

RACQUETBALL

USA

Volume 1, Number 2

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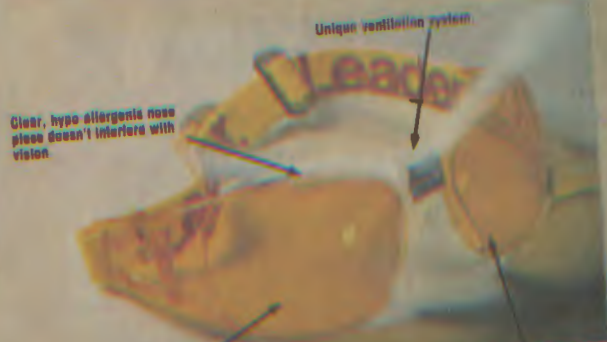
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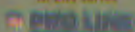
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ON THE COVER: Zelda Friedland and Eleanor Quackenbush, World Senior Champions. Photo: John Foust.



RACQUETBALL USA is the official publication of the American Amateur Racquetball Association [AARA], a member of the US Olympic Committee. All ideas expressed in **RACQUETBALL USA** are those of the authors or the Editor and do not necessarily reflect the official position of the AARA. Articles, photographs and letters are welcome and will be considered for inclusion. Please observe the following publication deadlines when submitting material --

Vol. 1, No. 3 (Jan./Feb. 91)	Deadline: December 1, 1990
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Vol. 1, No. 5 (May/Jun. 91)	Deadline: April 1, 1991
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Vol. 2, No. 1 (Sept./Oct. 91)	Deadline: August 1, 1991

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NEW DIRECTIONS

by Luke St. Onge

In 1987, the AARA board of directors recognized the fact that none of the major television networks were going to pursue racquetball as a broadcast property. Past telecasts on ESPN were costly to the sponsors and had not generated a commitment by ESPN beyond a single production per year. With the cancellation of the Ektelon Professional Championships, the single television opportunity for racquetball was gone.

It is a well known fact that, in order for a sport to get a television following, more than one telecast per year must be shown. For a sport to even consider competing in the "major leagues" it must have the backing of a loyal television audience, and we soon realized that we had to take matters into our own hands. In 1988, with the help of independent executive producer Leif Elsmo from Home Team Sports, the AARA changed the face of televised racquetball with its productions of the U.S. National Singles in the spring and the U.S. National Doubles that fall.

Each telecast was two and a half hours worth of prime time sports excitement, shown on regional cable sports networks such as Home Team Sports [HTS], Home Sports Entertainment [HSE], the Sunshine Network, Madison Square Garden, Prime Ticket, Dimension, and others that had the potential of reaching over 16 million U.S. households. With the success of these two broadcasts, an initial commitment was made to televise three championships in 1989 and then a fourth - the Junior Olympics in Indianapolis - was added. By the end of this year, we will have produced a total of five successful broadcasts, and we have already added two more events to next year's schedule.

This steady growth, based on demand, has begun to show that televised racquetball is gaining a following - but we are still a long way from demonstrating the full

economic impact of the sport in the broadcast arena. Unconvinced that racquetball players in the U.S. are devoted and loyal to the sport, sponsors and advertisers are still hesitant to support us. And this is where you come in.

Bowlers watch bowling. Tennis players watch tennis. Racquetball players do watch racquetball, but the major networks and cable distributors don't know that -- yet. You can have a great impact on the future of racquetball by calling or writing the networks to either thank them for carrying the AARA broadcasts, or to request that they be shown in your area. The old saying that "racquetball can't be televised" just isn't true, and we have the tapes to prove it.

In today's productions, the AARA starts with white flooring, then uses four to five cameras, enhanced lighting, two instant replay units, state of the art graphics, top announcers and a first-rate crew to produce a final tape that easily meets or exceeds

network standards. The prospective audience for each of our productions has more than doubled from 16 million U.S. households in 1988 to over 33 million in 1990. Through satellite uplinks, untold numbers of Canadian, European, South and Central American viewers are also reached.

The interest is out there. The technology is available. The productions themselves prove our worth. Now all we need is for you to make yourself heard. Please call or write your local affiliate and cable sports networks, AND:

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203/585-2000



Leif Elsmo and Luke St. Onge discuss the Penn World Championship production in Caracas.

FROM THE PRESIDENT

by Keith Calkins



With the publication of our first "Racquetball USA" it is fitting that a word of appreciation be passed along to the national staff for their efforts in making the magazine a reality. As time passes, "Racquetball USA" will become the greatest communication tool within the AARA, and we urge each of

our members to read it and submit timely material of interest for its pages. One can see that the national staff will play a major role in putting together each issue, and will be anxious to receive your comments.

The Board of Directors is proud of the nine national staff members currently working on your behalf. They are: Luke St. Onge, Executive Director; Jim Hiser, Assistant Executive Director for Programming; John Mooney, Assistant Executive Director for Membership Services; Linda Mojer, Director of Media and Public Relations; Becky Maxedon, Office Assistant; Rose Mooney, Computer Operator; Barbara St. Onge, Archives/Protocol; Julie Tate, Executive Secretary; and Melody Weiss, Secretary/Bookkeeper.

Linda Mojer is the editor of "Racquetball USA" and can address any specific questions you might have about the magazine from her new office in Colorado Springs. We would like to specifically thank Linda for her excellent work in getting the publication out on time. We also appreciate the assistance we receive from Michael Arnolt and Bill Madden in the advertising area. With the many talents of our fine staff, we anticipate a bright future and hope you'll be attentive to deadlines as you take part in developing each successive issue.

The Board would also like to extend an invitation to each of our members to drop by the national office if you are ever in the Colorado Springs area. We have a warm, pleasant office that houses a collection of racquetball history and memorabilia that documents the entire evolution of the sport. Please take the time to visit us. We would also encourage you to participate in the governance of racquetball by sending your suggestions and comments directly to me or to the national office. We welcome your ideas and enjoy hearing from you!

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The AARA is a member of the U.S. Olympic Committee, and recognized as the only official national governing body for the sport of racquetball. By becoming a member, you'll also support the following programs:

- *Junior & High School Regional and National Championships
- *Intercollegiate Regional and National Championships
- *State, Regional and National Ranking Service
- *National Referee Certification Program
- *The Professional Assn. of Racquetball Instructors [PARI]
- *The National Wheelchair Racquetball Assn. [NWRA]
- *National Minority Outreach Council
- *The U.S. National Racquetball Team
- *International Competition

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NOTES FROM THE NATIONAL OFFICE

by John Mooney



AARA Scholarship Program

At the October 1989 Board of Directors meeting, the AARA Board approved a new collegiate scholarship program. The program is supported entirely by donations, since no general budget funding is available for scholarships at this time. So far, the program has been supported solely by the National Masters Racquetball Association, which has designated the scholarship program as one of its official fund-raising projects. Approximately \$5,000 has been donated to date by the Masters group, which generated a single award of \$500.00 this year. Individual donations to the scholarship fund are encouraged and can be directed to my attention at the national office.

The first AARA scholarship was awarded to Eric Muller of Overland Park, Kansas. Eric graduated from Shawnee Mission South High School in Overland Park last May with a grade point average of 4.18. He was accepted to Boston University in Massachusetts and entered as a freshman this fall. He is an excellent racquetball player as well as an excellent student, and the AARA is very proud to award its first scholarship to him.

Scholarship applications are available to high school graduates and college students simply by writing to the national office to request current materials. The 1991/92 application packet will be available January 1, 1991 and must be completed and returned by March 15, 1991.



Eric Muller, 1990-91 AARA Scholar

State Grant Update

The deadline for submitting a request for state grant monies was September 1, 1990. The national office received thirteen grant requests from ten states, of which nine met the eligibility requirements and were submitted to the grant committee for review and recommendation. At the Board of Director's meeting, a total of \$15,000 in cash and equipment grants were awarded to the following states for their programs:

Idaho -- Women's Racquetball Development
Illinois -- Promotion of Junior Racquetball
Washington -- Women & Junior Development
Delaware -- Junior Program
Indiana -- Membership Development
Ohio -- Junior Development
Florida -- High School Development

If you have a good "grass roots" racquetball idea which would develop and promote the sport, you need to plan ahead for the 1991-92 grant period now. All state racquetball associations must meet minimum eligibility requirements to have their grant proposals considered, so find out if your state is in compliance and if not, lobby to get things in order. Remember that the state association is your association and the AARA is your governing body. Participate, ask questions, make suggestions, volunteer your time, and make the sport of racquetball grow!

Nostalgia: Five Years Ago this Month

** After winning four consecutive outdoor three-wall national championships, Brian Hawkes loses to Dan Southern who becomes the 1985 outdoor champion.

** Lynn Adams, with five consecutive outdoor titles, was also dethroned this year by Martha McDonald of Florida.

** An AARA membership cost \$6.00

** Andy Roberts and Cindy Baxter won gold medals for the U.S. in the World Games II.

** The USA won the World Games team gold medal, with Canada taking the silver.

(continued)



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More Nostalgia: Ten Years Ago

** Remember the racquet manufacturers? In 1980 racquets were advertised by AMF Volt, Ektelon, Leach, ALD, LA, Vittert, Wilson, Head and Sportcraft.

** Racquetballs on the market that were approved by the AARA were Ektelon, Head, Penn, Point West, Regent, Seamco, Spaulding, Sportcraft, Trenway, Vittert and Volt.

** Bob Folsom of Portland Maine was President of the Board of Directors.

** Racquetball Magazine (then the official AARA publication) featured an article on the 15 most promising junior players. They were: Peter Bluestone, Tracy Daly, Ed Blaess, **Sergio Gonzalez**, Doug Jones, **Trina Rasmussen**, **Jack Newman**, Beth Latini, **Gerry Price**, Scott Perry, **David Simonette**, Jessica Rubin, **Cliff Swain**, Delanie Comer, Mark Henshaw. [The players in bold type went on to win national titles and/or play on the pro tour.]

** Heather McKay, of Women's International Squash fame, turned to racquetball and beat five-time national women's pro champion Shannon Wright in her first pro finals, then followed with another victory over Wright to win the 1st WPRA national championship.

** Ed Andrews won the Men's Open Amateur Championships at Coral Gables, Florida, while Carol Frenck won both the women's open and women's senior (30-34) titles.

JUNIOR TEAM USA

by Jim Hiser

In July of 1991 the AARA will select, for the first time, a Junior Team USA. This elite group of junior athletes will be selected from among the finest young racquetball competitors in the nation.

The selection process begins at the state level, then moves through regional, national and try-out phases over the course of the year, ending with one international competition and the opportunity of a lifetime for ten outstanding juniors.

Each state will submit the names of one female and one male athlete to their junior regional director, who will



then consult with the state directors in the region to make a final selection of two nominees for Junior Team USA. The thirty-six nominees (2 from each of the 16 regions, plus the winners of the U.S. National High School Championships and the Junior Olympics) will then be asked to attend a training camp at the U.S. Olympic Training Center in Colorado Springs. Following the training camp, the junior coaching staff will appoint ten players to Junior Team USA.

Members of Junior Team USA will receive special uniforms, training manuals and have their training and competition monitored by the coaching staff over a twelve-month period. The team will also represent the United States in one international event, providing a tremendous opportunity for any junior who displays outstanding sportsmanship and competitive ability. For more information on the program, call me at the AARA national office.

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RACQUETBALL ACHES & PAINS

by Dr. Rhett K.
Rainey



Knee pain is a common problem among racquetball players. There are many causes for knee pain, however, the most common in overuse syndromes is chondromalacia patella. This is caused by an irritation of the undersurface of the patella, or kneecap. Normally the patellar surface is smooth, but constant irritation can lead to roughening of the undersurface and cause pain or chondromalacia (softening of the cartilage). The pain is caused by increasing tension or pressure between the patella and femur (thigh bone). The irritation causes inflammation of the joint surface and subsequent pain. Contributing factors to chondromalacia include: malalignment of the patella, overuse, flat feet, weak thigh muscles, obesity.

Treatment is aimed at reducing inflammation and improving alignment between the patella and femur. When your knee is painful and swollen, you must rest it. Avoid activities that bring on the pain, such as stair climbing or prolonged standing. Ice your knee three times a day, which will help reduce inflammation. In some cases, your physician may prescribe an anti-inflammatory medication and physical therapy. Certain exercises can be performed to strengthen and balance the thigh muscles that control the patellar alignment. Occasionally, a knee brace may be beneficial or if your problem lies in your foot, an orthotic might be indicated.

Pressure between the patella and femur is minimized when the leg is straight or slightly bent. The best activities are ones that limit the range of knee motion. Use your judgment -- when your knees hurt, avoid sports that may aggravate the problem. Once your symptoms improve, you should be able to return to your normal activities.

[Dr. Rainey is an orthopaedic surgeon at the Colorado Bone & Joint Center in Colorado Springs, and is the U.S. Racquetball Team Physician.]

WHAT'S THE CALL?

by Otto Dietrich

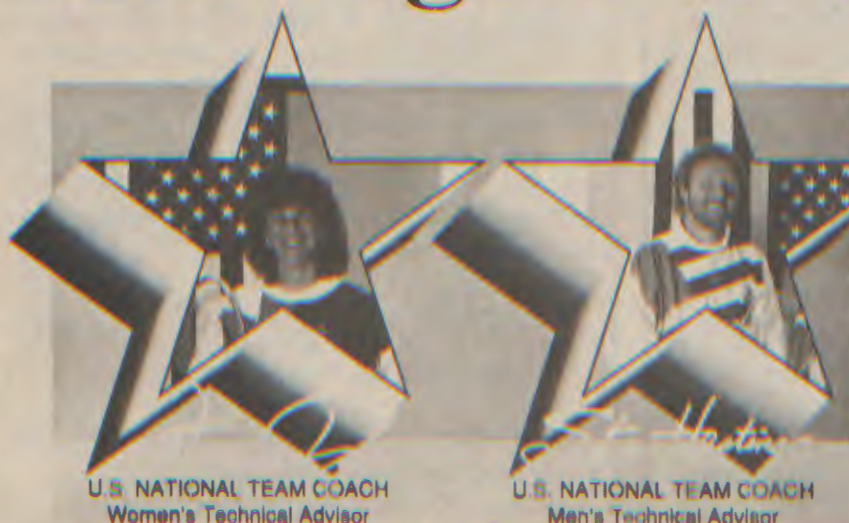


At the AARA's fourth annual Leadership Seminar in Colorado Springs last January, I gave the National Referee Certification test to 19 of the association's leaders. I was very pleased that the majority of the group did pass with a grade of 85 or above on this rather difficult 100 question exam. With an overall average score of 88, it looks like most of our state and regional directors are pretty well prepared to answer rules questions whenever they arise at tournaments.

My analysis of their answers did reveal some interesting facts. Perhaps the most interesting fact was that there were five questions that more than half of those persons taking the test answered incorrectly. I suspect that if they had trouble with these issues, other people probably do too. So, for the benefit of those who have already taken the test (and hopefully yours too) I've reprinted three of these questions in this column. How would you answer them? You can check yourself against the answers which appear on page 23.

1. A foot fault occurs in doubles if the server's partner crosses the short line before the served ball does. True or false?
2. If a player is injured, she is allowed:
 - a. one timeout not to exceed 15 minutes
 - b. one timeout not to exceed 20 minutes
 - c. as many timeouts as necessary provided that the total time taken is no more than 15 minutes
3. Player A hits a ball which, on the way to the front wall, hits Player B. The referee calls a sideout and states that she wasn't really sure if the ball had enough momentum to reach the front wall. Player A complains that the call should be "hinder" and the rally replayed. What is the correct call?
 - a. Hinder is the correct call and the rally should be replayed.
 - b. It is the referee's judgment call and her uncertainty about the speed of the ball is enough to justify her call. Therefore the referee's call stands.

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LATE BREAKING RESULTS: EKTELON U.S. NATIONAL DOUBLES

At "press time" we just had time to add the winners of the EkTELON U.S. National Doubles. Look for a full report in the January/February issue, complete with some great action photos from John Foust.

MEN'S OPEN: #4 Jim Floyd (Davison, Mich.)/Tim Hansen (Palm Beach, Fla.) def. #3 Mike Guldry (Arlington, Texas)/Drew Kashtik (Dallas, Texas) 6-15, 16-10, 11-6

WOMEN'S OPEN: #2 Michelle Gliman (Ontario, Ore.)/Jackie Paraiso (El Cajon, Calif.) def. 1 Mella Bailey (Norfolk, Va.)/Toni Bevelock (Santa Ana, Calif.) 15-6, 15-12

MEN'S DIVISION CHAMPIONS - MA: Mark Bustos (Calif.)/Arsenio Amat (Fla.); 19+ Joe Gilne (N.J.)/Ron Diglasomo (N.Y.); 25+ Rick Bezousek (Neb.)/Bruce Erickson (Minn.); 30+ Gary Mazaroff/Tom Neill (N.M.); 35+ Pat Page (Minn.)/Stan Wright (Calif.); 40+ Jim Bailey (Va.)/Larry Liles (Tenn.); 45+ Tom McKie/Bob Lindsey (Texas); 50+ Paul Banales (Ariz.)/Lee Dittich (Minn.); 55+ Tom Moore/Alan Weekerly (Calif.); 60+ Harvey Clar (Calif.)/Pat Whitehill (Wash.); 65+ Basil Lesser/Victor Sacco (N.Y.); 70+ Jim Fitzharris (Minn.)/Nick Sans (Fla.); 75+ Ike Gumer (Ky.)/Allen Shepherd (Md.)

WOMEN'S DIVISION CHAMPIONS: WA: Samantha Daly/Lisa Laidley (Md.); 19+ Joella Hastings/Gelfi Gutowski (Mich.); 25+ Lisa Hjeltn/Karl McDonough (Calif.); 30+ Fran Davis (N.J.)/Mary Lyons (Fla.); 35+ Eileen Tuckman (Fla.)/Gail Woods (La.); 40+ Agathe Faleo (Fla.)/Sharon Hastings-Welty (Ore.); 45+ Agathe Faleo (Fla.)/Sharon Hastings-Welty (Ore.); 50+ Kathy Mueller (Minn.)/Sylvia Sawyer (Utah); 55+ Mary Low Acuff (N.C.)/Phyllis Melvey (N.D.); 60+ Mary Low Acuff (N.C.)/Phyllis Melvey (N.D.);

MIXED OPEN & AGE DIVISION CHAMPIONS: Mixed Open: Michelle Gliman (Ore.)/Tim Hansen (Fla.); 25+ Laura Fenton (Neb.)/Tony Upkes (S.D.); 30+ Linda Moore/Ernst Olesen (Neb.); 35+ Fran Davis (N.J.)/Stu Hastings (Mich.); 40+ Karen San Filippo/Michael Vanore (N.J.); 45+ Karen San Filippo/Michael Vanore (N.J.); 50+ Jim McPherson/Sandy McPherson (Okla.)

BROADCAST SCHEDULE

PRIME NETWORK (Rocky Mtn., Utah, Mid-West)
November 9, 4:00 PM, November 14, 10:30 PM

HOME SPORTS ENTERTAINMENT (Texas, La., N.M.) November 10, 3:00 PM

MADISON SQUARE GARDEN (New York, Conn. N.J.) November 11, 3:00 PM

SUNSHINE NETWORK (Florida), Nov. 16, 8:00 PM
HOME TEAM SPORTS (Mid-Atlantic Region),
November 24, 11:30 AM

CHANNEL AMERICA (Nationwide), December 1,
1:30 PM

If your area is not included, call your local cable sports channel to request a play date. Create a demand to see your sport!

RECREATIONAL MEMBERSHIP IN DETAIL

The AARA Recreational Membership is designed to benefit the court club facility and the everyday player by keeping both parties informed of up-to-the-minute news and program developments in amateur racquetball. Beginning in 1991, a low-cost AARA recreational membership will be available only to those players whose club participates in the program. Once a court facility signs up for the program with its \$150.00 annual fee, its members can apply for the AARA Recreational Membership at the reduced rate of \$3.00.

Free Benefits of Club Membership

- * Bi-monthly AARA publication "Racquetball USA"
- * Bi-monthly newsletter "Racquetball Programming & Promotion"
- * "Club Profile" feature in Racquetball USA
- * 8 x 10" wall certificate of membership
- * Tournament Director and League Guidebook
- * Junior Handbook
- * 25 AARA Official Rulebooks
- * 25 AARA Media Guides

Associated Benefits of Membership

- * Club/League players can obtain \$3.00 recreational membership (includes six issues of "Racquetball USA," rulebook, membership kit and AARA recreational membership card).
- * 20% discount on AARA instructional manuals (see list)
- * 10% discount on AARA videotapes
- * 10% discount on PARI certification of instructors
- * 50% discount on U.S. Amateur, Inc. membership (entitles member to equipment discounts)
- * 30% discount when moving with Arpin Van Lines
- * Input into AARA policies
- * Option to apply for AARA VISA card (no-fee first year)

AARA Instructional Manuals/Guidebooks Available

- * Intercollegiate Guidebook (70 pgs.)
- * Officiating Racquetball (85 pgs.)
- * AARA Coaches Manual (250 pgs.)
- * Racquetball Resistance Training Handbook (50 pgs.)
- * Racquetball Physiology Handbook (30 pgs.)
- * Racquetball Nutritional & Training Handbook (30 pgs.)
- * Racquetball Sports Psychology Handbook (30 pgs.)
- * Junior Development Handbook (30 pgs.)
- * Tournament Directors Guidebook (75 pgs.)

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COMPETITIVE LICENSE UPDATE

A number of questions have come up over the past few weeks regarding the AARA Competitive License. Here are the answers to some of the most frequent --

Q: I just joined the AARA for \$10.00, will I be covered by the accident insurance in sanctioned tournaments in 1991?

A: Yes. Regular \$10.00 memberships processed between November 1 and December 31 will be issued as competitive licenses that expire in six months, so you will be covered by the insurance for that term.

Members who joined at the \$10.00 rate over the past year will be asked to pay the additional \$5.00 for liability insurance in 1991. Otherwise, they will not be covered by the insurance for the remainder of their membership period.

Q: Will my regular membership card get me into sanctioned tournaments until I renew and get my competitive license?

A: Yes. Old membership cards will be honored in 1991, but accident coverage will be available only to

those with competitive licenses. It will be to your benefit to make the conversion now, just to make sure you are protected during sanctioned play.

Q: Will the insurance cover me if I am in an accident on the way to a sanctioned event?

A: Yes. Your AARA accident insurance covers you to and from a sanctioned event, as long as your route was a direct one between your home and the host site.

Q: I already have accident insurance, what good is this policy?

A: This sports policy is secondary to your insurance and will pay any costs that are not covered by your primary carrier. If you do not carry insurance, the AARA policy becomes the primary coverage.

Q: How will I make a claim?

A: Initially, any claims will be made directly to the AARA National Office in Colorado Springs.

Q: If I join as a recreational member for \$3.00 and want to play in a sanctioned tournament, can I pay the \$12.00 difference to upgrade to a competitive license?

A: No. The two membership programs are administered separately and recreational memberships will not apply toward a competitive license.

More questions? Call the AARA office at 719/635-5396.

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VENEZUELAN DIARY: 1990 Penn World Championships

by John Foust

It was almost a year ago that I found out I would be a member of the U.S. delegation traveling to Caracas, Venezuela in August for the 1990 Penn World Championships. Although I had traveled with the team to Bolivia in 1988 for the Tournament of the Americas, this was different — a little more serious, definitely more important, and the kind of atmosphere I knew I would enjoy.

As a board member of the AARA and the National Commissioner for Disabled Athletes, I functioned in several different roles. My primary responsibility was that of Team Leader for the wheelchair athletes of the U.S. National Disabled Team. In addition, I helped Jim Hiser and Paul Henrickson run the tournament desk and documented the event as the official photographer. In other words, I had my hands full.

Although actual play was not scheduled to begin until Friday, August 3rd, the team was set to arrive in Caracas on the evening of July 31st. If you've ever had the pleasure of international travel you know, and can relate to, all the problems associated with this type of trip.

Tuesday, July 31 Our departure point from the U.S. was Miami, where a few eager players arrived early and were subjected to a full afternoon of waiting around for everyone else to show up. Some players, like Egan Inoue, were smart enough to bring along a hand held video game for entertainment. Others, like Michelle Gilman, arrived just as the team was boarding the plane, worn to a frazzle and fit to be tied. Jim Hiser and team doctor Rhett Rainey missed the flight altogether due to late connecting flights after they took off from Colorado Springs. All in all, it was just another crazy start to an international racquetball event.

It was hot and muggy when we arrived in Caracas about 9:30 that evening, and you could tell that everyone seemed to be pondering just how enjoyable this whole trip was going to be. We were met by members of the local organizing committee who not only helped us through customs but also arranged bus transportation to the Hilton Caracas for the entourage. Once on the bus, the mood began to change as everyone started to relax and get a little more focused on the task at hand.

Although we were the favored team, no one assumed it was going to be easy.

The closer we got to downtown, the cooler the temperature became. The city of Caracas sits in the middle of a valley in a mountainous region at an altitude of about 3,000 feet. At night the entire mountainside and valley is a sea of lights and a beautiful scene to behold.

Wednesday, Aug. 1

The next two days were spent practicing at the Cocodrilo Racquet Park and adjusting to the tartan type floor and concrete walls that made for a fast-paced game. With 28 countries competing, practice sessions were limited to two hours at assigned times.



Team members admire the view of downtown Caracas.

Friday, August 3 In the morning, all the teams were bussed over to the Racquet Park for the official opening ceremonies. It was not like the Olympics where 60-70 thousand spectators cheer your arrival, but it was still exciting to those who were there. Even with my experi-



Out Venezuelan flag bearer stole the hearts of the entire team.

ence at the Tournament of the Americas opening ceremonies in Bolivia, I wasn't prepared for the much more dramatic ceremony planned for the World Championships. All the national anthems were played and the teams paraded out holding their national flags. Given the chance to march behind the U.S. flag, I couldn't remember ever feeling so patriotic and proud.

As soon as the ceremonies were over, it was time to play. The first part of the tournament was comprised of team competition and it became obvious right away that the U.S. and Canadian teams were as strong, if not stronger, than in the past and would probably dominate overall. In the same respect, Mexico and Japan had put together very competitive teams and whenever a player from any one of these countries took to a court, you could be assured of a good crowd. Although they always gave their all, they certainly weren't the only show in town. It was also quite exciting to watch Venezuela battle Costa Rica or Chile go head-to-head with Bolivia. I can assure you, the intensity and importance of winning the matches between the smaller countries was every bit as important as our matches were to our winners.

In addition to all the great racquetball action, the crowd seated around the championship court was a form of entertainment all in itself. Have you ever been to a racquetball tournament where the crowd did the "wave?" Trust me on this — while it wasn't quite as spectacular, it was funny, and made being a spectator a lot more entertaining.

Monday, August 6 After three full days of preliminaries and top notch competition, the final match-ups were pretty much as everyone had expected. The Men's #1 final had Tim Doyle avenging his Tournament of Americas loss with a defeat over Sherman Greenfeld of Canada 15-7, 12-15, 15-13. It was an exciting match with Tim shooting balls that Sherman, somehow, picked up. I don't know where Sherman gets all his energy, but I wish he would pass some along to me. In the end, brute power and dead kills proved tougher than the Canadian's ability to retrieve.

On the women's side, Michelle Gilman was equally as impressive for the U.S., defeating Heather Stupp of Canada in two straight games 15-10, 15-11. Michelle had the eye of the tiger and showed the determination and style that has made her the most dominant women's player this past year. On this particular day even Heather would have agreed.

Overall the U.S. Team won seven out of eight direct matchups with Canada, won the World Cup title, and set themselves up well for seeding position in the individual title play.

Not to be overlooked in all of this was the fine showing of the wheelchair athletes from both the United States and Canada. This was the first time wheelchair

racquetball was presented at the World Championship and it was a big hit. Chip Parmelly, the #1 U.S. player, went undefeated through the round-robin competition and further established himself as the man to beat in his sport. Canadian players Earl McArther and Jake Smellie took second and third respectively, while Gary Baker, the #2 U.S. player captured fourth.



Chip Parmelly pauses between points in his final match. All Photos: John Foust.

Tuesday, August 7 Finally, after seven days of travel, practice and grueling competition, everyone had a much needed day off. Ever tried to fit all you wanted to do in Caracas into one day? Seriously, it's not like you're going to come back next week and see the things you missed. Some players sat by the pool and relaxed. A few took off on guided bus tours. Some went shopping. And then some of us tried to see way too much in one 24 hour period. These individuals will remain nameless in the hope of maintaining international relations. The day was capped off by a barbeque and dance at the Racquet Park.

At this point, I should add I've never felt safer in an environment than at this tournament. We had the local police and national guard patrolling constantly, complete with machine guns and machetes. It gave a new meaning to the term "kill shot." With so many countries represented, I'm sure the security measures were warranted, it's just not something I see much of in Denver so I'm not used to it. By the end of the tournament things had at least progressed to the point that you could get a few of them to smile. I can tell you this — they all have an impressive collection of AARA pins.

Wednesday, August 8 The second half of the tournament proved to be just as intense and exciting as the first. For the players this was the opportunity many had worked toward for years, the chance to be the best racquetball player in the world. As in any true World

MEN'S DIVISIONS

MEN'S OPEN

1. Doug Ganim, OH
2. Tim Hansen, FL
3. Tim Doyle, CA
4. Mike Locker, MN
5. Chris Cole, MI
6. Charlie Nichols, FL
7. Mike Brontfeld, CA
8. Scott Oliver, CA
9. Drew Kachtik, TX
10. Louis Vogel, NM

MEN'S A

1. Derek Dung, HI
2. James Lindsey, TX
3. Roger Lone, SD
4. Banks Barbee, TX
5. Pat Bernardo, NY
6. Gerry Wolf, OH
7. Caleb Bard, PA
8. Chris Hardwick, CA
9. Fabian Pedraza, NY
10. Mark Styra, CT

MEN'S B

1. Mat Kelly, CO
2. Dwayne Cushing, CT
3. Matt Butler, NC
4. Ricky Gentry, TN
5. Kim Niederman, IL
6. Rhett Rainey, CO
7. Joe Reno, TN
8. Tony Devico, NJ
9. John McKinley, WA
10. Mark Kingery, IN

MEN'S C

1. Gareth Miller, CT
2. Edward Callejo, CO
3. Alan Jorgensen, AZ
4. Earl Kathan, OR
5. Matt Thompson, MT
6. Clayton Shaffer, SD
7. Ray Schieber, AR
8. Allen Cowan, NC
9. Todd Creiger, NE
10. Richard Farrington, MS

MEN'S D

1. Scott Ingram, IN
2. Charles Dinwiddle, IN
3. Mark Ellis, MI
4. Rod Sachs, IL
5. Chris Ryan, WA
6. James Evans, GA
7. Jeff Bloom, LA
8. Ron Calloway, DE
9. Scott Grunin, MA
10. Ashby Herman, VA

MEN'S NOVICE

1. Wayne Yeager, FL
2. Alfredo Arce, TX
3. Mike Carignan, NH
4. Alan Goodman, NY
5. Michael Lombardi, GA
6. Larry Nosen, IL
7. Mark Griffin, AR
8. Dan Block, NH
9. Kevin Goolsby, AL
10. Pete Ullman, OH

MEN'S 19+

1. Derek Robinson, WA
2. Rob Lamontagne, MA
3. Charlie Nichols, FL
4. Jamie Sumner, UT
5. John Leonard, NJ
6. Banks Barbee, TX
7. Chris Eagle, NC
8. Tony Jelso, NM
9. Rob McKinney, PA
10. John Negrete, IL

MEN'S 25+

1. Ron Digiacomo, NY
2. Jim Casolo, PA
3. Jim Jeffers, IL
4. Byron Williams, TX
5. Dave Negrete, IL
6. Steve Lerner, OH
7. John Stocker, KY
8. Bill Kelley, CT
9. Tim Hansen, FL
10. Hart Johnson, MN

MEN'S 30+

1. Bobby Corcorran, AZ
2. Bill Lyman, IN
3. John Peterson, PA
4. Jeff Kristjansen, FL
5. Scott Worthy, MI
6. Mark Malowitz, TX
7. Jim Dertile, NY
8. Randy Pfahler, FL
9. Scott Eliasson, CT
10. Bill Leavy, NJ

MEN'S 35+

1. Davey Bledsoe, GA
2. Dave Kovanda, OH
3. Jim Young, NY
4. Herb Grigg, IL
5. Ed Garabedian, PA
6. Mitt Layton, FL
7. Gary Mazaroff, NM
8. Craig Kunkel, CA
9. Tom Travers, OH
10. Dennis Aceto, MA

MEN'S 40+

1. Herb Grigg, IL
2. Dave Kovanda, OH
3. Mitt Layton, FL

4. Jim Bailey, VA
5. Jim Winterton, NY
6. Ron Mirek, CT
7. Steve Chapman, FL
8. Tim Lavel, MN
9. Jim Peters, WA
10. Rick Rounds, OH

MEN'S 45+

1. Ed Remen, VA
2. Jerry Davis, OH
3. Ray Huss, OH
4. Fred Letter, NJ
5. Roger Wehrle, GA
6. Pete Petty, TN
7. Brad Parra, CA
8. Ron Hutcherson, IN
9. Gary Myers, CA
10. Ron Johnson, IL

MEN'S 50+

1. Dario Mas, DE
2. Charlie Garfinkel, NY
3. Bobby Sanders, OH
4. Jerry Davis, OH
5. Len Courte, AZ
6. Tom Udvari, NY
7. Charlie Hamon, WA
8. Ron Hutcherson, IN
9. Ron Johnson, IL
10. Jerry Northwood, AZ

MEN'S 55+

1. Otis Chapman, OH
2. Don Alt, FL
3. Arthur Johnson, CO
4. Paul Banales, AZ
5. Harvey Clair, CA
6. Nick Farkough, NY
7. Dan Llacera Sr., NY
8. Rex Benham, AR
9. Jim Flynn, DE
10. Obed Oas, NE

MEN'S 60+

1. Pierre Miller, IN
2. Joe Lambert, TX
3. Fintan Kilbride, CN
4. Malcolm Roberts, FL
5. John Bogasky, VA
6. Max Fallek, MN
7. Dick Kincade, CO
8. Victor Sacco, NY
9. Hugh Groover, AR
10. Ed Whitham, OH

MEN'S 65+

1. Glenn Melvey, ND
2. Victor Sacco, NY
3. Don Goddard, MT
4. Art Goss, CO
5. Bill Stoebe, DE
6. Luzell Wilde, UT
7. Nick Sans, CA

8. Art Shea, IL
9. Bob Fraser, CA
10. Myron Friedman, ME

MEN'S 70+

1. Earl Aouf, NC
2. Luzell Wilde, UT
3. Allen Shepherd, MD
4. Cam Snowberger, PA
5. Jack Murphy, FL
6. Harmon Minor, CO
7. Ray Crowley, OK
8. Charles Estram, MA
9. Marion Pabis, IL
10. Charles Russell, CA

MEN'S 75+

1. John Pearce, TX
2. Allen Shepherd, MD
3. Harmon Minor, CO
4. Bill Duckworth, FL
5. Joe Sawbridge, AZ
6. Jack Daly, VA
7. Howard Hesse, AZ
8. Howard Cole, NM

MEN'S 80+

1. Howard Cole, NM

MEN'S 85+

1. Joseph Kadir, NM

WOMEN'S DIVISIONS

WOMEN'S OPEN

1. Elaine Hooghe, OH
2. Dana Sibell, MN
3. Mary Dee Jolly, NJ
4. Chris Evon, CA
5. Susan Morgan-Pfahler, FL
6. Janet Myers, GA
7. Kim Russell, CA
8. Michelle Gilman, OR
9. Toni Bevelock, CA
10. Joetta Hastings, MI

WOMEN'S A

1. Jean Halahan, NY
2. Darlene Schafer, CO
3. Cindy Telstad, MN
4. Jane Greene, KS
5. Amber Frisch, TX
6. Jean Trimble, FL
7. Mary Keenan, CO
8. Lauren Kline, OH
9. Stacy Sour, CO
10. Jo Kenyon, FL

WOMEN'S B

1. Kathleen Makinen, NY
2. Jane Riffel, AR

3. Terri Bohman, IL
4. Diane McCauley, MI
5. Sally Allred, IN
6. Doris Roberts, IN
7. Colleen Field, IN
8. Cynthia Ford, WA
9. Paula Jones, GA
10. Sue Lee, ME

WOMEN'S C

1. Kathy Kryger, NJ
2. Kristin Tucker, NY
3. Millie Guzman, CA
4. Karen Marino, CT
5. Debra Derr, FL
6. Mary Ellis, IL
7. Michelle McCoy, MN
8. Gayla Epp, OH
9. Cathy Clevenger, IN
10. Barbara Benley, OK

WOMEN'S D

1. Dory Darnell, IN
2. Debi Baker, CA
3. Greta Slayton, MO
4. Nicole Zigla, MI
5. Jackie Hardaway, CO
6. Cheryl Billings, CA
7. Kathi Carnes, IL
8. Ginger Frost, GA
9. Kathy Green, CA
10. Jean Ross, MO

WOMEN'S NOVICE

1. Barbara Friel, NY
2. Sherri Rogers, CT
3. Jeannie Valadez, TX
4. Alison Thomas, OH
5. Elizabeth Gilham, PA
6. Catherine Abueg, TX
7. Heather O'Connor, MI
8. Gina Leone, NH
9. Kristin Levins, MA
10. Lori Schreck, NY

WOMEN'S 19+

1. Dana Sibell, MN
2. Cheryl Gudinas, IL
3. Randy Friedman, NY
4. Karen Glazer, OH
5. Leah Redwine, NC
6. Kim Russell, CA
7. Robin Conover, TN
8. Sue Cox, FL
9. Ilene Sofferman, NY
10. Sarah Blair, TN

WOMEN'S 25+

1. Kersten Hallander, FL
2. Pam Goddard, GA
3. Paula Vallie, MN
4. Dee Ferreira-Worth, CA
5. Tina Churchwell, TN



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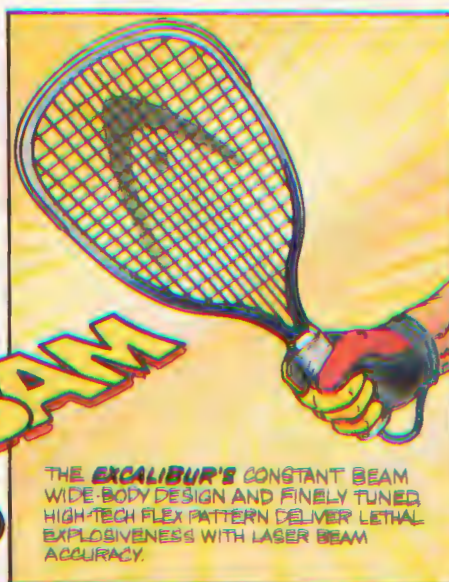
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Racquet	DEFIANT*	EXCALIBUR	ELITE	INTREPID*	ELEKTRA	MATCH
Ability Level	Advanced	Advanced	Advanced	Intermediate	Intermediate	Intermediate
String Area	94/85 sq. in.	94/85 sq. in.	94/85 sq. in.	94/85 sq. in.	94/85 sq. in.	94/85 sq. in.
Design	Double Power Wedge	Constant Beam	Single Power Wedge	Double Power Wedge	Single Power Wedge	Constant Beam
Materials	Graphite/Fiberglass	Graphite/Fiberglass/Kevlar®	Graphite/Fiberglass/Kevlar	Graphite/Fiberglass	Graphite/Fiberglass/Ceramic	Graphite/Fiberglass
Length	20.5/19.75 in.	20.5/19.75 in.	20.5/19.75 in.	20.5/19.75 in.	20.5/19.75 in.	20.5/19.75 in.
Weight (Grams)	235-40g†	235-40g†	235-40g	240-45g	240-45g	240-45g
Flex	Very Firm	Very Firm	Firm	Firm	Medium	Medium/Firm
Balance	Head Light	Head Light	Head Light	Head Light	Head Light	Head Light
String Tension	40-45 lbs.	35-40 lbs.	35-40 lbs.	40-45 lbs.	35-40 lbs.	35-40 lbs.

						
Racquet	ENDEAVOR*	VANQUISH*	TOURNAMENT	QUEST	JAZZ*	SUPREMACY, CONQUEST, XCI
Ability Level	Intermediate/Beginner	Beginner/Intermediate	Beginner/Intermediate	Beginner	Beginner	Pittard cabretta leather
String Area	94/85 sq. in.	85 sq. in.	94/85 sq. in.	73 sq. in.	94/85 sq. in.	Patented fit and Play-Dry™ designs
Design	Double Power Wedge	Constant Beam	Constant Beam	Conventional	Constant Beam	Ultra thin and soft
Materials	Graphite/Fiberglass	Graphite/Fiberglass/Nylon Matrix	6070 Aluminum	Graphite/Fiberglass/Nylon Matrix	6061 Aluminum	Seamless palm
Length	20.5/19.75 in.	19.75 in.	20.5/19.75 in.	18.6 in.	20.5/19.75 in.	Nylon/lycra back
Weight (Grams)	240-45g	245-50g	240-45g	240-45g	240-45g	Multiple colors
Flex	Medium/Firm	Medium/Soft	Medium	Medium/Soft	Medium	
Balance	Head Light	Head Light	Head Light	Head Light	Head Light	
String Tension	40-45 lbs.	26-33 lbs.	35-40 lbs.	26-33 lbs.	35-40 lbs.	

Head Sports Inc., 4801 N. 63rd Street, Boulder, Colorado 80301 800-257-5100

*New for 1990. †Without Rubber Grip. Kevlar is a registered trademark of E.I. DuPont de Nemours and Company, Inc., Play-Dry is a trademark of TSG Corporation.



NATIONAL RANKINGS



6. Laura Fenton, NE
7. Lydia Hammock, CA
8. Martha Keller, AL
9. Pat Musselman, PA
10. Lori Walsh, AZ

WOMEN'S 30+

1. Linda Porter, IL
2. Mary Bickley, PA
3. Mary Dee Jolly, NJ
4. Linda Screeton, IN
5. Linda Moore, NE
6. Bonnie Kowalski, OH
7. Jennifer Risch, TX
8. Colleen Shields, IL
9. Mary Lyons, FL
10. Pat Musselman, PA

WOMEN'S 35+

1. Cindy Baxter, PA
2. Susan Morgan-Pfahler, FL
3. Joanne Pomodoro, MA
4. Eileen Tuckman, FL
5. Lesley Kishigian, MI
6. Terri Latham, NM
7. Elaine Barch, MI
8. Deb Gridley, CO
9. Gloria Lang, IL
10. Ann Gibbons, TX

WOMEN'S 40+

1. Agatha Falso, FL
2. Donna Christian, OH
3. Jan Smith, FL
4. Terry Hokanson, CA
5. Pat Tarzon, IL
6. Linda Miller, IN
7. Mildred Gwinn, GA
8. Mary Jo Murray, FL
9. Gwen Benham, AR
10. Karen SanFillippo, NJ

WOMEN'S 45+

1. Sharon Hastings-Welty, OR
2. Brigitte Hartz, MI
3. Agatha Falso, FL
4. Pat Tarzon, IL
5. Sylvia Sawyer, UT
6. Carol Remen, VA
7. Pat Alt, FL
8. Marta Groess, MN
9. Kathy Mueller, MN
10. Linda Blau, AZ

WOMEN'S 50+

1. Kathy Mueller, MN
2. Jo Kenyon, FL
3. Joanna Ralda, PA
4. Sylvia Sawyer, UT
5. Sandy McPherson, OK
6. Maria Hagain, FL
7. Ann Codianne, CA

8. Cleata Ching, PA
9. Marlan Johnson, TX
10. Hilda Torres, MA

WOMEN'S 55+

1. Jo Kenyon, FL
2. Cleata Ching, PA
3. Mary Walker, CA
4. Joan Beck, AZ
5. Phyllis Melvey, ND
6. Doris Singler, WI
7. Sue Graham, CA
8. Rose Mooney, CO

WOMEN'S 60+

1. Mary Low Acuff, NC
2. Claire Gautreau, TX
3. Phyllis Melvey, ND
4. Eleanor Quackenbush, OR
5. Betty Mowery, NM
6. Zelda Friedland, NM

WOMEN'S 65+

1. Mary Low Acuff, NC
2. Eleanor Quackenbush, OR
3. Betty Mowery, NM

WOMEN'S 70+

1. Mary Low Acuff, NC

WOMEN'S 75+

1. Zelda Friedland, NM

JUNIOR DIVISIONS

BOYS 8-

1. Lane Mershon, GA
2. Shane Vanderson, OH
3. Jack Huczek, MI
4. Jimmy Lyons, FL
5. Dan Thompson, WI
6. Dan Olsen, ME
7. James Gould, NE
8. Matthew McElhiney, FL
9. Gabriel Goss, NM
10. Zackary Aurich, CA

BOYS 8- MULTI-BOUNCE

1. Shane Vanderson, OH
2. Jimmy Lyons, FL
3. Lane Mershon, GA
4. Jason Jansen, MN
5. Jack Huczek, MI
6. Dan Olsen, ME
7. Matt McElhiney, FL
8. Robert Gates, IL
9. Michael Valinets, IN
10. Jamie Wolf, AL

BOYS 10-

1. Rocky Carson, CA
2. Andy Tucknott, NE
3. Lane Mershon, AL
4. Britt Berkey, IN
5. David Liakos, NE
6. Jake Gautreau, TX
7. Brent McDade, TN
8. Ryan Staten, KS
9. Daniel Wubneh, FL
10. Chris Fuller, MA

BOYS 12-

1. Mark Hurst, FL
2. Eric Storey, UT
3. Brent Zimmerman, MI
4. Blake Hansen, IA
5. Tony Puggioni, NY
6. Hal Spangenberg, CA
7. Jed Bhuta, AL
8. Blair Hansen, IA
9. John Stanford, FL
10. Ken Gordon, IL

BOYS 14-

1. Andy Thompson, WI
2. Jason Ambrecht, NC
3. Jason Mannino, NY
4. Shane Wood, MA
5. David Hamilton, OH
6. Brad Hansen, IA
7. Scott Zimmerman, MI
8. Tony Puggioni, NY
9. Toby Lepera, IN
10. Miguel Hernandez, CA

BOYS 16-

1. Suday Monchik, NY
2. Chad Gibson, KS
3. Matt Meeker, IA
4. Brett Beugen, MN
5. Allan Engel, FL
6. Chris Pfaff, OH
7. Joel Marsh, NE
8. Javad Aghaloo, TX
9. Derek Herrold, IN
10. Craig Czyz, FL

BOYS 18-

1. Joel Bonnett, MI
2. John Ellis, CA
3. Doug Eagle, NC
4. Brian Simpson, IN
5. Josh Messina, MA
6. Eric Muller, KS
7. Scott Reiff, FL
8. Buz Sawyer, NC
9. Chad Lewis, IA
10. Sameer Hadid, CA

GIRLS 8-

1. Alexis Feaster, DC
2. Meital Manzuri, CA
3. Riva Wig, CN
4. Sandra Plaza, OH
5. Suzette Solomon, IN
6. Lynn Hansen, IA
7. Lauren Roberts, IL
8. Elizabeth Smith, OH
9. Leslie Wooten, FL
10. Hallie Axtman, IL

GIRLS 8- MULTI-BOUNCE

1. Alexis Feaster, DC
2. Sarah Miranda, OK
3. Lynn Hansen, IA
4. Meital Manzuri, CA
5. Lindsey Hudson, IN
6. Sandra Plaza, OH
7. Leslie Wooten, FL
8. Florence Shante, GA
9. Molly Law, CO
10. Monique Rutherford, IL

GIRLS 10-

1. Lynn Hansen, IA
2. Jamie Trachsel, MN
3. Riva Wig, CN
4. Kelly Ruhl, CO
5. Stephanie Defalco, NY
6. Jennifer Hardeman, TN
7. Dawn Gates, IL
8. Alison Redelheim, TN
9. Meghan Guardini, MA
10. Ryan Hibler, TN

GIRLS 12-

1. Debra Derr, FL
2. Dawn Gates, IL
3. Vanessa Tulao, TN
4. Jennifer Liakos, NE
5. Ashley Crouse, OH
6. Lynn Hansen, IA
7. Lyndel Patton, FL
8. Kim O'Connor, FL
9. Jill Trachsel, MN
10. Leslie Bushbom, GA

GIRLS 14-

1. Amy Jerdee, IA
2. Debra Derr, FL
3. Jenny Meyer, CO
4. Tammy Rae Brockbank, ID
5. Andrea Luque, GA
6. Julie Peterson, KY
7. Stephanie Torrey, MA
8. Aimee Roehler, PA
9. Amy Dwyer, CA
10. Martha Gates, IL

GIRLS 16-

1. Jenny Spangenberg, CA
2. Amber Frisch, TX
3. Rachel Gelman, NM
4. Jenny Skeen, NE
5. Amy Jerdee, IA
6. Dania Medina, FL
7. Amanda Simmons, FL
8. Hayden May, CA
9. Elkova Icenogle, CA
10. Lori Schreck, NY

GIRLS 18-

1. Elkova Icenogle, CA
2. Renee Lockey, CA
3. Heather Flory, IA
4. Heather Dunn, MA
5. Amy Kilbane, OH
6. Michelle Gilman, OR
7. Jenny Spangenberg, CA
8. Aimee Melville, MN
9. Noel DeBarruel, CA
10. B.J. Bell, MA

NWRA WHEELCHAIR RANKINGS

WHEELCHAIR OPEN

1. Gary Baker, PA
2. John Foust, CO
3. Chip Parmelly, CA
4. Doug Steniezewski, CN
5. Brian Foran, CN
6. Mark Jenkinson, PA
7. Les Gorsline, PA

WHEELCHAIR NOVICE

1. Mike Bohinski, PA
2. Joe Parison, PA
3. Sam Barnard, PA
4. Joann Shoup, PA

The Penn ball has been selected as the official ball of the AARA for the ninth consecutive year. In 1991, the Penn ball will be used in all AARA regional and national events.

Championship, there were various methods by which a player could make the U.S. Team. What it really came down to was that they had defeated the cream of the crop in the U.S. and now they had to do the same against a greatly improved international field.

In the midst of all these matches were two unsung heroes who deserve a lot of credit for the overall smooth operation of the event. Jim Hiser and Paul Henrickson performed like true professionals and should be congratulated accordingly. I know many of you have had the pleasure of serving as a tournament director at some point in time. You know how difficult it can be under normal circumstances with people you know. Well, picture trying to explain a rule interpretation to someone from Japan who doesn't speak English. Better yet, wait until you are really tired, then start paging players from Uruguay, Peru, Brazil, the Philippines or Trinidad Y Tob. From personal experience, I can tell you I was amazed that anyone answered my pages at all, since I did more "butchery" from behind the tournament desk than the local meat market.

Saturday, August 11 The final matches in the individual



We were even safe from bad calls, as here, National Rules Commissioner Otto Dietrich is overruled by local line judges.

competition were set to begin. The Men's Doubles pitted U.S. players Dan Obremski and Doug Ganim against the Canadian team of Ross Harvey and Mike Ceresi. Having defeated the same team earlier in the tournament, there was little speculation about which was the



U.S. Men's Team: Egan Inoue, Doug Ganim, Dan Obremski, Drew Kachtik and Tim Doyle.

better team. There still isn't. In two games of 15-11, 15-9, Obremski and Ganim became two-time world champion gold medalists.

The women's final was also a rematch from earlier in the week, but with a much different ending. You had to expect that Heather would approach this match with a higher level of intensity than anyone had seen from her up to that point. Being a true champion, she wanted to show Michelle she could compete on equal footing. While day in, day out I would go with Michelle every time, you have to give credit to Heather for putting so much effort into the match.

Michelle won the first game 15-12. It was a clear win but you just had that nagging feeling that Heather was going to keep putting on the pressure. The drive serve that normally is so reliable for Michelle just wasn't falling in. That, in addition to Heather's ability to keep running, was adding extra tension to the situation. Games two and three had Stupp winning 15-10, 15-5 (international tiebreakers are to 15, not 11). It was a good win for Heather and a tough loss for Michelle who has been enjoying an outstanding year.

The Men's final was an all USA affair, featuring Egan Inoue and Tim Doyle. It was expected that Egan would approach this match with a certain amount of determination. He was soundly beaten by Tim in the finals of the

U.S. National Singles in Houston and, although he took the loss well, you knew he wanted revenge.

It was a great match. Tim took control early and hung on for a 15-13 first game victory. Not to be denied, Egan came right back with a reversed 15-13 win in his



U.S. Women's Team: Jackie Paraiso, Kaye Kuhfeld, Malia Bailey, Michelle Gliman and Toni Bevelock.

favor. We're not talking about your basic control type games being played here — it was power vs. power, and lots of it. Egan had his serve working and Tim was doing a great job just to get it back. When the time came to play the tie-breaker, it was all Inoue with a 15-5 win.

After the awards ceremony at the club it was back to the hotel for an exceptional treat, the banquet. Undoubtedly, each and every player made a few new friends and, in some cases, also had the opportunity to renew friendships from past international events. Although you had been competing against each other all week, it was easy to see that in a short period of time bonds were created between people who didn't know each other to speak to only days before. A playing tip, a shirt to cherish for years to come, a slap on the back or a nod of encouragement after a big match broke the ice. Whatever the gesture was, it made your life, as well as theirs, a little richer and proved that "breaking up is hard to do."

As with any banquet there is usually time set aside to honor those individuals who put an extraordinary amount of work into the event to make it work. One of them stands out: Juan Alexis Pineda L., the general manager of the club. Juan was an invaluable person for many reasons. He had a great sense of humor (which you really needed in critical situations), was fluent in

English and always right there when you needed him. There were times late at night when Juan would drive us back to the hotel with his favorite tape blasting away. You would think being in Venezuela we would be listening to some great local band. Not with Juan. It was Kenny Rogers singing "The Gambler." In many respects this best sums up Juan's positive and upbeat manner — not afraid to take chances, not afraid to go for it.

Another word of praise must be extended to Albert Farha. He and his lovely wife Fanay were the ideal hosts, giving our disabled team members a ride to the airport at 5:30 am and helping to translate when you placed a call. When a U.S. Team member was on the court, they were our biggest fans (providing it wasn't a match against someone from Venezuela) and they quickly earned my respect and friendship.

Despite the fact that everyone had appeared exhausted hours earlier, they somehow rallied to the dance floor. The mixture of salsa and rock and roll put everyone into motion, including Toni Bevelock who wore out her share of dancing partners in record time. When things started to wind down about midnight, the question was "do we go to sleep or not?" Since the majority of the team members had to be in the lobby at 4:30 am to catch the bus to the airport, it was a very debatable subject, but not for long. Onwards to the disco for more dancing! Keep in mind that this was all done for the betterment of world peace and international relations. It's a dirty job but someone had to do it.

Sunday, August 12 Four-thirty in the morning is a downright ugly time of day — made all the uglier when you are so tired you can't stand up and you have piles of luggage to drag around. Not unlike a scene from "Night of the Living Dead," slowly, a bleary-eyed U.S. team began to assemble in the lobby. It was time to go home and everyone was ready. Back in Miami we all began to go our separate ways again. Home to Colorado, Illinois, Oregon, California and points in all directions. Although we tried to get around to say goodbye to each other, it was hard to do between searching for bags, clearing customs and keeping our eyes open. Somehow the fond farewells got lost in the shuffle.

It was a successful trip. All the hours of practice, commitment and dedication had been rewarded. Everyone involved, the team, coaches and staff had pulled together for one common goal — to repeat as the World Racquetball Champions. Mission accomplished, good job!

ATTENTION FORTY-FIVE YEAR OLDS!!

by William J. Daley

Do you feel, because of your advanced age, incumbent paunch, jowls and myopic vision, that life has zipped right by you? Do you think your days of frivolity, wassailing and competitive athletics (racquetball in particular) are but a fleeting memory? Well, fear not, my aged amigos. Your forty-fifth year brings with it a stroke of good fortune (sorry about mentioning the word "stroke" to elder statesmen). You are now eligible for membership in one of the most exclusive groups of athletic also-rans in the entire free world. This is an organization so exclusive that neither Hogan or Yellen can join. They're not eligible, but you are because of one thing, age. You've got it and they don't (yet).

If you join the U.S. National Masters Association, you can become eligible for invitation to some of the most fun-filled racquetball tournaments you've ever attended. We have a singles and a doubles tournament each year in various exotic locations throughout the free world, like San Francisco, Dallas, Phoenix, Portland, Boston and Southern California. We try to mix up the sites for variety's sake and we try to hit a northern city in August (when it's warm) for doubles, and Phoenix or Southern California in February (when it's warm) for singles. That's another benefit of being included in our select group, plus you get to rub tennis elbows with the legendary greats of Metamucil racquetball.

If you think you'd be interested in joining our group, all you have to do is send a check for \$25.00 made out to Masters Racquetball to Paul Banales, Jr., 4201 N. 83rd Drive, Phoenix, Arizona 85037. This will cover dues for three years, which includes the cost of printing and mailing our tournament information, plus you'll receive a fantastic, newsy, witty newsletter three times a year, edited by none other than yours truly. The newsletter will be half and half; half news and half wit, which, come to think of it, describes the editor to a "tee."

We'd love to have an infusion of new blood (or is it new old tired blood?), and we can promise you a great opportunity to make new friends, play a lot of good competitive racquetball and have the most fun you could possibly have with your clothes on. Here's the 1991 schedule, and we hope to see you there!

February 20-23
Men's Singles — Santa Ana, California
February 28-March 06
Women's 35+ Invitational — Madison, Wisconsin
April 18-20
Men's/Women's Golden Masters (55+) — Indianapolis
Early August
Men's Doubles — Portland, Oregon

1990 WORLD SENIOR RACQUETBALL CHAMPIONSHIPS

by Jo Kenyon

The 1990 World Senior Racquetball Championships, sponsored by Ektelon and Penn were held in Albuquerque, New Mexico, September 5-8. The international tournament was designated as a U.S. National Racquetball Team fund-raiser, and the large turnout for the prestigious competition required that three separate sites be selected to co-host the event. They included the Academy Court Club, Tom Young's Athletic Club, and the Rio Grande Racquet & Fitness Center.

Of the 350 participants representing Brazil, Colombia, Cuba, Ireland, Mexico, Panama, Norway and the United States, 75 (21%) were women. U.S. players hailed from 39 states, including a father/son duo, Mel and Greg Brown, from Wenatchee, Washington. In all, entrants from all eight countries were distributed evenly throughout the 18 championship draws, which were seeded after a self-officiated round robin preliminary.

Over 1200 matches ran from 8:30 each morning until 11:00 at night, and in most divisions, two or three matches of 3 games to 11 were played back to back on Wednesday through Friday. In these preliminary rounds, total points were tallied with three bonus points awarded for each game won and seven additional points for each match won. With the exception of those divisions that were too small to form flights of at least five or more participants, the top eight players in each age division were placed in a single elimination championship medal round. In that round, played on Saturday, matches were played the best of three games to 15.

Medals were awarded to the top four finishers in divisions with eight or more entrants, with no playoffs for third place (both third and fourth place finishers received the bronze medal). The medals were presented, along

with special awards, at a banquet on Saturday night. Leo DiValentino of El Paso, Texas was chosen to receive the Al Wetherill Memorial Sportsmanship award, which is presented annually at the tournament, and the efforts and generosity of the many sponsors who contributed to the fund-raiser were also acknowledged. The presentations were followed by a raffle for the players and a very successful auction which raised \$4,000 for the U.S. Team.

Entrants received an Ektelon sweat suit, a Tackl-mac grip, a WristLacer, an Energy Bar and a souvenir medal commemorating the event in addition to many other amenities for participating in the tournament. Once again, senior players had the unique opportunity to compete with their peers, get an excellent workout, renew old acquaintances, form new friendships and enjoy the hospitality of the people of Albuquerque in a beautiful southwest setting.

MEN'S DIVISIONS: 35+ - Gary Mazaroff (NM) def. Craig Kunkel (CA); 40+ - Fielding Snow (WA) def. Tom Rall (CA); 45+ - Jeff Leon (Panama) def. Fred Letter (NJ); 50+ - Jerry Davis (OH) def. Jim McPherson (OK); 55+ - Arthur Johnson (CO) def. Paul Banales (AZ); 60+ - Harvey Clar (CA) def. Robert Johnson (CA); 65+ - Arthur Goss (CO) def. Jay Kaplan (CA); 70+ - Luzell Wilde (UT) def. Earl Acuff (NC); 75+ - Harmon Minor (CO) def. Joe Sawbridge (AZ).

WOMEN'S DIVISIONS: 35+ - Janet Myers (NC) def. Terry Latham (NM); 40+ - Carol Dattelman (PA) def. Merjean Kelley (CA); 45+ - Agatha Falso (FL) def. Sharon Hastings Welty (OR); 50+ - Kathy Mueller (MN) def. Sandy McPherson (OK); 55+ - Jo Kenyon (FL) def. Mary Walker (CA); 60+ - Bridin Mhaolagáin (Ireland) unchallenged; 65+ - Betty Mowry (NM) unchallenged; 70+ - Mary Low Acuff (NC) def. Eleanor Quackenbush (OR); 75+ - Zelda Friedland (NM) unchallenged.

THE LEGENDS...BECAUSE LIFE IS NOT A SPECTATOR SPORT

by Marty Kaminsky

Between games of his consolation match in the Ithaca Open Digital Legends division, 36 year old Tommy Thompson leans on a pole and watches John Mootz and Charlie Starr pound away at each other. Mootz, 46, powers the ball down the line past the dancing frame of the brawny 38 year old Starr. Somehow Starr reaches beyond his backhand and muscles a wrist shot kill to end the rally midway through game one of the Legends finals. Thompson, who'd lost to Starr an hour earlier, shakes his head in disbelief and bellows,

"The guy's a pterodactyl! You just can't get it by him." Mootz, too, seems stunned but quickly composes himself and the game continues.

No, these are not dinosaurs of the game, nor are they legends in their own minds. Through the initiative of Tom Murray, Courtside Racquet and Fitness operating manager, these are the Digital Legends. Though other sports have begun to promote senior tours and leagues, the concept of a separate Legends division is new to racquetball. Murray explains the idea, now in its fourth year, "There are a lot of older players who've given to the game. The Legends concept is my idea to help those who've helped the game."

Murray also sees another reason to promote the older age group players, corporate sponsorship. "People don't realize that their \$30.00 entry fee doesn't come close to covering tournament costs. We need corporate sponsorship such as Digital's. Immature behavior and poor court manners just alienate sponsors and doom tournaments. It's my opinion that the older players represent racquetball better because of their respect for their opponents, the officials and the game in general."

As a businessman and promoter, Murray is also aware of the rewards of giving something back to the racquetball community. "Not only does the Legends pay tribute to the players who've helped build the game," he asserts, "it also shows the non-athlete that he or she can go out there and play. How well you can stroke the ball, patience, understanding the game and intelligence are all areas of potential strength for an older participant. It's a lifetime sport."

With racquetball credentials from here to his hometown Syracuse, 43 year old Jim Winterton could not agree more. Propped on a stool surveying the Courtside scene, Winterton notes, "Life is not a spectator sport and I don't want to be a spectator. If you watch the pros or the top Open players you think, I can't do that. They do things mortal humans can't do. But if you watch the women or the age division players you realize that if you work on your conditioning and you stay on top of the game mentally, there's no reason you can't play into your eighties." In summary he adds, "I refereed a match in Houston between two 75 year olds and they really could play. Their grandchildren were cheering them on. Now that says something."

Staying mentally sharp is easier for Winterton than some. He's an eighth grade English teacher so mental

clarity is more a matter of self preservation. As a part-time racquetball coach of the AARA's Elite Training Camps in Colorado Springs, Colorado, he also works with future Olympians but it doesn't diminish his own desire to compete. "I physically can't do what I used to, but I still enjoy the competition."

When Winterton and radiologist John Mootz clash in the semi-finals they provide a textbook lesson on the nuances of mental warfare on the court. Using a multitude of pinches, disguised drive serves to the forehand, and well timed overhand kills, the two Legends mastermind a brilliant chess game. With his slender build, silver hair and mild manner John Mootz looks very little like an AARA Athlete of the Year and very much like ... well, a radiologist from Elmira, New York. He's a thinking man's player and capable of waxing philosophical off the court as well. "I rely more on strategy, shot making and deception. You can't improve much physically but you can definitely improve in the mental areas of the game. For those reasons," Mootz firmly states, "it's important to have a Legends division. The Open game is too fast for me. I don't stand much of a chance. My

handicap in the Legends is not as noticeable."

After losing the first game of the Digital Legends final 10-15, Mootz walks off the court with opponent Charlie Starr, shrugs his shoulders and smiles. No thrown racquets, grumbled profanities or obscene gestures for Gentleman John. Judging his reaction you'd think winning wasn't important. Earlier in the tournament Mootz dispelled that myth for me. "Older players tend to suppress their egos more. A lot of them will deny that they want to win. It matters though, the guy who wants to win goes for it more." As he readies himself for game two with Starr, Mootz' eye reflect his intentions. Game two will be no walk in the park.

Charlie Starr of Binghamton, New York is accustomed to walking in the park. In addition to owning the Oakdale Racquet and Health Club, he's a full fledged dog trainer. Perhaps his thick arms, broad shoulders and muscular chest confirm that pulling the leash should be the vanguard of racquetball conditioning programs. As Starr admits to his peers that he's not in top shape, Winterton, Mootz and the other Legends roll their eyes and moan in mock sympathy. He says he's 38 but Starr's sturdy body looks a solid 25. "I haven't made any concessions to age," Starr informs me. "I feel as good now as I did ten years ago but to play a tournament Open player, well ... I can play at least one good match but by the second round there's nothing left. I can't sustain the level of play like I used to. The younger players take the game more seriously, it's their life. To me it's fun and a good workout. I don't have the time anymore to maintain that mental edge."

Although Charlie Starr wins game two of the Digital Legends finals and collects the \$250.00 first prize for his efforts, he walks off the court with renewed admiration for John Mootz. "Age is the great equalizer," the victorious Starr notes. "John plays so intelligently. He's getting better all the time."

Wearing the racquetball player's badges of honor, the matching black and blue bull's eyes on each thigh, John Mootz leaves this Legends match with another lesson learned. "Everytime I play Charlie I learn more, it's fun. I'll do things a bit differently next time," he warns. Packing his sweat soaked gloves and socks Mootz looks up slowly and says, "I kept passing him and telling myself, it's by him, it's by him, and somehow he'd reach back and get it every time."

From a nearby chair a fatigued but irrepressible

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Tommy Thompson leans forward and roars, "Pterodactyl! What'd I tell you? Starr's a pterodactyl."

[Marty Kaminski is a Legends competitor and an A-level player. A freelance writer and third grade teacher from Ithaca, New York, his work has appeared in Sports Illustrated for Kids, Faces Magazine, Prime Times and the Gannett newspapers Leisure section.]

Here are the answers to the questions from the National Referee Certification Exam which are discussed in "What's the Call?" on page 10.

1. This is a bit tricky! The correct answer is "false." If either the server or his partner cross the short line before the ball does, then it is an out serve because there has been a receiving line violation and not just a foot fault. See rule 4.11(k) in the AARA's Official Rulebook.

2. The correct answer is "C." A player can take up to a total of 15 minutes in whatever increments are necessary to overcome the effects of one or more injuries that occur during a match. But the total time taken during the match may not exceed 15 minutes no matter how many injuries occur. Note also that the "injury" must be the result of some physical contact and not be a pre-existing condition from before the match. See rule 4.17(b).

3. The correct answer is "A." It is important to note that the rule states that it must be obvious that the ball does NOT have the velocity or direction to reach the front wall. So, if there is any doubt, as there apparently is in this case, then hinder would be proper call. Although this is a judgment call, since the referee "isn't sure," the proper call in this case is hinder and the rally should be replayed. See rule 4.15(a)(2) in the rulebook.

So, how'd you do? Are you ready to take the entire 100 question examination? If so, contact your state director to find out how you can go about becoming a certified referee.

RACQUETBALL INSIDER

Broncos Star Signs with AARA

Jim Turner, former kicker for the Denver Broncos, has signed on as an official commentator for the 1991 series of AARA National Championship television broadcasts. Turner will anchor the telecasts, which are produced by Event Broadcast Productions and distributed via cable nationwide. As a sportscaster and radio personality, Turner's experience promises to bring a new dimension to televised racquetball action.

Penn Selected as Official Ball of the AARA

The AARA Board of Directors has selected the Penn ball as the official ball of the AARA for 1991. The Penn ball will be used in all AARA regional and national events. In addition, Penn has greatly enhanced its state championship package for AARA state affiliates. The award of "official status" to the Penn ball in 1991 makes the ninth straight year that Penn has earned the distinction while supporting amateur racquetball in the U.S.

Ektelon Becomes Official Sponsor of the AARA

Ektelon reaffirmed its continued support of amateur racquetball by extending its sponsorship contract with the AARA through 1992. Breaking with past traditions of sponsorship, Ektelon became the first official sponsor of the entire association, rather than that of specific, individual events of the AARA.

Atlanta Games a Plus for Racquetball

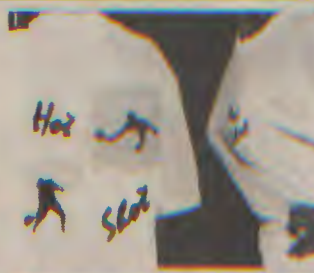
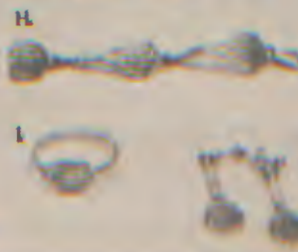
When Atlanta was chosen as the site for the 1996 Olympic Games at the International Olympic Committee

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session in Tokyo, Japan, the chances for racquetball to make its break into the Games improved dramatically. "Racquetball's odds for inclusion in the Games went from 1000 to 1 to 10 to 1 with Atlanta's selection," stated Luke St. Onge, Executive Director of the AARA. "We still have a long way to go before we are accepted, but at least we have an outside chance now."

AARA Executive Director and IOC President Meet

Juan Antonio Samaranch, the most influential man in the sports world, recently visited the United States Olympic Committee in Colorado Springs. During his short visit, Luke St. Onge, representing both the AARA and the IRF, had a rare chance to meet with Mr. Samaranch regarding the inclusion of racquetball in future Olympic Games.

Pan Am Dignitary Visits IRF Headquarters

Mario Vazquez-Rana, President of the Pan American Sports Organization, recently took time out of his busy schedule to visit the International Racquetball Federation world headquarters in Colorado Springs, where he met with IRF officials regarding racquetball's continued involvement in the Pan American Games. The Pan American Games are second only to the Olympics in importance as a multi-sport international competition.



IRF FLAG PRESENTED: Julie Tate and Luke St. Onge present the International Racquetball Federation flag to visiting Pan Am dignitary, Mario Vasquez-Rana. Rana visited the IRF headquarters in Colorado Springs in September.

Central American Caribbean Games

In another historic step toward the Olympic program, racquetball has been included as a full medal sport in the 1991 Central American Caribbean Games to be held in Mexico City, November 22-29th. The racquetball venue will be in San Luis Potosi, 200 miles northeast of Mexico City.

Racquetball Invited to First Hawaii Pacific Games

Racquetball has been invited to participate in the first Hawaii Pacific Games slated for Honolulu, June 1-10 1991. The top ten teams in the World have been invited along with South Korea. Five sports, including racquetball, have been invited for 1991 and in 1993, competition in 27 sports from the summer Olympic program will be held.

AARA Announces International Challenge Series

The U.S. Olympic Training Center will host the second Challenge Series between the United States, Canada and Mexico August 16-18th in Colorado Springs. Finals of the men's and women's open singles will be televised from the Lynmar Racquet & Health Club and broadcast on Prime Network.

New U.S. Racquetball Team Coach Named

Jim Winterton of Syracuse, New York was recently selected as the new U.S. Team head coach from a field of seven highly-qualified applicants. Involved with the sport since 1972 as both a competitor and coach, Winterton has been an instructor at the AARA Elite Training Camps, held at the U.S. Olympic Training Center, for the past six years. A full-time teacher and football coach in Syracuse, Winterton was "pleasantly surprised and flattered" by the appointment. As the new head coach, his first duties will include choosing an Assistant Coach and assisting in the selection of a Team Leader and Team Manager to round out the coaching staff.

Leadership Conference Filling Up

Reserved spots for state and regional directors at the annual AARA Leadership Conference are going fast. Up to two representatives from each state are invited to participate in the three day conference, which is held annually at the U.S. Olympic Training Center. The 1991 meeting will be the fifth and most exciting seminar to date, with a series of speakers who will address organizational issues, accounting procedures, publishing and media relations. State and regional directors have the details on attending, and reservations should be confirmed as soon as possible since space is "first come, first served."

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wristband make up a closure
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They're the official gloves of the
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Calkins Named Racquetball Coordinator for USOF '91

Keith Calkins, President of the AARA, has been named the '91 U.S. Olympic Festival local coordinator for racquetball. In Los Angeles next July, racquetball will make its third appearance as a full medal sport at an Olympic Festival.

U.S. Team Committee Issues Probations

Several members of the U.S. Racquetball Team were put on a one-year probation for infractions reported following the U.S. Olympic Festival and the IRF World Championships. After investigation of the incidents and thorough reviews of each case, players cited for policy violations were given the opportunity to appeal. In response to the disciplinary action, the AARA Board of Directors voted at the October meeting to exclude any U.S. Team member on probation from consideration for annual honors, such as the "Athlete of the Year" award.

Said Luke St. Onge, AARA Executive Director, "The rapid growth of our sport, as well as our new USOC opportunities, requires that we re-examine the responsibilities of the U.S. Team. This year we plan to clarify our policies and make sure that we provide our players with the guidance they need to make the most out of being a team member."

PARI TIP: The Forehand

by Fran Davis

In the September issue I gave you an overview and we introduced the concept of building your racquetball game as if you were building or constructing your dream house. If you recall it is a step by step process in which one step is dependent on the next. Let's quickly review:

Foundation = Strokes

Frame = Strategy/Court Position

Roof = Serves/Returns

Windows/Doors = Mental/Visualization

Accessories = Nutrition/Training

Today we will begin building our racquetball game from the ground up, starting with the foundation, step #1, the forehand stroke. Good luck and pay close attention, since each issue will bring you one step closer to your perfect racquetball game.

Strokes are your bread and butter. Without effective consistent strokes your game will be erratic and you will

be unable to reach your potential. The key word here is **CONSISTENCY**. To assist you in gaining consistency I'd like you to take a moment and imagine four vivid pictures in your mind:

1. Darryl Strawberry at the plate swinging a bat, or
2. Ozzie Smith throwing a ball sidearm to first base, or
3. You skipping a rock at the lake, or
4. Fran Davis hitting a perfect forehand

As we brought out in the last issue, I will be using analogies and visualization techniques like this one to assist you in learning the skill properly. All four of the actions listed above use the same basic technique.

At this time I will use photos, with explanations, to illustrate the proper forehand stroke mechanics so you too can be fundamentally sound.

1. Stand square to side wall
2. Feet slightly wider than shoulder width apart, good power base
3. Knees slightly flexed and relaxed
4. Upper body erect/shoulder level (do not bend at the waist)
5. Good racquet prep, elbow in line with shoulder or higher
6. Weight evenly distributed
7. Eyes on ball
8. Grip, shake hands with racquet - "V" on top part of racquet and no part of hand off the racquet



9. Step forward toward front wall - weight transfer
10. Leg and hip rotation begins
11. Back leg bends 90 degrees, back foot rotates (on ball off foot)
12. Upper body begins to rotate - shoulder, arm, elbow, wrist, racquet sequence
13. Contact point - big toe inner thigh, below knee of lead foot
14. Racquet flat and level
15. Arm at full extension, elbow away from body



(Continued, page 30)

AARA SANCTIONED COMPETITIVE EVENTS CALENDAR

November 15

Academy Awards
Academy Court Club
Albuquerque, NM 505/884-5555

Coca-Cola Court Challenge
Concourse Athletic Club
Atlanta, GA 404/598-2000

Courtesy Sports Championships
Courtesy Sports
Mt. View, CA 415/968-7970

2nd Bruce Hatfield Memorial
Memorial Athletic Club
Houston, TX 713/497-7570

November 16

All City Tournament
Four Seasons Health Club
S. Sioux City, NE 402/494-3500

First Coast Classic
Racquetpower
Jacksonville, FL 904/268-8888

Fowl Frolic
North Hills Athletic Club
Menomonee, WI 414/251-1420

Grandy's Contel Cellular
Tri-State Athletic Club
Evansville, IN 812/479-3111

Holiday Classic
The Pennbriar
Erie, PA 814/625-8111

Midwest Pro-Am Invitational
Northgate Racquet Club
Rochester, MN 507/251-1551

ORA Doubles Championships
Marion Health & Racquet Club
Marion, OH 614/548-4188

Roll-Out
Rock Springs Recreation
Rock Springs, WY 307/382-3265

Super Seven #3
Davison Racquet Club
Davison, MI 313/239-4130

The Physical Edge Fall Open
Physical Edge Athletic Club
Plano, TX 214/518-3343

The Turkey Gobbler Open, Alpha
RB & Fitness Club, Mechan-
icsburg, PA 717/763-7800

The Turkey Shoot-Out
The Olympiad Health & Fitness
So. Burlington, VT 802/863-4299

Turkey Shoot
Sports Club of Asheville
Asheville, NC 704/252-0222

Turkey Shoot
Aero-B Fit Sports Center
Nashville, TN 615/832-7529

TurkeyFest '90
Merrymeeting HFC
Topsham, ME 207/729-0129

West Virginia State Singles
Marshall University
Huntington, WV 304/696-2942

2nd Senior/Master Doubles
Lynmar Racquet & Health Club
Colorado Springs, CO 719/535-5395

5th Annual Fall Classic
Track & Racquet Club
Fayetteville, NY 315/446-3141

6th Annual Gobbler Shoot-Out
Glen Falls YMCA
Glen Falls, NY 518/793-3878

November 23
Regency Open
Regency Courts
Wilson, NC 919/291-7675

Thanksgiving Pro-Am Classic
Mankato Athletic Club
Mankato, MN 507/345-8833

November 29
Gold River Winter Classic
Gold River Racquet Club, Rancho
Cordova, CA 916/638-7001

Vintage Development
Lynmar Racquet & Health Club
Colorado Springs, CO 719/598-4089

10th Annual Freezeout
Auburn YMCA
Auburn, NY 315/255-1242

10th Annual Holiday Classic
Dupage Racquet & Fitness
Addison, IL 708/543-9200

November 30
CAC Holiday Open
Columbia Athletic Club
Kirkland, WA 206/821-0882

Christmas Classic
The Classic Athletic Club
Lyndhurst, NJ 201/612-9534

Cottonwood Club Tournament
Cottonwood Club
Lincoln, NE 402/475-3386

Fitness Plus Racquetball Open
Fitness Plus
Johnstown, PA 814/288-5040

Flag City Open
Findlay Health & Racquet Club
Findlay, OH 419/424-1970

Greater Cincy City Doubles
Mid-Town Athletic Club
Cincinnati, OH 413/351-3000

Holiday Classic
Racquet's Edge
Essex Jct., VT 802/879-7734

North Platte Tournament
North Platte Recreation Complex
North Platte, NE 308/534-4770

Omni Sports Club Open
Omni Sports Club, Winston-
Salem, NC 919/760-3663

Reindeer Open Classic
West Allis Athletic Club/West Allis,
WI 414/312-2500

Superstars Classic, Northeast
Racquetball Club, Columbia
Heights, MN 612/572-0330

X-Mas Cash Classic
Holiday Health & Fitness
Bangor, ME 207/947-0763

Santa Claus Racquetball Classic
Merritt Athletic Club - Security
Baltimore, MD 301/298-8700

2nd Rich Wagner Splat Shot
Tournament House
Riverside, CA 714/682-7511

December 7
ARC at Courts Plus
New Bern, NC 919/633-2221

Cascade Holiday Open
Wenatchee Swim & Tennis Club
Wenatchee, WA 509/662-3544

Holiday Classic at Sports Barn
Chattanooga, TN 615/266-1125

Holiday Classic Pro-Am
Moore Lake Racquet & Swim
Fridley, MN 612/377-5779

Holiday Invitational
Mariner Square Athletic Club
Alameda, CA 415/523-8011

Holiday Magic Tourney
Westerville Athletic Club
Columbus, OH 614/882-7331

INSRA State Doubles
Court Club
Indianapolis, IN 317/255-7730

Jones Intercable
Bally Health & Fitness
Tampa, FL 813/877-6805

Silverlake Open
Silverlake Country Club
Orland Park, IL 708/339-9329

Snowball C/D/Novice
Highpoint Racquet & Swim Club
Albuquerque, NM 505/293-5820

Tri-City Championships
Grand Island YMCA
Grand Island, NE 308/384-8181

3rd Annual Hemet Open
Hemet Racquetball Club
Hemet, CA 714/652-4304

December 13
Holiday Classic
Lakewood Athletic Club
Lakewood, CO 303/422-5703

Veteran's Invitational
Woodfield Racquet Club
Schaumburg, IL 708/884-0678

December 14
Amax Coal
Campbell Recreation Center
Gillette, WY 307/628-8527

Bud Light Classic
Club Vita
Jackson, TN 901/668-9243

Coors Light Series #4
13th Street Racquet Club
Cleveland, OH 614/548-4188

Holiday Doubles Tournament
Harbor Square Athletic Club
Edmonds, WA 206/778-3546

Holiday Tournament
Ft. Myers Athletic Club
Ft. Myers, FL 813/275-1990

Super Seven #4
Backwall Club, Madison Heights,
MI 313/239-4130

Holiday Tournament
St. Andrews Family Rec. Ctr
Charleston, SC 803/571-7889

December 15

The Kristy Kringle Tournament
The Lincoln Racquet Club
Lincoln, NE 402/423-2511

December 17

1990 WORLD JUNIOR ORANGE
BOWL, Miami Lakes Athletic Club
Miami Lakes, FL 305/662-1210

January 3

Coors Light Open
Sports Courts Omaha
Omaha, NE 402/399-0410

January 4

City Mattress Open
Congress Park Athletic Club
Centerville, OH 614/548-4188

Gaston County YMCA Open
Gaston County YMCA
Gastonia, NC 704/866-8551

Special K Racquetball Series #2
Severance Ath.Club, Cleveland
Heights, OH 216/247-7549

Team Minnesota Benefit Pro-Am
Northgate Racquet Club
Rochester, MN 507/281-1551

13th Indy Open
Indiana Athletic Club
Noblesville, IN 317/776-0224

2nd Racquettime Rollout '91
Racquettime Health Club
Livonia, MI 313/891-1212

January 9

13th Ralph Schomp/DAC
The Denver Athletic Club
Denver, CO 303/534-4274

January 10

5th Annual Martha McGrew Open
Supreme Courts
Memphis, TN 901/794-2288

New Mexico Invitational
Tom Young's Athletic Club
Albuquerque, NM 505/889-9433

January 11

"Best of the Best" Tournament
Federal Way Athletic Club
Federal Way, WA 206/941-5990

"Chilly" Open
LifeCenter Plus
Hudson, OH 216/655-2377

Dyna-Jet
Campbell Recreation Center
Gillette, WY 307/682-8527

Gail Singer Memorial
Manchester Court Club
Manchester, NH 603/658-8375

January Jubilee
Court House Racquet Club
Florence, AL 205/764-0034

Pittsburgh Open
Racquet Club of Monroeville
Monroeville, PA 412/856-3930

Rollout the New Year
Alamance Racquet & Fitness
Burlington, NC 919/227-6565

Super Seven #5
Grand Rapids Area
Grand Rapids, MI 313/239-4130

Tri-State Open
The Health & Racquet Club
East Brunswick, NJ 201/257-7507

Winter Classic
Southridge RB & Fitness Club
Greenfield, WI 414/421-5770

4th Annual Hall of Fame Tourn.
Greenway Athletic Club
Minneapolis, MN 612/343-3131

1990 REGIONAL CHAMPIONSHIP SERIES

Adult competitors must participate in one of the listed regional championships in order to qualify for the Ektelon/U.S. National Singles Championships (Houston: May 22-27). Junior competitors must participate in one of the junior regional events to qualify for the Junior Olympic Championships (Burnsville: June 22-26).

Region 1/Juniors: March 15-17
Auburn Health & Racquet Club
Auburn, MA 616-832-3236

Region 1/Adults: April 11-13
New England Health & Racquet
East Providence, RI 02914-1203

Region 2/Combined: April 5-7
King George/The Racquets Club
Greenbrook, NJ 201/612-9534

Region 3/Combined: April 27-29
Ultimate Racquet & Fitness Ctr
Philadelphia, PA 215/969-6600

Region 4/Adults: March 22-24
Atlanta Sporting Club
Atlanta, GA 404/636-7575

Region 4/Juniors: April 26-28
Southern Athletic Club
Lilburn, GA 404/923-5400

Region 5/Adults: April 5-7
Sportsplex East
Birmingham, AL 205/760-1121

Region 5/Juniors: May 4-5
Aerob A Fit Sports Center
Nashville, TN 615/632-7529

Region 6/Combined: April 19-21
The Athletic Club
Overland Park, KS 66212

Region 7/Combined: April 12-14
Racquetball & Fitness Clubs
San Antonio, TX 512/344-8596

Region 8/Adults: March 21-23
Site TBA

Region 8/Juniors: May 2-5
Glass Court/Lombard, IL 312/
539-4015

Region 9/Combined: Feb. 22-24
Mt. Clemens RB & SportCenter
Mt. Clemens, MI 517/867-0459

Region 10/Combined: Mar. 15-17
Court Club
Indianapolis, IN 317/926-2766

Region 11/Adults: April 5-7
Arena Health Club
Minneapolis, MN 507/257-3352

Region 11/Juniors: May 10-12
Northgate Racquet Club
Rochester, Minn. 507/281-1551

Region 12/Adults: April 17-20
Sports Mall
Salt Lake City, UT 801/261-3426

Region 12/Juniors: May 5-6
Denver Athletic Club
Denver, CO 303/534-1211

Region 13/Combined: April 26-28
Campbell County Parks & Rec
Gillette, WY 307/682-8527

Region 14/Adults: March 21-23
Racquetball World
Santa Ana, CA 714/972-2999

Region 14/Juniors: April 26-28
Racquetball World, Fountain
Valley, CA 714/962-1347

Region 15/Adults: April 19-22
The Court House
Boise, ID 208/377-0040

Region 15/Juniors: May 17-19
Cascade Athletic Club
Gresham, OR 503/665-4142

Region 17/Combined: April 26-28
Charlotte Racquetball & Health
Charlotte, NC 704/521-8048

AARA REGIONS -

- 1: CT, NH, ME, MA, RI, VT
- 2: NJ, NY
- 3: DE, D.C., MD, PA, VA
- 4: FL, GA
- 5: AL, MS, TN
- 6: AK, KS, MO, OK
- 7: LA, TX
- 8: IL, IA, WI
- 9: MI, OH, WV
- 10: IN, KY
- 11: MN, NE, ND, SD
- 12: AZ, CO, NM, UT
- 13: MT, WY
- 14: CA, HI, NV
- 15: AK, ID, OR, WA
- 16: Europe
- 17: NC and SC

Ektelon U.S. National High School Championships Return to St. Louis

The Ektelon U.S. National High School Championships will return to the **South Hampshire Racquet Club in St. Louis on March 7-10**. Team and individual titles will be awarded, and "first string" winners will be appointed to the first ever "Junior Team USA." Look for an application to the event in the next issue of Racquetball USA.

16. Weight back to even distribution
17. Toe of front foot points toward corner, toe of back foot points toward front wall (on ball of foot)
18. Belly button and shoulder face front wall
19. Shoulders level, upper body erect
20. Racquet moves across body at least 180 degrees from point of contact
21. Non-hitting arm out of way and rotates
22. Hold your pose, totally balanced



The progression of muscle movements is one of the keys to a nice consistent, smooth stroke.

All the muscles, legs, hips, lats, shoulders, arms, and wrist have to move within milliseconds of each other. Remember if you are having trouble with your forehand stroke, just close your eyes and see yourself in the batter's box with bases loaded hitting a grand slam, or on the softball field throwing a double play, or at the lake skipping a rock across the water, or seeing Fran on the court hitting the perfect forehand. Use whichever visual technique works best for you and before you know it you will be adding more power, control and consistency into your swing.

Stay tuned for the next issue: the BACKHAND

PRO UPDATE

Men's Professional Racquetball Association

At the 1990 MPRA Halloween Pro-Am in Schaumburg, Illinois, local powerhouse Tim Sweeney of Chicago upset top-ranked Egan Inoue of Honolulu, Hawaii in four games. Advancing from the #4 seed position in the full round of 32, Sweeney defeated Jack Newman, Dave Johnson, Dan Obremski and Ruben Gonzalez before taking the final from Inoue in another four-game match of 11-9, 11-4, 9-11, 11-9. Sweeney was the only one of the top-four seeded players to reach the semi-finals.

In the bottom half of the draw, Inoue, who took over the #1 MPRA ranking earlier in the season, defeated Chris Wright, Woody Clouse, Tim Doyle and Andy Roberts before losing to Sweeney in the final.

MPRA TOP-TEN RANKINGS

1. Egan Inoue, Hawaii
2. Mike Ray, Tennessee
3. Dave Johnson, California
4. Ruben Gonzalez, New York
5. Tim Doyle, California
6. Andy Roberts, Tennessee
7. Drew Kachtik, Texas
8. Dan Obremski, Pennsylvania
9. Corey Brysman, Oregon
10. Brian Hawkes, California

Women's Professional Racquetball Association

Penn Racquet Sports has signed on as the title sponsor for a five event WPRA "Penn Professional Series" in 1991.

**** PENN PROFESSIONAL SERIES ****

February 1-3 in Atlanta

Pizza Hut Racquetball Challenge -- Triple Crown Event #1
Diet Pepsi Bonus Event, Caryn McKinney, 404/636-7575

February 14-17 in St. Louis

Olive Garden St. Louis Pro-Am, Lauren Sheprow, 314/962-3819

February 23-26 in Anchorage

Silver Racquet Pro-Am, Jay Wistoff 907/562-2460

March 7-10 in Philadelphia

1990 Grand Slam -- Triple Crown Event #2

Diet Pepsi Bonus Event, Molly O'Brien, 215/723-7356

May 9-12 in Baltimore

1991 Diet Pepsi WPRA Nationals -- Triple Crown Event #3

Diet Pepsi Bonus Event, Molly O'Brien, 215/723-7356

**** ADDITIONAL WPRA STOPS ****

January 17-20 in Los Angeles

Ektelon Winter Classic -- Racquetball World, Santa Ana
Jim Carson, 714/972-2999

April 11-14 in San Francisco

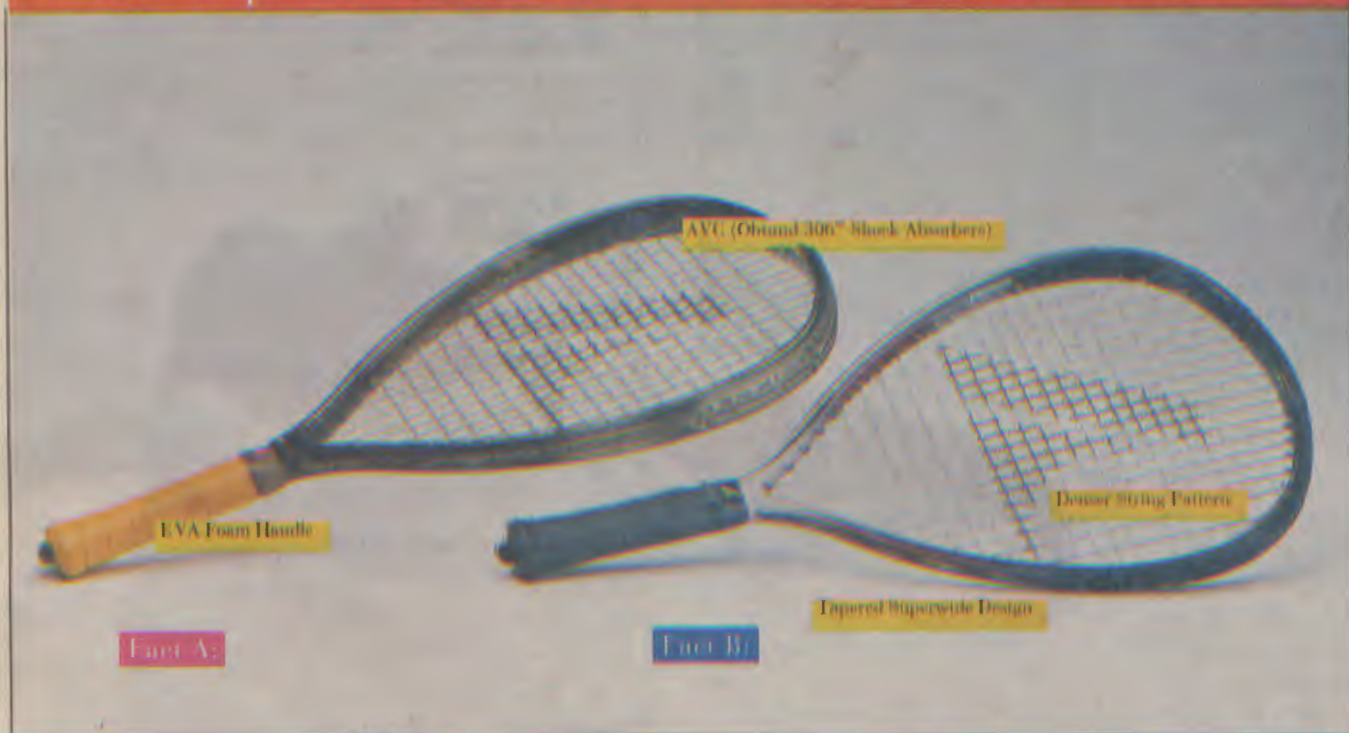
California Open -- What A Racquet, Colma
Nestor Fernandez, 415/994-9080

WPRA TOP-TEN RANKINGS

1. Lynn Adams, California
2. Michelle Gilman, Oregon
3. Caryn McKinney, Georgia
4. Toni Bevelock, California
5. Kaye Kuhfeld, Indiana
6. Malia Bailey, Virginia
7. Molly O'Brien, Pennsylvania
8. Jackie Paraiso, California
9. Dottie Fischl, Pennsylvania
10. Chris Evon, California

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What a polite name for such a brutal instrument.



Warning: There is not so much as a trace of compassion in either of our Presence Series racquets from the Marty Hogan Racquetball Division of Pro-Kennex. If your style of play is to show no mercy, these are your tools of total humiliation.

Fact A: The Graphite Presence 31 is the most powerful oversize racquet in the sport; its cold-hearted aggressiveness fathered by an ultra stiff composition of 90% SpiralTech™ (a compression-molded sleeve of tightly woven, high modulus graphite over a graphite and fiberglass core) and 10% fiberglass.

Fact B: Our Composite Presence 31 bristles with the same ruthless character, but offers more flex — with a relatively forgiving soul of 70% high modulus graphite and 30% fiberglass.

All of this might lead you to believe that a Presence 31 racquet might turn on its own master.

Not so. You're in complete control.

With a head light, superwide teardrop taper, and 94 square inches of densely strung surface, each Presence racquet weighs in at just 225 grams. Our AVC (Anti-Vibration Component) System, with Obtund™ 306 Shock Absorbers at all four points of the central string grid, devours vibration and trampolining.

And the EVA foam handle guarantees a comfortable grip that minimizes arm fatigue.

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