

Five Easy Ways to Beat a Younger Player

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Official Publication of the American Amateur Racquetball Association

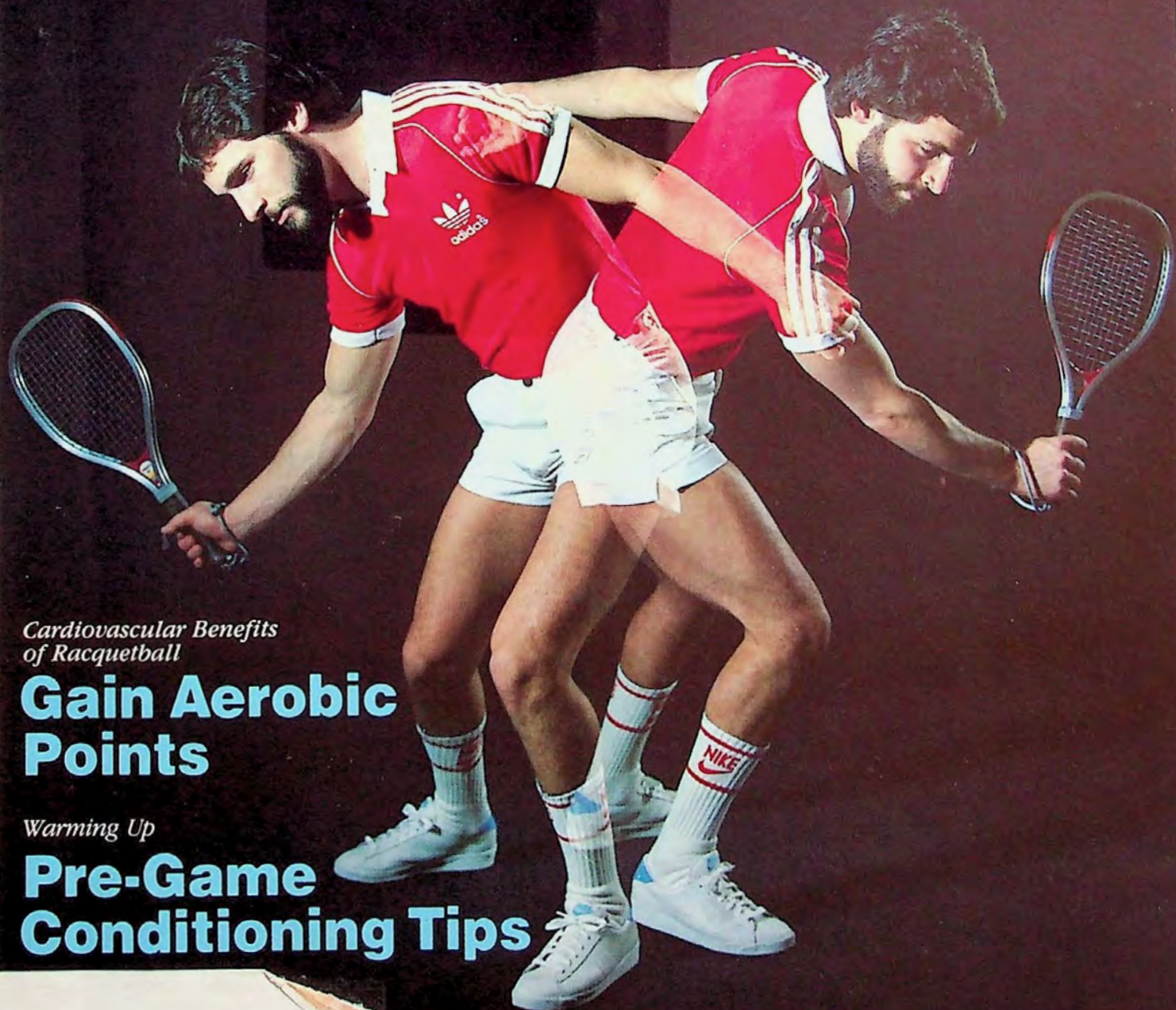
January 1982

RACQUETBALL

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BACK COURT

With The Editor

PLAYING RACQUETBALL WITH RESOLVE

I hate to admit it, but like everyone else, each year I succumb to the temptation to set New Year's resolutions. And, like everyone else, I know full well I'll be lucky to accomplish 50 percent of them.

Keeping this in mind, the past two years I have at least managed to contain my resolve for self-improvement. That is, I tend to make resolutions I stand a good chance (well, a better-than-average chance) of keeping. As a result, come December 31, I'm less disappointed in myself when I review the past year. I highly recommend this practice. In fact, if your resolutions are racquetball-related, we're going to make it downright easy for you to keep them.

For a start, we've put together this special instructional issue. I'm sure you'll be pleased, as you glance over the contents page and note that we've gone well beyond the usual instructional pieces on how to play. For instance, Cheryl Phillips has contributed three meaty, informative articles regarding conditioning, taking lessons, and adding variety to your game by playing doubles. Richard Brietstein, a podiatrist and racquetball enthusiast, offers excellent advice on choosing a sports physician — something many athletes overlook until they are injured and their regular physician advises against working out.

Also, in this issue, Leslie Hall begins a series for converted tennis players. Starting with the proper grip for racquetball, Hall intends to cover all the basic differences in the games in order to make the tennis player's transition an easy one. Racquetballers will also find her pointers helpful.

And, for those of you looking for a little inspiration, we bring you David Payne's personal account of his first major tournament victory.

As for myself — I'm going to have an easy time of it this year. I made only one resolution, to which I am strictly adhering. You guessed it — I resolved *not* to make any resolutions!

Nancy K. Crowell

RACQUETBALL

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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

Jill and Robert Anderson, Jim Austin, Richard J. Brietstein, Sandra Carter, Leslie Hall, Bill Levy, David L. Montgomery, David Payne, Cheryl Phillips

Art Contributors

John Cassidy, Peggy M. Anderson,

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RECEIVING LINE

Letters To The Editor

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.

Thank You!

I must also let you know that I had a wonderful time there at Boise, during the 1981 National Singles. The people and staff were wonderful. I'm in the U.S. Army stationed here in Berlin, but I was at the tournament along with Major John Alton, and I saw he had written to you concerning the Nationals.

I'm sorry I didn't send my thanks concerning the Nationals after returning here to Berlin. It was very rude of me. I also must send my special thanks to Bob Petersen and his staff for doing a great job. Also to Barbara Faulkenberry to whom I lost in the Women's Open, for a wonderful and honest match. The food and the banquet were the best I've seen, and Boise, and its people, were beautiful. Thank you all very much once again. Love reading your magazine.

Kathy L. Gall (PFC)
Berlin, West Germany

Where Are the Juniors?

The new format to Racquetball Magazine is excellent. However, I searched in vain for the infamous "Junior Page". I sure hope that it hasn't been deleted on a permanent basis.

In fact, I have a suggestion for an article for one of your writers. The article on the World Games was exceptional (September '81). However, there was no mention that the four time National Championship Junior Team was invited to give an exhibition at the Games. These kids were tremendously proud to be representing the youth of American racquetball. They traveled at their own expense (ages 10-15) with their coach to give an exhibition between the men and women singles finals on center court. The outcome was that they were put on a side court after the playoffs for third place. To the average adult this would have been a devastating blow to the ego. But to these kids it was still an honor and did not dampen their spirits.

The point that I am trying to make is, don't ignore the youth in racquetball. Give them credit when it is due. Keep that spirit alive and thriving with enthusiasm for racquetball. After all, they are tomorrow's champions!

Debbie Carmona
Redding, California

Never fear — the juniors are still here! We'll continue to run the Juniors' page on a space available basis. Also, as the Junior Nationals approach, look for information to appear — Ed. •

NEW DIRECTIONS AARA NEWS

by Luke St. Onge, Executive Director

• Due to the time element in meeting the deadline for our December issue, our thank-yous were not included for all the wonderful support we enjoyed at our recent National Doubles tournament. Therefore, we especially thank the following people who were instrumental in making this event such a success: The Monroeville Racquet Club: its staff and in particular Linda Buchek, Racquetball Manager; Lite Beer from Miller: Deacon, Jones, Bubba Smith, John Mellein, Jimmy Looper, Pat Travis, Sunny, and Jack; Penn Athletic Products Co.: Dave Grant, Ed Arrington, Bob Beebe, Larry Keating; Tournaments Unlimited: Bernie Howard, Pat Gerity, and their staff.

• Congratulations to: Al Seitelman of New York — there were 712 entries in the Long Island Open, which he is recovering from; Maureen Boulette Henrickson, Massachusetts state director, who has 38 scheduled AARA-sanctioned events in the 1981-82 season; Bruce Radford on his AARA Winter Championship series, scheduled in Southern California. This series will involve 12 court clubs and 4,000 players; Jon Denley, New Jersey state director, who has involved a series of 60 Burger King restaurants in the promotion of racquetball through the auspices of the Northern New Jersey racquetball clubs.

• Remember: LITE BEER FROM MILLER wants to be involved in your AARA tournament. For complete details, call 901-761-1172.

• Some important dates: The REGIONALS are being held from February to May this year. Check this month's tournament calendar (page 35) for specific sites and dates. The NATIONAL SINGLES will be at McKinley Park Health and Racquet Club in Buffalo, New York, May 27-31, 1982. The JUNIOR REGIONALS are May 7-9, and the JUNIOR NATIONALS will be at Nevada Supreme Courts, Carson City, Nevada, June 24-27, 1982.

• Any qualified individual wishing to serve as a member of the AARA Board of Directors should call 901-761-1172, for further details.

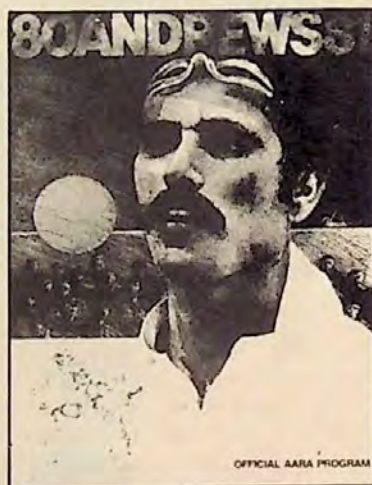
• Inside Racquetball, the authorized AARA players' manual and rulebook, by Chuck Leve, is now available at your local bookstore. It is available in paperback for \$5.95, and is illustrated with photos and diagrams. The original sold over 100,000 copies.

• The Canadian Racquetball Association voted 100 percent in favor of joining the International Amateur Racquetball Federation (IARF), at their recent Board of Directors meeting. This significant move will open the door for North American zone competition between the United States and Canada in 1982. •

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WHAT'S NEW?

Items of Interest

Products have not been tested by Racquetball Magazine.



Racquetball Glove

A new racquetball glove has been introduced by Ektelon.

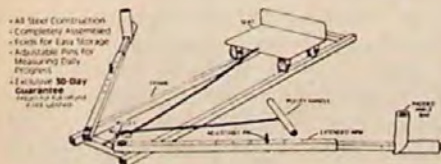
The new glove, called the *Racquetballer*, is made of synthetic suede leather comprised of an exclusive Ektelon blend of 60 percent polyamid and 40 percent polyurethane. When used in tandem, these two materials yield extended glove life without sacrificing optimum racquet feel, according to the manufacturer. This is due to the glove's thin (0.4mm) construction.

Special features of the glove include the two-way stretch nylon backing which keeps hands cool and prevents chafing, and openings at the base of the fingers designed to provide a snug fit while actually increasing breathability.

Specially paneled fingers and a set-in, no-stress thumb are two more elements which afford comfort and flexibility.

The new Racquetballer glove is available in navy for men and white for women. Sizes range from small to extra large.

Ektelon is a San Diego based manufacturer of racquetball racquets and accessories. It was acquired in April 1980 by The Browning Corporation.



Unique Stretch Machine

A rose by any other name would smell as sweet, but Unique Stretch machine has a name which aptly identifies its function. Marketed by Hilary Sandoval, of El Paso, Texas, this new "scientifically engineered" machine is designed to help

you stay flexible by letting yourself stretch in a controlled manner. As any athlete knows, stretching and flexibility are vital to avoiding injuries.

The Unique Stretch machine is made of steel construction, completely assembled, folds for storage, has adjustable pins for measuring daily progress, and comes with a 30-day, money-back guarantee. The price is \$67.95, delivered, freight collect and is available from the Unique Stretch Stretching Machine, 2707 Montana Ave., El Paso, Texas 77903; or call toll free 1-800-351-6051 for more information.



Head Grip

Anyone who wears glasses knows how annoying it is to have eyeglasses slip down constantly. This is no longer a problem with new Temple-Stays, a durable plastic temple cover that securely holds glasses without slipping.

Temple-Stays come in various sizes to fit any size eyeglasses and are simply slipped on end of eyeglass temples. There is no need for any headband, chain or straps to hold eyeglasses snugly to face when wearing Temple-Stays no matter how active the person is, according to distributors of the product.

Temple-Stays are soft so that the eyeglasses fit more comfortably without temples hurting. The price is \$3.75 per unit of 4 and they come with a full money-back guarantee. They are available from UBF COMPANY, 49 Edith Court, Toms River, N.J. 08753.

On the Rebound

No doubt, you've seen it advertised elsewhere. The Rebound-Jogger is a mini-trampoline that is being touted as the newest exercise craze. The reasons, according to Rebound Joggers, International, of Clinton, Massachusetts, are many. They say the Deluxe 40" model of this rebound exerciser can be used to help develop coordination, accelerate lymphatic movement and oxygenation, improve heart and lungs, and strengthen muscles, ligaments, tendons, and skeletal joints without the jolt or shock that normally comes with running or jogging on hard surfaces. Furthermore, according to Rebound Joggers International, it eliminates up to 85 percent of body-shock and trauma to weight bearing joints compared to running.

Their fold-a-way model easily folds for convenient carrying, room-storage, or shipping. The heavy-duty steel, hexagonal-shaped design provides a professional 31" diameter rebound surface of durable polypropylene, weighs only 26 lbs., and sets up in less than a minute. Six quick-connect, flush-fit legs insure full stability on any surface, and (optional) spring tension adjusts for comfort.

The Rebound-Jogger Deluxe 40" Model is priced at \$189.95. Literature is available on request, including a 30 minute documentary film on the "Wonderful World of Rebounding." (Distributor inquiries are invited.)

For more information contact: Rebound Joggers, International, Rev. Richard L. Harding, 193 High Street, Clinton Massachusetts 01510; or call 1-800-227-1617 ext. 671; In Mass. call 1-617-365-9745. ●



SHORT LINES

News Round-up

Breaking Ground

Saudi Arabia recently held its first national racquetball tournament. The tournament had three divisions: Men's Open, Senior Singles (players 35 and over), and Women's Singles. Each division was limited to the top 16 players in Saudi Arabia, and reportedly attracted competitors from all over the country.

Co-sponsored by Saudia, the Saudi Arabian Airlines, and Holiday Inn, Radhwa, prizes were offered for the top three winners. The prizes were all-expense paid vacations for two at the Holiday Inn, Cairo; Holiday Inn, Bahrain; and the Holiday Inn, Khor Fakhan, UAE.

While there was no mention of government officials participating, one can't help but speculate. A little friendly competition on the racquetball court might ease some of the tension in the Mid-East. And who knows what differences could be settled...



Irv Zeitman and Ike Gumer

Local Recognition

An item which highlighted the activities of a couple of the city's senior citizens, recently appeared in the "Neighborhood" section of the Louisville, Kentucky Courier Journal. No, it wasn't a story about an aging citizen who feeds the 50 neighborhood cats. It was, instead, the story of two racquetballers. Ike Gumer and Irv Zeitman are well known to those who attend AARA National Championships, for they have virtually dominated the 55-, and 60-and-over doubles divisions since 1976. Their record includes first place championships in the 55+ category in 1976, 1979, 1980; first place in the 60+ division in 1980 and 1981; second place in the 55+ in 1978 and 1981; and third place in that category in 1977.

When questioned about their strength as a team, they say they play off each other's strengths — Gumer taking the left because of a stronger backhand, Zeitman taking the right. Both apparently thrive on the thrill of competition. According to Gumer, "When Zeitman's in the middle of a game, he gets so caught up, he doesn't know from nothing. Once, he hit his elbow on the wall and almost opened up his whole arm, and he wanted to know who was bleeding."

Gumer's no slouch on the court, himself, as he says he'd rather be there than anywhere else.

And if you're looking to take their place in the Golden Masters division, don't hold your breath. Both plan to continue to play well into their 70s. With their determination and enthusiasm, you can bet they will.

Commercial Racquetball

Racquetball has gone commercial — literally. Michelob Light, a product of Anheuser-Busch, Inc., has added racquetball to its lineup of TV commercials featuring athletes going all out for a round of their "favorite beer."

"Would good friends really go at it this hard just for a beer?" the announcer asks, as two friends battle it out on the racquetball court. "Well consider, it's Michelob Light and that means a rich, smooth taste you can compare to any beer you like."

The new racquetball commercial, airing in 10- and 30-second spots, is the ninth in the brand's series of "winner's" commercials in which Michelob Light is wagered on the outcome of a friendly sports competition. Other "winner's" commercials depict the sports of football, softball, skiing, hockey, soccer, powerboat racing and tennis.

Created by Michelob Light's advertising agency, D'Arcy-MacManus & Masius in St. Louis, the new commercial was shot at Racquetball World in Canoga Park, Calif., just outside Los Angeles.

Errata

In the October '81 issue, the names identifying Masters racquetballers under photos accompanying the article on page 20, are backwards. Read from right to left to match the correct names with the faces.

In the November issue, on page 22, the sentence reading "Shoes with broad heels that discourage lateral rollover can help prevent eversion sprains," should

read "can help prevent inversion sprains."



Inside Racquetball

The first edition was published in 1973, and it sold over 100,000 copies. The newly revised edition of *Inside Racquetball* will no doubt be equally popular. Written by Chuck Leve, *Inside Racquetball* is the authorized American Amateur Racquetball Association (AARA) players' manual and therefore includes updated AARA rules. A large 96-page paperback, *Inside Racquetball* does just what it proposes to do — take you inside the game.

Leve, who has seen every facet of racquetball, from the inception of the sport to the pro tour, to the National Court Clubs Association, knows whereof he speaks. And, in this newly revised edition, Leve offers tips and insights on everything from a basic grip to proper conditioning. He's drawn upon knowledge gained from his association with the top professional players, many of whom appear in the book's photos. (It's too bad, though, that virtually none of the players featured are women. One could get the impression, from this lack of treatment, that the game is strictly male. However, there is some consolation that top female player Jean Sausser is featured on the cover.)

The book concludes with a handy glossary of terms which should aid any novice in learning the racquetball lingo.

At a cost of \$5.95, *Inside Racquetball* is now available at your local bookstore. It is published by Contemporary Books, Inc., of Chicago. ●

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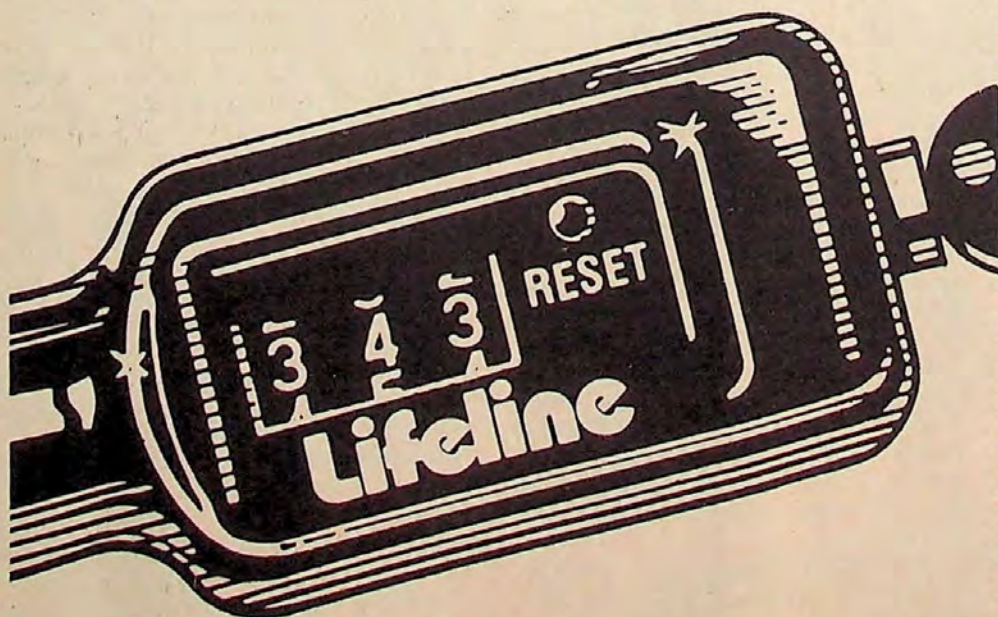
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This is the third part in a series of articles compiled by Jim Austin, AARA National Rules Commissioner. Look for another article in this helpful "Guide for Referees" series next month.

This month I'm going to discuss one of the most controversial areas of refereeing: the calling of hinders.

HINDERS: These are the calls that separate the good referees from the mediocre. Hinders generally break down into when you should call one versus when you shouldn't. As a general rule, call a hinder to prevent physical contact or whenever a player's ability to make an effective return is clearly interfered with; and do not call a hinder if the player can reasonably be expected to make an effective return, or if the physical contact is minimal. Make the hinder call loud and clear, be consistent and stick to your call. Here are some important points to remember when calling hinders:

a) *The hinder call should tend to work against the person who is in the way — bend over backwards not to call a hinder if the hindered player is likely to have a good set-up if a hinder is not called;* b) If the player could not have retrieved the ball anyway, there is no hinder i.e., if a player hits a great pass shot that the opponent could not possibly get, but the ball passes between the hitter's legs, there is no hinder; if the player hits a perfect kill shot that rolls out, and the opponent couldn't see it, there is no hinder, etc.; c) Contact does not automatically constitute a hinder; d) Do not let the players call hinders or contact, or the match can quickly get out of hand (except for backswing hinders).

BACKSWING HINDERS: This is the only hinder the player can call, and it can be called only when there is *contact before the ball is hit*; it can only be called by the player whose turn it is to hit the ball. The player must make this call *immediately*. If the player waits to make the call to see the result of the shot, the referee should not allow the call; e) *Backswing hinders are often avoidable hinders*, so watch for this.

HIT BY BALL: There are two situations here; one, when the player is actually hit by the ball, and two, when the player "claims" to have been hit by the ball. In the first instance, when the player is actually hit by the ball, the new rule (4.10a) states that 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* is a dead ball hinder and will be played over. This is a judg-

ment call by the referee and is not appealable. In the second instance, when the player claims to have been hit by the ball, the rally should be replayed if 1) you did, in fact see the ball hit the player; 2) you did not see it hit the player, but the player made the call immediately and the ball passed so close to him that it very well could have hit him. If the call is not made immediately, no hinder should be awarded, because this would, in effect, give the player an option-play to see how the shot ended up.

AVOIDABLE HINDERS: The most confusing and sensitive rule in Racquetball, for beginners and veterans alike — *Avoidable hinders do not necessarily mean intentional hinders*. A call of avoidable does not necessarily accuse a player of poor sportsmanship — it is something that every player is guilty of from time to time. Obviously an intentional hinder is an avoidable. Avoidable is interpreted as "could have, or should have reasonably been avoided" i.e. if the player would have done so, there would have been no hinder. There are seven areas related to the call of an avoidable hinder 1) Failure to move 2) Blocking 3) Moving into the ball 4) Pushing 5) Restricting opponent's swing 6) Intentional distractions 7) Obstructing view deliberately. When making the call, often it is necessary to yell something quickly in order to stop play; if you are sure an avoidable has occurred, yell "avoidable" but there is nothing wrong with yelling "hinder" or "hold it" and then thinking briefly about the call and changing it to avoidable.

When you make the call, make it like any other call, with no explanation, apology, or threatening tone. Most players do not fully understand the call, and resent being called for an avoidable, and the penalty is loss of rally. Often there will be resistance. Remember that an avoidable is a judgment call and *cannot* be appealed. This does not require an explanation. Following are examples of avoidable hinders:

1. Player X is pinned against the wall. He moves to try to get court position, in so doing takes away his opponent's shot. He could have easily avoided the hinder had he stayed against the wall — Call an avoidable.

2. Player X goes for a kill from center court but leaves the ball up. The ball rebounds back to center court and player X does not move in time for player Y to take the shot — Avoidable on player X.

3. Player X is about to hit a shot in the front court and player Y is out of position; so to fool player X, player Y stamps

his feet for distraction — Avoidable on player Y.

4. Player Y anticipates a pass down the right wall and moves that way, but player X put the shot down the left wall; player Y reverses his direction and for additional leverage, pushes off on player X — Avoidable on player Y.

5. Player X makes a great diving get in front court, but his get, although good, is now a setup for his opponent. Player X attempts to get back to his feet and comes up right in front of his opponent's shot. Player X should be called for an avoidable. Though he fell, had he stayed down, he would not have gotten in the way.

6. Player Y hits a drive serve to the left corner, but it comes up and around the back wall for an easy forehand setup to the center of the court. Player Y, after hitting the serve never looked back and backed up in center court and was hit with the ball. Y is guilty of an avoidable; he is responsible to look and make a reasonable effort to get out of the way.

7. Player X hits a shot to the front court and leaves a setup around mid-court. In an attempt to cover the setup and get court position, player X crowds player Y and causes player to hit him on his backswing. Avoidable hinder on player X.

8. In a doubles match one of team A's members is hitting the ball from the back court. While he is hitting the ball, his partner runs to the front court and positions himself in front of the team member on team B who is going to have to play the ball and affects a block. Avoidable on team A.

In trying to decide whether to call an avoidable or just a hinder, one clue is to try to imagine what would have happened had the hinderer not gotten in the way. If the hitter would probably have won the rally because the shot was a setup, be more inclined to call an avoidable, as a simple hinder call would work to the advantage of the player who did not get out of the way. If the resulting shot would have been a relatively tough one, just call a hinder. If the player would not have been able to get to the resulting shot anyway, call nothing. The level of play must always be considered in determining how and when to call hinders. Just as better players are expected to be able to play closer without a hinder call, better players are expected to be able to move in such a way as to not take away the opponent's shot. Furthermore, what might be a normal shot for a C player might well be considered a setup for an A player, and this should have bearing on whether or not to call an avoidable. ●

When Your Injury Requires More Than Rest And Aspirin

Choosing the Right Doctor

by Richard J. Brietstein, D. P.M.

Richard J. Brietstein, D.P.M., is a podiatrist living in Tamarac, Florida. He is a Diplomate, American Board of Podiatric Surgery, a member of the American College of Sports Medicine, and a dedicated racquetball enthusiast.

The last decade has produced a tremendous explosion in sports participation on the amateur and professional levels in this country. It is estimated that there are more than 20 million cyclists, 27 million swimmers, 13.5 million tennis players, and 7.5 million golfers in the U.S.; and approximately 25-30 million joggers. Not included in the above statistics are the multitudes involved in baseball, football, basketball; and of course racquetball.

Along with this increased participation comes a host of injuries conglomerately designated as "sports medicine

injuries". The common types of injuries such as "over-use syndromes", and sprains and strains can usually favorably respond with self-care administered by today's better informed athletes. But what happens when the injury is more involved, requiring professional attention? How does one go about choosing the right doctor to treat one's problems?

Although there are a host of various medical specialists available, there are primarily four specialists that treat 90

percent of the sports medicine injuries; namely the podiatrist, orthopedist, chiropractor, and physical medicine specialist. However other specialists, along with the dentist, can be of enormous help.

The podiatrist specializes in the medical and surgical management of diseases in infants, children, and adults with respect to the lower extremities.

The orthopedic surgeon specializes in the medical and surgical management of diseases related to the musculo-skeletal system. The chiropractor deals with injuries related to the back and other areas of the musculo-skeletal system. The physical medicine specialist renders rehabilitation services for injuries and debilitating

conditions. There are many occasions when the specialties of these specialists overlap and it would be utopian for



each patient to be evaluated by each one of these specialists. If you are fortunate enough to have a sports medicine clinic in your area this type of doctor-patient relationship can exist.

In choosing the right doctor for yourself there are several factors that one should consider: 1) Is the physician an athlete? 2) Does the physician have an affiliation with an athletic team? 3) Is the physician a member of a professional sports medicine organization?

If the doctor is, or was an athlete, he can better understand the needs of an athlete. Having a strong athletic background enables one to understand mechanisms of injury and to deal with the athlete not only from a medical standpoint, but also relate to the emotional trauma from physical injury that the athlete must endure. This is not to say that a non-athlete practitioner is not qualified to treat these problems. My opinion is that one should seek a doctor who has played organized sports on the high school or college level. Call several offices and try to speak with the doctor directly.

Another factor to consider is the doctor's affiliation with high schools, colleges, or professional teams. If the physician is a team doctor or consultant he is actively treating athletes and is adequately qualified to treat your problem.

The doctor may be a member of a sports medicine organization. The American College of Sports Medicine is comprised of a massive group of physicians, dentists, podiatrists, chiropractors, athletic trainers, exercise physiologists, physiotherapists and

other allied health specialists. The A.C.S.M. publishes a quarterly journal containing scientific articles on sports medicine related topics. There are also listings of sports medicine seminars mailed to members for attendance around the country. Many of these seminars are approved for professional continuing medical education credits. Membership to this organization is made by application.

Other professional colleges include the American Academy of Podiatric Sports Medicine and the American Orthopedic Society for Sports Medicine. Membership to the A.A.P.S.M. requires a review of the doctor's credentials by a Board and satisfactory completion of a written and oral examination. The podiatrist may or may not be Board certified but must show evidence that he has been directly involved with rendering care to an athletic team. The A.O.S.S.M. requires that the orthopedist be Board certified and that his credentials be scrutinized by a Board and then be recommended for membership.

The next question that has to be answered is which doctor to see for a specific problem? Again to reiterate, there are some problems that will overlap in regards to professional management but I will attempt to present some guidelines for your benefit.

Sports medicine problems or injuries related to the foot, ankle, knee and hips secondary to "over-use syndromes" usually seen in jogging or other sports should be evaluated by the sports oriented podiatrist. Pain in the knees, hips, and lower back are often caused by faulty foot biomechanics. In general, if the injury is isolated in the lower extremity; see the podiatrist. If there is a trauma to the knee or hip then the orthopedist should be consulted.

Non-traumatic injury of the lumbar-sacral, sacro-iliac, and cervical areas are common in racquetball. These types of musculo-skeletal problems can effectively be evaluated by the sports oriented chiropractor. Traumatic injuries of the back and upper extremities should be treated by the orthopedist. Many non-traumatic ailments of the musculo-skeletal system can also be evaluated and treated by the orthopedic surgeon.

The dentist may play an extremely important role in the treatment of a special problem called "temporomandibular joint syndrome". This malady is caused by the mal-alignment of the teeth thereby causing dysfunction at the junction of the upper and lower jaw. Many patients complain of a multitude of symptoms including clicking of the jaw-bone, ear aches, headache, neck pain, and back pain. Many times the patient has seen a number of specialists who do not recognize this syndrome as a dental problem. The athlete subconsciously expends a great deal of energy by grinding and clenching the teeth causing excessive tension which in turn causes more pain. After consultation with the dentist and fabrication of an appropriate bite-plate to re-align the bite; the athlete often has a dramatic relief of symptoms and also an increase in strength and performance.

In conclusion, I hope this article has informed you of the roles that the various sports medicine specialists perform and that you stay healthy by adequate training and preparation so that you can continue to enjoy whatever sport you engage in pain free. ●



Keeping Up Five Easy Ways to Beat a Younger Player

by Bill Levy

Bill Levy describes himself as a "B-ish" racquetball player. He plays at the Sportsman's Club in Jefferson, New Jersey. He also writes poetry.

And suddenly you've broken 30. You've not only lost a step; a bout with sciatica made you wonder for a while whether you'd ever walk again. But you love the participation, the competition, the excitement of racquetball. What can you do so you won't make a complete fool of yourself?

My friend John maintains that his racquetball game has shown significant improvement as he has put on weight.

There are five basic strategies that enable the aging weekend warrior to successfully compete against the younger and stronger and quicker and bigger and fresher jocks. These are the Bulk Approach, Intimidation, the Art of Adrenalin, the Science of Subtle Cheating, and the Classic "Classless" Tactics.

The Bulk Approach is simply using one's growing girth to an advantage. My friend John is a zealous proponent of this course of action. He maintains that his racquetball game has shown significant improvement as he has put on weight. His goal is to eclipse the front wall entirely. Now, opponents have great difficulty seeing in front of him, and are paranoid that he might trip and crush them to death. According to John, substantial bulk gives one a lower center of gravity, decreasing the chance of being knocked over or losing balance,

and increasing the power of the stroke.

My neighbor Jimmy is the expert on Intimidation. I've seen Jimmy walk onto a court with a warped racquet splattered with ketchup, and casually mention to his next tournament opponent that he had won his previous match by default. I've watched him humble opponents by ripping off his sweatsuit outside the court door before a ladder competition, and nonchalantly toss three stilettos and a pair of brass knuckles on top of his torn clothes. And I've helped spread the rumor that he was the "toughest con in the pen".

A knowledgeable old pro saves the Art of Adrenalin for crucial situations. My friends and I need some sort of impetus to reach deep down for that spurt of energy or a second or third wind. In a close racquetball game, John will begin worrying that he's sweating off too much weight, and go into a winning frenzy. When a lean, flat-bellied youngster collides with me and apologizes with a "Sorry, sir", I'm refreshed and ready to kill.

When a lean, flat-bellied youngster collides with me and apologizes with a "Sorry, sir", I'm refreshed and ready to kill.

It takes years of experience to master the Science of Subtle Cheating. My forte is keeping (or not keeping) the proper score. I'll announce the score out loud through most of the game, then stop and hope my antagonist has grown careless and hasn't been paying attention. Over the years, I've learned to slyly drop an

opponent's point here and give a point to myself there. I'm also fairly adroit at the "You take this point, I'll take the next close one" ploy. Here you give a point or volley to your opponent that he has really already legitimately won. Later on, you claim a crucial play as yours.

It takes years of experience to master the Science of Subtle Cheating. My forte is keeping (or not keeping) the proper score.

A seasoned sportsman can get by on a little talent if he knows his Tactics. I was playing against my friend Richie when he pulled off a superb psych-out. The score was tied at 17, and I knew the next few points would be critical. I served a perfect low serve, and Richie caught it. He caught it! He shook his head, tossed the ball back to me, and whispered, "Great serve, your point". I went crazy: "I don't want any of your charity; I can't believe you caught my serve!" — and proceeded to lose the next four points in a row.

But it was Jimmy who pulled off the classiest strategic move I've seen on a racquetball court. He was playing the club pro and losing badly. He took the center of the court and when he sensed that his opponent was directly behind him, he smashed the ball as hard as he could against the front wall. The ball caromed off the wall and rebounded directly toward Jimmy's head. Jimmy waited for the last moment, then ducked. The ball flew past him and into the club pro's vulnerability. Another victory by default. ●

Defining Racquetball Idio(t)matic Terms

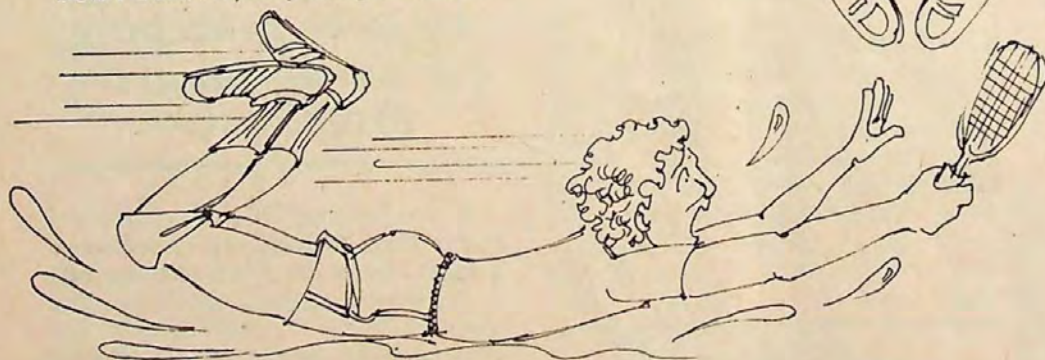
by Jill and Robert Anderson

Illustrations by Peggy Perry Anderson

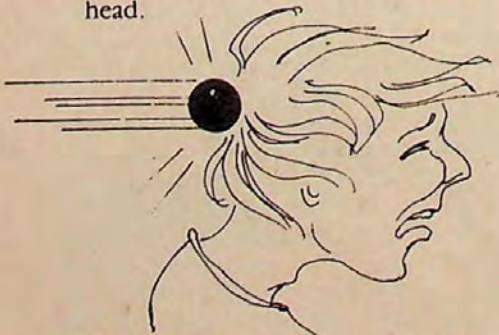
ACE: What you call the man that just won 21-0.

BLINKUS OF THE THINKUS: To falter mentally. What the originator of this term obviously did.

BODY SURF: Hydroplaning on sweat.



BULLSEYE: What a player says when he hits his opponent in the back of the head.



CROTCH: Where two walls meet. Term coined by same man who did "Blinkus of the Thinkus."

CUTTHROAT: What you do when you kill.

DIE: What a "B" player does after losing to a novice.



DROP SHOT: A skillfully disguised mis-hit.

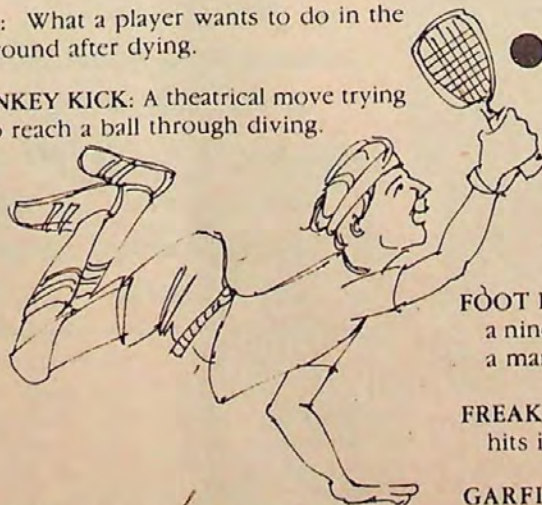
FATIGUE FACTOR: Pooped.

FAULT: A crack in the floor whose depth is directly proportionate to the person above who is jumping on it after his partner hits his second double-fault while serving.



DIG: What a player wants to do in the ground after dying.

DONKEY KICK: A theatrical move trying to reach a ball through diving.



FOOT FAULT: Any shoe size larger than a nine for a woman and size eleven for a man.

FREAK BALL: What a donkey kicker hits if he reaches the ball.

GARFINKEL SERVE: A serve named after a member playing in The Jewish Defense League.

DOUBLES: What you drink after losing to a novice.

GUN HAND: The hand used to kill

HALF AND HALF: Creaming the ball.

HINDER: What you yell if you can't read a well executed shot.

ISOLATION STRATEGY: Picking on the turkey in doubles.

KILL: An unreturnable luck shot.



LOB: Short for lobotomy. What you should get if you can't learn to serve.

MERCY BALL: Unwritten rule of court etiquette where one player holds back his swing because, had he hit the ball, that shot or his racquet would have struck his opponent. This unwritten rule does not apply if an odor hinder is hovering.

McKAY, HEATHER: A phenomenon akin to Bjorn Borg of tennis.

ODOR HINDER: You'll discover this when the time comes.

ONE ON TWO: The menage a trois of racquetball.

PINCH SHOT: Often used in mixed doubles.

PLUM BALL: In ancient times a plum was used as a ball. Games were shorter then.

POINT: If you don't know what this is, you should be playing pinball machines.

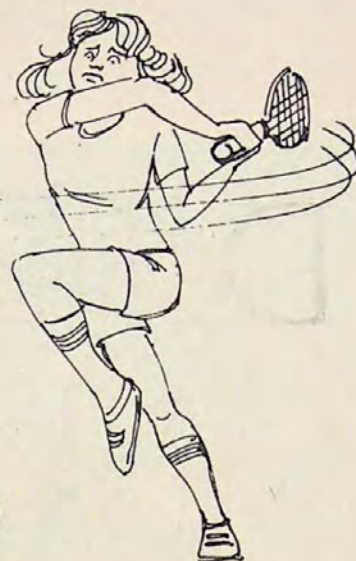
SELF WAFFLE: A masochistic move.

SHOOTER: What a male says about his female partner as she loses the match 21-19.

STRADDLE: A ball going through the legs of a player lower than a crotch shot.



SWISH: When you swing at the ball and miss it completely, this is the sound your racquet makes.

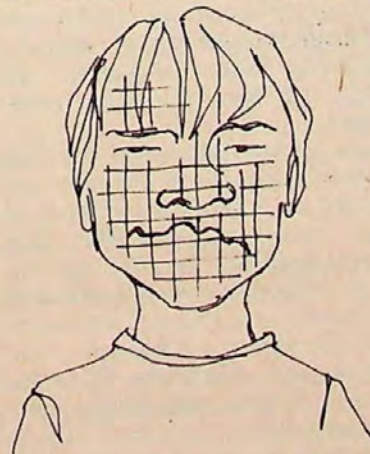


THONG: Chin, Lee. An early Korean inventor of leather straps.



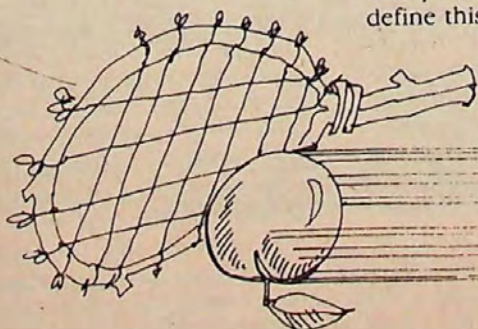
VOLLEY: 1. What advanced beginners call warming up. 2. To pick the ball off the air.

WAFFLE FACE: What your face looks like after being hit with a racquet.



SUPER PINCH: Advanced form of mixed doubles.

TOURNAMENT DIRECTOR: Unfortunately no one has ever been able to define this term.



WINNING RACQUETBALL: There are three rules for winning racquetball. Unfortunately no one knows them. ●

Study Proves Racquetball Qualifies as Cardiovascular Conditioner

Gaining Aerobic Points

by David L. Montgomery/Sandra Carter

The increasing interest in physical fitness has resulted in a number of scientific studies assessing the amount of activity in various sports. It is commonly believed that racquetball is an activity that provides sufficient endurance training to develop and maintain cardiovascular fitness. Guidelines established by the American College of Sports Medicine indicate that an activity must be 15 to 60 minutes in duration at an intensity of 60 to 90% of maximum heart rate for three to five days per week to provide cardiovascular fitness benefits.

In continuous activity such as jogging, the intensity and duration can be easily evaluated and maintained throughout the exercise session. The discontinuous nature of racquetball or squash make the assessment of the intensity and duration more difficult. In addition, the skill and physical fitness level of the player as well as that of the opponent are of major importance.

A study of the characteristics and intensity of racquetball matches was conducted at McGill University in Montreal. Twenty players (9 males and 11 females) ranked as "A", "B", or "C" players according to their classification in previous tournaments served as subjects for this investigation. The participants were selected so that their age, weight, body fatness, and aerobic fitness were similar.

Racquetball matches were arranged between players of each classification. A total of 22 matches of "equal" competition (A vs A, B vs B, C vs C) was

observed. In another 22 matches, the observed player was "stronger" than the opponent (A vs B, A vs C, and B vs C). Finally, in 22 matches the observed player was "weaker" than the opponent (B vs A, C vs A, C vs B).

During the racquetball games, the exercise intensity was assessed by continuously monitoring the heart's response via a radio telemetry technique. Two electrodes were connected to a small transmitter which was secured to the player's back. The transmitter relayed the signal to a telemetry receiver and recorder placed outside the racquetball court. Each player was monitored against an opponent of A, B and C classification. The exercise intensity was calculated by comparing the heart rate with the player's potential heart rate range (maximum heart rate — resting heart rate).

An observer recorded the duration of each rally and the length of time to get the ball back in-play. This information was used to describe the characteristics of racquetball play when the opponent was of equal or unequal ability. The results are outlined in Table 1. There is very little difference between males and females in the description of the play. About 80% of the rallies are 10 seconds or less, 17% between 11 and 20 seconds, and only 3% of the rallies are greater than 20 seconds duration.

Most racquetball players will be surprised at the large percentage of rallies that are quite short in duration. The tendency is to remember the long hard

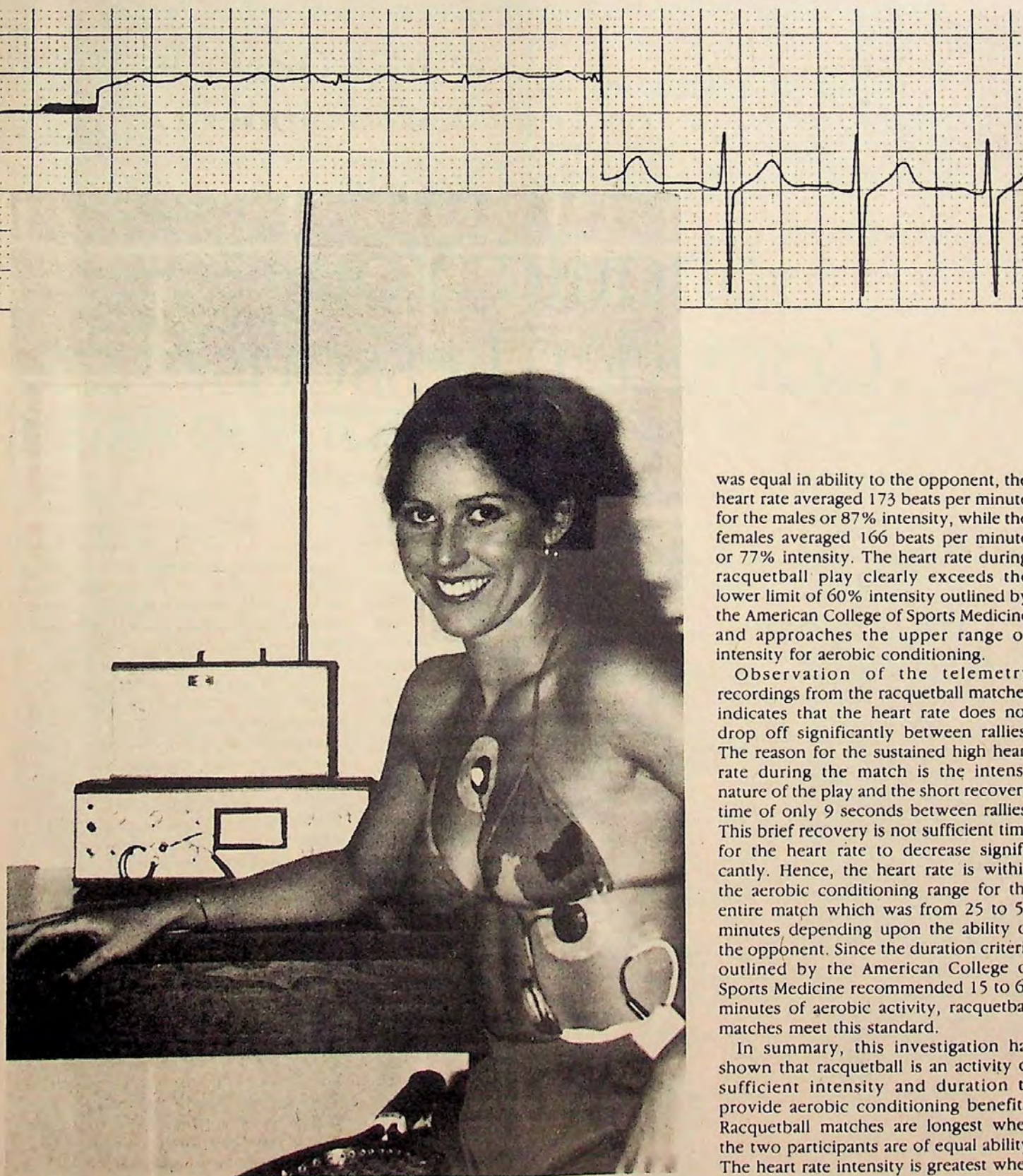
rallies so we start thinking that racquetball is a game of long rallies which is simply not true. Table 2 reveals that the average length of a rally is only 7 to 8 seconds.

In terms of ball position, the player is actively participating in play for only 44% of the total match time. It appears to make little difference whether the opponents are of equal or unequal ability. It takes the players about 9 seconds to get the ball between rallies and resume play.

A match consisted of either two or three games. If a tiebreaker game was needed, it was played to 11 points. The men's games were longer than the women's games. When the men were of equal ability, the matches averaged 50 minutes in duration while the matches were only 34 minutes long when the players were unequal in ability.

The characteristics of squash play have been described in four reports. They indicate that the squash ball is in-play from 52% of the time in recreational players to 69% of the time for "A" grade players. When squash players are similar in ability and well-skilled, the average rally is 7 to 9 seconds which is similar to the length of the racquetball rallies observed in this investigation.

Table 3 describes the intensity of racquetball play when the monitored player was of equal, stronger, or weaker ability than the opponent. For both the males and females, the highest heart rate and percent intensity occurred when the monitored player was weaker than the opponent. When the monitored player



Co-author Sandra Carter shows the electrodes and accompanying equipment used in this study of intensity and duration of racquetball matches. The study effectively proves the aerobic benefits of the game.

was equal in ability to the opponent, the heart rate averaged 173 beats per minute for the males or 87% intensity, while the females averaged 166 beats per minute or 77% intensity. The heart rate during racquetball play clearly exceeds the lower limit of 60% intensity outlined by the American College of Sports Medicine and approaches the upper range of intensity for aerobic conditioning.

Observation of the telemetry recordings from the racquetball matches indicates that the heart rate does not drop off significantly between rallies. The reason for the sustained high heart rate during the match is the intense nature of the play and the short recovery time of only 9 seconds between rallies. This brief recovery is not sufficient time for the heart rate to decrease significantly. Hence, the heart rate is within the aerobic conditioning range for the entire match which was from 25 to 50 minutes depending upon the ability of the opponent. Since the duration criteria outlined by the American College of Sports Medicine recommended 15 to 60 minutes of aerobic activity, racquetball matches meet this standard.

In summary, this investigation has shown that racquetball is an activity of sufficient intensity and duration to provide aerobic conditioning benefits. Racquetball matches are longest when the two participants are of equal ability. The heart rate intensity is greatest when the opponent is of equal ability or is a better player. ●

How to Decide Should You Consider Lessons?

by Cheryl Phillips

The universal quest of learning is causing thousands of racquetballers to take education out of the classroom and onto the courts to achieve player development. And, just as there are different methods that can be employed to teach someone math, there are several styles of racquetball lessons. Formal racquetball instruction can be divided into 3 types — group, individual regular and individual periodic. One isn't better than any other . . . the decision centers around your motivation and objectives.

Lessons appeal to both the person who has played once and the one who has played for years. Some of the traditional reasons players give for starting their love affair with racquetball lessons are that the structure keeps them from getting too discouraged, it gives the game a theoretical organization, expands it beyond hitting a ball against a wall, or they want to learn it right from the start. Established players think about lessons when they feel their game has peaked, playing becomes boring, or when they feel rusty with a racquet after being away from the game for a while.

The Choice is Yours

If you are a new racquetballer and haven't previously participated in many sports, a good beginning would be to sign up for group lessons. Many clubs offer these throughout the year and while the approach is unindividualized,

you get a good grounding in the fundamentals and meet other players on your level. Meeting fellow and sister novice players can be difficult for the newcomer, and without the opportunity to play others like you, the game becomes more frustrating than fun. Several beginner classes provide racquets and balls; therefore, if you are trying to be an advocate for a non-playing friend, this type of lesson would be an excellent recommendation.

Often, there is a combination of classroom and court instruction along with practice time, so the person can ease into the atmosphere of the four walls. For anyone whose first reaction to the court is claustrophobic, this gradual method will help build confidence and coping. The socialization and group support is attractive for the individual who's interested in recreation or is timid about taking up a competitive sport.

"The main thrust of my group lessons is to educate players about the game," states instructor Jimmy Perez. In his four week course he presents rules, serve, forehand, backhand, proper hitting and court positioning. "There are several problems that the beginning player must overcome," he explains. "These are delayed reaction time, hugging the wall, leaping and chasing the ball." He tells his students, "Don't let the ball play you, you have to play the ball."

One favorite source for group learning

is a university or college athletic department, and it's convenient for those who are working toward a degree. During the semester, many students are able to go from beginner to intermediate playing. But, you can't ignore that the setting is academic, which means that there will be tests and grades. For variety, University of Texas instructor, Tim Hamilton, will occasionally invite a top player from the area to play him while the class watches. After the guest match, he will explain what and why he did certain shots or positioning, and the students have the opportunity to ask questions about his strategy.

Besides the instructor, group lessons offer several additional sources for learning — films, printed material and observing other players. The time-limited group structure is especially popular with people who like regularly scheduled activities.

Racquetball camps and clinics are group approaches that will give you or your game a super shot in the arm. The concentrated format will improve your attitude and playing style, and is good for someone who is seeking motivation along with a change of pace. Since there are many playing hours, there's the added advantage of building stamina and self assurance. The in-depth work on one aspect of your game is a creative solution for overcoming player's block. By playing and observing other good

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 NY 11731 516-261-3257
New York — Al Seitelman
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 516-261-3257
Downstate New York — Mike Jones
 1 Levon Ln., Miller Pl., NY 11776
 516-732-5500 (office)
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 701 East Trade St., Suite C,
 Charlotte, NC 28202 704-376-0800

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 (home) 404-394-3326, (office) 404-955-2120
Northern Florida — Van Dubolsky
 930 N. E. 14th Ave., Gainesville, FL 32601
 904-372-2120, 904-378-5093
Southern Florida — Fred White
 8431 N. W. 2nd Manor, Coral Springs,
 FL 33065 305-473-3912 (office)

REGION #5

Mississippi — Sheila McClintock
 c/o The Court House, 2625 Court House Cir
 Jackson, MS 39208
Alabama — Bob Huskey
 1610 2nd Ave., Opelika, AL 36801
 205-745-6295 (office), 205-749-0776 (home)
Tennessee — Bill Branta
 1st Tr. Bank, Market St., Chattanooga, TN
 615-757-4453
Eastern Tennessee — Emile Catignani
 1631 N. Hills Blvd., Knoxville, TN 37917
 615-794-5111

REGION #6

Arkansas — Chester Phillips
 1421 N. University, Little Rock, AR 72207
 501-666-9629
Oklahoma — Susan Johnson
 Rt. 1 Box 118FF, Stillwater, OK 74074
 405-743-1328
Kansas — Rick Willets
 3725 West 13th St., Wichita, KS 67203
 316-945-8331
Missouri — Bob Hardcastle
 181 Trailsview, Chesterfield, MO 63017
 314-469-3395 (home), 314-532-0484 (office)

REGION #7

Commissioner — Jim Austin
 12800-19 Briar Forrest Dr., Houston, TX 77002
 713-496-3447
Louisiana — Ron Jeter
 6343 Renoir, Baton Rouge, LA 70806
 504-923-0271
Texas — Jon Ohlheimer
 1920 W. Alabama #3
 Houston, TX 77098

REGION #8

Iowa — Dave Elgin
 642 Bartlett Ct. N.W., Cedar Rapids, IA 52405
 (O) 319-354-3040, (H) 319-396-6574
Wisconsin — Will Mulvaney
 1523 Vista Ave., Janesville, WI 53540
 608-755-0706

REGION #9

Michigan — Jim Easterling
 29-350 N. Western Hwy.,
 Southfield, MI 48034
West Virginia — Kevin Becker
 519 Warwood Ave., Wheeling, WV 26003
 304-277-1352, 304-232-6360
Ohio — Jerry Davis
 19713 Shaker Blvd., Shaker Heights,
 OH 44122 216-751-5575

REGION #10

Commissioner — Ray Mitchell
 5724 W. Diversy St., Chicago, IL 60639
 312-745-9400
Illinois — Ray Mitchell
 5724 W. Diversy St., Chicago, IL 60639
 312-745-9400
Indiana — Indiana Racquetball Assoc.
 7590 Harcourt Rd., Indianapolis, IN 46260
Kentucky — Dennis Smith
 c/o Lovers Lane Racquetball Club, 1056
 Lovers Lane, Bowling Green, KY 42101

REGION #11

Commissioner — Clint Koble
 206 St. Andrew, Rapid City, SD 57701
 605-348-9336
Nebraska — Terry Elgelthun
 c/o Racquetball of Omaha, 3415 S. 67th St.,
 Omaha, NE 68106 402-393-3311
Minnesota — P. A. Deutsch
 4510 West 77th St., Suite 235,
 Minneapolis, MN 55435
North Dakota — Jay McGurran
 c/o TAC Racquetball Club, 1401 Dyke,
 Grand Forks, ND 58201 701-746-4486
South Dakota — Clint Koble
 206 St. Andrew, Rapid City, SD 57701
 605-348-9336

REGION #12

New Mexico — Clay Childs
 517 Fruit N.W., Albuquerque, NM 87108
 505-243-5505
Arizona — Jack Nolan
 5618 S. Spyglass Road, Tempe, AZ 85283
 602-838-7898
Utah — Vincent H. Brown
 c/o Fountain of Youth, 4300 South 300 West,
 Murray, UT 84107 801-262-7487 (club),
 801-262-9414 (office)

REGION #13

Commissioner — George Dwyer
 5206 Alta Loma Rd., Colorado Springs,
 CO 80918 303-598-0963
Wyoming — Wyoming Racquetball Association,
 Robert Ruchman, President
 Rt. 2, Box 3074, Cody, WY 82414
 307-587-6058
Colorado — Steve Krum
 413 Skyway Dr., Ft. Collins, CO 80520
 303-226-6734 (home), 303-493-2101 (office)

REGION #14

Commissioner — Ed Martin
 c/o Spare Time Inc., 79 Scripps Rd., Suite 212,
 Sacramento, CA 95825 916-920-0606
Northern California — Bill Masucci
 870 E. El Camino Real, Mountain View,
 CA 94040 408-738-4545 (office),
 415-964-4400 (home)
Southern California — Billy Gould
 c/o Santa Barbara Racquetball Club,
 P.O. Box 30817, Santa Barbara, CA 93105
 805-966-2035
Nevada — Bob Justice
 6756 W. Matero Dr., Las Vegas, NV 89103
 702-873-9439

Hawaii — Phyllis Gomes
 519 Nowela Pl., Kailua, HI 96734
 808-261-2135

REGION #15

Commissioner — Fielding Snow
 c/o Seattle Athletic Club, 333 N.E. 97th,
 Seattle, WA 98115 206-522-9400
Oregon — Dennis Hubel
 Suite 800, 1 S.W. Columbia,
 Portland, OR 97258 503-222-4422
Idaho — Wayne Weirum
 c/o The Court House, 7211 Colonial,
 Boise, ID 83709 208-377-0040
Co-Director — Roger Day-Davies
 822 W. Idaho, Boise, ID 83702
Montana — Lee Tickle
 S.R. Box 135, Clancy, MT 59634
 406-449-4540 (office), 406-449-4559 (home)
Alaska — Marvin Andersen
 P.O. Box 1912, Fairbanks, AK 99707
 907-452-5303
Washington — Washington State R.B.
 Association — Bob Bruce
 2725 169th St. S.E., Bothell, WA 98011
 206-481-4081

REGION #16

COMMISSIONER FOR AMERICANS IN EUROPE — Hal Löffler
 Siegener Strasse 48, 6230 Frankfurt 80
 West Germany
MILITARY COMMISSIONER — George Dwyer
 5206 Alta Loma Rd., Colorado Springs,
 CO 80918 303-598-0963
NAVY COMMISSIONER — Dr. A. Bill Fleming
 NMPC 651 E, 1300 Wilson, Commonwealth
 Bldg. Rm 956, Arlington, VA 22209
 202-694-4384
MARINE CORPS RACQUETBALL COMMISSIONER — Major J. B. Egan
 Head, Sports Unit, Hdq. U.S. Marine Corps
 Washington, DC 20380 202-694-2655
ARMY COMMISSIONER — Bill Begel
 HQ-DA, DAAG-MS, Washington, DC 20310
 202-325-9716
AIR FORCE COMMISSIONER —
 Stephen D. Ducoff
 AFMPC/MPCSOA, Randolph AFB,
 TX 78148 512-652-3471
JUNIOR NATIONAL COMMISSIONER —
 Ed Martin
 Spare Time Inc., 79 Scripps Dr., Suite 212,
 Sacramento, CA 95825 916-920-0606
PRESIDENT OF JUNIOR COUNCIL —
 Dawana Grimes
 3507 Pecocs, Wichita, KS 67203
INTERCOLLEGIATE NATIONAL COMMISSIONER — Larry Liles
 152 Longreen Dr., Memphis, TN 38117
CO-INTERCOLLEGIATE COMMISSIONER —
 Phil Panarella
 P.O. Box 259, New Britain, CT 06050
 203-229-0526
INTERNATIONAL AMATEUR RACQUETBALL FEDERATION —
 Executive Director, Luke St. Onge
 5545 Murray Ave., Memphis, TN 38119
 901-761-1172

players, you get an expanded base of information.

The player seeking more personal attention can either set up individual lessons or an ongoing regular or as-needed basis. The student/instructor relationship that is most akin to professional training is the individual open-ended mode which promotes long term skill building and game development. This is usually the choice of established players who want to continually work toward their maximum performance potential. The lengthy acquaintance with a coach provides you with a role model and constant input of your playing strengths, weaknesses, and progress.

Susie Dugan, who gives individual lessons between tournament tours, states that her average student takes a lesson every 2 to 4 weeks. The major difference that she identifies between individual and group lessons is the intensity of playing time. Beginner players rarely pursue one to one teaching; therefore, it's frustration that is the primary motive behind a new student coming to her. "The person who decides on signing up for individual lessons usually has been playing for awhile, thinks that he/she can do better, but doesn't know how to attain full capacity," she describes. Sometimes Ms. Dugan has to start with helping a person unlearn bad playing habits, and this frequently occurs with the one who was self-taught during the beginning stages. A typical bad habit is improper gripping. (See Leslie Hall's story on page 27.)

Individual lessons can also be set up for a specific number of sessions or a particular time period. During a slack period at the office, you might want to pick up three months worth of lessons to give your game a boost. For a racquetballer who is stagnated and wants tips on how to get out of the rut, short term instruction is an advantageous route. Other stimuli for this approach to learning include having difficulty with a certain opponent and preparing for a tournament. The players who follow this teaching path are intermediate or advanced players who have achieved a satisfactory level of play, but want to polish off a few rough edges. Many view this as the continuing education of racquetball.

An example of the power of player prep is Rita. She played her first game with her boyfriend and was humiliated

by the lopsided scores while he swore that he wasn't trying. Afterwards, she made a bet with her beau that in six months she could beat him in a match. Humoring her, he took the challenge. During the six months time she faithfully went to her secret lessons... first group, then individual. When the time arrived for the bet to be carried out, she walked fearlessly on the court and won two games — 21 to 14 and 21 to 10 — and recalls it as one of the most exciting moments of her life.

Careful Decision Making

The two variables that influence the best style for you are student and instructor characteristics. Your personal goals must be taken into account when choosing lessons — do you want a comprehensive grounding in racquetball fundamentals, are you looking to tune-up a few aspects of your game or an engine overhaul, is meeting other players important, how much of the lesson time do you wish to spend playing? If you have never been in an athletic coaching situation, it's easy to have unrealistic expectations about what will happen... you won't become a pro by osmosis. Identifying your lesson goals will help assure that they will be met.

Personality traits can also sway your selection — will you follow through with any homework assignments between individual lessons, do you have a basic conflict with one on one authority, are you intimidated when others watch you play, or are you motivated more by encouragement or challenge? A final impact on your decision making is how you learn best. Some integrate knowledge through doing, others by observing, while others require frame of reference for all tips. By recognizing your student temperament, you lessen the likelihood of facing disappointment in your prospective student role and selected instructor.

Instructors have identified three "ego hang-ups" that can stand in the way of a person being a good student. The first is the attitude of "I know it all or I can teach myself," the second obstacle is the inability to withstand occasional humiliation, (this can be devastating for someone who's enrolled in a group) and finally there's the tendency to over-concentrate on making points to the detriment of game perfection.

Instructor characteristics are as im-

portant as those of the student. You wouldn't pick a car based on the most accessible dealership, and you shouldn't select a coach without thoughtful research. The decision to take lessons shows that you want to become more serious about your game; therefore, careful instructor consideration is appropriate.

The best racquetball instructors combine understanding of how people learn with sports mechanics, and many have achieved an advanced degree in education coupled with a bookshelf full

In group lessons, participants learn by doing and observing.



of trophies. Some players think that the sex, age, and playing status (professional vs. amateur) makes a difference in one's instructional abilities, but the real issue is the student's perspective of this demographic information . . . yes, you can learn from a woman who's half your age.

"What is the instruction method?" is a good question to ask. Are handouts used, is video equipment available, does a lesson consist completely of playing or is there a combination of didactic, drills and playing? One feature of effective sports training is how well one can pace the trainees. Pacing entails a balance of taking into account your innate talents, providing review of old material and

gradually introducing new information so that there is steady progression of learning. "Weekly repetition is helpful because it makes knowledge go from thought to application and the eventual integration of the two," states one player who's a firm believer in lessons. Before signing up for lessons, scheduling an interview with an instructor will give you a chance to ask about teaching techniques.

Pete Wright makes a distinction between training and teaching. In instructing the recreational player, he explains, "I choose a speed that is comfortable for the person and adjust my teaching to the level that they play."

Here, the student's goals will dictate the lessons. In contrast, when coaching a player who wants to go for big wins in amateur or professional competition, he manipulates his training around what he considers to be one step ahead of where the person is. "An individual in training cannot get too smug," he adds. "It's important that this type of trainee doesn't become complacent or lax about needing to learn more." As Wright's first protege, pro Shannon Wright is proof of his successful coaching.

Being a student of racquetball doesn't begin and end with lessons. If you are insightful enough to know what you need to improve in your game observa-



tional learning can give you an endless set of examples to expand your talents. A popular stage for voyeuristic education is tournaments. By intently watching championship games, you can assess formidable serving, shooting and maneuvers. Aside from watching, you can discover secret tips by asking questions, especially about strategy. "Unless you allow yourself to learn from other superior players, you're cheating yourself out of a wealth of knowledge," one oldtimer explains.

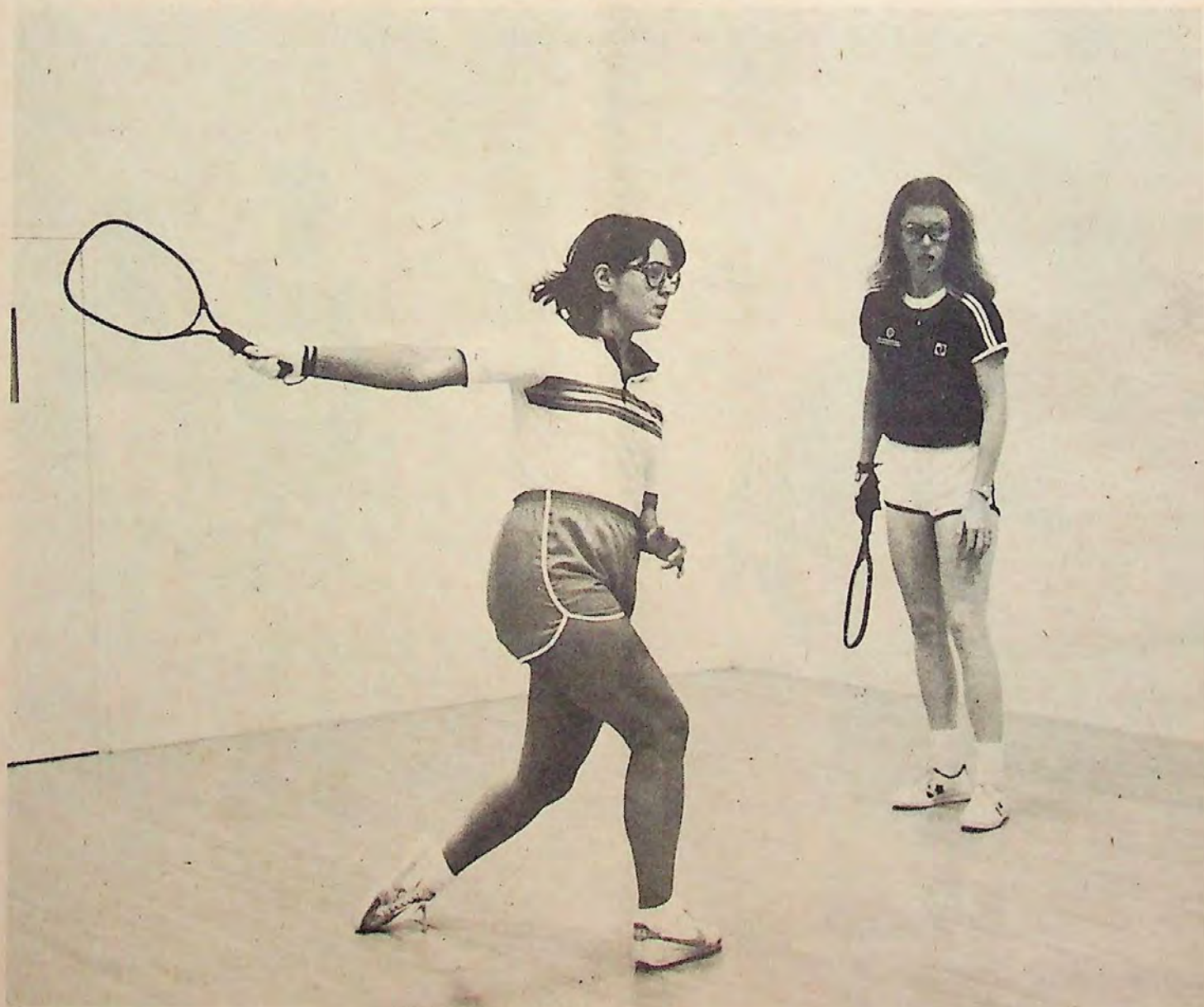
Racquetball game development occurs sequentially and is similar to formal educational curriculum. Everyone starts

at a freshman level; even if you have experience in other sports, you first have to learn the basics. For the novice athlete, the beginning includes keeping your hand around the racquet grip, your body off the wall, your eye on the ball, and following the rules. The sophomore level student focuses on ball placement through serves and strokes and the junior concentrates on court positioning and coverage. After you have mastered how to handle the equipment, to hit the ball, and court movement, (and this may take years) you are ready for the senior status of learning strategy. When you receive a racquetball diploma, lessons

change from game instruction to game polishing, and your teacher becomes an objective observer who can see the hidden faults of your game and help keep you motivated toward continual betterment.

Knowledge can give a player confidence by providing an understanding of why things happen. The bridge between feeling lucky and feeling skillful is comprehending how you executed a shot and that you could do it again. Racquetball learning, through lessons and observation, will turn lady luck into gentleman genius and will give your lob a new lift. ●

During an individual lesson, Susie Dugan attentively talks a student through backhand drills.



Pre-Game Conditioning Tips

Warming Up For Racquetball

by Cheryl Phillips

Thousands of people are turning to racquetball to promote health and fitness, but overall body conditioning must begin before entering the court. Without a conditioning program, the player places unnecessary stress on the body, and puts playing at a disadvantage. Sports medicine professionals attribute a number of injuries to inadequate conditioning, and professional athletes claim that a selective program will help turn around a weak facet of your game.

There are two types of racquetball conditioning — first is the short pre-game warm-up and the second is the concentrated program that can be done during off playing days. Bill Ogard, a physical therapist with the University of Texas Health Science Center explains, "Just like a car engine needs to get warmed up before high speed driving, a person's body, particularly the circulatory system and muscles, should be warmed up before being subjected to a rigorous game of racquetball."

You have probably seen the folks doing a set of jumping jacks and leg stretches in the locker room, but this is bare bones (or is it bare muscles?) conditioning. Pre-game warm-up should be a built in part of your regular play, but an adjunct conditioning program will extend beyond getting your body primed for a big match. A carefully selected conditioning routine will improve your total athletic performance by developing your stamina, speed, flexibility, or strength.

With the wide range of available conditioning opportunities how do you choose the best one for you? There are two main variables in determining a selection — resources and the Achilles heel of your game. If you lack the insight to answer the latter yourself, ask a court pal . . . they can usually see beyond our vanity to what we could improve. After all, it's the folks you play with who use your weaknesses against you; so, it serves them well to know what yours



A stationary bike gives your leg muscles the strength needed for fast court action.

are. And, it is to your opponents' advantage to promote your game improvement as they gain from a better court challenge.

Stamina and Speed

Players who lack youth or haven't participated in regular exercise since high school will benefit from a program aimed at building stamina and speed. This type of conditioning can also assist those who prefer a fast paced game with a fast ball. Petering out before the final points of a match is one sign that you're suffering from endurance inertia. Racquetball is considered an aerobic aggressive sport, (meaning that it utilizes a large amount of oxygen) and unless your

heart and lungs are in top shape, your game stamina will resemble a dead ball — fine on the outside, but slow on the inside. You will know if you have a case of stamina slow down if you seem to do fine for the first half of the game but begin to fizzle soon after.

Endurance is particularly important to the intermediate or advanced player or one who wants to play in tournaments. You can have developed a savage stroke style, but unless you can continually get to the ball, your threat is futile. In order to increase your stamina you will need to significantly increase your heart and

Dance exercises will give you muscle tone and flexibility for court agility.

Jogging builds your stamina and endurance.



pulse rate for at least 20 consecutive minutes. Depending on your health and fitness, it may take weeks or months before you can reach this goal. Jogging, aerobic dancing, swimming, and bicycle racing are activities that are popular with racquetballers who want a vigorous cardiovascular workout.

Running is an excellent exercise for increasing your speed . . . sprinting will assist your quickness and long distance running will help you learn better pacing. If you're having trouble with your starts, this type of conditioning will tune up your movements like a new set of plugs tunes up your car. Exercises to polish your start/stop foot action are shadow boxing and rapid rope jumping with frequent foot changes. Riding a stationary bike will work your leg muscles and can help cut off a few seconds from the time it takes you to blaze a trail from the back to front court. Speed conditioning, as opposed to endurance building, will focus on your lower body, from pelvis to toes, and won't have a cardiovascular concentration.

Before beginning a stamina or speed enhancement routine, check with your physician. If you have been playing racquetball for awhile the inclusion of this type of conditioning probably won't present any danger, but if you are a new player, it is particularly advisable to receive a medical okay before taking on another bodily taxing sport.

Flexibility and Strength

Keeping your muscles and tendons conditioned is your best insurance policy against non-contact injury. Although there is a great deal of movement associated with racquetball, it isn't the kind necessary for the flexibility and strength that creates player *finesse*. This type of conditioning is for the racquetballer who wants to refine movement flow and coordination or produce more punch behind shots.

In order to have ball control, muscle flexibility is essential and court agility is necessary for retrieving low or pinch shots. Keeping muscles stretched and toned is often overlooked by racquet sports enthusiasts, and results in stiff,

aching post-match muscles. An even more devastating effect of unconditioned muscles is painful muscle strain.

Mid-way during a recent game a player yelled out a blood chilling scream, grabbed his calf and hobbled off the court . . . Charley had struck again and my friend has been out of commission for almost a month. Another player, while bending to drive in a kill shot, discovered that his movement only went one-way . . . he couldn't get back up. After realizing he had re-injured a lower back muscle that he had conditionally ignored, he began a comprehensive stretching program that he does several times a week.

Most calisthenic exercises are aimed at muscle stretching and have the convenience of being done in the privacy of your home. If lifting your legs and touching your toes while watching the six o'clock news isn't what turns you on, check out your city's parks — many have a par course available that is designed for overall muscle conditioning. When you begin doing regular flexibility exercises, you may find out that your usual aching body parts weren't signs of old age.

One player who has a collection of trophies to prove her expertise combines racquetball and ballet. While the two might seem like an unusual duo, it has been successful for her. "Ballet," you may say, "But that's only for women." Well, don't let the professional football and baseball players who use dance as part of their conditioning program hear your exclamation. But, if flexing to a beat isn't your idea of fun, there are other creative ways that you can one up the bod for a more finely tuned game.

Eastern culture has left its mark on flexibility routines with such art forms as Yoga and Tai Chi. Although these passive movements appear easy, they combine systematic breathing and stretching movements to offer a supreme conditioning program. Aside from learning muscle control, the positions have proven to give mental tranquility and balance body and mind.

In racquetball, a strong body and a loose wrist is a winning combination for

picking up points. The legs and the upper arms should be sources of muscle power, and while you can practice wrist flexing during drills and games, it requires off-court conditioning to develop and maintain a strong body. Weight lifting and resistance exercising are the two primary programs for muscle building, and many clubs make it convenient for you to add this type of conditioning to your racquetball ritual by providing weight and exercise areas. As your muscles are becoming harder, the game you're playing will become easier. Players who regularly participate in muscle strengthening have a better "presence" while they are playing, as if they have both a better control over their movements and have a better sense of being behind every shot.

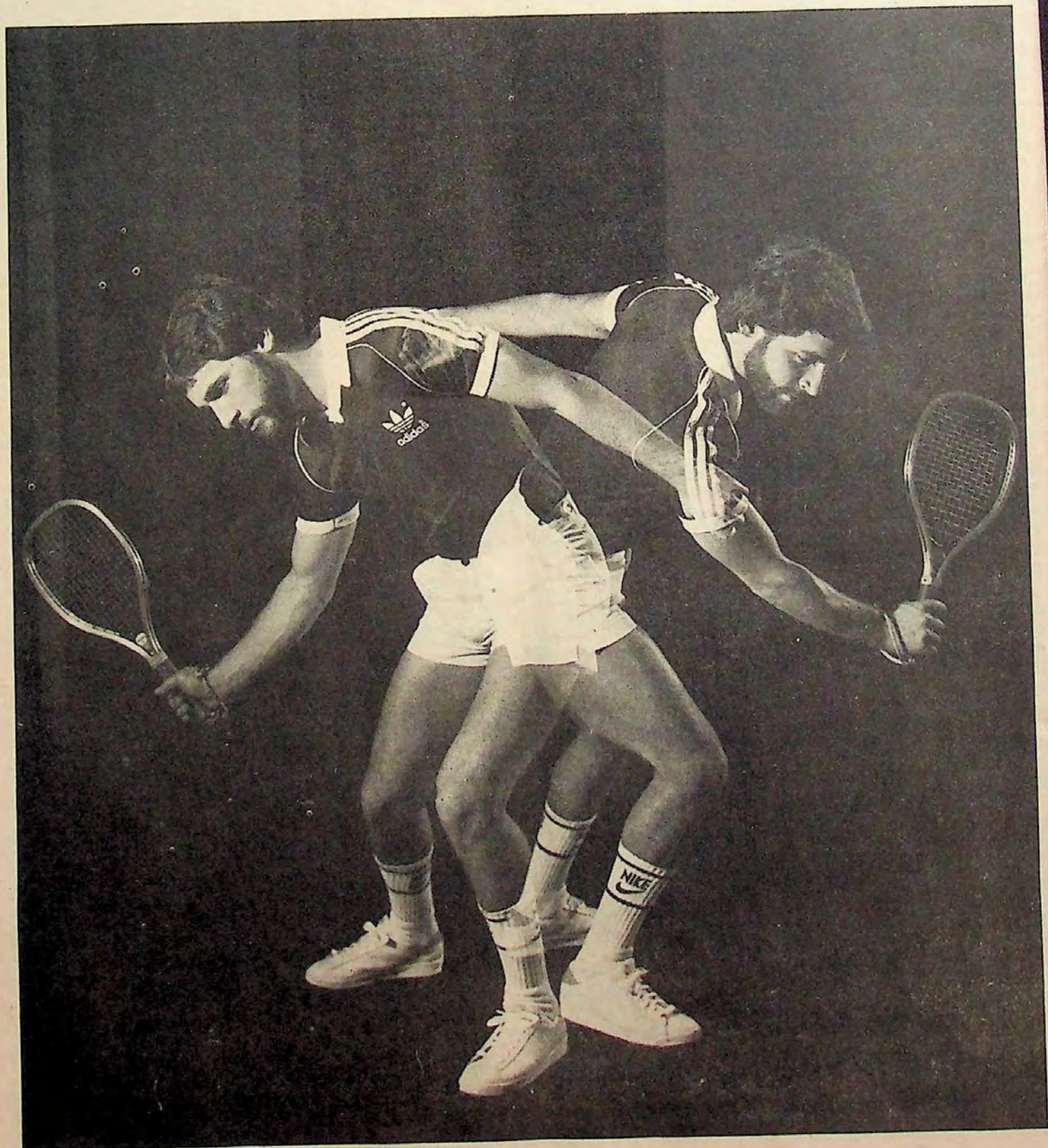
Strengthening can focus on building muscle, maintaining muscle strength, or both. By manipulating the quantity and quality of resistance, you can replace a mushy hamstring tissue with new healthy muscle fiber or keep a strong forearm that way. The amount of force or weight resistance that is used will determine how tissue building is possible and the amount of times (repetitions) you do a designated exercise is the primary toning factor. Working in a 15 to 20 minute weight program twice a week will keep you conditioned, but pumping iron for 45 minutes three times a week is equivalent to a beginner's body building program. So, if your strengthening goal is game building, spend the weekly hour difference giving your healthier muscles a workout with some drills.

In addition to making flexible, strong muscles, these programs are aimed at making healthier muscles. The increased circulation to your muscles will produce healthier, rejuvenated tissue. New tissue could be better than a new racquet to your game improvement.

Once you begin a program that's aimed at smoothing out the rough edges of your game, your improved fitness will be reflected in every aspect of your game. Conditioning could be the secret to getting rid of your unwanted handicap and bulge at the same time. ●

Learning to Play with a Partner

Double



Your Fun

by Cheryl Phillips

If you're looking for a way to spice up your regular racquetball rallies, doubles could be the ingredient that will rev up a new challenge. For players who have achieved the basics, the dual approach adds excitement and variety to your strokes and serves.

Playing doubles requires more than learning tactics to keep from slamming into three other bodies . . . you have to appreciate duo dynamics and become versed in doubles strategy. Once you master the differences from singles, the stimulation of doubles can quickly become addicting.

Switching from singles to doubles requires one major adjustment — learning to play with, as opposed to against, another player. Some mistakenly view doubles as a duplicated singles match and maneuver as if they have three opponents. In doubles, you are more likely to collide with your partner's ego than his/her body. To play a doubles match well, you must be able to communicate with your partner well. As with any meaningful relationship, certain components — communication, respect and sensitivity — are essential for a workable bond.

The pair must learn to manage on and off the court conflict. If a little flare of anger isn't handled in a mature manner, you can fall into the trap of playing against your partner rather than your opponents. To avoid conflict from accumulating, it is a good practice to get into the habit of de-briefing after a game. Following a shower and dip in the whirlpool, sit down with your partner and discuss what worked and didn't work during the joint playing. This shouldn't just focus on the mistakes, but also reflect on the fantastic moments. The post game chat will strengthen your workability and will help assure that you duplicate your good plays during the next confrontation with fierce competition.

Communication on the court is also important. "No matter how often you have played with someone, you should call all shots," states Ginny Dutton, winner of multiple doubles trophies. "This avoids a lot of potential problems." She feels that the basic acceptance that you will both make mistakes is a fundamental philosophy.

"It serves no constructive purpose to blame the other person for a lost point. In fact, it increases the possibility that you will also miss the next one."

The ability to complement each other is another secret to playing successful doubles. There's no room for an "I can do it better than you" attitude. "For instance," says Ms. Dutton, "if your partner is quick at getting to the front wall for kill shots, and you're a master of getting them off the back wall, that's a great complement. Or, perhaps your teammate has an excellent forehand while your wrist forte is a dynamite backhand." She warns us that the opponents will try to prey on the weaker player, so there has to be a constant willingness to compensate for each other.

Dutton points out that players need to watch out for the opposition trying to create conflict between you and your partner. "The players seem to get cockier in doubles, and they know if they can cause division between the two of you, it will put you at a psychological disadvantage. A strong sense of team spirit is imperative."

Bill Sellars, who won his first national doubles championship in 1970, feels that when players lose sign of fun, ego clashes take place, and the pair is headed for trouble. "The creed that I follow is to let mistakes ride and make the next play better. Otherwise, you can lose the game and lose a friend by repeatedly getting sore at your partner."

Actually, doubles is similar to a marriage, or any intense relationship that requires cooperation. The first key that fits the winner's lock is interpersonal — communication, complementation and acceptance. View your opponents as homewreckers — trying to create dissension between you and your partner, and unless you're a team, you'll be more vulnerable to problems. The object is not just to win, but to work together at all times, and then, a win will open up automatically.

Beyond Communication

There's considerable debate over what is the best court position for doubles. Dutton suggests that the best combination will primarily depend on the two individuals and secondarily on

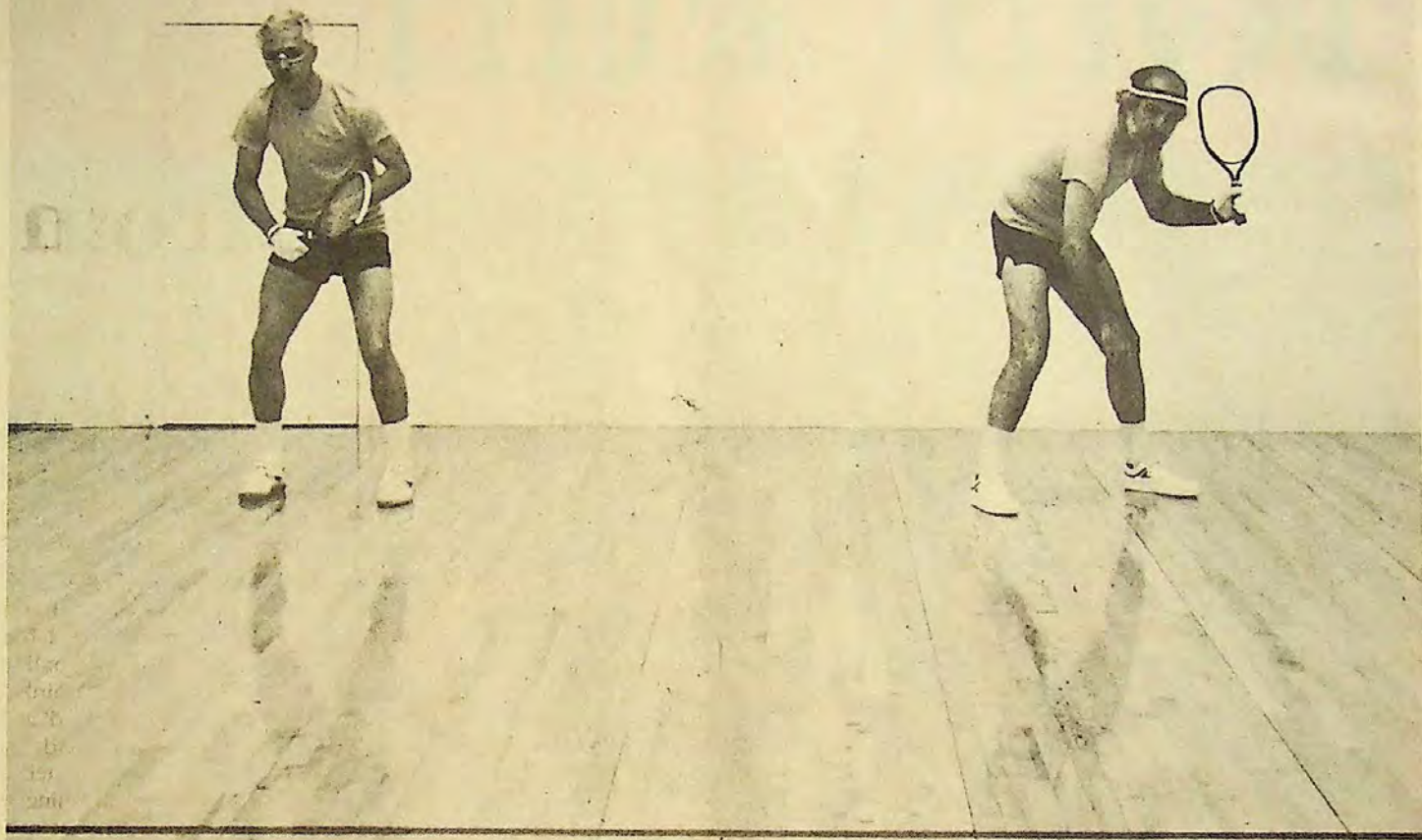
your challengers. She has played with many different partners, both in women's and mixed competition, and recommends, "The decision to play front and back or left and right should be determined after you've completed an analysis of each player's strengths and weaknesses."

Flexibility is wise strategy . . . if a front/back positioning isn't working, change to a side by side approach. This is particularly true when your opponents have discovered a weak link in your partnership chain and are mercilessly placing shots in that direction. Dutton reports, "You should always keep in mind that your partner can cover for you, and a good playing pair will use each other. If the other team is serving high lobs to the back corner that you can't seem to get, switch sides and give the other player a chance."

Bill Sellars states, "Swapping out is good. In doubles you want to conserve player energy and allow each partner to provide a balance so one partner won't fatigue before the match is over." He notes that the player on the right may



Many players are finding that the I position gives excellent court coverage.



not get his/her motor warmed up unless you frequently rotate positions.

Most doubles players agree that a right and left hand combo have an advantage. "There's about 10 percent innate advantage to this combination," states Sellars, "and if you're up against a righty and lefty, you have to work that much harder for a win. This grouping doesn't mean an automatic win, but it does provide easier court coverage.

Regardless of which hand is dominant, both players should be on fairly equal playing levels. Before playing a competitive match, you and your prospective partner should play a few games together. This gives both the opportunity to determine if you play on the same wave length and get a feel for each other's strengths and rhythm. You will want to gain enough comfort to be able to begin a match feeling confident.

Sellars explains that in doubles you have the opportunity to have full occupation of the court, and it's particularly important for one player to have good command of the front court. He often uses ceiling balls to get his opponent out of the upfront position.

Most of the doubles strategy is psychological. "There's more variables

to mix up the game and keep the opponents off guard," Sellars explains. As soon as a match begins he starts evaluating who's the weaker opponent. Looking for when a player chokes, he'll use the cue to begin a steady drive to the weaker player.

It's impossible to state that doubles is better than singles . . . they both offer exhilarating entertainment. But, there are several advantages of the dual approach. Two people can provide more defense than one so doubles can improve your shot placement and the increased court activity will require more concentration. Sellars enjoys doubles because it gives him many more players to learn from. "I always feel you can learn something from people you play with, and in doubles, there's twice as many folks you can observe."

Players who have previously participated in team sports find the dual approach satisfying. For those who have limited their sports interest to solitary pursuits, becoming a partner will enhance their athletic appreciation.

Depending on your club's set up, doubles can be more economical — splitting a \$10 court fee four ways is cheaper than if the expense is halved.

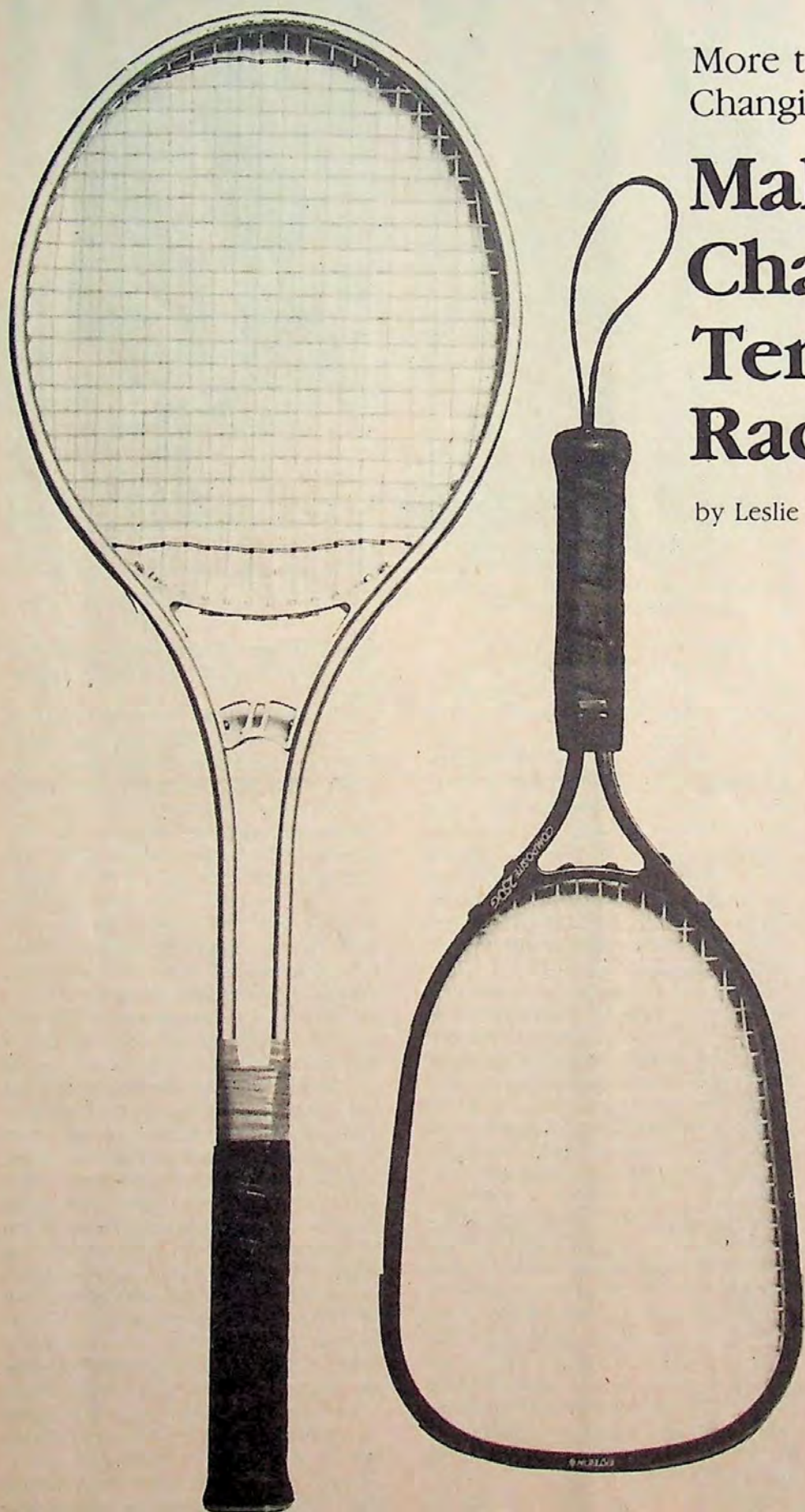
Side by side positioning is popular, especially for a right hand, left hand pair.

Another reason why doubles is popular with recreational players is that it gives you an opportunity to impress someone of the opposite sex with your court moves, and it's a good way for couples to learn to work together toward a common goal.

Unless all the doubles players respect the elevated safety needs, the court can resemble bumper cars. Four over-aggressive players will turn the game into a contact sport; so, beware of the increased injury risk. There's an added need for all participants to have a clear understanding of when it's appropriate to call screens and hinders, since there's more likelihood that these will occur. (See Rules Update on page 8.)

Adding doubles to your racquetball repertoire will double your avenues for tournament play. Because there are usually less entries in the doubles category, a proficient pair has a better chance for a win.

Pair up . . . you too will find out how to double your pleasure and double your fun in racquetball. ●



More to it than
Changing Racquets

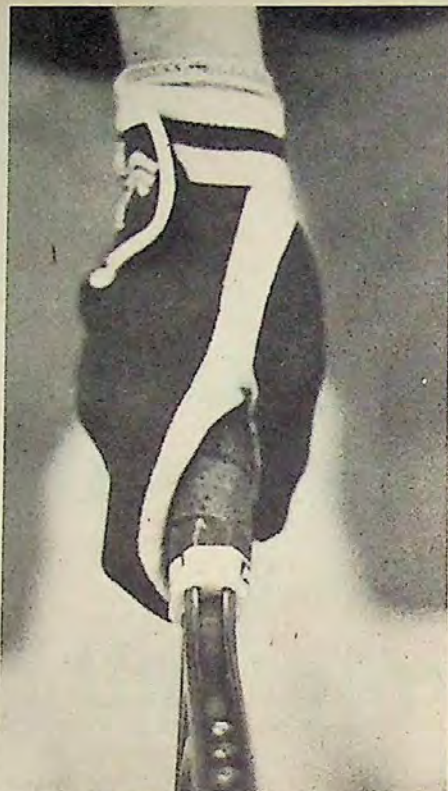
Making the Change from Tennis to Racquetball

by Leslie Hall

Like many racquetball players I was introduced to tennis long before I had ever seen or heard of racquetball. I thoroughly enjoyed tennis and I think it is a beautiful game when played at a high skill level. This background has given me an understanding of the tennis player, and his problems in switching to racquetball. It also doesn't hurt being a pro at a country club that fills its 42 tennis courts to capacity every night. There seem to be tennis players dropping from the ceiling and coming up through the cracks.

Many of these tennis players catch racquetball fever from the racquetball players that quietly infiltrate their clusters. The first symptom of racquetball fever is stopping to watch a racquetball game in progress. Then it becomes overwhelming — they must try this new game out. They borrow a racquet, scrounge up another sufferer of this new disease, and both of them are soon giggling as they run freely around the court. Soon they start bringing both a tennis racquet and a racquetball racquet with them when they come to the club. Through this period they think about racquetball as indoor tennis. They were quickly able to hit the ball to the front wall, and after all there's no net in the way.

One night they talk a racquetball player into getting on the court with them. They can't wait to show this racquetball player how good a tennis player can be at this game. But suddenly something strange is happening. This racquetball player isn't hitting the ball like the tennis player is. The ball is going



In this grip the racquet is turned too far to the left. The player will hit the ball down, most likely into the floor. (This is for a right-hander.)



When a player holds the racquet too far to the right, as this player is, chances are he/she will hit the ball up, possibly giving the opponent a perfect set-up.



The ideal racquetball grip will allow the ball to come off your strings as they face flat towards the front wall.

so low on the front wall — it must be illegal. All of a sudden there is an explosion when the ball is hit — but only when his opponent hits the ball.

This is racquetball! This experience either sends the tennis player back to the tennis courts — or to me to try to explain what racquetball really is.

What I will attempt to do in this and future articles is take one of the seven major problems tennis players have with the stroke itself when converting to racquetball and explain what needs to be changed. These changes will be basically the same whether hitting a forehand or backhand. Briefly, the changes are:

- 1.) the grip
- 2.) the contact point
- 3.) the path of the racquet through the stroke
- 4.) the level of the ball when hit
- 5.) the degree of opening up of the body to the front wall
- 6.) the weight distribution while stroking the ball
- and 7.) the position of the wrist at contact.

While going through these changes always keep this thought in mind. The object of tennis is to hit the ball over the net. The object of racquetball is to hit, whenever possible, so low on the front wall that your opponent cannot retrieve it. If you stroke the racquetball just as you do a tennis ball it will hit the wall four feet high, which should be a set-up for your opponent. The changes we are about to make are all geared toward lowering the ball.

The Grip

The grip in racquetball is a controversial area. This, though is not unusual for a sport. Have you ever asked several golfers to show you how to grip a golf club? In the past two years I have asked just about every golfer I know to show me the right grip and no two have shown me the same grip.

In tennis it is a little better. You can use the Western, the Continental, or the Eastern grip. Most people, my tennis pro friends tell me, use the Continental grip to serve and volley and the Eastern grip to hit forehands and backhands.

Racquetball, being in its infancy, has not become quite so confusing. You basically have two choices. Your first choice is to switch your grip when you hit a forehand and when you hit a backhand. The second choice is to use a compromise grip which will allow you to hit both a forehand and a backhand without taking the time to change your grip.

One problem with switching is that sometimes you will not have enough time to change before the ball goes flying by you. In this case you will be forced to hit a backhand with a forehand grip or a forehand with a backhand. This usually results in a set-up for your opponent. Even worse, you could be in the process of changing your grip when the ball is upon you. If this happens you will probably not even have a chance to set-up your opponent.

Most tennis players start by using the "switchy" method because it is very

similar to an Eastern tennis grip. But soon they realize this is working against them.

In racquetball the "switchy" method was taught as the basic grip for years. When the ball became faster and power hitters like Marty Hogan came along even control players like Charlie Brumfield began to realize that they didn't have enough time to always be changing their grip. So out of necessity the "no switchy" method became popular. For simplicity's sake we will refer to the "switchy" method as the tennis grip and the "no switchy" method as the racquetball grip.

Basically, a tennis grip puts the "V" formed by your thumb and your index finger over the right ridge on the top of the handle for a forehand and over the left ridge for a backhand. With this grip you must turn the racquet in your hand each time you change from hitting a forehand to hitting a backhand. What this does in tennis is slightly incline the racquet strings on both your forehand and backhand so you will lift the ball slightly at contact. This lift allows you to hit up and over the net with spin. If you use this same grip in racquetball you will do one of two things. The most common occurrence is hitting the ball four feet high on the front wall, which sets up your opponent. This brings you to the second alternative, which is hitting down on the ball to make up for your racquet lifting the ball. The problem with hitting down on the ball is that consistency is hard to master, not to



mention all the energy expended needlessly.

The racquetball grip places the "V" slightly to the left of center on the top of the racquet handle. If you hit the ball flat, or come straight through the hitting area, your strings will be facing straight into the front wall instead of slightly up. This will allow the ball to come off your string level. It follows that if the ball comes off the string level the ball will go into the front wall at whatever height it was struck in the swing. In other words, if you hit the ball at ankle level it will go into the front wall three inches high. If you hit the ball at waist level it will hit the wall three feet high.

Now we know what the two grips are and how they came into use — but how do you make sure you are using the correct grip? First, put the strap around your wrist and give it a twist. Next, using your left hand (if you are right handed) bring the racquet up and into your right hand. Now, shake hands with your new friend. The "V" formed by your thumb and your index finger should go straight down the wide part of the top of the racquet handle. This is your forehand grip if you switch. If you do not wish to switch turn the racquet *slightly* to the right. Now the "V" should be half way between the left top edge and the middle of the wide part of the handle. Or in tennis terms, just to the left of your Continental grip. This is the racquetball grip we have been talking about. If you continue turning until the "V" is on the left ridge you will have reached the backhand grip of the tennis grip.

It would be beneficial for you to experiment with not changing your grip. But, whichever grip you use, make sure that when you swing the strings of your

racquet are facing straight ahead of you into the front wall. If your grip is turned up or down — even slightly — you will have a difficult time hitting the ball low.

Contact Point

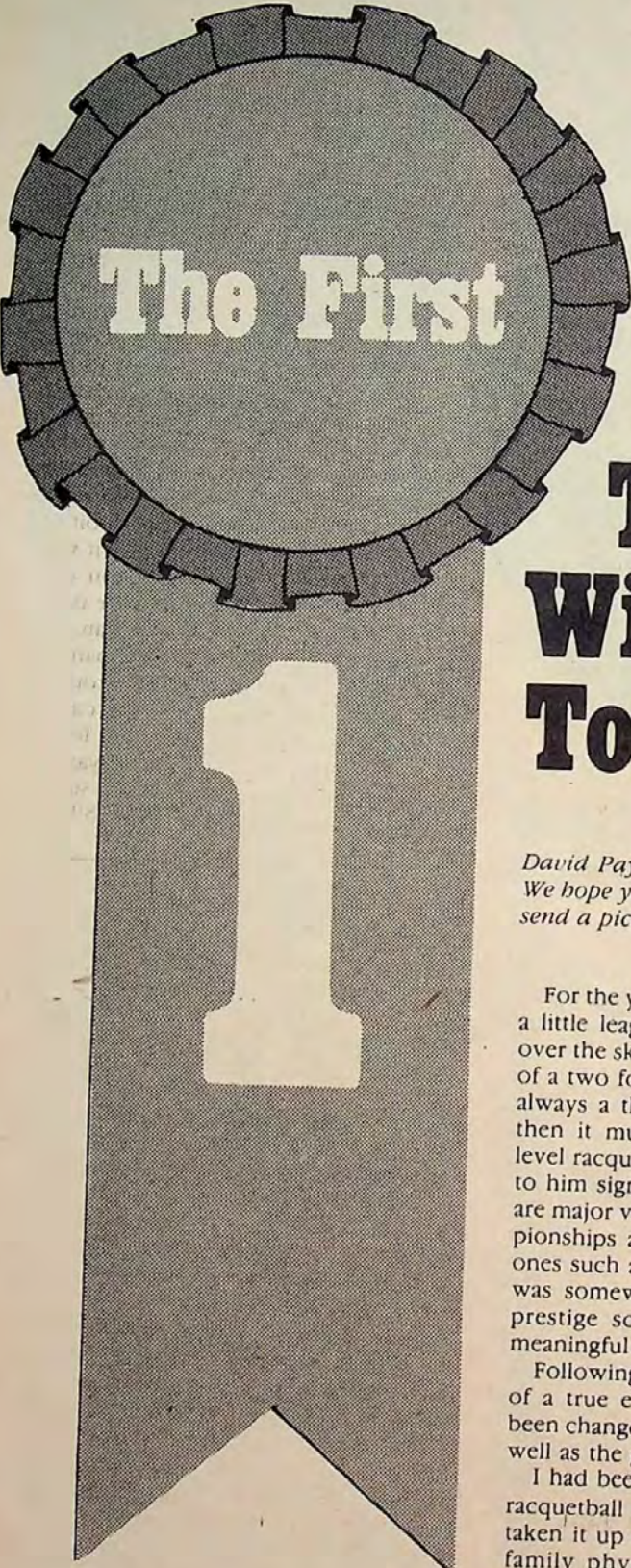
When the tennis player changes his grip to the racquetball grip he is then able to hit the ball farther back in his stance. Until the last couple of years racquetball players were always told to hit off their lead foot, just as if they were playing tennis. Now more and more racquetball players are realizing that when they are hitting a straight-in shot (as opposed to cross-court) they can get better control and more power by hitting inside the front foot. The farther back in the stance the more power. Marty Hogan, the most powerful player of all, hits off his back foot. Now I am not recommending that you try hitting off of your back foot, for this takes years of playing experience to master. Do, though, keep the thought in mind — the farther back in the stance, the harder you can hit the ball without a loss of control. A good contact area to strive for is one foot behind your lead foot with some variance to either side of this point. Don't try to be too exact.

You probably have been told by several of your friends to contact the ball off your lead foot and are a little hesitant to give up this idea. Let's look at exactly what happens. When you do this the ball has a tendency to go up and cross-court. To see what I mean grab your racquet and try this. Grip the racquet and start

your swing. Take your backswing and start your downswing. Stop your downswing when you get to your back foot. The strings of your racquet should be pointing straight in to the front wall. Now bring the racquet straight through the hitting area until you reach your front foot. Unless the head of your racquet was dragging the strings should still be facing the front wall. Continue your swing slowly while watching the strings. As you pass your front foot the strings gradually start facing up toward the sky. Also notice that the racquet starts heading towards the opposite corner, or cross-court. What this means is that if you hit the ball behind your lead foot the ball will go straight and at the same level that it was hit in the swing. If you hit in front of the lead foot you will lift the ball and send it cross-court. The farther in front of you that you hit the ball, the more pronounced the problem.

If you were to practice hitting off your lead foot long and hard enough you would be able to compensate for this. If you would rather spend that time on some other part of your game wait just a half second longer on the ball and hit it after it passes your front foot.

This covers our first two topics, the grip and the contact point. Next month we will go on to other areas, so try experimenting with these two areas before then. If you would like to read more about these changes there are two books out that I have found have re-evaluated the racquetball swing. They are: *Marty Hogan's Power Racquetball*, by Hogan and Charlie Brumfield and *The Woman's Book of Racquetball* by Shannon Wright and Steven Keeley. Most of the other books were written before these changes to the swing were made. ●



The First

The Thrill of Winning the First Tournament

by David Payne

David Payne has a vivid imagination. We hope you do too, since he wouldn't send a picture of himself.

For the young, victory, whether it is in a little league baseball game, the shirts over the skins at the YMCA, or the result of a two foot putt on the 18th green, is always a thrill. Consider how thrilling, then it must have been for a masters level racquetball addict to win that first, to him significant championship. There are major victories such as in state championships and relatively less significant ones such as in club tournaments. Mine was somewhere in the middle on the prestige scale, but at the top of my meaningful scale.

Following is a semi-fictional account of a true event. Only the names have been changed to protect the innocent (as well as the guilty).

I had been playing that crazy game of racquetball for about 10 years, having taken it up on a dare from my friendly family physician. The cardiovascular benefits were evident after only a few months. And when racquetball was merged with jogging a significant lowering of blood pressure readings was noted. Running was a killer. Those first few miles were pure hell. It was part of paying my dues for having been a smoker. Weight began to drain away, leaving a reasonably well conditioned senior racquetball player who had

successfully delayed the onset of the most serious and inevitable physical ravages of middle age. Racquetball did wonders for my mental health as well, and was a lot cheaper than psychotherapy. But most of all it was fun and an excellent way of channeling competitive needs.

I began to play in tournaments. Local ones at first, then I tried an open, and eventually a state championship. Met lots of nice folks and put forth lots of effort, but not one "W" to show for the pain and agony. It was back to road work, books, tapes, articles and clinics. Finally some results; a consolation victory here, a "B" championship at the "Y", a third place there, all spurring these old bones on to find racquetball nirvana. The task of winning an out-of-town championship appeared more remote each year. It seemed like each year all the Open and A players turned 35. It was tough just making it through the first round.

Then on a hot day in July a significant thing happened. I turned 45. It also happened that there was a tournament in three weeks at a new club just two hours from home. The proceeds from the tournament were going to charity which made participation even more attractive.

So a goal was set and training began with renewed intensity and enthusiasm. Again those torturous miles around the track and up and down the hills. I kept thinking, "Push yourself. Push yourself.

Try to play twice a day. Stretch. Sit-ups. I'm so tired, I don't feel I can hit another ball." Somebody told me, "Anybody can play without pain. You've got to be able to do it when you don't think you can."

Thoughts during the drive to the West Carolina club were filled with anticipation and attempts to psych myself up. I had good feelings. Arriving at the club the good feelings were dashed with the revelation that the Master's Division didn't make, so the geriatric group was collected into a "seniors" category, and I already knew about those guys. Well, I was determined to do my best. The draw was 10, but fortunately I didn't have to play one of the first two matches, perhaps because I was from out of town. Who were these guys? A house contractor, a local football coach, a dermatologist, a YMCA champ from nearby Studville, a stock broker, and the number one seed in my division was, oh my god, the top ranked player at the host club.

In addition to the shakes resulting from an evaluation of the draw, I knew something might not be going my way when after only being open for 10 minutes, and being 12th in line, I found the only food left in the hospitality suite was a square of almost American cheese curling at the edges, two apple slices, three carrot sticks, and the end of a loaf of Wonder Bread. For the older players instead of Gatorade they had Pruneade. The trophy for our division was a thing of beauty and would be for someone, a joy forever. It was a replica of a bottle of Geritol. The tournament shirts added to the feelings of uneasiness. They were purple with green piping and a picture of Bud Muchleisen (at age three following his first tournament championship) on the front. On the back of each shirt was a street map of our host city with the location of each sponsor's gas stations.

(Don't get me wrong, racquetball probably would not be where it is nor would tournaments be as generally successful as they are if it were not for a variety of national, regional, state and local companies and organizations that provide support in the form of freebies — money, advertising, products, and services. The people who run tournaments are special, they have to be to put up with all the crap they have to at tournament time.)

My first match was almost my last. After playing with reasonable concentration and bursting out to a nine point lead I lost the first game point-all. Introspect. "Where was my head, obviously not in the match. Overconfident? No way, I've got a 10-pound brick in my stomach. Forget the fact that the referee is my opponent's wife, and that all his relatives from the surrounding five states are screaming outside the court. Forget also that the splatting of the ball against the

wall has caused a permanent hearing loss.

After the last bit of rubber was extracted from the giant "rose" in my right leg the match was again joined. Greater intensity and the results of better conditioning lead to a comfortable win in the second game. The tiebreaker was all mine. I felt myself getting stronger. (Perhaps older players just need time to really get the circulation moving and the joints flexible. Those whirlpools are life savers.)

After busting it for 75 minutes on the court the last thing I wanted to look forward to was refereeing — right? Right! But under the threat of expulsion I called a novice match that went for better than an hour and a half. This really set me up for my next battle.

The second match, against the Vice-President for Academic Affairs of a nearby liberal arts college, was hard fought and characterized by incredible gets and unbelievable textbook pinch shots by both players. But again another "W". After the match we both slid to the floor outside the court in complete exhaustion. Someone said that if you don't leave your guts on the court, you don't really want to play the game. With two successful matches out of the way it was time to check into a motel and relax. Unfortunately the tournament coincided with the local Kudzu Festival (don't

knock it unless you've tried it with Thousand Island dressing). There was not a room to be had for 100 miles around. So it was drive back home at midnight in the rain.

So I made the finals. That in and of itself was an accomplishment after all these years. As is so often the case, the last day's matches were running two hours late. You begin to wonder how much "warming up" your body can take. All this time however, gives you lots of time to think. Approaching this possible championship opportunity generated some feelings of trepidation. It's those feelings you have to learn to control. You learn a lot about yourself playing this game. You look for answers to a lot of questions. What are your physical limits? What are your psychological limits? How can I control my emotions? What strategy will work best under what specific conditions? If you get the right answers then, maybe, with a little bit of luck, and after a lot of hard work, it will all come together. Sometimes you can tell when you're "on" even after only the first couple of points. You can tell when you're moving and anticipating. You can tell when you're "in the zone." This particular Sunday it all came together. I knew it was coming. I felt it build. After that last point there was an explosion of emotions. It was a super high. Was it worth the effort — YES!! ●



"HINDER THIS, HINDER THAT. IS THAT THE ONLY WORD YOU KNOW?"

SCORECARD

Tournament Results

Send your typed, or legibly written tournament results to: AARA National Headquarters, 5545 Murray Ave., Suite 202, Memphis, Tenn. 38119. Scorecard will report as many results as space allows.

Participants listed in order of finish.

OHIO STATE DISTRICT APRIL 10-12

MEN'S A: Doug Troyan, Tim Ahern, Bill Titterington, Jim Damicone; MEN'S B: Bruce Hopp, Bill Titterington, Carmen Bonfiglio, Mark Smith; WOMEN'S A: Justina Saxby, Ann Ralles, Chris Fischer, Ruth Samuels; JUNIORS 17-And-Under: Martin, Leone Jr., Armstrong, Embrogno; MEN'S MASTERS: Ray Kasl, Ken Mitchell, Otis Chapman, Reed Gungelman; MEN'S C: Mark Mitchell, John Posey, Doug Ganim, Kevin Boyle; MEN'S SENIORS: Jerry Davis, Bob Sanders, Rich Stotter, Pete Keiser; JUNIORS 15-And-Under: Steve Finowski, James Leone, Jr., Rich Booth, Doug Ganim; JUNIORS 13-And-Under: Greg Davis, Eric Liss, Brian Lipfert, Andy Nemecek; GOLDEN MASTERS (MEN): Ed Kaufman, Matt Biscotti, Ernest Stadvec, Virgil McCammon; MEN'S OPEN: Gaylen Finch, Brian Deighan, Jim Campisi, Matti Lavikka; WOMEN'S C: Dee Dee Mauser, Debbie Cashin, Priss Miller, Nancy DeNucci; WOMEN'S B: Kathy Roach, Ruth Samuels, Sally Green, Bonnie Kowalsky; WOMEN'S OPEN: Laurie Thomas, Karen Perlic, Nancy Vaughn, Barbara Jo Grant; MEN'S VETERANS OPEN: Gaylen Finch, Dominic Palmieri, Bernie Greenburg, Jim Rajcan.

THE BERKSHIRES/PUMA CLASSIC SEPTEMBER 25-27

MEN'S A: Ed Chandler, Dave Janelle, Paul Henrickson, Keith Eksuzian; MEN'S B: Keith Eksuzian, Chuck Ransom, Tom Coleman, Bob Strychaz; MEN'S C: Bill Bukez, Jim Troy, Barry Wadsworth, Monte Shipard; MEN'S NOVICE: Wayne Kucha, Bob Perry, Mark Chandler, Bob Eberhardt; MEN'S 40+: John Wheeler, Dick Levy, Howie Coleman, Eugene Ver Wiebe; WOMEN'S B: Cindy Leach, Claudia Russell, Martha White, Beth Bergeron; WOMEN'S C: Diane Cleary, Martha White, Paula Lamsney, Pat Ellis.

THE INTERNATIONAL CHALLENGE TOURNAMENT SEPTEMBER 11-13

WOMEN'S NOVICE: Diane Andrews, Roberta Izzi, Janet Ruggiero, Karen Tondreau; WOMEN'S C: Carol O'Sullivan, Lori MacSata, Phyllis Mulligan, Denise LaPerle; WOMEN'S B: Lauren Chin, Joanne Varjabedian, Sally Marshall, Ann Drescher; WOMEN'S A: Mimi Kelly, Ann Drescher, Dorsey West, Doris Horridge; JUNIORS: Keith Melanson, John Hewitt, Michael Pereira, Rick Humphrey; MEN'S NOVICE: Leo Sinko, Savid Blezard, Peter Alofsin, Jeff Rockwell; MEN'S C: David Wheller, Stanley Grass, Jerry Kosman, Mike Farrell; MEN'S B: Ray DeJesus, David Borofka, Robert McKenzie, Rick Requejo; MEN'S A: Al Lavalle, Manny Pita, Joe Chabot, Cal Steere; SENIORS: Gary Northcut, Roger Crim, Dennis Culbertson, Jim Burke.

MRA/AARA STATE DOUBLES OCTOBER 2-4

WOMEN'S A: Sue White/Nora Davis, Jackie Boyer/Laurie Dewey, Cindy Jewett/Robin Wadsworth, Dottie Benoit/Peg Bryant; WOMEN'S B - Round Robin; Pam Pano/Louise Brigham, Joanie Quinlan/Teresa Prestera, Sue Parker/Judy Gally; WOMEN'S C: Debbie Jones/Ann Dadak, Maureen Sayles/Luann Filosa, Louise Brigham/Gloria Gallotti, Sue Rhien/Sally Straub; WOMEN'S 30+ - Round Robin: Pat Mignon/Mimi Kelly, Grace Low/Vicki Edelman, Judy Gally/Barbara Migdelaney; MIXED OPEN: Peter Hawksworth/Dottie Benoit, Phil Fisher/Mimi Kelly, Mike Coleman/Nora Davis, Sally Marshall/Leo Jolly; MEN'S A: Mike Luciw/Mike Romano, Dennis Aceto/

Greg Malloley, Phil Fisher/ Dave Janelle, Tom Riley/ John McCauley; MEN'S B: Matt Stepanski/Jim Ludy, Charles McKenna/Brian Pynn, Harry Burgess/Dave Weintraub, Dave Sabbag/ Mike Devincenzo; MEN'S C: Jack Murphy/Ken Grindle, Robt. Robare/Walt Dembinski, John Ludy/ Ken Johnston, Tim Baker/ Wally Stark; MEN'S NOVICE: Rick McKenzie/Bruce McFarland, J. Ferguson/Neil Ginsberg, Tom Carney/ Brooks Piper, Paul Ahern/R. Quinn; MEN'S 30+: Mike Luciw/Mike Romano, Paul Henrickson/Wayne Parker, Bob Kelleher/Warren McGuirk, Pat Brennan/ Frank Middleton; MEN'S 35+: Rich Votto/Leo Morrissey, Jim Daly/Bob Schuze, Chuck Jennings/Warren Pierce, Paul Henrickson/Wayne Parker; MEN'S 40+: Jim Daly/Bob Schuze, Joe Goldman/Tom Hyman, Vin Riccardi/Frank Middleton, Jim Larai/Harry Burgess.

95 DCK SEASON OPENER OCTOBER 2-4

WOMEN'S NOVICE: Jean Werner, JoAnne Davis, Stacy, Hall, Kelli Caster; MEN'S NOVICE: Fred Koch, Tom McGroarty, Jim Lowen, Jim Davis; WOMEN'S C: Julie Beemiller, Carl Davis, Beth McGraw, Steph Brady; MEN'S C: Jordan Hatch, Donald Lemen, John Brumbough, David Flax; WOMEN'S A: Teresa Reed, Penny Drysdale, Carmen Pfannenstiel, Mimi Hatch; MEN'S B: Dave Bowersock, Max Ryan, Mark Werbin, Terry Dickerson; MEN'S A: Ross Jones, Doug Jones, Dennis Clark, Robert Piper; MEN'S A DOUBLES: Ross Jones/ Doug Jones, Bill Perrone/Ernie Ruelas, Robert Piper/Mark Werbin, Randy Stoss/John Deardoff; MEN'S B DOUBLES: Dave Bowersock/Terry Dickerson, Ed Hensley, Tom Thomas, Don Fleming/ Douglas Lynde, Max Ryan/ Mark Bauer.

ARKANSAS CLASSIC OCTOBER 9-10

MEN'S B: Richard Martin, Tom Wilkins, Seaborn Bell, Joe Smelser; MEN'S OPEN: John Harlan, Sam White, Bing Priest; WOMEN'S C: Debbie Thomas, Traci Mangus, Debbie Whits; WOMEN'S NOVICE: Melinda Roberts, Mary Ott, Janie Smith; JUNIORS 17-And-Under: Brad Morgan, Becky Rush, Greg Roberts; WOMEN'S B: Sandra Carlisle, Tracy Norman; MEN'S SENIOR 40+: Hugh Groover, John Cadle, Wade Fowler, Otto Belk; MEN'S NOVICE: John McCarty, James Dobbs, Jeff Traeger; MEN'S C: Greg Roberts, Larry Raymond, G. R. Akin; MEN'S C: Don Blakey, Dean Pate, Bruce Gaston, Ben Beck.

THE MACON OPEN OCTOBER 9-11

MEN'S A: Jim Cullen, Joe Pappaterra, Jerry Wickliffe, Robert Huskey; MEN'S B: Jimmy Cannon, John Gelle, Bill Alpert, Jim Wells; MEN'S C: Dewitt Walker, Henry Allsop, Mitch Moses, Joe LaBonz; MEN'S NOVICE: Joe LaBonz, Eric Holloway, Mark Baron, Cecil Shadburn; MEN'S SENIORS (35+): Ronald Clark, Bill Alpert, Hans Neubold, Bill Bonbrake; WOMEN'S C: Shirley Carter, Christi Upton, Donna Seligson, Deborah McNeal.

FAUNCE CORNER/GREAT 98 \$5,000 OPEN OCTOBER 10-12

MEN'S OPEN: Charlie Horton, Mike McDonough, Mike Romano, Cliff Swain; MEN'S B: Chas McKenna, Bernie Bonin, John McGuigan, Frank Middleton; MEN'S C: Jim Cox, Doug Burns, Don Moniz, Jim Boudreau; MEN'S NOVICE: Peter Dupris, Peter Acconcia, Mike Barry, Dave LaRoche; SENIORS 35+: Rene Depot, Jeff DeJesus, Warren Pierce, Paul Hendrickson; WOMEN'S OPEN: Eileen Ehrlich, Marilyn Ellis, Norma Taylor, Martha Callahan; WOMEN'S B: Paula Hennessy, Joyce Adams, Sue Raciguot, Mary Primavera; WOMEN'S C: Ann Dadak, Kathy Moylan, Leah Sicuranza, Melany Martin; WOMEN'S NOVICE: Lora Marguis, Judy Carroll, Paulette Manssuer, Cindy Mernick; JUNIORS 15-And-Under: Alan Dogan, Jim Daly Jr., Scott Codiero, John Gillooley; JUNIORS 8-And-Under No Bounce: Rome Miano, John Pierce, Ryan Romano, Albie Maggio.

NCJRA - SUN OAKS OCTOBER 10-11

GIRLS 18-And-Under: Lynette Porch, Sheri Anthony, Terri Newport, Annette Farace; GIRLS 10-And-Under: Brandy Vrigoyen, Monica Carmona, Sara McPhee, Jennifer Sattler; GIRLS 12-And-Under: Delainie Comer, Rodie Martin, Kelly Pulis, Nikki Anthony; BOYS 10-And-Under: Jason Gilbertie, Aaron Downey, Greg Lim, Brian Seamas; BOYS 12-And-Under: Jeff Stark, Mike Vargas, Chris Carmona, Grant Smith; BOYS 14-And-Under: Bob Rodriguez, Tim Hammer, Justin Anderson, Tim Iseminger; BOYS 16-And-Under: Scott Gaston, Peter Tomasini, Brian Willinger, Brian Sorenson; BOYS 18-And-Under: Pat Silberman, Brian Kraus, Todd Endres, James Davis.

THE COURT YARD OPEN OCTOBER 16-18

MEN'S OPEN: Olson, Bernier, Trenholm, Bilodeau; MEN'S B: Bouthot, Cressy, Desrochers, Kennedy; MEN'S C: Hiltz, Luce, Barnes, Silver; MEN'S NOVICE: R. Smith, Giorgetti, Dyer, Hirst; SENIOR 35+: Crim, Randy Smith, Gogue, McCrillis; MEN'S JR. (14-And-Under): Waterhouse, Thompson, Lavoie, Grosz; MEN'S OPEN DOUBLES: Bilodeau/ Caron, Olson/Trenholm; MEN'S C DOUBLES: Dyer/ Spruk, Gobell/Homa; WOMEN'S OPEN: Karkos, Carr, Graham, Foreman; WOMEN'S B: Gagne, Michael, C. Barnes, Findlen; WOMEN'S C: Cool, Bazinet, Berkel, Pellerin; WOMEN'S NOVICE: A. Goulet, Moody, Bruns, Dyer.

WEST POINT OCTOBER 25

New York

Rensselaer Polytechnic Institute defeated the United States Military Academy, 6-5, in a racquetball team match October 25 at West Point, N.Y. The coaches were Maj. Bob Maggio for the Military Academy and Neil Shapiro for RPI.

MEN'S SINGLES: Ron Hyman, Mike Faessler, Steve Malafsky, Mike Jones, Dennis Callahan, David Moore, Darren Wilcox, David Wunrow, Knute Leidal, David Metzger, Neil Bressner, Jim Kenney, Jim Evans, Tim Rayle, Roy Maday, Mike Blitrick; WOMEN'S SINGLES: Pat Riley, Livey Jackson; DOUBLES: Ron Hyman/Paul Boivin, Mike Faessler/Dennis Callahan, Mike Jones/Knute Leidal, Steve Malafsky/ Acie Vickers, David Metzger/David Moore, Jim Evans/Joe Blanco.

1st ANNUAL COURTSOUTH FALL CLASSIC OCTOBER 23-25

WOMEN'S B: Donna Hayes, Sally Benedict, Nancy Bolen, Reba Schmidt; WOMEN'S C: Sarah McCoy, Birdie Hill, Tracye Adkerson, Rhonda Payne; WOMEN'S NOVICE: Nora Summers, Susan House, Brenda Boyd, Faye Crittenden; MEN'S VETERAN MASTERS (50+): Fred Lovelace, Charlie Brooks, J. J. Miller, Jack Robertson; MEN'S VETERAN SENIORS (40+): Pete Kopesak, Fred Lovelace, Dave Davis, Kim Barton; MEN'S SENIORS (35+): Hank Wright, Johnnie Lovier, Donnie Clifton, Leland Jennings; MEN'S B: Mike Cook, Bryan Blair, Joe Fain, Mark Waldorf; MEN'S C: Jim Cornwall, Rick Boynton, Nathan Deer, Kevin Coombes; MEN'S NOVICE: Ricky Garrett, Jay Goza, Randy Vaughn, David Joiner; MEN'S OPEN: Andy Roberts, Rex Ledbetter, Bryan Deighan, Mark Waldorf; MEN'S BEGINNERS: Jim Hansford, Mike Woods, Jimmy Brassfield, Paul Plunk.

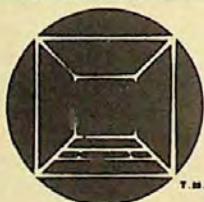
GREENFIELD OPEN

OCTOBER 30 - NOVEMBER 1

MEN'S OPEN: Jr. Powell, Roy Stryker, Joe Ross, George Ruckno; MEN'S B: George Martinez, Dan Mancari, Bill Vangreen, Charlie Koch; MEN'S C: Wayne Miller, Jim Weidner, Keith Mateychick, Sam Conte; MEN'S SR. (40+): Dario Mas, Mick Riffert, George Kroll, Al Stoycos; MEN'S OPEN DOUBLES:



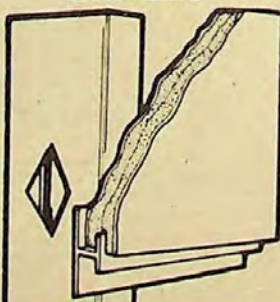
Players from across the sea, in the 1st Zoetermeer Open are: (from left to right) Dan Bounds U.S.A. (2nd Men's B), Helen Cachero (1st Women's), Nico Jungschlager (2nd consolation Men's B), Dineke Kool (2nd Women's), Arno Mooyman (winner Men's B), Mike Tipton U.S.A. (winner consolation Men's Open), Rene Hehemann (3rd Men's band tournament director), Lou Souther (winner Men's Open), Tony Luycks (3rd Men's Open) Middle rear: Han van der Heijden (president, The Netherlands Racquetball Association).



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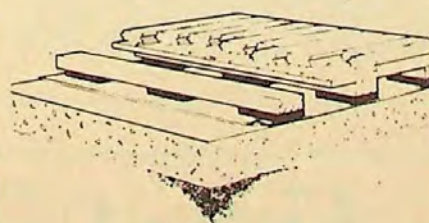
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SCORECARD

Tournament Results

Joe Ross/Roy Stryker, John Gotwalt/Brian Hilt, George Ruckno/Ray Sabota, Gentry Lowery/Pete Fuoco, WOMEN'S OPEN: Sue Giuler, Pat Wickenhiser, Diane Tylavsky, Michele S. Cooper; WOMEN'S B: Paula McDermott, Cindy Geiling, Jean Heckman, Suzanne McLaughlin; WOMEN'S C: Pat Anderson, Gloria Simmons, Glenda Rutbeck, Jill Harlacher; WOMEN'S SR. (30+): Rosemary Donahue, Michele Cooper, Roxanne Miller, Fran Hotherr.

SECOND ANNUAL SPORTSCENTER CLASSIC OCTOBER 30 - NOVEMBER 1

MEN'S OPEN: Jim Bailey, Angel Nieves, Fernando Aualos, Ubaldo Cruz; MEN'S B: Homer Schwartz, Jose Centeno, Don Giannattasio, Mark Van Dell; MEN'S C: Kelly Zaytoun, Charles Noe, David Miller, Tito Lopez; MEN'S MASTERS & SENIORS COMBINED: Gary Garson, Mark Van Dell, Gene Hindle, Roger Compton; MEN'S NOVICE: Doug Gendron, Clarence Nicholas, Dan Lewis, Rob Anderson; MEN'S OPEN DOUBLES: Malia Kamahoa/Joey Bailey, Pete Angel/Peterson Nieves, Don Thompson/Bernie Dennison, Merv Morfel/Homer Schwartz; WOMEN'S OPEN - B-C COMBINED: Malia Kamahoa/Joey; Lisa Lofthouse, Mary Swaim, Ronna Fulton; WOMEN'S NOVICE: Alicia Mullins, Marie George, Kathleen Chambers, Sharon Eaton; WOMEN'S OPEN DOUBLES: Missy Autry/Virginia Baldwin, Honn McMahon/Sharon Eaton, Vicky Payne/Kathleen Chambers.

1981 LITE BEER / WABB RACQUETBALL CLASSIC

MEN'S OPEN: Jay Schwartz, Mike Almerico, Jim Cullen; MEN'S SENIOR: Jay Schwartz, Ken Jordan, Bob Carrigan; MEN'S MASTER: Mike Wyman, Joey Almerico; MEN'S B: Norman Cox, Pete Jaskilka, Joey McCoy; MEN'S C: James Schoeneman, Carl Flagg, Ric Pountain; MEN'S NOVICE: Les Parker, Tony Atchison, Wayne Dean; WOMEN'S OPEN: Babette Burkett, JoAnn La Pointe, Melanie Britton; WOMEN'S B: Lori McWain, Romaine Lee, Sara Hannon; WOMEN'S C: Maja van Eysbergen, Beverly Lambert, Helyn Lamb; WOMEN'S NOVICE: Malissa Giuffria, Kathy Hannon, Dorothy Carlson.

ALABAMA PENN INTERCOLLEGIATE TEAM NOVEMBER 7

MEN'S #1: Bryan Titus, Ernie Benson, Joe Scrip; MEN'S #1 DOUBLES: Titus/Muller, Scrip/Worthington, Benson/Smith; MEN'S #2: Chuck Muller, Tom Worthington, Charles Smith; MEN'S #3: Ken Soileau, Randy Yawn, Tim Norman; MEN'S #2 DOUBLES: Soileau/Brockman, Yawn/Singletary, Norman/Marcus; MEN'S #4: Pete Brockman, Dennis Singletary, Kelly Marcus; WOMEN'S #1: Maja Van Eysbergen, Carol Sims, Jan King; WOMEN'S #1 DOUBLES: Van Eysbergen/Ellis, King/Collins; WOMEN'S #2: Leigh Ellis, Juana Collins; WOMEN'S #2 DOUBLES: Prescott/McElroy, Carr/Oneal; WOMEN'S #3: Leslie Prescott, Becky Carr; WOMEN'S #4: Donna McElroy, Tamra Oneal.

WESTCHASE HALLOWEEN OPEN OCTOBER 30 - NOVEMBER 1

WOMEN'S B: Patti Rankin, Helen Moore, Leann Hamilton, Victoria Whelan; WOMEN'S OPEN: Marci Greer, Gail Woods, Carol Pranka, Linda Porter; MEN'S B: Mark Bewley, Blair Davis, Tony Rivas, Steve VanMeter; MEN'S B DOUBLES: John Kremal/Dave Latham, Steve VanMeter/Alan Thomas, Jerry Meyers/Ron Ryneal, Jim Mann/Donnie Rochelle; MEN'S SENIORS: Tom Chodosh, Richard Speer, Rufus Martinez, Bob Hill; MEN'S NOVICE: Greg Lentz, Ramiro Fernandez, Mark Sendt, Kent Thompson; MEN'S C: Oscar Diaz, Santiago Teran, Philip Levin, Paul Gomborg; MEN'S OPEN DOUBLES: Mark Malowitz/Gary Merritt, Beaver Wickem/ Marshall Greenman, Andy Hodges/Bill Land, Richard Speer/Bob Hill; MEN'S OPEN: Andy Hodges, Bob Phillip, Jerry Zuckerman, Greg Peck; MEN'S D: Steve Wilcox, M. L. Murley, Philip Levin, Jerry Olivarez; WOMEN'S B DOUBLES: Brenda Fissette/Lynn Arneson, Helen Moore/Barbara Barron, Leann Hamilton/Kay Pace, Cindy Apodaca/Snow Rivas; WOMEN'S OPEN DOUBLES: Brenda Wyatt/Linda Wilson, Nidia Blassingame/Crystal Hitt; Sandra Virine/Jackie Black, Carol Pranka/Janice Seagel; WOMEN'S NOVICE: Maria Willett, Leslie Guidit, Martha Smart, Robin Harrison; WOMEN'S D: Betty Fritts, Beth Alberts, Brenda White, Anna Eoff; WOMEN'S C: Lynn Arneson, Brenda Fissette, Karen Lloyd, Lisa Wright.

HALLOWEEN GOBLIN OPEN OCTOBER 30 - NOVEMBER 1

MEN'S OPEN: Bob Cuillo, Randy Pfahler, Randy Hines, Bobby Driscoll; MEN'S B: Carl Crown, Tom Cowher, Craig Powell, Julian Andrews; MEN'S C: Ed Kennedy, Tim Chartier, Tom Nelson, Ron Wuhte; MEN'S DOUBLES: Chandler/Pfahler, Driscoll/Hines, Cuillo/Ingalsbe, Heitfeld/Dungey; WOMEN'S B: Tracey Backer, Kathy Chandler, Lori Mang, Janet Neubauber; WOMEN'S C: Cynthia Uhl, Susan Strickling, Lori Paradoa; WOMEN'S DOUBLES: Garcia/Simpton, Elias/Smith, Backer/Bailey, Mang/Neubauber.

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He is a quadriplegic.**

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TOURNAMENT CALENDAR

AARA Sanctioned Events

JANUARY 8-10

Seniors Only (2)
Sun Oaks Racquet Club
3452 Argyle Rd
Redding, CA 96002
Debbie Carmona
916-221-4405

Win Your Height in Miller Lite
Supreme Court Club
West Springfield, MA
Tom Economidy
413-781-0181

Slim & Swim Health Spa (3)
Mario Ibarra
411 S 20th
Laramie, WY 82070
307-742-4760

All Women's Racquetball Tournament (3)
Rallysport Racquet, Nautilus Health Club
2727 29th St
Boulder, CO 80301
Kathleen Zale
303-444-4800

JANUARY 15-17

2nd Annual What's Your Racquet
Open (3)
What's Your Racquet
1904 Atlantic Ave.
Wall, NJ 07719
Pete Brown
201-223-2100

Maine State Singles Closed (2)
Andy Valley Racquet Club
John Bouchard
207-284-5953

2nd Annual Winter Racquetball
Tournament (3)
Aurora Family Fitness Center
1207 N 152nd St.
Seattle, WA 98121
Bob Bruce
206-481-4081

Northern California Junior Racquetball
Circuit (2)
Del Mar
Debbie Carmona
916-221-4405

Atlanta City Championships (2)
West Paces Racquet Club
2900 S Pharr Ct
Atlanta, GA 30305
Theresa Collins
404-266-0666

3rd Annual Heart Fund
Winter Warm-Up (3)
Jacksonville Racquetball Club
6651 Crestline Dr
Jacksonville, FL 32211
Kathy Corrente, Al Winter
Nick Honrus, Ann Lease
904-724-6994

1st San Diego Juniors Racquetball
Round-up (2)
El Cajon Racquetball and Fitness Center
526 Jamacha
El Cajon, CA 92021
Carl Lovelady/Theresa Munn
714-579-8004

JANUARY 22-24

3rd Annual Tiger Open (3)
Racquet Club
467 N. Dean Rd.
Auburn, AL 36830
Bob Huskey
205-887-9591

R & R Racquetball Open (3)
R & R Racquetball Club
Whitman, MA
Dave Harrison
447-4478

Connecticut Open (4)
Court House 1
47 Hartford Turnpike
Vernon, CT 06066
Gail Stanley

Dyna Jet (3)
Gillette Civic Center
1000 Douglas Way
Gillette, WY 82706
Jan Jaeger
307-682-7406

4th Annual Royal Courts Open (3)
Royal Courts
Rt. 315
Plainestown, PA 18705
Bob Bakunas
717-822-8900

JANUARY 28-31

American Heart Classic
Don Kessinger's
June Road
Memphis, TN 38119
Bud Hurley
901-682-6661

JANUARY 29-31

Indiana County Open (3)
Supreme Courts Racquetball &
Health Club
Indiana, PA 15701
Bruce Turchetta
412-349-9430

The Racquetball Today
Championships
Site to be announced
Paul Henrickson
617-754-6073

Lite/Middle Georgia Roll-Out (3)
Northside Racquetball Club
3330 Northside Dr.
Macon, GA 31210
Chip Mayberry
912-474-5051

Arkansas State Championships (2)
Pleasure Park
2303 HWY 70E
Hot Springs, AR 71901
Tom Wilkins
501-623-5559

Grand Opening Racquetball
Tournament (3)
Downtown YMCA
Richard Walker
817 Town Creek
Dallas, TX 75232
214-374-8285

FEBRUARY 1-5

Showboat US Military Tournament (4)
Las Vegas Racquetball Club
George Dwyer
303-598-0963

FEBRUARY 4-7

1982 NY State Open Doubles (4)
21st Point Club
McKown Rd. off Western Ave.
Albany, NY 12203
Vincent Wolanin
518-489-3276

FEBRUARY 5-7

2nd Annual Burie Open (3)
Burien Family Fitness Center
156 S. W. 156
Burien, WA 98148
Bob Bruce
206-481-4081

Cheyenne Crack Shooters' Open
Invitational (3)
Rocky Mountain Health Club
1800 Westland Rd
Cheyenne, WY 82001
Steve Galassini
307-634-8884

Harmarville Rehabilitation Center
Open (3)
Wallbangers Racquetball Club
2585 Freeport Rd.
Pittsburgh, PA 15238
Janie Skirboll
412-828-6500

1st Annual Riverside Jrs. Racquetball
Championship (2)
Tournament House Racquetball Club
6250 Brockton Ave.
Riverside, CA 92506
Vance and Steve Lerner
714-682-7511

FEBRUARY 6-8

Northern California Championships (2)
Fairfield Court Club
Debbie Carmona
916-221-4405

FEBRUARY 11-14

REGION # 14 (5)
5 locations in the San Jose Area
Contact: Bill Masucci
415-964-4400
870 E El Camino Real
Mountain View, CA 94040

FEBRUARY 12-14

West Virginia State Juniors
Championships (2)
Charleston Family YMCA
300 Hillcrest Dr. E.
Charleston, WV 25311
Maurice Presseau

2nd Annual Racquetball Tournament for
Benefit of American Cancer Society (3)
Sarasota YMCA Courts
1075 S. Euclid Ave.
Sarasota, FL 33577
Judi Schmidt
813-957-0770

FEBRUARY 13-14

Iceicle Open (3)
Allentown Racquetball Club
601 Union St.
Allentown, PA 18105
John Brinson
215-821-1300

FEBRUARY 19-21

2nd Annual Southern California Junior
Racquetball Championships (2)
Rocky's Racquet World
1211 Strathern St.
N. Hollywood, CA 91604
Mark Eller
213-768-5541

New York State Championships (2)
All Sport Racquetball Club
Fishkill, NY
Al Seitelman/Bill Austin
914-896-5678

Casper YMCA (3)

315 E. 15th
Casper, WY 82601
Jude Waters
307-234-9187

FEBRUARY 26-28

1982 Tennessee State Championships (2)
Contact Bill Branta for further details
615-757-4448

Washington State Singles
Championships (2)
Tomwater Valley Racquet Club
4833 Tomwater Valley Dr.
Tomwater, WA 98501
Jeff Eberle
206-352-3400

REGION # 8 (5)

Supreme Courts
301 Blackbridge
Janesville, WI 53545
Jim Wirkus
608-756-3737

MARCH

California State Junior Championships (2)
Debbie Carmona
916-221-4405

MARCH 5-7

Pennsylvania State Championships (2)
Sawmill Racquetball Club
York, PA 17401
Bernie Howard
717-667-2209

Wyoming State Singles (2)
Contact Robt. Ruchman
for further details
307-587-6058

Maryland State Championships (2)
Security Court Club
Baltimore, MD

Connecticut State Singles (2)
Cedar Hill Racquetball Club
375 E. Cedar St.
Newington, CT 06111
Bruce
203-666-8451

Missouri State Championships (2)
Bob Hardcastle
314-469-3395

Seamco SCRA Winter Jrs. Grand Prix
Finals (2)
West End Tennis and Racquetball Club
4343 Spencer St.
Torrance, CA 90274
Jim Schatz/Skip Batey
213-542-7373

MARCH 18-21

REGION # 5 (5)
The Racquet Place
2401 S. Pl. So.
Birmingham, AL 35223
Contact: Bob Huskey/Bruce Gouin
205-870-0144
1610 2nd Ave
Opelika, AL 36801
205-745-6295

4th Annual Equinox Open (3)
Bellevue Family Fitness Center
1505 N.E. 140th
Bellevue, WA 98005
Bob Bruce
206-481-4081

REGION # 4 (5)
Omega 40 Racquetball Club
Ormand Beach, Florida
Van Dubolsky
904-378-5093

MARCH 19-21

St. Patrick's Day (3)
Meadville Racquetball Club
P.O. Box 1376
Meadville, PA 16335
Nancy Manning
814-724-3524

Wyoming State Doubles (2)
Contact Robt. Ruchman
for further details
307-587-6058

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 Halie 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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Sacramento, CA 95825

Sacramento Handball/Racquetball Club
14th & H Streets
Sacramento, CA 95814

Circle Racquetball Cts
1850 Outer Traffic Cir.
Long Beach, CA 90815

Racquet World
160 E. Imperial Hwy.
Fullerton, CA 92635

Kings Racquetball Ct.
14731 Golden W. St.
Westminster, CA 92683

Canyon Terrace Racquetball Courts
100 Worth Tustin
Anaheim, CA 92807

What A Racquet
2945 Junipero Sierra Blvd.
Colma, CA 94015

Shoebers Racquetball Spa
3411 Capitol Ave.
Fremont, CA 94537

Shoebers Racquetball Spa
7012 Realm Drive
San Jose, CA 95119

Modesto Court Room
2012 McHenry Ave.
Modesto, CA 95350

The Club
22760 Hawthorne Blvd.
Torrance, CA 90505

Wallbangers Racquetball
and Health Club
850 Beverly Blvd.
Montebello, CA 90640

S.D.S.U. Racquetball Club
S.D.S.U. PG 196
San Diego, CA 92182

Santana Racquetball & Aerobics Club
145 E. Columbine
Santa Ana, CA 92707

Marina West Racquetball
& Fitness Center
2597 Bolker Dr.
Port Hueneme, CA 93041

West Lane Racquet Club
1074 E. Bianchi Rd.
Stockton, CA 95207

CONNECTICUT

Lakewood Racquetball Club
666 Lakewood Rd.
Waterbury, CT 06704

FLORIDA

Sportrooms of Coral Gables
1500 Douglas Road
Coral Gables, FL 33134

Orlando Tennis & Racquet Club
825 Courtland Street
Orlando, FL 32804
Racquetball Center of America
3001 Langley Ave.
Pensacola, FL 32504

GEORGIA

Racquet South
4 Oglethorpe Professional Bldg.
Savannah, GA 31406

ILLINOIS

Courtside Racquetball Club
2121 W. Altorfer
Peoria, IL 61614

Charlie Club Sports
Hotel & Fitness Center
Rt. 53 & Dundee Rd.
Palatine, IL 60067

INDIANA

Sports Illustrated Court Club
5928 Trier Rd.
Ft. Wayne, IN 46815

IOWA

Mason City Racquet Club
825 S. Taft
Mason City, IA 50401

LOUISIANA

Fitness Unlimited
2015 Meriwether Rd.
Shreveport, LA 71108

MAINE

The Court Yard
329 North Street
Saco, ME 04072

Hillside Racquetball & Health Club
Rt. 26
South Paris, ME 04281

MARYLAND

Towson Court Club
8757 Mylander Lane
Towson, MD 21204

MASSACHUSETTS

Brodie Mt. Tennis & Racquetball
Rt. 7
New Ashford, MA 01237

MICHIGAN

Club Fletcher
15241 S. Dixie Hwy.
Monroe, MI 48161

Saginaw YMCA

1915 Fordney
Saginaw, MI 48601

Ferris Racquet Facility
Ferris State College
Big Rapids, MI 49307

MONTANA

Yellowstone Racquet & Health Club
3440 Rimrock Road
Billings, MT 59102

NEW HAMPSHIRE

Off the Wall
Albany St. Extension
Portsmouth, NH 03801

NEW JERSEY

The Racquetball Ball Club
19 East Frederick Place
Cedar Knolls, NJ 07927

Knoll Tennis & Racquetball Club
1130 Knoll Rd.
Lk. Himauatha, NJ 07034

King's Court Racquetball & Health Club
525 Riverside Ave.
Lyndhurst, NJ 07071

Racquetball International
342 Hamburg Tpk.
Wayne, NJ 07470

What's Your Racquet
1904 Atlantic Ave.
P.O. Box 1402
Wall, NJ 07719

Medford Racquetball Club
P.O. Box 331
Medford, NJ 08055

Westwood Racquetball &
Nautilus Center
346 Kinderkamack Rd.
Westwood, NJ 07675

Racquet Club at the Watertower
600 Kresson Road
Cherry Hill, NJ 08034

Clark's Courts
XXXX XXXXXXXX Dr.
Marlton, NJ 08053

NEW MEXICO

Supreme Courts
Albug, NM 87110

NEW YORK

Glenwood Racquet Club Inc.
4400 Glenwood Rd.
Brooklyn, NY 11203

Glen-Cove Health & Racquetball Club
4 Cedar Swamp Rd.
Glen Cove, NY 11542

Unique Racquetball & Health Clubs, Inc.
3098 Long Beach Rd.
Oceanside, NY 11572

Unique Racquetball & Health Clubs, Inc.
530 Hicksville Rd.
Bethpage, NY 11714

Unique Racquetball & Health Clubs, Inc.
1191 Portina Rd.
Farmingville, NY 11738

Unique Racquetball & Health Clubs, Inc.
2229 Nesconset - Port Jefferson Hwy.
Lake Grove, NY 11755

Off the Wall Racquetball, Inc.
230 Oser Avenue
Hauppauge, NY 11788-3786

OHIO

Spring Meadows Court Club
6834 Spring Valley Dr.
Holland, OH 43528

Middletown Racquetball Club &
Nautilus Fitness Center
4343 S. Dixie Hwy.
Franklin, OH 45005

PENNSYLVANIA

Indian Springs Golf and
Racquet Club
949 Church St.
Landisville, PA 17538

Allentown Racquetball Club
601 Union St.
Allentown, PA 18105

Crasekey Racquetball Club
16 Weeden Dr.
Doylestown, PA 18901

Alpha Racquetball Club
4732 Old Gettysburg Rd.
Mechanicsburg, PA 17055

Royal Courts In
Rt. 315
Plains Twp, PA 18702

OMNI Court Club
2451 Grant Avenue
Philadelphia, PA 19114

TEXAS

Downtown YMCA
934 Calder
Beaumont, TX 77659

WEST VIRGINIA

West Virginia Racquet Club
Waddles Run Rd.
Wheeling, WV 26003

WISCONSIN

Sun Prairie Racquetball Club
506 Grandview
Sun Prairie, WI 53590

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