

National Racquetball

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- What to look for

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- Winners in Tour Action

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- Ruben Gonzalez



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On the cover: Marcy Lynch practices in the sunshine.

From The Publisher

This month instead of giving you our opinion of racquetball, we are asking you for yours. We would like to know more about you, so that we can produce a magazine which is geared to your interests and provides you with what you want to read. Your views are important to us and we'd really like to hear from you.

1. Are you:
M _____
F _____
2. How old are you? _____
3. What level do you play?
a. Beginner _____
b. Intermediate _____
c. Advanced _____
4. Where do you play?
a. Club _____
b. YMCA _____
c. School _____
d. College _____
e. Other _____
5. How often do you play? _____
6. Do you enter tournaments?
Yes _____ No _____
7. Are you a member of the AARA or CRA?
Yes _____ No _____
8. Do you play tennis?
Yes _____ No _____
9. Do you play squash?
Yes _____ No _____
10. Do you wear eyeguards?
Yes _____ No _____
11. Should lensed eyeguards be mandatory?
Yes _____ No _____
12. Would you favor a slower racquetball ball?
Yes _____ No _____
13. Do you think a slower ball would help _____/
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15. How do you rate our presentation of the following:

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 - a. Tournaments _____
 - b. Instructional Beginners _____
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 - f. Amateur Players _____
 - g. Equipment Information _____
 - h. Special Features _____
 - i. Overall coverage of racquetball _____
16. What would you like to see more of in the magazine?

a. Instructional	Yes _____	No _____
b. Pro Tournament Coverage	Yes _____	No _____
c. Regional Stories	Yes _____	No _____
d. Product Information	Yes _____	No _____
e. Player Profiles	Yes _____	No _____
f. Other _____		
17. Which part of the magazine do you turn to first?

18. What do you like about *National Racquetball*?

19. What do you dislike about *National Racquetball*?

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Pre-competition Cuisine

Is what you eat important?

by Marcy Lynch

About the author: Marcy Lynch is a top ranked WPRA touring pro and a nutrition consultant.

Your big match is tomorrow. It's a grudge match against an old friend, maybe, or a state tournament match and you have your eye on winning the age-group championship. Whatever the reason, you've spent time preparing by working out hard and playing racquetball every day.

After all that preparation, you decide to treat yourself to a good meal the night before; you are determined to feel great the morning of the match. At your favorite restaurant, you order a large steak, a baked potato with sour cream and butter, and a salad with your favorite dressing, blue cheese. For dessert, you can't resist the cheesecake — you are treating yourself, right?

The next morning, though, you feel a little sluggish. No problem. You stumble into the kitchen knowing you'll feel much better after a cup of coffee. You're not very hungry. Besides, you had a great meal last night. On your way to the club, you stop somewhere for another cup of coffee and a donut. Finally, you arrive at the club, ready to tackle your match.

Will this pre-competition diet help or hurt your match?

The answer to that depends. It might be comforting psychologically if that meal was one of your routines before competition. Physiologically, however, that type of food doesn't give a body the best fuel to burn.

All food falls into three basic categories; protein, fat, or carbohydrates. The body uses protein to

build and repair cells and muscle tissue. Fat is used to cushion the organs and to carry fat-soluble vitamins. Carbohydrates are the body's fuel, powering the human machine.

When deciding what to eat before a tournament, which of the three should you eat most of? Obviously the fuel, carbohydrates.

By eating the restaurant meal described at the beginning of this article, you certainly would have given yourself all three basic categories of food. It had protein (steak), a great deal of fat (steak, sour cream, butter, salad dressing, cheesecake) and some carbohydrate fuel (potato and salad). Still, it could have been a better meal for your competition. By simply changing the proportions of the three categories, you could have had a high-powered, high energy pre-competition meal.

Power-meals consist of a combination of food which gives you about 15 percent protein, 20 to 30 percent fat, and 55 to 65 percent carbohydrates. (There are four calories per gram of protein and carbohydrate and about 9 calories per gram of fat. The total caloric meal should be divided this way.)

The simplest way to construct a power meal without actually counting calories is to structure it around carbohydrates instead of protein. Make the bulk of your meal carbohydrates such as fresh fruits, fresh vegetables, whole grains, baked potatoes, rice, pasta, breads, and cereals. Then include a protein source (eggs, cheese or any kind of meat) and keep fats (butter, creamy sauces, salad dressings, oil) to a minimum.

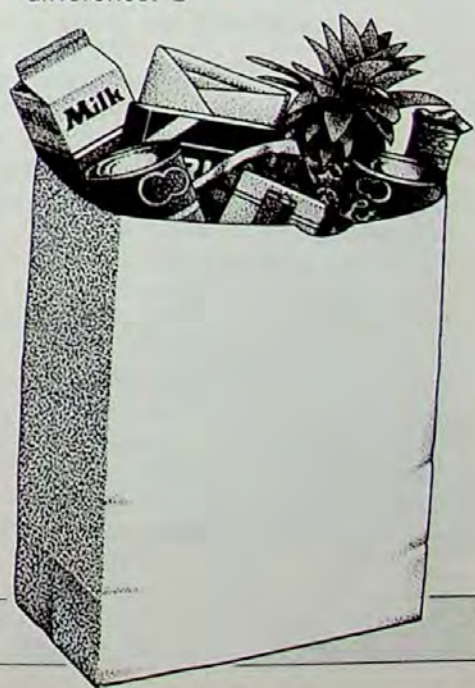
With that restaurant meal, for

example, make that small tossed salad big. Throw in all your favorite vegetables and use a vinaigrette salad dressing. Next, have a baked potato, but use plain yogurt or low-fat cottage cheese in place of the butter and sour cream. Don't deprive yourself of steak, but keep the portion small (three to six ounces) to satisfy your protein requirement. Save the cheesecake for later, as a reward.

With this adjusted meal, chances are you will also wake with an appetite. For breakfast, have hot or cold whole grain cereal, lowfat or skim milk, and some fruit or juice. All this gives your body fuel to burn!

Don't limit this kind of eating only to pre-competition meals. By eating power meals all the time, you will have more energy for your job, family, friends and workouts.

Proper nutrition has a cumulative effect. The better you fuel your body, the more energy you have and the more you can accomplish. Try eating power meals for a month, and feel the difference! ○



A First For Ruben!

Gonzalez Beats Price In The Portland Finals

by Scott Dalton

Every once in a while, the underdogs have their day. At the Portland stop in the RMA men's professional tour, the underdogs had the whole week.

Long before the finals, two of the four top seeds had been defeated. In the semifinals, the other two top seeds lost as well. In the finals, long-time touring professional Ruben Gonzalez performed superbly to win his first championship in eight years as a pro.

The action took place at the Griffith Park Athletic Club during the eighth annual MCI Pro Am. The pattern of upsets started on Tuesday in the round of 32's, when Andy Gross stunned second seed Mike Yellen. Gross then fell to Dan Obremski in the following round.

If the early-round defeat of Yellen wasn't enough for the Oregon fans, qualifier Jeff Evans rocked the crowd during second round action by beating top-seeded Bret Harnett in straight games, 11-2, 11-7, 11-7. This defeat ended Harnett's bid to win the tournament two years in a row.

Gonzalez only gave Evans one day to savor his giant killing victory. In their quarter final match, Ruben's diving play and uncanny ability to return the toughest shots proved to be an unbeatable combination.

Gonzalez then defeated fourth seed Ed Andrews in the semifinals to clear his way to the title. His opponent there, Gerry Price, had dispatched the other top seed, Marty Hogan in their semifinal match.

Expectations for a close-fought contest were high going into the finals. Gonzalez and Price had evenly split their last six head-to-head meetings. Rogers Cablevision of Portland televised the finals. Marty Hogan provided commentary during the broadcast, giving viewers a perspec-



Photos by Don Patch

tive from the top with clear, insightful descriptions.

During that broadcast, Hogan described a previous finals match which he had played against Gonzalez. That match, in 1985, was Ruben's first good chance to win a pro stop, and they had fought to a standstill late in the tiebreaker match. Hogan served for the match. Gonzalez, only two points behind, rolled out a shot to apparently win back the serve. Instead of walking to the service box, however, he turned and congratulated Hogan for winning. Ruben thought his ball had skipped and he called it that way.

When it came time to play,

Gonzalez jumped ahead and never let up. In game one, he reeled off eight straight points before Price even got on the scoreboard. After winning that game 11-3, Gonzalez again dominated with an 11-6 victory in game two.

In the third game, Gonzalez repeatedly turned back strong attacks by Price. Gonzalez handled everything Price could hit at him, and won 11-2 to collect the \$5,700 first-place prize money.

Price said Ruben's outstanding play made the difference. "He played really well and I was a little off," Price said, adding that getting behind in points so early also hurt his game.



Ruben Gonzalez: The moment of victory (with Jerry Price, right).

Gonzalez was elated by his first pro tour victory. "I felt good all week," he said, adding that he felt he "didn't make mistakes." In the finals, Gonzalez consistently hit to Price's forehand, avoiding the younger player's cannon-like backhand shots.

Asked about the prior match Hogan had referred to in the broadcast, Gonzalez emphasized the importance of setting a good example for the younger players. "I wanted to win 'legit'", he said.

Gonzalez certainly did it his way this tournament. A few calls made during the match drew murmurs and

groans from the crowd, yet Gonzalez handled the adversity well, shaking off questionable calls with his usual aplomb. "We all make mistakes," he said, referring to some service aces he felt were taken away during the match. "It's tough to ref."

By all appearances, it's also tough to play Ruben Gonzalez when his game is on. ○

RMA Tour Results This Season

RMA #1 Cliff Swain d. Marty Hogan
RMA #2 Bret Harnett d. Ed Andrews
RMA #3 Bret Harnett d. Ed Andrews
RMA #4 Ruben Gonzalez d. Gerry Price

Racquetball History

The MCI Pro Am has an exciting history as one of the longest running pro stops in the history of the tour. In 1981, no less than the legendary Charlie Brumfield, playing in one of his last tournaments, made the semifinals where he lost in a thriller to Don Thomas. That year, John Egerman beat Thomas in the finals.

The tradition of thrillers continued. Marty Hogan dominated this stop for the next three years, and it wasn't until 1985 that he finally lost his first match there. Bret Harnett upset him in the semifinals to become a finalist, but Harnett broke his thumb diving into the back court against finalist Mike Yellen, and forfeited the match.

MCI's first
tournament
winner, John
Egerman.



In 1986 and 1987, Harnett played perfectly round after round to take back-to-back championships.

This year, of course, Ruben Gonzalez continued the tradition of winners at the MCI Pro Am.

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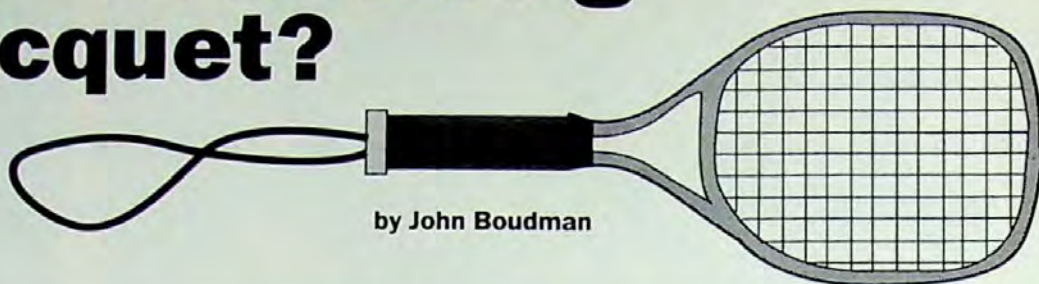
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Is It Time To Restring Your Racquet?



by John Boudman

Somehow, you've lost all the 'pop' in your shot. You haven't grown that much older, but after increasing your vitamin dosage, your racquetball shots still get weaker. Is it time to see the doctor? No, it's probably time to see your stringer!

There are definitely times when racquetball players need stringing services. If you've lost your pop, or frayed a few strings, here are some of the areas to consider as you contemplate restringing your racquet.

Stringing frequency. Players should have their racquets restrung as many times a year as they play per week. This is a general guide and may differ, depending on a player's needs. If you are fanatic about exact string tension, string it more often than that. (Some players will actually record the number of hours they play with each racquet, to be exact about their restringing times.)

String quality. With the use of space age materials in the newer ultra-thin and lighter racquet frames, the quality of string should be a suitable match. To use a thick inexpensive string in a space-age expensive frame is like putting wagon wheels on Mario Andretti's race car!

With string, the higher the number, the thinner and better for playing it is. An equipment-conscious player should be putting nothing less than a good quality 16 gauge string in the racquet. Look for the 'L' behind the string number, which is an indication of suitable quality for the best racquets; 16L or 17L string is the most desirable. Don't, for example, use a 15L string. (Note: the term 'synthetic gut' is a marketing term and in many instances doesn't refer to the quality of string.)

Tension/pattern recommendations. Manufacturer's recommendations should be followed for tensions

and stringing patterns. Failure to adhere to these instructions can void the racquet's warranty and cause severe damage to the racquet.

In special cases — usually with professional players — stringing tensions and method of stringing may vary, but generally equipment-conscious players will find that manufacturer's specifications will be just right for their game.

After you consider the details of stringing your racquet, you should try to find a regular stringer. Someone who knows you, and appreciates your repeat business, is more likely to give you good service, especially in an emergency. Not only that, having a regular stringer greatly increases the odds of getting racquets strung consistently. This consistency prevents unpleasant surprises as you play.

Here are a few ways to tell if you are dealing with a good stringer:

Professionalism. There are few stringers in any area who have strong stringing experience in all the major racquet sports (racquetball, squash, tennis). Because of that, you should look for a knowledgeable stringing professional who has a strong background in your specific racquet sport. A stringer who plays racquetball will know and incorporate the minute stringing differences that make a racquet play better.

If you can, find someone who is certified by the United States Racquet Stringing Association. Nothing says that uncertified stringers are necessarily unqualified, but you may find out the hard way. On the other hand, you can be certain that certified stringers will always be well qualified. (There are about 700 certified stringers in the country.)

Stringing consistency. Consistency is one of the key points you should be trying to find as you look for

a regular stringer. A good stringer pays very strict attention to all details of stringing to make sure that each of your racquets will hit exactly the same.

When you see the stringer's machine, check to see if the clamps and guide bars are clean; regular cleaning shows that important attention to detail. Also find out if the stringer keeps records — he or she will need to duplicate your previous stringing tensions to give your racquet consistent play.

Type of stringing machine. What type of machine does your stringer use? Is it a professional model? Is it a static pull or a constant pull machine? Ask your stringer. Constant pull machines will string racquets 10 percent tighter than static pull machines — important knowledge to have.

Remember, your racquet is only as good as your strings. Spend a little extra time and effort in that area, and you'll be rewarded by a better game. ○



John Boudman is a USRSA certified stringer.



John Sweeney
won despite
an injured knee.

Around racquetball courts, his name — John Sweeney — is respected and feared. He is a natural at the sport. He is a killer during a match. It then, was no surprise when he won the Captain's Cup Racquetball Senior Division in New Orleans for the sixth year since he began playing there.

Sweeney is a lieutenant-colonel. As winner of this prestigious event, he gives bragging rights to his Marines among Army, Navy, and Air Force racquetball players; the Captain's Cup is an annual competition among American military divisions in various sports, including racquetball.

Sweeney was an avid handball player until September of 1975, when a friend asked him to play racquetball. At the time, his Marine Attack Squadron (VMA)-211 was deployed in the Philippines. He was reluctant to try the game at first, but once on the court, he loved the game immediately, and has since developed his skills to a level now feared by his competitors.

"The big reason I love the game is that there is so little recuperating time," said the senior champion. "I was sore for days after a handball match, but I can play racquetball just about everyday."

On the court, Sweeney is an aggressive player. He prepares for each match with a good warm-up session and "psyches up" his killer instinct. He developed this attitude early in his career after a match with an Air Force warrant officer, Mike Segal. Segal, now a retired Chief Warrant Officer-4, was impressed with Sweeney's natural ability and gave him some advice. His first tip was to play every point as though it was game point.

However, the second tip was more important, and remains Sweeney's strategy during matches. It was to work harder when ahead. "You can't slow your pace down and relax during the match," said Sweeney. "Your opponent may not be as good as you, but if you get cocky or too confident, he could win."

Since he began playing the game, Sweeney hasn't lost a Captain's Cup match and has claimed more than 15 military and civilian open and senior division titles.

Of course, being a champion means that Sweeney must always defend his title. Every year the competition gets better and the challenge greater.

He considers this past season a "tough battle" due to a knee injury from tournament play last year which forced him to wear a light knee-brace during this year's competition.

"It was a hard season because of my injury," he said.

Military Racquetball

One Tough Marine

by John DiDomenico

"I lost a few games, but I came back to win."

He took the quarter finals in three straight games against Roger Zinn, Naval Reserve Personnel Center, then went on to defeat fellow Marine, Dick Herberg. For the title match, he had to face Zinn again.

"I was fortunate that I was on and he was a little off during the last match," Sweeney said. "It was tough to beat him again."

Off the court, Sweeney, a Wing ordinance officer, runs three times a week and plays tennis. During the volleyball season, he also coaches the 4th Marine Aircraft Wing women's team and plays on the men's team.

Whether on a racquetball or volleyball court, Sweeney enjoys the camaraderie of inter-service sports and meeting friends. Make no mistake though, while he enjoys the friendship and is respected by fellow players, Sweeney plays to win. ○

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The Toughest Call In Racquetball — Part II

by Otto Dietrich

Last month, part I of this series analyzed situations which lead to a "dead-ball hinder", or replay. In the conclusion of this instructional series, Otto Dietrich discusses the controversial "avoidable hinder" call.

Ever feel as if your opponent could have given you a clear path to the ball, but didn't? In a tournament match, this situation calls for the referee to make two decisions; did a hinder really occur, and second, could that hinder have been avoided? If the answer to both questions is yes, then the referee can call an "avoidable hinder", and declare you the winner of that rally.

Since the call is usually significant and involves personal judgment, this article is devoted to helping you identify and call the avoidable hinder as you referee matches.

Rule 4.15(c) of the AARA's 1987-88 Official Rulebook says that while making an attempt to return the ball, a player is entitled to a fair chance to see and return the ball. Furthermore, it says that it is the responsibility of the person who has just hit the ball to give the other player that chance.

In the March 1986 issue of *National Racquetball*, Marty Hogan focused on this particular rule while discussing the screen serve. Marty's article pointed out (quite correctly) that the rule at that time required that the ball be visible "as it leaves the front wall". Even though Marty encouraged all referees to sharpen their skills by becoming more aware of what he called this "field of vision" test, this particular requirement is no longer part of the rule.

So just where does this leave us in defining avoidance? To simplify the issue, an avoidable hinder is "an unnecessary action which led to a hinder" or "the lack of necessary action which led to a hinder". A player's intentions should not be considered when making this call.

If, for example, Player A moves to the left thinking he will be getting out of the way, but in so doing runs into Player B, the proper call is avoidable hinder. It makes no difference that Player A believed he was getting out of the way; he moved in the wrong direction and made "an unnecessary action which led to a hinder". Con-

versely, if Player A was in the way, and did not move, it would have been an avoidable hinder through a "lack of necessary action which led to a hinder". Remember, while an intentional hinder should always be considered avoidable, a hinder does not have to be intentional to be avoidable.

Let's get down to some specifics. The rulebook now defines nine categories of avoidable hinders — two more than the previous edition. Some of the wording is different too, so even if you think you know them, they are worth going over again. They are as follows:

Failure to move. This occurs when a player does not move enough to allow his or her opponent a shot. Not stated, but certainly implied, is that a player must have sufficient time to move but didn't anyway.

Stroke interference. This happens when one player moves, or fails to move, and impedes his opponent's free swing. A few years ago, this was known as "crowding".

Blocking. While there's not much distinction between blocking and stroke interference, this one clearly establishes that in doubles, the partner of the offensive player shooting the ball may not move in front of either opponent as they defend against the shot.

Moving into the ball. A player may not step into the path of the ball. Getting hit by the ball is usually a dead-ball hinder, but if you move, and in so doing get hit by the ball, you are guilty of an avoidable hinder.

Pushing. Players are never allowed to deliberately push their opponents. On occasion, the player returning the ball might give his or her opponent a little shove to "help" him get out of the way. As with the offensive foul in basketball, this is not

permitted in racquetball. Even a slight push might be enough to throw the opponent off balance, giving the "pusher" an unfair advantage.

Intentional distraction. This occurs when a player uses any type of disruptive technique to break the concentration of the player returning the ball. These actions include things such as shouting, stamping the feet, or waving the racquet.

View obstruction. If you move across your opponent's line of sight just before he or she strikes the ball, you've created an avoidable hinder.

Wetting the ball.

Since the server is the last person to touch the ball before it is served, he or she has the responsibility to ensure that it is dry. If the ball is wet and is not dried before the serve, then the receiver wins the rally.

Equipment. Any improperly worn equipment (such as eyeguards) or any equipment not actually required on the court

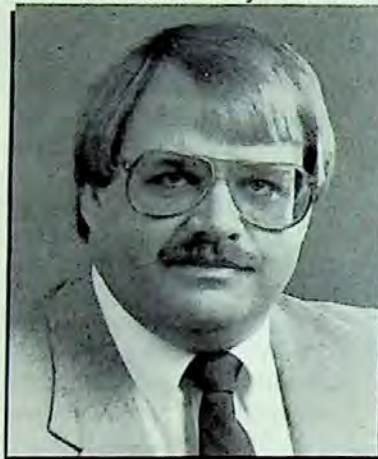
(such as a hand towel) which interferes with play or affects the safety of the players results in an avoidable hinder.

An avoidable hinder call means the rally is awarded to the hindered player, regardless of how the rally itself ended. If Player A shouts or stamps feet just as Player B is hitting the ball, Player B wins the rally, even if the resulting shot skipped. If Player B was serving, a point is awarded. If Player B was receiving, side out is called.

With a basic understanding of the rule, what should you do when there is no referee and you believe that your opponent has committed an avoidable hinder? There should be a better way to make up for the mistake than saying "I'm sorry".

In these instances, the special rules on How To Referee When There Is No Referee (page 23 of the rulebook) state that the guilty player should call it on him or herself.

During your game, however, if it isn't called, appeal to your opponent, pointing out why you thought it was an avoidable hinder. Your opponent can then agree or disagree, but his or her decision is final. Very often, just pointing out the error will stop future occurrences. ○





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Photo: Australia Tourist Commission

Sydney: Racquetball and much more.

climate (it grows warmer as you get closer to the equator) and setting. With a population of over three million, Sydney is the largest city in Australia and surely one of the most lovely and lively anywhere. It's a fun place: a sophisticated, bustling community with a magnificent harbor, colorful pubs and folks who like to set the trend in fashions.

Port Jackson Harbor is adorned by the dramatic Sydney Opera House, (surely one of the most recognizable structures in the world), which is well worth a visit. The Rocks is the site where British convicts were put ashore in 1788 to establish the first European settlement in Australia. In recent years, it has been transformed from a maritime neighborhood of warehouses and bawdy taverns into an area of trendy shops and inviting eateries.

Outside Sydney is the Mt. Druid Bowling and Recreation Center, which has three racquetball courts, squash and tennis courts, 32 bowling lanes and other recreational facilities. It costs \$4 per person (\$4.50 after 6 p.m.) to play racquetball. Call 675-1333 for more information or directions.

Still further north is Brisbane, where Australia throughout 1988 is celebrating its 200th birthday with a year-long series of music and art festivals, sports contests and other events. The biggest "do" will be World Expo from April 30 to October 30, with exhibits on Leisure in the Age of Technology sponsored by more than 40 countries including the United States.

Just south of Brisbane is the Gold Coast, a 20-mile stretch of white sand beach and high-rise hotels. It's a great place to relax between sight-seeing excursions. The Health and Racquet Club at the Gold Coast International Hotel has two squash courts that also are used for racquetball. The charge is \$10 an hour for court time. The club also has tennis courts, weights, sauna, massage and other facilities. If you're in the

Paul Hogan, grinning and tipping his hat at passers-by in his role of Crocodile Dundee, is nowhere to be seen. But there are plenty of kangaroos and cuddly koalas, teeming cities with distinctive personalities, and natural attractions which combine to make Australia one of the hot spots of world tourism. Oh yes, and racquetball.

"The Wonder Down Under," as it's sometimes called, is as big as the United States and every bit as varied. Australia would take months to fully explore, and even then you could only hit the high points. Perhaps the best approach is to pick one area that provides a sampling of much of the best the distant island-continent has to offer. For me, during a recent visit, this meant the east coast.

This area encompasses three cities — Melbourne, Sydney and Brisbane — where nearly half of Australia's 16 million people live. Melbourne is sedate and stately, reminiscent of its British background, a city of broad tree-lined avenues, parks and elegant Victorian buildings. It's also a business and financial center, wealthy enough to boast a backdrop of modern office towers, cathedrals and mansions for the resident captains of industry.

Outside Melbourne at Kings Village are 10 of the relatively few regulation racquetball courts in Australia. (Much racquetball in the country is played on squash courts that have painted rather than metal "tin" and a full ceiling.) While the Kings Village courts are not public, Aussies are anxious to learn more about the game by playing with visitors from the U.S. A phone call (221-6044) could well result in an invitation to enjoy a few games with a Kings Village member (the guest fee is \$10) and directions for getting there by rental car, commuter train or bus.

Heading north from Melbourne to Sydney, you experience a change of

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area, call 921-2000 for more information.

As enticing as they are, the cities of Australia are only part of the country's attractions. Even more intriguing are such natural phenomena as the isolated outback, awesome Great Barrier Reef, and the unusual animal life which inhabits the continent.

Australia's vast interior is where the Aboriginal people managed to survive for 40,000 years before the first Europeans arrived. Today, the outback serves primarily as home for most of the 150 million sheep that make the country the world's leading wool producer. An introduction to the dusty, flat terrain is provided by sheep stations that accept paying guests. For example, 7,000-acre Lorrain Station in the state of Queensland charges two people about \$60 for overnight accommodations and meals.

A very different kind of experience is provided by one of the world's natural wonders, the Great Barrier Reef. Stretching more than 1,250 miles off Australia's east coast, this underwater world of shoals, multi-hued reefs and coral fingers took Mother Nature millions of years to create.

Boat trips or seaplane rides to the reef, which lies 12 to 32 miles offshore, are available from Bundaberg, Port Douglas and other coastal towns. Once on the reef, the best way to enjoy its beauty is by wearing scuba or snorkel gear and swimming with the colorful fish. The most varied concentration of marine life in any ocean congregates on this reef.

Australia has numerous other inhabitants which make an even bigger hit with most visitors. Due to its isolation, the continent provides an environment in which a number of wonderfully unique animals have evolved. Of 230 species of native animals, almost half are marsupials that carry their young in a pouch.

It's a rare visitor who can resist the chance to feed a kangaroo, cuddle a koala and at least snap a photo of a



Photo: Australia Tourist Commission

After racquetball, there's always the Great Barrier Reef.

wombat, dingo or platypus. You don't have to travel far from the cities to do so. These strange critters reside at the Melbourne Zoo, Healesville Sanctuary an hour's drive away, and at the Lone Pine Sanctuary outside

Brisbane.

For information about this enticing destination, contact the Australian Tourist Commission, 489 Fifth Avenue, New York, NY 10017, telephone (212) 687-6300. ○

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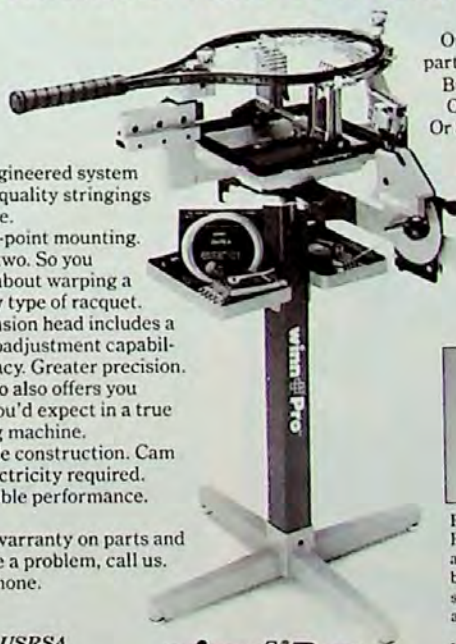
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Ask The Playing Editors!

Lynn Adams, I have been seeing players at my club serve with their backhands, instead of their forehands. Do you think this is a good serve to use?

J. Ratzky, Great Falls, MO

It's funny you should ask. At the most recent WPRA tournament, I saw one of the pros using a backhand serve. After seven or eight serves, she quit using it because it seemed to be hurting her game.

I don't think the back hand serve is an effective serve, because it is hard to put any deception into the service motion. You hardly use any wrist action in the serve, so you are forced to step in the direction you want to hit the ball. With this type of delivery, there is no element of surprise, a crucial part of effective serving.

Also, I don't think the backhand serve makes a difference as you cover the service return. No matter which serve you use, you will adjust easily to the footwork it takes to get back to center court quickly. In other words, the type of serve you use is not much of a factor in service return.

I hope this answers your question. Do I think you should practice simple backhands instead of backhand serves? You betcha!

Could **Gregg Peck** please give me a few pointers on hitting splat shots? I know they are supposed to grab and shoot almost straight across the front wall on contact, but my attempts never seem to do that. **F. Burns, Portland, OR.**

I think the key to hitting a splat shot is to hit into the side wall with the proper angle. As you probably know, spin gives the ball its 'splat' action on the front wall. If you hit into the side wall at too direct an angle, the ball won't 'slide' enough to get any spin. On the other hand, without enough angle, the ball won't 'grab' enough to get the needed spin.

Generally you will be attempting splat shots from deep court. I would say then, to aim for the five-foot marker from the back court. Anything hit within a few feet of the marker will have the proper angle, giving the ball enough spin. When this happens of course, the ball will make that funny splat sound on the front wall — a sign that your shot worked.

Hitting the ball with pace helps,

but it is not crucial; angle is much more important. Once you have mastered that angle though, the harder you hit the ball, the better it will splat.

I would not recommend relying heavily on the splat shot. It is not as high a percentage shot as a down-the-line or cross court shot. Use it in the same situations as a pinch. The splat is a good change of pace shot, so try to make it a surprise among your normal one-walled shots.

Mike Ray, I play someone who hits junk shots which drive me crazy. He uses the around-the-wall ball a lot, and I'm getting dizzy trying to make a decent return. What do you do when faced with this shot? **T. Wallace, Forth Worth, TX.**

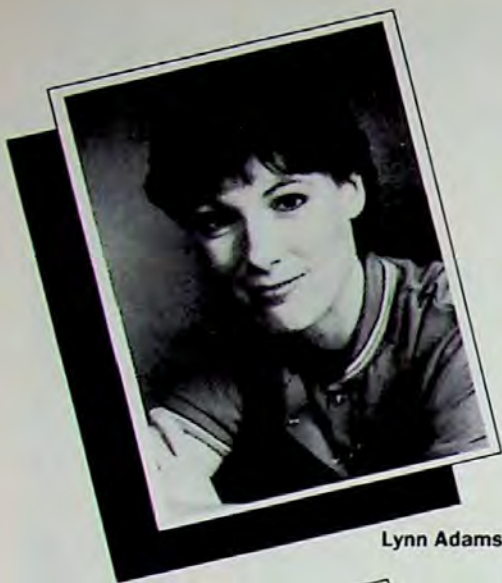
First of all, I wouldn't recommend hitting the same shot yourself. The around-the-wall ball, which hits the side wall, then the front wall and the other side wall before bounding into a back corner is usually a defensive shot. Players sometimes use it instead of a ceiling ball. The around-the-wall will only get you so far, though. Eventually, you'll run into a player who knows how to handle the shot, which will cost you points.

There is a simple way to become a player who knows how to deal with around-the-wall balls. You only have to realize that this shot actually takes the initial bounce in the center of the court! If you attack it there, instead of letting it go past you into the corners, you can conquer it easily.

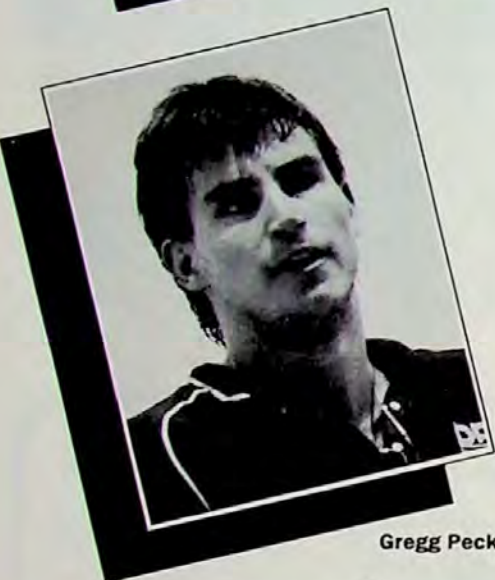
Go onto a court by yourself, and hit dozens of around-the-wall balls. Become familiar with the pattern of the shot by watching how each ball does come through center. Once you are in a game situation, the shot will no longer seem unpredictable.

As the shot comes at you in the center of the court, concentrate on keeping your feet planted. Then volley the ball before it bounces. This will put your opponent into an awkward position. You can choose to pinch it into either corner or to hit a passing shot. Either way, you are in command because you are taking the shot from a position in the center of the court.

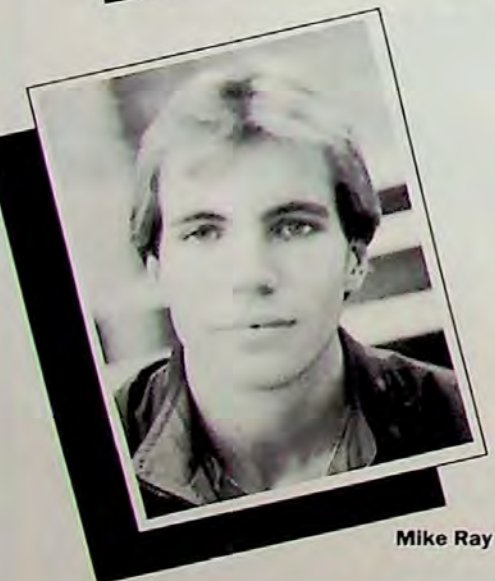
It will only take a couple of these successful cut-off shots for your opponent to decide not to hit too many more around-the-wall balls. ○



Lynn Adams



Gregg Peck



Mike Ray

If you have a question for the pros, direct it to one of the playing editors listed inside our front cover, and address it to: PLAYING EDITOR, National Racquetball, P.O. Drawer 6126, Clearwater, FL 34618.

The "Expectant" Backhand

A number of years ago, I read an article in *National Racquetball* written by a former teaching colleague, Chuck Sheftel. Chuck had described how one of his students developed a great backhand during her eighth month of pregnancy.

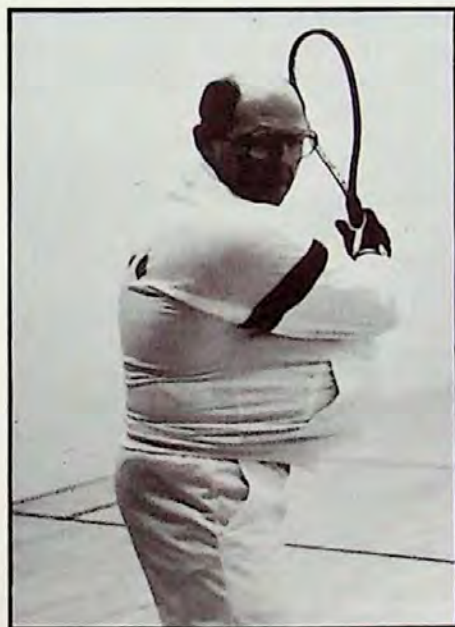
You see, keeping your elbow away from your body as you swing is essential to hitting a successful backhand. This key element not only gives your stroke a bigger arc, but lets you swing more freely.

Chuck's student had suddenly developed her great backhand through necessity. By her eighth month, she had a very good reason to keep her elbow away from her body as she swung!

Waiting for a pregnancy, of course

may be an impractical way to force your backhand to improve, especially for men. However, there are substitute methods. In figure one, Jim has bulked up with several towels stuffed under his warmup suit. This forces him to keep his elbow away from body. In figure two, he has shed his bulk, but has kept his elbow out from his body, the ideal way to prepare for a backhand.

You can expect your backhand to improve by using the "expectant method". Simply practice your backhand swing with some towels or pillows tucked underneath your shirt. A word of warning: Be sure to practice in a court closed to public view or at home in front of the mirror! ○



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McKinney Answers The Call

Knock, knock. Who's there? Opportunity. Opportunity who?

Who indeed! Most of the players asked themselves that question during the second annual Holy Redeemer Hospital/Pepsi Cola Pro Am in Sellersville, PA. Lynn Adams, temporarily sidelined with back and spinal problems, sat out this tournament, leaving a huge opening for the women to fill.

Marci Drexler, hot off a win in Cali-

them away.

The other seeds were having difficulties as well. O'Brien barely escaped Mary Pat Morris by winning a tiebreaker, 11-2. Kuhfeld was down 8-2 in the tiebreaker to a red-hot Randi Friedman, but managed to win 11-8. Highly ranked Chris Evon didn't fare so well; she lost to tour newcomer Sue McTaggart in three games.

Nervousness continued in the second round. McKinney eked past much-improved Dot Fischl, who had taken Drexler to an 11-9 tiebreaker the tournament before. McTaggart continued her surge of upsets by beating Marcy Lynch 11-2 in their tiebreaker.

Things settled down only a little in the quarter finals. McKinney stopped McTaggart, and Kuhfeld did the same to Vickie Panzeri, but the bottom half of the draw was dramatic.

Molly O'Brien, seeded fourth, lost two games almost immediately to Jackie Paraiso, then won the last three. Liz Alvarado won her first two games against a very tough Toni Bevelock, lost the next two and fought back to win the fifth, 11-3.

The semifinals gave the crowd two of the most exciting and gutsy matches of the season. In the first, Caryn McKinney, seeded number one in Adam's absence, faced Kaye Kuhfeld. In all of their previous meetings, McKinney had won, but barely.

Kaye dominated the first game; six of her points were aces. McKinney countered in the second game by moving into the front court and win-

ning from there. With everyone expecting a close third game, Kaye proved them wrong by winning 11-2. McKinney turned around for an 11-1 fourth game victory.

Kuhfeld served first in the tiebreaker, jumping to a six-nothing lead. At 7-1 in Kaye's favor, McKinney was still hitting safe shots. McKinney took timeout number one and found magic; she scored six points and forced Kuhfeld to call a timeout. McKinney was not to be stopped though. She scored five more points to win; altogether, she had scored 10 unanswered points.

Later McKinney said, "I knew I was playing tentatively, and I told myself that I had to go for it. All I thought of was, 'Go one point at a time. Focus on the serve and shoot the eyes out of the ball'."

In the other semifinal, Molly O'Brien did her best to please an ecstatic hometown crowd which wanted to see her in the finals. Liz Alvarado, cast into the villain's role, played it well.

Liz took game one 11-8, screaming at herself as often as the crowd yelled encouragement to Molly, who in turn won the next game. By then, Alvarado had a red welt on her right calf from all the times she had hit it in disgust with her racquet.

The Alvarado game style seemed to work. Yelling loudly at herself, playing aggressively in front court and driving overheads instead of hitting ceiling balls, she jumped ahead five-nothing in game three, then finished by crack-acing three consecutive serves. Final score, 11-5.

The fourth game was a riot of emotion. At five-five, the women traded serves 12 times before Liz cracked yet two more serves on the way to a 9-6 score. She smelled the finals. O'Brien, though, had the roar of the crowd and a high Z-serve; she scored five quick points on missed overhead attempts by Alvarado to set up the tiebreaker.

What a tiebreaker! After 10 minutes of play, the score was tied at



Caryn McKinney (left) defeated Molly O'Brien in the women's single finals, but collectively they won the doubles.

fornia was tipped as the favorite. Caryn McKinney was primed and pumped to redeem her round of 16 loss in California. Kaye Kuhfeld, close so often, believed it was her turn at last. Molly O'Brien had the support of her home club. Liz Alvarado, who had defeated McKinney in California, was out for blood again. The tension was there, easy to feel.

Incredibly, Drexler lost in the first round to a smart and consistent Cindy Baxter. Cindy kept shots above Marci's waist by hitting Z-serves, passes and ceiling balls. As Marci kept trying low percentage shots, Cindy patiently waited for the resulting set-ups, then matter of factly put

Kaye Kuhfeld chatting with Jim Leatherman, wheelchair champion who performed a demonstration with Andy King of the rock group the "Hooters" to promote wheelchair racquetball.



four, but Alvarado's game folded in the stretch. She skipped backhand setups to give Molly two points late in the tiebreaker. Final score, 11-7. It was Molly's first time in the finals of a WPRA stop.

Her finals match was anti-climatic. As often happens when an athlete reaches far and hard, intensity is tough to generate in the following match.

McKinney played with confidence and never allowed Molly to become part of the match. Thirty-five minutes, a subdued crowd and three 11-3 games later, McKinney was the champion.

After the match, Molly spoke about her roller coaster weekend. "It was hard not to feel satisfied just getting to the finals. I could feel it when I got up in the morning and tried to fight it, but I just wasn't prepared to play to win in the finals."

Caryn expressed a different attitude. "I felt very confident, but slightly worried, especially because of the crowd's condition. An enthusiastic crowd can make the difference in a close match. I managed to serve well and get lots of power. I'm drained from the weekend, but I feel great!"

Round of 32

Caryn McKinney d. Cathy Nichols
Dot Fischl d. Carol McFetridge
Sue McTaggart d. Chris Evon

Marcy Lynch d. Tina Petrocy
Vickie Panzeri d. Joni Larson
Fran Davis d. Val Paese
Lynne Coburn d. Diana Fletcher
Kaye Kuhfeld d. Randi Friedman
Molly O'Brien d. Mary Pat Morris
Linda Porter d. Pat Musselman
Cindy Doyle d. Kathy Langlotz
Jackie Paraiso d. Diana Reyes
Joy Paraiso d. Barb Faulkenberg
Liz Alvarado d. Roxanne Goblish
Toni Bevelock d. Roz Olsen
Cindy Baxter d. Marci Drexler

Round of 16

McKinney d. Fischl
McTaggart d. Lynch
Panzeri d. Davis
Kuhfeld d. Coburn
O'Brien d. Porter
Jackie Paraiso d. Doyle
Alvarado d. Joy Paraiso
Bevelock d. Baxter

Quarter Finals

McKinney d. McTaggart
Kuhfeld d. Panzeri
O'Brien d. Jackie Paraiso
Alvarado d. Bevelock

Semifinals

McKinney d. Kuhfeld
O'Brien d. Alvarado

Finals

McKinney d. O'Brien

WPRA Results for 1987/88

#1 - Lynn Adams d. Caryn McKinney
#2 - Marci Drexler d. Kaye Kuhfeld
#3 - Caryn McKinney d. Molly O'Brien

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Guide To Running

by Keith W. Strandberg

Speed and endurance are two things that are desperately needed when you play racquetball. Without speed, you'd never be able to get to the ball, and without endurance, you wouldn't be able to sustain your given level of play. Both are important; and there is one form of exercise that can give you both, running.

Though running is considered a four-letter word by many racquetball players, and it can be hazardous to your health if you get started on the wrong foot (no pun intended), it also has many potential benefits. If you train properly, you can achieve great results without the boredom or injuries (shin splints, aching feet, etc.) commonly associated with running and jogging.

Running offers you several distinct advantages over other forms of exercise. In one workout, using a mixed bag of distance running and short sprints, you can work on both endurance and the development of speed at the same time. Also, it enables you to get a break from racquetball, and still concentrate on improving your performance. It doesn't take up too much time; to get an aerobic training benefit, all you have to do is run/jog 20 minutes three times a week (you can do more, if you want to improve faster, but most experts

agree that every other day is ideal for training the cardiovascular system). Finally, running and jogging are good for your heart and cardiovascular system — which just might mean you will live longer, and by extension be able to play more racquetball.

Getting Started

The first step is to see your doctor or trainer before beginning a running program. There are potential dangers to runners (shock-induced joint injury, over-exertion, heart strain, etc.), and you should check with your doctor, to make sure that it is safe for you to run.

Next on your list, then, should be the right equipment. You should have a pair of shoes that are specifically designed and manufactured to make running safer and more enjoyable. Running shoes are designed for straight forward motion, unlike racquetball shoes which are engineered for all kinds of movement. Good running shoes provide a shock-absorbing cushion to protect your feet, ankles and knees, and to make running more fun. Some of the manufacturers of high quality running shoes include New Balance, Brooks and Reebok. Though you can easily pay over \$100 for a top of the line running shoe, you can also pay between \$40

and \$60 for a high quality, serviceable shoe.

Though some runners think it is important to make a fashion statement as they run, all that really matters in clothing is that you are comfortable. Wear clothes which are loose fitting in the summer; dress in layers in the cold.

The Actual Run

There are several factors to consider when planning your runs:

— **Distance and pace:** The distance that you run depends on your level of conditioning, the amount of time you have, where you can run, and your pace. If you start out running too fast, you may end up stopping before you have completed your mileage for the day. If you go too slow, however, you may feel that you've cheated and haven't gotten the workout you needed.

It will take some experimenting to find the right distance and the right pace (one you can sustain) for your runs. Champion marathon runners average five minute miles, while a good club runner might run a mile about every five and a half minutes in shorter races. These are all competitive times, and should not be a realistic goal for you — at least when you start out. Anything between seven

and ten minutes a mile is a good training pace. You have to find your "comfort zone" within that structure.

— **Heart rate:** A better indicator of the workout than pace is your heart rate, something that you should monitor periodically — more often if you haven't been doing much exercise lately. The "training heart rate" is 60 to 85 percent of your maximum heart rate. To decide your maximum heart rate, subtract your age from 220 and multiply by .60-.85. For example, 220 - 30 years old x .65 = 123.5; and multiplied by .85 = 161.5, so a 30-year-old should try to keep his heart rate between 123 and 161 beats per minute for a true training effect. You should check your heart rate (find your pulse and count it for ten seconds, then multiply by six) every so often. If your heart rate is considerably lower, than maximum you aren't doing enough work. If your pulse is considerably higher, you are doing too much. If your heart rate is over 200 beats per minute, stop! Then consult your doctor later.

— **Breathing:** You should never hold your breath when doing any kind of exercise, and running is no exception. Running is an aerobic "with oxygen" activity, so your body depends on oxygen rich blood going to the muscle cells. When you are running, try to keep your breathing smooth and deep (try breathing in through your nose and out through your mouth). Breathing shallowly and quickly inhibits the exchange of oxygen, and can give you an uneasy, panicky feeling.

If you find you are having a hard time breathing, go see your doctor. Many people who are ordinarily healthy have "exercise-induced asthma", a condition that is only brought on by exercise. It can be controlled, however, with medication and a correct exercise technique.

— **Body checks:** As you run, every now and then take a mental inventory of how your body is feeling. If you start to notice aches and pains, catalogue that information and keep track of it. For example, many runners develop pain in their calves or their shins (called "shin splints"), and the only cure is complete rest — no running.

But, if you are aware of the pain as it forms, you can take steps to eliminate the cause of shin splints, which can be anything from an improper running stride to running on concrete to running in the wrong shoes.

— **Stride:** Sprinters run on the balls of their feet, but distance runners use a rolling stride, with the heel of their foot hitting first, then rolling along the shoe to the toe (heel-toe). This is the way you should run or jog — it is much more comfortable and less tiring.



Choosing the right surface to run on is important.

Keeping Track

Map out some of the routes where you run, making sure that you know how long each of them is. Then as you run, keep track of your progress on each of those routes, charting your time, your heart rate, and your weight. At the same time, keep track of your performance on the racquetball court — both subjectively (how you felt playing) and objectively (whether you won or lost).

As your body gets used to the running, it adapts to the exercise. Therefore, if you continue to run at the same pace and distance for a while, your body will begin to get less benefit out of that basic run. In order to continue improving, you must challenge your body more, either by increasing your distance or your pace. As you get used to the running, go farther or faster, or both.

Remember, exercise and racquet-
(continued on page 52)

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The Dial One Racquet

All the hype about Egan Inoue's blur serve proved to be true. But when the smoke cleared at the Westerville Athletic Club outside Columbus, Ohio, Dan Obremski's super conditioning and his own pumped up serve put Egan in 2nd place. The finals match between these two superb athletes reminded me of the beer commercial when they say... "It don't get any better than this!"

What A Week For Racquetball

On Monday the week of the tournament the Hard Hit Contest began at several area clubs. WSNY radio station was the co-sponsor of this event and there were live radio spots every day promoting this contest. Several hundred people competed with all the proceeds going to a local charity. WSNY TV aired the Tuesday evening sports show live from Westerville and encouraged everyone to participate in the contest. Enson Inoue upstaged his brother Egan and took home the \$500 Diamond Back mountain bike. Cindy Doyle, for the second year in a row, won the women's division and a bike.

The Women's Draw

Even though the number of

women's open players was smaller than expected, the level of play was extremely high. Caryn McKinney used her smart and consistent gamestyle to win first place. She completely dominated the less experienced Cindy Doyle in the semi's, and then put everything together in the tiebreaker against Indiana's Kaye Kuhfeld. Both Caryn and Kaye lost games in which they had 10 to 5 leads, necessitating the tiebreaker. Both of these players have very similar styles using wide angle passes and off speed splats that take advantage of the opponent's poor court position. It's a style of play that resembles good squash in that accuracy and strategy are as important as pure power.

Caryn McKinney was the only doubles winner among the pros as she and Molly O'Brien bested Kaye Kuhfeld and Ohio State student Elaine Mardas in the open doubles division.

The Men's Draw

Last year Dan Obremski was runnerup to Andy Roberts. It looked as if Dan wanted to use this tournament as a stepping stone for

the balance of this year's pro tour. Dan knocked out his friend and doubles partner Doug Ganim and then overpowered Ruben Gonzalez 11-6 in the tiebreaker to set up the showdown with Egan. On the other side of the draw, Egan Inoue took out a hot shooting Tim Hansen in an 11-9 tiebreaker after being down 9-6. Egan's blur serve was the difference as he gained three of the final points on ace serves. If that wasn't enough, Tim Doyle stepped on the court with Inoue in the semis and proceeded to whip Egan 15-14. Tim ripped a backhand into the side of Egan's left leg and that might have done him in. Egan cranked up the heat and rode his big serve to a 15-0, 11-0 win. Many of his points came on 175 mph second serves. Egan later added



Above: Denny Vincent looks on as racquetball's version of the batboy, retrieves hard hit shots. At left: Egan Inoue powers a backhand by Dan Obremski, but later Dan ripped several well placed forehands to take the winner's check.

Ball Classic

that after Tim's shot hit his leg, it started getting stiff and he "wanted to get off the court quickly."

The finals were set. Powerful serve and speed versus strength and the ability to retrieve anything. What a great matchup! Egan seemed to get into the flow of things right off the bat. He completely controlled Dan in the first game. Even Dan's diving gets could not hold off the crushing rollouts. Egan polished off Dan in the first game, 15-8.

The second game started off just like the first with Egan in control but midway through the game the momentum seemed to shift to Dan. Dan caught Egan at 13 all and pulled out the second game to force a tiebreaker.

The tiebreaker was a premier showing of world class racquetball. Both players wanted the victory. At 9 all Egan hit a serve that cracked at the dotted line, but Obremski not only returned it, he rocketed a backhand down the line for side out. Dan then aced Egan down the forehand glass for the 10th point and won the match with a 150 mph pinch kill. A standing ovation from a packed house followed.

In the open doubles Egan Inoue and Tim Hansen knocked off the hard hitting Tim Doyle and Tim Anthony. Doyle and Anthony upset National Champs Obremski and Ganim in two straight games. In the other semi, Inoue and Hansen triumphed over Ruben Gonzalez and Mike Ray.

Tournament Notes

If your name was Tim you probably had a good tournament. Tim Doyle, Tim Anthony, and Tim Hansen all did very well. The men's open finals was a showcase for good sportsmanship: only one call was appealed in three intense games. The juniors had a blast getting autographs on every broken ball they could find. Hats off to the staff at the Westerville Athletic Club. As always they did a superb job. ○



Above: Enson Inoue upstages his brother to win the Diamond Back bicycle. Below: Cindy Doyle won the women's hard hit competition for the second straight year. At left: Relaxing on court after a tough game.

Camp, Here I Come!

by Dave Peck



Dave Peck won the men's professional national championship in 1982, and is one of the top players and coaches in the game today.

The moment you've been waiting for is finally here. It's time to become the club's top player! You are heading to camp.

You get there early, only to find that your room is not made up yet. No problem, you say. Time for practice, so you head down the club, which looks and feels like a morgue. Still you shrug it off. The adrenaline is flowing (camp fever) so you check a court but find dust all over the floors, paint chipped off the walls and only

have been to different camps. Find out who they liked, as well as who they disliked. More importantly, find out the why's of their preferences.

Question your reference person on personal service, subject matter, accommodations and the general attitude and knowledge of the staff.

You can also tell a great deal about a specific camp by finding out who some of the past instructors were and where they are now in racquetball. Generally, the more reputable camps have instructors who return year after year.

Goals. Decide what you want before going to a camp. Are you keen for pure and hard-core racquetball? Or

start with one, two and three.

The building blocks of your entire game depend on stroke mechanics. One player came to my camp, only to be surprised that stroke mechanics were covered first. What about strategy, he wondered? However, when asked to hit a backhand down-the-line pass in a hypothetical game situation, he hit the side wall first, and couldn't explain what had gone wrong.

The point is, that to win in racquetball, you have to understand why the ball goes to certain areas before you can design a game plan to hit it there. Then you need to know how to direct shots there consistently.

After stroke mechanics, most types of camp formats work, but I believe the stroke itself should be first on the agenda.

R.O.I. — Return of investment. What did you get out of the camp? Make sure there will be a post camp evaluation with the instructors. It can help your game long after you are away from camp.

You should be able to leave with a complete understanding of the game from A to Z, knowing how to handle just about every situation in a racquetball match.

Some camps have a mixture of regional and national touring professionals. These are excellent camps because players will have constant access to a reference person in his or her region for any questions which might arise when the camp is over.

Fun. This is one of the most important aspects of attending a camp. You will be surprised at how many 'fun' people play the game of racquetball. So when you go to camp, go with this attitude in mind: Work hard, play hard, and most of all, have fun.

See ya at camp! ○

"...This is the season for players from all over the country to travel to different camps. They will learn the secrets of becoming better players, while at the same time be taking well-deserved vacations..."

one light working. Your stomach begins to become a big knot.

Now, unsure of what to expect, you approach the camp's head professional and your worst nightmare is realized — he looks like Herman Munster and talks like The Fonz! You begin to scream as loudly as possible, then wake in a cold sweat and realize it was just a bad dream...that Bobby Ewing is still alive.

This is the season for players from all over the country to travel to different camps. They will learn the secrets of becoming better players, while at the same time taking well-deserved vacations. If you are among them, don't let your camp experience come close to a bad dream — do some early research.

With a long list of local, regional or national camps to attend, how do you know which camp is right for you? Here are some guidelines to follow in picking out the right camp.

References. Talk to people who

do you want a vacation in the mountains with a little racquetball on the side? Answering these types of questions will largely dictate your decision.

Credibility. This is where you separate the creme-de-la-creme from the ho-hum.

Would you let a doctor who has never performed surgery do his or her first operation on you? Of course not, so don't pay for a rookie to work on your game. Go with past history.

Has the head professional been teaching for a long time? Find out who he or she has taught and what the results were. It's one thing for someone to claim professional standards; it's another to back it with names of past students and references.

Format. This is one of the most important parts of a camp. Find out what is covered and in what order. Stroke mechanics must be a priority, and preferably early in the camp. When you count to 10, after all, you

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Getting The Most From Your Preparation Is Important

by Dan Obremski

The alarm rings. Your head pounds as you try to accustom yourself to the sound of the others stomping down the hallway while they chatter about yesterday's lectures and groan over their sore calves. It's 6:00 a.m., barely light outside, and the smell of Ben Gay pervades the morning air as you stumble along, mumbling curses about Tuesday's step routine. Your nightmare is complete when you see the instructors and a pack of crazies returning from their 5:30 run, smiling and encouraging others to warm up for the two-mile class run. This is a racquetball camp?

You bet. In this case, it is another day at the Olympic Training Center camp in Colorado Springs. It is a camp that requires discipline in running (training), lectures, clinics, drills, time schedules and stretching. Weeks beforehand, the camp also sends players a written explanation of the preparation they will need to keep up with other campers.

Despite the discipline, there are always a few campers limping, forgetting notebooks, cutting corners or showing up late for the bus. The instructors don't mind, though. Every time the rules are broken, the hapless camper gets a jogging tour of the camp.

Not all camps may be as disciplined, but regardless of your choice of camps, it's important to you and the instructors that you arrive with an open mind, an open notebook and a little conditioning to avoid the fatigue of a week-long camp.

As you prepare for a camp, the following pre-camp suggestions will help you make the most of your time there. Call ahead and ask the director if there is anything special or unusual for which you should prepare. A more efficient camp makes it more enjoyable for the director, the rest of the students, and of course, yourself.

Keeping a time schedule. All

camps are organized on a time schedule. Some are planned down to the minute, and tardiness is something which disrupts other students and frustrates instructors. The week before camp, post your expected routine in a visible location, such as the refrigerator or mirror. Every time you see the schedule, make a mental note of your requirements and the time slot allotted for them. You might want to go as far as changing your sleeping patterns during that week to adjust to the one you will be following

camp is to have stretched and conditioned muscles before you arrive.

Bob Anderson, author of *Stretching*, lectures regularly at the Olympic Training Center. He says that half an hour of stretching done in front of the television every night relaxes the body and enhances your workout the following day. A painless way to prepare for camp then — if you don't already have a stretching routine — is to use your television time the week before camp for stretching.

Hitting drills. Success in anything

"...regardless of your choice of camps, it's important to you and the instructors that you arrive with an open mind, and open notebook and a little conditioning to avoid the fatigue of a week-long camp..."

at camp.

Notes. Jim Hiser, director of the Olympic Training Center camp, claims that your best friend at a camp is your notebook. Remember to bring one to camp.

After that, an open mind is needed to fill the notebook with helpful information. At most camps, there are so many ideas supplied by different instructors that the lugging of a notebook is a necessity.

Even if you have conflicting views, write the new ideas down, take them home and weigh the differences to see what works best for you. I keep notes from conversations with other instructors, and I have learned immensely as a result, both as a fellow instructor and a student of the game.

Stretching. Whether you are a long distance runner or a weekend athlete, exercise produces a by-product called *lactic acid*. This substance contributes to cramps and sore muscles. The best way to eliminate lactic acid from muscle is to stretch before and after exercise. The best way to reduce your sore muscles at

sports-related comes from repetition. This fact is stressed at all camps. Hitting drills are taught, practiced and sometimes tested. If your form suffers though, you should wait until you have the proper stroke (which you will learn at a camp) to practice a drill.

If you feel confident in your stroke already, you might want to start with ceiling ball drills, then pinch shots and so on. But organize your drill sessions, especially as you prepare for camp. Stand in one area of the court and practice a particular shot at least 40 times. Then move to another type of shot. Your ability to master drills will make you more confident and not only add consistency to your game in the long run, but increase your learning efficiency at the camp itself.

Cardiovascular training. The scenario at the beginning of this article is a common one at some camps where exercise is included. The results for most are sore calves, sore legs and sore rear ends.

To avoid limping to every class,

Racquetball Camp



begin a pre-camp routine of cardiovascular exercises to strengthen your heart and to get your legs to the point where they are not crying after a two mile run.

Before you start a cardiovascular program, there are a few things to keep in mind. First, have a physical check-up, especially if you have not been exercising hard or regularly. Second, start slowly and progress gradually to the level you want. Third, stretch before — and more importantly — after every exercise.

Of the many cardiovascular workouts, the best might be running, but because of the potential difficulties placed on the knees, you should decide for yourself if it is suitable. If you are going to run, start slowly, maybe half a mile a day, until you feel strong enough to increase it to one mile. Two miles a day is a good goal because training isn't very effective if you only run a half mile at a time.

Some other good workouts for the heart are swimming or using a step machine. Start at 10 minutes a day and work up to 30.

The remaining exercises to prepare for camps can be done on the court. These are jump rope and line drills, two of the most effective exer-

cises not only for your heart, but also for the development of foot work. Line drills (sprinting on the court in various patterns) is an excellent exercise which develops muscles essential to racquetball-related movements.

Regardless of the exercise you choose, it's important to start at least a month before your camp, working consistently to reach good cardiovascular strength.

Weight training. I've suggested weight training last because it is not totally essential to your preparation for a camp. But lifting does strengthen and add endurance to your muscle fibers. This helps over a week-long camp when eight to 10 hours of concentrated effort are often required each day.

Another benefit of weight training is the endurance and strength it gives your game. To get an idea of the program or programs which are useful to beginning and advanced lifters, you can refer to "Profiles In Fitness" in the four previous issues of *National Racquetball*.

Now that you are on your way to an effortless and injury-free week at camp, I suggest that you remember one more thing: your racquet! ○



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Ruben Gonzalez

Winning and growing younger

by Sigmund Brouwer

How long have you waited, Ruben Gonzalez?

You first showed us your game in the early 1980's. You demonstrated — burst by burst, rally by rally — your tremendous speed and uncanny retrieving ability. Match after match, you gave us exhibitions of brilliant shot selection, lessons in sportsmanship and welcome doses of charisma.

Despite your breathtaking game, we had doubts. You were 30 years old then. You were giving away all those years to the best players in the world in a sport where reaction times a hundredth of a second make the difference between winning and losing. Could you reach the championship circle?

It is 1988, Ruben. Your body is still a magnificent machine, but six years have been added to it. The younger players are even better and you have never been The Champion at any pro stop. Will it ever happen?

Here it is, Ruben. Four tournaments into the season, you are serving to win match point against Gerry Price in Portland, OR. It is no ordinary match point. After eight years as one of the best players in the world, you are one ace, one roll out away from winning the entire tournament. Win this point, Ruben.

The record books will show that Ruben Gonzalez won his first pro tournament in February, 1988, at the MCI Pro Am in Portland, OR. How long did he wait for it? No time at all; Ruben Gonzalez does not wait for something he wants. He drives himself until he gets it.

Gonzalez did not pick up a racquet until after his 24th birthday. That, and his age, 36, make him remarkable enough among the cluster of incredibly strong players barely in their 20's. More remarkable is his unflagging determination to excel, to win. It has taken him through the years. In a sport that wears and tears at bodies and demands burning willpower, Ruben Gonzalez has survived,

endured and prevailed at the top for nearly a decade.

Growing up in the Spanish Harlem area of New York, he began playing one-wall handball at the age of nine. After school he'd often challenge players three or four years older; he rarely lost.

Playing two to three hours a day during the week and up to eight hours a day on weekends, he quickly gained a reputation for being one of the best. By the time he was a teenager, he wanted to play so badly he even ignored winter until it finally became dark too early and he tired of shovel-

“...In a sport that wears and tears at bodies and demands burning willpower, Ruben Gonzalez has survived, endured and prevailed at the top for nearly a decade...”

ing snow off the court. He started to look for another place to play, which led him indoors to the YMCA.

He sometimes played three different handball tournaments a week. Once he showed up at a tournament in a tuxedo; his brother's wedding was immediately after his match. Ruben won the tournament but missed the wedding.

His handball career took him to a National One-Wall Championship. The next year, the championships were cancelled. “Who was I kidding,” he says. “I was killing myself and there was no money in handball.”

He started playing racquetball. With the same determination which had taken him to the top of his first

sport, he tackled the second. It would not be easy.

By the time he was good enough to play the professional game, the controversial Catalina series had closed the tour to all except a select group of 12 touring pros. He bided his time, playing the semi-pro tournaments on the east coast, sharpening his skills. When the tour opened to all players again, he was ready.

In 1985, playing professionally on the RMA tour, at a stop in Arlington, VA, he made the finals for the first time. His opponent was Marty Hogan.

The match became famous for The Call. Ruben won the first two games, lost the next two, and reached eight-all in the tiebreaker. Hogan took two more points. Gonzalez fought off match point once. Facing match point again, Ruben rolled out a shot to keep him in the match.

He stopped and looked out at the crowd. With only two points between him and his long awaited championship, Ruben did not accept the referee's call. “My shot skipped,” he said. Instead of serving, he turned to Hogan and congratulated him on his victory.

After the match, he simply said, “It skipped and that was the only thing that really mattered. I don't think anybody else saw it, but I thought ‘If I'm going to win it, I'm going to win it the right way; there will be another time’.”

The ‘other time’ took another two and a half years. He defeated top-seeded Ed Andrews in the semifinals of the Portland stop, then Gerry Price in the finals.

At that moment of victory, serving to win match and tournament point after years of determined effort, he had difficulty exulting. Even ahead two games to none, and 10-2 in points, he did not allow himself the luxury of believing he would win.

“Sometimes when you are hot and confident, and run eight points, that last point always becomes a skip. I

couldn't think of what it meant to win that point. I was too nervous.

"When I won that point, it was such a big relief. It really did feel like a huge weight was off my shoulders. Unfortunately, I didn't have time to think about it. A few hours later, I was on a plane back home, and two days later I was off to the next tournament."

That put him in Dallas, and a week after the Portland win, he almost made the final again. "I had confidence from winning the other tournament. I was playing well and beat Gregg Peck in the quarter finals, which was a good win.

"In the semifinals, it was one to one in games against Cliff Swain, who won the tournament. In the third game, I dove and jammed my finger badly. I played knowing I couldn't win."

As with all the other disappointments he has ignored during eight years on the pro tour, he took it home, and practiced harder. Home is Staten Island, NY. He and his wife Uby have three sons, and they run a pro shop business. Ruben plays and trains hard on the island, oblivious to the age factor in his game.

"Age never bothers me. I workout and practice a lot. I feel young." He grins. "Actually there is a medicine for growing older and not feeling it — younger players. The more I beat them, the younger I get!"

He says, "I feel like I could go on forever. Realistically, I have another five years. My goal is to be in the top eight at age 40."

To the thousands of spectators he has delighted with his hard driving game, and the dozens of younger players he has driven into the court floors, it is a legitimate warning.

There are three more tournaments left in this season. Don't be surprised if Ruben Gonzalez makes another finals appearance. This after all, is the man who also grins and points out, "Actually, I think I'd like to be number one at the age of 40"...and means it. ○





Ruben Gonzalez

Top Ranking RMA Player



H.I.T. Spells Good Coaching!

by Jim Winterton

Jim Winterton is a member of the Ektelon Senior Advisory Staff. He is currently the men's 40+ champion of New York state and the Northeastern Region.

With camps approaching, it's not a bad idea to analyze the ingredients of good coaching. It's even more important if you are thinking of finding a coach for the regular season after a summer camp.

Racquetball is fast; games and matches can be over before you know what hit you. A good coach can help prevent those defeats, perhaps not so much during the match, but in the preparation beforehand. This coach would use the H.I.T. method — teaching How to practice, encouraging Independent development and providing Tools to improve.

Teaching how to practice is an important job. If a student consistently skips backhands, the teacher must pinpoint the appropriate stroke error and show how to eliminate it. A good coach will also assign various types of practice sessions which the student may use unsupervised.

This unsupervised time is important for independent development. A good coach knows that students are responsible for their development, not coaches. Students who also learn this become more motivated.

Independent development means a coach may need to allow a student to fail occasionally. For example, if a C-level player is coached to run around a poor backhand to win tight matches, the coach might actually be doing the student wrong. Losing is good motivation to improve that weak

backhand. Students often learn more in defeat than in victory.

A good coach will also supply the appropriate tools for improvement. This means building game styles which complement a student's strengths and personality. A coach may recognize one student prefers an aggressive game style, and as a result, teach certain stroke mechanics and shot selection to take advantage of that. For a slower, more patient student, however, a good coach will adapt the "tools of improvement" in practice and in games for style.

Remember, your coach will demand a lot from you at camp or during the season. In return, you should expect to learn how to practice, be encouraged to independent development and be given proper tools of improvement. ○



Camps At Your Home Club

An update by Fran Davis

Not all camps require extensive travel and time bunking out with fellow campers. In Flint, MI, Jim Skinner of The Courthouse club came up with an exciting way to help his members improve during the entire month of August.

Normally August is the deadest time of the year at a racquetball club. Jim held the equivalent of a month-long preseason camp, using an incentive plan to keep the home club players coming back, despite the daily temptations of summer.

He set up a series of activities,

including mini-instructional camps and weekly seminars with subjects such as nutrition and diet, psychology and strategy, rules and regulations, C.P.R. and health risk appraisal. For continuing play and training, he organized drills, challenge court play, and weight lifting sessions. He then awarded points for each activity attended. The mini-camp was worth 10 points, for example, and the weekly seminar was worth 5 points. At the end of the month, he and various sponsors

gave prizes for participant points.

According to him, his club had the "best August since the doors opened".

His plan is certainly an interesting way to beat the summer racquetball blues, both for players and club managers. If it sounds good to you, this article might be a winner in your club's suggestion box!

For information, Jim Skinner may be contacted at (313) 743-4510. ○

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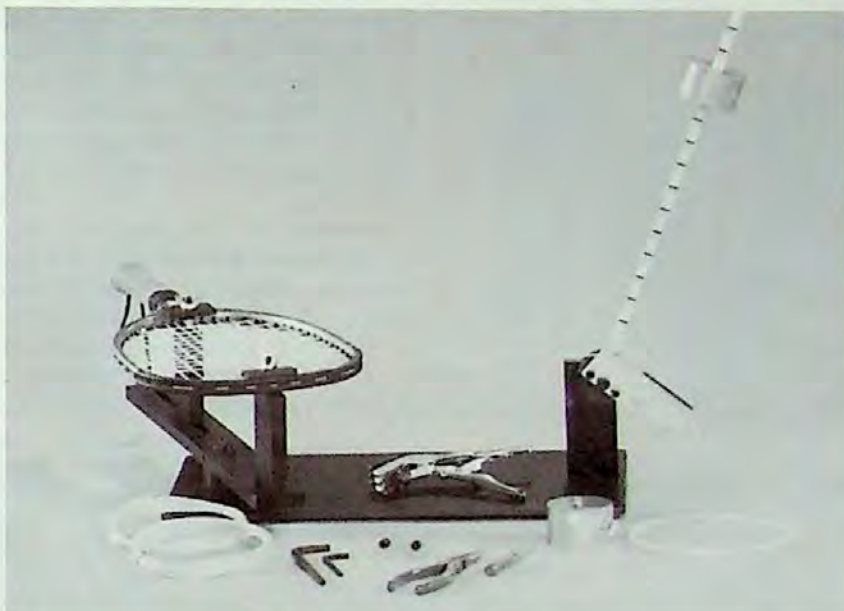
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The Dirty Dozen

by Charlie Garfinkel



In racquetball, there are various types of players who we all dislike for different reasons. These are the players who will do anything to win or upset you. They'll also infuriate tournament directors, other players and spectators. Most lists have a top ten; however, I'm going to be different and give you a "Dirty Dozen".

• **The Borrower.** I hate the borrower. He's the one who needs to borrow a racquet, a shirt, a pair of socks or shorts, or some personal item such as your toothbrush or Preparation H. I especially hate the borrower who forgets his towel and asks to borrow yours.

I'll never forget that time that Foul Freddie asked to use my towel. Naturally, I thought that he wanted to dry himself. However — you guessed it

— he blew his nose in it and handed it back to me as if nothing unusual had happened.

• **Mr. Clean.** How many times have you played someone who wasn't wearing clean clothing? The odor and fumes that emanate from him are nauseating. And if you complain, he gets indignant.

The most atrocious attire to ever grace or disgrace a racquetball court, belonged to our local YMCA character (mentioned above) Foul Freddie. It was said that he once left the club at 3:30 p.m. His clothes left an hour later.

• **The Dropout.** The player who drops out of a tournament after the draw has been made, is in reality, scared to lose. Usually, he'll only enter a tournament when he's sure that there aren't any players in his draw who are better than he is. When he finds out that there are some later entrants who are better, he'll usually complain of a sudden illness or injury which causes him to default.

If you're thinking of doing this, at least use a realistic excuse. I remember one player who used the incredible excuse that he couldn't play due to an upcoming hernia transplant operation.

• **The Faker.** While we're on the subject of injuries and illnesses, have you ever led a match 15-11, 10-5, when suddenly your opponent falls to the court in excruciating pain? Naturally, you rush over to help. Barely able to walk, your opponent limps to the sidelines and collapses in the nearest chair. After resting about fifteen minutes he asks you if he could try hitting a few shots. Of course, he feels somewhat better. So much so, he asks you if you'd like to resume the match. Naturally, he starts playing like a Mike Yellen clone. You're angry and confused; your opponent comes back to win the match. For weeks after the match you'll be wondering, "Was he really hurt?"

• **The Disappearing Referee.** Noth-

ing is more aggravating than trying to locate a winner of a match who is supposed to referee the following match. After looking for him and paging him he is nowhere to be found.

When confronted with this shirking, he'll play dumb. He'll often make a remark such as, "I thought the entry blank said losers are supposed to referee. (Conversely, if he was the loser, and losers are supposed to referee, he'll say, "I thought the entry blank said winners were supposed to referee.")

• **The Hospitality Hog.** We've all seen the hospitality hog. Although there may not be large amounts of food at some tournaments, the hospitality hog's plate is filled to the top. He doesn't care if other people haven't eaten. He'll go back for seconds, thirds, and fourths. If you try to take a small item of food off his plate such as a carrot, you'll quickly have prong marks in your hands.

• **Mr. Keen.** Many players enter two or even three events. If they do well they may have to play matches back-to-back. If they're extremely exhausting matches, they may ask you the following: "Flenoid, as you know, I've entered two events. My last two matches were tiebreakers that lasted an hour and a half each. You don't mind if I tell the tournament director to push our match back an hour, do you? I'd greatly appreciate it."

Don't be a fool. Matches are to be played as scheduled. If your opponent isn't ready, you should get a default.

• **Trophy Hunter Type One.** The trophy hunter is usually an A player who travels out of town to play in B and C tournaments. He assumes that no one will know him. And, if he is confronted with the question, "Aren't you Throckmorton Rector, the player with the black patch over his eye, the two red armbands, two black and white wristbands, and one yellow knee-guard, who is on our A team back home in Yonkers?", he'll usually re-

ply, "I'm sorry, but you've got me confused with someone else.

• **Trophy Hunter Type Two.** Since we're on the subject of trophies, there is another type of trophy hunter. However, this one tries to be more subtle.

I've got a friend who is only a novice player, but has won over 75 trophies in the past ten years. He's done this by having three sixteen-man invitationals a year. Of course, he's one of the sixteen. Every player from 1-66 in a round robin format gets a trophy.

At six foot eight, he has two tournaments a year for players six to eight and over; he is one of the two entrants. Naturally, there were trophies for the winner and runnerup. You've got the picture?

• **Towel Bandit.** The towel stealer really blows my mind. Since most

tournaments require a deposit for a towel, most players guard them closely. However, we can all remember a time when our towel was stolen while we were in the shower. The higher the towel deposit the more likely it the towel will be stolen.

• **Ball Miser.** The player who never supplies a new can of racquetballs is the lowest form of life. Although he says he forgot to bring a new can, he secretly loves playing with the older, deader racquetballs which complement his game, allowing soft lob serves, drops and dink shots. This player never hits a shot over thirty miles an hour.

• **The Rule Breaker.** Last, but certainly not least, is the cheater. He'll block you, get in the way of your shot, and try to get a hinder whenever possible. If he's wearing three sweat-shirts or a heavily padded warmup

jacket, you know that you're in for big trouble. The cheater always argues with the ref and does everything he can to upset you. As for double bounce gets, he'll never call them against himself.

I especially remember one cheater. He had this amazing affinity for skipping the ball in front of him. However, the ball always looked as if it rolled out. Of course, this was confusing to the referee. But, the cheater always made it easy for the ref by yelling, "Alright, another rollout!"

Of course, many players who don't bring new racquetballs are just plain cheap. At my club in Buffalo, a player who I'll refer to as Player X, is notorious for this. In fact, while playing in Orlando, FL last year, I saw an old racquetball lying outside a court. As I picked it up, I noticed writing on it. It read, "If found, please return to Player X, care of Bally Matrix, Buffalo, New York." Now that's cheap. ○

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Workouts Of The Gods

Some People Prefer Racquetball

by Rob Millar

I have been in fitness clubs.

I have smelled the sweaty-sweet aroma of the weight room. I have quaffed light beer and bubbly water in the plant-filled lounges. I have come to grips with weight machines and done sit-ups on cool, padded floors.

Fitness clubs keep attracting new disciples, who flock to newer and glitzier facilities. Yet, to me, the time and money poured into these places of self-inflicted punishment is one of the great mysteries of western civilization, right up there with mathematics of the national debt and physics of the curveball.

As a racquetball player, don't you wonder too?

If you could peer into their souls, setting aside the flashy monogrammed sweatbands, space age shoes, progress on weight charts, coiffed hair, or ambitions for upcoming aerobics and body-building competitions, how would you explain their motivation? Would you say those regular visits are for fun?

Get serious! Racquetball is fun. Playing touch football in the park is fun. Skating on the lake is fun. Even shirtless tennis in the summer is fun if you have a cooler at the netpost. Aerobic workouts and weight workouts are another thing.

I admit you do feel good after a few hours of working out, but a lot of that is explained by the saying: "The virtue of self-inflicted pain is that it feels so good when you stop." However, this merely physical principle can be easily explored at home with simple tools, right?

My motivational theory breaks those fitness fanatics into two groups — the heroic and the vain. It was a simple theory to create. All I did was read the myths of ancient Greece, which have much to say about physical fitness. The myths are full of fascinating physical tests, feats of endurance and inventive tortures, very much like those found in the average fitness club.

Heroic endurance of bodily punishment is well established in the myths. The father of this tradition is Prometheus, whose love for mortals

led him to steal fire from the gods and give it to men. He was a swell guy for a god, but he was punished for this generosity with imprisonment on a rock — with an eagle arriving every day to peck out his liver. As with those who schedule aerobics, he could foresee the daily evil far in advance.

Prometheus' brother was broad-shouldered Atlas, who also upset the gods and as a result was burdened

Narcissus.

Narcissus was a beautiful youth who scorned the admiration of others less perfect looking than he, and who pined away for a worthy love. His friends got sick of his arrogance and complained to the gods. Never very tolerant of stuck-up mortals, the gods caused Narcissus to fall in love with his own reflection in a still pond.

Alas, he was unable to grasp the

"...Narcissus is the hero of the 'see and be seen' group. These people work out twice a day and nobody is sure if they exist in the outside world or not. They are never seen in the same outfit twice, they eat a lot of plain yogurt and celery, and their favorite topics of conversation are workouts, outfits, and diet..."

with the weight of the world. He was eventually paroled and took up furniture moving, but he remains the patron saint of the weight room.

The real hero of repetitive workouts, however, was a mere mortal named Sisyphus, king of Corinth. He was wise and cunning, but a bit of a smart-aleck with the gods. After one practical joke too many, they gave him the eternal task of rolling a heavy stone up a mountain. Whenever he managed to get it to the top, he would stand aside and let it roll down again. When the stone came to a rest, Sisyphus would start pushing again. And again and again. This bears a striking resemblance to the workouts I see as I pass the weightrooms on my way to a fun racquetball game!

Those who workout for the sake of fitness — I prefer a close tiebreaker match in racquetball — at least echo the brave endurance of Sisyphus, Atlas and Prometheus. They perhaps, can be forgiven.

But should the gods hear from the weight room (never, of course, a racquetball court) tinny notes of self-congratulation or the mention of "appearance", they always remember having the last laugh. Because for the other group of my theory, the vain, Greek myths have the story of

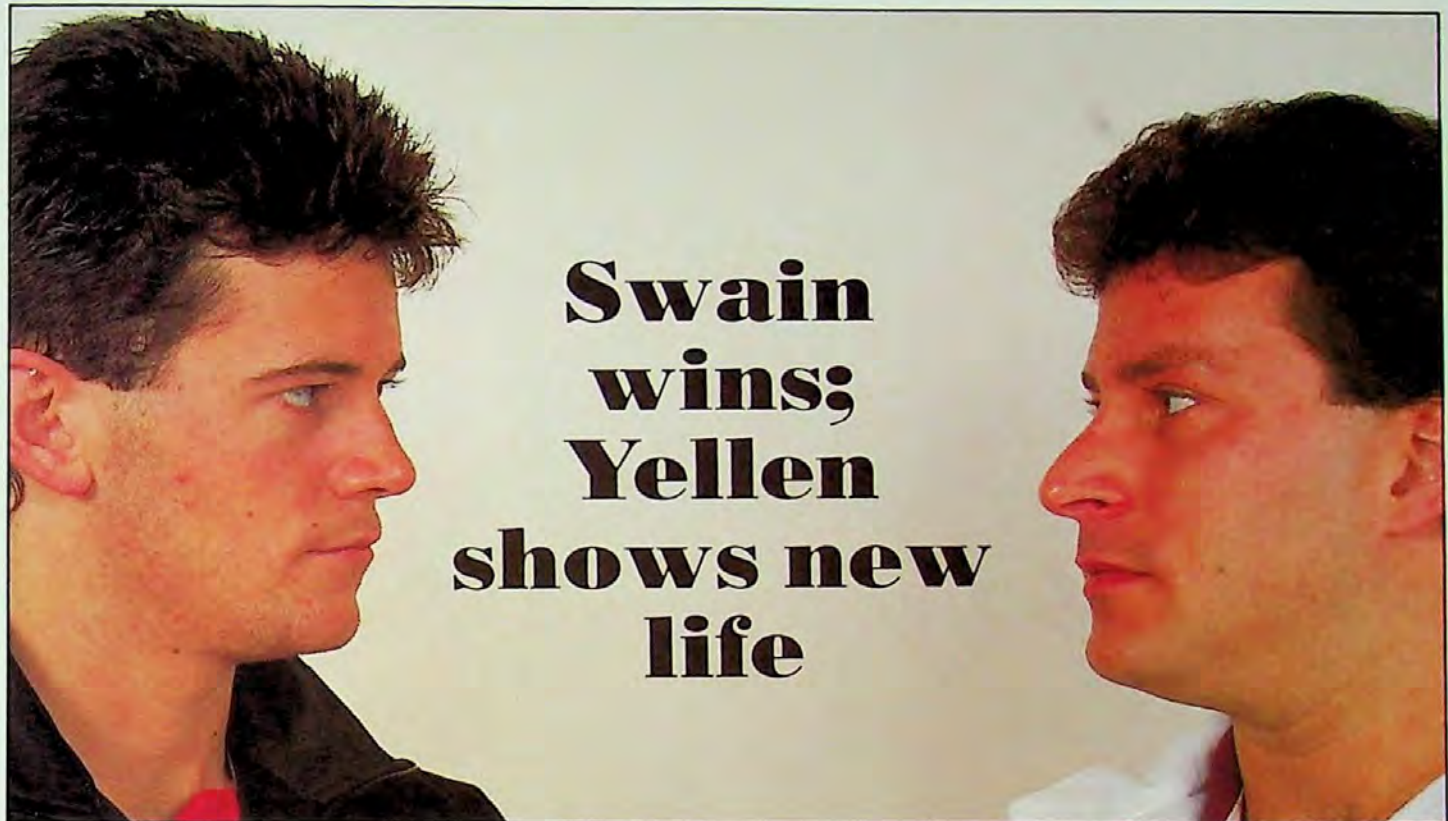
object of his affection (ever tried to hug a mirror?) and he could not leave the pond for fear of losing it. So he stayed there until he died, and was turned into a flower.

Does this reveal anything about the fitness culture? Well, have you ever seen a workout area that was not plastered with mirrors? Now ask yourself if you have ever seen a racquetball court with mirrors on the walls. I rest my case.

Narcissus is the hero of the 'see and be seen' group. These people work out twice a day and nobody is sure if they exist in the outside world or not. They are never seen in the same outfit twice, they eat a lot of plain yogurt and celery, and their favorite topics of conversation are workouts, outfits, and diet. My friends giggle at their obsession with competitive aerobics and call them shallow and boring. I think my friends also envy them their fabulous bodies 'til the cows come home. Of course, I never stop to tie my shoelaces at the entrance to the aerobics room while the music is playing.

On the other hand, I would hate to read an article where the fitness people examine our motivation for beating little blue balls until they break. ○

Impact Pro/Am — Dallas, Texas



Photos: George Sladky (Moto Photo Group, Dallas)

Swain wins; Yellen shows new life

It was Friday afternoon at the Landmark Club in Dallas. After two days of professional play, the amateur competition was about to begin. Amateur players anxiously reviewed their draws. They quickly compared their playing times to those on the professional draw sheets, hoping no time conflicts would keep them from watching the best players in the world.

Their anxious anticipation soon became bewilderment as they scanned the quarter final draw. Where were the top seeds? Didn't Bret Harnett, Marty Hogan, Ed Andrews and Egan Inoue enter the tournament? Yes, but a closer look showed that only three of the top five seeds had survived the early rounds of the tournament. Astonishing as it seemed, the other five could head home before the amateur draw even began.

The story for this dramatic tournament began almost immediately as Jerry Hilecher returned from a self-

imposed retirement to defeat number 13 seed Corey Brysman. Although Corey had rapidly climbed the ranking ladder since his own return earlier this season, Hilecher's years of experience and antagonistic style of play frustrated Brysman into submission.

Shortly after that, Lance Gilliam, revenging his previous tournament's first-round forfeit, ripped past fifth seed Egan Inoue in three games straight.

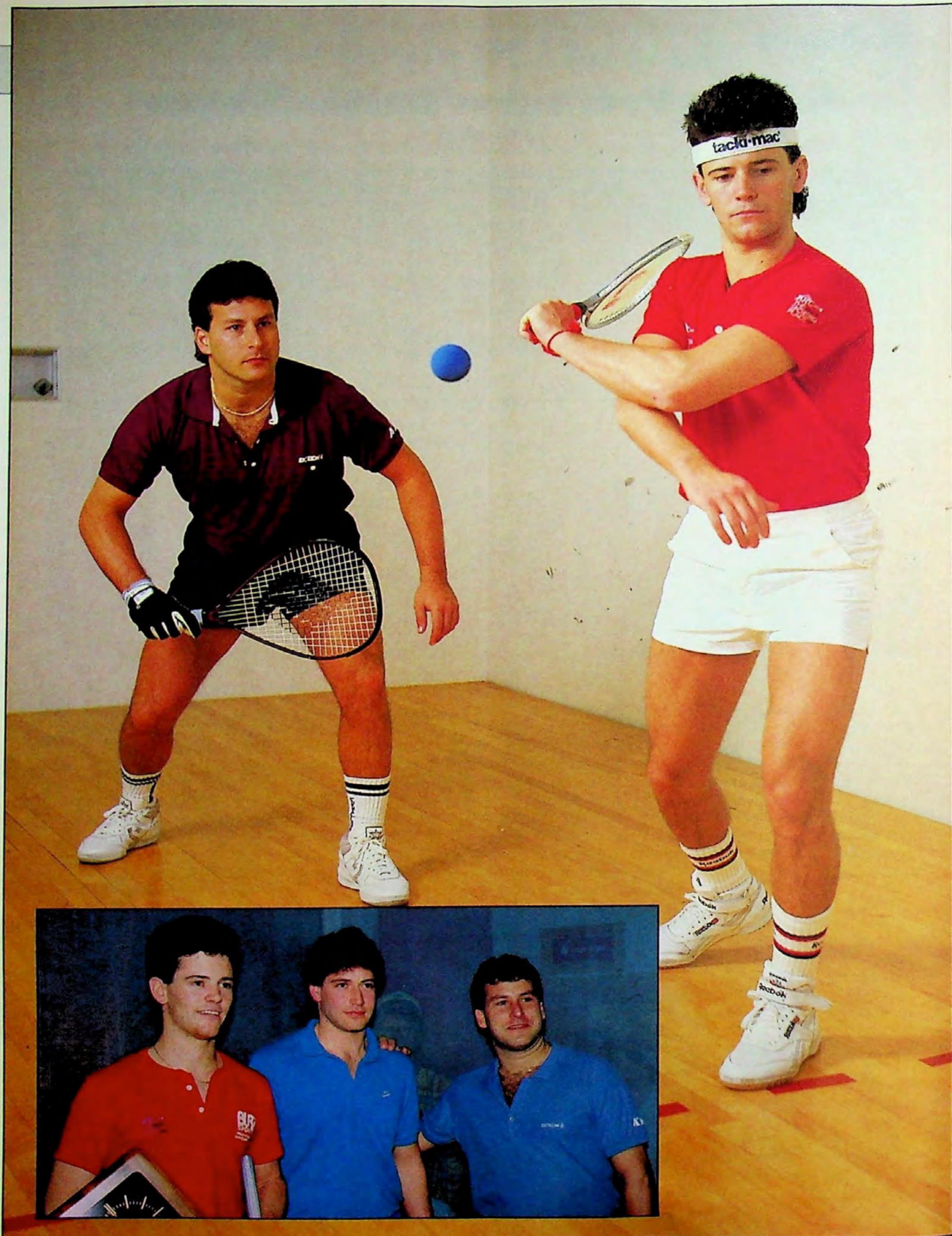
Perhaps the most controversial and stunning first round upset was the crowd-supported victory of Jack Newman over number two seed Marty Hogan. Marty had encountered airline problems. After waiting over one and half hours in an attempt to accommodate Hogan's late flight, acting tournament director Aaron Katz decided to forfeit the match. Shortly after, Hogan arrived. Emergency phone calls went to RMA Commissioner Jim Hiser who was attending the IRSA convention in New Or-

leans. After a lengthy discussion, Hiser informed Katz that Newman had agreed to disregard the forfeit. Spectators and fellow players invaded the gallery to view the match — players were surprised at Jack's willingness to challenge Marty, while spectators were relieved that they would have an opportunity to view the mighty legend in action.

Hogan began the match with blistering serves and seemed to have Newman under control. Jack, determined to prove his decision correct, fought back to force a tiebreaker. Perhaps it was pressure, fatigue, or a determined underdog, but Hogan folded in the tiebreaker; Newman had overcome all the obstacles, including the controversy, to engineer the upset.

In the round of 16's, upsets continued as first seeded Bret Harnett lost to a qualifier for a second consecutive tournament. Andy Roberts, current Intercollegiate champion,

(continued on page 39)



(continued from page 37)

as well as winner of the recent Pan American Championships, defeated Harnett 11-10 in the tiebreaker.

Harnett kept his number one ranking on the tour, despite both early losses. The 3600 point lead he had held three weeks earlier, however, was reduced to 1100 points. Bret, it appears, is struggling and unable to finish off his opponents. In both losses, he had a minimum of five serves at match point and both times was unable to capitalize on the opportunities. Andy Roberts proved he was not a force to be reckoned with. A veteran of international and amateur competition, Roberts maintained the intensity required to defeat Harnett.

In yet another upset, Mike Ray finally burst from his 12-month slump to thrash third seed Ed Andrews by scores of 10-5, 10-4 and 10-2. Steady Eddy, as he is known to his fellow competitors, was unable to develop any offence against Ray. Mike played almost flawless racquetball and gave Andrews very little opportunity to get started. Gregg Peck continued to play consistent ball and erased Gerry Price's hope of appearing in back-to-back finals. Dan Obremski, unleashing his new found power drive serve, defeated Lance Gilliam in four games. Dan is beginning to co-ordinate a steady mental game with his awesome physical talents, and has risen to number 12 in the rankings.

Five-time national champion Mike Yellen reached the quarter finals for the first time this season. Yes, you read it correctly. This was Yellen's first quarter final this year. It may be an understatement to say he has had difficulty concentrating this season, but as everyone knows, he usually starts slowly.

In the 16's, Yellen easily controlled an injured Jerry Hilecher, who had hurt his knee against Brysman. It was a frustrated Mike Ray who had to face Yellen's wide-angle passing strategy in the quarter finals. Yellen looked sharp as he forced Ray to re-

trieve from deep court, forcing him to dive often just to stay in the game.

Ruben Gonzalez, still basking in glory from his first professional tour victory the week before in Portland, continued his astonishing play by defeating Gregg Peck 11-8 in the fifth game of their quarter final match. Ruben seems to be moving as well as ever; more importantly, he's playing with confidence. Gonzalez' newfound determination has brought more intensity into his game, resulting in some of the best racquetball he has ever played.

Cliff Swain quietly disarmed Jack Newman in a quarter final match only three games long. Swain's tendency to play in spurts leads him to play brilliantly or sometimes embarrassingly poorly. His powerful serve, tremendous forehand pinch and superb retrieving ability are at times as good as anyone's. Lapses in concentration, however, have caused Cliff to completely disintegrate in other situations. In Dallas, Cliff regained the winning form which won him the Davison pro stop earlier this season.

In their semifinal match, Swain and Gonzalez faced each other in what promised to be one of the tournament's most exciting matches. Both players were at the top of their games; each showed their great retrieving ability. Unfortunately, with the match tied at one game each, Ruben injured his racquet hand while diving into the back wall. Although able to continue, Gonzalez could barely hold the racquet. The pain and frustration was obvious when Ruben stated, "No way could I quit. I didn't grow up on the streets for nothing, and I'm here to play!" Again, although he lost, Ruben gained the respect of spectators and players alike.

In the other semifinal match, Mike Yellen successfully matched high-percentage shot selection and strategy against Andy Roberts' power and aggressive game style. Roberts had defeated Dan Obremski in the quarter finals, and although his games against Yellen were close, it was only

a three game match. Yellen seems to gain momentum and play tougher the further he progresses in a tournament, and it showed against Roberts.

The finals were anything but one-sided. Swain started with devastating serves and tremendous pinch shots from the deep corners. Even though Swain won the first two games, Yellen's passing game began to take its toll. In game three, Cliff skipped seven of Yellen's 11 points, and in game four, Swain made five unforced errors and one double fault serve to give Yellen the game. Swain looked exhausted heading into the fifth game.

He started the tiebreaker slowly and Yellen quickly took a lead which he extended to 10-7. Swain, not quite ready to quit, made three unbelievable flat roll out kills from deep court to tie the game at 10. With the match and tournament on the line, Swain went to his great forehand serve, and it was perfect — almost.

Yellen desperately stretched right and somehow hit a perfect pass around the stunned Swain. As Yellen moved to the service box to serve for the match, a desperately waving foot-fault line judge gained the referee's attention. For only the second time in the match, a foot fault was called. Swain took the reprieve, returned to the service box, and eventually won the next rally with a superb backhand pinch. It was an exciting and controversial way to end one of the season's most successful events.

For professional player Aaron Katz and his crew at the Landmark Club in Dallas, it was a first attempt at holding a full-fledged tour event. By the results, the men's pro tour will be happy to return next year, even if it was 'upset city'. ○

RMA Tour Results This Season

- RMA #1 Cliff Swain d. Marty Hogan
- RMA #2 Bret Harnett d. Ed Andrews
- RMA #3 Bret Harnett d. Ed Andrews
- RMA #4 Ruben Gonzalez d. Gerry Price
- RMA #5 Cliff Swain d. Mike Yellen

Diabetes And Racquetball

The game becomes more than fun

by Fran Davis with Marilyn Scharffenberger

Diabetes. Health. Exercise. Although the words may not be synonymous, they have much in common.

Next to insulin and proper diet, consistent exercise is a must for people with diabetes. Exercise serves to keep the rest of us in shape, helps us maintain our weight and gives us a feeling of well-being; for diabetics, exercise is even more beneficial. A vigorous workout — such as an hour of racquetball — naturally lowers blood sugars. This in turn, may enable the person with diabetes to reduce his or her insulin requirements, lowering susceptibility to insulin reactions and making it easier to live a normal life.

I became aware of diabetes while I

your diet 365 days a year. For those requiring insulin, the proper individual dosage must be injected at a specific time of the day. Usually the proper foods must be eaten at a set time as well.

Living with diabetes takes a constant monitoring of blood sugar levels. To do this, a diabetic must prick his or her finger two or three times per day, and squeeze blood onto a special strip of material, which, within a few minutes, indicates if blood sugar is high, low or normal. For the millions of people with diabetes, it usually also means finding a different spot for their needle each day — stomach, arm, leg — to inject the life giving insulin.

“Living with diabetes requires total regimentation. It means watching your diet 365 days a year.”

was in Alaska giving clinics and preparing for a racquetball tournament. I received a phone call from my best friend whose 18-year-old son had just been diagnosed with diabetes and subsequently hospitalized.

I had heard of this disease, as I think most of us have, but when it hit home, diabetes became much more than just another word. As with most people, I had never realized how serious and life threatening diabetes could be.

Most people think diabetes is a disease you can live with. While this may be true for many with this potentially deadly disease, it still means profound changes in the lifestyles of those afflicted.

Living with diabetes requires total regimentation. It means watching

Even with all these precautions, diabetics still live on the edge of fear. Without a strict vigil, diabetes can get worse. Diabetes can also lead to heart disease, kidney disease and gangrene. (Diabetes is one of the leading causes of amputation in the country.)

In sum, for the diabetic, racquetball and all other exercise is not simply a way to stay fit, but a way to maintain health and live longer.

If you are a diabetic on insulin, you should consult your physician before starting or increasing an exercise program. Increased physical activity will directly affect your daily insulin requirements, and over time, probably reduce it. ○

Clinic Proceeds Go To Diabetes

Fran Davis has set a goal of \$5,000 as the amount of money she wishes to raise this year for the American Diabetes Association. She is doing this by accepting donations at each of her clinics.

She suggests to racquetball players, “While I’m in your area, stop by and learn a few new things about racquetball, have some fun, and help me reach the goal. Insulin prolongs life, but it isn’t a cure, and the solution is so close.”

June Tournament For Diabetes Charity

The Chuck Prince Seventh Annual Charity Diabetes Tournament has been set for June 10, 11 and 12 in Fort Lauderdale, FL. All proceeds from the tournament will go to the Diabetes Research Institute of the Miami University Medical School.

Chuck Prince, founder of the tournament, is a Fort Lauderdale lawyer who was diagnosed as diabetic in 1983. Already a racquetball player, he subsequently made it a six-day-a-week sport for exercise, which combined with diet and insulin, helps him lead a close to normal life.

The tournament will be held at the South Florida Racquet Club which was donated for the weekend’s use. Last year, the tournament raised over \$5,000 dollars. ○

Letters To The Editor

Eyeguards

Though your overall presentation of "Eyeguards: Analyzing The Issue" in the March, 1988 edition of *National Racquetball* was excellent, I found it short-sighted that two models of open eyewear were a part of your pictorial on vision protection.

The AARA, CRA, National Society for the Prevention of Blindness, the American Society for Testing Material — and even your own editorial position — have made it clear that only lensed eyewear designed for racquet sports is acceptable. The open eyewear I am referring to is the Over Glasses Protector and Racket Specs without lenses by Unique Sports.

It also should be noted that eyewear — clear or tinted — which is designed for cycling, skiing, sunwear or any application other than racquetball will not meet the AARA or CRA (effective 6/1/88) apparel guidelines.

A list of lensed eyewear designed for racquetball is available by writing to the AARA, 815 N. Weber, Colorado Springs, CO 80903 and the CRA, 333 River Road, Vanier City, Ontario, Canada K1L 8H9.

Despite the above comments, Na-

tional Racquetball has made a tremendous effort to inform the racquetball world. It's an effort I applaud.

Michael Arnolt

AARA National Rules Commissioner ○

Thanks for your well researched and well-written Eyeguard Issue. Although I still have one or two regular opponents who play unprotected, the increase in the numbers of players wearing eyeguards is apparent almost every time I play. I wore lensless eyeguards for several years, until the day a ball hit my guarded eye and caused minor corneal abrasion. Fortunately the impact was not directly frontal and the ball was not hit hard. My wife and I immediately switched to lensed eyewear, the one-piece wraparound type, but we usually did not use the elastic band to secure the eyewear to the head. When my wife was struck a glancing blow to the side of the head with a ball, her eyeguards were knocked away to the opposite side. The earpiece or temple raked her eye with enough force to break her hard contact lens, leaving the broken pieces in her hemorrhaging eye. She was extremely fortunate to have suffered no permanent damage. Needless to say, we never played again without having the

headband secure. Perhaps the "second step" for the AARA, then, is to add the qualifier "secured with a headband" to the "lensed eyewear" requirement. I also suspect that eyeguard manufacturers may protect themselves with a disclaimer stating that the eyewear be properly worn.

Lee Daniels

Ames, IA ○

Pick A Hand?

So which is it? Does Marci Drexler play right-handed or left-handed?

In your January 1988 issue, she is pictured in the centerfold as a leftie, but on the very next page in the article by Sigmund Brouwer, she is seen as a rightie!

Does she play both ways? What an athletic feat to play on the WPRA tour as both a leftie and a rightie! I guess if Mac O'Grady can do it in professional golf, it's possible to do it in professional racquetball.

Gene Huang, San Gabriel, CA

Ed. Note: In answer to your question, Marci Drexler is a left-handed player. We goofed and reversed the photos which accompanied the article. ○

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Association Roundup

AARA —

Out Of The Past

by John H. Mooney

Continuing our retrospective look at the history of racquetball and commemorating our 20th anniversary, we thought that the following list of racquetball "firsts" would make for interesting reading:

— Joe Sobek is credited with inventing racquetball in 1950, which he then called "paddle rackets." He also designed the first racquet and the first ball.

— Research reveals that the National Paddle Rackets Association held its first National Championships in Connecticut in 1959. The NPRA listed Dr. Joseph Granski and Norman Steinberg as the first doubles champions, and Steinberg as the first singles champion.

— Doug Boyea staged the first YMCA National Paddle Rackets Invitational Championship at the New Britain YMCA in Connecticut in 1963. There were 22 entrants, but no information is available about the winner.

— The International Paddle Rackets Association (IPRA) was first formed in Milwaukee, WI in May of 1968.

— The first charter member of the IPRA was Sam Carl.

— The first president of the IPRA was the late Robert Kendler.

— The first national commissioner of the IPRA was Larry Lederman.

— The first National "Gut Racket" Championships were held in the JCC in Milwaukee, Wisconsin in 1968. Bill Schultz won the singles championship and Simie Fein and Jim White won the doubles title.

— Membership dues in the IPRA were \$2.00 for one year and \$5.00 for three years, and included a subscription to ACE magazine.

— The first name change occurred in February of 1969 and revised the IPRA [International Paddle Rackets Association] to the IPA [International Paddleball Association]. The change was made to "unify paddle rackets with wooden rackets" and remained in effect for a full two months. At the first international convention of the

association in April of that same year, the new name was changed to the International Racquetball Association [IRA].

— The first "true" International Paddleball Association Championships were held at the JCC in St. Louis, Missouri in April of 1969. The name of the tournament was quickly changed to correspond with the new name of the association.

— Dr. Bud Muehleisen was the first IRA singles champion. Marlow Phillips was the first IRA masters champion. Mike Zeitman and Al Hyman were the first open doubles champions, and Phillips teamed with Milt Harris to win the first IRA master doubles championship.

— In the first IRA championships, Dorance Frymire was the first (and as far as we know, the only) player to play barefooted.

— The IRA was first incorporated as a not-for-profit organization on December 10, 1969 in the state of Illinois.

Look for more tidbits next month!

CRA —

Manitoba Ready For 1988 Junior Nationals

by Bill Houldsworth

While many CRA members are heading to Victoria this month for the 1988 V-8 Nationals, junior players in



Canada are preparing for their championship event, scheduled from June 19-July 2 in Winnipeg, Manitoba.

The Manitoba Racquetball Association is anxious to make the 1988 Juniors the biggest and best event ever and they are well on their way to reaching this goal. The Junior Nationals Local Committee is headed by co-chairmen Vince Mariani and Harry Saper with support from many parents of junior players and a solid nucleus of CRA volun-

teers.

The host facility will be the Supreme Racquet Club in downtown Winnipeg, which is only a few minutes walk from the Holiday Inn, the headquarter hotel. The Supreme Club has also been the training camp center of the CRA National Team for the past two years. It will also host the 1988 Training Camp in mid-June as the team prepares for the World Championships scheduled for August 6-13 in Hamburg, West Germany.

As cold as Winnipeg gets in the winter months, it's beautiful in the summer! So don't miss the 1988 Junior Nationals in friendly Manitoba.

Another of the activities coming up during May is Canada's Fitweek. This annual event occurs from May 20-29 across the country. Many racquetball facilities will be bustling with activity as participants try many activities ranging from wrong-handed racquetball to mom's and tot's tourneys. The "What's Your Racquet?" Fitweek event has racquetball's "Rendezvous Racquetball", squash's "V-8's Rally To Squash", and Tennis Canada's "Tennis At Your Service". This is the initial year of "What's Your Racquet" and all things point to a continuation of the program in 1989. If you are interested in running an event, please contact the Canadian Racquetball Association at (613) 748-5653.

As a final note, it is always sad when an employee or volunteer in an organization decides to step down. In this case, the CRA lost a national team coach when Quebec's Monique Parent resigned from her volunteer position as coach of the women's team. Monique, who cited job pressures and other personal commitments, will continue as a player, attempting to earn a position on the women's team to compete in Hamburg in August. (Monique previously played for Canada in the 1984 World Championships, winning a silver medal in doubles with Suzanne Robert.)

On behalf of all CRA members, I thank Monique for her considerable efforts and wish her luck as she strives to reach the medal podium in Hamburg. ○

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NFL LIVE — Jimmy the Greek, where are you when we need you? For the first time, current and retired football players from the National Football League will have their own division at the Ektelon/AARA National Racquetball Championships at the Houston YMCA over Memorial day weekend.

Former New York Jets/Denver Broncos kicker Jim Turner, who's organizing the event, doesn't know which NFL start will compete, but says racquetball interest is rampant among NFL players.

"I lasted 17 years and I'm convinced racquetball helped me," said Turner, who recently won the Colorado 45+ state singles championship. "It's too early to tell who will be playing but a lot of guys play racquetball. I know Mike Ditka (Chicago Bears head coach) plays a lot. When I try to call him, his secretary says he's on the court. Some teams have courts at their practice facilities."

Turner, who coordinated this event through AARA Executive Director Luke St. Onge, hopes to have a division for professional athletes in 1989. "It would be for both active and retired professional athletes. There would be no money. It would be a chance for the boys to get together, talk over times, break a sweat and drink a couple of sodas and beers."

RESIDENT EXPERT — His colleagues say he has seen more professional racquetball than anyone in the industry. Randy Floyd, a Pro Kennex salesman, has been involved in racquetball since the days of wooden racquets. He took exception to Charlie Garfinkel's article in *National Racquetball* (February, 1988) which rated the top players.

Garfinkel said Egan Inoue's 180-mile-per-hour serve was the best he has ever seen. Floyd, who appears in Marty Hogan's instructional videotape, disagrees. "You have to delve into more issues than who steps into the box and hits the ball hardest. People don't think (Steve) Strandemo was a great server but he was. He was deceptive. He had a repertoire of serves off the same motion. He couldn't hit the ball 80 or 90 miles per hour but he was a good server. Inoue hits the ball to the backhand 95

percent of the time. You know where the ball is going.

"Marty (Hogan) wasn't a good server. He hit the ball hard. But it didn't matter. I saw him win matches when he only got 30 percent of his first serves. He was going to win the rally anyway so it didn't matter. The serve to Hogan was just something to get the rally started. Bruce Christenson was a great server. His deception was so good. He could hit three serves off the same motion and hit them hard and nobody knew where they were going. He was the best server of all time."

GRIPPING NEWS — There's new

"I'm ready to eat crow. After losing three of four games to Luke St. Onge, he spotted me 10 points and with dinner on the line, I blew a 14-5 lead. Ouch!..."

competition in the grip market. A'me and Tacki-Mac were the innovators and now the big boys, Ektelon and Pro Kennex, are marketing their own grips. Ironically Ektelon's two top players, Mike Yellen and Lynn Adams endorse the A'me grip. The duo endorsed the product before Ektelon came out with its own grip.

INDIGESTION — I'm ready to eat crow. After losing three of four games to Luke St. Onge, he spotted me 10 points and with dinner on the line, I blew a 14-5 lead. Ouch!...You know you're superstitious when you select a t-shirt based on how well you've done in previous matches...

Clubs can't win when it comes to towel losses. One club implemented a nominal charge for towels so members started bringing their own towels. Trouble is most of the ones the players brought from home were ones that they "accidentally" put in their gym bag from the club...Is watching aerobics for 30 minutes considered an aerobic workout?

JOKE DEPT. — Player A, who was up 10-2 in the third and deciding game, had never defeated Player B in 25 matches. "I can taste it," Player A shouted. Player B came back and served an ace on match point. "Taste

that," he quipped...You know you are playing a hack when you get hit in the upperback. Actually, ball marks on the legs are more fashionable.

PERSONAL RACQUETBALL FANTASY — To dive for a ball and be able to get up within five seconds...Don't you think clubs should have mops outside the court for heavy sweaters?...The first national high school championships attracted almost 100 players. The Southeast Intercollegiate regionals in March landed only 17 players, 12 of them from the University of Florida... National Amateur champion Ed Remen has a high-tech racquet designed for players with elbow problems...

SUPER SHOW NOTES — Ektelon

introduced its new racquetball shoe at the Super Show, the world's largest sporting goods show. Early reaction is good...Racquetball facilities can now tell how many times a person plays a week and during what hours. There are membership cards which are fed into a computer that logs that information. If you haven't played in three weeks, the program director can call you and set up a game.

Sportcraft is returning to racquetball. A dominant company when the sport first started, Sportcraft lost the edge when racquets changed from wood to space-age type frames. "We're going to give it a go," one executive said...Scuttlebutt among those in the industry is that racquetball is experiencing a boom of sorts. Insiders say sales are up by 10%.

THINGS I LIKE — Being able to score a few points against a strong open player, opponents who appreciate players who can dink the ball and ace serves down the forehand side at match point.

THINGS I DISLIKE — Getting hit with the ball in the smack of the back, players who say you're lucky when you hit a good shot and being aced (well, you know where) at match point. ○

What's The Call by Michael Arnolt

Lob serve neutralized by short-hopping

Q: I serve a lot of high lob-Z serves. My friend stands at the five-foot line and short hops the ball, which lands about three feet beyond the service box, as soon as it hits the floor. I say he can't hit the ball until it travels past the five-foot line. He says he can enter the receiving zone as soon as the ball hits the floor. Who is right? I hope I am because I make a lot of points on everybody but him.

MSGT Michael Colson, Japan

A: Michael, start working on an alternative serve while playing your friend and hope your other opponents don't read "What's The Call". He is correct. The three primary parts of Rule 4.12. Return of Serve are: 1) The receiver can enter the safety zone immediately after the ball bounces; 2) On the fly return attempt, the ball must break the plane of the receiving line before the ball can be struck. After striking the ball, the follow-through can carry the receiver and the racquet past the line; 3) The player may not break the plane of the short line with his body or racquet, except if the ball is struck after rebounding off the back wall.

Your rulebook is on the way, per your request. Good luck in the Pacific Air Force Regional Tournament.

Bouncing ball part of service motion?

Q: After the score has been called, is it legal to bounce the ball — with your hand or racquet — on the floor or against the side wall?

Charlie Cash, Greenwood, IN

A: Interesting question which requires some interpretation, Charlie. What you are suggesting is: Can a player who bounces the ball on the floor or against the wall be called for a non-front wall serve and lose his serve?

The service motion begins with "a non-interrupted, continuous movement" (Rule 4.3). Thus, all of the preliminary steps (some players bounce the ball four times, tug at their shorts and whisper a prayer) are not considered part of the service motion. Most players establish a discernible pattern that can be

picked up after the first serve.

Equipment problem: What kind of hinder?

Q: In a recent tournament, a player was called for an avoidable hinder when his racquet "exploded" after hitting the ball, causing a safety problem. His opponent held up his return when a piece of the racquet passed between him and the ball. Was that the correct call? When is an equipment failure an avoidable hinder and when is the rally replayed?

Ed Conley, Wilmington, DE

A: The referee erred in the instance you described, Ed. The rules (4.14.h.2) are kind toward the player who loses properly worn equipment — i.e. a shoe comes off, strapped on eyeguards come off, a racquet frame breaks causing a safety problem. Safety permitting, the offensive player has one opportunity to put the ball away and if he is unsuccessful in his effort to hit a clear winner, the rally is replayed.

The loss of improperly worn equipment (i.e. eyeguards not secured by a head strap) or equipment not required on the court (i.e. hand towel) which interferes with the play of the ball or safety of the players is an avoidable hinder under Rule 4.16.i.

On the line is okay; over is not

Q: What is the call in doubles when the non-serving partner steps on or over the line of the service zone before the ball passes the short line?

Donna Angelopolus, Phoenix, AZ

A: Because the line is part of the doubles box and the short line is part of the service zone, stepping on the line is okay, Donna. Over either line is an infraction. Over the doubles box line before the ball passes the short line is a fault. Over the short line is loss of serve (Rule 4.7.b).

So as not to mislead you into thinking that on the line is always okay, Donna, there are two instances in which standing on the line is a violation: 1) standing on the receiving line during the serve (Rule 4.12), and 2) starting or finishing on the drive serve while drive serving to the same side of the court (Rule 4.6.c). ○

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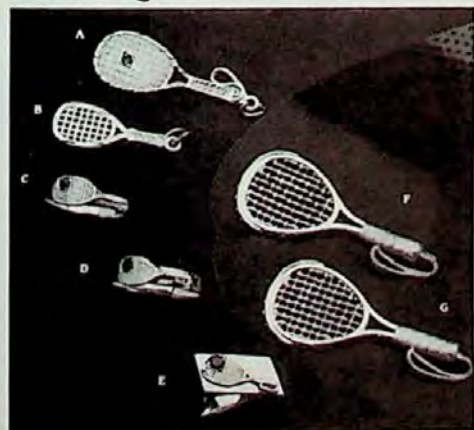
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For WPRA information, contact:
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"Total Conditioning for the Special Olympian: A Coaches' Guide" is available through the National Strength & Conditioning Association. The guide was funded by a grant from LiftAmerica. It was designed to help Special Olympic coaches establish total conditioning programs for Special Olympic athletes. Strength training programs for almost any Special Olympian may be designed using material in the guide.

NSCA is a non-profit, educational association of strength coaches, athletic trainers, physical therapists, sports science researchers and athletes. Inquiries may be made to NSCA, P.O. Box 81410, Lincoln, NE 68501, (402) 472-3000. ○

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RMA Pro Tour Official Rankings March 10, 1988

1	B. Harnett	9,523
2	C. Swain	8,445
3	E. Andrews	8,145
4	R. Gonzalez	7,920
5	M. Yellen	7,901
6	M. Hogan	7,214
7	E. Inoue	7,143
8	G. Peck	5,739
9	G. Price	5,667
10	C. Brysman	5,023
11	S. Lerner	4,617
12	M. Ray	4,039
13	D. Obremski	3,867
14	A. Gross	2,842
15	R. Harripersad	2,792
16	J. Newman	2,739
17	A. Katz	2,717
18	D. Johnson	2,695
19	D. Peck	2,525
20	J. Cascio	2,064
21	D. Gross	1,989
22	L. Gilliam	1,689
23	D. Green	1,639
24	J. Hilecher	1,617
25	J. Evan	1,392

R. Stillman, MN; 7-B. Folsom, ME; 8-J. Railey, CA; **Mens 60+:** 1-S. Lesser, NY; 2-V. Sacco, NY; 3-G. Melvey, ND; 4-A. Goss, CO; 5-E. Acuff, VA; 6-R. Caretti, MI; 7-N. Sans, FL; 8-D. Kincaide, CO; **Mens 65+:** 1-L. Wilde, UT; 2-A. Goss, CO; 3-E. Acuff, VA; 4-N. Sans, FL; 5-D. Goddard, MT; 6-B. Cloud, IL; 7-M. Friedman, ME; 8-E. Rodeffer, CA; **Mens 70+:** 1-J. Pearce, TX; 2-A. Shepherd, MD; 3-H. Minor, CO; 4-I. Gumer, KY; 5-G. Goldstein, NJ; 6-A. Beetle, WY; 7-T. McEachern, CA; 8-J. Neal, CA.

Womens AARA Official Rankings March 4, 1988

Womens Open: 1-K. Kuhfeld, IN; 2-S. Morgan, FL; 3-D. D. Fischl, PA; 4-D. Green, FL; 5-M. Dee, NH; 6-T. Rasmussen, CA; 7-D. Adams, CO; 8-J. Hastings, MI; **Womens A:** 1-L. Butler, TX; 2-A. Maldonado, NY; 3-S. White, MI; 4-L. Pastor, MN; 5-V. Fisher, CA; 6-L. Merrill, MN; 7-D. Roforth, MN; 8-J. Snider, FL; **Womens B:** 1-L. Butler, TX; 2-D. Hood, UT; 3-B. Tadej, WA; 4-J. Heller, OH; 5-S. Elins, FL; 6-L. Campbell, TX; 7-S. Rice, NJ; 8-A. Stoeke, MN; **Womens C:** 1-L. Williams, NJ; 2-K. Locke, MN; 3-C. Morales, CO; 4-B. Maynard, FL; 5-K. Perry, CA; 6-K. Benkert, TX; 7-A. Kilbane, MN; 8-C. Casey, SC; **Womens D:** 1-K. Rollier, UT; 2-W. Rudov, TX; 3-M. Bailey, WA; 4-D. Bates, CA; 5-A. Dickerson, MI; 6-F. Egnezso, NJ; 7-B. Hendrickson, MA; 8-F. Judkins, TN; **Womens Novice:** 1-R. Braville, MN; 2-S. Beverly, NY; 3-H. Cohen, NJ; 4-L. Moore, TX; 5-A. Roehler, PA; 6-M. Zak, MA; 7-H. Peterson, MN; 8-A. Anderson, MN; **Womens 8NB:** 1-J. Newton, AL; 2-V. Tulao, AL; 3-J. Quinlan, FL; 4-D. Gates, IL; 5-S. Goddard, AL; 6-J. Koppel, TX; 7-S. Henning, WI; 8-L. Wooten, FL; **Womens 8:** 1-J. Quinlan, FL; 2-D. Gates, IL; 3-L. Patton, FL; 4-B. Knitter, WI; 5-J. Newton, AL; 6-J. Degutis, MI; 7-V. Tulao, AL; 8-A. Hagenah,

WPRA Pro Tour Official Rankings February 28, 1988

1	L. Adams	171.66
2	C. McKinney	137.50
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19T	M. Dee	20.00
21	M. Morris	16.66
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22T	B. Stoll	13.33
24T	C. Baxter, D. Burton, L. Coburn, D. Ferreir, R. Goblish, Ca. Nichols	10.00

MI; **Womens 10:** 1-D. Derr, FL; 2-D. Gates, IL; 3-S. Feaster, DC; 4-A. Akers, AL; 5-J. Newton, AL; 6-J. Quinlan, FL; 7-S. Torst, CA; 8-S. Simmons, FL; **Womens 12:** 1-E. Icenogle, CA; 2-B. Engel, FL; 3-H. May, CA; 4-A. Roehler, PA; 5-A. Akers, AL; 6-D. Derr, FL; 7-J. Willems, WI; 8-J. Meyer, CO; **Womens 14:** 1-J. Lee, PA; 2-T. Alonzi, CO; 3-A. Simonetta, FL; 4-H. Spector, FL; 5-D. Culverhouse, AL; 6-T. Dodson, CA; 7-M. Gates, IL; 8-T. Hanson, WI; **Womens 16:** 1-D. Sibell, MN; 2-T. Dodson, CA; 3-H. Gray, VA; 4-S. Ali, NY; 5-S. Cox, FL; 6-D. Culverhouse, AL; 7-C. Pellowski, WI; 8-A. Simonetta, FL; **Womens 18:** 1-M. Gilman, OR; 2-L. Coutu, DE; 3-K. Pulis, CA; 4-D. Sibell, MN; 5-S. Ashton, WI; 6-C. Doyle, NY; 7-R. Levine, CA; 8-D. Cumberworth, MI; **Womens 19+:** 1-K. Hallender, FL; 2-C. Gudinas, IL; 3-D. Richardson, CA; 4-T. Troszak, MI; 5-C. Healy, GA; 6-L. Cardwell, MN; 7-T. Selby, AZ; 8-S. Anderson, MI; **Womens 25+:** 1-C. Evon, IL; 2-K. Mays, MN; 3-R. Whitmire, GA; 4-D. Green, FL; 5-C. Haller, CO; 6-S. Warfield, MN; 7-K. Stellerna, MI; 8-K. Wall, WY; **Womens 30+:** 1-S. Morgan, FL; 2-D. Adams, CO; 3-J. Hastings, MI; 4-P. Clark, MN; 5-G. Woods, LA; 6-B. Harrison, OH; 7-J. Chmura, MI; 8-L. Mojer, FL; **Womens 35+:** 1-L. Chmura, MI; 2-E. Tuckman, FL; 3-N. Kronenfeld, IL; 4-R. Fish, FL; 5-A. Falso, FL; 6-D. Chastain, MN; 7-G. Touhy, IL; 8-M. Kelley, CA; **Womens 40+:** 1-A. Falso, FL; 2-J. Schmidt, FL; 3-T. Dever, UT; 4-M. Kelly, MA; 5-G. Touhy, IL; 6-J. Kenyon, FL; 7-B. Hartz, MI; 8-M. Weldin, DE; **Womens 45+:** 1-J. Schmidt, FL; 2-M. Johnson, TX; 3-M. Gwinn, NC; 4-J. Kenyon, FL; 5-S. Sawyer, UT; 6-J. Wriggley, PA; 7-M. Crawford, NY; 8-J. Serabia, TX; **Womens 50+:** 1-K. Mueller, MN; 2-J. Kenyon, FL; 3-M. Walker, CA; 4-S. Elgaway, FL; 5-J. Atherley, FL; 6-M. Crawford, NY; 7-D. Hathaway, UT; **Womens 55+:** 1-C. Gautreau, TX; 2-J. Atherley, FL; 3-M. Acuff, VA; 4-J. Kirker, PA; **Womens 60+:** 1-M. Acuff, VA; 2-B. Stone, TX; 3-C. Gautreau, TX; **Womens 65+:** 1-M. Acuff, VA.



Guide To Running

(continued from page 19)

ball are often accompanied by the ache of exhaustion, and soon you will become accustomed to that (if you haven't already). Pain is different. If you feel pain, stop what you are doing and later see a doctor. Aches and stiffness mean that you are pushing your body a little beyond its limits; pain means that you have done something wrong.

Rules Of The Road

As you run, watch for cars, dogs, and other potential obstacles. If you run on the street, try to run facing traffic, and get off the road when a car is coming (on hills or sharp corners, run on whichever side has a clear view of you).

If you have to run at night, wear light clothes and something to reflect light so that you are visible to traffic. Also, keep an eye on the road surface at all times so that you don't hit pot-

holes, rocks or anything that might twist an ankle. Parks and trails are fun, but be careful about uneven ground, roots, and other hazards.

Start your run slowly, warming into it. From a psychological standpoint, it feels better to end a run strongly, rather than to start quickly and end panting and suffering when you get home.

Stretching

For years, athletes have been taught that the warm up before exercising is when you should stretch hard. However, stretching hard when your muscles are cold is the worst time, because you can easily injure and tear your muscles then. When running in training, it is always best to stretch after you run, when your muscles are at their warmest and less susceptible to injury.

If you choose to run in a race, jog around for at least five minutes beforehand, warming up your muscles, then stretch. Even when preparing for

a racquetball match, you should never stretch when your muscles are completely cold.

Mixing It Up

In order to gain both endurance and speed, you can mix up your runs with sprint work. You can either spring for portions of your overall longer run (e.g. jog for a mile, sprint for a quarter of a mile, jog for a mile), or you can run sprints after your run. For example, when you are finished with your two mile run, you can decide to run ten 100 yard sprints, walking back to the start between them (giving you time to catch your breath). This kind of training will work your endurance capability, and increase your speed.

Taking the time to run, and to run carefully, can add endurance, speed and better overall health to your racquetball game. You'll still have to hit the ball, but running can help put you in the position to give it your best shot. ○

NATIONAL RACQUETBALL READERS' PLAYER OF THE YEAR BALLOT

At the end of the 1987-88 professional racquetball season *National Racquetball* magazine will award the "NR Reader's Choice Award" to one member of the RMA tour and one member of the WPRA tour chosen by our readers through ballots. Winners will receive a trophy and a cruise vacation. Don't miss this opportunity to vote for your favorite player! PLEASE VOTE ONLY ONCE

My vote for:

NR RMA Player of the Year

NR WPRA Player of the Year

Name _____ Address _____

City, State, Zip _____ Signature _____

Mail ballot or card on page 17 to: National Racquetball, P.O. Drawer 6126, Clearwater, FL 34618

5/88

President's Column

by Van Dubolsky



There is probably no such thing as a perfect tournament. State directors, tournament players, club managers and owners all have slightly different points of view as to what constitutes the ultimate event. In 1985 the Florida Racquetball Association Board of Directors published a set of sanctioning guidelines designed to help everyone have a better tournament experience. Reprinted below is the introductory section of those guidelines, which outlines ten basic requirements of tournament hosts who wish to obtain FRA sanctioning. Details provided in the rest of the document are being reviewed by the FRA for a 1988 revision of the policy manual, and will be available to interested parties later this spring.

Florida Racquetball Association/ AARA Sanctioning Guidelines Effective January 1, 1986

The following guidelines are presented to assist the prospective tournament facility in planning, scheduling and successfully executing a Florida AARA sanctioned racquetball tournament. The items listed below were researched by the AARA Advisory Board, and reflect a standard of quality that Florida players expect from sanctioned events. As the governing body of the sport, the state AARA requires that these guidelines be followed in order to provide maximum benefit to both tournament hosts and competitors alike. In plan-

ning your event, you must be aware of the following considerations:

1. On the weekend of a scheduled state level (or higher) tournament, no other sanctioned events may be held within the state.

2. On any given weekend, no two sanctioned events may be held within a 200 mile radius. Requests for dates will be processed on a first come, first served basis.

3. Only AARA approved balls may be used for sanctioned tournament play. These must be provided in adequate numbers to insure consistency through the final rounds of play.

4. A reduced entry fee for junior divisions must be offered. At a minimum, this reduction must represent a 25% discount of the adult fee.

5. The maximum number of divisions any individual player may enter is three, with the third event being restricted to doubles play only.

6. In determining a sandbagging policy, two options are available: player forfeit (with or without entry refund); or player upgrade and inclusion in next higher division.

7. In determining a referee policy, three options are available: mandatory refereeing by loser; by winner; or the provision of paid referees. A minimum of \$3.00 is the current standard fee for uncertified referees.

8. The most recent available AARA rankings must be used to determine seedings within the draw. Use of rankings must be in accordance

with the AARA/FRA Ranking Guidelines (attached). These same rankings must be available for player inspection throughout the tournament.

9. Each participant shall receive good quality souvenirs commensurate with the entry fees paid.

10. All racquetball courts must conform to stated AARA specifications in regard to size and marking. In particular, five-foot safety zone marks must be visible. Rule changes for 1986 will require that a dashed line be marked indicating the entire five-foot safety zone.

Hopefully these suggestions, and other ideas or questions that might be raised upon reading them, can be adapted to your own state association's needs. Constant improvement of sanctioned events across the country is a goal of the AARA which we all share. It wouldn't be fair to imply that all Florida tournaments are perfect (they're not!), but these guidelines have certainly helped us take a giant step in the right direction! ○



New Directions

by Luke St. Onge

This month I am pleased to announce two major fund raising projects recently introduced to the AARA membership "Carry the Torch," and the already successful AARA/Visa program.

By establishing "Carry the Torch," the United States Olympic Committee has, for the first time in its history, joined with the National Governing Bodies of Sports in a shared fund raising project. Racquetball is very much a part of the program, which is being implemented by Fundraising Concepts, Inc. of Los Angeles under the direction of Executive Director Paul Lance. The project is designed to enable every American to support both the Olympic effort in general and individual sports organizations in particular.

By purchasing a combination Winter/Summer Olympics program, historical retrospective and coupon book worth a minimum of \$500 in product discounts, members also have the opportunity of directly supporting both the national office and, in turn, each state association. Among the premiums included in the \$19.88 book are discounts ranging from 50% on 35mm camera outfits to free overnight stays at Hilton Inns across the country. In fact, if all the discounts offered by official sponsors of the U.S. Olympic Team were utilized, the total savings to individual members would exceed \$1,500. Participants in the "Carry the Torch" program can also win a car, VCRs and cameras, plus be included in a vacation sweepstakes from which a group of five couples will be selected to receive a free trip to Seoul later this summer.

All the proceeds from this project will be divided equally between the USOC and the governing body of the sport involved. From the percentage of revenue generated by racquetball

participants, the AARA will offer 50% of the proceeds to its state affiliates to increase and promote grassroots racquetball development nationwide. This is an excellent opportunity to demonstrate to the USOC just how well racquetball is organized, how responsive its members are, and how prepared the sport is to enter the Olympic arena and receive the recognition it deserves. At the same time, we will all be gaining a tremendous personal return on our investments by supporting two of the activities we enjoy the most: racquetball and the Olympics.

Another fund raising program has been gaining momentum over the past few months as members have begun receiving and using their AARA Visa cards. The handsomely designed card is turning up everywhere, and there are only a few members who have not applied. Since you probably already have a credit card from your bank or other financial institution, why not support your sport and the association by swapping one for the AARA Visa? Each time you use the racquetball Visa a percentage is returned to the AARA for use in developing the sport. There is no fee for the card in the first year, its benefits are second to none, and you can make a very special contribution to a worthwhile program simply by using it in your day-to-day transactions.

It is these types of fund raising programs which will enable the association to maintain its low \$10.00 annual membership fee, \$5.00 of which is rebated directly to state associations for use in developing specific programs. No other sport's organization even begins to return this type of operating revenue to its member associations, and it is hoped that our membership will respond in kind by supporting both these alternate methods of generat-

ing income for the AARA.

Your help is needed to make these projects work, to show sponsors our dedication, and to prove that racquetball is a well organized and established force in the amateur sports market. To borrow a phrase from a popular marketing campaign, "Membership has its privileges." Contact us for yours. ○

1988 World Championships Names Official Equipment Manufacturers

The Executive Committee of the International Amateur Racquetball Federation [IARF] has awarded "official racquet" status to Ektelon, and named Penn as the "official ball" manufacturer of the 1988 IV World Championships.

Participation at the World Championships has steadily increased from the first global competition in 1981 when only six countries competed for the world title. Thirteen national teams followed in 1984, twenty in 1986, and a record twenty-eight are expected to vie for open titles at Racquetball Jenfeld in Hamburg, Germany this coming August.

For more information about attending the fourth World Championships, contact IARF World Headquarters at (719) 635-5396. ○

Jim Cascio and Diane Green Featured In The U.S. Olympic Committee's *Olympian Magazine*



Jim Cascio of Lancaster, PA, and Diane Green of Altamonte Springs, FL, were recently honored in the official publication of the United States Olympic Committee's *Olympian Magazine*. The following is how both Jim and Diane were presented to the World:

JIM CASCIO — Jim Cascio, American Amateur Racquetball Association's male athlete of the year, spends much of his spare time doing personal computing. Command of that skill could be necessary to keep track of his amazing 1987 victory string.

Cascio, 25, dominated his men's racquetball foes in 1987 to the tune of 11 first place finishes in 12 events. He won tournaments from Edison, NJ, to Houston, TX, and seemingly everywhere in between. The Houston triumph was his first AARA National Championship.

The resident of Lancaster, PA, was the top player at the 1987 Pan American Championships in Colorado Springs, CO. Cascio's past championships include the 1986 Pennsylvania State title and successive Ektelon National crowns in 1984 and 1985.

Born in Long Island, New York, Cascio was educated at St. John Baptist High and Ocean Community College. He married Kimberly Wiggins in September 1987, and manages Four Seasons Racquet Club in Lancaster, PA.

DIANE GREEN — Until 1979, Diane Green shared much of her racquetball headlines with longtime doubles partner, Julia Pinnell. Winning the women's open division at the AARA National Championships changed all that.

Green certainly can compete with any woman in singles, as her 1987 national title proved. Earlier, she was 25-and-over singles champ in 1986 and climbed as high as eighth on the women's pro tour in 1983.

The three-time National Team member didn't lose her doubles touch either. Green, 29, teamed with Pinnell to win a silver in women's open doubles and also earned a mixed doubles bronze with Charlie Nichols.

A resident of Altamonte Springs, FL, Green manages Robby's Sporting Goods in Orlando, FL, and lists water skiing, tennis, and jogging as her hobbies. She was born in Pittsburgh, PA, but attended high school and college in Gainesville, FL.

In addition to the featured article, both Jim and Diane are in the running for USOC Athlete of the Year and will be honored at the House of Delegates Annual Banquet to be held in Washington, DC. As part of the festivities, both Diane and Jim will attend a reception at the White House with President Reagan and a formal introduction at a joint session of Congress. ○

Important Eyeguard Update

**Submitted by Michael Arnolt,
National Rules Commissioner**

Two companies have clearly stated in correspondence to the National Rules Committee that they DO NOT manufacture eyewear designed for racquet sports despite increasing (and dangerous) usage of their products as eye protection. A'me and Gargoyles Performance Eyewear have both categorically denied that any models of their eyewear conform to the protective standards required of racquetball eyeguards. To protect your vision and comply with the AARA's mandatory eyeguard ruling, refer to the complete listing of approved eyewear manufacturers listed in the March issue of *National Racquetball*. ○

Ektelon Racquetball Shoe Named Official Shoe Of The AARA

The AARA has named the new Ektelon shoe the official shoe of the AARA, pairing the new agreement for the line of footwear to Ektelon's current designation as the official racquet manufacturer of the organization. The agreement further solidifies the growing relationship between the two, and calls for Ektelon to offer a number of special purchase benefits. AARA members can receive a free can of Ektelon Speedflite racquetballs when they complete forms provided with the new shoes, gloves and in Ektelon's 1988 Total Racquetball publication.



Regional Reports

REGION NINE REPORT: Michigan/Ohio/West Virginia

Submitted by Jim Easterling

The 1988 AARA/Ektelon Region 9 Adult and Junior Championships were held at the Aquarius Athletic Club in Toledo, Ohio, February 19-21, attracting first-rate players from throughout the tri-state region of Michigan, Ohio and West Virginia. The Aquarius Athletic Club offered excellent viewing on all courts, a very helpful staff that was easy to work with, and outstanding hospitality throughout the weekend.

Over 230 adults entered at least one division of the championship and of those, 136 added a second event. The junior count was slightly less, with 45 boys competing in six divisions, and a few junior girls qualifying for junior nationals in spite of having their divisions cancelled for lack of participants.

Though the weather in the Detroit area was stormy, Toledo was calm and no one had trouble getting to the club on time for scheduled hourly matches. The tournament went smoothly, beginning at noon on Friday and continuing until 11:00 p.m., followed by a full day of play on Saturday from 8:00 a.m. to 11:00 p.m. While many bleary-eyed early opponents were seen on Sunday morning, it was apparent that at least half of them had thrived on the lack of sleep as they advanced to sure winner or runner-up categories. Final matches on Sunday were set for 2:00 p.m. and everyone was on their way home for a well-deserved rest by 4:00 p.m.

Michigan players did very well, even dominating some of the divisions. Michigan's State Championships should be very exciting when re-matches turn into grudge matches. To all those who will continue on to the Nationals. Good Luck!

The results of the 1988 AARA/Ektelon Region 9 Adult and Junior

Singles Championships are: **Men's Open:** Chris Cole (MI) def. Joel Bonnet (MI); **MA:** Brian Ferguson (OH) def. Bob Jackson (WV); **MB:** Joseph Fuchala (OH) def. Troy Altenburg (MI); **MC:** Terry Krogman (OH) def. Andrew Love (OH); **MD:** Tim Dawson (MI) def. Bill McGrail (MI); **M19:** Tim Anthony (OH) def. Ed Davidson (OH); **M25:** Dave Eagle (OH) def. Mike Anderson (MI); **M30:** Scott Worthy (MI) def. Dave Rodriquez (MI); **M25/30B:** Jeff LeKlider (OH) def. Mark Kowalski (MI); **M30:** David Balassone (MI) def. Don Hlavaty (MI); **M35:** John Free (OH) def. Stu Hastings (MI); **M40:** Michael Stephens (MI) def. Ken Bonnett (MI); **M35/40B:** John Gervasi (MI) def. Joseph Fuchala (OH); **M45:** Tom Perna (OH) def. Bob Sanders (OH); **M50:** Otis Chapman (OH) def. Bill Filiatreau (MI); **M55:** Lynn Hahn (MI) def. Otis Chapman (OH); **M60/65:** Richard Caretti (MI) def. Ed Witham (OH). **Women's Open:** Lisa Ecker (MI) def. Cindy Doyle (OH); **WA:** Carol Collins (MI) def. Cathy McCartney (OH); **WB:** Ryka Shaffer (OH) def. Priscilla Washburn (MI); **WC:** Paula Saad (MI) def. Claire Kruse (MI); **WD:** Bethany Vanderson (OH) def. Claire Druse (MI); **W19:** Lisa Ecker (MI) def. Lori Troszak (MI); **W25:** Carol Collins (MI) def. Lesley Kishigian (MI); **W30:** Barbara Harrison (OH) def. Barb Kowalski (OH); **W35/40:** Brigitte Hartz (OH) def. Irene Chmura (MI); **W30B/C:** Sharon Huczek (MI) def. Linda Dolgin (OH); **W35B/C:** Ryka Shaffer (OH) def. Bethany Vanderson (OH). **Boys 18:** Jim Floyd (MI) def. Nick Rallis (MI); **B18-B:** Troy Altenburg (MI) def. Dave Durkee (OH); **B16-:** Joel Bonnett (MI) def. Brian Simpson (IN); **B16-B:** Ryan Covell (MI) def. Shane Kaylor (OH); **B14:** Chris Pfaff (OH) def. Ron Woolard (OH); **B12-:** Scott Zimmerman (MI) def. David Hamilton (OH); **B10-:** Brent Zimmerman (MI) def. Tim VanDyke (MI); **B8-:** Shane Vanderson (OH) def. Nicholas Schultz (OH).

REGION ELEVEN REPORT: Nebraska/ The Dakotas/ Minnesota

"Racquetball Champions Share the Spotlight with Other Sports Celebrities"

by Hart Johnson

Reprinted from MSRA News [Minnesota State Racquetball Assn.]

On a snowy evening in February, distinguished guests from a wide range of sports gathered to recognize the accomplishments of fellow athletes and enthusiasts at the Hyatt Regency in Minneapolis. The theme of the 15th Annual Pro Sports banquet was "Champions - Past and Present," and honored Minnesota athletes who have achieved championship status in their respective sports.

Over 900 athletes and guests were in attendance, representing sports such as skiing, speed skating, tennis, bowling, handball, racquetball (of course) and numerous others. Also present were players and personnel from the major professional sports franchises in Minnesota: Alfred Anderson of the Vikings, Gordy Roberts from the North Stars, Striker Greg Thompson, a native Minnesotan, Curt Henning of the American Wrestling Association, W. Brooks Fields, Jr. of Canterbury Downs, Bob Stein of the Timberwolves, Andy MacPhail, Executive Vice President of the World Series Champion Twins and the "Homer Hanky" lady, Terrie Blair.

Featured speakers for the festivities were Tom Brookshier of CBS Sports and Dennis Hull, retired from the Chicago Blackhawks. The evening took on a dynamic atmosphere

Regional Reports



as the racquetball presence became a significant one illustrated by the sheer numbers of MSRA honorees. Throughout the evening, each "champion" was acknowledged for his/her individual accomplishments in a particular sport and was then invited to stand for recognition. The impressive list of racquetball champions included Bob Adam, Jr., Marv Blair, Max Fallek, Gus Farell, Dan Ferris, Norm Goldetsky, Bill Hall, Hart Johnson, Kathy Mueller, Pat Page, Amos Rosenblum, Bill Schmidtke, Todd Stead, Ron Strom and Barb Tennessean. Collectively the group had earned state, regional and national titles from the early seventies to the present, and several had even competed professionally.

Thanks to the many praises of banquet chairman Bob McNamara, himself a racquetball champion, the AARA can certainly boast a wonderful group of outstanding "champions" in Minnesota and the sports banquet was a night of very well-deserved recognition for them!

REGION FIFTEEN REPORT: Alaska/ Idaho/Oregon/ Washington

Submitted by Sid Williams

The AARA Outreach/Development Program (formerly the Minority Council on Racquetball) has recently added a slightly new direction and focus to its organizational planning, and will continue to be a vital component of future AARA programs under the new project title.

Announcing the name change in February, Program Commissioner Sid Williams explained, "The Outreach/Development Program is administered by AARA members who foresee the future importance of teaching youngsters and the economically disadvantaged of this country how to play the sport prop-

erly. Basically, what we want to do in racquetball today is exactly what Arthur Ashe did for tennis in the 1960's we want to bring the sport of racquetball to all segments of communities nationwide."

The program plans to accomplish this by approaching established entities such as school boards, Chambers of Commerce, community leaders, Push-Excel programs, public and private fitness clubs, YMCAs, military installations and private industry. To advance program goals, an all-volunteer staff of qualified instructors will teach a variety of "grass-roots" racquetball programs centered around free clinics describing basic play and rules of the game, leagues, seminars, exhibitions, classroom instruction and benefit tournaments. AARA Outreach/Development programs are scheduled to begin this spring at a variety of clubs in the northwest which have already donated court time and equipment to the project.

At upcoming AARA sanctioned events, we will ask players to donate old racquets, eyeguards, miscellaneous equipment and other racquetball-related items to the project. Several national manufacturers have also agreed to assist in this effort to provide equipment and encouragement to those who might not otherwise be able to afford to take up the sport.

If you are interested in helping us make this program a success in your community and across the country, please contact either of the following:

Sid Williams, Director
AARA Outreach/
Development Program
5227 South Puget Sound Street
Tacoma, WA 98409
(206) 473-2266

AARA Outreach/
Development Program
815 North Weber
Colorado Springs, CO 80903
(303) 635-5396

REGION TWELVE REPORT: Arizona/ Colorado/New Mexico/Utah

"President's Message" by Gary Mazaroff

Reprinted from the New Mexico Racquetball Association Newsletter

The New Year typically brings about resolutions for change that were placed in mothballs for the previous eleven months. Armchair quarterbacks become joggers, credit addicts preach "cash direct," and those with high cholesterol turn to Prudkin for help. These annual resolutions do not work! Any change is usually transient, and reversion to old habits is almost guaranteed.

There are, however, those who never seem to change. Their behavior and performance shine above the rest almost constantly. Ernie Nellos comes to mind. He has always challenged the best of the open level players. He plays each point as if it were his last, both in and out of tournaments. Ernie has won the 45+ division of the North American 40+ Championships in each of the past two years. His consistency is truly remarkable!

Athletic clubs have also changed, experiencing a turnaround in the recent past. What was once an active growth industry introduced gimmicks when business slowed. "Nothing down," "Aerobics only," and "lifetime" memberships have come and gone like "new games," "hula hoops," and the Ford Edsel. In the thick of the competition, Tom Young and the Supreme Courts have demonstrated an ability for longevity. Equally impressive is that some of their aboriginal racquetball members are still active on a daily basis. Regardless of inevitable change, without you the clubs would be history. ○



1988 Major Events

May 25-30

Ektelon/U.S. National Singles Championships
Downtown Y.M.C.A.
1600 Louisiana
Houston, TX 77002
713-659-8501

June 25-29

Ektelon/U.S. National Junior Championships
Sports Club
333 S. Wadsworth Blvd.
Lakewood, CO 80227
303-989-8100

August 4-5

World Congress
Hamburg, Germany

August 6-13

World Championships
Hamburg, Germany

October 27-30

Ektelon/U.S. National Doubles Championships
Merritt Athletic Club
2076 Lord Baltimore Drive
Baltimore, MD 21207
301-298-8700

1988 Ektelon/AARA Adult Regionals

Region #5

Jack Sorenson
Montgomery Athletic Club
5675 Carmichel Park
Montgomery, AL 36177
205-277-7130

April 29—May 1

Sports Barn
301 Market Street
Chatanooga, TN 37402
615-266-1125
Johnny Hennen

Region #11

Les Dittrich
Box 16
Eagle Lake, MN 56024
507-257-3698
507-257-3353

April 29-May 1

Roseville Racquet Club
2400 West Country Road
Roseville, MN 55112

1988 Ektelon/Junior Regionals

Region #1

May 6-8

Auburn Racquet & Health
Club
Auburn, MA

Region #3

May 13-15

Merritt Athletic Club
2076 Lord Baltimore Drive
Baltimore, MD 21207
301-298-8700

Region #4

May 6-8

Omega 40
1 South Kings Road
Ormond Beach, FL 32074

Region #5

DTBA
STBA

Region #7

DTBA
STBA

Region #8

May 14-15

Glasscourt
830 E. Lombard Road
Lombard, IL 60184

Region #11

DTBA
STBA

Region #12

May 5-8
STBA

Region #14

May 20-22

Schoenberg's Athletic Club
5341 Owens Court
Pleasanton, CA 94566
415-463-0950

Paul Henrickson
20 Oakes Street
Millbury, MA 01527
617-832-3459

Robert Linsk
4611 Harrison Street
Chevy Chase, MD 20815
301-657-2417
301-843-9520

Van Dubolsky
Santa Fe Community College
3000 N.W. 83rd Street
Gainesville, FL 32606
904-395-5356

Jack Sorenson
Montgomery Athletic Club
5675 Carmichel Park
Montgomery, AL 36177
205-277-7130

Bruce Hendin
15759 San Pedro
San Antonio, TX 78232
512-490-1980

Alvin Barasch
7330 N. Cicero
Lincolnwood, IL 60646
312-673-7300

Les Dittrich
Box 16
Eagle Lake, MN 56024
507-257-3698
507-257-3353

Mary Ann Czupor
5834 Urban Court
Arvada, CO 80004
303-422-5703
303-426-6161

Scott Winters
RB World & Aerobic Health Ctr.
10115 Talbert Avenue
Fountain Valley, VA 92708
714-962-1374

Schedule of Events



May 12-15

Mt. Madness Racquetball
2932 Highway 74
Evergreen, CO 80439
Tom Gysin 303-674-6902

May 12-15

Pomona Valley Open
The Claremont Club
1777 Padua Ave.
Claremont, CA 91711
Sally Torez 714-625-6791

May 13-15

La Cancha Lite Beer Open
La Cancha RB Health Center
1850 Soscol Ave.
Napa, CA 94558
Caren Craft/Mike Willmarth

May 13-15

McChord AFB Open
McChord AFB
Tacoma, WA 98438

May 13-15

Onomonoepa Open
YMCA
3620 Cleveland Heights Blvd.
Lakeland, FL 33803
Grace Page 813-644-3528

May 13-15

Super 7 Finale
Court Time
24385 Halsted
Farmington Hills, MI 48018
Jim Hiser 313-653-5999

May 13-15

4th Annual Coors Light/
Marty Hogan Classic
Cambridge Racquet club
215 First St.
Cambridge, MA
Kevin Clark/Ed Soul
617-491-8989

May 13-15

4th Annual Coors Light/
Marty Hogan Classic
Sportset of Syosset Club
10 Gordon Dr.
Syosset, NY 11791
John Peterson/Jim Van
516-496-3100

May 14-15

1988 RI State Junior
Championship
Grist Mill Sport & Leisure Club
350 Fall River Ave.
Sekonk, MA 02771
John Wargat

May 19-22

Sporting Club Invitational
Denver Sporting Club
5151 S. DTC Parkway
Englewood, CO 80111
Don Kriete 303-779-0700

May 20-22

Federal Way Open
Federal Way Athletic Club

Federal Way, WA

May 20-22

Spring Thing
Nashville Supreme Court
4633 Trousdale Dr.
Nashville, TN 37204
Dawn Young 615-832-7529

May 20-22

Sun Coast Fitness Open
Sun Coast Fitness Center
581 Venice By Pass North
Venice, FL 34293

Bill Clark 813-488-7255

May 20-22

4th Annual Coors Light/
Marty Hogan Classic
The Racquet Centre
10933 Ventura Blvd.
Hollywood, CA
Bruce Radford/Mike Martinez
818-760-2303

May 27-29

Asahi Pro-Am RB Championships
21st Point Racquetball Club
199 East Middlefield Rd.
Mountain View, CA 94040
Rob Durbin

May 27-29

C.A.R.A. Women's Classic
Garden Racquet & Athletic Club
2000 Garden Road
Monterey, CA 93940
Ed Martin/Margo Daniels
916-638-7572

June 3-6

Spring Classic
Metrosport
501 Douglas St.
Durham, NC 27705
Bob Book 919-286-7529

June 3-5

Sunshine State Warm-Up
Suncoast Courthouse
2147 Pine Forest Dr.
Clearwater, FL 34616
Doug Chase 813-531-8933

June 3-5

4th Annual Coors Light/
Marty Hogan Classic
Reno Athletic Club
920 Matley Lane
Reno, NV 89502
Dennis Kaufman/Tim Murdock
702-788-5588

June 7-11

Orem Rec. Doubles
Orem Rec.
580 W. 165 South
Orem, UT 84058
Roger Flick 801-224-7155

June 10-12

Chuck Prince
So. Florida Racquetball Club
5555 Ravenswood Rd.
Ft. Lauderdale, FL 33312

June 10-12

4th Annual Coors Light/
Marty Hogan Classic
Telegraph Hill Club
1850 Kearny St.
San Francisco, CA
Ann Grace 415-982-4700

June 16-18

AR State Doubles
Sawyers Fitness Center
Ft. Smith, AR 72901
Rex Banham

June 16-19

Pepsi Cup/Colorado
Club Championship
12087A Athletic Club
2953 South Peoria
Aurora, CO 80014
John Foust 303-750-3210

June 17-19

Orlando Sports Festival
The Club
825 Courtland St.
Orlando, FL 32804
June 17-19
4th Annual Coors Light/
Marty Hogan Classic
Sports Courts
6001 Fair Oaks Blvd.
Carmichael, CA 95608
Dawn James 916-485-0714

June 23-25

Miami Court Club Open
Miami Court Club & Fitness Ctr.
9395 Bird Rd.
Miami, FL 33165
Dino Michaels/Oscar Alvarez
305-226-4014

June 24-26

White River Park State Games
Logansport, Elkhart, Ft. Wayne,
Muncie, Richmond, Terre Haute,
Columbus, Evansville
Renee LaBonne 317-255-7730

June 24-26

10th Annual Firecracker Open
Court House One
47 Hartford Turnpike
Vernon, CT 06066
Dottie Wittenzellner
203-649-0597

June 24-26

4th Annual Coors Light/
Marty Hogan Classic
The Claremont Club
1777 Padua Ave.
Claremont, CA 91711
Sally Torrez 714-625-6791

June 24-26

4th Annual Coors Light/
Marty Hogan Classic
Charlie Fitness Club & Hotel
9009 Boone Rd.
Houston, TX
Rick Pedigo 713-530-0000

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- 1-California
- 2-Florida
- 3-New York
- 4-Colorado
- 5-Pennsylvania
- 6-Illinois
- 7-Massachusetts
- 8-Michigan
- 9-Minnesota
- 10-Ohio
- 11-Indiana
- 12-Texas
- 13-North Carolina
- 14-New Jersey
- 15-Connecticut
- 16-Georgia
- 17-Arizona
- 18-Washington
- 19-New Hampshire
- 20-New Mexico
- 21-Missouri
- 22-Utah
- 23-Tennessee
- 24-Alaska
- 25-Wyoming
- 26-Montana
- 27-Wisconsin
- 28-Maine
- 29-Virginia
- 30-South Carolina
- 31-Nevada
- 32-Rhode Island
- 33-Alabama
- 34-Maryland
- 35-Delaware
- 36-Vermont
- 37-Kansas
- 38-Oklahoma
- 39-Mississippi
- 40-Kentucky
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- 42-Louisiana
- 43-Oregon
- 44-West Virginia
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July 13-17	July 15-17	Grand Rapids, MI.
July 20-24	July 22-24	Columbus, OH.
July 27-31	July 29-31	Pittsburgh, PA.
August 3-7	August 5-7	Manchester, NH.
August 10-14	August 12-14	Long Island, NY.
August 17-21	August 19-21	Arlington, VA.

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