E. Center Rm. 201	Columbia, 29208	803-777-3878	Dick Ferriter
Tennessee	Supreme Court	4633 Trousdale Dr.	Nashville, 37204	615-832-7529	Dot Dixon

CENTRAL REGION Coordinator Tom Martine c/o Penn, 660 Hill Dr. B5-108, Hoffman Est., IL., 60194, 312-843-0069

Illinois	Fitness Center	2508 Galen	Champaign, 61820	217-356-1616	Mary Brosious
Indiana	The Court Club	3455 Harper Rd.	Indianapolis, 46240	317-846-1111	Brenda Garvey
Iowa	Iowa St. Univ.	107 State Gym	Ames, 50011	515-294-4980	Steve Van deCamp
Kansas	Univ. of Kansas	Robinson Gym	Lawrence, 66045	913-677-4249	Scott Jarus
Kentucky	Jefferson R. Ball Club	9913 Shelbyville Rd.	Louisville, 40232	502-425-4471	Dave Fleishaker
Michigan	Univ. of Michigan		Ann Arbor, 48109	313-764-1580	Dick Pitcher
Minnesota	Burnsville Racquet & Swim Club	14600 Burn Haven Dr.	Burnsville, 55337	612-435-7127	Ron Strum
Missouri	Jefferson City R. Ball Club	505 Ellis Blvd.	Jefferson City, 65101	314-635-4181	Mike McCurren
Nebraska	Univ. of Nebraska	Campus Rec. Bldg. 100	Omaha, 68182	402-554-2539	Sid Gonsoulin
N. Dakota	Tac R. Ball Club	1401 Dyke	Gran Forks, 58201	701-746-4486	Jay McGurran
Ohio	Harvey's Wallbanger	17535 Rosbough Rd.	Columbus, 44130	216-751-5575	Jerry Davis
Oklahoma	Stillwater Racquet & Fitness	Rt. 1 Box 118FF	Stillwater, 74047	405-372-7188	Susan McMaster
S. Dakota	Triad Court Club	Otto Pk. Plaza	Aberdeen, 57401	605-229-4028	Henry Wiedrich
Texas	Univ. of Texas		Austin, 78712	713-228-2888	Jon Ohlheiser
Wisconsin	Univ. of Wisconsin at Madison	Intramural Rec. Bldg.	Madison, 53706	608-755-0706	Will Mulvaney

WESTERN REGION Coordinator Bob Pfaender c/o Penn, 1489 N. Main, Orange, CA., 92667, 714-639-6774

Alaska	Racquet Ball Fairbanks	2nd & Eagle Sts.	Fairbanks, 99701	907-452-5303	Marvin Adersen
Arizona	Scottsdale Civic Ctr.	7303 E. Earll Dr.	Scottsdale, 85251	602-949-0643	Dave Braga
California	Raintree Racquet & Spa	781 W. Shaw	Clovis, 93612	209-299-4384	Jack Wender
Colorado	Air Force Academy				
Hawaii	The Courthouse	2810 PAA St.	Honolulu, 96819	808-833-6619	Joni Wade
Idaho	Sports World R. Ball Club	1633 Olympus Dr.	Pocatello, 83201	208-237-9100	Dan Collins
Montana	Broadwater Athletic Club	4920 Hwy 12 West	Helena, 59601	406-443-5777	Mike Chaet
Nevada	Univ. of Nevada	At Las Vegas	Las Vegas, 89154	702-878-6665	Ed Mahn
New Mexico	Tom Young's Spa & Court Club	2250 Wyoming Blvd. N.E.	Albuquerque, 87112	505-298-7661	Gary Mazaroff
Oregon	Court Sports R. Ball Club	2510 Oakmont Way	Eugene, 97405	503-687-2811	Reid Fitkin
Utah	Fountain of Youth R. Club	4300 S. 300 West	Salt Lake City, 84017	801-262-7487	Lamar Crocker
Washington	Family Fitness Center	125 S. 156th St.	Burien, 98146	206-242-9641	Sid Williams
Wyoming	University of Wyoming				

THE EYES HAVE IT

How to Play the Glass

●
BY ARMEN KETHEYIAN

Suppose by means of magic, racquetball could publish a book about itself. Explain, in its own terms, just how to perfectly play the game.

Just what chapter do you think would be the best read? Forehand? Backhand? Ceiling shots? Volleys? Not really. Not if a chapter on "Playing the Glass" was included.

In racquetball, nothing attracts more instructional interest than how to adjust from concrete or plaster to glass. Thoughts usually center on all the faces watching, the super ball speed and shot adjustments, and how public your mistakes can really become.

Glass courts (actually 1/2-inch thick tempered glass), the product of ever-evolving ideas to promote and publicize the sport, are one of the most puzzling



parts of racquetball. Even if you've mastered plaster and cement courts, getting into glass qualifies as a completely unique experience. So unique, some say, they don't know how to cope with it. They psych out, turning from a riches to rags player in a matter of minutes.

According to pros Jerry Hilecher, Heather McKay, Mike Yellen and Jean Sausser, there are very definite reasons for such a demise. For one, because of the glass-generated speed of the game, reaction and anticipation — hallmarks of racquetball — aren't needed, and are replaced instead by a wait-and-see approach.

"Most racquetball players are anticipators," says Hilecher, perhaps the best one in the game. "Most players react to angles. On glass courts the speed of the ball goes against you. You have to hold yourself back."

What you're waiting for, said Hilecher, is simple — to see which way the ball will bounce. "On a regular court," explained the National Racquetball Club's fourth-ranked player, "you can guess where the ball will come off the front or sidewall. With glass, you have to slow down before you react. People get frustrated doing that. Most of the time they react quicker. That's wrong, you have to slow down."

Hilecher suggested the everyday player, "hold back a bit, play deeper in the backcourt and wait and see what happens to shots. It's always easier to move forward."

Another problem frequently associated with glass is concentration — or lack thereof. Some say the mind — excited by the surroundings — wanders when it enters the glass court. The pros, however, will say given the increased speed of the ball, the difficulty in seeing shots and infrequency in which most of them play glass (tournaments only), forces them to turn on their thinking caps.

"The first three or four times I played

on glass," said former squash queen and two-time women's national champion McKay, "I had a horrible time. You really have to concentrate on the corners. The ball seems to really slip and grab coming off sidewall-front wall shots. It's just something I've learned to accept."

"You just can't cheat with glass," said Sausser. "If you try and anticipate, you're asking for trouble. You have to focus on the ball. If you don't, you're asking for trouble."

Yellen, the world's number two player, said he forces himself to concentrate. In Las Vegas, for example, playing front wall-sidewall glass against Marty Hogan in the 1980 National Finals, Yellen said he blocked out every outside influence he could.

"You have to against Marty. His serve is so powerful and is so tough to see, that if you let yourself drift, you're down 11-0 before you can blink," McKay agreed, saying her unfamiliarity with glass coupled with other ingredients has cost her points in the past.

"I would prefer to play on white, solid walls," said Heather, a Toronto native. "We don't have any glass courts here so when I come to the states, I virtually come into tournaments blind."

"At the Nationals in 1979 (in Tempe, Arizona) the glass cost me two to three points per game. I know two ceiling shots I missed completely. It can be costly."

Don't despair, however. Knowing how to play the glass, where to hit what shots on what type court, can produce points, too. The general pro consensus was to "play the glass" and not to force spectacular shots. In short, be patient, keep the ball in play, and wait for your opponent's game to shatter.

With that in mind, let's take a "How-to" tour of one-sided, front, back, two and three-sided glass wall play:

One-sided

"It's like baseball when a pitcher is throwing from the sun to the shade," ex-

plained Hilecher. "It's hard to focus, I had trouble seeing."

Hilecher said with say, right-side glass, the server should play to the glass, serving down the right side, or use Z serves into the back right wall.

"The basic shot, however," Jerry said, "is to hit a pinch right into the glass. It's hard to judge where the ball is going. You don't know the angle."

Front wall

Consensus pro point: The hardest condition to play. "It's almost impossible to see where the ball is going," said Jerry. "You have to wait to decide where you can move."

The group recommended drives, cross-court passing, down-the-line shots ("Ones that hit the front wall first," said Hilecher) to confuse your opponent.

The pros also counseled to stay away from ceiling balls and, surprisingly, kill shots. "You don't really want low shots," said Hilecher, "because if you skip the ball, you're giving up points. Let your opponent make the mistake."

Yellen said servers should "mix it up" off the front wall, tossing in low drives and Z serves. "Deception is the key," he said. "Use the same serving motion, but go for different angles."

Back

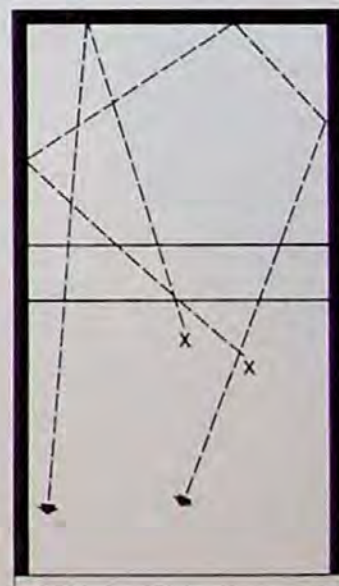
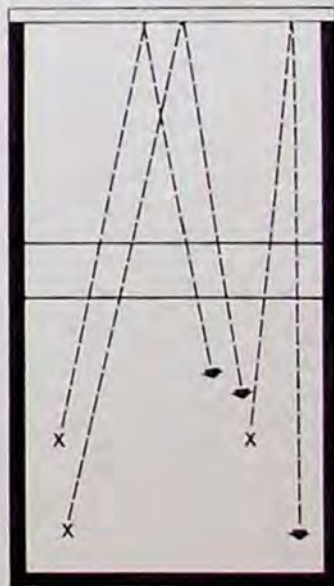
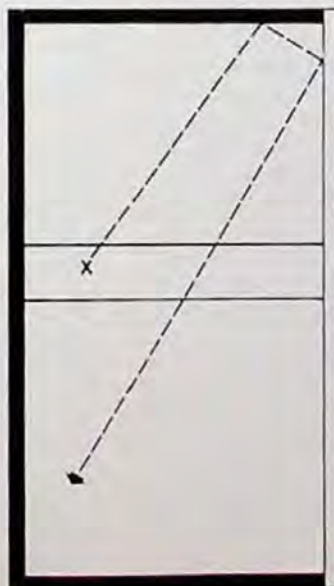
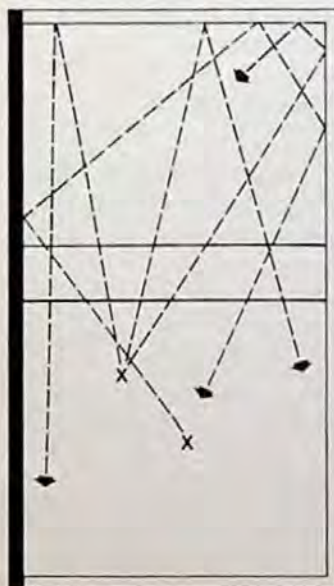
"Nothing really changes much from the front wall," judged Hilecher, who stressed going for the glass with high lobs, Z serves and around-the-world shots. "Force your opponent to hit shots off the back wall."

Two and Three-Sided Glass

Fairly similar to sidewall play. The group suggested going for the corners with sidewall, front wall pinch shots and. Hilecher said, "passes right down the line are very effective."

Yellen preferred cross-court shots. Sausser suggested keeping the ball in play.

Keep all the hints in mind. They'll help the next time someone wants advice on "Playing the Glass." ■



Double line indicates glass wall.

DOING IT IN STYLE

How To Alter Your Style To Take Advantage Of The Opposing Player's Weaknesses

By Allen Ascher

Racquetball is filled with barely explainable anomalies. Every once in a while, for example, three club players get involved in something which, for want of a better phrase, I'll call a perverse cycle of wins and losses. Player A beats player B handily, and player B passes the favor along to player C. Now by all the time-honored laws of Euclid and the neighborhood handicapper, player A is a sure bet to pin player C's ears to the wall. C, however, who knows nothing about Euclid, perniciously beats A regularly, thereby twisting logic and the league standings into odd and unfamiliar shapes, and incidentally giving us some insights into the game we all profess to know.

One of these insights is that racquetball is logical, and therefore, predictable only up to a point, which is to say it's as logical as most things entailing a human factor can be. As odd as it may sound, the outcome of a game doesn't depend entirely on the physical abilities of the players. Unlike a proof in plane geometry, a match unfolds on several levels simultaneously, only one of which is pure physical ability. Another is pure emotion, and a third, style, lies somewhere in-between.

In a sense style is a fusion of ability and emotion. You hear the word applied to a thousand different situations in a hundred different ways, yet it's still an amorphous idea that defies explicit definition. We say an overpowering hitter has an aggressive style, a retriever a defensive style. There are probing styles and cagey styles. A player plays a smart game or a not-so-smart game, and the list goes on. But, lists notwithstanding, style isn't something that can be defined in purely athletic terms, nor is it, strictly speaking, something wholly strategic. For a working definition, let's say it's the means by which different players accomplish similar ends.

There are, for instance, a number of ways to move an opponent out of center court, and keep him out: caroms off the sidewalls, passing shots, ceiling shots,

boxing out with the body, among others. On the serve, and during the rally as well, you can either emphasize accurate placement, using all four corners of the court with some finesse, or give up some accuracy in return for more power. You can choose to maintain your position by staying in one spot as much as possible, or, if you've got the quickness and stamina, run all over the court. But what you choose to do, how often you do it, and how predictably, will eventually characterize your game. It becomes, in other words, your style of play.

Style, then, is something very closely related to the implementation of a game plan, which is, in turn, something best determined by the strengths and weaknesses of your opponent. Consequently, flexibility in the types of shots you can make and the types of games you can play will make you a more dangerous opponent, and you should, in fact, alter your style when it's necessary. But, though a leopard can camouflage himself, he can't change his spots; style is much more deeply rooted, and, therefore, much less flexible, than a game plan.

The major difference between them is something akin to the difference between climate and weather. The former is an overall matrix within which the variations of the latter take shape. Game plans change from day to day; a player's style doesn't fluctuate so easily.

You can see this rule best illustrated when it's honored in the breach, when, for example, a defensively oriented player suddenly chooses to change his tactics completely and become aggressive. He probably will be only marginally successful, no matter how much talent he has, simply because he won't be comfortable with his new role — his timing may be off, his confidence won't be there, the intuitive quality that becomes second nature after years of practice will be missing. If he's coached

badly and forced into a style to which he isn't suited, the results can be disastrous; one slight hesitation, one moment of indecision while a conflict between disposition and intent plays itself out could lead to injury. It will certainly lead to a disadvantage on the court.

Now clearly something as rigid as style isn't merely a matter of ability, although it may seem so on the surface. Each of us has, after all, certain physical capabilities — strength, stamina, quickness, good reflexes, peripheral vision — the list is enormous — that seem to govern the way we play best, and that should be properly channeled. It would be foolish to attempt a brand of ballplaying that ran counter to what you can and can't do. Intermediates, though, too often confuse style with physical ability, or, if they recognize style as something separate at all, relegate it to a position far below ability in importance. A player may never feel that he has to develop his style, merely increase his ability. He may even feel that he hasn't reached a sufficiently high point of excellence to warrant thinking about style at all; he'll certainly feel that he's won or lost a game solely on the strength of his ability.

But if that were the case there'd be one huge racquetball ladder in the world, no doubt made of gold, and every player would cling to his proper rung. There'd be no perverse cycles of wins and losses, no players like A, B, and C. That they exist is proof enough that half of style, and winning, is personality. And that is why style is so deeply rooted and so difficult to change.

There, in fact, lies the glitch in this whole question of style, because you, as a racquetball player, must effect a delicate balance between the game you'd most like to play. You must live within the constraints of your personality and at the same time not allow it to push you beyond the level of your skills.

Take a moment now to evaluate yourself. What kind of player do you see yourself as? An awesome shotmaker, able to rifle winners from all over the

court? A master tactician, always three shots ahead of your opponent? A retriever, cat-quick and sure-footed? (Don't be embarrassed by the fantasy. Let your mind dance freely in Elysian racquetball courts. You're missing half the fun of the game if you don't see yourself in slow motion every once in a while and hear the music from *Star Wars* playing in the background.) This is the personality half of your style. If you think of yourself as a shot-maker or a retriever, that's the way you're going to play the game, more or less. (Unfortunately, for most of us it's always less.) The question is, is the way you see yourself actually the way you can play best? Are you geared physically to be the kind of player you dream you are? Or are you forcing yourself into a game that isn't best suited to your skills?

Well, enough — more than enough — of theory; no one ever won a game solely by thinking his opponent into submission. How can you translate all of this insight into better racquetball?

Let's start by presupposing a not uncommon situation for intermediates: put yourself into the middle of a losing match against an inferior player. Now, of course, that's a self-contradictory statement. If he's beating you he isn't inferior. He is, at least, better than you are in the style of game you're playing. And that's the key: whose style of racquetball are you playing, yours or his?

For example, perhaps you're a strong hitter who likes to match drives against other strong hitters; you love playing at high speed. Now, however, you've come up against someone who isn't going to hit with you. He's content to return your shots — all of them, it seems — at half speed, and what look like set-ups aren't because he's throwing your timing off. If you're a victim of racquetball narrowmindedness, a widespread affliction, you'll no doubt try to overpower the problem by hitting harder. After all, compared with your shots, his are barely making it back to the wall. You can practically hear him wheezing behind you, and you really start teeing off on the ball. Unfortunately all of your shots come back with a disturbing monotony, and at the end of the hour you're on the short side of three games with an arm that feels as though it was a seesaw for a pair of elephants.

Or suppose you're a junk player. You throw your opponent spins, hooks, high lobs, dead balls, slow passing shots that seem to roll out three microns off the sidewall, and, your favorite shot, a stiff-arm kill that the old paddleball players

use. Now, however, you're playing a true retriever, someone who gets to everything and never seems to lose a step. Rallies go on for eight, 10, 12 shots apiece while he waits for a set-up, and when it comes, as it must, eventually, he puts the ball away. Junk, unless it's extremely accurate, isn't going to beat this player; you've got to hit some clean winners. But making the attempt only throws your accuracy off and gives him more set-ups.

In either of these cases it wouldn't be quite accurate to say that he's beating a weakness in your game. Instead, I'd say that he's beaten the personality that comes through in your style. There are dozens of other situations that illustrate the same principle, enough so that all of us have been on the horns of a racquetball dilemma at one time or another: a player who's lower in the rankings repeatedly beats you at every point, and, as much as you can see what's happening, you can't quite figure out how it's happening. Game after game simply slips through your fingers because he doesn't beat a single weakness of yours, but your whole style of play.

How do you deal with it?

First, it's important for you to know what kind of style you have. Most intermediates never get a clear picture of how they play the game, partly because it's difficult to get a perspective while you're in the game, partly because it's easy to deceive yourself. There's a certain illusory quality of court optics to begin with, and fatigue and excitement can further distort your perceptions, making slow, jerky movements seem quick and fluid, or vice versa. Again, if you're seeing the ball well on some particular night and playing with a high degree of anticipation, the game may appear to be moving more slowly than it actually is. You may, therefore, be slower or faster than you think you are, and you may hit the ball harder, or not as hard, as it seems.

By far the best way to get a clear idea of your own play is to spend an hour with the club pro, and more than an hour if you can. You can learn more about your game in one lesson from a good teacher than from contemplating yourself for months. If you're serious about improvement put off buying your new mauve shirt and invest the money in a lesson. You'll realize dividends for as long as you play the game.

The players you play against, especially those who beat you, are your second best source of information. But be

cautious. Some players who win a match immediately think they're ready for the tour. Ask for advice and they'll give you enough well-intentioned misinformation to send you back to the novices. When you lose, ask, very directly, what it was about your game your opponent found the most easily exploited, what he found strongest, what kind of player he thought you were. And don't be thin-skinned; take his criticisms and observations for what they're worth, and try to use them profitably.

A third excellent way of determining your style is to watch yourself play on videotape. Many of the older, less expensive video cameras run for only 30 minutes. There's not much entertainment market for them, but 30 minutes is more than enough for you. If your club doesn't own one suggest it. Or you can band together with a number of other players and split the cost. It's invaluable to watch yourself on tape. The picture will correct a hundred misconceptions you have about your game, and you'll see yourself with the cold, appraising eye you use now only while watching someone else.

Once you've established your style you can go on from there. Like the gambler's poker hand, every style is potentially a winner, if it's developed to the fullest. The important thing is to develop the style for which you already have an inclination, and not twist yourself into the uncomfortable straitjacket of another style. If you like to hit hard and low, learn to hit harder and lower. If you like to lob into the back corner, get it right so it lands dead. If you like to stand a foot or so behind your best center court position in order to get a better view of the court, practice agility drills to enable you to move forward quickly. Strengthen your strengths as well as your weaknesses. Get the faults out of your style of play and develop it to its most effective level. But don't try to take something off the ball if you're a hitter in an effort to become more accurate. Don't depend on fancy gets if you aren't a retriever. Don't plan on long rallies if you like to go for the winner early. Don't force offensive shots off your backhand because you've seen A players do it; practice it, of course, but don't go to it until it's there.

In general, play your personality. Allow your game to take its shape through your own inclinations. Your timing will be better, your confidence greater, your success increased, and your enjoyment of the game enhanced. ■

Leave Your Opponent Scrambling

(Editor's Note: Mike Yellen is currently ranked fourth on the NRC Tour and is a valued member of the Ektelon Pro Advisory Staff.)

There are some players who can skillfully execute a kill shot while on the run, off balance, and even while standing on their heads. Thankfully these players are not, as you know, the norm.

The norm consists of average players who need shots they can rely on. Good shots that percentage-wise pay off by racking up points for the shooter. The passing shot is one of these shots. It may never replace the kill shot for thrills and excitement, but it is a much better all-around offensive weapon.

The pass is an "end run" around your opponent. Your goal is to get the ball past him and close to the floor. Once that is accomplished, recoveries are rare. Your opponent will be left scrambling after the ball like a man chasing a bug.

About the only return available to him is a high lob off the back wall. Nine times out of 10, that return will be so weak you then should have a chance to vent your killer instinct.

There are three types of passes: down-the-line, cross-court and wide-angle cross-court. They are more or less self-explanatory, but let's look at the guidelines for choosing the different shots.

In general, you should go to a pass only if your opponent is in the forward two-thirds of the court. If he is deep in the back of the court, you don't want to pass back to him when you could use a pinch or kill.

In most passing situations, your opponent will be either in front of you or next to you. The only exception I can think of is when he is trapped against a sidewall when you are shooting. But that is a lapse on his part anyway and you could do just about anything and get the point.

For the sake of simplicity, let's assume that you and your opponent are both right-handed and playing good position. The pass you choose then depends on the positioning of both of you.

Starting with both of you side by side in center court, you can hit either a backhand or forehand down-the-line, depending on whether your opponent is to your left or right.

For the forehand, contact the ball waist-high or lower (the lower the better), but make sure that it doesn't contact the wall higher than three feet from the floor. You need put only about three-



By Mike Yellen

How to execute a game winning passing shot

quarter speed on the ball. Concentrate on racquet control and ball placement. The idea is to have the ball hug the sidewall on the way back.

You want it to bounce twice before it reaches the back wall. If it comes off the back wall, your opponent may have a down-the-line opportunity of his own.

The determining factors of course, are the ball's height off the front wall and its pace. Another advantage of the pass over the kill is that you need only put moderate pace on the ball for the shot to be successful. That saves your strength and lets you concentrate on accuracy.

You can appreciate that in the reverse center court situation, the backhand down-the-line which is a more difficult shot to execute. It feels that much better, though, when you do it right.

The most common mistake players make on the backhand side is to step forward for the shot just as they do on the forehand side. But the body mechanics are different and, just as you have to adjust your grip for a backhand shot, you also have to adjust your approach to compensate for the difference between an open and closed swing.

The proper footwork for a shot that goes straight down the line is to step straight toward the sidewall. It feels funny at first, but you can pick it up with a little practice.

By stepping slightly forward on your backhand shot, you turn your down-the-line into a cross-court pass which brings us to our next situation. Try that shot if your opponent is crowding over to your side of the court, anticipating a down-the-line. That leaves a wide shooting area for the cross-court.

The same is true on the forehand. It's your forward foot placement which determines the ball's direction. On the forehand, a down-the line would result from stepping toward the front corner and a cross-court from opening up your stance as you step in.

The above strategies also apply if you are behind rather than beside your opponent with one exception. If you are behind an opponent who is planted smack in center court, he may be able to cut off passes on either side.

That isn't true for every player, but someone with good lateral movement like Dave Peck will cut off and kill the normal pass.

That's when you should give your cross-court passes a little wide angle to get around him. The wide-angle cross-court rebounds off the front wall and into the sidewall about even with your opponent before continuing on into the back of the court.

If the ball strikes the sidewall behind him, its angle will be similar to a normal cross-court and he may be able to cut it off. If the ball strikes too far ahead of him, it will be angling toward him on the rebound.

The correct wide-angle shot travels in something of a semicircle just out of your opponent's reach.

One of the advantages of shooting from behind your opponent is that you have a better view of his position and where he is leaning. He has a poorer view of yours. The disadvantage is that his low shots have a better chance of success than yours because he is closer to the front wall.

A good passing game helps you turn that around by keeping your opponent on the move, first from one side of the court, then to the other, then up and back if you throw in a few pinches. If you work it right, your opponent will spend the match working a lot harder than you are. That can mean the crucial difference in Game Three. ■



CUE TO IMPROVING

How Pocket Pool Can Help Your Game

by Bob Gura

If racquetball were cereal it would be Rice Krispies, alive with the ring-ding beat of snap, crackle, pop. If pool were the morning eats it would be waffles, the grid-paper blueprint of breakfast foods.

One is the stuff of power, verve and

risk. The other a shrine to think-tank concentration, steady nerve, and finesse. One is played in antiseptic surroundings annointed with a ritual hint of sweat, confirming the site an All-American house of sport. The other often takes

place in smoke-filled rooms amid the clutter of crumpled cigarette butts and empty coffee cups. One is populated with folks doing their racquet-swinging calorie-burning best to get and stay in shape. The other is practiced by cue

toters who wear their pot bellies as badges of success. One is governed by a tight format with little room for variety. The other can be played in handfuls of variations.

What then could these obviously disparate activities have in common? Plenty is the answer if you're a racquetballer looking to improve your game. Although it's not featured in many racquetball Teach-Me books, heady players can learn chapters' worth by watching pool players in action.

Over the years pool, or pocket billiards as it's formally known, has suffered from an image problem. One perception is the mathematically precise brand of play made famous by both Willies Hoppe and Mosconi. Mixing a subtle blend of straight shots, bank shots, "English" and safeties, the pool kings made the balls jump to their wishes.

Performing in his razor-creased tuxedo, Mosconi currently spurs envy in the hearts of carom-watchers everywhere. Gentlemanly to the maximum, he symbolizes the pool player as artist.

The other half of the equation is the image of the Hustler, portrayed in the flesh (and very loudly) by the equally famous, very rotund Minnesota Fats. The living embodiment of the stereotype of the pool master as the street smart sharpie, Fats brings to mind images coined in the play "The Music Man" and the film "The Hustler." Ever on the make for a killing, millions of viewers in televisionland have heard Fats boast no one can beat him when the money's on the line.

This pairing of the genteel and the backroom has stirred much talk in the world of pocket billiards. Each side boosts its champion to the skies, but the overall effect has not sparked a great rebirth of interest. Aside from the few racquetballers with a table in their basement, only a tiny number of four-wallers have spent time studying the action on the felt.

The first thing to do when watching a game of pool (straight, eight ball or nine ball) is to gaze at the equipment. Armed with the long, tapered cue stick, any player worth chalking up can rat-a-tat the balls into their pockets. Striking the cue ball with a variety of different spins or "English," top players can cause it to roll to the exact position desired after contact.

The learning begins when a pair of first-rate players put their money, post-

match drinks or egos on the table. The game itself is more than a matchup of skills. Pool is a contest of mental evaluation and analysis first, with actual play the offshoot.

Like racquetball, pool can be played offensively or defensively. The difference is in racquetball the player momentarily on defense can take an active role. Depending on the return, the individual can hit a miracle stroke or botch a set-up. The best defense can also be a powerful, intimidating offense that guarantees opponents' errors.

Pool, on the other hand, knows nothing of active defense or opponents intercepting and nullifying brilliant shots. Lacking the physical runabout and occasional luckout of racquetball, pool players rely on long range strategy and near encyclopedic knowledge of caroms and ricochets. The best make a practice of becoming proficient in the art of making opposition's heads spin as much as the cue ball. It has often been said racquetball is the sporting game of chess. If so, pool must be considered the version the grandmasters play in the cerebral-physical chess league.

Racquetball people interested in improving their end games on court should pay close attention to the gambits and mental forays of the custers.

It's vital to remember that in pool positioning is everything. This means hitting the cue ball into the object ball so that it lands in the pocket and the cue stops where you want it. It also involves making sure if you don't have a good shot your opponent won't either.

This line of reasoning translates quickly and easily to the racquetball court. It can be extremely helpful, to the point of being a gamesaver, for physically undermanned (or womanned) players. Many times persons forced to go against stronger, faster opponents are intimidated with the first hand shot off the front wall. Quaking, shaking, or displaying signs of catatonia, the weak-willed and smaller bodied generally surrender promptly. Some, perhaps the more courageous, attempt to slug it out with the Neanderthal-strong opponent. These returns tend to be self-defeating, closed-eye pokes that rebound harmlessly off the front wall for easy putaways.

Others try their luck with passing shots, but are unable to reach the rubber rockets soon enough. The last-second swipes produce sickly passes that pound from the front to sidewall and back

towards the middle. These efforts rank with the abysmal slap-happy ceiling balls launched with wild underhand swinging. Most times these shots fail to make an impact on the front wall. When they do, the rebounds are so weak opponents are challenged to miss them.

The correct way to take the measure of the physically advantaged is to think pool and plan a step ahead. The process begins by staring extra hard at the opponent during the warm-up. The idea is to spend the time preparing for battle rather than allowing the pupils to helplessly dilate in fear.

A wise way to approach a session with a ball bruiser is to practice beforehand with another. At least half of the intimidation to come is audio-inspired. Playing on the echo-chamber-like court, loud contact between racquet and ball sounds dynamite strong. Cotton in the ears, coupled with an eye on the opponent will help lessen the fear — decibel count ratio. Then come gametime you'll be able to concentrate on planning instead of scrambling.

Pool masters make use of audio-intimidation in the opposite fashion. Being a game of subtlety, top stickmen avoid sending the cue ball crashing wildly and loudly into the numbered balls. The approved style is to hit the white ball so that it makes a short click or gentler bump on contact. Rookies and lesser talented players often believe power wins out on the table. With time these vulgarians change their style or learn to live with the scattershot misses caused by extra effort.

After studying the opponent during the warm-up, the racquet-wise player will have learned several vital points. Does he or she favor the backhand and use it equally for kills or passes? Does the opposition hit killshots from all over or only in close? How well does the opponent hit when positioned near the sidewalls? Did the other side hit any ceiling balls during the sweatup, etc.?

While you may not be able to search out all the answers beforehand, when play starts you should have a high-caliber strategy. A key to the plan is to play keep-away. This doesn't mean avoiding the opposition like the plague, but keeping the other guy or gal from doing what comes naturally. It won't take long to find out which side of the court the power hitter likes to launch the heavy burners from. The same applies as to the favorite base for swatting bottom-

wall kills.

Make use of the information and make the opponent play a different style than usual. The wisest move is to focus heavily on the backhand side of the court. Unless the opposition is one of the rare few with a stronger backhand, refrain from hitting to the forehand if possible. Pool players have long made use of this tactic, forcing the other sticks to deal with shots they'd rather not take.

This defensive style is readily put into play on the racquetball court. There are, however, a few white-hot important aspects to bury in the memorybook. The first is to only take chances on offense. The other side can't score when you have the serve, so that's the time to work out kinks, try new strokes, and correct errors.

The second has to do with self-control on defense. Whenever you're faced with returning a serve, focus on two points: number one, "Can I hit a winner (generally on drive serves to the forehand)?" If yes, stroke it, but if not, avoid the kill or pass and go to the ceiling. Number two relates to the serve to the backhand side. Few players short of the top can regularly put away long-distance killshots or rollouts. The prospect may be tempting on a drive serve to the backhand corner, but prudence says go to the ceiling ball again. This will allow you to take over center court while driving the more powerful player backwards. Many a rally will be won when the bruising opposition tires of the chase and tries a low percentage low-range kill.

Masters of the felt and pockets accomplish the same with the safety. This is a defensive shot that puts the cue ball in a bad position for the opponent. If the opposing side tries a hard shot next (the equivalent of a risky kill) and misses, the table is left open. The alternative is to hit another safety. Like ceiling balls though the first safety is always easier to hit than the second.

Racquetballers willing to study the pool table will find another practice they can put in use. Whenever a pool player misses badly, the chances are good the other side will cash in. This is achieved by hitting short precise shots that are easy to make and run off in succession. The clever racquetguy or gal should do the same in center court. Far too often players try to match up with the stronger or faster opposition. More often than not the outcome is predestined, self-induced

bad news. Hard kills bounce off the front wall and are picked off for winners. Passes fly off the back wall for simple set-ups, or catch the sidewall producing more losers.

Instead of pounding away in manly or feminine fury, the thing to do is relax and stroke the ball gently into the corner. Pinch kills are the route to go, especially those side-front wall efforts hit in the direction the opponent is standing. These shots are highly makable and have several virtues. The first is that it's easier to hit the ball into the corner low than off the front wall. These pool-type bank shots move in a sharp route, slicing across front court.

They are doubly efficient when the other side is stationed in the back court. This stroke cancels the speed of a faster racqueteer by making the run to return longer and the angle tougher. Hit the shot enough and most power-game players try harder and harder to smash the ball back. This should result in the other side doing much tiring pinch pursuit.

Sometimes the pool-observant player will come across an evenly matched opponent. The trick here is to take another page from the men in tuxedos and blow a smokescreen.

The first impression notched by racquet-holding equals is that they'd better play all out to earn the win. Once again, think pool. Cuemen wise in the world of wagering know what to look for in competition. The item they're searching for is the edge. It's the one area of play where you have a definite advantage. This may mean your strength is better than the opponent's, or one of your weaknesses can overwhelm his.

Pool players do their best to play defensively and acquire knowledge of the edge. Can the other tuxedo hit with various kinds of spin and make the easy shots? Are there any strokes he tries to avoid, or any he is over-reliant on? It may take a while but come the final point of the game, the clever searcher will usually come out on top.

The same principle should be applied between the even-stevens or the four-walled pool hall. The message is simple: play high-percentage shots on defense and let the other side show everything he or she has when you serve. It won't take long to find out the weak points, and few if any scoreboard points will be lost. Then, when the information is rally-winning verifiable, put it into practice.

Your best shot may not be needed if the other side can't cope with the everyday variety. On the other hand, it's a top of the class move to pull out a surprise at the 21st point. Sure, you could have used the stroke all game, but if possible hide a ready-made point maker til the end. That way the surprise ending turns up roses for your side and weeds for the other.

Racquetball players should also adopt another tenet of the pocket billiard philosophy. It reads as follows, in bold print. **A GOOD PLAYER SHOULD BE ABLE TO WIN ON AN OFF DAY.** This notion more than any other reads out class. Pool players cursed with powder-proof sweaty palms, blisters or other problems often compete feeling less than ready. Rather than say ho-hum, better luck another day, they do their best to tough the win out. Victory comes by concentrating hardest on what they can do and avoiding overstepping. They do their best to psych the opponent out by occasionally trying the unexpected.

Racquetballers troubled by a case of lethargy, sore feet, or self-doubt should do the same. While it's simple to imitate an envelope and fold up on court, try a little harder. Play as if you're sure of the win and let the other side know it. Take lost rallies in stride and try anything different at the service line — anything that the opponent doesn't expect from you. The change in program, coupled with steady defense, can rattle the presumed winner. All it takes are a few misses and errors for the opposition to start pressing.

Given any luck, an ingredient everyone has now and then, the tide will literally turn. Sore feet feel perky when the score is in your favor. By the same token, lethargy takes a vacation while self-doubt is replaced by court bravado.

Once things begin to go your way, it's imperative to maintain the status quo. Pool players would say hit the sure shots and take few risks. The racquetballer should heed the concept and keep in stride. This means staying atop the opposition by hitting the risky shots when the least loss can be incurred.

If the game of pool has a legacy for racquetball, it could be best expressed as: Patience, knowledge of the opposition, and foresight. It's sound advice whether poking a ball with a long stick across felt, or smacking a piece of rubber into concrete with a racquet. ■

BRAVE NEW WORLD

Racquetball's International Debut at World Games I



"We're all number one," was the cry of the teams at World Games I. At least they are the first group of racquetball players to ever compete in an international event. The Japanese, West Germans, Americans, and Dutch have it up in front of the Decathlon Club which hosted the racquetball segment of the World Games. Han van der Heijden (in white shirt, front row) was re-elected as president of the International Amateur Racquetball Federation (IARF).

Camaraderie is a feeling that people often talk about, but during the racquetball competition of World Games I in Santa Clara, California, August 1 and 2, there was a lot more than just talk about camaraderie. Gone was the vicious na-

tionalism of the Olympics with its politics and controversy, and in its place was a true feeling of international oneness. To every one of the players involved this was a lot more than just another tournament; they had practiced long and hard, traveled to their national

qualifying tournaments, scrounged together the money to make the trek to California, and now hoped to bring back a medal for all their efforts. And yet, the most important part of the World Games was the new friends and the memories.

Most tournament write-ups highlight the action on the court, but the first World Games and the first World Racquetball Championships were not like other tournaments. The final scores can indicate what happened in the matches, but so much of the action was off the court.

The most popular activity was swapping T-shirts. By the end of the week, it was not quite so obvious which country anyone was from—sort of like the old "melting pot" theory about this country. Susana Martinez of Mexico was wearing a Japanese T-shirt, Siohhan O'Donnell of Ireland had on a Dave Peck summer camp T-shirt, Scott Shafer of the USA wore a T-shirt which was in Spanish, and Mirjam Wielheesen of the Netherlands had traded a Dutch shirt for an Irish one. But the Japanese team gets the award for going home with shirts from every country but their own.

The sportsmanship and lack of appeals was also exceptional considering the importance of the matches. The closest matches were won with respect for the winner and the most lopsided matches were won with respect for the loser. William Wenzel of West Germany was pleased that the Americans never gave the impression that they were playing down to the less experienced players.

So many of the players and coaches expressed their gratitude for just being able to be part of this historic event and being able to meet so many good people. There were parties and dinners every night, including one that was put on by the Irish team, complete with Irish whisky and biscuits and singing and dancing. Despite feelings of disappointment at the lack of media exposure and some complaints concerning disorganization, overall World Games I was an experience of a lifetime that no one who was involved will ever forget.

The idea for the World Games was initially conceived after a meeting of the General Assembly of International Sports Federations (GAISF) in 1974. Because the Olympic Games have become too large and expensive, as well as political, to allow new sports to be included, it was felt by the GAISF that there was a need for an international stage for participation sports such as badminton, taekwondo, tug of war, roller skating, and casting. The creators of the World Games did not intend to take away from the Olympics, but instead to compliment them. Therefore, it was decided that the Games would be held every two years beginning in 1981.

"Our objective is to create fellowship among world-class athletes rather than

Story and Photos by Carole Charfauros George

nationalistic competition," stated Dr. Un Yong Kim of Korea, the president of World Games I Executive Committee and chairperson of the non-Olympic federations of GAISF. "We also expect the Games will contribute to the growth of athletic excellence and, at the same time, establish an international sports showcase for those who have not had that opportunity in the past."

In keeping with the idealistic attitudes of the founders of World Games, the athletes were housed according to their sport rather than their country. There were no national anthems, no national team scoring, no flags at the opening ceremony and no closing ceremony at all. The World Games will be held at existing sites rather than building multi-million dollar structures which impose financial debts on the hosting city. (For details, see *Racquetball*, December '80.)

Dependent upon availability of local sponsorship or other financial backing, most teams, including the US racquetball team, paid their own way to the Games. US team members were afforded partial reimbursement by the AARA, and housing and meals were provided at the University of Santa Clara. The Japanese players paid half of their expenses and private financing paid the other half. Holland's racquetball federation paid the entire team's way while the two players from West Germany had to foot their own bill. The Mexican team had local private sponsorship.

Surprisingly, it was the Irish team which had the least racquetball experience, but the best promotions. Handball is the national sport of Ireland, but it's only been in the past few years that anyone began playing racquetball on their 30 x 60 foot concrete courts. Still, the team was able to get a \$10,000 sponsorship from Private Motorist's Protection Association (PMPA), partly because Philip Duignan, the team captain, is the assistant general manager of PMPA, the largest insurance company in Ireland, and also five board members out of twelve are racquetball players. Philip's wife, Marie, who played number one for Ireland, did the pre-Game promotions in Ireland, gaining exposure in every newspaper, every radio station, and a 20-minute interview with the men's and women's team captains on national television.

The local media, however, gave only minimal attention to the World Games and virtually none to racquetball. Art Rosenbaum, a sports columnist for the San Francisco Chronicle, was one of few who followed the Games. He felt the lack of publicity was due to the fact that the organizers had done such a good job of keeping politics and controversy out of the Games. In his July 14 column he estimated that "80 percent of media coverage of Olympic Games deals with inadequate facilities, errors by officials,



Barbara Faulkenberry (USA, left), of the Air Force Academy puts one down-the-line in her playoff against Presbyterian minister and 30+ national champ Betsy Massie (USA) in their third place playoff.



Which player is representing Mexico? Actually, said first place winner Ed Andrews (left) "both Mexico and Ireland invited me to represent them in the next World Games, since my family is a combination of both."



Larry Fox (left) was the only US player to lose a match in his playoffs for third against Martin Padilla of Mexico (right). Fox said he wouldn't have cared if he didn't win a single match. The World Games still would have been the most exciting racquetball tournament of his 11-year career.



Cindy Baxter, winner of the World Championships, uses body language to question the ref's call. Sprechen Sie Englisch? Not everyone at the tournament did, but Mirjam Wielheesen of Holland, who finished fourth, spoke English and played racquetball with great proficiency.



Mary Ann Cluess is determined not to let the gold medal get away from her in the doubles finals against Holland.

RACQUETBALL'S FIRST INTERNATIONAL DICTIONARY

SPANISH:

Hinder—*estorbo*

Ace—*ace*

Z-serve—*servicio zeta*

Great shot—*Buen tiro*

Where are the racquetball courts?—*¿Donde esta el racquetball?*

DUTCH:

Hinder—*hinder*

Ace—*ase*

Killshot and rollout—*same as english*

Z-serves—*Z-serves*

Great shot—*goed schot*

Where are the racquetball courts?—*Waar zyn de racquetball banen?*

Do you want to play racquetball?—*Wil je racquetball spelen?*

IRISH (GAELIC):

Ace—*mare*

Hinder—*Bae*

Z-serve—*Cath triantánach*

Great shot—*scór mhaith*

Where are the racquetball

courts?—*Scapailhe ar fud na tire go h-áirithe fasin dtuath?*

Kill shot—*scór marbh*

Rollout—*rith amach*

Skip ball—*leim an liathroid*

Do you want to play racquetball?—*Ar mhaith leat Riathróid leadóige a imirt?*

GERMAN:

Ace—*as*

Hinder—*Hinder (Behinderung)*

Skip ball—*schelchter Ball*

Kill shot and rollout—*same as english*

Where are the racquetball courts?—*Wo sind die Racquetball Anlagen?*

Do you want to play racquetball?—

Möchten Sie racquetball mit mir spielen?

Great shot—*gutes Spiel*

Z-serve—*same as english*

suggestions to cancel, selection of future sites, complaints of unfair tactics, eligibility problems, lack of security, and financial disasters."

Even though it didn't attract media attention, the first World Racquetball Championships, which preceded the actual World Games competition, was not without controversy. Again it was the Irish who spoke up. They protested the outcome of the world championships, based upon the published format of team make-up. After a meeting of the IARF, the protest was unanimously upheld and Ireland's women's team moved up from a fourth place finish to second.

Actually the outcome of the Games was obvious before the competition even began. Everyone expected the United States team to be better than any other; the only question was how much better.

The most popular activity was swapping T-shirts. By the end of the week, it was not quite so obvious which country anyone was from—sort of like the old "melting pot" theory about this country.

"The Americans were not as good as I expected," commented 16-year-old Arno Mooyman of Holland who's been playing for two years. "I watched Ed Andrews and he is very good, but if I see an American army guy in Holland he's very good too. Of course I haven't seen the American pro play." Unlike the Olympics, the World Games doesn't necessarily exclude professional athletes from competing because it's up to each individual sport to set its own guidelines for qualification. The IARF decided to limit their event to amateurs like Andrews, who purposely abstained from turning pro in order to be eligible for World Games I.

Armida Suarez, 18, of Mexico who also has been playing only two years and took home a bronze medal in doubles, echoed Mooyman's sentiments. "I expected the players from other countries to be better." Still Suarez plans to move to the USA in the future so that she can get more competition against women and eventually play professionally, without having to cross the border all the time. "Mexican women are not as com-

petitive as Americans," she added.

The Japanese people, at least the men anyway, are known for being competitive. Their racquetball was no exception. Even though there are probably not many more than 100 racquetball players out of Japan's total population of 110 million, they still brought over a five-man team and their coach. What the Japanese lack in experience they more than make up for in enthusiasm. "We learn a lot of tricks here," smiled Michikane "Ken" Ishiguro, the team captain. Ken Ishiguro started playing racquetball five years ago when there was only one court in the entire country and has always been able to beat his opponents, except a few Americans stationed in Japan whom he drives four hours in order to play. Now he says he learned that there's more to the game than just hitting the front wall, as the Americans so dramatically demonstrated.

Even though the Americans did clearly dominate the competition this time, except for a few close matches with the Dutch women who have been playing longer than most, and the men from Mexico like Martin Padilla and Adan Chavez who got their training north of the border, the victory probably won't come as handily next time.

"People just don't realize how important World Games is for racquetball," explained Ed Andrews. "I really strongly believe that the future of our sport is right here. Racquetball's pretty stagnant in the US with racquetball clubs going under. We need the foreign money and the foreign players to get it growing again. I'd say in another eight to ten years the caliber of the players around the world is going to catch up with Americans."

The seeding of the World Games was determined by the outcome of the round robin competition of the first World Championships held a few days earlier. Therefore, the Americans received the top three seeds in men's and women's singles and the top seeds in the doubles. As expected, the Americans won the gold in all four events, and the only medal that eluded them was an exciting third place playoff between Padilla and Larry Fox which Padilla won with an overhead pinch at match point to win 21-16, 18-21, 15-14 after trading off serves several times at match point apiece.

Other than Padilla, the men's singles looked like a replay of the AARA Nationals, where Fox took out Martino in the semis before losing to Andrews in the finals. But instead, Martino got hot and outplayed Fox 21-16, 21-15 to advance to the finals. Martino held the lead most of the first game before Andrews slipped past to win 21-18. After that the 19-year-old Martino, in his first national, let alone international, finals seemed to



Japanese team captain, Michikane Ishiguro, demonstrates his country's custom of bowing before serving the ball.



19-year-old Jorg Harnold may not be very happy with his performance, but for someone who has only played racquetball for nine months, it must be a thrill to have attended the World Games.



Holland's Tony Luckx, team captain, (left) and Frits Groenendyk, a former Dutch squash champion, (right) proudly display their bronze medals for a third place finish in doubles.



Raul Canales and Federico Alvarez of Mexico (center) were two tired "hombres" after coming back to win 21-18 in the second game against US champions Jeff Kwartler (left) and Mark Malowitz in the finals. The Americans took the tiebreaker 15-1.

buckle under the pressure. Andrews definitely agreed that his own experience after winning five national titles (two-time AARA, 1979 AMF Voit Classics, 1981 USRA, and 1980 Ektelon-Perrier) was a decided advantage.

In the women's singles Cindy Baxter proved that her AARA title wasn't a fluke as some people had believed since her rise to the top of amateur racquetball has been so rapid. In the Nationals she upset top-seeded Barbara Faulkenberry 21-2, 21-3 in the semis before defeating Lydia Emerick 21-3, 21-8 in the finals. At the World Games Faulkenberry made Baxter work a little harder, but the Pennsylvania state champ still came out on top 21-6, 18-21, 15-2.

RESULTS

Men's Singles

First Round: Ed Andrews (USA) over Michio Ishimoto (Japan) 21-7, 21-7; Armando Urias (Mexico) over Frits Groenendyk (Holland) 21-15, 21-7; Tony Luyckx (Holland) over Shun Oyama (Japan) 21-6, 21-15; Martin Padilla (Mexico) over Peter McGee (Ireland) 21-4, 21-3; Mark Martino (USA) over Willie Wenzel (West Germany) 21-5, 21-7; Adan Chavez (Mexico) over Anday Byrne (Ireland) 21-4, 21-9; Michikane Ishiguro (Japan) over Arno Mooyman (Holland) 21-20, 21-11; Larry Fox (USA) over Cathal Brugha (Ireland) 21-14, 21-0.

Quarterfinals: Andrews over Urias 21-1, 21-6; Padilla over Luyckx 21-10, 21-6; Martino over Chavez 21-6, 21-11; Fox over Ishiguro 21-15, 21-11.

Semifinals: Andrews over Padilla 21-8, 21-14; Martino over Fox 21-16, 21-15.

Finals: Andrews over Martino. Third: Padilla over Fox.

Women's Singles

First Round: Marianne Culinane (Ireland) over Maritza Fuentes (Mexico) 21-16, 21-5; Marie Duignan (Ireland) over Dineke Kool (Holland) 21-13, 21-11; Armida Suarez (Mexico) over Paula Jennings (Ireland) 21-15, 21-18.

Quarterfinals: Cindy Baxter (USA) over Culinane 21-1,

21-3; Miriam Wielheesen (Holland) over Susana Martinez (Mexico) 21-18, 17-21, 15-13; Betsy Massie (USA) over Duignan 21-2, 21-4; Barbara Faulkenberry (USA) over Suarez 21-1, 21-5.

Semifinals: Baxter over Wielheesen 21-18, 17-21, 15-13; Faulkenberry over Massie 20-21, 21-16, 15-11.

Finals: Baxter over Faulkenberry. Third: Massie over Wielheesen.

Men's Doubles

Quarterfinals: Wenzel-Harnold (West Germany) over Ohno-Shiomi (Japan) 21-5, 21-19; Luyckx-Groenendyk (Holland) over Dunignan-Moss (Ireland) 21-13, 21-8.

Semifinals: Malowitz-Kwartler (USA) over Wenzel-Harnold 21-1, 21-0; Canales-Alvarez (Mexico) over Luyckx-Groenendyk 21-6, 21-18.

Finals: Malowitz-Kwartler over Canales-Alvarez. Third: Luyckx-Groenendyk over Wenzel-Harnold.

Women's Doubles

Semifinals: Borga-Cluett (USA) over Martinez-Suarez (Mexico) 21-2, 21-10; Wielheesen-Kool (Holland) over Donegan-O'Toole (Ireland) 21-2, 21-7.

Finals: Borga-Cluett over Wielheesen-Kool. Third: Martinez-Suarez over Donegan-O'Toole.

TIME OUT

It takes so many people to make a success of an event as monumental as these historic Racquetball World Championships and World Games I. We want very much to thank them all to let them know of our sincere appreciation and gratitude for their support and physical effort.

Without our sponsors — Penn Athletic Products Co. (Bob Beebe, Product Manager) and Lite Beer from Miller (J.P. Kidwell, Dick Ferrari, and Jim Looper) — we could not have even begun to undertake these competitions. On the local scene our committee consisting of Bill Masucci, California State Director; Elsie Wayne, Larry Zeitman, Chuck Worley, Patty Welker, housing; Sam Hickey, floor manager and his committee of referees, made the entire activity of tournament play run smoothly for administration and players.

A man who has been a dominant force in racquetball wore many hats during these events. Serving as Tournament Director, Coach, and captain of the US team and liaison between the World Games I committee and the IARF's organizational staff, Dr. Bud Muehleisen deserves all the many accolades that have been bestowed upon him in the past and the appreciation and respect of all of racquetball's delegation to the Championships and Games. The US team specifically wishes to recognize and thank its sponsors, Chatem Drugs, Levi Strauss, and Foot Joy for their vote of confidence.

To the management of the Decathlon Club, Tom Martin, Athletic Coordinator, and Galon Mylar, Vice President and General Manager, our thanks for their cooperation and indulgence of our use of their magnificent facility.

This "thank you note" would not be complete without a special expression of appreciation to the athletes and officials from the six competing countries who made being a part of Racquetball's World Championships and World Games I an unforgettable experience and one that all of us look forward to again when we meet in 1983. ■



WETTING YOUR WHISTLE

The Proper Way to Replace Essential Body Fluids

by Dana Derick

Ms. Derick, of Massachusetts, is a Registered Dietitian with the American Dietetic Association, who works in a Clinical Pediatric Service at a general hospital. She has a special interest in sports nutrition as she is a jogger and racquetball enthusiast.

As new knowledge in sports nutrition becomes available it is bound to conflict with some of the old habits and practices of the past. For years, weight lifters and body builders have downed brewers yeast, desiccated liver pills and fortified milk drinks to increase their protein intake. Recent studies reveal they have no increased need for this nutrient, which is

an expensive and inefficient way to get the extra calories they do need (high carbohydrate intake is their answer). Likewise, athletes ate candy bars before a competitive event which caused a rapid, temporary rise in their blood sugar that was quickly used up and left them worse off than no snack at all. Now, oranges are frequently offered during

the same events, which are more easily digested and provide instant energy as well as fluid. The focus of this article is the controversy over salt tablets "i.e., to drop or not to drop," because though the latest word on the subject strongly suggests they are not only unnecessary but potentially harmful, "old habits die hard." However, the best way to dispell myth is through factual information which is provided here in regard to salt and fluid requirements during strenuous exercise, or how to keep sweating.

Water is perhaps the body's most important nutrient. It makes up about 60 percent of the body's weight and as little as a three percent loss [for a 150-pound person that is four and a half pounds that can easily be lost in an hour of strenuous racquetball or running] can seriously impair athletic performance. But why is water so important when a person is exercising?

The fluids in the body transport glucose (sugar) and oxygen to the muscles. Both are necessary for proper utilization of energy. At the same time, water carries away the waste product of this process, mainly carbon dioxide. Since the fluids in the body are constantly circulating, any depletion in its volume limits the amount of oxygen and energy that can be carried to the muscles, thus inhibiting optimal nourishment to these tissues being used to perform in competition.

This use of energy in the muscles produces heat, thus raising the body temperature. Since the body must maintain its temperature within a few degrees (98.6 degrees F being normal) some of the fluid is diverted to the skin where excess heat is given off by vaporizing sweat. The warmer and more humid the surrounding environment, the more difficult it is to get rid of the body heat and more water is lost, supplying less to the muscles. Inadequate fluids (dehydration) eventually leads to the body overheating and heat exhaustion. This is characterized by cold pale skin, low blood pressure, dizziness and ultimately, collapse. Obviously, none of these conditions are conducive to optimal athletic performance.

Having explained the reasons for the athlete to maintain adequate body fluids, the question arises as to why athletes take salt tablets. The answer is in the sweat. When the body vaporizes water, it also loses electrolytes. Electrolytes (which are sodium, chloride and potassium, among others) maintain the proper fluid balance in the body. So, theories in the past have been based on the premise that it was necessary to replenish the body's sodium (sodium and chloride equal salt) loss and that this



would help retain some of the body's water. This in fact is *not* true. The sodium loss is miniscule and disproportionate to the greater amount of water lost as sweat. In fact, salt tablets greatly increase the body's need for water and can lead to similar symptoms of dehydration by holding water the body needs to release as sweat to keep cool.

So, how *does* an athlete keep enough salt (but not too much) and water in his or her body to perform at the optimal level?

There is no immediate need to replace salt losses during exercise. In fact, as the body sweats, the sodium in the body becomes more concentrated even though some is lost with the water. Two pounds of sweat contain about one to two grams of sodium, which would be supplied in one cup of bouillon or one dill pickle, and a well salted meal has three to four grams. Therefore, even when seven or eight pounds of water are lost during strenuous racquetball matches, a meal at a fast food restaurant of a cheeseburger with ketchup, relish and salted french fries would put the athlete back on the

road to sodium balance. Subsequent meals, lightly salted, will keep them there. (The *average* American eats 6-18 grams of salt a day. Thus, *no* need for salt tabs!)

On the other hand, water replacement during strenuous exercise is *vital*. It is important to realize that thirst is *not* a good immediate indicator of the body's needs, so some forced fluid is essential. Fluids taken during an event will not totally replace losses, but can reduce the risk of dehydration. (It actually takes 24 to 36 hours to fully replace the lost water when greater than four percent of the body's weight is lost. So, in a tournament, competitors must consciously continue to drink fluids between matches.) Two to three eight ounce glasses of fluids should be drunk two to three hours before the event and again 10 to 15 minutes prior to competition. Then, four ounces should be drunk at 10 to 15 minute intervals (during time-outs and between games.)

What is the best fluid to drink? Obviously, the one that is absorbed the fastest. As water is most rapidly absorbed from the stomach when provided in a solution of 2.5 percent sugar, the athlete may also gain the edge on energy during fluid replacement time-outs. Orange juice or commercial competition drinks diluted to half strength (half water and half juice or drink) would meet this criteria (undiluted they are absorbed more slowly than plain water). The sugar in these beverages is available to the body within one to three minutes and will provide a quick energy pick-up.

Ultimately, it is important to realize that everyone's body is different. Nutrient needs are always given in generalities and recommendations are stated to meet the needs of the majority. The person who sweats profusely and puddles the racquetball court with pools of water probably has needs for water and salt greater than those stated. Also, the athlete with dry salt-caked skin is showing signs of inadequate fluid intake. However, the human body is incredible in its ability to adapt to the trials it is put through. Even for the athlete who exercises strenuously, losing large amounts of water and sodium daily, the kidneys quickly adapt to such a routine and conserve greater amounts of these nutrients so more is available for sweat.

The bottom line is, protein powders, candy bars and salt tablets are out (unless under advice of a physician.) Drinking plenty of fluids before, as well as during competition is in. So, indulge in the salted pretzels and beer after the matches, it is a most enjoyable way to sodium and fluid repletion! ■

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THE KHANS AND SQUASH

Of the 28 Khans who have played squash, five besides Gul have achieved international prominence and have helped to set the tempo of both hard and soft-ball squash over the last three decades.

Hashim Khan...seven times world soft-ball squash champion, four times North American or hard-ball champion

Sharif Khan...12 times North American champion

Mo Khan...four times North American champion

Aziz Khan....currently ranked sixth in North American squash

Charlie Khan...currently ranked 13th in North American squash

"I can't understand the lack of government support that athletes receive in this country," says the Pakistan native. "Look how much good will athletes can earn for America."

Photos by Mark M. Murray



CROSSING OVER

WHY SQUASH KING GUL KHAN PLAYS RACQUETBALL

BY TOM SLEAR

The Khan name is more than a symbol of excellence in squash circles — it is synonymous with squash itself. Much like Notre Dame and college football, the Yankees and professional baseball and Ali and boxing, Khan and squash are interchangeable.

So what is a member of the Khan family doing playing racquetball?

"People have known me for years as a squash player," says Gul Khan, one of the 28 squash-playing Khans, "and now I want to try racquetball to see if I can become Gul Khan, the racquetball player."

But there is more to the switch than that, much more. True, Gul Khan has had his high points in squash. He was ranked third in the world in 1974 in "hardball" squash. (In North America and Australia, squash is played with a harder and therefore faster ball than the one used in the rest of the world.) In 1975, Khan was the Pan-American Cup champion.

So he does not sound foolish when he says he is looking for new challenges. But there is an element of snobbery involved here. Squash, you see, is the real game and racquetball...well...let's just say it shouldn't be any problem for an accomplished squash player.

"In squash," says Khan, "there are no time-outs and the rallies last much longer. There is no ceiling shot in squash so you have to be in much better shape than for racquetball. Also, you can't hit the ball as low in squash because of the telltale [a 17-inch sheet metal strip at the bottom of the front wall that is out of

play] which means no real kill shots. You have to be more clever with your shots."

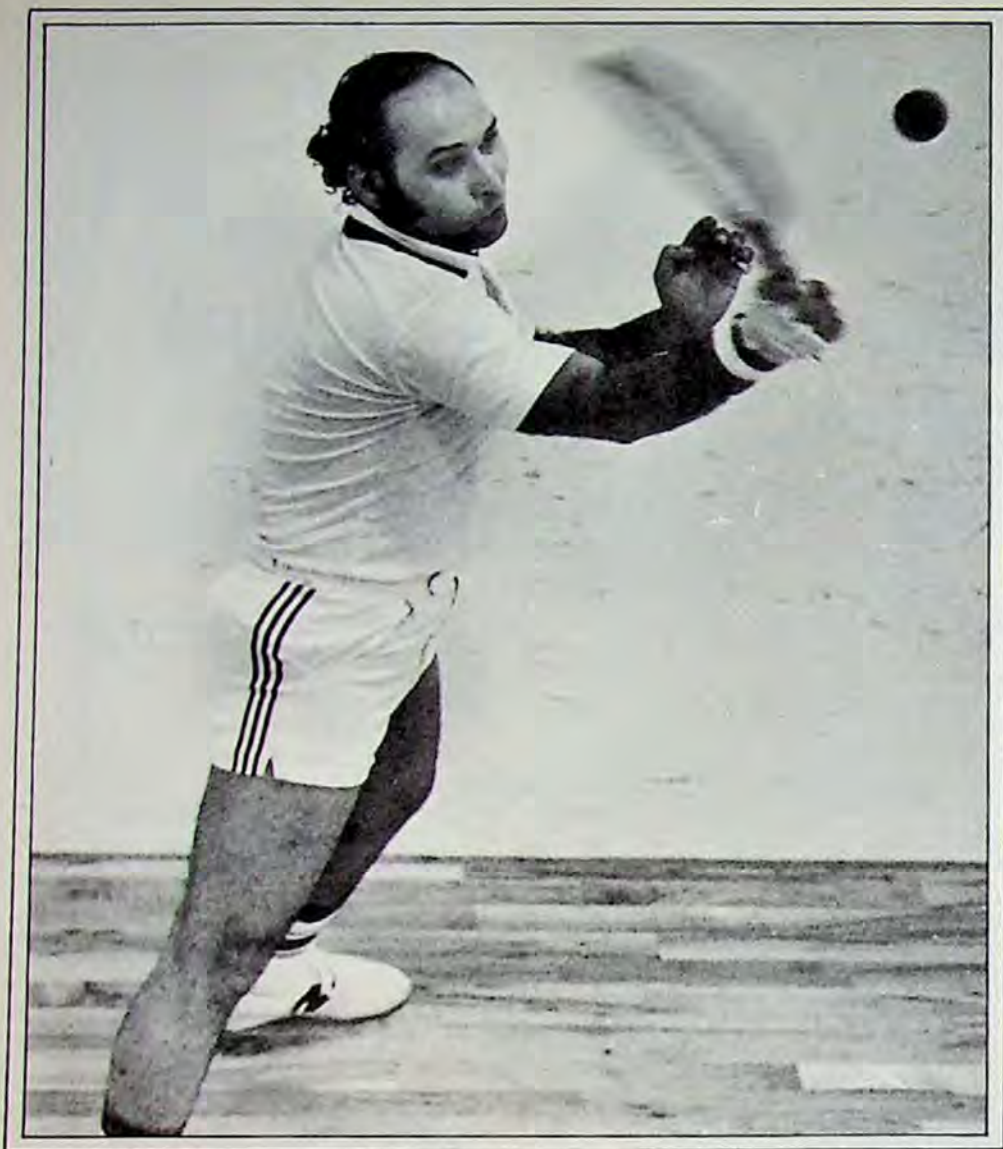
However, Khan refuses to cross the gray line between confidence and arrogance. He readily admits that he has a lot to prove. Though he started racquetball only a year ago at the urging of pro Mike Yellen and is already playing at the "Open" level, Khan hasn't won a major tournament and has played very few top amateurs and none of the pros.

"I have only been playing and practicing racquetball once or twice a week," Khan says. "I'm going to play through the end of the year and see if I can get a sponsor and go on the pro tour. If not, I go back to squash."

Khan first came to America from his native Pakistan in 1971 for a short visit with his brother Mo. The visit turned into a permanent move. After a brief adjustment to North American or "hard-



In 1975, Gul Khan was the Pan-American Cup squash champion.



"I have to improve my kill shots if I want to play with the pros," he says.

quetball pinch shot to win a crucial point.

The reaction from the crowd?

"Another goddam squash shot," one spectator said. Most of the others nodded in agreement. It's understandable. Much of Khan's game does resemble racquet-squash.

He cocks his forehand and backhand high above his shoulder like a golf swing rather than the compact wind-up in vogue today. Seldom does he use a kill shot, preferring to rely on his perfected passing shots. And after 24 years in squash (Khan is 32), he has developed a sixth sense about court position. Diving and lunging are taboo.

"Still, I think there is a lot of the same in squash and racquetball," he says. "A 'B' squash player can switch over and compete well on a 'B' level in racquetball after about three months."

But Khan is not aiming for "B" level, he wants to play with the best and he is quick to point out that he needs work in some areas.

"I have to improve my kill shots if I want to play with the pros," he says. "I will rely on my passing game but I don't think I can get away with just that. My backhand and my serve have to get stronger. Also, I've got to play better players on a more regular basis."

One aspect of success Khan will not have to adjust to is handling the public and the media. After being the center of attention for so long, he has a polished demeanor. He always has time to reply to well-wishers in his heavily accented English. He may know only 10 percent of them but they all walk away convinced that he remembers them from someplace.

"My father said that life is too precious to waste it acting cocky and mean," Khan says. "I understand people wanting to get close to athletes and the media whose job it is to get to know the better athletes. It doesn't take much of me to give a few minutes of my time and act pleasant to people."

When I mention that many athletes view their obligations to the public quite differently, Khan refuses to take the bait. He won't comment on the notorious on-court shenanigans of professional racquetball players and carefully circumvents any sort of confrontation.

"I'll judge the pros when I'm on their level," he says. "Before that happens, I've got a lot of work to do." ■

ball" squash, Gul was back in top form and gradually enhanced his world ranking.

Khan settled in Boston because it is one of the few areas in America, he says, where you can mention squash and "people don't think you are talking about a vegetable."

"There are a lot of doctors and lawyers in the Boston area who are willing to pay \$16 an hour for lessons," Khan says. "Since you need about 12 lessons in squash to get started, teaching squash has been good business."

It certainly has — never bringing in less than \$30,000 a year when combined with tournament purses. Consequently, Khan cannot afford to gamble too much on money-deprived racquetball. He will continue to teach squash no matter how far competitive racquetball takes him. Yet Khan is miffed by athletic options tied so closely to personal finances.

"I can't understand the lack of government support that athletes receive in this country," he says. "The good ones in all sports should never have to worry about money. The government should take

care of all that. The athletes should only be worrying about training and competing."

But America is not Pakistan, I say. Americans are extremely weary of government intervention no matter how noble the intent. Besides, most of the fun is doing it on your own.

Khan shakes his head in disbelief.

"Look how much good will athletes can earn for America," Khan explains. "They should be supported. There is no reason some of the top racquetball players should have to struggle like they do. Also, the seeded amateurs in any tournament should never have to pay entry fees."

Despite Khan's wishes to the contrary, he is known among New England racquetball enthusiasts as Gul Khan, the champion squash player. Even in the early rounds of a tournament, a crowd gathers to watch him play. The uninitiated are quickly told who he is. During the match, Khan is given little credit for his racquetball skills. When playing in the Northeast Regionals last April, he executed a picture-perfect rac-

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Mercury News Heart Classic Royal Courts San Jose, California

Over 400 amateur racquetball players recently competed for the American Amateur Racquetball Association's California State Championships in the singles division.

The third annual Mercury News Heart Classic was played during a four-day period at nine local racquetball clubs. The finals matches were held Sunday (May 17) at the Royal Courts in San Jose.

All proceeds from the tournament were donated to the Santa Clara County Chapter of the American Heart Association.

Open:

Al Viola of San Jose.

B:

Len Olmos of Fresno.

C:

Bennett Oppenheim of Fremont.

D:

John Ettema of San Jose.

New Player:

Philip Seay of San Jose.

Senior 30+:

Joe Weiss of San Jose.

Senior 35+:

Price Thomas of San Bruno.

Senior 40+:

Mark Wayne of Fremont.

Master 45+:

Gino Landrum of Mountain View.

Master 50+:

Al Rossi of San Francisco.

Golden Master 55+:

Al Rossi of San Francisco.

Junior 17-and-Under:

Pat Silberman of El Dorado.

Junior 15-and-Under:

Vince Kitley of Saratoga.

Top winners in the women's singles division were:

Open:

Holly Ferris of Napa.

B:

Mallory Lynch of Berkeley.

C:

Lynea Zaren of Mountain View.

D:

Judith Black of San Carlos.

New Player:

Nancy Nygard of San Jose.

Senior 30+:

Mary Pessagno of Hayward.

AARA California doubles championships were also decided at Sunday's tournament play. They are:

Open Men:

Joe Weiss of San Jose and David Johnson of Mountain View.

Open Mixed:

Bob Dziedzic of Saratoga and Sylvia Hooks.



Al Viola



Holly Ferris



Joe Weiss



Mary Pessagno



Len Olmos



Vince Kitley

B:

Mike Lunneborg of Sunnyvale and Terry Gorman of Sunnyvale.

C Men:

Guy Dunn of Cupertino and Sylvia Hooks.

B Women:

Karen Nuttal of Novato and Kris Baker of Petaluma.

Midnight Madness Marathon CCSU Racquetball/Handball Club Corpus Christi, Texas March 6-7

Men's Open:

1st: Moel DeLa Rosa; 2nd: Alfredo Valdez; 3rd: Jorge Saenz; 4th: Ed Glaze.

Men's B:

1st: Salvador Sanchez; 2nd: Lionel Tamez; 3rd: Ricardo Lopez; 4th: Bobby Lzo.

Men's C:

1st: Edward Cantu; 2nd: Dan Dusch; 3rd: John Lopez; 4th: Kenneth Gajdos.

Men's D:

1st: Abel Rodriguez; 2nd: Ruel Apacible; 3rd: Ray Zapata; 4th: Luis Medina.

Men's Seniors:

1st: Joe Beran; 2nd: Barry Dewien; 3rd: Julian Ramirez.

2nd Annual Capitol Courts/Ormsby House Open Carson City, Nevada March 20-22

Capitol Courts Athletic Center recently held its Second Annual Capitol Courts/Ormsby House AARA sanctioned tournament in Carson City, Nevada.

The tourney drew from four states and attracted 265 participants in 13 separate events.

This year's tournament had a significant change from

a year ago. That being the number of women participants. This year the number of women participants nearly doubled from last year. Not only was there quantity, but a great deal of quality in the women's divisions. Mona Mook, the women's 17-and-under national champion, won the Women's Open division, but not without some trouble from stubborn competition such as Denise Bray of South Tahoe, California, whom she defeated in the tiebreaker in the finals.

All Men's events filled completely and Rob Baruck of Reno, Nevada successfully defended his Open division crown defeating Rudi Losche of Carson City, Nev., who had been playing just two months after a two year layoff.

The sportsmanship in this tournament was spectacular and this, we all agree, is essential to promotion of the racquetball industry. Our thanks to all you fine participants.

Men's Open:

1st: Bob Baruck; 2nd: Rudi Losche; 3rd: Dean Pferschy; 4th: Jeff Mulligan.

Men's B:

1st: Pat McGowan; 2nd: Mike Leahy; 3rd: Alfred Viramontes; 4th: Jim Tessier.

Men's C:

1st: Shaun Hays; 2nd: Mike Curry; 3rd: Roger Manson; 4th: Lou Millhollin.

Men's Seniors:

1st: Jerry Dozal; 2nd: Steve Hamilton; 3rd: Ron Bailey; 4th: Art Bayer.

Men's Novice:

1st: Mike Winebarger; 2nd: Paul Westin; 3rd: Mike Schellin; 4th: Ray Maldonado.

Women's Open:

1st: Mona Mook; 2nd: Denise Bray; 3rd: Karen Seavello; 4th: Cathy Gibson.

Women's B:

1st: Lynette Porch; 2nd: Mary Check; 3rd: Becky Dunne; 4th: Sally Allen.

Women's C:

1st: Debbie Kirshman; 2nd: Ginny Sullivan; 3rd: Jeanine Geier; 4th: Sallie Young.

Women's Novice:

1st: Shannon Harden; 2nd: Kelly Ireland; 3rd: Jan McGuire; 4th: Patti Titus.

Wichita Kansas City Championships Central YMCA Wichita, Kansas March 27-29

Men's Open:

1st: Bob Wellman; 2nd: Ross Jones; 3rd: Bob Riggs; 4th: Dave Morris.

Men's B:

1st: Doug Jones; 2nd: Bob Piper; 3rd: Ted Vlamis; 4th: Don Fleming.

Men's C:

1st: Johnny Comilbog; 2nd: Gale Engles; 3rd: Tracy Coup; 4th: Gary Porter.

Women's Open:

1st: Susan Scholl; 2nd: Teresa Reed.

Women's C:

1st: Pat Reel; 2nd: Bonnie Washburn.

1981 Arkansas State Championship Don Kessinger's Court Club Little Rock, Arkansas April 2-5

Men's Open:

1st: Bob Daniel; 2nd: John Haden.

Men's B:

1st: Steve Hatchner; 2nd: Sammy White; 3rd: James Binder; 4th: Roser Martin.

Men's C:

1st: Bill Duffey; 2nd: Tom Kloske; 3rd: Don Blakey; 4th: Duke Heath.

Men's D:

1st: Tom Khoske; 2nd: Gerald Akin; 3rd: Bruce Gaston.

Men's Novice:

1st: Frank Macy; 2nd: Pat Owen, Jr.; 3rd: Darrell Henry.

Women's Open:

1st: Lisa Collins; 2nd: Martha Robinson; 3rd: Linda Bockleman.

Women's B:

1st: Mary Catsavis; 2nd: Debbie Wellington; 3rd: Sanera Carlisle.

Women's C:

1st: B.J. Pritchell; 2nd: Mary Blom; 3rd: Patti Richardson.



Mark Wayne



Gene Landrum

Women's D:
1st: Leigh Johnson; 2nd: Karla Ken; 3rd: Karen Maht.
Women's Novice:
1st: Tracy Woods; 2nd: Betsy Crews; 3rd: Rebecca Strehle.
Junior Boys' 17-and-Under:
1st: Pat Sheenan; 2nd: Bradley Morgan; 3rd: David Turpin.

1981 West Virginia Open Racquetball Championships
West Virginia Racquet Club
Wheeling, West Virginia
April 10-12

Men's Open:
1st: Bob Steding; 2nd: Ted Dragisich; 3rd: Gib Krovocheck; 4th: Larry Gibbs.
Men's B:
1st: Dave Moitis; 2nd: Michael Doyle; 3rd: Jim Salai; 4th: Al Deloretto.
Men's C:
1st: Dick Reck; 2nd: Dan Zarzecny; 3rd: Rich Stratton; 4th: Sam Jokovich.
Men's 35+:
1st: Gib Krovocheck; 2nd: Ron St. Clair; 3rd: John Amos; 4th: Alex Wilson.
Men's Novice:
1st: Mike Lawson; 2nd: Joe Nicholson; 3rd: Mike Falbo; 4th: R. Roberts.
Women's Open:
1st: Carol Lynn Wilkins; 2nd: Donna Hooten; 3rd: Karla Pilarski; 4th: Neva Landau.
Women's C:
1st: Denise Fusco; 2nd: Lynn Doyle; 3rd: Jackie Gawles; 4th: Kim Coyne.
Women's Novice:
1st: Dorothy Arrotti; 2nd: Debbie Hadlock; 3rd: Judi Hladek; 4th: Jane Schafer.

AARA Region IX Championships
Severance Athletic Club
Cleveland Heights, Ohio
April 23-25

Men's Open:
1st: Kelvin Vantrease; 2nd: Dan Clifford; Semifinals: Jeff Riehl, Rob Abrams.
Men's B:
1st: Harry Zelwin; 2nd: Larry Barnes; Semifinals: Dave Moitis, Chuck Loparo.
Men's C:
1st: Bob Braun; 2nd: Rick Armstrong; Semifinals: Carmen Demizio, Ken Stern.
Men's 30+:
1st: Dominic; 2nd: Art Divil; Semifinals: Harry Zelwin, Steve Mintz.
Men's 35+:
1st: Bernie Greenberg; 2nd: Jerry Davis; Semifinals: Bob Sanders, Jack Sobie.
Men's 45+:
1st: Ken Mitchell; 2nd: Jim Herron; 3rd: Otis Chapman; 4th: Don King.
Juniors 13-and-Under:
1st: Jim Juron, Jr.; 2nd: Gregg Davis; Semifinals: Eric Liss, Bob Bruno.
Juniors 17-and-Under:
1st: Jim Leone; 2nd: Bill Martin; 3rd: Buddy Bukornik; 4th: Rick Armstrong.
Women's Open:
1st: Laurie Thomas; 2nd: Shirley Strickland; Semifinals: Pat Marlin, Charlene Pietrondi.
Women's B:
1st: Kathy Roach; 2nd: Justina Saxby; Semifinals: Laura King, Chris Fisher.
Women's C:
1st: DeeDee Mausar; 2nd: Judy Amaddio; 3rd: Debbie Hill; 4th: Sue Kunkle.

AARA Region II Championships
21st Point Club
Albany, New York
April 23-26

Men's Open:
1st: Keith Halgerson; 2nd: Larry Weeks; 3rd: Wyatt Miller.
Men's B:
1st: Randy Cline; 2nd: Todd Theilen.

Men's C:
1st: Jeff Muehl; 2nd: Kris Paulson.
Men's 30+ Seniors:
1st: Bob Hastings; 2nd: Don Patterson; 3rd: Pat Branaugh.
Men's 45+ Seniors:
1st: Don Patterson; 2nd: Grant Oleson.
Women's Open:
1st: Kelly Meidenger; 2nd: Lola Vaughn; 3rd: Cheri Loftus.

AARA Region V Championships
Sports Barn
Chattanooga, Tennessee
April 24-26

Men's Open:
1st: Scott Schaffer; 2nd: John Slazas; Semifinals: Gary Stephens, Bryce Anderson.
Men's B:
1st: Danny Phillips; 2nd: Robert Pinto; Semifinals: Lee Terry, Jed Cowell.
Men's C:
1st: Bob Townsend; 2nd: Allen Lupton; Semifinals: Jim Cornwall, Sam Stewart.
Men's 30+:
1st: Jon Chew; 2nd: Mark Thomas; Semifinals: Larry Liles, Rich Vivvlio.
Men's 35+:
1st: Jim Jordan; 2nd: Frank Menendez; Semifinals: Vic Matich, Luke St. Onge.
Men's 45+:
1st: Bucky Shamburger; 2nd: Bill Roy; Semifinals: Fowler Ragland, David Payne.
Men's 50+:
1st: Ed Ellett; 2nd: Don Hancock; Semifinals: Clement McIntosh, Reg Lamont.
Men's Novice:
1st: Kim Hewitt; 2nd: John Oswald; Semifinals: Joe Hall, Jeff Beene.
Women's Open:
1st: Jo Ann LaPointe; 2nd: Sharon Fanning; Semifinals: Gail Ferguson, Sheila McClintock.
Women's B:
1st: Alva Lamontagne; 2nd: Macki Anderson; Semifinals: Miriam Redden, Susan Capiel.
Women's C:
1st: Debbie Scott; 2nd: Ansley Coode; Semifinals: Carol Washington, Claudette Gilley.
Women's 30+:
1st: Ali Swofford; 2nd: Alva Lamontagne; Semifinals: Jane Opatry, Claire Winker.
Women's Novice:
1st: Libby Christian; 2nd: Rosann Vivvlio; Semifinals: Beverly Anderson, Gay Paty.

AARA Region VII Championships
Foxy's Health and Racquet Club
Baton Rouge, Louisiana
April 24-26

Men's Open:
1st: Skip Merrill; 2nd: Jay Schwartz; 3rd: Mike Almerico; 4th: Lance LaCour.
Men's B:
1st: Troy Palisi; 2nd: Mike Steib; 3rd: R. Joyner; 4th: D. Hayden.
Men's C:
1st: W. Bedard; 2nd: B. Capone; 3rd: J. Santandrea; 4th: C. Guarisco.
Men's D:
1st: B. Hatfield; 2nd: Brian Daigle; 3rd: Ed Ryan; 4th: D. Reuther.
Men's 30+:
1st: C. Nieves; 2nd: Les Boren; 3rd: N. Arville; 4th: Paul Bruno.
Men's 35+:
1st: Doug Moreau; 2nd: Don Ellerman; 3rd: Chuck Moreland; 4th: Ronald Jeter.
Men's 45+:
1st: Jon Ohlhieser; 2nd: Joe Hero; 3rd: D. Boulton; 4th: D. Gunther.
Women's Open:
1st: Babette Burkett; 2nd: Beverly Branch; 3rd: Beth Wilson; 4th: Amy Foster.
Women's B:
1st: Terri Pruitt; 2nd: Kathy Hunt; 3rd: Lou Reynolds; 4th: Dyanne Lumkin.
Women's C:
1st: Linda Denham; 2nd: Margaret LeBoeuf.

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Bixby, OK 74008

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Women's 30 + :
1st: Joanne Dipolala; 2nd: Sue Besse; 3rd: Sandy Eller-
man; 4th: Beth Wilson.

AARA Region X Championships
Dupage Racquet Club
Addison, Illinois
April 24-26

Men's Open:
1st: Jack Newman; 2nd: Rick Dern; 3rd: Eric Scheyer;
4th: Sean Moskwa.

Men's C:
1st: Mike Vtz; 2nd: Paul Nicotra; 3rd: Ron Zolno; 4th:
Vince Radosta.

Men's D:
1st: Dave Plesh; 2nd: Joe Pszotka; 3rd: Dennis Dorrer;
4th: Joe Perez.

Men's 30 + :
1st: Paul Rogers; 2nd: Clyde Senters; 3rd: Harry Akers;
4th: Mike Viola.

Men's 35 + :
1st: Herb Grigg; 2nd: Scott Berry; 3rd: Ken Ratini; 4th:
Marshall Waldo.

Men's 45 + :
1st: Bob Troyer; 2nd: Bill Schram.

Men's 60 + (Round Robin):
1st: Ralph Shively; 2nd: Vince Buckley; 3rd: Bob Wise.

Women's Open:
1st: Chris Evon; 2nd: Sue Prisching; 3rd: Rose Maglano;
4th: Sandy Robson.

Women's C:
1st: Karen Gallagher; 2nd: Marsha Nicotra; 3rd: Mary Jo
Belcore; 4th: Kathy Tracy.

Women's D:
1st: Donna Evans; 2nd: Marilyn Lampogano; 3rd: Nanci
Makaris.

AARA Region XIII Championships
Denver Sporting Club
Englewood, Colorado
April 24-26

Men's Open:
1st: Jack O'Connor; 2nd: Gary Mazaroff.

Men's 30 + :
1st: Monte Huber; 2nd: Rob Farkas.

Men's 35 + :
1st: Bruce Brookens; 2nd: Roger Krietemier.

Men's 40 + :
1st: John Ormanoski; 2nd: Jim Turner.

Men's 45 + :
1st: Frank Leydens; 2nd: Dick Manson.

Men's 50 + :
1st: Hank Zoller; 2nd: Jack Domnik.

Women's Open:
1st: Lydia Emerick; 2nd: Barb Faulkenberry.

Athletic Attic "In House Classic"
Lover's Lane Racquetball Club
Bowling Green, Kentucky
April 24-26

Men's B:
1st: Doug Smith; 2nd: Bobby Rascoe; 3rd: Rick Dixon;
4th: Denny Wedge.

Men's C:
1st: Fred Keith; 2nd: Rich Jackel; 3rd: Tony Payne; 4th:
Rick Skeeters.

Men's Novice:
1st: Ron Yaeger; 2nd: Alan Donner; 3rd: Paul Gray; 4th:
Roger Nash.

Women's A:
1st: Janice James; 2nd: Brenda Strickler; 3rd: Debbie
Cherwak; 4th: Carol Shell.

Women's B:
1st: Nancy Dixon; 2nd: Cheryl Soucy; 3rd: Flo Paul; 4th:
Cathy Mitchell.

Women's C:
1st: Vickie Medalie; 2nd: Sue Carol Osborne; 3rd: Linda
Winstead; 4th: Ruth James.

Women's Novice:
1st: Nevada Campbell; 2nd: Susan Valleroy; 3rd: Patti
Black; 4th: Brenda Denham.

**AARA Region I Championships
Empire One
Chicopee, Massachusetts
April 23-26**

Men's Open:

1st: Bill Burnett; 2nd: Mike Romano; 3rd: Randy Olson; 4th: Dennis Aceto.

Men's B:

1st: Darrel Darnell; 2nd: Scott Brown; 3rd: Mark O'Connor; 4th: Paul Gelinas.

Men's C:

1st: Charles McKenna; 2nd: Tom DeShais; 3rd: Paul Gelinas; 4th: Dan Zabbo.

Men's 30+:

1st: Mike Luciw; 2nd: Bob Pattison; 3rd: Bob Kelleher; 4th: Mike Meyer.

Men's 35+:

1st: Warren Pierce; 2nd: Steve Meltsener; 3rd: Jack Nocera; 4th: Mike Feroah.

Men's 40+:

1st: Jim Lalaia; 2nd: Chuck Bigelow; 3rd: Ron St. Marie; 4th: Harry Burgess.

Men's 45+:

1st: Howie Coleman; 2nd: Tom Waltz; 3rd: Art LeBrasseur; 4th: John Wheeler.

Men's 50+:

1st: Sam Garafalo; 2nd: John Lepore; 3rd: John Solto; 4th: Frank Stewart.

Men's 55+:

1st: Charlie Butt; 2nd: Kevin Jones; 3rd: Ed Lee; 4th: David McNamara.

Women's Open:

1st: Janet Simon; 2nd: Eileen Ehrlich; 3rd: Sue White; 4th: Judy Bryant.

Women's B:

1st: Martha Bailey; 2nd: Louise Brigham; 3rd: Terri Richards; 4th: Terry Karkas.

Women's C:

1st: Chris Howard; 2nd: Maryanne LaDuke; 3rd: Sue Skagland; 4th: Cheryl Pickering.

Women's 30+:

1st: Martha Callahan; 2nd: Cindy Alba; 3rd: Beth Fervah; 4th: Jackie Boyer.

Women's 35+:

1st: Sandra Dinicola; 2nd: Gage Rosenfield; 3rd: Mimi Kelly; 4th: Pat Mignon.

**5th Annual Womens Racquetball Classic
Sacramento Handball Racquetball Club
Sacramento, California
May 1-3**

Open:

1st: Karen Dunigan; 2nd: Esther Thompson; 3rd: Margaret McEntee; 4th: Vicki Craig; 5th: Mary Ellen Camilli.

B Singles Championship:

Quarterfinals: Terry Harwood over JoAnn Maxwell, 15-3, 8-15, 15-5; Sandy Palmer over Kathy Rishel, 15-7, 15-8; Jill Powell over Jackie Shaffer, 15-12, 15-13; Nancy McDonald over Barbara Pierce, 15-9, 17-15. Semifinals: Palmer over Harwood, 10-15, 15-1, 15-4; McDonald over Powell, 15-13, 6-15, 16-14. Finals: Palmer over McDonald, 13-15, 15-8, 15-7.

B Singles Consolation:

Quarterfinals: Jackie Shaffer over Kathy Rishel, 15-11, 12-15, 15-10. Semifinals: Mary Sazio over Pam Cross, 15-11, 10-15, 15-8; Jackie Shaffer over JoAnn Potter, 15-8, 15-2. Finals: Shaffer over Sazio, 15-6, 7-15, 15-11.

C Singles Championship:

Quarterfinals: Debby Ghilarducci over Anna O'Connell, 15-10, 15-4; Donna Stewart over Ona Flores, 16-14, 15-11; Lynne Ayers over Marlene Gonzales, 15-7, 15-11; Lori Morton over Laurie Peterson, 15-10, 15-12. Semifinals: Ghilarducci over Stewart, 13-15, 15-1, 15-3; Morton over Ayers, 15-9, 15-9. Finals: Ghilarducci over Morton, 15-7, 15-0.

C Singles Consolation:

Quarterfinals: Bobbi Konecne over Janet Downey, 12-15, 15-10, 16-14; Tyra Escott over Lee Gonsalves, 15-6, 15-4; Regina White over Geneen Domino, 15-9, 15-2; JoAnn Case over Robin Prizmich, 15-8, 11-15, 15-6. Semifinals: Escott over Konecne, forfeit; White over Case, 15-2, 15-6. Finals: White over Escott, 15-6, 15-6.

D Singles Championship:

Quarterfinals: Sue Millhollin over Bridget Schmidt, 13-15, 15-11, 15-8; Marilyn Kitts over Kris Jones, 10-15, 15-3, 15-2; Regina Ferguson over Carla Lota, 15-8, 15-1.

Cherisse Sansone over Cindy Jansson, 15-8, 15-5. Semifinals: Millhollin over Kitts, 15-11, 13-15, 15-7; Sansone over Ferguson, 15-5, 15-3. Finals: Millhollin over Sansone, 15-12, 15-6.

D Singles Consolation:

Quarterfinals: Carol Newland over Rodie Martin, 15-12, 15-11; Maxine Romero over Pat Robinson, 15-4, 15-2; Lynn Wallace over Carol Pocquette, forfeit; Stacy Sattler over Pat Wilson, 15-10, 9-15, 15-9. Semifinals: Romero over Newland, 15-3, 15-4; Wallace over Sattler, 15-6, 15-4. Finals: Wallace over Romero, 15-8, 15-13.

Open Doubles:

1st: Margaret McEntee/Esther Thompson; 2nd: Karen Dunigan/Terry Harwood; 3rd: Renee Thomas/Stephanie Isaac.

B Doubles:

1st: Irene Miyasato/Syd Fornaciari; 2nd: Vicki Craig/Linda Haines; 3rd: Mary Ellen Camilli/JoAnn Potter; 4th: Jill Powell/Polly Olson.

C Doubles Championship:

Quarterfinals: Thompson/Sazio over Millhollin/O'Connell, 10-15, 16-14, 15-10; Pierce/Coyne over Prizmich/Escott, 15-6, 15-7; Jansson/Koch over Martin/Sattler, 15-6, 15-7; Hernandez/Bell over Greunke/McGranahan, 8-15, 15-3, 15-12. Semifinals: Thompson/Sazio over Pierce/Coyne, 15-2, 15-12; Hernandez/Bell over Jansson/Koch, 15-5, 15-8. Finals: Hernandez/Bell over Thompson/Sazio, 15-13, 6-15, 15-10.

C Doubles Consolation:

Quarterfinals: Whisenhunt/Schmidt, bye; Kitts/Kulesza over O'Brien/Moen, 15-10, 15-7; Wilson/Gonsalves over Konecne/Robinson, forfeit; Sample/Maxwell over Towers/Upchurch, 15-3, 15-0. Semifinals: Whisenhunt/Schmidt over Kitts/Kulesza, 15-12, 15-6; Sample/Maxwell over Wilson/Gonsalves, 15-9, 15-11. Finals: Sample/Maxwell over Whisenhunt/Schmidt, 15-8, 15-5.

**Regional Qualifying Florida Sunshine Games
Racquetball West
Ft. Walton Beach, Florida
May 1-3**

Men's Open:

1st: Steve Ellis; 2nd: Tom Kimbrough; 3rd: Kirby Campbell; 4th: Ron Hill.

Men's B:

1st: Dennis Fisher; 2nd: George Schad; 3rd: Alan Tinder; 4th: Tony Luz.

Men's C:

1st: Billy Green; 2nd: Ron McLaughlin; 3rd: Chuck Deekard; 4th: Brad McCann.

Women's Open:

1st: Mary Fairbrother; 2nd: Rosemary Aicardi; 3rd: Peggy Watson; 4th: Babette Burkette.

Women's B:

1st: Jenny Ward; 2nd: Kathy Piccione; 3rd: Kathy Huggins; 4th: Mary Jones.

Women's C:

1st: Terri Harbeson; 2nd: Debbie Fry; 3rd: Gloria Haynes; 4th: Carmen Browning.

**3rd Annual MINN DAK All Air Force Tournament
TAC Club
Grand Forks, North Dakota
May 15-17**

Men's Open:

1st: Tony Parisi; 2nd: Bill Jacoby; 3rd: Bob Parman.

Men's B:

1st: Randy Cline; 2nd: Tom Houlier; 3rd: John Gytri.

Men's C:

1st: Cliff Smith; 2nd: Tim Ziegler; 3rd: Dave Gilday.

Men's Seniors:

1st: Art Avant; 2nd: Ben Beck; 3rd: Cliff Smith.

Women's Open:

1st: Cheryl Gilday; 2nd: Lili Ladd; 3rd: Corinne Cross.

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The Last Blast Bangor, Maine May 8-10

Men's Open:

1st: Alan Hess; 2nd: Randy Olson; Semifinals: Steve Trenholm, Steve Larrabee.

Men's B:

1st: Charles Rosenthal; 2nd: Gary Swain; Semifinals: K. Mahaney, J. Thomas.

Men's C:

1st: John Kowtaluk; 2nd: Paul Dumaine; Semifinals: Jim Dinnan, Bucky Leavitt.

Men's Novice:

1st: Bob Gardner; 2nd: Bert Farias; Semifinals: Tom Powell, Ron Cough.

Men's Beginner:

1st: Robert Garnett; 2nd: Paul Hachey; Semifinals: Stewart Hodgman, Ray Cunliffe.

Men's Seniors:

1st: Roger Crim; 2nd: Mike Friedman; Semifinals: Bob Bazinet, Paul Pierce.

Women's Open:

1st: Barb Olson; 2nd: Leslie Olson; Semifinals: Shelly Driller, Heather Spaulding.

Women's B:

1st: Terry Karkos; 2nd: Becky Gray; Semifinals: Frankie Caupkel, Terry Graham.

Women's C:

1st: Kathy Gagne; 2nd: Maureen Guerin; Semifinals: Maxine Michaud, Andrea Occhipinti.

Women's Novice:

1st: Colleen Clough; 2nd: Linda Dumont; Semifinals: Carol Strickland, Paula Gray.

Women's Beginner:

1st: Jen Smart; 2nd: Jocelyn Hachey; Semifinals: Debbie Rowe, Kris Ruckerson.

Sunshine Games Qualifying Championships Omega 40 Ormond Beach, Florida May 15-17

Men's Open:

1st: Terry Fluharty; 2nd: Van Dubolsky; 3rd: Mark Morrison; 4th: Vinnie Ganley.

Men's B:

1st: Paul Jones; 2nd: Nancy Hammerick; 3rd: James Meehan; 4th: Chuck Sussman.

Men's C:

1st: Harvey Sussman; 2nd: Darrell Paterson; 3rd: George Levine; 4th: Adam Thomas.

Men's Novice:

1st: Mario Avello; 2nd: Jim Bryan; 3rd: Tom McGlone; 4th: Don Murphy.

Men's 18-24:

1st: Mark Morrison; 2nd: Steve Jones; 3rd: Vinnie Ganley; 4th: Dave Reep.

Men's 25 +:

1st: Tom Ruffing; 2nd: Victor Alvarez; 3rd: Jeff Jones; 4th: Doug Duncan.

Men's 30 +:

1st: Rick Stevens; 2nd: Van Dubolsky; 3rd: Walter Massey; 4th: Sid Lauteria.

Men's 35 +:

1st: Joe Serabia; 2nd: Terry Thomas; 3rd: Jim Robertson; 4th: Greg Shaak.

Men's 40 +:

1st: Steve Xynidis; 2nd: Charlie Kramer; 3rd: James Smith; 4th: Jim Evans.

Men's 45 +:

1st: Gordon Ira; 2nd: Mike Mojer; 3rd: H.E. Nathan; 4th: Tom Zelrouer.

Boys' 17-and-Under:

1st: Curtis Winter; 2nd: Richard Hull; 3rd: Pat Maloney; 4th: John Paspalakis.

Boys' 15-and-Under:

1st: Cliff Ira; 2nd: Richard Potter; 3rd: Brian Sganga; 4th: Greg Fane.

Boys' 13-and-Under:

1st: Richard Potter; 2nd: Chuck Corrente; 3rd: Mike Rinaldi, Jr.; 4th: Pat Lauteria.

Women's Open:

1st: Diane Bullard; 2nd: Nancy Hammerick; 3rd: Julie Pinnell; 4th: Becky Rush.

Women's B:

1st: Karen Morian; 2nd: Peg Mahaffey; 3rd: JoAnne Serabia; 4th: Jan Jennigan.

Women's 18-24:

1st: Diane Bullard; 2nd: Sundae Brown; 3rd: Karen Morian; 4th: Jodi Wild.

Women's 25 +:

1st: Julie Pinnell; 2nd: Kim Beecher; 3rd: Terri Mele; 4th: Janet Kenvin.

Women's 30 +:

1st: Mickie Lewis; 2nd: Kim Beecher; 3rd: Jenny Brock; 4th: Peg Mahaffey.

Women's 35 +:

1st: Jan Jennigan; 2nd: Albertine McDaniels; 3rd: Judy Thomas; 4th: Pat Robertson.

Girls' 17-and-Under:

1st: Becky Rush; 2nd: Lynda Kuchereuther; 3rd: Margie Burton; 4th: Candy Winter.

Women's Novice:

1st: Debbie Solomon; 2nd: Rhoda Goodson; 3rd: Debbie Nixon; 4th: Lorayne Hill.

Fiesta of Five Flags Racquetball Tournament Racquetball Center of Pensacola Pensacola, Florida May 15-17

Men's Open:

1st: Ron Coleman; 2nd: David Mende; 3rd: T. Guainsco; 4th: Jim Hawkins.

Men's B:

1st: David Mende; 2nd: Ronald Hill; 3rd: Kirby Campbell; 4th: Sava Varazo.

Men's C:

1st: Bill Justice; 2nd: Jack Gromer; 3rd: Richard Calano; 4th: Ted Christobal.

Men's Novice:

1st: Scott Richbourg; 2nd: Robert Lamb; 3rd: Tony Blair; 4th: Vance Whitehead.

Women's B:

1st: Amy Foster; 2nd: Sue Capiel; 3rd: L. Johnson; 4th: L. Reynolds.

Women's C:

1st: Sara Hannon; 2nd: J.B. Lebouf; 3rd: Celeste Hollands; 4th: JoAnne Schneider.

Women's Novice:

1st: Carla Alford; 2nd: Cindy Sims; 3rd: Jackie England; 4th: Lee Ann Allen.

Junior Boys' 17-and-Under:

1st: David Gries; 2nd: Scott Richbourg; 3rd: Tim Currie; 4th: Brian Daigle.

2nd Annual Cancer Society Benefit Backwall Racquetball Center Altoona, Pennsylvania June 5-7

Men's Open:

1st: Craig Guinter; 2nd: Tom Ranker; 3rd: Jay Krevsky; 4th: Dan Obremski.

Men's B:

1st: Enoch Ferencz; 2nd: Mike Hartman; Semifinals: Charlie Koch, Frank Solis.

Men's C:

1st: George Birse; 2nd: Bill Conway; Semifinals: Terry Clemens, Bob Shelton.

Men's 40 +:

1st: Jay Krevsky; 2nd: Wm Clean; Semifinals: George Birse, Bob Malcohm.

Women's Open:

1st: Lucy Zarfos; 2nd: Tammy Hajjar; Semifinals: Jeanine Farrell, Marilyn Ross.

Women's B:

1st: Helen Fogel; 2nd: Cindy Geilling; Semifinals: Nancy Katz, Jeanie Runk.

Women's C:

1st: Carol Petson; 2nd: Carol Clapper; Semifinals: Barb Frost, Coleen O'Keefe.

Women's 30 +:

1st: Carol Clapper; 2nd: Ursula Crampton; Semifinals: Fran Mason, Jeanie Kepler.

Junior Girls' 14-17:

1st: Danna Mock; 2nd: Beth Collisto; 3rd: Sue Bottomfield; 4th: Shari Vinglas.

Junior Boys' 14-17:

1st: Dan Obremski; 2nd: Dave Sabalesky; 3rd: Bill Kenler; 4th: Andy Harmon.

Juniors 10-13 (Boys & Girls):

1st: Scott Corneal; 2nd: Lee Lewis; 3rd: Candi Conway; 4th: Jason Clapper.



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AARA Sanctioned Events

SEPTEMBER 10-13
Third Annual Bellevue
Open RB Classic (3)
Bellevue Family Fitness Center
1505 10th Ave. N.E.
Bellevue, WA 98005
Bob Bruce
206-481-4081

SEPTEMBER 11-13
1st Annual Miller Lite MDS
Charity Open (3)
The Courthouse
300 Goucher St.
Johnstown, PA 15905
Bob Thomas
814-255-4166

SEPTEMBER 15-20
FINALS
California Grand Prix 1981 (4)
Del Amo All-Pro Athletic Club
21345 Hawthorne Blvd.
Torrance, CA

Gary Williams
213-957-0577

SEPTEMBER 18-20
1st Anniversary Open (3)
Supreme Courts Racquetball and
Health Club
1703 Warren Rd.
Indiana, PA 15701
Bruce Turchetta
412-349-9430

Cape Cod Open Third Annual (3)
The Racquet Club
South Yarmouth, MA
Maureen Henrickson
617-754-6073

SEPTEMBER 25-27
Cancer Society Racquetball
Open (3)
Bosquet Racquet Club
Pittsfield, MA
JoAnn Wadsworth
413-442-8051

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Fairfield, CA 94533

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Sacramento, CA 95825

Sacramento Handball & Racquet-
ball Club
c/o Ed Martin
725 14th St.
Sacramento, CA 95814

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Supreme Courts West
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3725 W. 13th St.
Wichita, KS 67203

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Laural Racquetball Club
c/o Richard Dreisen
204 Ft. Meade
Laural, MD 20810

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Off The Wall Racquetball Club
230 Oser Ave.
Hauppauge, NY 11787

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1337 McLaughlin
Pittsburgh, PA 15241

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Center
1642 Hwy. 7
Charleston, SC 29407

We encourage our members to support the clubs listed above. They have shown an extraordinary effort on behalf of the amateur racquetball player. Their contribution to the AARA and the sport of racquetball is appreciated.

CALENDAR

OCTOBER 2-4

1981 MRA/AARA State Doubles Championships (2)
Worcester Court Club
Worcester, MA
Maureen Henrickson
617-754-6073

Second Annual Columbus Day Weekend Shootout (2)
21st Point Club
McKown Rd. off Western Ave.
Albany, NY 12203
Vince Wolanin
518-489-3276

2nd Annual Pizza Hut Open (3)
Creekside Racquet Club
Oil City, PA
Ruth Martin
814-676-2776

OCTOBER 9-11

2nd Annual Cancer Society Charity Open (3)
Cross Keys Racquetball Club
Doylestown, PA
Sue Walter
215-345-8659

OCTOBER 22-25

AARA National Doubles Championships (6)
Monroeville Racquet Club
One Racquet Lane
Monroeville, PA
Luke St. Onge
901-761-1172

OCTOBER 30-NOVEMBER 1

4th Annual Greenfield/March of Dimes Open (3)

Greenfield Racquetball Club
Lancaster, PA
Bob Lee
717-392-4194

Halloween Open (3)
Andy Valley Racquet Club
Lewiston, ME 04240
Dave Bilodeau
207-786-2161

NOVEMBER 6-8

Cedardale Holiday Racquetball Open (3)
Cedardale Racquetball Club
Haverhill, MA
Ginnie Baeder
617-685-7581

NOVEMBER 13-15

Long Island Open (4)

Center Court

46 Maple Ave.
Rockville Center, NY 11576
516-536-8700
Al Seitelman
516-261-3257
and

Universal Racquetball
6000 Sunrise Hwy.
Massepequa, NY 11708
516-799-4000

1981 Joslin Open (3)
Racquettime
Danvers, MA
Ron Miano
617-774-6434

NOVEMBER 20-22

Turkey Fest (3)
Merry Meeting Racquet Club
120 Main St.
Topsham, ME 04086
Bill Slattery
207-729-0129

DECEMBER 4-6

Natural Lite Pro/Am (3)
Holiday Health and Racquet Club
424 Odlin Rd.
Bangor, ME 04401
Keith Mahaney
207-947-0763

6th Annual Western Mass. Open (3)

Site to be announced
Pittsfield, MA
Mike Meyer
413-499-4600

FEBRUARY 4-7, 1982

NY State Open Doubles Championships (4)
21st Point Club
McKown Rd. off Western Ave.
Albany, NY 12203
Vince Wolanin
518-489-3276

This is a listing of

AARA-sanctioned events.

- (1) - 1st level tournament
- (2) - 2nd level tournament
- (3) - 3rd level tournament
- (4) - 4th level tournament
- (5) - 5th level tournament
- (6) - 6th level tournament

* To put your tournament on this calendar, call Hallie at 901-761-1172. To ensure publication, information should be turned in by the 1st of the month, 60 days prior to publication. (i.e. August 1 for the October issue, etc.)

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901-761-1172

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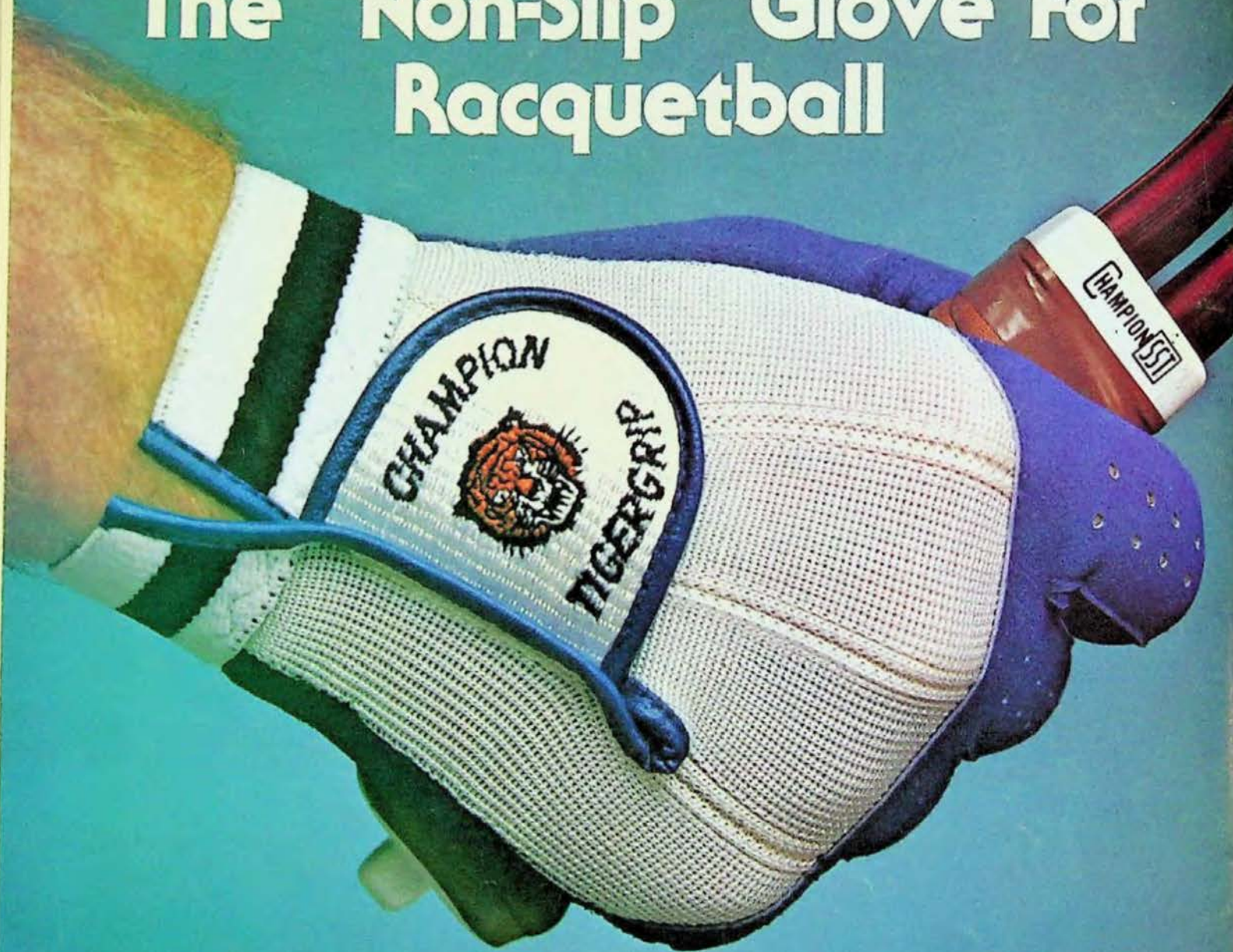
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