

RACQUETBALL

Magazine - November/December 1995 - \$4.00

PLAYING HURT...

**No pain, no
gain? Find out
what motivates
us to play
through injury.**

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[Wow!]

"Nice Serve Cliff!"

[Was that a serve or a missile!]

"Nice Serve Cliff!"

[Had to be a wetball serve!]

"Nice Serve Cliff!"

[Maybe the video caught it?]

"Nice Serve Cliff!"

[This is getting old fast!]

"Nice Serve Cliff!"

[Okay, I'm just gonna guess!]

"Nice Serve Cliff."

[Guess again!]

"Nice Serve Cliff."

[Hey got a piece!]

"Nice Serve Cliff."

[Is this double elimination?]

"Nice Serve Cliff."

[This Sucks!]

"Nice Serve Cliff."

[I suck!]

"Nice Serve Cliff."

[Great, I choked one back!]

"Nice Serve Cliff."

[This just eats the big one!]

"Nice Serve Cliff."

[I'm not even gonna get to serve!]

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[Jerk!]



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from the editor

Just in case any of you were wondering if there were any method to this madness, I thought you might like an inside look at our last-minute countdown to this issue ...

I've typed this editorial directly into the layout program (*I've given it just that much thought*) since the disk is already overdue at its pre-press destination across town. (*No, I don't necessarily go from front to back – so what if this is on the first page?!*) I'm suspected of being too sensitive about my editorial, since no one gets to see it beforehand but, in truth, it's just that I procrastinate with the best of them ...

It's Monday and I'm due at national doubles in Phoenix bright and early tomorrow. But first this issue had to be "put to bed," so this past weekend was filled with countless, quiet hours parked before the PC-temple, silently dreading "application error" messages from the ROM gods.

Before that, overcome with the desire to make changes, I toyed with some design suggestions that I just *had* to incorporate right away. So, those took a little while to get up and running. Then, there were those extra eight pages we added to this issue ...

Yep. Bigger, better, more demanding and complicated each time we go to press – that's our aim. But at least it's kept my mind off the holidays (*approaching like a runaway train*) and kept me from offering up my standard, maudlin reflection of yet another year gone by (*traditionally seen in this space*).

Still, there's time and room to at least slip in an abbreviated version of my favorite reminders:

- Use this gift-giving season as an excuse to buy prescription eyeguards for your near- or far-sighted loved-ones, and ...

- Please remember to thank our advertisers with your support in '96, since they truly make each issue of RACQUETBALL Magazine possible, and ...

- Accept our very best wishes for your peace, prosperity, good health and great racquetball – all throughout the year!

The disk has left the building ...



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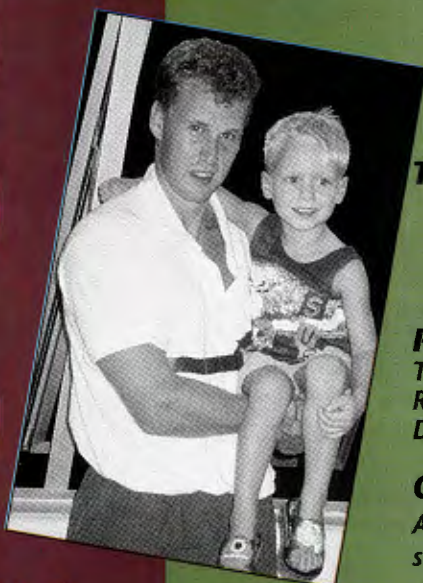
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This page: U.S. Team ambassadors in Asia ... (top) Brian Rankin in Japan; (middle) Malia Bailey in Australia; (bottom) Dan Fowler in Guam. Photos: Luke St. Onge.

ON THE COVER

A sketch by Kevin Cordtz shows what you might be likely to strain, pull, wrench, or otherwise injure on the racquetball court, to illustrate our feature story "Playing Hurt" by Dr. Rhett Rainey (on page 8).

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November - December 1995

reader forum

FAULT FINDING

In this spring's edition of *KILLSHOT* magazine Aaron Katz stated that "The AARA certainly has to bear some of the burden" for the problems of "grass roots" racquetball. He maintains that the AARA incorrectly focuses on the "Olympic picture" at the expense of involving itself with the local clubs.

It is my feeling that the AARA needs to continue pursuing the "Olympic picture" to provide opportunities for advanced players. The fantastic job the AARA does with its adult and junior national teams spreads racquetball throughout the planet! Also, the "Olympic picture" will expand the perception of racquetball to the general public and media as it has done for other sports.

I believe that changes at the "grass roots" should and must come from those of us who play the game, compete in tournaments and now have children old enough to play. If ten percent of today's players took their children to compete in tournaments, organized junior playdays, etc. the debate over responsibility for growth in racquetball would become a moot point.

Each individual player needs to take the time to introduce this game to their children. I realize that kids today have a variety of sports opportunities. This is not a situation, however, where children need to choose between commitments. Introduce your child to racquetball. Fit it into his/her life and yours. They will

then have background in a sport that they can pursue for the rest of their adult lives. Racquetball will grow when parents take the time to introduce their children to this great sport!

Harvey Brannigan
Sagle, Idaho

HAWAIIAN TRIBUTE

Wish I'd thought of sending you the attached clipping sooner, but it wasn't until I saw your magazine at the house that it occurred to me. This is a story that's got to be told, both for the sport and for the human interest. It's one I'm not good enough a writer to tell, but a quick read of the latest issue shows you've got plenty of talent around.

Mr Ho, the only way my son Ben ever called him, died a couple of months ago just days before another of his successful tournaments began. Along with a buddy who talked Ben into coming to the court, Mr. Ho had the biggest influence on making a gym jock out of what had been, pretty much, a couch potato.

While no longer a player myself (back and elbow injuries), I occasionally came to the gym and saw Mr. Ho on a court, usually with children from five to fifteen, patiently teaching them the game the right way from the start. He was a warm-hearted gentleman in every sense of the word who left us much too soon.

Please assign one of your writers to do an article on this man. His influence on Hawaiian racquetball is immense.

(And by the way, I'm not sure I saw the word "Hawaii" anywhere in your last issue. Yet our courts at the Schofield Barracks Fitness Center are often used for statewide tournaments and I've seen some unbelievable players here. As we might say, How cum nutting?)

Steve Kohn
Wahiawa, HI

[Ed: This is the first letter we've received from Hawaii in quite some time, and we'd love to hear more — so feel free to keep us informed about racquetball on the Emerald Isle... Unfortunately, we were unable to obtain permission to reprint the article about Mr. Ho, but his picture is printed below, courtesy of Mr. Kohn]



**WHERE YOU PLAY IS STILL 20X40.
BUT HOW YOU PLAY HAS CHANGED FOREVER.**



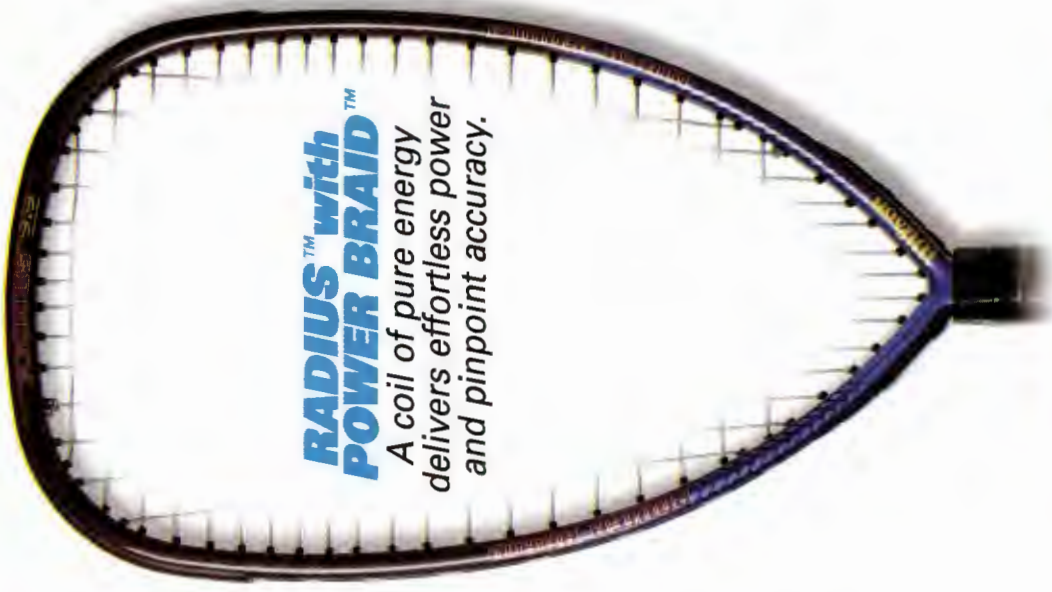
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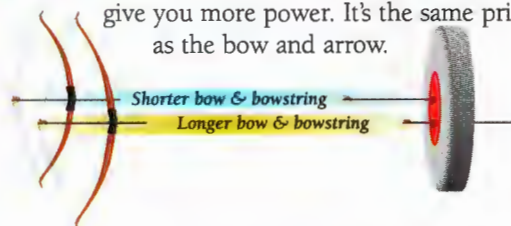
■ traditional mainstring length
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Chaos 190g

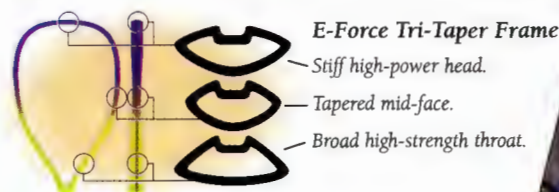
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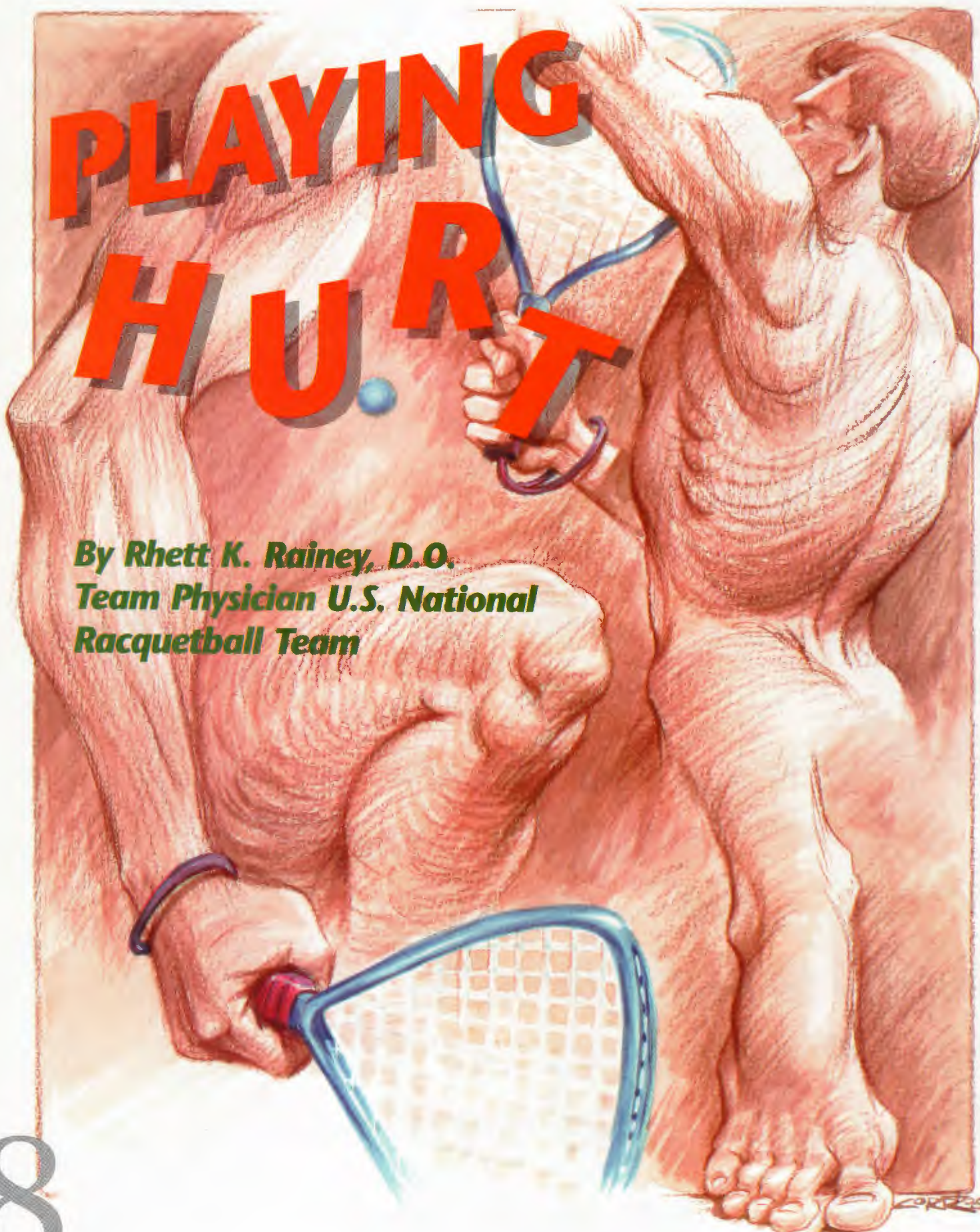
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to E-Force
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racquets with
in-your-face
power.**

PLAYING HURT



**By Rhett K. Rainey, D.O.
Team Physician U.S. National
Racquetball Team**

Why do some athletes play when injured, while others choose not to? What are the motivations and reasons for human beings to participate in sport while ailing? What are the differences between recreational, collegiate, and professional athletes? What are the psycho-social reasons athletes play injured? Answers to these questions may help us to understand people and what makes them tick ...

An advertisement for Cal Ripken's batting glove struck a chord with me — *"You see your name on the line-up card and you can hardly believe it. You realize that this is what all those games of pepper with your dad were for. So you play your first game, and your second, and third. You just keep playing them one at a time, running out every ground ball, enduring the foul tips off your instep and the boredom of the rainouts and the nagging bumps and bruises that come with playing the game hard, the way it was meant to be played. Suddenly, all those games you played one at a time add up to 2,131. Kids who weren't even born the day the streak began want to be there the day you break the record. Your old teammates make plans to be there and your family, also. But the surest thing of all is that you'll be there, after all, there's a game that day."*

That pretty much sums up one man's courage and love for the game. You can bet that

over 13 years of playing baseball day in and day out, Cal Ripken played with injury.

By contrast, an article in the Sporting News in 1991 entitled "No Longer Playing Hurt" blames free agency, rich contracts, and softer athletes for mushrooming disabled lists. This article cites lack of incentive, lack of character, medical conservatism and lofty attitudes as reasons why baseball players with rich contracts stop playing hurt and opt to go on disabled lists. Many of today's pro players may not push as hard because they don't feel as vulnerable as in the past. With multi-year contracts they are still paid, whether they play or not. It used to be if you told your coach you were hurt, you'd be taken out of the game and you wouldn't know when you would play again. Then, nobody wanted to play a backup role.

Again, in contrast, Cal Ripken has a hefty multi-year

contract but still plays, no matter what. Why did he do it and why do we do it?

When I was asked to write this article, I thought for a while and decided how appropriate it was for me since I play hurt most of the time and I suspect a lot of other athletes do too. To prepare, I went to the medical library to do a literature search and found that virtually nothing has been written on this subject. So the question is an intriguing one. Why do we play hurt and what motivates us to do so?

For myself I have an unstable degenerative segment in my lumbar spine. My symptoms have been progressively worsening over the past six years. I have been able to play with pain until recently when my symptoms progressed to the point that my skills were deteriorating and the pain became unbearable. Sometimes when I played, my back and leg pain felt better and sometimes

Andy Roberts: Nobody knows this subject better than me. The mistake I made before surgery on my left knee was to play. It made my rehab longer and unbelievably hard. I never thought I'd make it through. I don't know if it'll ever be 100%. I work my leg out in some way every day – if I didn't I couldn't play at all. Racquetball is hard on the knees and back and I may have to have surgery again next summer. I've been playing racquetball since I was 12 and I just kept aggravating injuries. I should have had surgery right when my knee injury happened. When the swelling went down I had an MRI and continued to play – a whole second half of a season hurt. Now my right hip always hurts from over compensation during the injury and it took me one year from the date of the surgery to feel o.k. about the knee being strong enough to take the movement of playing racquetball.

it would hurt. I recently underwent a lumbar fusion in an attempt to correct the problem.

I think at some time during our activities we all play with some degree of pain. But what is it that motivates us to play hurt and what do we as recreational athletes gain by doing so?

I remember an incident playing high school football when a player got a finger poked in his eye. He had tears running down his face and the coach came up and asked him if he was alright. The player responded by saying, "I'm OK coach, I only need one eye to see." That struck me then as is does now. Why didn't he let the coach know he was truly hurt? I think it is obvious that he didn't want someone to take his place and become second string or he wanted the coach to think he

The Knee

Knee injuries may occur in any racquet sport, but they are of particular concern in racquetball, in which nearly every type of knee injury can occur. The patellar pain syndrome may be the most frequently encountered condition in persons playing racquetball. The syndrome usually has an insidious onset and is characterized by dull, aching, poorly localized pain that occasionally radiates to the sides and back of the knee.



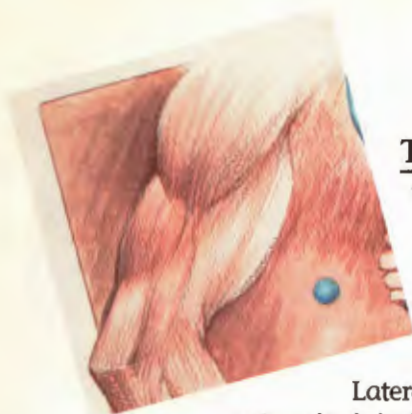
was tough and could play hurt. Where do we draw the line when playing with little aches and pains and playing when there is a potential for serious or permanent damage?

Since thinking about playing hurt, I have run across several newspaper clippings that cite the practice. One from Sports Illustrated on Tony Gwynn's pursuit of baseball's batting crown stated that Gwynn was batting .337, even on an increasingly bad left wheel, playing for a typically mediocre San Diego team. His title, if properly protected, was in the bag. And because knee surgery was inevitable, his father suggested that, instead,

Gwynn retire for the season. "Sit down and win your title." Gwynn played on until, with 21 games remaining and his average down to .317, he finally surrendered to orthoscopic surgery. He tried to explain to his angry father that you can't win a batting title like that.

A photo in SI showed a baseball player with protective tape covering his entire foot and ankle over his shoe, playing with a broken toe. A newspaper article cited that Greg Norman thinks the painful twinge in his back is no reason for concern, just a sign to slow down and take precautions. Another newspaper article entitled "Wyman

Robin Levine: I personally have a "never-say-die" attitude. I just keep trying and trying. And I just keep on hurting worse. Pain is the body's way of telling you – hey, pay attention to me! We're competing at a level where we try to compete no matter what. The hardest thing for me to do is not play. But I'm telling you, listen to your body and do what it's telling you. Depending on your injury you might not be able to hit as hard or you might have to change your serve. You will have a more limited game. You have to play more mentally tough than you ever had. The only "good thing" I could say about playing through an injury is that you have to use your brain more because you can't use your physical skills.



The Shoulder and Elbow

While the major swing action used in racquetball does not originate in the shoulder, the acromioclavicular joint is susceptible to a number of injuries. Most commonly, these injuries are traumatic in origin and are usually related to a fall or the impact of a wall. Under these circumstances, shoulder sprains and separations are the most common type of injuries.

Lateral epicondylitis, or tennis elbow, is probably the most common of all upper extremity injuries in racquetball players. The condition is easily diagnosed and nearly always self-limited. During the therapy period, the athlete should attempt to identify the cause of the injury. Often, poor technique or a faulty grip is the cause. Racquet type, size and string tension should be considered, especially if a change had been made just before the onset of symptoms.

works through pain in pursuit of a job" details how this Denver Bronco football player had 11 surgeries and was recently diagnosed as having tendonitis in his knee. He states, "I hurt pretty much all the time. I know I can still play, I just love to play. If I thought I was risking serious injury where I could be paralyzed, I wouldn't do it."

Yet another article entitled "Little Girls bordering on Abuse" investigated gymnasts and skaters pushed beyond their limits, in a story about legal, and even celebrated, child abuse. According to the article, in the dark troughs along the road to the Olympics lay the bodies of the girls who stumbled on the way, broken by the work, pressure and humiliation. What possesses kids and parents to go through this?

From my readings, I have

found different motivations for the different classes of athletes. They are clearly not the same for recreational, versus collegiate, versus professional athletes. There are different types of motivations along the way that differentiates between these classes of athletes.

In a study of athletic injuries, 30% of the athletes examined stated that they suffered from permanent pain as a result of playing hurt during their careers in elite sports. An article on sports injuries stated that an increase in the popularity of physical exercise and sports participation was followed by an increase in athletic injuries. Still, it

concluded that the benefits of exercise outweighed the hazards. An article on exercise, training and injuries documented numerous health benefits of physical exercise, but also a risk of exercise-related injuries. They concluded that greater duration and frequency of exercise were associated with higher risks of injury and in some instances may also impart no additional increase in fitness.

So, the first possible motivation? It has been shown that injured athletes exhibit greater depression and anxiety, along with lower self-esteem. Physically injured athletes experience a period of emotional distress that in

Mike Arnolt: *Playing hurt, strange as it may seem, actually increases my focus. I acknowledge my limitations and am less inclined to create or force a shot. The only things which cross my mind are being keenly aware of my opponent, gaining court position and proper shot selection.*

Gary Mazaroff: *If it's not a life or death decision I'll play. I may play left-handed. My sphere of influence may change radically but it's worth it. You redefine what winning is.*

Michelle Gould: *The mind has a funny way of convincing you that your injury is not that serious. Motivation to play through injury comes from a fiery spirit and determination. You convince yourself that the injury isn't too serious so you can keep playing. You have to admit to yourself that there are a few things you won't be able to do, but not enough things to keep you from playing, and hopefully winning. No matter what, you don't want to quit playing!*

If I could bottle an answer to making changes in your game to play through an injury without making the injury worse I would be a millionaire!! I have found that it is important to realize what limitations exist, and try to stay within those limits. Easy to say, but incredibly difficult to do! I have played through many injuries during my competitive career and have found that if you have to play while you are injured, you must be very careful. Immediately after you are done playing, seek rehabilitation and take care of the injury as quickly as possible. Naggng ailments that never seem to go away are the worst. Take care of the injury, before the injury takes care of you!!

some cases may be severe enough to warrant clinical intervention. The inability of the athlete to cope with their injury causes fear, tension, fatigue, disbelief, depression, and somatic complaints. With all these negative factors it makes sense that playing hurt may be the lesser of two evils.

Another reason we play hurt is that we may think it is normal to play with some aches and pains. Normalizing sport injury refers to the process of defining even serious injuries in sport as routine and uneventful. While coaches and athletes typically become accustomed to witnessing pain and injury,

The Calf

The classic and most common injury of the calf, other than cramps, is a tear of the gastrocnemius muscle, which is still frequently referred to as a plantaris tendon tear. The patient usually describes the sudden occurrence of pain about one-third of the way down the calf. Many patients resume playing in two weeks, but major tears may take six to eight weeks before a return to full activity is possible. Proper stretching of the calf muscle is the best preventive measure.



others who are less accustomed to sport injury may react quite differently when exposed to such events.

The media frequently celebrate the willingness of an athlete to endure extreme amounts of pain and injury — to the point at which ignoring pain becomes defined as a type of positive deviance. Those who demonstrate the least amount of pain are then glorified or promoted as good examples. In this respect it becomes somewhat “macho” to play with pain.

There is a pervasive and pecu-

liar acceptance of pain in sport manifested by the nickname “House of Pain” which fans of one professional football team gave their stadium. Also a peculiar remark by baseball manager Sparky Anderson who says, “pain don’t hurt.” This seems contradictory but merely expresses that pain is ever-present whenever athletes routinely push themselves to peak performance.

The pervasiveness of pain in sport reflects the inherent irrationality of sport. The athlete’s enjoyment of sport seems to transport them beyond typical considerations of physical

Dave Peck: *I was in the semifinals at nationals when I was injured. At first I thought ‘This hurts, but can I play this out? I think so.’ To have a competitor going on (to the final) without beating me was not me. Back to back championships — that was my goal — so I think a combination of both those things kept me playing through the pain. As a child growing up, playing football and other sports, back then you were taught to suck it up. So I had surgery at 1 a.m., I was out in rehab for about six months and now it is a continuing injury. My knee and leg are messed up to this day. If I would have known how this was going to affect my career I would have just not played, and I may not have had to have surgery at all. To try to compensate I injured the other knee. It was miserable...just miserable. It was very much a learning experience. I would never do it again.*



The Ankle and Foot

Acute ankle sprains are another of the most frequent injuries in racquetball players. Most sprains are first-degree and are treated in the usual fashion. Ice and elevation, combined with graded exercises, should be encouraged. Some trainers recommend extra support for the first six weeks after play is resumed.

Achilles tendon problems are also frequently encountered. Chronic Achilles tendinitis is characterized by gradually increasing pain that is aggravated by activity and relieved by rest. Rest is most important in the treatment of acute injury. Once pain subsides, gradual stretching of the tendon, along with calf strengthening, should be used.

costs and rational decisions. Some of the motivational factors of accepting the risk of pain and injuries include a sense of responsibility to your team, the opportunity for material rewards and financial security, status, recognition and the cheers of the crowd. Management will look at playing with pain in a whole different light. They will see pain and injury as a necessary part of the game and that injuries should not get in the way of the game. Athletes should subordinate their individual interests and dedicate their bodies for team, club or management purposes.

Playing with pain may relate to your character and having something to prove as an athlete. Pride in your ability, fitness, and invincibility motivates athletes. The more closely a person's livelihood is tied to sports, the more likely it is that the person will

accept the risk of playing injured or publicly express a positive image of sport. Pain and injury are worth the risk when balanced against the many benefits associated with sport. Athletes are especially likely to articulate thoughts and feelings that reflect on their personalities, commitments, pride, and confidence as athletes. Athletes are exposed to a set of mediated beliefs about role constraints and values, rationalization, and athletic socialization that conveys a message that athletes ought to accept risk and injury in sport. By the acceptance of these risks, it becomes normal to expect pain and injury in sport. We accept this as normal just to

be able to participate.

Our culture sends a message that encourages a kind of self-abuse addiction. This refers to the grip that playing in pain has on athletes. Minimizing discussion of pain or injuries speaks silently about an athlete's commitment not only in sports, but in life as well. Coaches talk about how pain and injury give athletes opportunities to prove their character.

If athletes derive their status, identity, or livelihood largely through sport, they may not hear the external voices of caution or concern until they no longer are able to play their sport at all. Risk and

Caryn McKinney: *I'm not going to play hurt if it's going to make the injury worse or cause further damage. If it was just pain, my commitment was to do the best I could at any given time. My commitment to the tour was to be there for both the tour and myself. I can remember playing out two seasons with injuries that didn't allow me to play my best, but I felt a responsibility to play with the injury and take care of it after the season. I had to be more disciplined and conscious about doing things mechanically correct so not to irritate the injury. I played more conservatively than I would have normally.*

Jim Hiser: Playing hurt as a recreational player is much different than playing hurt as a professional athlete. Recreational players usually have other responsibilities such as family and occupation and the chances of greater or permanent injury and damage normally doesn't justify the risks of playing injured. Common recreational injuries such as pulled muscles, sprained ankles and inflamed shoulders will normally cure if given a short time of rest and treatment. For recreational players the slogan of "there's always tomorrow" is much more applicable than for the professional athlete.

pain are accepted by athletes because of their experiences in sport.

It is important to differentiate between disability injuries (such as broken bones, nerve injury, instability) which prevent an athlete from competing versus non-disabling injuries (such as sprains, strains, low back pain, and tendinitis from overuse) with which an athlete may continue to compete and play but perhaps at a somewhat reduced level of effectiveness.

Dr. Rainey had firsthand experience on the subject of playing hurt – personally, and in his capacity as U.S. national team physician, where he often tends to team members who insist on "gutting it out" at international events.



The Wrist

Racquetball requires a snapping motion of the wrist. Thus, the tendons and ligaments of the wrist are frequently injured. While conservative treatment is the rule, a review of the player's stroke mechanics is also important. Consultation with a club professional is recommended even for an advanced player, because correcting flaws of form in the swing, especially in the backhand swing, can prevent most recurrences of wrist injuries.



Most injuries in racquet sports are those of non-disabling type of which we all have played with at some point in time. You must be able to recognize the disability injuries that have potential to harm you permanently.

Ultimately, we as recreational athletes play hurt or injured because we love the game we play and derive some significant benefit. Simply put, the benefits of playing injured (for the most part ...) seem to outweigh the risk of more serious injury.

Eye Injuries

Eye injuries related to indoor racquet sports have received more extensive review in the literature than injuries to other body systems. Given the physical nature of balls used, the speeds at which they travel and the confined space in which they have to rebound, in addition to the small area in which the racquets are swung, it is not surprising that the potential for eye injuries is great. However, eye injuries are also relatively easy to prevent. In racquetball, 95 percent of eye injuries are due to being hit by the ball. Proper eyeguards have become mandatory at most public and private courts.

Preventive Measures

As with other sports, many injuries experienced in racquetball can be prevented. Common sense underlies most preventive measures.

[Medical excerpts taken from "Indoor Racquet Sports Injuries" By Gary J. Silko, M.D. and Paul T. Cullen, M.D., Washington Hospital, Washington, Pennsylvania. Reprinted by permission of AMERICAN FAMILY PHYSICIAN JOURNAL, Volume 50, number 2.]

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seniors

World VII

A SECOND DECADE IN ALBUQUERQUE

By Felicia Duran

The International Racquetball Federation's VII World Senior Racquetball Championships were held in Albuquerque, August 28 through September 2. This year, 360 players representing 38 states and 10 countries were in attendance — numbers which also marked the largest participation by women in the history of the event.

Beginning its second decade in Albuquerque, this event continues to enjoy tremendous success. Levels of competition have reached an all-time high as players and spectators continue to return year after year for their racquetball vacation in the Land of Enchantment. The event is also a designated fundraiser for Olympic Racquetball 2000, an effort to support racquetball's bid to become a full-medal, Olympic event. At this year's tournament banquet, attended by over 400 players and guests, the WSRC Council presented the IRF/AARA with a check for over \$10,000 as its initial contribution from the proceeds of the tournament.

Players who have excelled in this tournament in the past, including Ohio's Dave Kovanda and Jerry Winsberg of Louisiana, returned for the competition and camaraderie. Kovanda was defeated by Mike Murphy from California in the finals of the Men's 45 division, 15-7, 15-14. Winsberg advanced to the semifinals of the Men's 55 division where he was defeated by Jerry Davis from Ohio 9-11, 11-8, 11-0. Michigan's Gordon Kelly defeated Davis 15-12, 15-6 to take the Men's 55 division.

Texan Dave Peck, former pro tour veteran, took part in the competition for the first time, and was defeated 15-12, 15-5 by Men's 35

defending champ, Mike Martinez from California. In an unusual turn of events, New Mexican Gary Mazaroff and Randy Stafford from Tennessee agreed to a draw in the Men's 40 finals when Stafford could not return for the tiebreaker after suffering symptoms of altitude sickness. In the men's 50 championship round, Joe Gellman from New Mexico advanced to the finals following 11-10 tiebreaker decisions against Idaho's John Aldape in the quarterfinals and Florida's Russ Deegan in the semi-finals. Mike Aubry of Arizona defeated Gellman in the finals 15-11, 15-7. In the highest age division, Texan John Pearce earned the title over Maryland's Harry Steinman who placed second in Men's 80 round-robin competition.

In the women's competition, the calibre of play also improved this year. Californian Debra Tisinger defended her Womens' 35 title with a win over Karin Sobotta of Washington state, who advanced to this senior event after winning the Womens' 30 national title. Joanne Pomodoro from Massachusetts concluded her year-long quest to win the Women's 40 title by defeating Wanda Collins from Washington 15-2, 11-15, 11-2. A long-time participant in the annual event, Pomodoro had often advanced to the championship round, but never won a title. This year, she set her goal and worked throughout the year determined to win the title. Her hard work paid off.

"I'm not looking at anyone," said Joanne early on, describing her game plan. "I'm looking at shoes." The diminutive jokester's intensity paid off with the win, after which she was able to loosen up without fear of losing her edge.

Sharon Hastings-Welty of Oregon continued her long-time domination in the Women's 50 division by amassing a total of 433 total points in round-robin competition. A three-way tie for second was declared in the



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Women's 50 with Nidia Funes, Pat Tarzon, and Jeannie Van Winkle each accumulating 376 total points. Jo Kenyon, Reta Harring, and Mary Low Acuff were winners this year with Kenyon again taking the Women's 60 title, Harring took the Women's 65 title, and Mary Low Acuff the Women's 75 title in round-robin competition. Ireland's Brídín Uí Mhalogán and Peggy O'Brien returned, after a five-year absence, to place second in Women's 65 and third in Women's 60, respectively. Marion Russell won the Women's 70, uncontested, in her first appearance at the event.

The WSRC Council wishes to acknowledge the tremendous support of the Albuquerque community for this event. For over a decade now, so many of our local sponsors have donated their time, money, and talents to support tournament operations and fundraising activities. This year at least 110 volunteers contributed their time and energy in all areas of tournament operations before, during and after the event. Proceeds from the tournament also support the New Mexico WSRC Scholarships, first established in 1994. Since then, the WSRC Council has awarded \$2500 in scholarships to members of the New Mexico racquetball community.

Tournament operations were headquartered at Tom Young's Athletic Club. Matches also took place at Midtown Sports and Wellness, and at the Kirtland Air Force Base East Gym. Over the course of the five-day event, almost 1600 matches were played, with championship matches held on Saturday. The format for this tournament is unique among international racquetball

competitions. It provides round-robin competition for senior men and women ages 35 to over 80, in five year incremental age group divisions, that guarantees each participant at least seven preliminary-round matches.

The tournament was first hosted by the New Mexico Racquetball Association in 1985 as the Veteran Senior Masters National 40 and over Racquetball Championships. Eighty-five players participated. In 1989, it was designated as the World Senior Racquetball Championships and an official event to support Olympic racquetball. Over \$2,000 was raised that year. In the last six years, the WSRC has raised a total of more than \$100,000.

MEN'S DIVISIONS — Men's 35: Mike Martinez (Calif.) def. Dave Peck (Texas) 15-12, 15-5; Men's 40: DRAW - Gary Mazaroff (N.M.) and Randy Stafford (Tenn.) 9-15, 15-10; Men's 45: Mike Murphy (Calif.) def. Dave Kovanda (Ohio) 15-7, 15-14; Men's 50: Mike Aubry (Ariz.) def. Joe Gellman (N.M.) 15-11, 15-7; Men's 55: Gordon Kelly (Mont.) def. Jerry Davis (Ohio) 15-12, 15-6; Men's 60: Paul Banales (Ariz.) def. Otis Chapman (Ohio) 15-12, 15-9; Men's 65: Joe Lambert (Texas) def. Jack Bogasky (Va.) 15-11, 15-10; Men's 70: Tony Duarte (Calif.) def. Jack Gushue (N.Y.); Men's 75: Charley Russell (Calif.) unchallenged; Men's 80: John Pearce (Texas) def. Harry Steinman (Md.).

WOMEN'S DIVISIONS — Women's 35: Debra Tisinger (Calif.) def. Karin Sobotta (Wash.) 15-14, 12-15, 11-5; Women's 40: Joanne Pomodoro (Mass.) def. Wanda Collins (Wash.) 15-2, 11-15, 11-2; Women's 45: Shelly Ogden (Ohio) def. Judy Sands (Ill.) 7-15, 15-6, 11-0; Women's 50: Sharon Hastings-Welty (Ore.) def. Nidia Funes (Calif.), Pat Tarzon (Ill.), and Jeannie Van Winkle (Mo.) in a 3-way tie; Women's 55: Marion Johnson (Texas) def. Kathy Mueller (Minn.); Women's 60: Jo Kenyon (Fla.) def. Lola Markus (Ill.); Women's 65: Reta Harring (Wi.) def. Brídín Uí Mhalogán (Ireland); Women's 70: Marion Russell (Calif.) unchallenged; Women's 75: Mary Low Acuff (N.C.) def. Eleanor Quackenbush (Ore.).

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November - December 1995

U.S. TEAM ASIAN CHALLENGE

Four days after the finals of the 1995 U.S. Olympic Festival, eight members of the U.S. National Racquetball Team embarked on a three-week journey to the Far East to compete against the top teams in Asia.

The first stop was Tokyo, where the U.S. team went up against hometown members of the Japanese national team, then went on to compete against more of Japan's best from the city of Osaka. With racquetball on an upswing in the country, the Japanese team has made major improvements since the '94 World Championships in Mexico. While the U.S. team dominated the competition, the Japanese were not far behind.

From Japan it was on to the beautiful island of Guam where we were greeted by a highly enthusiastic Guam Racquetball Association. This leg of the trip included many clinics and demonstrations by the team, in as many as four different venues on the island. The visit culminated with competition against the Guam national team and a major announcement by the Guam Olympic Committee that racquetball has been selected as full medal sport in the 1999 South Pacific Games.

Next up was the hot, sultry city of Seoul, Korea where we were greeted by President Chang and



Vice President Kim of the Korean Amateur Racquetball Association. Competition followed against Korea's best, along with several instructional clinics. Korea courts have doubled from 33 in 1994 to 66 in 1995, along with a player base that expands daily. It was very exciting for all of us to see the growth of

racquetball in such a key Asian country.

Heading "down under" to Melbourne, Australia, U.S. men faced off against the #6 world-ranked men's team at the Kings' Court, which featured five glass competition courts patterned after

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National federations (above, top to bottom) rolled out the red carpets for the U.S. Team, in Japan, Korea and Guam. At right, Luke St. Onge makes a presentation of the U.S. Olympic Committee flag. Photos: Luke St. Onge.

some of the best facilities in the U.S. It is interesting to note that in the Melbourne area there are over 20,000 players playing Australian Rules Racquetball on squash courts, using a very slow ball, the tin, and squash rules.

Touring cross-country to Sydney, the team participated in the first ever Australian Open, where it dominated the men's and women's divisions ... but the potential for excellence on behalf of the Australians is great.

It was a great trip for making new friends, re-visiting old ones, generating new excitement for the sport, making great Olympic contacts, and logging lots and lots of miles.

The Asian Tour Group '95 — Malia Bailey, Mike Bronfeld, Dan Fowler, Jackie Gibson, Michelle Gould, Cheryl Gudinas, Brian Rankin, Tim Sweeney (athletes); and Margo Daniels (team leader), Luke St. Onge (IRF) and Jim Winterton (head coach).



A special thanks for their great help and hospitality during the U.S. Team visit:

In Japan — Scott Shaeffer, Michikane Ishiguro, Koichi Kitamura, Yoshikazu Nagai, Michio Ishimoto, Toshiyuki Kohroh ...

In Guam — Belinda Alcantara, Karri Trahin, Gerry Perez, Steve Serukle, Judge Benjamin J.F. Cruz, and the entire Guam Racquetball Association ...

In Korea — President Nam-Hwan Chung, Mr. Jong-Sun Kim, Mr. Don-Am Chang, Mr. Tae-Hoon Chung, Mr. Song C. Fedasz, and the entire Korean Amateur Racquetball Association ...

In Australia — Philip and Kae Mort, Craig Wilson, Darien Stringers, David Rowe, Douglas Pell, and the entire Australian Racquetball Association.



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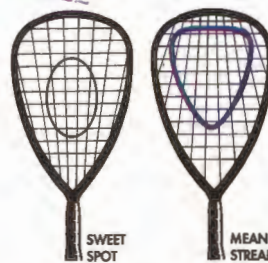
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NEW ORLEANS ELMWOOD SUMMER COOLER PRO-AM

By Darrin Schenck

The International Racquetball Tour [IRT] season kicked off at New Orleans' beautiful Elmwood Fitness Center in late August — in spite of the fact that, only a few short months ago, the club had been under three feet of water from tropical storm flooding! This is one of the nicest facilities the IRT visits during its season, and our hats go off to Ken Kachtik and the crew at Elmwood for getting the club back to its usual high standard in such a short time!

The tournament's first round began with local players Abe Valdez, Jaime Arroyave, Mark Bloom, and David Rahn taking a shot at visiting IRT pros. Bloom fared the best, sneaking the second game from Tim Doyle. Other first round notables were Jason Mannino outlasting Todd O'Neil, coming back from down two games to one to win in the fifth 11-9. Adam Karp was stretched to five games in a see-saw battle with Darrin Schenck, but Karp prevailed in the fifth 11-8.

The round of sixteen boasted a few minor upsets including John Ellis' three straight games over Sudsy Monchik. Scott Reiff benefitted from a first round forfeit over an ailing Kelly Gelhaus, and a well-rested Reiff took out #3 seeded Tim Doyle in four. And, as has been the trend for most of last season, a frustrated Woody Clouse lost to Aaron Katz in the fifth. Cliff Swain cruised past Tony Jelso, Mike Ray defeated Louis Vogel and Drew Kachtik beat Adam Karp, all in three games.

The quarterfinals always provide some hot Friday night action, and this tournament was no different. Drew Kachtik and Mike Guidry played one of the most exciting matches seen in quite a while; both players were diving seemingly two and three times in each rally, forcing the other player to hit perfect shots to earn a point. Guidry fought back from two to one down to

win in the fifth 11-7. Scott Reiff continued to play some excellent ball as he outlasted Mike Ray in a game of contrasts. Ray is one of the premiere control players still left on tour, and Reiff is one of the hardest hitters around. In the end, power prevailed and Reiff won 11-7 in the fifth. Swain beat Ellis in three close games and Roberts also beat Katz in three not-so-close games.

The semis matched Mike Guidry and Cliff Swain on the top half, and Andy Roberts and first-time semifinalist Scott Reiff on the bottom. Swain continued his dominance, not losing a game to anyone in the tournament, and advanced past Guidry in three straight. Reiff started out by winning the first game, getting most of this points with pinpoint accurate lob serves to Andy's forehand. The next three games would be a different story as Roberts won in four.

The final shaped up to be the expected number one vs. number two. Swain started off strong with an 11-5 first game win. Roberts then lifted his game and outlasted Cliff in the second 14-12, and seemed to take the momentum of that game through the rest of the match as he won game three, game four, and the first pro stop of the year.

ADVANCING IN NEW ORLEANS

Round of 16

Cliff Swaindef. Tony Jelso 12-10, 11-5, 11-0
John Ellisdef. Sudsy Monchik 11-5, 11-5, 11-8
Drew Kachtikdef. Adam Karp 11-0, 11-7, 11-7
Mike Guidrydef. Eric Muller 11-8, 11-7, 9-11, 11-7
Scott Reiffdef. Tim Doyle 11-1, 11-7, 0-11, 11-8
Mike Raydef. Louis Vogel 11-1, 11-6, 11-4
Aaron Katzdef. Woody Clouse 11-4, 8-11, 2-11, 11-4, 11-6
Andy Robertsdef. Jason Mannino 11-6, 11-6, 11-4

Quarterfinals

Cliff Swaindef. John Ellis 11-5, 11-9, 11-8
Mike Guidrydef. Drew Kachtik 12-10, 9-11, 11-9, 1-11, 11-7
Scott Reiffdef. Mike Ray 7-11, 4-11, 11-8, 11-7, 11-7
Andy Robertsdef. Aaron Katz 11-7, 11-0, 11-5

Semifinals

Cliff Swaindef. Mike Guidry 11-8, 11-9, 11-8
Andy Robertsdef. Scott Reiff 8-11, 11-5, 11-8, 11-4

FINAL

Andy Robertsdef. Cliff Swain 5-11, 14-12, 11-8, 11-8

THE STOCKTON COORS LIGHT PRO-AM TRADITION

The IRT journeyed to Stockton, California for its annual Pro-Am in September at the Westlane Racquet Club. A popular stop on the tour, this site hosts the longest running pro event in racquetball history, and the tradition has always attracted some of the best action around.

The draw provided some terrific action in opening rounds, with Adam Karp and Michael Bronfeld being by far the most even contest. Bronfeld gave Karp all he could handle until the fifth game, where Karp closed him out 11-4. Gerry Price made the short trip from his hometown to his event, but staged a lackluster performance against a razor-sharp Mike Ray, who won in three straight. Greg Freeze took the first game from Kelly Gelhaus, and then got handled easily in the next three, 11-2, 11-2, 11-5.

The round of sixteen had a handful of surprises, one of which was the hard-hitting Louis Vogel crushing Drew Kachtik in three. Drew seemed to be a "little off" and Vogel played a nearly flawless match, winning 11-8, 11-7, 12-10. The next upset went to Adam Karp, who beat ex-hometown star John Ellis in three. Rounding out the new names venturing into the quarters was Tony Jelso, who defeated a slumping Tim Doyle in four games, winning the third 14-12, and the fourth 11-9. Other round of sixteen match-ups included Swain versus Mannino with Cliff winning in three, Woody Clouse and Mike Ray with Ray winning in four, Monchik and Gelhaus with Sudsy winning in

four, Mike Guidry over Dan Fowler in three, and Roberts over Mike Engel in three.

The quarterfinals saw a major twist in the usual tournament plot: Cliff Swain loses! Mike Ray hit laser-accurate shots to win the first 11-6 and squeak the second 12-10, before Cliff temporarily woke up to win 11-0, only to lose 11-4 in the fourth. Sudsy took out Tony Jelso in four, dropping game three in the process. Mike Guidry got all he wanted from Adam Karp, with both players all over the floor. These two guys are known for their getting ability, and the crowd applauded their efforts in each rally. Karp lost a close battle 12-10 in the fourth. Roberts cruised past

Vogel in three straight 11-7, 11-4, 11-5.

The semis pitted Mike Ray against Sudsy Monchik in the top half, but it was all Sudsy as he blew past Ray in three straight 11-1, 11-9, 11-4. The bottom half had the David and Goliath match-up of Andy Roberts and Mike Guidry. The two traded games until the fifth where Andy took control of the match and won 11-4.

So the stage was set: the match-up in the finals pitted two players who shoot everything reachable, and Sudsy even shoots the ones that look unreachable to the rest of us.

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ADVANCING IN STOCKTON

Round of 16

Cliff Swaindef. Jason Mannino 11-5, 11-1, 11-5
 Mike Raydef. Woody Clouse 11-4, 7-11, 11-1, 13-11
 Sudsy Monchikdef. Kelly Gelhaus 11-4, 11-2, 5-11, 13-11
 Tony Jelsodef. Tim Doyle 9-11, 11-5, 14-12, 11-9
 Mike Guidrydef. Dan Fowler 11-6, 11-8, 12-10
 Adam Karpdef. John Ellis 11-9, 11-4, 11-3
 Louis Vogeldef. Drew Kachtik 11-8, 11-7, 12-10
 Andy Robertsdef. Mike Engel 12-10, 11-7, 11-3

Quarterfinals

Mike Raydef. Cliff Swain 11-6, 12-10, 0-11, 11-4
 Sudsy Monchikdef. Tony Jelso 11-5, 11-6, 5-11, 11-2
 Mike Guidrydef. Adam Karp 8-11, 11-7, 11-5, 12-10
 Andy Robertsdef. Louis Vogel 11-7, 11-4, 1-5

Semifinals

Sudsy Monchikdef. Mike Ray 11-1, 11-9, 11-4
 Andy Robertsdef. Mike Guidry 11-8, 7-11, 11-9, 10-12, 11-4

FINAL

Sudsy Monchikdef. Andy Roberts 12-10, 12-10, 11-4



Monchik (left) against Roberts in the final in Stockton.
Photo: Courtesy Kilishot.

The match-up was a crowd pleaser, with the first game lasting over half an hour! Sudsy squeaked that one out and took a 10-5 lead in the second. At game point Sudsy hit a perfect crack ace to the backhand side and he thought that was the end of the game, but the referee called it short! Roberts battled back to 10-10, but Sudsy again pulled it out. That seemed to take the wind out of Andy's sails as Monchik, who was a finalist in Stockton last year, won the oldest pro event in racquetball.

CRYSTAL CITY HERE WE COME!!!

The IRT visited the Skyline Athletic Club at Crystal City Gateway for the third event on the pro schedule this season, the Charles E. Smith Companies Crystal City ProAm. Missing in action were Tim Doyle due to an injury, Woody Clouse, Aaron Katz (congrats on your new job!), Eric Muller (good luck at Harvard), and a recovering Ruben Gonzales, who was on hand but not yet back on the court.

Some local favorites took the stage against pros in the first round, although no one could manage to steal a game from the tour players. Kyle Purdy, Troy Brooks, Kerry Graham, Jeff Elder, Sam Wasko and Ed Willis ... welcome to the big league, boys! Worth noting in the first round was the two hour plus battle between Mike Engel and Derek Robinson. The two traded games until the fifth, including a 16-14 third game win by Engel, and in the fifth Engel squeaked past Robinson 12-10. Jason Mannino took out Scott Reiff in four and Kelly Gelhaus, slowed by a bad ankle, outlasted David Hamilton in five. Josh Messina broke through into the

round of sixteen for the first time against Todd O'Neil in three straight.

Round two began with Andy Roberts quickly dismissing Messina from the tournament, Drew Kachtik edging out Gelhaus, Mike Guidry defeating a worn out Engel, Mike Ray beating Tony Jelso in four, John Ellis cruising past Brian Rankin in three, Dan Fowler advanced with a come-from-behind victory over Louis Vogel, Cliff Swain defeating Mannino in three, and Adam Karp taking out Sudsy Monchik in five long games. This was one of the best matches of the weekend, with Karp up 2-0, Monchik stormed back to go to the fifth, but Karp jumped out to a big lead, and went on to win 11-2.

The top half of the draw saw Cliff Swain play flawlessly and cruise past John Ellis in three and Mike Ray advance over Dan Fowler in three, although Ray did get stretched to a 15-13 second game. The two matches on the bottom half of the draw were a spectator's delight, with the match between Mike Guidry and Drew Kachtik going the distance. Kachtik won the first two games 11-2 and 11-4. The fifth game was tight in the beginning, with both players trying to gain an edge, but in the end Kachtik pulled away and won 11-4.

Adam Karp was now faced with the task of beating Andy Roberts to keep his tournament upset streak alive. Again Karp jumped out to a two game lead, keeping Andy off balance with an array of lob serves for which Karp is known. Roberts battled back in the next two games, with Karp being forced to use an injury time out to practically re-attach his little finger on his right hand. Karp would not be denied however, and came back to win the fifth game 11-9.



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**Swain (diving) and Ray battle it out in
Crystal City. Photo: Courtesy Killshot.**

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Black Knight

This tournament breaks the tour standard of having the semis and finals on separate days, with the semis being held Saturday morning at 10:30 and 12:00, and the finals at 7:30 p.m. The semis pitted an obviously tired Karp against Kachtik in the first match of the day and Karp was probably wishing he had more time to recuperate. Kachtik blew past him in three straight, advancing to his first final in over two seasons.

The other semi was a rematch of the quarters in Stockton where Swain was defeated by Ray in four games. Ray got off to a good start by winning the first game 11-8, but Cliff won the next two games 11-9 and 11-8. The fourth was a back-and-forth battle with Ray winning 12-10. Ray repeated his upset performance again winning 11-8 in the fifth, and advancing to his first final this season.

The final was played to a packed house in the Skyline Club, with the exhibition court with sidewall and back-wall glass giving every fan a good view of the action. The first game was a true test of will, as the win-by-two format again came into play. Kachtik won the battle 15-13, and went on to win the war 11-9 and 11-7. Drew captured the third stop of the season and hopefully some of the "raw power" he displayed in the early 90's.

ADVANCING IN CRYSTAL CITY

Round of 16

Cliff Swain def. Jason Mannino 11-3, 11-2, 11-5
 John Ellis def. Brian Rankin 11-3, 11-4, 11-4
 Dan Fowler def. Louis Vogel 11-6, 4-11, 12-10, 11-4
 Mike Ray def. Tony Jelso 11-6, 11-7, 4-11, 11-5
 Mike Guidry def. Mike Engel 11-8, 11-6, 11-4
 Drew Kachtik def. Kelly Gelhaus 11-5, 11-8, 12-10
 Adam Karp def. Sudsy Monchik 11-4, 12-10, 4-11, 5-11, 11-2
 Andy Roberts def. Josh Messina 11-7, 11-7, 11-4

Quarterfinals

Cliff Swain def. John Ellis 11-1, 11-6, 11-5
 Mike Ray def. Dan Fowler 11-3, 15-13, 11-5
 Drew Kachtik def. Mike Guidry 11-5, 11-7, 2-11, 4-11, 11-4
 Adam Karp def. Andy Roberts 11-2, 11-8, 6-11, 4-11, 11-9

Semifinals

Mike Ray def. Cliff Swain 8-11, 11-9, 11-8, 10-12, 11-8
 Drew Kachtik def. Adam Karp 11-2, 11-1, 11-8

FINAL

Drew Kachtik def. Mike Ray 15-13, 11-9, 11-7

IRT UPDATE

By Hank Marcus

SPECIAL THANKS: Thanks to Vicki Garrett for putting together a great event once again, and to the entire Elmwood Fitness Center crew for being terrific hosts for the first pro stop of the season! Special thanks to Coors Light, the Westlane Racquet Club and Rob Farrens and Barbara Timmons for putting together their usual terrific event over the Labor Day weekend. The IRT will look forward to returning to Stockton next year! A special thanks to the Charles E. Smith Companies for sponsoring the Crystal City event, and to Blair Desio for running a great show. The hospitality was terrific, and everyone had fun!

VCI CHALLENGE CUP SERIES KICKS OFF IN MONTREAL: The 1995-96 VCI Challenge Cup Series, present by VW Credit, Inc. kicks off its fourth season this October in Montreal. The VCI events feature stops throughout the United States and Canada. Last season Andy Roberts captured the prestigious VCI World Championship with a win over

Cliff Swain, but Swain captured the VCI Cup for overall performance in the VCI events for the second year running.

SPALDING IRT SATELLITE TOUR:

Spalding and the IRT are proud to announce that the Satellite Tour will include over 75 events this season in six different countries. These events offer lower ranked players the opportunity to earn prize money and ranking points while working their way up to the IRT Tour full time.

DOYLE OUT:

Third ranked Tim Doyle, one of the hardest hitters on the IRT Tour missed the Arlington event due to a back injury but expects to be back by Montreal and the first VCI event.

IRT TOUR REFEREE:

IRT has hired Dave Sable of Atlanta as the head referee for the IRT. Sable, considered

WHAT MORE WINNING PLAYERS SHAKE WITH AFTER A MATCH.



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Cliff Swain (top) & Sudsy Monchik sign endorsement agreements. Photos: Courtesy IRT.

by the players to have the best feel for refereeing at this level will be at each IRT event and referee all matches beginning with the quarterfinals.

IRT PHONE CARD A HIT: Target Tel and IRT kick off another season with the officially licensed pre-paid calling card. A portion of each card is donated to Fibromyalgia research.

LIMITED EDITION IRT VIDEO TAPE: The 1995 IRT Professional Nationals: The two best players on the planet fight for the ultimate title in racquetball as #1 Cliff Swain battles #2 Andy Roberts before a sellout crowd in Portland. Commentary by Aaron Katz, Sudsy Monchik and Hank Marcus.

TACKI-MAC SIGNS CLIFF SWAIN: Tacki-mac and Cliff Swain signed a three-year contract to feature Swain in the company's international advertising and marketing campaign. Tacki-mac also signed a three year agreement to be the "Official Grip" of the tour, with terms which include a \$2,500 bonus pool for the top five end of season ranked IRT players who use Tacki-mac grips, plus developing an innovative new IRT pro grip which will be marketed worldwide by the fall of 1996.

HEAD SIGNS SUDSY MONCHIK: HEAD Sports, Inc. announced that a long term agreement has been reached with IRT star Sudsy Monchik. Monchik will immediately start playing with HEAD's new Big Bang racquet. Marketing plans for Monchik include full integration into HEAD's advertising campaign, and action-oriented full size poster, and a future national Swain vs. Monchik exhibition tour.

LEADER RENEWS AS "OFFICIAL EYEGUARD" OF THE IRT: Leader Sport Products announced its new three year agreement to continue on as the "Official Eyeguard" of the IRT. Leader followed up this exciting news by launching two new fashion eyeguards for racquetball: the Vegas and the Newport. Pro players on the IRT helped to develop these products including Cliff Swain, the world's #1 ranked player.

IRT CHOOSES BABOLAT AS OFFICIAL STRING & MACHINE: Amy Wishingrad, Penn's National Promotions Manager announced recently that Babolat has been chosen as the official string and machine of the IRT. Babolat is also known for the high quality and advanced technology of their synthetic gut string. Babolat products are distributed by Penn Racquet Sports in the U.S.

IRT PROPERTIES, INC.: The IRT and Complete Creative Sports Marketing have formed IRT Properties, Inc., a marketing arm of tour responsible for the authorized usage of the IRT name, logo and inherent rights. Similar in function to NFL or NBA Properties, the group will negotiate the licensing of products to carry the IRT endorsement or logo for commercial use. IRT Properties, Inc. will secure agreements with companies to use the IRT name and logo on licensed products, both in the racquetball community and outside the industry. IRT Properties, Inc. will also be responsible for protecting the use of the IRT name and logo against unauthorized commercial usage. For information on licensed usage of the IRT name or logo, please contact: IRT Properties, Inc., 1852 Tamarack Circle South, Columbus, Ohio 43229, 614/847-0884, 614/844-3939, Steve Lerner.

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Cliff Swain
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racquetball player in the world.
1990, 1993, 1994, 1995.


AMERICAN AMATEUR RACQUETBALL ASSOCIATION

pro rankings & calendar

IRT RANKINGS

1. Cliff Swain2737
2. Andy Roberts.....2694
3. Mike Guidry.....1931
4. Mike Ray.....1858
5. Drew Kachtik1773
6. Tim Doyle1594
7. Sudsy Monchik.....1357
8. Aaron Katz.....1269
9. John Ellis.....1156
10. Woody Clouse1016
11. Louis Vogel.....834
12. Adam Karp.....774
13. Brian Rankin712
14. Kelly Gelhaus628
15. Eric Muller.....562
16. Dan Fowler538
17. Tony Jelso.....532
18. Mike Engel464
19. Jason Mannino.....446
20. Todd O'Neil375
21. Sherman Greenfeld 314

PENN GLOVE BONUS POOL

Includes finishes in all IRT stops by all those players wearing the Penn glove, official glove of the IRT. Last season's winner: Tim Doyle.

1. Louis Vogel
2. Woody Clouse
3. Dan Fowler
4. Brian Rankin
5. Todd O'Neil
6. Mike Engel

HEAD ATHLETIC BONUS POOL

The official clothing and footwear of the IRT offers the largest bonus pool in racquetball history. Last year's winner: Cliff Swain.

1. Cliff Swain
2. Sudsy Monchik

3. Mike Ray
4. Louis Vogel
5. Adam Karp
- 6T. Dan Fowler
- 6T. Mike Engel
8. Brian Rankin

SPALDING POWER SERVE

The official racquet of the IRT offers a bonus pool to hardest hitting players throughout the season.

1. Sudsy Monchik-164 mph
2. John Ellis-161 mph
3. Tim Doyle-157 mph
4. Andy Roberts-156 mph
5. Cliff Swain-153 mph
- 6T. Louis Vogel-145 mph
- 6T. Woody Clouse-145 mph
8. Tony Jelso-142 mph

1995-95 SCHEDULE

November 8-12

VCI Challenge Cup Series #2 – presented by VW Credit, Inc. @ Ridge Athletic Club Boston, Massachusetts

December 6-10

Holiday Pro-Am Classic Lakewood Athletic Club Lakewood, Colorado

January 17-21

Hampton Inn Pro Classic Racquet Club of Memphis Memphis, Tennessee

January 31-Feb. 4

VCI Challenge Cup Series #3 – presented by VW Credit, Inc. @ Southern Athletic Club Atlanta, Georgia

February 14-18

Shop n' Save Pro-Am @ Racquet Club of Pittsburgh-Monroeville, PA

March 6-10

CCFA Pro-Am Shootout Downtown YMCA Houston, Texas

March 13-17

Saskatoon MetLife Classic @ River Racquet Athletic Club Saskatoon, Canada

March 27-31

Samba Pro-Am @ Planet Fitness-Phoenix, Arizona

April 10-14

VCI World Doubles Championships – presented by VW Credit, Inc. @ Schoeber's Athletic Club Pleasanton, California

April 24-28

IRT Professional Nationals The Sporting House Las Vegas, Nevada

May 1-5

Cameron Springs Indianapolis Open @ Greenbriar Ath. Club Indianapolis, Indiana

May 15-19

Pro World Championships at the Bay @ Bayhill Athletic Club-Milpitas, California

June 5-9

IRT Tourney of Champions @ Multnomah Athletic Club – Portland, Oregon

IRT SPALDING SATELITE TOUR

November 10-12

Long Island Open Long Island, New York

November TBA

Baltimore, Maryland

November TBA

Ektelon Pro-Am Doubles Portland, Oregon

January 26-28

\$3,500 Indiana Super Series Event-Fort Wayne, Indiana

January TBA

Billings Open Billings, Montana

January TBA

Lover's Lane Open Bowling Green, Kentucky

January TBA

Parkland Open Manchester, New Hampshire

February 2-4

\$3,500 Indiana Super Series Event-Indianapolis, Indiana

March 1-3

\$4,000 Indiana Super Series Event-Schereville, Indiana

March 15-17

St. Louis Super Series St. Louis, Missouri

March TBA

Paducah Open Paducah, Kentucky

March TBA

Tournament House Pro-Am-Riverside, California

May TBA

Intergalactic Open Lyndhurst, New Jersey

June 14-15

Elite 8 – Mountain View, California

Dates TBA

Buffalo, New York
El Paso, Texas

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1994-95 SEASON AWARDS

By Janet Myers

Awards are voted on by WPRA members, however, it is the tour players themselves who have the most influence on who receives the awards for Sportsmanship, Most Improved, Steding Cup, and Player of the Year. Here's a look at the 1994-95 recipients.

Sportsmanship

This award is given to the player who is considered to have exhibited the best sportsmanship consistently throughout the season. The 1994-95 season winner is Lorraine Galloway. At age 33, Lorraine has been on the pro tour for two years. She became interested in playing on the women's pro tour after watching a couple of pro stops. Lorraine decided that the pro tour is the best way to test your knowledge and experience of the game, plus it includes meeting great players and friends. She credits her mother with being one of the biggest influences in her life. Lorraine also believes that her friends keep her on the right track because of their unquestionable integrity. She is determined to win but she will play fair in any situation. When Lorraine isn't playing or teaching racquetball, she enjoys squash, biking, dancing, and traveling. She lives in Jamaica Estates, New York.

Most Improved

This award is given to the player who has made the biggest improvement in her game throughout the season. This season's winner is Michelle Wiragh. Michelle is from Laurel, Maryland, and at the age of 27, she has been on the tour for three years. She felt very excited to receive this prestigious award. It showed her that all the time and hard work she put into racquetball has really paid off. Michelle realized that the people who believed in her, like her mother and friends Mike Engel and Ed Willis, never stopped letting her know that she can compete on a pro level. Now she believes! Michelle first became interested in playing on the pro tour when

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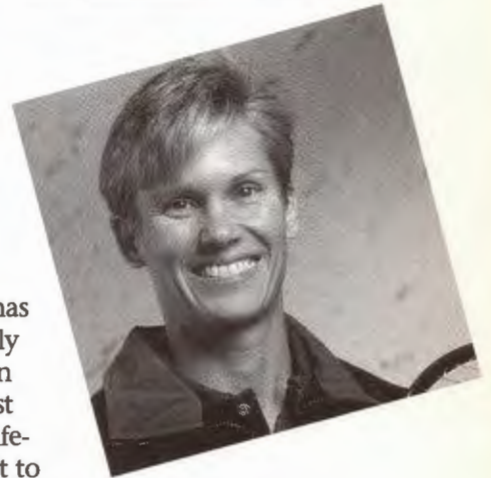
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Clockwise from left: Lorraine Galloway, Marcy Lynch, Michelle Gould and Janet Myers.



she understood that to improve your game, you had to play the best. She wants to go as far as her abilities will take her. When Michelle is not playing racquetball, she is working as a franchise director for Parcel Plus, Inc. Her hobbies include movies and spending time with friends.

Steding Cup

This award is named after the late Peggy Steding, who was very influential at the early stages of professional racquetball. The award is given to the player who has contributed the most to the WPRA both on and off the court. The 1994-95 season winner is Marcy Lynch. In the middle of the season, the president of the WPRA was unable to continue her role. Marcy stepped forward to assume that leadership position. The WPRA is grateful for her commitment. Marcy felt like it was "her time and the right thing to do." She has been on the WPRA Board of Directors for ten of her twelve years on the tour.

Marcy first became interested in racquetball when she became a pro at a tennis club with two racquetball courts. In 1979, Marcy took a "real job" from 9-to-5 for two years. In 1981, Marcy was devastated over the unexpected death of her older brother. A year later, she gave notice at her job, found six investors, and joined the racquetball pro tour. She wanted to know she had dedicated herself to something she loved to do. The lessons Marcy has learned in racquetball are invaluable. She is glad to have an opportunity to contribute to a sport that has given her so much. When Marcy is not playing racquetball, she is a certified nutrition consultant and she helps others create their own businesses. Her hobbies include softball, bicycle touring, and outdoor activities. She resides in Horsham, Pennsylvania.

Player of the Year

This award is given to the player who is believed to have performed at a consistently high level throughout the season. Michelle Gould has demonstrated this and

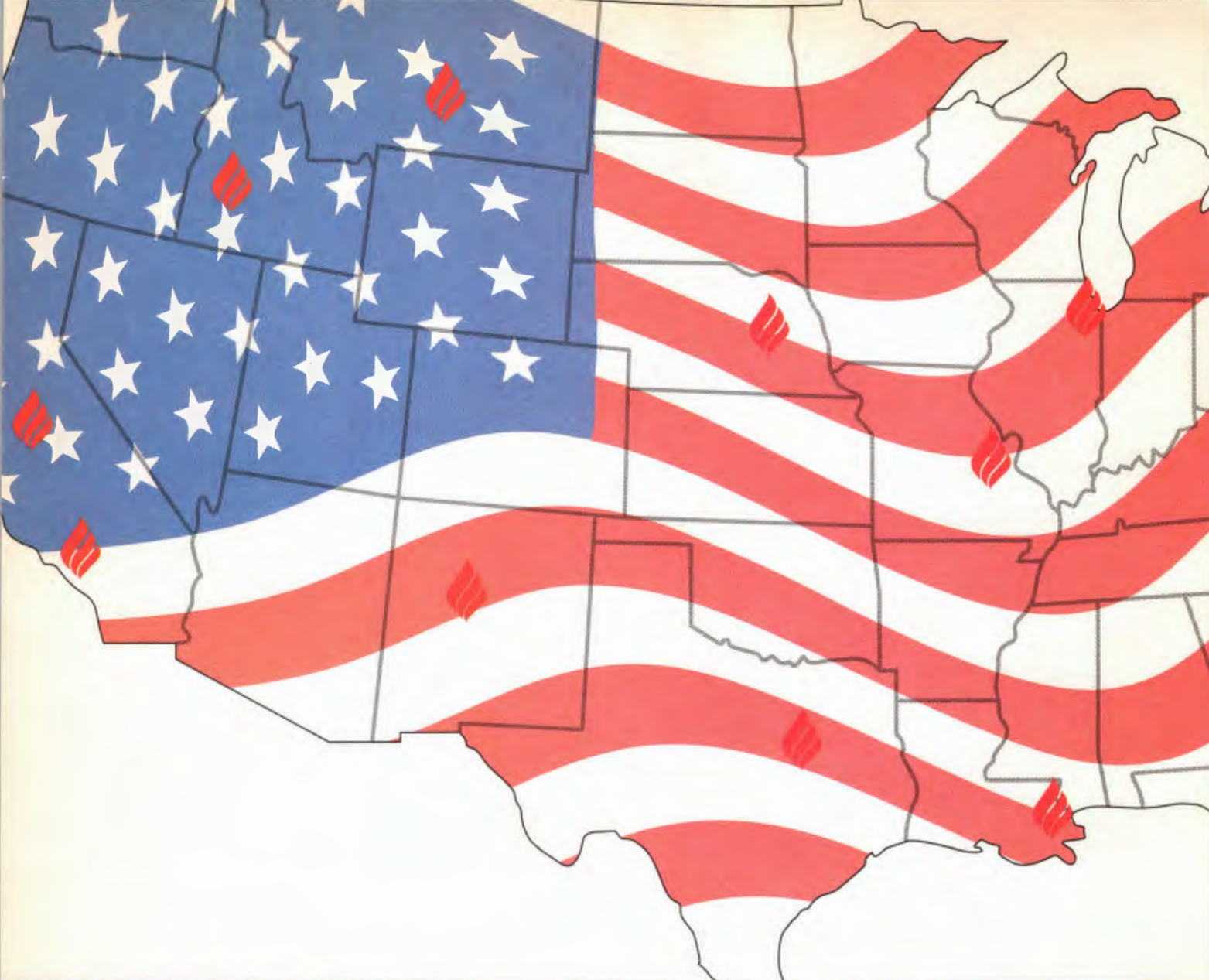
accepts her third such honor. At the age of 24, Michelle has been on the tour only six years but has won more titles than most people receive in a lifetime. She gives credit to her husband Rod, who is always there for her. He helps her train and coaches her at tournaments. Michelle believes that you are only as good as the people who support and guide you. Her family and friends are a large reason she did so well this year.



Michelle became interested in racquetball when she watched her first pro match at the age of 12. She thought it would be great to be able to compete in a sport at its highest level. Michelle feels racquetball is not only a great workout, but a great way to meet friends from around the world that you have for a lifetime. When she is not teaching or playing racquetball, she and Rod run their own business called InFomotion. They do consulting work for businesses in the communication field. Michelle resides in Boise, Idaho.

Janet Myers is a pro tour athlete and a member of the WPRA Board of Directors.





ADULT METRO SITES*

*Where noted, selected sites will host both adult and junior metro events on the same weekend.

March 8 - 10
Hall of Fame Fitness Center
Canton, Ohio
[Adult & Junior Region #9]
Contact: Doug Ganim
614-890-6073

March 15 - 17
South Hampshire Racquet Club
St. Louis, Missouri
[Adult & Junior Region #6]
Contact: Jim Murphy
314-353-1500
Jen Yokota
314-921-7933

March 22 - 24
South Florida Racquet & Health
Ft. Lauderdale, Florida
Contact: Mary Lyons
904-270-2224

March 29 - 31
What-A-Racquet
Daly City, California
Contact: Dave George
415-994-9080

April 12 - 14
Sports Courts of Lincoln
Lincoln, Nebraska
[Adult & Junior Region #11]
Contact: Linda Moore
402-454-2765

The Court House
Jackson, Mississippi
Contact: Chris Baker
601-932-4800

April 18 - 21
Tom Young's Athletic Club
Albuquerque, NM
[Adult & Junior Region #12]
Contact: Gary Mazaroff
505-266-8960

Executive Health & Sports Center --
Manchester, NH
Contact: Bill Gargan
603-434-7875

Maverick Ath. Club--Arlington, Texas
Contact: Bob Sullins
1016 W. Harris Road
Arlington, TX 76017

King George Racquetball
Club--Greenbrook, New Jersey &
Racquets Club of Warren
Warren, New Jersey
[Adult & Junior Region #2]
Contact: Lisa Gaertner
201-444-0859



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Glass Court Swim & Fitness
Lombard, Illinois
Contact: Geoff Peters
312-935-9685

Billings Athletic Club
Billings, Montana
[Adult & Junior Region #13]
Contact: Steve Pinnow
406-245-6204

Los Caballeros
Fountain Valley, California
Contact: Mike Martinez
714-756-1076

Atlanta, Georgia
Contact: Grant Morain
404-248-0582

Jacksonville, Florida
Contact: Mary Lyons
904-270-2224 (FRA)

April 25 - 28
The Court House
Boise, Idaho
Contact: Helen & Jack
Dunsmoor @
208-336-6567

Roanoke Athletic Club
Roanoke, Virginia
Contact: Molly O'Brien
410-263-7100

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**EXCLUSIVE JUNIOR
METRO SITES**
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March 8 - 10
Greenbriar Athletic Club
Indianapolis, Indiana
[Junior Region #10]
Contact: Diane Taylor
317-257-3261

March 23-24
Garden Health & Fitness
Monterey, California
Contact: Margo Daniels
408/372-7224

May 10 - 12
Northeast Racquetball Club
Columbia Heights, Minnesota
[Junior Region #11]
Contact: Lois Kollodge
612-421-8608

May 17 - 19
Sunset Athletic Club
Portland, Oregon
[Junior Region #15]
Contact: John Giunta
503-244-9659



THE NEW WAVE: PHYTOCHEMICALS AND THE LINK TO CANCER

By Marcy Lynch

Now that we have talked rather extensively about performance and some of the factors which enhance it, let's turn our focus to the

future. Where is science going with regard to nutrition and how will this affect our health?

The newest buzzword on the block is phytonutrients or phytochemicals. Phytochemicals are properties of whole foods which, until recently, were not even known to exist. Whole fruits and vegetables are loaded with them and there is growing evidence that the ultimate benefit of these nutrients is in fighting cancer. Instead of chemically stabilizing or neutralizing free radicals the way anti-oxidants do, phytochemicals either keep free radicals from forming or activate enzymes which whisk the free radical (an unstable, cancer causing molecule created by the environment) out of the cell.

One such phytochemical is called sulphorophane and is found in broccoli, cauliflower, brussels sprouts, turnips and kale. Cooking does not seem to destroy it and synthetic versions made in the laboratory seem to work as well, if not better, than those derived from nature.

Two other phytochemicals called p-coumaric and chlorogenic acid are found in tomatoes, green peppers, pineapples, strawberries and carrots.

Ellagic acid formed in strawberries, grapes and raspberries specifically protect DNA molecules. Free radicals that attack or damage our DNA cause mutations in critical genes, which may be the beginning of a cancerous growth.

Genistein found in soy beans and other soy products (miso, tofu) prevent the formation of capillaries that supply oxygen and blood to tumors. Without a supply line, tumors cannot grow. The full implications of this phytochemical are astounding in terms of reducing or eliminating tumor growth.

Other phytochemicals include allylic sulfide in onions and garlic, capsaicin in hot peppers, and flavonoids in almost all fruits and vegetables.

In addition to these phytochemicals, there are tens of thousands more as yet undiscovered. So how do we make sure we get them? The best way is to eat a variety of fruits and vegetables and aim for the recommended five to nine servings a day, since food is the best source of these nutrients. There are a few forward-thinking companies who have started to use actual food powders in capsule or rehydratable form to address the needs of a society that struggles to follow the food guidelines. These supplemental forms may actually fill in the gaps between what we need and what we actually get in the same way vitamin and mineral supplements do.

To some degree, the more we learn about what's good for us, the farther we seem to stray from doing it ... plus there's no guarantee that the information we learn today won't be different tomorrow. We probably won't have definitive answers to our total nutritional needs in our lifetime. Nutrition research is a fast-growing, ever-changing field of knowledge. What we can do is keep up with what is most current and put our best foot forward by taking advantage of what we do know for today. There's still no guarantee we'll live longer, but we can hope to lead an active, productive and healthy life — however long that may be — rather than struggle through our later years debilitated from disease.

I welcome your feedback on these articles or anything nutrition related. Feel free to call with questions or suggestions for articles (what do you want to know?). The nutrition helpline is 800/473-9743.

WPRA SCHEDULE

November 30-Dec. 3

*The Sports Barn
Chattanooga, Tennessee*

January 12-14

*Executive Health & Sports
Manchester, New Hampshire*

February 1-4

Chancellor's—Houston, Texas

March 18-21

TBA—Syracuse, New York

May 2-5

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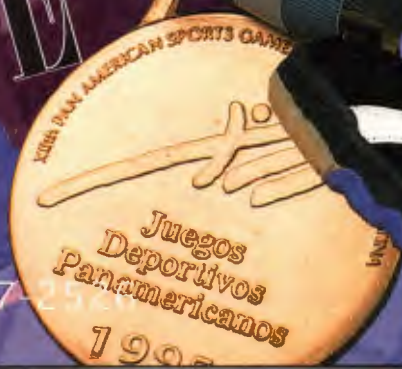
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Part 3 Backhand: principles & confident execution of 11 different shots. Practice drills.

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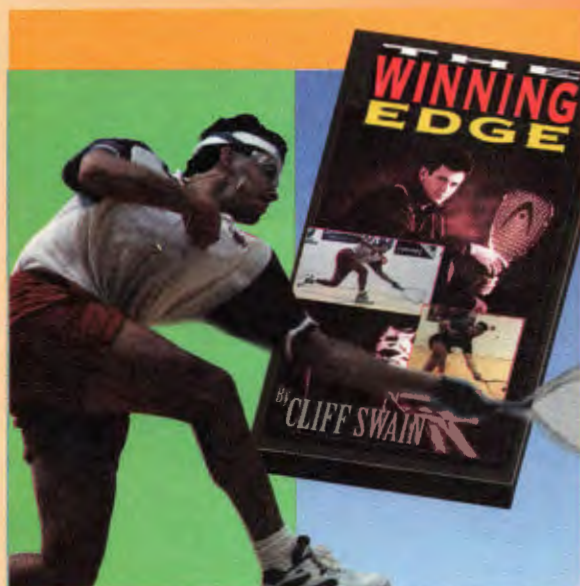
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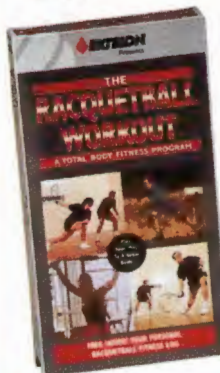
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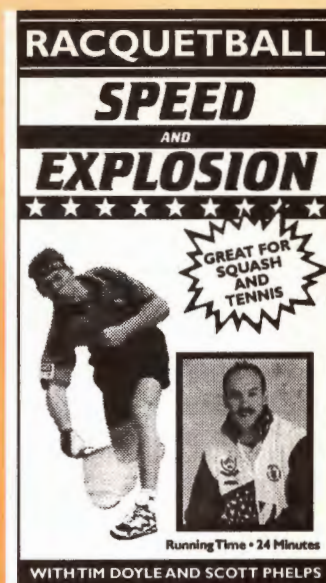


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A professional racquetball player, Cliff Swain, is shown in a dynamic pose, swinging his racquet. He is wearing a light-colored shirt and dark shorts. The background is a warm, brownish-orange color.

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PERFORMANCE SERIES:
Clinic Savvy
by Dave Peck



You are giving your clinic and discussing all the key aspects of the game of racquetball, when suddenly, half of your audience gets up and leaves in the middle of one of your key statements.

Totally amazed, you look at the remaining clinic participants for support and suddenly realize that they are all asleep. You don't know what to do, sheer panic hits ... then you wake up from your nightmare in a cold sweat, happy to realize that it was just a bad dream!

Well, rest easy. Here are a few ways to keep your clinic groups entertained and begging for more:

Make it Fun!

People are usually nervous when they come to a clinic. They're afraid of missing a shot in front of a group or maybe not being able to answer a question. In any case, they are often petrified.

To combat this, I start things off by having some laughs at my own expense. The subliminal message is "if the pro can make a mistake and have fun, so can we." I can usually feel the whole group "lighten up" and begin to have a good time.

Know the Group's Skill Level

Know the level of your clinic participants. This will help you decide on what topics to discuss along with the depth of your discussion. For example, when working with beginners, I talk about stroke mechanics (for example, how to hit the ball properly) and how to position themselves after the serve and during the rally. On the other hand, when I'm working with more advanced players, I discuss different ball contact points during the stroke and how to position themselves in relation to the ball position in the opponent's power zone.

Ask Questions!

In school, we all had classes where the teacher talked the whole time. Consequently, we became bored out

of our minds and took the opportunity to daydream or even take a nap. By asking questions of your clinic participants you actively involve them both mentally and physically. They don't have time to get bored or "to dream about paradise." Ask questions like:

"Why did you hit that shot?"

"What was your proper position on the shot?"

"Where was the ball in your power zone?"

"How often should you hit that serve?"

"Which shot is your highest percentage?"

Get Physical!

Once you go over a certain instructional point, have the participants warm up and hit that certain shot, position themselves to the ball, or hit that drive serve. Whatever the situation is, get them involved and doing the exercises.

Keep it Moving!

Boredom is a clinician's worst enemy. Things aren't fun when you're bored. If one of the clinic participants is holding up the flow of the group and having difficulty, offer your assistance after the clinic, but don't keep everyone else waiting. Helping that person after the clinic can also pay huge dividends when they tell everyone how great an instructor you are for taking time for added, individual instruction.

Remember, if your participants are bored, don't count on them to come back to your next clinic.

Free Fun Giveaways!

Have some door prizes available to give out to the clinic participants. Doing this gives the clinic, and you, an image of professionalism plus adds interest, fun and credibility. Everyone likes to get something for "free."

Remember, boredom is your worst nightmare in a clinic setting — but "informative and fun" never fails!

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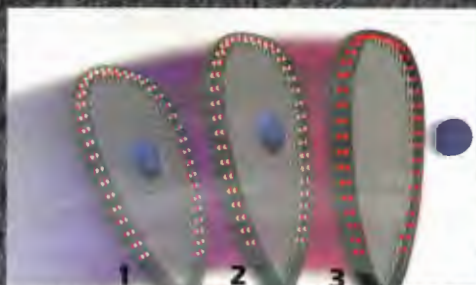
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—John Ellis
World Champion

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GAME PLAN: The Competitive Edge by Lynn Adams



With tournament leagues in full swing, you are probably playing against new and different opponents on a regular basis. Sometimes, it seems that we don't catch on to what strategy to use against a new opponent until the match is almost over. Analyzing your opponent's strengths and weaknesses is a skill that takes time and practice to develop. Creating a strategy to capitalize on your opponent's weaknesses and avoid their strengths is an even greater skill to master.

First, let's look at ways to analyze an opponent. Then, while not all players fit into neat categories, there are certain "types" of players that allow you to create a general strategy to exploit their game style.

Analyzing an Opponent

If you have a chance, watch your opponent play a match. You can see first-hand how they handle different serves, how they move (or don't move), which shots they prefer and which shots are non-existent in their game. You'll be able to see if they're the calm, cool type or the hot-tempered type. Write down as many things as you can to help you develop a strategy later on.

If you can't watch your opponent play a match, you'll have to pick up tendencies during warm-up and the beginning of the match.

Here are some tips on what to watch for:

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1. Watch your opponent's stroke during warm up.

Most players are good at the drop and hit shot. Don't let a good drop and hit shot intimidate you, or a bad one lull you into a false confidence. Instead, notice if the player ever leaves the drop and hit. The sluggish player will tend to stay with drop and hit shots, while the aggressive player usually moves around a great deal to warm up the legs as well as the arms and shoulders.

2. Look for keys to your opponent's shot selection, such as:

- Contacts the ball when it is behind them (such players tend to hit pinch shots).
- Lets the ball get too close to the body (such players do more pushing and have less power).
- Contacts the ball out in front of the body (such players usually hit cross-court effectively).
- Shows a preference and a strength for one side of the body. (If a player hits fewer backhands during warm-up, challenge the backhand early in the match).

3. Look for glaring weaknesses.

- If your opponent doesn't like to hit ceiling balls, hit lots of lob serves and use the ceiling ball as an offensive shot during rallies.
- If you notice a player jumping up to hit a ceiling ball instead of letting it come off the back wall, hit your ceiling balls harder so the player is forced to hit the shot off the back wall.
- If your opponent is slow of foot, hit an abundance of pinch shots to force them to run forward, mixing it up with ceiling balls to force them to run backward.

Type Casting

The whole point of analyzing your opponent's game is to develop a strategy that will avoid their strengths and take advantage of their weaknesses. Let's take a look at some basic strategies you can use against different "types" of players.

- We've all come up against the quick, fast player. They seem to run down every shot you hit, which makes you feel like you have to hit the "perfect shot" in order to win the rally. Often, this type of player hates a slow game. Lots of lob serves, ceiling ball shots, and slow lofty set-ups drive a quick player crazy. Also, because this type of player loves to run, instead of hitting the ball away from the opponent, hit the ball at them. If a quick fast player can't run they often feel lost and out of sync.

- If you come up against a real slow player, the obvious strategy is to keep them moving. (Easier said than done.) A pinch shot combined with passes and ceiling balls can be a big help in moving your opponent around. Hitting a pinch shot is the most effective way to make your opponent run forward. Once they are moving forward, run them backwards with ceiling shots and pass shots. Wide angle passes work well also. A wide angle pass will hit the front wall, the side wall, then cut in behind your opponent. It makes the player spin, turn, and then run to catch up with the shot.

- The tall, long-armed, giant-step type of player frustrates everyone. They're hard to pass, ceiling balls are pretty ineffective, and they seems to gobble up the whole court in one step. Instead of trying to constantly hit the ball away from this player, hit the ball at them. It takes some time to get those long arms inside to hit a ball that is heading for the gut area. They will lose power because they can't extend the arm out away from the body. If you must hit a passing shot, go for the wide angle pass. No one can cover the whole court side-to-side, or cut off every shot.

- Anytime you play someone who hits the ball a lot harder than you do, and is a better skilled player, you want to try to bring them down to your level. Don't feed into their strengths. Often, if you hit a hard drive serve to this type of player, it will come screaming back at you 30 mph faster. High lob serves, half lobs, around the wall balls, "Z" balls, and ceiling balls can really frustrate this opponent. If you do hit hard serves, mix them up with some change of pace serves, similar to what a baseball pitcher does. He keeps the batter off balance with different pitches at different speeds. You can do the same thing with your serves. By changing speed you can throw off your opponent's timing, and throw off their game.

Effectively analyzing an opponent's game is a learned skill, just like your forehand or backhand stroke. Strive to develop your game to include several different game styles. This versatility will be a tremendous asset in adapting to different player types and game situations. Good luck!

AMPRO TIP: PRE-GAME PSYCHE PLAN

By Fran Davis, Assistant U.S. National Team Coach & Diana McNab, U.S. National Team Sports Psychologist



You know the old saying, "If you fail to plan, you plan to fail." All too often athletes set themselves up to fail without even realizing it, just by not preparing beforehand. At this point ask yourselves these questions. "Am I guilty of this lack of planning?" or "Am I among the elite, the peak performers who take the time to have a pre-game psyche plan?"

Taking 100% responsibility for your sport results means establishing a pre-game psyche plan, just as athletes like Michael Bronfeld, Michelle Gould, Sudsy Monchik and Pete Sampras have done to achieve their greatness. All too often a player does not do the necessary homework (see Nov/Dec '94 issue) in order to achieve peak performance.

Before we get started you must completely understand yourself as an athlete as well as a human being, understanding your needs in order to achieve peak performance levels. Athletes thrive on consistency and routine — we are creatures of habit and perform best when there are no surprises — which means optimal performance levels need to have a pre-performance routine!

You must begin preparing 48 hours before your event. What we'd like to do is break down your pre-game psyche plan into three easy steps: nutritionally, physically, and psychologically.

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Photo by John Faust

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Partner's Name(s) _____

_____ Need a doubles partner _____ National Ranking

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grains, pastas, breads and veggies) to store plenty of glycogen (for speed, quickness and energy) in you muscles for game time. Drink enough water (8 glasses daily) to fully hydrate your system. Sound sports nutrition is totally within your control and responsibilities. What you eat will determine how you feel, which will determine your sports performance.

Step #2 is your pre-game physical warm-ups or routine. From stretches, to conditioning drills, to physical warm-ups ... remember your body loves routine and needs to reach the appropriate arousal level for you to perform your best. Find out what feels good and what works — then do it before each match to physically prepare for your best performance. Whether you need to be highly energized, adequately warmed up or relaxed, it is your responsibility to get yourself into that state of physical readiness.

Step #3, finally, is your mental preparation. This is totally individual and unique to each person. Relaxation techniques of deep breathing, muscle relaxation and affirmations can lead into simulation visualization (see May/June '95 issue) exercises. Visualize your game plan, your strokes, your serves, your shots, your distraction control, every possible situation from A to Z. It is imperative that the athlete allow enough time to mentally rehearse performance ahead of time and to "simulate" or go over each match. Often the best time to visualize perfect performance is every night before you fall asleep and every morning just upon waking.

Remember, all the thinking, planning and strategizing should be done before your performance. As thinking and performing do not mix, your body can only concentrate on one aspect at a time. So the athlete needs to mentally prepare before the match so that they can physically get into the "flow state" and perform.

Whether you listen to music, watch a video, say affirmations, go for a walk, take a nap, or sing in the shower, it doesn't matter as long as you are preparing your mind to get into the "NOW" for your performance. The key is to focus, concentrate and center into the "NOW." Cover all aspects of your game and your opponent's game and then let it go!

Remember, peak performances are totally absorbed in the present with no disturbing thoughts, no distractions, and no worries. The past is gone — the future is beyond your control — you can only work in the present time! Here's a pre-game check of the Four-Quadrant Theory for you to do before each performance.

Mind	Body
Spirit	Emotions

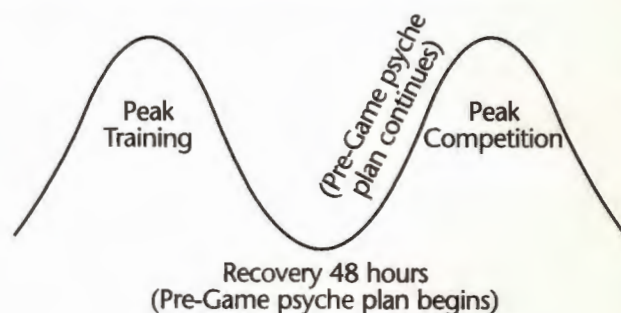
* Empty each quadrant until after each competition. Make sure each aspect of your life is clear ... before you actually compete.

I AM A WINNER

You need to think like a winner, act like a winner and be a winner before it can come true. Pre-game preparation is all about pulling up your "winning athlete" before you enter the court.

An athlete's #1 weapon is the mind. Thinking is totally within the athlete's control. The challenge lies in training your mind to be your ally and not your foe. For it is your true self-understanding and self-acceptance that will ultimately lead to your true self-control.

In closing, please take a moment to look at this wave theory, so you too can achieve peak performance as so many professional and Olympic athletes do:



You are now, truly ready to perform! Good luck!

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Oscar Bazan

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AMERICA'S MOST WANTED: Mental Preparation

by Jack Newman



In achieving success as a racquetball player, we must tie together all the important elements of the game. We've discussed how the serve is so important in becoming a top player at any level, and how practicing by yourself using fun drills was another key piece to the puzzle. This article will help bring everything together with a discussion of mental preparation.

The first and most important thing is to have a positive frame of mind. This means that even in defeat you can search for things that you can use later to improve your game. It also means that you always maintain a confidence in yourself that almost borders on being cocky, except that you stay humble. Your opponents will always sense this air of invincibility about you. This positive frame of mind will allow you to come from behind in a match even if you are not playing well.

This type of positive thinking must also carry through to all your practice sessions. It has been my experience that we can't judge by our practice sessions as to whether we are playing good or bad. Remember it's only practice, and this is when we work on all our shots. I have even seen other top-ranked pros come into a tournament thinking negatively because they did not practice well the week before. I always played better when I had a bad practice week, because it made me concentrate better at the actual event. I was able to do this because I always tried to think positively.

When talking to other top athletes, there was always one common thread ...visualization. This is a process that takes practice just like you would work on your shots before a tournament. I started using visualization when I was 17. I went to see a sport psychologist who

taught me to visualize through hypnosis. That year I won the AARA Junior National Championship.

The key to this process is to relax. I try to find a quiet place and lay down with my eyes shut, then take ten long, deep breaths so that I could completely relax. I would then picture myself in situations during tournaments and see myself hitting winning shots. The more I would do this, the more confident I would become when these shots came up in actual matches. You can visualize hitting that big ace, or retrieving every ball your opponent hits. Remember this takes practice just like the physical parts of the game. As my experience progressed I was able to do this during a match by raising my racquet for ten seconds. The art of visualization can be used in all parts of your life.

I have brought up the topic of mental preparation because I feel that it is 80% of the battle. Most of the matches that we lose are because of mental errors or letdowns. If we can begin to practice our mental game we will see the vast improvements that we are all capable of. So, remember to keep your chin up and always show that swagger and positive attitude. And don't forget to come see us at one of "America's Most Wanted Racquetball Camps" coming near you.

FIVE EASY WAYS TO IMPROVE!

Take lessons and camps – Individual lessons on a regular weekly basis are a great way to make your game jump a level. Racquetball camps are also a great way to get a large amount of information over the course of a weekend. Most players really improve greatly during the racquetball camp weekend and get to meet many other racquetball enthusiasts in the process.

Practice – Another big weakness in the amateur game is that most players never practice. They always go out and play matches. This is the most common reason that players get stuck at one level. They play the same group of one or two people and continue to make the same mistakes over and over again. I would like to see each player spend more time practicing during the week so that they can see their game improve.

Cross Train – You can cross-train by jogging, doing sprints, or lifting weights to help you with your racquetball conditioning. You can also play other sports like basketball, squash or tennis to help improve your hand-eye coordination.

Buy Good Equipment – You want to make sure that the equipment you are playing with is appropriate for you. You want to use shoes that are specifically designed for use in racquetball. You also want your racquet to fit your game style. Also take care of your equipment by getting your racquet strung regularly and having a good supply of racquetball gloves so you can grip your racquet well.

Play Leagues & Tournaments – The biggest mistake we make is playing in the wrong league. You should not be continuously winning your league. You should be in a league where you are in the middle of the pack. This way there are always people that can push you to a higher level. If you have time, tournaments are the most fun way to compete against other players from all over the state. It is also a great way to meet players that you might want to play from another club.

WHAT'S THE CALL?

By Otto Dietrich
AARA National Rules
Commissioner



Several issues have come and gone since I've had time to write this column. Nevertheless, here are my answers to some of the questions I've received in the meantime.

Q: *Are there any rules governing bouncing of the ball prior to service?* **Maurice Friedman,** Woodbridge, Connecticut.

A: There are several! First, AARA rules place no limit on the number of times the ball can be bounced by the server. But, if you do bounce the ball more than one time after the score or "second serve" is called, then there must be a slight pause immediately before your being the "one bounce" that's allowed for the serve.

Interestingly, in Canada, the rules still limit the server to only three bounces. The AARA decided many years ago that there is no need for such a limit because the server has only 10 seconds to serve after the score or "second serve" has been called. If 10 seconds expire before the serve, then the referee may assess the server a technical foul (loss of a point) for delay of game.

The ball must also be bounced on the floor in the service zone; otherwise, it's a fault. Furthermore, during the serve, if the ball hits any part of the server's body or equipment (other than the racquet), the serve is lost immediately.

As I like to describe the preceding in very simple terms, it must be clear which bounce is the "one bounce" that you are allowed for the serve and when you do take that "one bounce," the bounced ball must travel directly from your hand to the floor, and then be hit by your racquet without touching anything in between.

Q: *Who has the right to the ball during a time-out? Say, for example, Player A calls time-out, but Player B has the ball and starts hitting it around. If Player A is distracted by this or just wants to hit the ball, does Player B have to give the ball to Player A? I have never heard of or seen a dispute, but thought it was*

interesting. **Darlene A. H. Truett,** Murfreesboro, Tennessee.

A: This is another one of those special issues that's not in the rulebook – probably because it really doesn't occur that often. But when you've reffed as many matches as I have, you are bound to encounter nearly everything at least once. The most notable person to claim a "right" to the ball is Lynn Adams – women's pro champion, many times over. During time-outs, she often liked to either hit the ball or else rapidly walk around the interior perimeter of the court dribbling the ball with her racquet. It made no difference to her who called the time-out – she was determined to have the ball in the interim. Of course, her opponent sometimes wanted the ball too – especially if, as you cited, her opponent had called the time-out.

How did I handle it? Well, the first time, I admit that I was perplexed! But the next time I was assigned to ref one of her matches, I kept another ball handy so that if both persons wanted to hit a ball, they could. But I found that I had to carefully control this activity to make sure (i) that the game ball wasn't switched (either accidentally or on purpose) and (ii) that the time-out didn't exceed the allotted 30-seconds.

In retrospect, I believe that a better solution would have been to not allow either player to hit the ball. I really can't think of any sport involving a ball (such as basketball, football, or volleyball), that allows the players to "practice" with or even hold the game ball during time-outs. My suggestion is that if player don't argue over possession of the ball during a time-out, let them keep it and do as they please. However, if they can't agree, the referee should simply hold the ball until the time-out is over.

The Final Shot: If you missed Linda Mojer's comments in the last issue of *RACQUETBALL Magazine* about a few errors that crept into the rulebook published in the July-August issue, be sure to check it out! These errors have since been corrected, but a lot of copies are still in circulation. Be prepared!

MAINS & CROSSES

By Steve Crandall



Racquets and racquet string have to work together as a unit, and choosing the right string tension is one of the most important equipment decisions a racquetball player can make. It used to be a relatively easy one back in the "old days," before the advent of oversized racquets. Way, way back, in the late '70s, all racquet heads were pretty much the same size and shape, and all racquets were strung between 25 and 30 lb. tension. In other words, there was a spread of just 5 lb. or 20 percent, so you couldn't go too far wrong.

But technology doesn't stand still, and now we've got a wide range of racquet head sizes and shapes, action that varies from fairly whippy to ultra-stiff, and vast differences in stringing patterns. Recommended stringing tensions now range from 25 to 60 lb., increasing the spread to 35 lb., or 140 percent, which means there's a lot more room for error. Or to look at it in a more positive light: there's greater opportunity for the player to "tune" his racquet to suit his playing style by altering string tension over a wider range. If you don't like your racquet's performance, don't even think about buying a new one until you've experimented with changes in string selection and tension.

*The basic equations are:
Higher Tension = More Control
Lower Tension = More Power*

Strings at low tension stretch more when they contact the ball, and then quickly snap back to their initial length. This "trampoline effect" (also known as resilience, or rebound) adds power to the shot: it's sort of like putting a spitball in a rubber band, pulling back, and then releasing it. If the racquet is strung at a higher tension, less stretch is left in the string to provide a trampoline effect.

On the other hand, tighter strings remain flatter, so it's easier to control the direction of the ball and to impart spin on it. Bear in mind these limits, however: excessive string tension leads to frame or

string breakage, and too-low tension means a total loss of both control and power.

Long strings stretch more than short ones under the same loads: in other words, they have more trampoline effect. This is the main reason why oversize racquets have more power than standard ones. Thus, we have the concept of relative, versus absolute, tension: string tension should be in proportion to head size. In general, oversize racquets call for tighter tension than standard ones to overachieve comparable playability. If you want extra control from an oversize, you'll have to string near the top of the



String tension is set during the stringing process by stretching the string as it's installed in the frame. String tension greatly influences the performance of the racquet. Photo: courtesy Thomas Rankin Associates, photo model: Cal Steere, Warwick, Rhode Island.

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recommended tension range — possibly twice as tight as the maximum recommended tension on a standard frame.

A racquet loses roughly 10 percent of its tension the day after it's strung — and that's if it's not used. The tension will drop further every time you play it. "Creep," or loss of tension, is due to stretch at the molecular level, and it's a fact of life: work with it, don't fight it. Think of stringing tension in terms of initial, or "referenced" tension. Learn what reference tension works best for you over the useful life of the string, and go with that.

Checking tension on an already-strung racquet can be done with special equipment, but it's not a very fruitful exercise. When the string becomes too loose (if you haven't already broken it), that means the molecules have stretched out considerably, and tightening up the string in the racquet won't restore its original resiliency. So don't even bother trying to measure the tension of a strung racquet: just re-string it.

The construction of the string itself also affects string tension and performance. Kevlar® fiber, for example, is very stiff, and stretches much less than nylon under the same load, so you might want to string it at relatively low tension. Zyex® fibers resist creep better than almost any other material. How different materials are put together in the string also makes a big difference. We'll look into this subject more in future columns, so for now, just bear in mind that the proper tension for one string is not necessarily right for another.

It is always a good idea to discuss your needs with a certified racquet technician who specifically understands racquetball, but string tension is more like an exam in English than Math: there is no single right answer, and the final decision has to be the player's own, based upon his or her abilities, playing style, and preferences. If you're physically strong, you might want to add control to your game by stringing tight. Or you might want to make your shots even more powerful by stringing loose. Or you might choose something in between for a balance of control and power. Likewise with finesse players who are not so strong: you can select string tension to maximize your advantages, minimize your weaknesses, or strike a happy medium. By knowing how string tension affects play, you'll optimize your own performance and that of your racquet.

Steve Crandall is Vice President of Sales & Marketing for Ashaway Racket Strings.

changing times

by Luke St. Onge



I am most pleased to update you on the progress made by the racquetball industry in its joint effort to promote our sport. The Racquetball Industry Association [RIA] was formed during the Super Show in Atlanta earlier this year and its first order of business was to create its own "Racquetball Initiative" patterned after the Tennis Industry Association Initiative.

The tennis initiative was formed in an attempt to arrest the slide in tennis participation worldwide – which had shown a decline in its player base of 44% in three years.

Although its numbers are not as dramatic as that of tennis, the racquetball population has remained fairly static over the past three or four years. But our sport also has the advantage of access to its current market, since over 85% of the playing population pays court fees to play. This also makes our player base much more committed than in tennis, where 85% of participants play for free on municipal courts.

The RIA realized that its future lies with the clubs and the success of racquetball as a bottom line profit item for club management. In early discussions, these major areas were identified as priorities: a) immediate contact with all court clubs to show that racquetball is viable and profitable (to reverse the trend of court removal in favor of other activities); b) image/public relations; and c) retail outreach and promotions.

To address the highest court club priority — and with participation by virtually all of the major players in the sport — \$50,000 has been raised to date under the guidance of Brad Patterson of the Sporting Goods Manufacturer's Association and Rob Ahrens Dorf of Ektelon. In addition, a significant contribution to this effort was made by the International Health and Racquet Sports Association [IHRSA], under the guidance of Executive Director John McCarthy.

IHRSA represents 1200 of the 3000 racquetball facilities in the United States, each of which will receive a ten-minute video plus a workbook on how club owners/managers can profit from racquetball. The video and workbook will feature the themes of:

Racquetball is Fitness – outlining the fitness benefits as well as the fun and competitive benefits of the sport, with individuals of all ages playing, sweating and being active.

Racquetball is Social – with instruction, beginners, club activities, leagues, tournaments, mixers.

Racquetball is for Everyone – men and women, juniors, young adults, high school students, college undergraduates, senior citizens, corporate organizations.

RB: NOTEBOOK

COLLEGIATE NEWS

Regional Qualifying Required for the Worlds
— In an effort to promote racquetball on college campuses nationwide and bolster the collegiate program, the American Collegiate Racquetball Association [ACRA] has mandated regional participation for entrants to the 1996 Wilson World Intercollegiate Racquetball Championships. In the past, regional finishes were used only for seeding purposes and participation was not a requirement to compete at the national level. Now, all National Intercollegiate entrants must pre-qualify for the event by competing in a regional. For more information about the ACRA or hosting a collegiate regional, contact Neil Shapiro at 518/436-9522.

The AARA has also agreed to support the efforts of the ACRA by allowing this affiliated association to retain the full amount of membership fees collected from new and renewing collegiate members to offset the costs of their various developmental projects. Since the agreement in October of 1994, the ACRA has retained over \$3500 in collected membership dues to support their programs.

The AARA Board of Directors has adopted the "Mastery of Racquetball" program by Tom Travers and Larry Adams as the official instructional curriculum at the collegiate level. This video and workbook package is available to all college physical educators by calling 216/650-9363. "Mastery of Racquetball" is the first comprehensive instructional package that has been offered to the college market.

1996 AARA LEADERSHIP CONFERENCE

The annual conference dedicated to the leaders of our sport is scheduled to take place in Colorado Springs at the U.S. Olympic Training Center on January 11-14, 1996. The conference is open to our State Association Presidents and industry leaders.

MEDIA WATCH

Did you know that Tom Cruise, Garth Brooks, Jack Ham, Kathleen Turner, Al Oliver, Dion of the Belmonts, Eddie Murphy and Joe Theisman all play racquetball to stay fit? ... In the 1996 Service Merchandise catalog there is twice as much space dedicated to racquetball than to tennis ... In Michael and Janet Jackson's video "Scream" Michael plays futuristic racquetball – catch it – it's great.

INTERNATIONAL

Racquetball will be a full medal sport in the 1999 South Pacific Games ... There are two new racquetball courts at the Pacific island resort on the South Pacific island of Guam ... The Ektelon/IRF World Championships dates have changed to August 9-17 at City Square Athletic Club in Phoenix ... Over 20,000 Australians play racquetball on squash courts. It's called Australian Rules Racquetball – sound familiar? ...

CONTINUED ON PAGE 61

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Racquetball is Profitable – from a single court, a club can realize \$95,000 net profit in one year. A workbook will accompany the video which will be a "how to" for programming, featuring socials, leagues, mixers and tournaments to achieve this profit figure.

And that's not all that's going on. Ektelon approached the AARA to help run a series of racquetball mixers throughout the U.S. Under the guidance of six-time national and current World Champion Michelle Gould the project is designed to attract new players to the sport in select clubs regionally throughout the U.S. The objective is to introduce current fitness club members to racquetball in a fun and friendly atmosphere. The major theme of the program is "racquetball is fitness and fitness is racquetball." We're a sport first, with fitness as a by-product of competition. The combination is perfect and can't be surpassed in the fitness industry.

By the way, have you seen Ektelon's new fitness poster that has been distributed to over 2000 clubs in the U.S.? It maintains the fitness-racquetball theme. If your club hasn't put it up yet, ask for it.

So, in under a year's time, four major promotions are underway and court club attitudes are changing. This is the first initiative for racquetball since the mid-seventies. It's great to be a part of it.

BOARD MEETING HIGHLIGHTS

- Accepted the 1994-95 audit submitted by Ken Waugh and Associates.
- Agreed to publish AARA Due Process Procedure in an upcoming issue of *RACQUETBALL Magazine* and the next rulebook.
- Revised the U.S. Team Coaching Procedure submitted by the Coaching Committee.
- Awarded \$500.00 scholarships to Kim Russell, Kori Grasha, John Stanford, Tricia Boots.
- Accepted the scholarship rating system.
- Turned down any new rule changes for consideration in 1996.
- Requested that the National Rules Committee revise the round-robin tiebreaker system.
- Established firmly that the third weekend in April would be the AARA Regional Weekend beginning in 1997.
- Selected USOC Male Athlete of the Year – Michael Bronfeld; Female Athlete of the Year – Michelle Gould
- Elected four members into the AARA Hall of Fame in two categories — Contributors: Gary Mazaroff & Keith Calkins; Athletes: Mary Low Acuff and Johnny Hennen.
- Selected the following Team Managers and Leaders for 1996: Tournament of the Americas, Cali, Columbia – Team Leader, Marc Auerbach; Team Manager, Rex Lawler. World Championships, Phoenix, Arizona – Team Leader, Neil Shapiro; Team Manager, Steve Lerner.
- Established a task force to re-examine allocation of AARA current finances and re-structuring of the national office towards establishing a more dynamic position for the AARA and creating new life and energy for the sport in the U.S. Areas of change to include: A) Large major events with or without the necessary sponsorship; B) International involvement in future Olympic and regional games; C) Marketing and sponsorship services.

rb:global

FIRST EUROPEAN JUNIOR CHAMPIONSHIPS HELD

By René Henemann

After three exciting days of racquetball in Zoetermeer, the European Racquetball Federation was very proud and pleased to hand out 39 awards in nine categories to the best juniors in Europe. The first European Junior Racquetball Championships were held in Racketcenter De Leyens in Zoetermeer in the Netherlands. Forty-six juniors from Denmark, Germany, Great Britain, Ireland and the Netherlands took a shot at the First European Juniors title in Boy's 12 & under, 14 & under, 16 & under, 18 & under, doubles and girl's 14 & under, 16 & under, 18 & under and doubles. Unfortunately France withdrew their four juniors only 24 hours before the start of the event. The ERF is committed to having those four French juniors and maybe more in the second edition of the European Juniors.

The opening ceremony was conducted by René Henemann and the director of the Zoetermeer Sports Council, Mr. Hans Kelder. The latter performed the official opening and served the first serve of the championships. The first three matches of the weekend started at 10:00 a.m. sharp.

On day one, after the first few matches the experts could already identify some of the talented players and handpick some of their favorites for a title. Before the start of the first European Junior Championships it was nearly impossible to make a seeding in each category. It was only clear that Germany and Ireland, with the best junior programs in Europe, would probably have the favorites among their team members. Not knowing the strength of the other countries however, made it look more like a lottery.

The kids took each match very seriously. At first some of them had to shake off some nerves, but this did not take long. In some beginning matches the difference of level of play was too big for some. In others, the strength of both players were about equal and tough matches progressed. We even saw some tiebreakers in the first rounds. An occasional upset and an unexpected loss was even cause for some tears. Gradually the better players emerged and advanced into the semi-finals.

On the third and final day of the event we saw quite a few exciting semis, finals and playoff matches for third and fourth place.

RB: NOTEBOOK ... continued

The World Senior Racquetball Championships will be held August 26-31 (Monday through Saturday) in Albuquerque, New Mexico ... The official ball for both the VIII World Championships and the Seniors is the Penn Ultra Blue ball.

USOC

The new executive director of the USOC plays racquetball ... Racquetball will have a full size court and equipment display as part of the new expansion of the United States Olympic Training Center in Colorado Springs ... The United States Olympic Committee will provide over \$350,000 for grass roots development and programming for racquetball in 1996 ... Ho Kim of Korea, formerly of Taekwondo World Headquarters, has joined the International Federation of Bowling. Mr. Kim is a strong supporter of racquetball and a friend of our sport. He will relocate from Korea to the USA.

AARA

For the first time since 1979, Club Business International [CBI], the official publication of the International Health and Racquet Sports Club Association, ran an ad for racquetball featuring the AARA Court Club Program ... There are over 1100 full fitness clubs in the AARA Court Club Program — up 500 from 1994 ... Over 50% of those who play in AARA sanctioned events are not members of the AARA ... One percent of all sales of Hi-Tec AARA official shoes goes directly back to the states for grass roots development.

TIDBITS

October's MEN'S HEALTH Magazine shows racquetball at 794 calories burnt per hour, trailing only running and vigorous stationary cycling in the burning of calories for fitness. Racquetball was ahead of tennis, stair climbing, basketball, mountain biking, and touch football, to name a few ... Racquetball will be a full medal sport in the 1998 Nike World Masters Games slated for Portland, Oregon ... Archaeologists continue to unearth evidence that the Meso American ball game played throughout Central America and Mexico is the origin of modern day racquetball ... Over 1500 racquetball courts will be built in the U.S. this year. The highest in 12 years. Source — Randy Stafford of The Court Company.

PEOPLE

Elaine Hooghe has become President of Transition Sports, the official racquet of the AARA ... Johnny Hennen, one of the greatest athletes to play our sport, is seriously ill. You can reach him at 1326 Franklin Dr., Chattanooga, Tennessee 37421. Send him a get well card!

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National Doubles Championships (8 spots, Male & Female Open Finalists)

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During the last match of the championships in the boy's 18- between Peter Rakowski of Germany and Pat Hanley of Ireland the excitement was big and the crowd went wild. A large crowd of people packed the viewing area to watch this excellent match, driving a few to step up on the radiator of the central heating and watch the match from there. A few moments later the weight on the pipes was too much and one pipe broke off. Water flooded some of the viewing area and the match had to be continued on another court. The fire brigade came and together with a central heating mechanic they temporarily fixed the problem within thirty minutes. Luckily, this unfortunate mishap did not interfere with the championships in any way. Peter Rakowski just edged his Irish opponent Pat Hanley in the tiebreaker, with the score of 14-14, 10-15, 11-7.

At the end of the first Junior Championships Ireland took home five titles, Germany had won three titles and one title remained in Zoetermeer (= Sweet Lake City) in the Netherlands.

Except for the Dutch Juniors, all juniors and two coaches stayed in the gym of the Orange Nassau College, located only seven minutes walk from Racketcenter De Leyens. The other coaches and parents were hosted in private homes. Hotel rooms within a radius of about 40 miles are hard to get in the western part of the country around the Easter weekend. Having most of the juniors in the gym created some bonds between them from the first night. On Saturday evening a disco was arranged for the participants, where everybody enjoyed themselves tremendously.

Final Standings 1st European Junior Championships

BOYS — Boy's 12-: 1. Liam Hughes, Ireland; 2. Desmond Cullinan, Great Britain; 3. Mark Murphy, Great Britain. Boy's 14-: 1. Jason Cornvalius, Netherlands; 2. Thomas Cunningham, Ireland; 3. James O'Leary, Great Britain. Boy's 16-: 1. Dwayne Magnier, Ireland; 2. Trevor Grumbridge, Ireland; 3. Oliver Bertels, Germany. Boy's 18-: 1. Peter Rakowski, Germany; 2. Pat Hanley, Ireland; 3. Brian Donaldson, Great Britain. **BOY'S DOUBLES:** 1. Rakowski/Frank, Germany; 2. Bertels/Klippel, Germany; 3. Hanley/Boyce, Ireland.

GIRLS — Girl's 14-: 1. Ruth Beecher, Ireland; 2. Emer Towhig, Ireland; 3. Chantal Matla, Netherlands. Girl's 16-: 1. Grainne Dunlea, Ireland; 2. Paula O'Mahony, Ireland; 3. Aine Hynes, Great Britain.

GIRL'S DOUBLES: 1. Neary/Corcoran, Ireland; 2. Beecher/Dunlea, Ireland; 3. Towhig/O'Mahony, Ireland.

III Sudamericano De Racquetbol

Sunset Racquet Club, Quito,
Ecuador: August 8-12, 1995

Men's Open

1. Juan F. Gomez, Colombia.....20 pts.
2. Pablo Fajre, Chile.....18 pts.
3. Fabian Apa, Argentina.....13 pts.
4. Ivan Villegas, Colombia.....10 pts.
5. Oscar Justiniano, Bolivia.....8 pts.
6. Carlos Quiroga, Bolivia.....7 pts.
7. Gerardo Gil, Bolivia.....6 pts.
8. Mario Villacreses, Ecuador.....5 pts.

Men's A

1. Juan Villacreses, Ecuador.....20 pts.
2. Juan Pablo Cleros, Bolivia.....16 pts.
3. Clemente Car. San, Colombia.....13 pts.
4. Mauriolo Avelaez, Colombia.....10 pts.

Men's Doubles

1. Apa/Coppolequia, Argentina.....20 pts.
2. Gil/Quiroga, Bolivia.....16 pts.
3. Villacreses/Chiriboga, Ecuador.....13 pts.
4. Villegas/Villa, Colombia.....10 pts.

Women's Open

1. Cintya Salazar, Bolivia.....20 pts.
2. Angela Grisar, Chile.....16 pts.
3. Lorelo Barriga, Chile.....13 pts.
4. Lucia Sapere, Argentina.....7 pts.
5. Yaka Parada, Bolivia.....8 pts.
6. Amanda Kurzbard, Argentina.....7 pts.
7. Caroly Santos, Bolivia.....6 pts.
8. Bertha Munizaga, Chile.....5 pts.

Women's Doubles

1. Grisar/Barriga, Chile.....20 pts.
2. Sapera/Kurzbard, Argentina.....16 pts.
3. Santos/Parada, Bolivia.....13 pts.
4. Pozo/Hernandez, Ecuador.....10 pts.

Men's Juniors

1. Jose Cueva, Ecuador.....20 pts.
2. Gustavo Molina, Ecuador.....16 pts.
3. Alejandro Herrera, Colombia.....13 pts.
4. Sergio Orellana, Chile.....10 pts.

Men's Seniors

1. Maggi Osvaldo, Argentina.....20 pts.
2. Mario Villacreses, Ecuador.....16 pts.
3. Pablo Paez, Ecuador.....13 pts.
4. Jose Virreira, Bolivia.....10 pts.

Men's Senior Doubles

1. Maggi/Munoz, Argentina.....20 pts.
2. Villacreses/Paez, Ecuador.....16 pts.
3. Orellana/Avino, Chile.....13 pts.
4. Virreira/ViaRaque, Bolivia.....10 pts.

COPA Sudamericana Country Results

1. Bolivia.....84 total pts.
2. Chile.....82 total pts.
3. Argentina.....72 total pts.
4. Colombia.....33 total pts.
5. Ecuador.....57 total pts.

COPA Union Country Results

1. Ecuador.....101 total pts.
2. Argentina.....40 total pts.
3. Colombia.....36 total pts.
4. Bolivia.....35 total pts.
5. Chile.....23 total pts.

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Travel/Booking Information

Hotels and club are approximately 10 minutes from SFO and 12 miles from downtown San Francisco. If you fly into San Jose or Oakland airports, you will be approximately 45 minutes away from the club and hotels. Shuttles from hotels to club will be scheduled, complimentary airport shuttles are offered by host hotels.

Format & Rules

Round robin flights with advance into playoff round, 2-3 games to 11, depending on size of division. Self-officiated. AARA rules govern, including the mandatory use of approved, lensed eyewear. AARA membership required to compete. Awards will be given to the first four places in divisions with two or more flights, and to the top three finishers in divisions of eight or more. Souvenir cardigan sweatshirt to each participant.

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To receive an official entry form, contact Jack Hughes or Terry Rogers @ 415/349-9533 (home) or 415/697-9162 (days). For WSMRC membership and be added to the mailing list, contact the Women's Senior/Master Racquetball Council via Kendra Tutsch, 110 South Midvale Blvd., Madison, WI 53705 @ 608/233-5865.

rb:people

MEET BENNY GOODSPORT™ — FITNESS CLOWN.

IT ALL BEGAN WITH RACQUETBALL

By Janet Arbeter

Everyone, it seems, loves a clown. Universally accepted by young and old alike, they symbolize fun and laughter. Clowns allow us to laugh at ourselves. And for the moment, remove us from the stress of everyday life.

Like every weekday morning at 6:15 a.m., the usual group of guys assemble in the club lobby to prepare for their racquetball work-out. After stretching and some small talk, they break up into pairs. Ben Ellis and his partner take to the court to play their doubles match. The opponents serve first. As the ball is served, becoming a blue blur in mid air, Ellis positions himself to return the volley. He turns to face the rear of the glass walled court and with his back to his opponents, bends over his knees and follows the swing through his legs, without missing a beat. He totally confuses his opponents and scores the point. To the delight of the small but dedicated early morning audience.

With all of the emphasis on senior fitness, Ellis, at 59 years, should be the poster person, given his statuesque six foot, well developed 200 lb. physique, coupled with

the stamina of a player half his age. Eternally optimistic and friendly, he looks much younger than his actual years. He is a skilled athlete, especially at racquetball. A competitive person by nature, he takes his game seriously.

At a recent club tournament at McDermott's Health and Racquet Club in West Chester, Pennsylvania, Ellis and his partner Carl Vaccaro played Wally Ruiz and Jule Siskind. They traded points in two games so exciting that the spectators were nearly as exhausted as the players. No big deal, you say, except that Ruiz is 29, half Ellis' age. Ruiz, no stranger to the circuit, was the current A Singles Pennsylvania title holder and nationally, he ranked third. Ruiz says that "Benny has the ability to rank nationally in his age category. I would pit Benny against anyone in his age category. I fact, my money is on Benny."

Benny plays with a presence that would disarm even the most stalwart competitor ...

After a few minutes of play, Ellis grabs the waistline fabric of his navy and white polka dot shorts. The elastic rotted and apparently stretched out, leaving poor Benny with the task of holding on to his shorts. He tried everything, like hiking the shorts up (to where?), to rolling them under his white briefs. You have to wonder just what he was thinking! Nothing

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Photos: Janet Arbeter, shot on location at McDermott's Health & Racquet Club in West Chester, Pa.

worked short of a safety pin which eventually appeared on the scene. And all the while Benny keeps playing, as though nothing else is going on.

Ellis learned early on that regimen and dedication pay off. After graduation from high school, he enlisted in the Army. He started his military career as a private, moved up through the ranks, and was discharged as a first lieutenant. Ellis, a self proclaimed soldier at heart, says, "The Army taught me discipline, organization and how to get along with people."

Benny's motto, "Work hard, play hard," carries over from his Army days to his dynamic insurance career and racquetball game. In fact, Ellis attributes his performance as a top State Farm producer, for which he holds the CLU (Chartered Life Underwriter) and LUTC Fellow (Life Underwriters Training Council) professional designations, to racquetball. For Ellis, racquetball features the best of both worlds; an all encompassing aerobic sport that joins forces with his competitive nature.

But take heart. Ellis only started playing the game at age 45 or so. Ellis felt stuffed and uncomfortable. His business lunches and lack of exercise collided and he felt uncomfortable wearing pants that became increasingly tight. He was busy running his business and his life and failed to give his body the attention it deserved. It was only later, after starting to play racquetball, that he realized the sport only served to improve his overall performance.

While Ellis is serious about the game, he actually plays to have fun. The camaraderie of the players is just as important to Ellis as the competitive or work-out incentives. He says racquetball is a sport that allows no excuses. The game takes place year round indoors,

regardless of the weather. "Because you are part of a group, you give each other encouragement and incentive. And if you keep it more fun than competition, the encouragement will come back. Racquet sports and the aerobic workout it provides is without a doubt the best, probably the finest fitness a person over 50 could get into."

Ellis observed that many seniors seem to leave the game. He questioned whether it was due to burn-out, the loss of the spirit of the game, or due to physical reasons. Ellis attributes racquetball as a fun way to participate in preventive medicine. "It keeps the vascular system, circulatory system and lungs healthy and keeps the skin young. There is no way to avoid looking old unless you have a fitness program." Ellis is Ruiz's role model. "To look and move as good as he does, Benny is very dedicated to fitness. I would like to look like him when I am Benny's age," Ruiz says.

Ellis, a southpaw, serves next. He dribbles the ball with his racquet, once, twice, maybe four times in all. Just enough times to put the players on edge while they anxiously await the serve. Ellis turns his face and smiles at the opponents; they laugh nervously. Cautiously, they keep their eyes on the ball. Ellis finally serves. He gets into position to volley. He raises his leg parallel to the floor and in a flash, returns the ball through his raised leg. Somewhere between the left handed serve and raised leg, the stunned opponents were last seen searching for the ball.

As a boy growing up in Altoona, number 15 of 16 kids, Ellis says there were no organized sports before junior high. He played some football in high school and along the way played stickball and swam in the city pool. He remained active in local available activities where cost was not a factor.



Today, in addition to his daily racquetball workout, Ellis rounds out his fitness program by cross training. He plays tennis and golf, is a certified scuba diver and is currently involved with his modified slow pitch softball team, the "Legends." This group of energetic seniors comprise two groups of men, 50+ and 60+; they play other area teams two times weekly throughout the summer season.

His dynamic form in motion, comedic movements and duds make Ellis a likely subject for fitness promotion. Last fall, Ellis agreed to a photo session aimed at illustrating racquetball and fitness articles. After reviewing the photos, we decided to take the project one step farther. We dressed Ellis like a "Court Jester" and tried another shoot. Ellis' own colorful shorts formed the basic costume. Makeup and a child-sized, multi-colored, frizzy wig completed the look. The photos depicted a funny and convincing racquetball clown.

Ellis and a collaborator decided that the concept could be expanded, to be used as a teaching/entertainment tool, especially for but not limited to young children. Benny Goodsport™, fitness clown, was the result. Ellis

thought a clown was the perfect catalyst to introduce the young to the sport. "A good player attracts attention to the game and can teach the kids to play. it's inspiring to see young people start the game; it teaches the value of competition for life and helps them feel physically comfortable with themselves," says Ellis. Benny Goodsport, dressed in colorful sports attire, will certainly warrant attention. What separates Benny Goodsport from others in a position to act as a role model is that Ellis is an everyday real person, trying to reach everyday real people. Not everyone, after all, can relate to sports celebrities.

Giving something back to others is not new to Ellis. He has a strong sense of community. For the "Legends," Ellis serves as team manager and sponsor, providing the team with spiffy uniforms. Ellis is also a Shriner, a 32nd degree Mason and president of his business and residence condominium associations.

Ellis believes that long time players benefit over the long haul, but those new to the fitness scene benefit because they are involved. In his experience as an insurance professional, Ellis has observed that the ages of 40-45 are pivotal years in the life of a man. Fitness decisions made during that time period will determine if an individual will live long enough to enjoy the retirement years. According to Ellis, "Benny Goodsport™ would like to symbolize the spirit that will help wake up Americans to the need to pay attention to physical and mental health." Ellis, with a twinkle in his eye, the embodiment of the fitness clown, Benny Goodsport, says "Fitness is Fun! Fitness is for every one!"

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VOLINS & RACQUETBALL *by Simon Weiderman*

Put a violin or a racquetball racquet in her hand and this beautiful young lady becomes the most diversely successful 10 year old to blossom in many a moon. Lindsie Deutsch, just barely nine years old had already established herself as a violin child prodigy. She had performed brilliantly many times and has been acclaimed as an outstanding young virtuoso.

She is an excellent student in school with good study habits, good grades as well as practicing hours with her music. She had pretty much used up all her free time, however, one day at the Jewish Community Center in Houston she decided to play a little racquetball with her father Derrick. Lindsie's passion was ignited again and – as only a great performer in any endeavor must be able to do – leaped into learning how to play racquetball with great dedication and determination. Within a year no girl would play racquetball with her and the one boy her age that could defeat her happened to be a World Champion eight-year-old at the JCC. She won a regional and state championship, won several tournaments with only boys participating, was the only girl chosen on the Texas Junior Olympic Team and

capped her 18 months of playing racquetball by winning the National Championship in Mixed Doubles with Steven Klaiman and placing third nationally in singles and girl's doubles.

Has Lindsie neglected her violin? In March of this year, Lindsie auditioned for a magnificent project established by the Disneyland Corporation in California. For the past four years, Disney has brought in 75 youngsters from all over the country to Los Angeles and who must be 12 years of age or younger to perform in a symphonic orchestra. The youngsters enter into a camp-like atmosphere and are housed in dorms at a university for 11 days. They rehearse six hours a day and the activity is culminated with a concert on Sunday which is televised to be broadcast on the Disney Network. Lindsie was chosen as one of the 75 performers and was the only ten-year-old to be placed in the first violin section and ultimately was seated in the fifth chair, a terrific tribute to her outstanding talent. The concert was televised on the Disney Network on August 24th. The TV production crew took videos of her hitting a racquetball to include in short features of the kids in their other activities.

Know what this 10 year old was doing from April until July? Practicing the difficult music Disney sent to her to learn, taking her normal violin lessons and practicing, taking lessons from her racquetball instructor, playing and practicing and participating in racquetball tournaments and going to school and doing her school work. Her ability to focus 100% on what she is doing has contributed greatly to enhance her natural gifted talent. What's ahead for this gifted wonderkind? Her goal is to win the Junior Racquetball singles next year. I wouldn't bet against her.

U.S. JUNIOR TEAM *by Jim Hiser*

The U.S. Junior National Racquetball Team Program has been in existence for five years, during which it has matured and gone through many changes thanks to the input of parents, athletes and coaches. And although the program has been successful, there are still many misconceptions regarding its purpose.

Created to provide a goal for junior athletes at the state, regional and national level, the program is not based strictly on racquetball performance. Selection criteria include academics and citizenship, not only racquetball participation and skill.

To become involved, any junior competitor aged 14-18 can seek a state-level nomination by contacting their state organization for paperwork, completing it and submitting a formal application.

Once an individual is chosen by their state, a second, regional review selects regional candidates who are invited to participate in the U.S. National Junior Team Trials held annually at the Olympic Training Center in Colorado Springs. In its final stage at the trials, the selection process is divided into four areas: 1) grade point average; 2) tournament results; 3) physical fitness evaluation; and 4) racquetball knowledge, instructional ability and team leadership.

This diversity of qualifications – not only court skills – are necessary to fulfill the numerous requirements put on these junior athletes *after* they qualify for the team. The primary duty of junior team members is to serve as goodwill ambassadors for the sport ... a duty that is fulfilled at the state, national and international level each time a

1995-96 JUNIOR TEAM USA

Boy's Squad

Jed Bhuta (Pike Road, Ala.)
 Mark Bloom (Metairie, La.)
 Rocky Carson (Santa Maria, Calif.)
 Erik Ekman (Charlton, Mass.)
 David Hamilton (Mansfield, Ohio)
 Andrew Haywood (Nacogdoches, Texas)
 Evan Pellowski (Menomonee Falls, Wis.)
 Ryan Staten (Dodge City, Kan.)

Girl's Squad

Sara Borland (Bettendorf, Iowa)
 Erica Daniels (Monterey, Calif.)
 Erin Frost (Monroe, Ore.)
 Katie Gould (Ellisville, Mo.)
 Kori Grasha (Amherst, N.Y.)
 Rhonda Rajsich (Phoenix, Ariz.)
 Allison Thomas (Westlake, Ohio)
 Vanessa Tulao (Hixson, Tenn.)

U.S. Team athlete participates in an event.

At the same time, the junior team was not developed with the intention of winning international events. Although competition and victory are certainly goals of the team after it is named, the selection process itself does not take specific competition goals into consideration.

Since its inception the junior team has travelled abroad each year to instruct foreign athletes in racquet-

ball training procedures and skills. Much more so than winning international events, it is absolutely necessary that U.S. athletes possess the necessary skills to interact, participate, inspire and teach others.

Academic requirements are included to stress the importance of education and to encourage juniors to maintain a certain level of scholastic involvement as they set their athletic goals. Since so many candidates are equal in all the other areas of evaluation, grade point average is always the "tiebreaker."

The program continues to evolve. Each year athletes and parents meet with coaches and administrators to evaluate and assess the benefits and direction of the program.

The junior team approach clearly differs from the adult team, for which individuals are selected solely on ability with the primary goal of winning international events. The junior team program is much more complex and, since its inception, many great athletes have become better students, and many great students have become better athletes.

As long as these type of results continue to be produced, the Junior Team Program will continue to be successful.



Former U.S. team member and Olympic Festival champion Tony Jelso married Wendy Bruce on July 29, in Ventura, California. The couple, both from Albuquerque, were wed by Gary Mazur. Photo: courtesy Dr. Damien Jelso.

RB : A L B U M



Another license plate photo comes from Robert J. Mazur of Winston-Salem, North Carolina.



Kyle Thomas of Colorado Springs models the latest in fall fashions for racquetball.

industry news ...

PROGRAMS & INSTRUCTIONAL ...

TRANSITION MAKES CHANGES

Transition Racquet Sports recently announced that former president John Hooghe will step aside and let his wife of seven years, Elaine, take over the internal workings of the company. Pleased with the decision, John said "Elaine certainly has the knowledge and what it takes to be in control." She also knows racquetball after having captured multiple national titles. This also frees me to take on the larger challenge of full time marketing, promotions and design, the things that made T.R.S. in the first place."

As the official racquet of the AARA, T.R.S. also reiterated its commitment to amateur and grass roots development, by opening up its advisory staff program for the 1995-96 season. "We would like to help out more teaching pros in various parts of the country," said Elaine. Clinics will also be offered throughout the U.S. and Canada featuring IRT touring pros Tim Sweeney and Dave Johnson. Advisory staff applicants may contact T.R.S. directly at 614/457-4076, Monday through Friday, 9:00 a.m. - 5:00 p.m.

VIDEO, MAGAZINE AND MIXER PROGRAM FROM EKTELON
Ektelon is marketing the message that racquetball is fun, exciting and great fitness with three innovative vehicles — a new video, a new magazine and a new grassroots program for racquetball beginners.

"The Racquetball Workout" is a ninety minute video that provides a complete three month training program broken down to four key areas: cardiovascular exercise, muscle strength, muscle endurance and flexibility. Top Ektelon pros Michelle Gould and Andy Roberts demonstrate all the steps to a complete racquetball game, from how and where to serve, to position on the court and how to strategically hit shots. The tape also features professional fitness trainer Dan Obrenski, and world renowned fitness expert Dr. Jack Groppel. The video retails for only \$19.95 and is available at your local racquetball club or by calling 800/283-2635.

"Total Racquetball and Fitness," is a free magazine filled with articles on how to add variety to your workout, six steps to choosing the right racquet, answers to the 15 most asked questions about racquetball, and a product catalog featuring the latest equipment and technologies. The publication is available in sporting goods stores, health clubs or by calling 800/283-2635.

Ektelon and the AARA are sponsoring a "mixer program" designed to introduce health club members to racquetball. In selected cities nationwide, mixer programs will invite people to learn the sport basics, including rules, basic strategy and needed equipment. Team Ektelon players will run the programs, encouraging people to take to the courts for a "hit

EKTELON/AARA MIXER LOCATIONS

Tom Young's Athletic Club: Albuquerque, NM
Lakewood Athletic Club: Lakewood, CO
Executive Health & Sports Center: Manchester, NH
Club Fit Briar Cliff: Briar Cliff, NY
Westerville Athletic Club: Westerville, OH
Missouri Athletic Club West: Town & Country, MO
Results Sport & Fitness: Tucson, AZ
Racquetball World: Fullerton, CA
Salem Athletic Club: Salem, NH
South Florida Racquet Club: Ft. Lauderdale, FL
Life Center Plus: Solon, OH
Maverick Athletic Club: Arlington, TX
Aurora Athletic Club: Aurora, CO
Los Caballeros: Fountain Valley, CA
Sportset Syosset Club: Syosset, NY
Quadrangle West: Clearwater, FL
Baldwin Racquetball & Fitness Center: Baldwin, MO
YMCA: Dallas, TX
Club TBA: Chicago, IL

for prizes" contest and use an "open court" policy to play a few games. Ektelon's top female player Michelle Gould has been appointed national event coordinator for the program, and will work with the AARA and local coordinators to organize the logistics of the program in each city. The mixer program is slated to begin in October and will reach twenty "mixers" in ten cities.

NEW MATCHUP SOFTWARE

Sports clubs often need to match up suitable players for tennis, racquetball, and other activities. *Matchup* meets that need by storing information about people's activities, skill levels and times when they are available. When a matchup is required, all people meeting the desired criteria (activity level, time) are listed, with their phone numbers. The results are shown real-time on the screen and/or in printed reports. *Matchup* runs on IBM-PC compatible computers, with or without hard disk. For more information, call Win at 714/894-8161. Or, write to WIN Sports, 15892 Redlands Street, Westminster, California 92683-76120.

PENN AND WORLD SENIORS SIGN THREE-YEAR ACCORD

Sheri Norris of Penn Racquet Sports and Gary Mazaroff, Executive Director for the World Senior Racquetball Championships, recently signed a three-year agreement to name Penn as the official ball of the annual event. Penn has been the official ball for the WSRC since the tourney's inception in 1985, and will continue as the event's official ball through 1997. The World Senior Racquetball Championships is the largest racquetball event in the world for age group players over 35. It is also the number one fundraiser for racquetball's international development.

TEAM TOUR GEAR BY PROKENNEX

ProKennex has introduced Team Tour Gear, a multi-faceted player program designed to promote growth and exposure for the sport. Team Tour Gear will utilize a staff of players throughout the country to create positive exposure for racquetball in the court clubs. ProKennex professionals Mike Martinez and Steve Lerner will make selections for the team from recommendations provided by the players and club management. Players interested in joining Team Tour Gear should call

ProKennex at 800/854-1908 to contact either Martinez (if they are west of the Mississippi River, at ext. 8154) or Lemer (east of the Mississippi, at ext. 8035).

racquetballs to various racquetball programs worldwide." Among those events receiving support this past year were: AARA State Programs; AARA/Recreational Racquetball; AARA State Circuits; Junior Programs; Inner City Youth Programs; Intercollegiate.

COMPLETE VIDEO RACQUETBALL SUCCESS PROGRAM

Tom Travers, premiere teacher, coach and two-time national champion, has developed a comprehensive video racquetball success program for all skill levels. Mastery of Racquetball™, is taught by Travers and features Cliff Swain, the number one pro player in the world. The program includes five video modules of 30-50 minutes each, a workbook, and laminated Practice & Progress Cards™ to take to the court for drills, tracking "mastery" performance, and for setting game objectives and strategies. The step-by-step instructional package teaches proven



techniques and strategies, and the workbook reviews and reinforces the video instruction to elevate the player's knowledge and capabilities. The complete Mastery of Racquetball Success Program is \$169. To order contact: Lawrence Adams, Inc., 46 Ravenna Street, Suite B-6, Hudson, Ohio 44236 or phone 216/650-9363, fax 216/655-2466.

PENN DONATES OVER 385,000 RACQUETBALLS

Penn Racquet Sports, America's #1 ball company, continues to support racquetball programs all over the U.S. In keeping with their commitment for community involvement, Amy Wishingrad, Penn's national promotions manager said, "I am proud to announce that in 1994, Penn donated over 385,000

RACQUETS & STRING ...

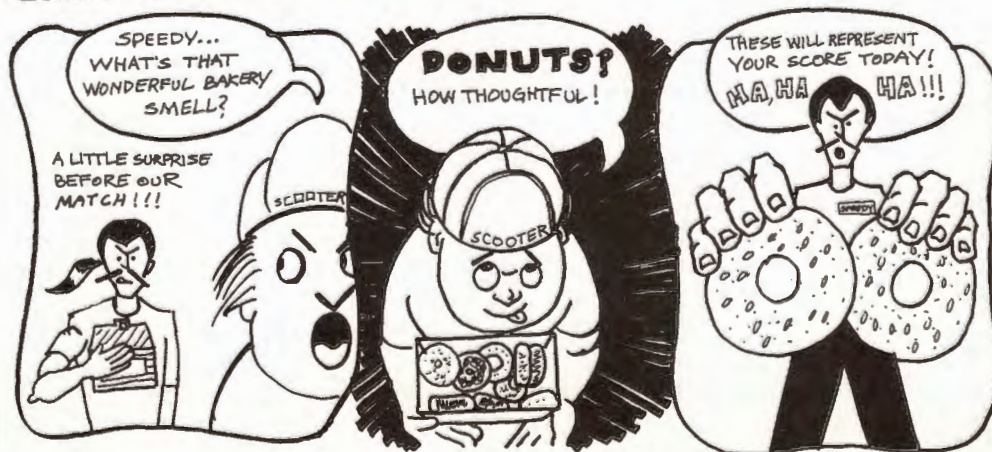
HEAD APPLIES "PYRAMID POWER"

HEAD Sports, Inc. have applied their winning Pyramid Power tennis technology to racquetball. Pyramid Power comes from a triangular shaped cross section which provides a stiff, light frame for the most power-packed shots possible. For those players who hit the ball with authority, the Pyramid Series offers the Big Bang at 175 grams (6.2 ounces), and 103 square inches to provide a large sweet spot. Other racquets in the Pyramid Series are the Director (190 grams), the Master (205 grams), and the Edge (220 grams) each made with High Modulus graphite. Pyramid Power technology is applied all the way through the series, including the Pro (235 grams), constructed of fused aluminum, and the Fury (235 grams) of tubular aluminum, both targeting the new, advancing racquetball player. Price points range from the Big Bang at a suggested retail of \$179.95 to the Fury at \$29.95.

SPALDING INTRODUCES NEW RACQUETBALL LINE

Spalding Sports Worldwide introduced six new racquets and a new and improved Assault Lite to its 1995 Assault Line. The new line includes the Enforcer, Silencer, Graffiti, Felon, Comp and Alliance frames. Spalding's new, patented Reverse Sunburst string pattern, featured in the top four graphite models of the new line: The Enforcer, The Silencer, The Graffiti, and The Felon, has re-invented the traditional "sweet spot." The new Reverse sunburst string pattern has increased the string density at the top of the racquet, expanding the sweet spot toward the top of the racquet, creating the "Mean Streak." The "Mean Streak" delivers better power transfer, more control and overall better play where pro and expert racquetball players need it ... at the top of the racquet head.

SKIP'n Db BY RICK DAHL



In addition to the Assault Series, 1995 will also see the introduction of a new retail line for recreational play. Called the Killshot Series, the line features an entirely new design based on the flagship Assault series, yet offering design and price points suited to the recreational player. Beginning with the original killshot frame and based on input from their pro tour players, Spalding has developed a high quality, colorful aluminum racquet at competitive pricing. The Killshot Series includes: The Blitz, The Fury and The Whip.



ASHAWAY INTRODUCES SUPERKILL® 17 STRING

A new, thinner racquetball string from Ashaway Racket Strings offers lively response for players looking to maximize the velocity of their shots. With a diameter of just 1.25mm, 17 gauge SuperKill® 17 string offers greater resiliency, while its abrasion resistant wear layer assures good durability. The string features a multi-stranded monofilament core, which flexes and rebounds quickly to deliver maximum power to the ball. The twisted cover layer provides "bite" on the ball, and adds resistance against notching for enhanced string life. Recommended string tension is 20-45 lbs. to ensure responsiveness. Ashaway Racket Strings are made by Ashaway Line & Twine Mfg. Co., the only U.S.-based manufacturer of string for tennis, racquetball, squash and badminton. Ashaway is the official string of the American Amateur Racquetball Association. For additional information contact: Ashaway Line & Twine Mfg. Co., P.O. Box 549, Ashaway, Rhode Island 02804 or phone 800/556-7260 or fax 401/377-9091.



WILSON INTRODUCES RADIUS™ WITH POWER BRAID

Wilson Racquetball's new Radius racquets with Power Braid combine two technologies in a series of three championship frames. Patented Radius technology creates a unique circular cross-section that virtually eliminates racquet torque at impact, reduces drag, enhances racquet maneuverability and increases swing speed. Power Braid is a Wilson proprietary technology that helically interweaves rows of high modulus graphite

throughout the frame to significantly stiffen it for in maximum power, uniform responsiveness, and durability. The Radius Series with Power Braid includes three racquets: the 9.9, 9.5 and 9.1, which vary in stiffness, material composition and head shape to meet the performance demands of different players. Suggested retail prices for the Wilson Racquetball line of performance frames range from \$69.95 to \$199.95. For retailer information, contact Wilson Racquetball at 7670 Trade Street, Suite B, San Diego, California 92121 or call 800/272-6060.

LESS SHOCK, MORE CONTROL FROM EKTOLON

Ektelon has announced the pending availability of the new Catalyst racquet, which features a patent pending grip system and a patented shock absorbing handle system designed to allow you to hit harder shots with less shock and more control. The first-of-its-kind clear Vision Grip™ has more surface area contact than traditional grips, which translates into a better, stronger grip, allowing players to swing harder without worrying about losing control of the racquet. Another key element is the patented shock absorbing system of the inner part of the racquet handle, or pallet. Other racquets contain wood and foam, but the Catalyst's pallet is made of thermoplastic rubber which, combined with elastomeric throat grommets to

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AM Los Angeles Show

"two of Orly's clients were married live on the show...The wedding of the year"

Eyewitness News (ABC)

"Orly, world renowned matchmaker..."

KTIA Morning News

"Orly, matchmaker in action..."

Jewish T.V. Network

"Orly is a real marriage broker..."

Montel Williams Show

"Orly's clients are the créam de la créam..."

AM Philadelphia Show

"Orly's clients are simply top of the line..."

Cleveland Tonight Show

"Orly, a touch of class..."

Orange County News Channel

"Orly is champagne wishes..."

AM Northwest Show, Oregon

"Orly the one and only matchmaker..."

Good Evening Seattle Show

"Orly is an investment in your future..."

The Dimi Petty Show, Canada

"Orly has a sixth sense..."

National Enquirer

"Orly has a dream date for you..."

Orange County Register

"Orly has a match for the sincere singles..."

The Heritage Weekly

"Orly is nationally and internationally known..."

Los Angeles Times

"Orly matches the rich and successful..."

Dallas Morning Newspaper

"Orly made countless introductions..."

Beverly Hills Today

"Orly is the Rolls Royce of matchmaking..."

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dampen string vibration, decreases racquet vibration while allowing you to increase your power and speed. The Catalyst retails for \$250.

BALLS & GLOVES ...

NEW PREMIUM SELECT RACQUETBALLS FROM EKTELON

Ektelon recently announced the availability of their Premium Select racquetball. The new ball offers better performance and durability, is responsive and lively, yet it isn't too fast for the average player. With its optimum-tracking optic blue color players can pick up the ball easier and react quicker. The suggested retail price is \$2.99 for a 2-ball can.



WILSON ENTERS BALL MARKET

Wilson Racquetball's entry into the ball market offers Ultra®, a ball that delivers a predictably true bounce every time. The ball's exclusive rubber compound is uniquely formulated by Wilson engineers for consistent playability. Approved by the AARA for all sanctioned tournament competition, Ultra® offers exceptional durability backed by Wilson's "no questions" guarantee. If any Ultra® racquetball fails before the label wear off, Wilson will replace it with two free Ultra® racquetballs.

For additional information on Ultra®, or the company's other quality racquetball products, contact Wilson Racquetball at 7670 Trade Street, Suite B, San Diego, California 92121 or call 800/272-6060.

HEAD SPORTS INTRODUCES WEB-PLUS GLOVES

Head Sports' innovative "Web Plus" glove sports a raised silicone ski tip web pattern in the palm for a better grip and stylized appearance. The Web Plus is made of a revolutionary material called Escaine that delivers a comfortable fit. The Sensation Pittards, Conquest Pittards, Radical Tacified Strip and Maverick Cabretta are all available in Cabretta leather with rubber finger pads for protection. Each model has clear differentiation and image oriented packaging. The Head Web comes in a synthetic leather and the Renegade is constructed of premium goatskin.

EKTELON INTRODUCES COUGAR

Ektelon has just added the new Cougar leather glove to its line, featuring Pittards leather in a unique dimple pattern that absorbs perspiration quickly, yet keeps the hand cool and comfortable. Players will retain the sensitive racquet feel without tack, allowing quick grip changes. The glove also has a new terry wristband and tab closure design that allows for maximum wrist flexibility with minimum resistance. The Cougar comes in sizes XS-XL and retails for \$16.95.



GET ON THE BALL WITH YOUR LOGO OR COMPANY NAME

If you want to make an impression, consider Penn Racquet Sports exclusive imprinted racquetballs. Your logo, company name, or special event can be actually printed right on the ball - a hit with players and collectors alike. Imprinted high quality Ultra-Blue racquetballs offer a different spin on your promotion, fast. For more information call 800/BUY-PENN.

SHOES ...

NEW COURT SHOE FROM HI-TEC

HI-TEC Indoor Sports, U.S.A., Inc. recently introduced its full line of indoor court shoes, after last season's worldwide demand exceeded supply. The world's number one selling indoor court shoes, HI-TEC models are designed specifically for the sport for which they are intended. The Vari-Width lacing system allows you to customize the fit of the shoe to your foot whether you have a wide foot or a narrow one. The "Cadre Form" technology absorbs and disperses the shock associated with indoor court surfaces, protecting your foot from excessive jarring forces. Adequate toe box reduces risk of toe and nail problems. Most of the world's finest players are wearing our court shoes including the Squash World Champion Jansher Khan. For further information call 800/HITEC10.

WILSON'S NEW SPYKES INDOOR COURT SHOES

Wilson Racquetball introduced a new product category with the recent debut of Spykes, a court shoe developed for racquetball, squash and other indoor sports. From the bottom up, Spykes high performance footwear is designed, engineered and crafted specifically to meet the player's need for traction, stability and shock absorption. The shoes' unique tread design grabs the floor with over 175 contact points per foot for added stopping and gripping power. The new court shoes are available in 3/4 cut, with a suggested retail price of \$54.95, and a low cut model priced at \$49.95. For additional information on Spykes or the company's other products, contact Wilson Racquetball at 7670 Trade Street, Suite B, San Diego, California 92121 or call 800/272-6060.



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FIRST COAST PROMOTIONS

We want to help promote the sport of racquetball! Lowest prices in the nation on t-shirts, promotional items for racquetball leagues and tournaments. Call Norm Blum at 1/800/762-4653.

OWN YOUR OWN COURT!

20x20x40 racquetball court for sale. Cost \$34,000.00 ... will sell for \$17,000.00 or best offer. Complete with 4x8 formica (industrial strength) walls, ceiling, lights, and steel columns for the entire construction (floor & exterior not included). The court is presently dis-assembled and stored in our warehouse, waiting for the right person! Call 717/563-2308.

BUSINESS OPPORTUNITY

National racquetball champion and fitness consultant looking for business partners to capitalize on trends in fields of fitness, prevention and sports nutrition. Entrepreneurial athletes, business people, medical professionals and

others can benefit without capital risk or geographic limitations. Interested? Call Marcy Lynch at 1-800/473-9743.

FOR THE MATURE PLAYER ...

Two "special interest" organizations offer competitive opportunities for men and women over the age of 35. The National Masters Racquetball Association hosts four events annually for both men and women, and the Women's Senior/Master Racquetball Council conducts the Women's Senior/Master National Championships in February of each year. Both organizations generate newsletters and maintain special mailing lists to keep their members informed. If you would like to join either association, or would like more information, please contact: Paul Banales, National Masters Racquetball Association (NMRA), 4201 North 83rd Drive, Phoenix, AZ 85037 [602/849-6298] or Kendra Tutsch, Women's Senior/Master Racquetball Council (WSMRC), 110 South Midvale Blvd., Madison, WI 53705 [608/233-5865].

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100% cotton pre-shrunk Hanes Beefy-T with gold National Team eagle logo on front encircled by 16 international flags. Black. [S,M,L,XL,XXL] \$12.00.



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All cotton, with tri-color embroidery. [S,M,L,XL] Colors: Navy, Coral, Turquoise & White. \$29.00



U.S. RACQUETBALL TEAM SWEATSHIRT & TEE

50/50 Fruit of the Loom, with National Team eagle logo on front, USA on back, AARA on sleeve. White. [S,M,L,XL,XXL] \$20.00.

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MEN

Men's Open

1. Dan Fowler, MD
2. Jimmy Lowe, KY
3. Doug Ganim, OH
4. Mike Locker, MN
5. Tony Boscia, CO
6. Michael Bronfeld, CA
7. Chris Cole, TX
8. Matt Fontana, TX
9. Rich Boer, FL
10. Dan Llacera, DE

Men's A

1. Ed Fink, TX
- 2T. Rocky Carson, CA
- 2T. Ralph Cuesta, FL
- 2T. Mike Nigro, CO
5. Brandon Henline, GA
6. Alex Spaeth, IL
7. Ryan Staten, KS
- 8T. Ryan Braley, WY
- 8T. Rob Connelly, MA
- 8T. Andrew Haywood, TX

Men's B

1. Rob Teren, OH
2. Bill Groombridge, CA
3. Stephen Lewis, WA
4. Ken Fairchild, NJ
5. Jeffrey Gal, NY
6. Dave Dettel, CO
7. Doug Brehm, TN
8. Rich Book, IL
9. Tim Franklin, OH
10. Rich Behrens, CO

Men's C

1. Mark Sandoval, CO
2. Glen Childers, TX
3. Adam Buchanan, CO
4. Preston Gaster, NC
- 5T. Frank Senger, NY
- 5T. Freling Smith, NY
- 7T. Michael Brister, TX
- 7T. Ken Linger, AK
9. Tim O'Neil, NH
10. Germain Carrasco, VA

Men's D

1. Marc Schnittker, CO
2. Jodie Hittle, ME
3. Mike Matheson, CO
- 4T. Edwin Negron, AK
- 4T. Jay Retkevich, NH
- 6T. David Leon, GA
- 6T. Jim Lucci, IL
- 8T. Terry Ahearn, AK
- 8T. Augusto Gonzales, FL
- 8T. John Odell, NM

Men's Novice

1. Scott Granat, NY
2. Stephen Mykalcio, NY

3. Gennaro Izzo, NY
4. Gary Perkins, FL
5. Michael Myers, MO
6. David Gagnon, NH
- 7T. Alfi Azpiazu, FL
- 7T. Brian Griswold, GA
- 7T. Mark Lentz, FL
- 7T. John Lindsey, TX

Men's 19+

1. Shane Wood, MA
2. Matt Fontana, FL
3. Brian Fredenberg, TX
4. Brian Pointelin, MO
5. Scott Gruzin, MA
6. Matt Adesso, OH
- 7T. Jason Armbricht, NC
- 7T. Aaron Metcalf, FL
9. Ray Maestas, NM
10. Mike Dennison, OH

Men's 25+

1. James Lorello, FL
2. Jeff Bell, AZ
3. Julio Junki, FL
- 4T. Rob French, IA
- 4T. Wayne Sweatt, NC
6. John Davis, LA
- 7T. Damon Currier, ME
- 7T. Thomas Miller, Jr., MD
9. Michael Kord, VA
10. Oscar Alvarez, FL

Men's 30+

1. John Amatulli, IN
2. Dave Peck, TX
3. Dave Cardillo, NY
4. Bobby Haab, NY
5. Jim Jeffers, MN
- 6T. Bruce Erickson, MO
- 6T. Rob French, IA
- 6T. Sam Wasko, VA
9. Steve Hachey, NY
10. Curtis Winter, FL

Men's 35+

1. Mitch Smith, PA
2. Dave Peck, TX
3. Joe Hassey, AZ
4. Troy Stallings, MN
5. Tim Armstrong, KS
6. Gene Couch, FL
7. Mike Martinez, CA
8. Ed Shivokevich, NY
9. Bill Lyman, IL
10. Walter Schramm, NY

Men's 40+

1. Ed Garabedian, PA
2. Gary Mazaroff, NM
3. Gene Couch, FL
4. Phillip Parker, PA
5. David Nowack, MO
6. Randy Stafford, TN
7. Sal Perconti, FL
8. Mitt Layton, FL

- 9T. Issac Laughinghouse, MA
- 9T. Tim Lovoi, MN

Men's 45+

1. Mitt Layton, FL
2. Greg Hasty, IL
3. Jim Bailey, VA
- 4T. Johnny Northern, MI
- 4T. Frank Rusch, IL
6. Doug Dickman, MO
7. Frank Ciociola, NY
8. Tim Lavoie, MN
- 9T. Mike Murphy, CA
- 9T. Dominic Palmieri, OH

Men's 50+

1. Ray Huss, OH
2. Ron Johnson, IL
3. Horace Miller, IL
4. Tom McKie, TX
5. Russ Deegan, FL
6. John Mootz, NY
7. William Copeland, CO
- 8T. Dan Jones, GA
- 8T. Craig Olsen, NE
10. Les Barbanell, NJ

Men's 55+

1. Ron Hutcherson, IN
2. Rex Lawler, IN
3. Jim Wilking, UT
- 4T. Charlie Garfinkel, NY
- 4T. Bobby Sanders, OH
- 6T. Michael Jackson, CT
- 6T. Gordon Kelly, MI
- 6T. Dario Mas, DE
9. Joe Shanahan, FL
10. Richard Valleroy, MO

Men's 60+

1. Paul Banales, AZ
2. Otis Chapman, OH
3. Charlie Gunn, IN
4. Jerry Holly, CA
5. Art Johnson, CO
- 6T. Don Alt, FL
- 6T. Jack Dunsmoor, ID
8. Louis Berson, NY
- 9T. Don Alt, OH
- 9T. Rex Benham, AR

Men's 65+

1. John Bogasky, VA
2. Joe Lambert, TX
- 3T. Barney Friesth, SD
- 3T. John O'Donnell, IL
- 5T. Verlyn Dunn, ID
- 5T. Herb Nathan, FL
- 5T. Mal Roberts, FL
8. Victor Sacco, NY
9. Bob Englund, MN
10. Richard Davis, TX

Men's 70+

1. Richard Davis, TX
2. Jack Gushue, NY

3. Victor Sacco, NY
- 4T. Tony Duarte, CA
- 4T. Simon Wiederman, TX
6. Arpad Toth, NH
7. Robert McAdam, TX
- 8T. Earl Acuff, NC
- 8T. Chuck Bellos, NC
- 8T. Cedric Dennett, FL

Men's 75+

1. Earl Acuff, NC
2. Charles Russell, CA
3. C. Allen Shepherd, MD
4. Luzell Wilde, UT
5. Andy Trozzi, MA
- 6T. Cam Snowberger, PA
- 6T. George Spear, FL
8. Charles Estram, MA
9. Henry Ponowy, MO
10. Fred Felton, TX

Men's 80+

- 1T. John Pearce, TX
- 1T. C. Allen Shepherd, MD
3. Jack Daly, VA
4. Harry Steinman, MD
5. Steve Ordos, MN

WOMEN

Women's Open

1. Laura Fenton, MA
2. Malia Bailey, VA
3. Lorraine Galloway, NY
4. Holly Gray, AZ
- 5T. Michelle Gould, ID
- 5T. Cheryl Gudinas, IL
- 5T. Karin Sobotta, WA
8. Martha Bailey, CO
9. Kerry Stoffregen, OH
10. Amy Kilbane, OH

Women's A

1. Erika Juhl, DE
2. Sadie Gross, SD
3. Esmeralda Berrich, CO
4. Beth Neff, WA
5. Karen Green, MI
6. Linda Leasure, FL
7. Donna McGatha, MO
8. Candy Masson, GA
9. Cindy Hamilton, NH
10. Kathy Burns, NY

Women's B

1. Esmeralda Berrich, CO
2. Carmen Alatorre-Martin, VA
3. Angela Burth, VA
4. Rhodell Eppenger, AK
5. April Settell, CO
6. Carol Zimlinghaus, CO
7. Ann Doucette, ME
- 8T. Sandra Eppert, TX
- 8T. Karen Morris, AR
- 8T. Erin Transue, GA

Women's C

1. Anita Antony, CO
2. Angela Burth, VA
3. Megan Bals, NE
4. Lorene Stadig, CO
- 5T. Julie Dale, AK
- 5T. Cheri Prickett, AR
7. Gale Mills, AR
8. Mary Flynn, NY
9. Janet Hicks, FL
10. Loma Deily, NY

Women's D

1. Gina Fulner, TX
2. Crystal Winfrey, OH
- 3T. Vicki Leetch, AR
- 3T. Robin Paris, NH
5. Linda Demro, CA
6. Camille Hatcher, SC
7. Pam Potter, FL
8. Kassi Herr, FL
- 9T. Toby Brandtman, CA
- 9T. Jacqueline Duprey, KS

Women's Novice

1. Sarah Wells, TX
2. Jean Biggs, NY
- 3T. Melissa Danile, MI
- 3T. Yvonne Ghilardi, NH
- 3T. Kassi Herr, FL
6. Joan Weiss, NY
7. Alanna Sultar, CT
8. Cari Mitlitsky, NY
9. Rhonda Kopf, NY
10. Jennifer Annett, NY

Women's 19+

1. Tammy Brockbank, ID
2. Kerri Stoffregen, OH
3. Rachel Gellman, NM
- 4T. Aimee Roehler, PA
- 4T. Jen Yokota, MO
6. Mami Shute, WY
- 7T. Britt Engel, FL
- 7T. Amy Kilbane, OH
- 7T. Julie Taylor, UT
10. Catherine Basa, NC

Women's 25+

1. Kim Russell
- 2T. B.J. Ehrgott, CT
- 2T. Doreen Fowler, MD
4. Michelle Wiragh, MD
5. Sandee Roach, UT
- 6T. Rosemary Anderson, NC
- 6T. Kelley Beane, NH
- 6T. Jozette Boone, UT
- 6T. Kathy Bowden, NE
- 6T. Peggy Clark, MN

Women's 30+

1. Karin Sobotta, WA
2. B.J. Ehrgott, CT
3. Kersten Hallander, FL
4. Lorraine Galloway, NY
5. Kim Machiran, MD

rankings ... rankings

- 6T. Jan Curtis, GA
6T. Kelly Kirk, MN
6T. Phyllis Morris, TX
9. Linda Leasure, FL
10. Stacy Sour, CO

Women's 35+

1. Debbie Tisinger, CA
2. Mary Lyons, FL
3. Roz Petronelli, MA
4T. Kelly Kirk, MN
4T. Janet Tyler, FL
6T. Linda Moore, NE
6T. Marianne Walsh, UT
8. Carol Bastien, IL
9. Carol Kriegler, MN
10. Carol Frenck, VA

Women's 40+

1. Susan Pfahler, FL
2. Laura Patterson, MI
3. Renee Fish, FL
4. Joanne Pomodoro, MA
5. Janet Myers, NC
6. Mary Bickley, PA
7. Brenda White, IL
8. Debbie Chaney, IN
9. Vicki Luque, GA
10. Karen Bouchard, FL

Women's 45+

1. Shelley Ogden, OH
2. Terry Ann Rogers, CA
3. Donna Ebner, MO
4T. Marijean Kelley, CA
4T. Linda Miller-Maliff, IN
6. Mary Jo Murray, FL
7T. Judy Sands, IL
7T. Grace Touhy, IL
9. Jean Heckman, NY
10. Gwen Benham, AR

Women's 50+

1. Nancy Butts, WI
2. Sharon Hastings-Welty, OR
3. Nidia Funes, CA
4. Gerri Stoffregen, OH
5. Mildred Gwinn, NC
6. Rose Hernandez, UT
7. Pat Tarzon, IL
8T. Helen Dunsmoor, ID
8T. Gail Schaefer, MD
8T. Rose Stoltmann, WI

Women's 55+

1. Kathy Mueller, MN
2. Helen Dunsmoor, ID
3. Jo Kenyon, FL
4. Sylvia Sawyer, UT
5T. Marion Crawford, NY
5T. Annabelle Kovar, NE
7. Marion Johnson, TX
8T. Sue Carow, IL
8T. Sue Embry, CA
10. Norma Carlisle, UT

Women's 60+

1. Jo Kenyon, FL
2. Cleata Ching, PA
3. Mary Walker, CA
4. Lola Markus, IL
5. B.G. Bailey, TN
6. Mary Low Acuff, NC
7T. Jane Graham, GA
7T. Peggy O'Brien, IRL
9. Reta Harring, WI

Women's 65+

1. Reta Harring, WI
2. Mary Low Acuff, NC
3T. Rebecca Dixon, OH
3T. Bridin Ui Mhalogan, IRL

Women's 70+

1. Mary Low Acuff, NC
2T. Marilyn Cuneo, MN
2T. Marion Russell, CA

Women's 75+

1. Mary Low Acuff, NC
2. Eleanor Quackenbush, OR

BOYS

Boy's 8 & Under

1. Matthew Hammond, OH
2. Andrew Grissom, CA
3. Jeremy Robbins, TX
4. Sean Baker, TX
5. Jonathan Dawson, OR
6. Charlie Pratt, OR
7. David Lewis, CO
8T. Andrew Ortiz, MD
8T. Diego Robles, MEX
10. Justin Erdman, OH

Multi-bounce

1. Matthew Hammond, OH
2. Charlie Pratt, OR
3. Jeremy Robbins, TX
4. Connor Wheeler, CO
5. Sean Baker, TX
6. Jonathan Brittain, OR
7. Scott Rieders, OR
8. Nick Arturo, AK
9. Cody Drago, OR
10. Sam Basta, MO

Boy's 10-

1. Steven Klaiman, TX
2. Brandon Shoemaker, OH
3T. Jon Hellner, OR
3T. Jack Huczek, MI
5T. Geoffrey Mora, CA
5T. Dain Taylor, IN
7T. Bernard Dorman, CA
7T. Blake Vonkaenel, NE
9. Roylee Luna, NM
10. Peter Oakes, OH

Boy's 12-

1. Jack Huczek, MI
2. Trevor Crowe, OR
3T. Ashley Conway, NC
3T. Shane Vanderson, OH
5. Matthew McElhiney, FL
6. Joel Worthington, KS
7. Adam Taylor, IN
8T. Grant Barker, MO
8T. Nathaniel Dehmer, MN
10. Bart Crawford, OR

Boy's 14-

1. Ryan Staten, KS
2. Justin Carey, NY
3. Shane Vanderson, OH
4. Willie Tilton, CO
5. James Ford, WY
6. Jeffrey Garner, AL
7T. Matt Gehling, MD
7T. Stephen Lewis, WA
9. Blake Silha, MT
10. Brandon Henline, GA

Boy's 16-

- 1T. Bucky Freeman, TX
1T. Abe Valdez, OR
3. Rocky Carson, CA
4. Hal Spangenberg, CA
5. Willie Tilton, CO
6. Ben Williams, NY
7. Mark Bloom, LA
8T. Jed Bhuta, AL
8T. Matt Davenport, MO
8T. Shawn Fry, NC

Boy's 18-

1. Eric Storey, IN
2. Shane Wood, MA
3. David Hamilton, OH
4T. Jason Mannino, NY
4T. John Stanford, Jr., FL
6. Bucky Freeman, TX
7T. Bryan Berkey, IN
7T. Aaron Granberg, WI
9. Jed Bhuta, AL
10. Craig Donaldson, MO

GIRLS

Girl's 8 & Under

1. Kelley Fisher, OH
2. Brandi Hanson, OR
3. Adrienne Fisher, OH
4. Lindsay Fuller, TX
5. Ashley Mora, CA
6. Abigail Hobart, FL
7T. Katie Lyons, FL
7T. Molissia Martin, WI
9. Nikki Winfrey, OH
10. Braun Jacobson, CO

Multi-bounce

1. Kelley Fisher, OH

2. Adrienne Fisher, OH
3T. Molissia Martin, WI
3T. Kimberly Walsh, UT
5T. Dianne Meyer, OR
5T. Dominique Winfrey, OH
7T. Alison Bertagnoli, WI
7T. Elizabeth Ferguson, OR
7T. Jamie Lipman, TX
7T. Ashley Murphy, MO

Girl's 10-

1. Kimberly Irons, OH
2. Adrienne Fisher, OH
3. Crystal Winfrey, OH
4T. Deraí Darling, OR
4T. Lindsay Deutsch, TX
6. Jesi Fuller, NM
7. Melissa Holden, CA
8. Melissa Jones, FL
9. Brandi Hanson, OR
10. Trinity Garcia, CA

Girl's 12-

1. Keely Brannigan, ID
2. Melanie Mueller, CO
3. Molly Law, CO
4. Kristen Walsh, UT
5. Eve Bateman, PA
6T. Heather Holden, CA
6T. Crystal Winfrey, OH
8. Krystal Csuk, IL
9. Jeni Fuller, NM
10. Natasha Elmore, MN

Girl's 14-

1. Sara Borland, IA
2. Brooke Crawford, OR
3. Leisa Marquart, NE
4. Davina Bloom, LA
5. Melanie Mueller, CO
6T. Meghan Guardiani, MA
6T. Lindsay Sears, IN
6T. Jennifer Swallow, PA
9. Katie Olsson, OR
10. Megan Bals, NE

Girl's 16-

1. Vanessa Tulao, TN
2. Erin Frost, OR
3T. Katie Gould, MO
3T. Sadie Gross, SD
5. Colleen Maginn, WI
6. Meadow Krantz, MN
7. Melisa Boyd, UT
8T. Jill Brittain, OR
8T. Liana Kerwood, OR
10. Dionna Brown, CA

Girl's 18-

1. Sadie Gross, SD
2T. Shannon Feaster, DC
2T. Rhonda Rajsich, AZ
4T. Christy Gould, MO
4T. Vanessa Tulao, TN
6. Kori Grasha, NY
7. Aimee Chastain, MN
8. Theresa Larsen, OR
9. Tammy Brockbank, ID
10. Dawn Gates, IL

WHEELCHAIR

1. Steve Kuketz, MA
2T. Chip Parmelly, CA
2T. Donna Cline, TX
4. Rick Slaughter, TN
5. Gary Baker, WV
6. Bob Nichols, MA
7T. Eric Engstrom, MA
7T. Ken Medeiros, MA
9. Audie Kemp, IN
10. Mark Fenn, IN

**Rankings Current as
of October 9, 1995**

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Powerade • Official Sports Drink
Python • Official Grip
Transition • Official Racquet**

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**• Dunlop • Ektelon • Penn (official ball) •
• ProKennex • Spalding • Wilson •**

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NOVEMBER

November 17

Burns Park Classic
Burns Park
North Little Rock, AR
501/791-8585

Fairbanks Turkey Trot
Alaska AC-Fairbanks, AK
907/456-1914

Fowl Frolic @ North Hills
AC-Menomonee Falls, WI
414/251-1420

Kernal Klassic
The Fitness Barn
Valparaiso, IN
219/762-3191

Pennbriar Holiday
Classic @ The Pennbriar
Club-Erie, PA
814/825-8111

ProKennex Grand Prix
Series @ Courtesy
Sports/Schoebers
Los Altos, CA
415/968-7970

Rec Roll-Out
Rock Springs Rec Ctr.
Rock Springs, WY
307/382-3265

Spalding/IRT Garden
State Open @
Westwood Health &
Fitness-Westwood, NJ
201/444-0859

Bally's Vic Tanny Open
Maryland Heights, MO
314/576-5300

Sports Mall Open
Murray, UT
801/261-3426

Turkey Open
Downtown Health &
Racquet-New Haven, CT
203/248-6634

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

Turkey Shoot
Idaho Falls Racquet
Club-Idaho Falls, ID
208/522-2712

Turkey Splat
Harbor Square AC
Edmonds, WA
206/778-3546

YMCA Thanksgiving
Open @ YMCA of
Central KY
Lexington, KY
606/254-9622

Minnesota State
Doubles @ Highway
100 RS & HC
Brooklyn Center, MN
612/920-6652

Maryland State Doubles
Laurel Racquet &
Health Club-Laurel, MD
410/987-0980

Ohio State Doubles
Waycross Sports Club
Cincinnati, OH
614/890-6073

Virginia State Doubles
Robious Sports &
Fitness-Richmond, VA
804/330-2222

November 18

Lehigh Valley Open
Allentown Racquet Club
Allentown, PA
610/821-1300

Turkeyfest '95
Merrymeeting HFC
Topsham, ME
207/729-0129

November 24
New England Masters
Salem AC-Salem, NH
603/893-8612

November 30

14th Annual Freezeout
Auburn YMCA
Auburn, NY
315/255-1242

DECEMBER

December 1

Cincinnati City Doubles
Mid-Town AC
Cincinnati, OH
513/351-3000

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

December To Remember
South Hampshire
Racquet-St. Louis, MO
314/353-1500

Holiday Classic @
Southern AC-Lilburn, GA
404/923-5400

Holiday Invitational
Mariner Square AC
Alameda, CA
510/523-8011

Holiday Magic Tourney
Westerville AC
Westerville, OH
614/882-7331

LRAC Fall Classic
LRAC AC-Little Rock, AR
501/868-7815

Portland Open
Racket & Fitness Ctr.
Portland, ME
207/775-6128

Santa Claus R/B Classic
Merritt A.C./Security
Baltimore, MD
410/298-8700

Spalding/IRT Christmas
Classic @ Classic AC
Lyndhurst, NJ
201/444-0859

State 4 Wall Outdoor
Auburndale Rec Center
Auburndale, FL
941/965-5545

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

The Claremont Club
Open-Claremont, CA
714/625-6791

Winter Cash Classic
Quadrangle West A.C.
Clearwater, FL
813/535-4901

WPRA Grand Splat
Holiday Classic @ Sports
Barn-Chattanooga, TN
615/266-1125

'95 Connecticut Cup
NEHR @ Newington
Newington, CT
203/248-6634

Indiana State Doubles
Keystone Fitness Center
Indianapolis, IN
317/846-1111

Washington State
Doubles @Bally's Total
Fitness-Lynnwood, WA
206/639-2585

December 2
Michigan State Doubles
One On One
Ann Arbor, MI
810/468-2787

December 5
Rocky Mountain
Masters I @ Redwood
Multi-Purpose Center
West Valley, UT
801/974-6923

December 8
Big Apple Open/NY
Series #1
BQE Fitness & R/B Club
Woodside, NY
718/726-4343

Brian Scott Memorial
Park Center Club
Boise, ID
208/343-2288

Build The Arc
Courts Plus
New Bern, NC
919/633-2221

Grip It & Rip It
Supreme Court R/B &
Fitness-Virginia, MN
218/749-8318

Head Tour/Doubles
Solon AC-Cleveland, OH
614/890-6073

Mankato Pro Am
America's R&F Center
Mankato, MN
507/345-8833

Mountain Madness
Gatlinburg Community
Center-Gatlinburg, TN
615/436-4990

North Platte R/B
Tournament
North Platte Rec. Ctr.
North Platte, NE
308/534-4770

Return of the
Crackshooter
Fitness Plus
Cheyenne, WY

Winter Classic
Gold River Racquet Club
Gold River, CA
916/638-7001

December 9
Racquetball One
Grand Rapids - Mac
Grand Rapids, MI
616/554-4820

December 12
Rocky Mountain
Masters II @ Redwood
Multi-Purpose Center
West Valley, UT
801/974-6923

calendar

NATIONAL & INTERNATIONAL EVENTS

1995

DECEMBER 16-20 Pro Kennex IRF World Junior Championships @ Los Caballeros Sports Village: Fountain Valley, California

1996

JANUARY 11-14 AARA Leadership Conference @ U.S. Olympic Training Center: Colorado Springs, Colorado
JANUARY 25-28 U.S. National Women's Senior/Master Championships @ Royal Athletic Club: Burlingame, California
FEBRUARY 15-17 U.S. National Masters Singles Invitational @ Planet Fitness (formerly Arizona Athletic Club): Tempe, Arizona
MARCH 01-03 ProKennex U.S. National High School Championships @ South Hampshire Racquet Club:

December 15
Ektelon Championships
Merritt AC/Towson
Towson, MD
410/263-7100

ProKennex Doubles
Classic @ Continental
AC-Columbus, OH
614/847-0884

December 16-20
Pro Kennex IRF
World Junior
Championships
Los Caballeros
Fountain Valley, CA
719/635-5396

Juniors Winter Classic
The Alaska Club
Anchorage, AK
907/337-9550

New Beginnings
Brighton AC
Brighton, MI
810/229-2722

Omaha Open @ Sports
Courts of Omaha
Omaha, NE
402/339-0410

Snowflake Tournament
Northeast RB Club
Columbia Heights, MN
612/572-0330

Spalding/IRT Big Chill
Westwood Health &
Fitness-Westwood, NJ
201/444-0859

Royal AC Open
Burlingame, CA
415/692-3300

West James North Open
St. Louis, MO
314/869-0700

Woodland Classic
Country Oaks Racquet
Club-Woodland, CA
916/666-2444

18th Indy Open
Noblesville AC
Noblesville, IN
317/776-0224

'96 Midwest Sr/Masters
Invitational @
Northeast RB Club
Columbia Heights, MN
612/572-0330

4th Annual North Park
Open @ North Park
Racquet-Spokane, WA
509/467-5124

January 16
January Thaw
Town & Country Hlt &
Fitness-Woodcross, UT
801/2998-3232

JANUARY

January 5
L/A Rollout @ Hilltop
Community Ctr.
Lewiston, ME
207/786-4820

Missouri AC/West Open
Missouri AC West
Town & Country, MO

Off The Wall New Year's
Celebration @ Natomas
Racquet Club
Sacramento, CA
916/690-0600

Saint Clair Winter Open
St. Clair AC-St. Paul, MN
612/690-0600

January 9
Year Opener @ Alta
Canyon Sports Center
Sandy, UT
801/942-ALTA

January 12
Chill Open@ Life Center
Plus-Hudson, OH
216/655-2377

City Championships
Sports Barn
Chattanooga, TN
615/266-1125

January 18
Parkland Pro-Am
Executive Health Sports
Center
Manchester, NH
603/668-4753

January 19
Cash Open
Track & Racquet
Akron, OH
216/644-0356

Frostbite Shoot-Out
Pottstown Health Club
Pottstown, PA
612/326-6216

Head Tour/All Doubles
Mid-Town AC
Cincinnati, OH
614/890-6073

Host Lions @ Park
Center Club-Boise, ID
208/343-2288

Iron Range Open
Supreme Court R/B &
Fit.-Virginia, MN
218/749-8318

NYC Winter Classic #2
BQE Fitness & R/B Club
Woodside, NY
718/726-4343

Senior/Masters
YMCA Jefferson City
Jefferson City, MO
314/761-9000

Senior Classic @ Sports
Barn-Chattanooga, TN
615/266-1125

Superbowl Open
West Lane Racquet Club
Stockton, CA
209/472-2100

January 24
Alaska Open
Alaska AC
Anchorage, AK
907/562-2460

January 25-28
National Women's
Senior/Masters
Royal Athletic Club
Burlingame, CA
415/697-9162

January 26
Best of the Best
Health Experience AC
Vancouver, WA
360-696-9841

Classy 100/Festival
Foods Open @ Nautilus
Fitness & Racquet
Erie, PA
814/868-0072

Coors Light Winter
Open @ Royal Court of
Kearney-Kearney, NE
308/236-5110

Hall of Fame Pro Am
Northeast RB Club
Columbia Heights, MN
612/572-0330

Hy-Miller Open
Baywinds AC
Sandusky, OH
216/626-6250

Metroplex Racquetball
Championships
Maverick AC
Arlington, TX
817/275-3348

Winter Chiller
Healthquarters
Manchester, MO
314/391-6363

14th Summit City Open
Summit City Court Club
Ft. Wayne, IN
219/485-1671

'96 ORA Intercollegiate
Doubles @ Baldwin-
Wallace College
Cleveland, OH
216/826-2286

January 27
Racquetball One
National H&R Club
Petoskey, MI
616/554-4820

January 30
Orem Open
Orem Fitness Center
Orem, UT
801/229-7451

Key to Abbreviations
AC = Athletic Club
RC = Recreation Center
RB = Racquetball
H&R = Health &
Racquet
R&F = Racquet &
Fitness

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Python • Official Grip
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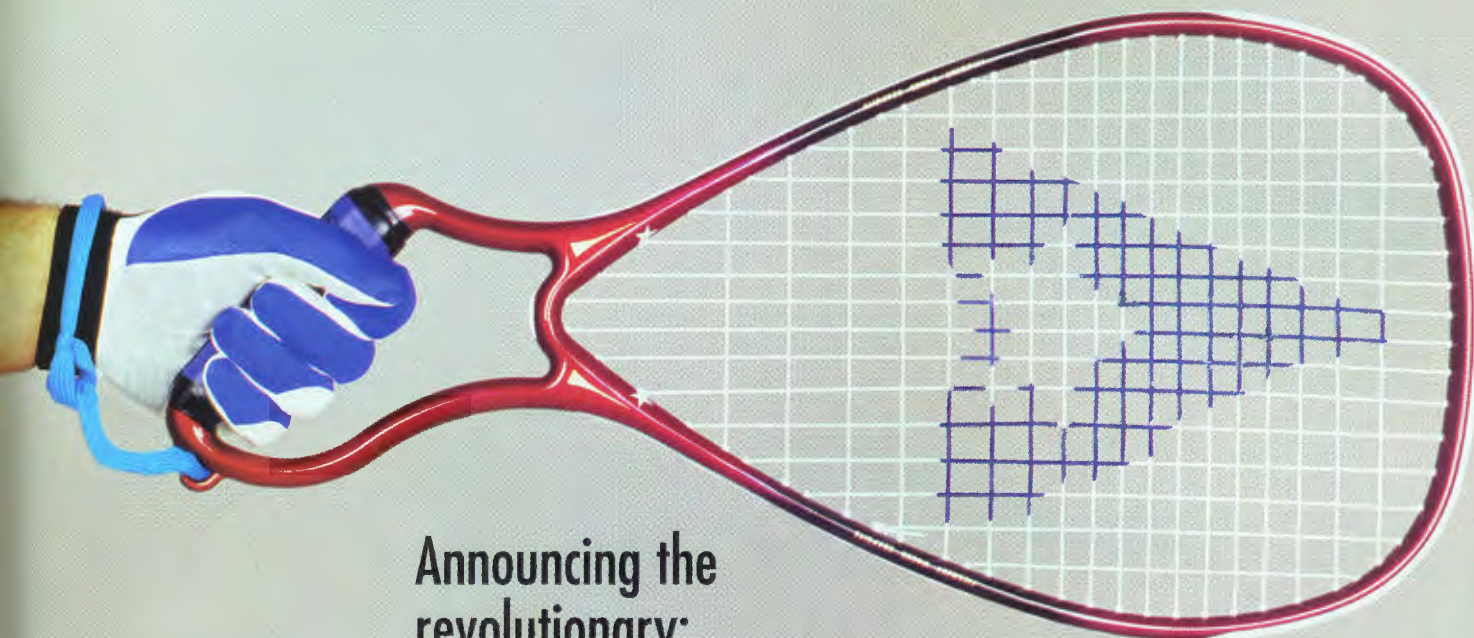
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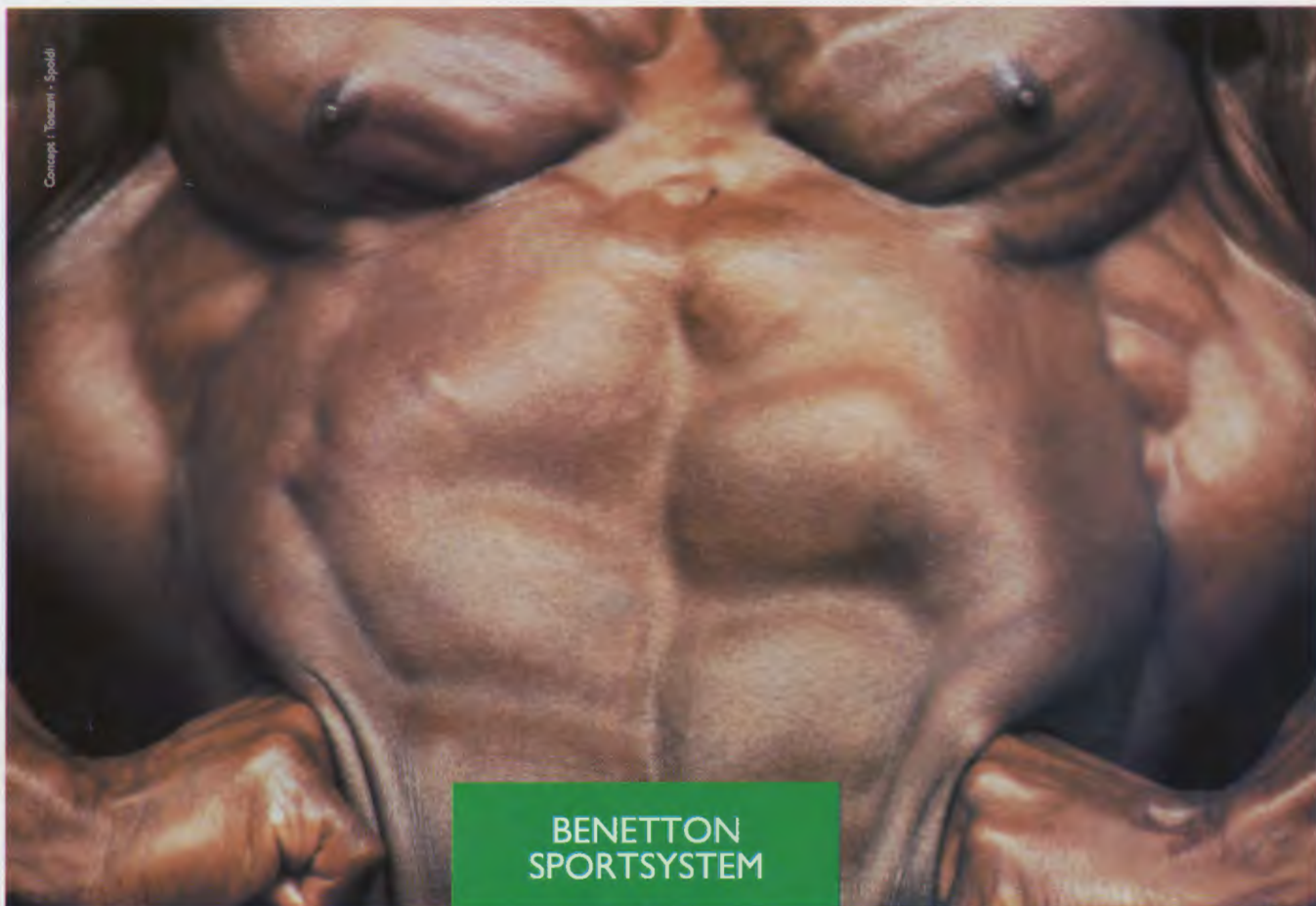
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