



National Racquetball

September 1989

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Magazine



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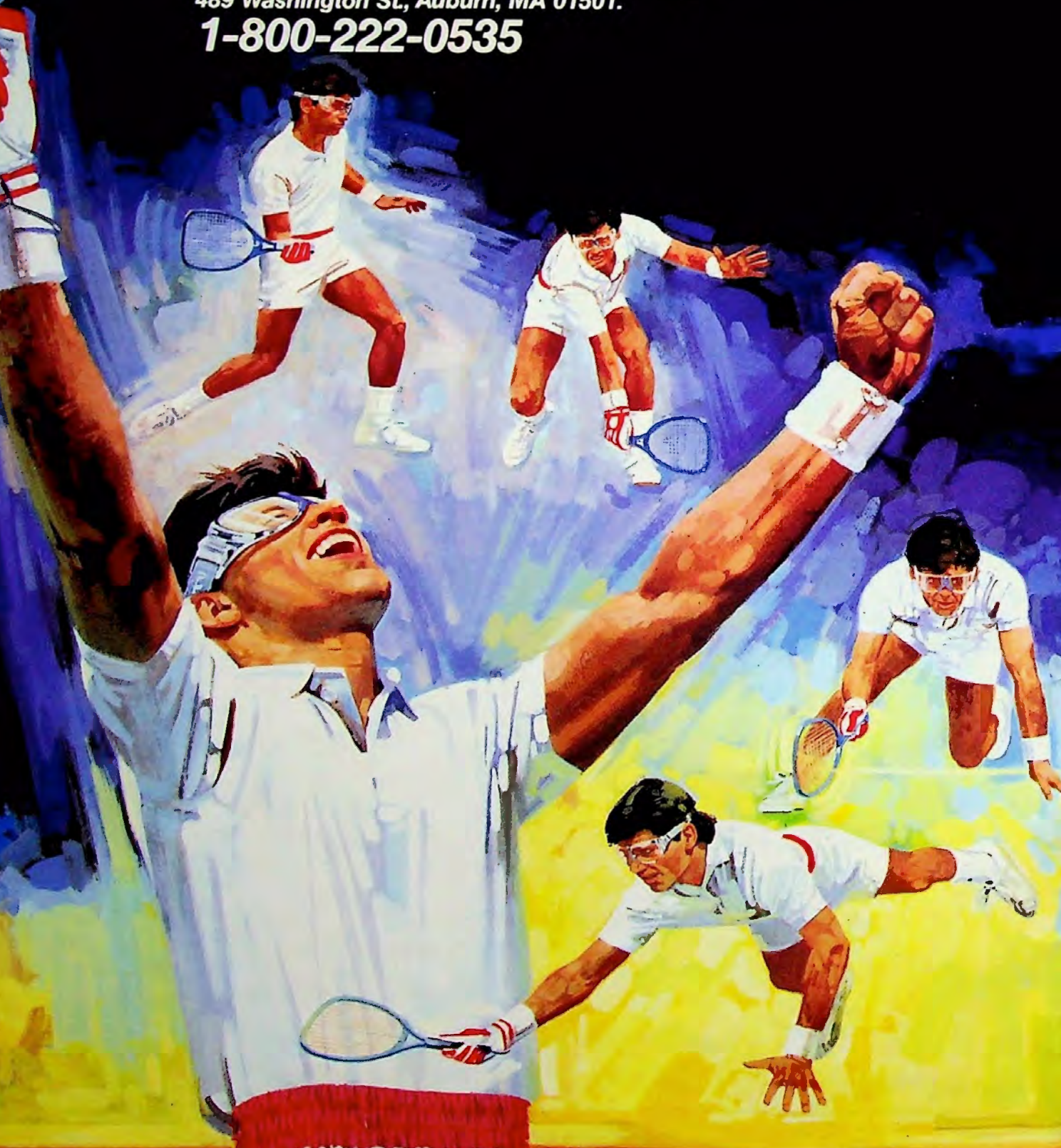
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National Racquetball Magazine

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From The Editor...

September is the traditional kick-off month for the "Racquetball Season"; a time to renew one's commitment to achievement and excellence in the sport.

The following excerpt is from an article by Lynn Adams in the Elite Racquetball Book entitled "What It Takes To Be The Best". (The book will be available from the A.A.R.A. this fall.)

We offer her message to our readers as an example of the meaning of sportsmanship.

Respect and Thankfulness

I believe that while many athletes are winners because of their consistent high level of play, not all winners are champions in the eyes of their peers and fans. The reason for this is their lack of respect for those they compete against and those they play for. Another reason is that they believe it is their right to win and take everything that goes along with winning.

I hope I never fall prey to this attitude. I've done some things in the past that I regret and I've learned hard lessons because of them. I am extremely thankful for the opportunities that racquetball has given me and I know I'm a better person because of racquetball. Racquetball has been my school of how I want to be as a human being. If I can be fair and respectful in the heat of competition, then I'm learning to be that way in my everyday life.

I'm grateful that people want to come to watch me play. If they didn't, we wouldn't have professional racquetball. To abuse them verbally is unbelievable to me and yet I've seen it happen before.

It may sound like a cliché, but if you take what gifts you have for granted, they may very well be taken away from you. I would like to say thank you to everyone who has made these last eleven years the most special, rewarding and exciting years of my life. I've received tremendous support and spectators. I know I'm biased, but I believe that we are all involved in the best sport ever invented and I wish you all good luck in reaching whatever goals you have set for yourself. —

Lynn Adams





Mailbox

Pleased With Format

In the past couple of issues, I have noticed a focus upon instruction, "how to" articles and other information geared to recreational players, rather than pros.

Because that includes about 99 percent of us racquetball players, I applaud this change.

While I enjoy reading about tournaments and professional racquetball players, even occasionally dreaming that I might, Walter Mitty-like, end up at the top myself some day, I'd much rather learn how to improve my own game.

Please keep up the good work.

Victor Block

Editor's Note: In future issues you will be seeing more of these articles. We will still provide advanced instruction but will feature beginner and intermediate instruction too. ○

Ohio Tournaments, Tops

I would like to take this opportunity to express my sincere thanks to two tournament directors who do an outstanding job of running racquetball tournaments. The State of Ohio, Region Nine, the city of Columbus, Ohio, and the Ohio Racquetball Association are very fortunate to have Doug Ganim and Denny Vincent to direct tournaments in Ohio for them.

The Coors Light Racquetball Series, the Buckeye Racquetball Classic and the Holiday Magic Tournament are quality events with superb play and friendly administration. The facilities which hold these events are as fine as anyone could ask for and Doug and Denny work hard to ensure a quality tournament.

I would encourage all interested players to seriously consider competing in these tournaments. A player cannot go wrong by entering and playing and will be able to see many of the nation's top professional and amateur players.

Thomas A. Lovins
Marshall University
Huntington, WV ○

Impressed By WPRA

I recently had the opportunity to participate in the WPRA Pro-Am National Championship in Fort Worth, TX. I had never been to a pro stop, either as a spectator or as a player.

What impressed me most about the players was their conduct on the court. There was no badgering of the referees or the line judges; the players called things on themselves, reversed referee's calls when they knew they were incorrect, and re-played questionable points. Almost without exception, the women conducted themselves as the professionals they are and let their racquetball skills determine the outcome of the match. This was all the more refreshing to see when one considers that these ladies were playing for money, and were not just out having a friendly evening game.

I have witnessed many matches where the winner was the person who cheated the best and complained the loudest. By contrast, at this tournament I saw racquetball played the way it should be played.

Jennifer "JJ" Risch
San Antonio, TX ○

Rating System A-Ok!

I just received my June issue of National Racquetball and was very excited at seeing a proposed ranking similar to that used by tennis. I was a very active tennis player but switched to racquetball because I enjoy it more. When playing tennis all I had to do was seek out another player with a similar rating.

I am totally in favor of a numerical ranking system and will be looking forward to its official use soon.

Douglas Keith
Senior Program Director
Pawtucket Family YMCA
Pawtucket, RI

Editor's Note: We have also received information on other possible ranking systems which we will present for your information in upcoming issues. ○

perspectives perspectives perspectives

WPRA — United They Stand

"You don't give up. You band together and hang in there," says Lynn Adams. "You make sure there is going to be something lasting for the future."

As one of the stellar attractions of the Women's Professional Racquetball Tour, Lynn Adams' statement personifies the tenacity not only of a champion caliber player but also the dedication she and other players have exemplified in making the distaff side of the pro tour a success.

"We recognize we are part of a very young sport and being a woman in a young sport is a very tough place to be," she explains, "but with that knowledge we recognize it is crucial to stick together as a group and direct all our energies to promotion."

Echoing Adams is Fran Davis, touring pro and women's coach of the U.S. team, who says, "I am very positive about the women's pro tour from the perspective of the women because they are so united."

"They have stuck together through thick and thin," she continues. "They are out there promoting themselves and selling tournaments when the men aren't. The women have stuck together as a group and the men haven't."

"The main concern of our group," says Adams, "is the future. It is not just to make money, although it is a rather nifty way to make a living."

"Money is a part of it but the women definitely recognize that promotion is first and foremost the most important thing we can do for the sport," says Adams. "From that aspect, the women's pro tour can help impact local racquetball clubs more than anything else they may have going."

"We come into a club when we do a tournament and get involved with the

members — before and during the tournament — offering three-day camps (with money going toward the tournament prize or purse) and capturing media attention," she explained. "A pro player in the area attracts more media attention than the

"...we recognize it is crucial to stick together as a group and direct all our energies to promotion."

amateur players and in that sense the WPRA is helping spread a major message about a minor sport."

"The membership of the pro tour has grown and the size of the prize money has increased although the number of tournaments hasn't increased by leaps and bounds — and that makes me sad — but I am still positive about the tour because the women have always been united."

Davis points out the fact that the WPRA has its own board of directors and counsel which has had a unifying effect although she feels "it is too hard to play and try to get a sponsorship too."



Lynn Adams



Fran Davis



Dot Fischl

"The women are having to promote themselves to sponsors," she says, "and that is a tough thing to do. I think we are doing a great job with the resources we have available, but to have a full blown tour, I feel we need to find a special person from outside the player pool to organize and promote the tour and attract sponsorships."

While monies raised from clinics, fundraisers, camps and the like generally go into the tournament prize pool, Davis would like to see a portion of those funds directed toward at least a part-time promoter to handle tournament stops, sponsorships, etc.

Perhaps a clue to the struggle the women's tour has faced over the past decade — although prize money has increased from some \$6,000 to \$10,000-\$15,000 per event — is provided by Adams' contention that racquetball is a male dominated sport.

"I feel women have to fight too hard because it is a male dominated sport," she says, "and this is unfortunate when you think the market is divided into 20 percent women and 80 percent men. Obviously, women's racquetball is the market to tap for growth."

"One of the things holding women back from joining the racquetball market," she said, "is the feeling we are not wanted. Look at tennis, aerobics, even body-building. They woo women into the sport with wonderful incentives — from clothing to programs — tailored especially for women. Racquetball is just the opposite, concentrating on the men and ignoring the women."

"The women's professional tour can be a key, however, to changing all this,"

she says. "The women's pro tour can excite you, make you want to become a better player, to feel special and make the statement that it is okay for a woman to be an athlete."

"Racquetball is not something that

"The players on the tour are great ambassadors who can talk positively and excitedly about the sport..."

only big stud women can do," she continued. "It has nothing to do with muscles. It is heart and desire. It is okay to be aggressive and competitive. Competition is okay for a woman."

"The tour provides visibility and the women in the sport have become its promoters, but it would be nice if we could find corporate sponsors," she said, adding, "The players on the tour are great ambassadors who can talk positively and excitedly about the sport."

"We like it, breathe it and hope to make it grow," she said. "We believe racquetball will become a major spectator sport in the future. It has all the aspects of an

interesting spectator sport — athletic ability, physical expertise, exciting moments — played in an enclosed area where your opponent never goes away which creates interest, tension and excitement."

For the future of the WPRA, Dot Fischl, who currently plays on the WPRA tour but maintains her amateur standing, looks toward television as the key to raising public awareness and interest. Dot feels elevation of racquetball to Olympic status should also be a major force.

"I think the Olympic movement will create a lot of new interest, especially at the junior level where a strong program is essential for the survival and growth of racquetball," she said, "I think a few of the pro players might go back into the amateurs as a result of the Olympic movement, but as for me, I want to stay an amateur as long as I can because I want to wear the USA logo on my back."

As for the WPRA, Dot also echoes the words of Davis and Adams in citing the united front presented by the women on the tour as a key to its success.

"When there is a WPRA meeting every woman shows up," she says. "There aren't two or three people trying to call the shots. We work together as a team and that is why the tour is continuing to be successful."

"It is every athlete's dream to be an Olympic athlete or a professional player," adds Davis. "With the Olympic movement, I see a chance for corporate sponsorship if the player returns to amateur status, which may be more promising than the pro tour in terms of potential benefits, endorsements, etc."

Q

Ask The Pros

Mike Yellen

Q: *What's the key to maintaining concentration in a match? I usually win game one easily, lose game two after being ahead by about ten points and fold completely in the tiebreaker.* **Jay Blount, Champaign, IL**

A: Obviously, you maintain concentration during the first game and first half of the second game. You can't just take for granted your ability to play at that level throughout the match or be too eager for the match to be over. Sounds as though your mind is wandering from your purpose. You can't continue to play at peak without concentration on what worked for you at first. For example, focus on where you want to hit your shots or moving to proper position on the court, etc.

It's most important here to realize that no game or match is over until the final point is scored.

Caryn McKinney

Q: *How can I get more power in my serves and shots, from a woman's point of view?* **Julie Jackson, McAllen, TX**

A: Because women aren't blessed with as much upper body strength as men, we must be most concerned with efficient mechanics. Stroke mechanics, body mechanics, timing, and strength are all keys to increased power in your strokes. Below is an example of the most efficient way to hit the ball hard.

Use a long, smooth stroke so you can develop a lot of racquet head speed. The faster your racquet is moving at point of contact, the faster the ball will move off your racquet face. Start your stroke with the racquet up by your ear, and finish with a full follow-through. Don't stop the racquet in the middle of your stroke!

Use your body properly, including full, upper body rotation and drive through the point of contact with your hips and

legs. Start your stroke facing the side wall and finish with your body facing the front wall.

Make contact with a flat racquet face with the ball across from your front foot. This will allow all your energy to be transferred to the ball.

Strength becomes a factor when steps 1-3 are mastered. Basically, the stronger you are, the faster you can move the racquet and the more force you can generate behind the racquet face.

Each of these variables, used properly, can increase the power in your game. Be sure to swing with a full stroke. Caution: Don't try to hit the ball hard — it doesn't work. Your goal is to swing fully, smoothly, and efficiently.

Mike Ray

Q: *While at the National Singles, I saw several top players serving a new high speed serve called the "photon serve". I would like some advice on how to hit this serve at such a high speed without sacrificing accuracy.* **Bobby Douglas, Raleigh, NC**

A: I'm not known for hitting "photon" serves but in order to achieve power I try to maximize everything I do when serving. For example: make use of the entire service box in your motion; hit the ball just below the shoulder area, where your body in motion will assist in generating force. Get the basics of your swing consistent, then hit as hard as you can.

For accuracy, once you can control swing and service motion, drop the ball in the same place at each service. This should result in it's traveling to the same place each time. Adjustment of the pre-serve bounce a bit forward or back will also allow you to vary the direction of the serve. ○

A

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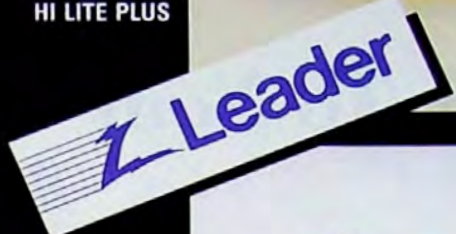
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Consistency — A Key To Your Success

by Caryn McKinney

As a professional player, I pride myself on being (or at least believing I am) one of the most consistent players on the WPRA tour. But what does that mean? Consistency is the ability to take advantage of opportunities and execute the desired shot a majority of the time.

Keep in mind the biggest difference between players of various abilities is their level of consistency. Even the perennial novice can kill the ball. But can he do it often, at the appropriate time, and intentionally? Probably not. That's why he's still a novice!

How do you become a consistent player? How do you develop your game so you don't beat yourself? How can you learn to take advantage of opportunities when they arise? There are a few crucial elements in developing consistency:

1. You must have sound, efficient stroke mechanics. These strokes must be "grooved". Every time you hit a forehand or backhand, you basically hit it the same way. If your strokes aren't consistent, it will be impossible to hit consistent shots!
2. You practice — working on specific drills to develop skills and confidence.

Consistency will follow if you adhere to one, very important rule of thumb... Repetition, repetition, and more repetition.

The purpose of this article is to offer suggestions on how to practice in order to develop consistent shot-making ability. Let's take a forehand pinch as our sample shot.

Step 1.

Determine your goal, in this instance to pinch the ball in the forehand corner from anywhere on the court and make it bounce twice before reaching the opposite side wall.

Step 2.

Always start with a drop-and-hit drill. I recommend starting somewhere between the short line and the five-foot line, two or three feet from the side wall. Drop-and-hit from there until you can successfully execute the shot 90 times out of 100 — that's the standard I use before calling a shot "competition-ready". Remember,

repetition is the all-important key to consistency. Nine out of ten good shots won't get you there — work toward 45 out of 50 or 90 out of 100.

Step 3.

When Step 2 is mastered, you are ready to make the drill more difficult. Move deeper in the court, move closer to the wall, move further away from the wall, drop-and-hit off the back wall or out of the back corner, or just drop the ball from higher. As you master each of these variables, proceed to the next step.

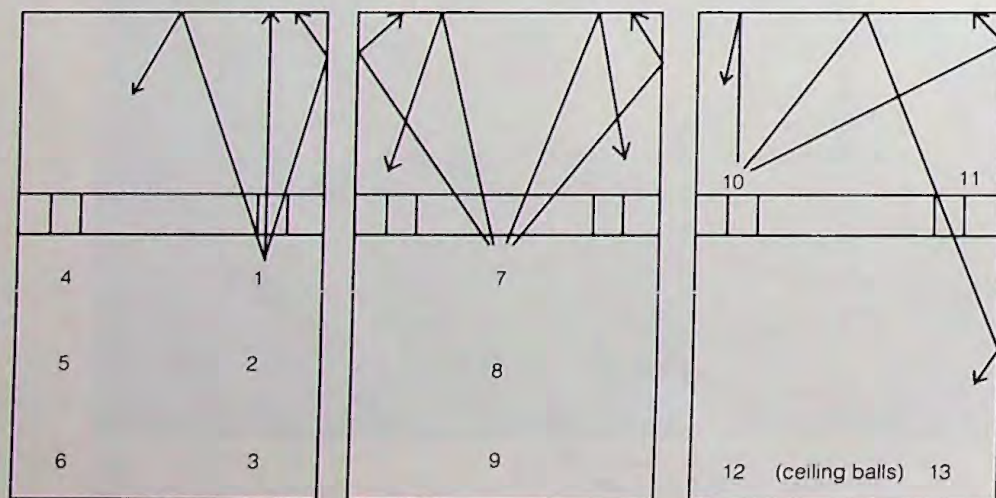
Step 4.

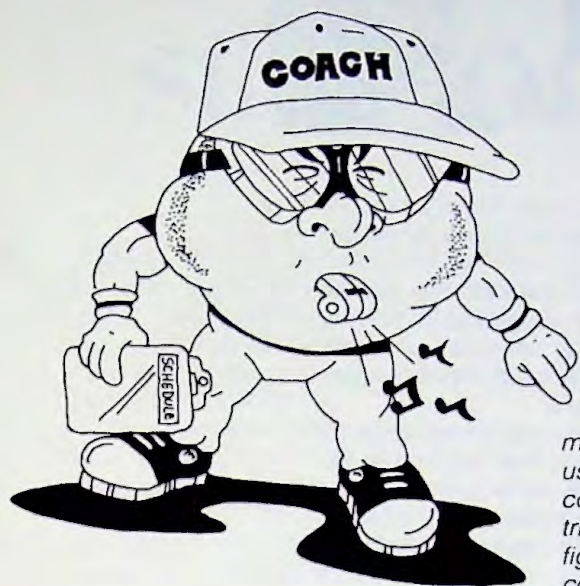
Progress from a drop-and-hit drill to a moving ball drill. Start from the position in Step 2, but give yourself a moving ball set-up off the front wall. As you master this situation, gradually make things more difficult by adding the variables in Step 3. You can also give yourself set-ups off the side wall, off the back wall, from a ceiling ball, from varying heights, etc. Repetition and lots of it for each shot, each position, each set-up!

One word of caution: take the time to master one step before hurrying on to the next, more difficult drill. You must discipline yourself to perform the repetitions necessary to develop the consistency you desire and the confidence to execute similarly in a game with your favorite foe.

P.S. If you think drop-and-hit drills are only for beginners, think twice. It's still my primary method of developing consistency and confidence — and I'm sure I'm not the only one.

Primary practice positions. If you are having difficulty executing from a different position (for example, in front of the service box), practice from there! Tailor your drills to the needs of your game. ○





Coaches Corner

by Fran Davis and Stu Hastings

Q: *My husband and I play tournaments on a regular basis. It's difficult for us, especially if I'm playing, when he coaches me during a match. When he tries to tell me things, we seem to get into fights during and after competition. What coaching suggestions do you have for husband and wife teams during competition?*

A: This is a common problem for many husbands/wives, boyfriends/girlfriends, brothers/sisters, etc., teams. You are not alone.

As professional coaches we recommend you take a look at the following suggestions to help you with what could become a monumental problem if not handled properly:

1. Does this person, (your husband), coach you on a regular basis? Is he just your "coach" at some tournaments or does he coach you throughout the week/month/year prior to tournaments? It is important that a coach know your physical, mental and psychological capabilities. You will be more receptive when the coach works with you regularly on strokes and strategies and knows how you respond under pressure. Arguments begin when coaching isn't done on a regular basis.

Coaching should really be left to a "professional".

2. What does "amateur" coach mean?

In previous articles we covered "professional" coaching, but didn't define "amateur" coaches. Many husbands, fathers, girlfriends, etc., try to be weekend coaches. There is nothing wrong

with an amateur coach when professional help isn't available, but amateur coaches should remember these critical areas:

- a) Suggest, do not demand.
- b) Give one or two simple suggestions at a time for the player to focus on. Too many suggestions are confusing and counter productive.
- c) Stay focused on the basics. Don't get too technical.
- d) Be aware of opponents' weaknesses and how they can be exploited.
- e) Use constructive criticism and don't be negative. People do not respond well to criticism under tournament pressure.
- f) Use timeouts and use them effectively.

3. If the coach doesn't work with you on a regular basis, give him/her a list of the things you would most like him/her to look for during play.

These points should help you tackle your problem. Hopefully your husband is open-minded enough to read through these suggestions. Then the two of you can develop a game plan for coaching.

Keep in mind that your husband wants you to win as much as you do. You have a common goal. Sometimes we lose sight of this in the heat of the battle. Agree to coaching plans before the match when you are both relaxed and stick to them!

We believe coaching is essential and can really make a difference. Whether you coach yourself or work with professionals or amateurs be positive. In the final analysis it's your match to win or lose. ○

U.S. Team Coaches:

Fran Davis, Stu Hastings, Larry Liles, Neil Shapiro and Gary Mazaroff

What's The Call

by Michael Arnolt



National events continue to provide a forum for rules questions and dilemmas for the interested players and experts. Here are some of those posed at the 1989 Ektelon/U.S. National Singles in Houston.

Hats and Point Hinder Possibilities

Q: *There seems to be an abundance of players wearing hats. This can create problems. What's the proper call when a ball on the way to the front wall hits the bill of the opponent's baseball cap? Or the cap comes off during play?*

A: There is nothing in the rules of racquetball to prevent a player from displaying his personality by the attire he wears as long as it is in good taste and is not distracting. Caps fall in that category. There is a risk, however.

A cap is not considered equipment required to play racquetball. Should a ball hit any portion of the cap, and there is the slightest possibility that the contact prevented the ball from reaching the front wall, the player wearing the cap will be penalized with the call of point hinder.

The call is the same if the player loses his cap during a rally and the official must stop play. (See Rule 4.16.i.)

Incidentally, Ed Remen from Virginia, who is a holder of numerous national titles, has donned colored British-styled caps on-court and off-court as part of his trademark for years. Contrary to popular belief, he does take it off in the shower.

Flexibility In Delay Of Game Rule

Q: *During a match between Cliff Dilley of Texas and Davey Bledsoe of Georgia there was considerable discussion about the proper call when a player serves without checking the receiver. Bledsoe wanted a delay of game penalty invoked.*

What happened? Is the penalty a technical, which means loss of point, or is it loss of serve?

A: Bledsoe requested the referee charge Dilley with a penalty for serving without checking to see if he was ready. Bledsoe had his racquet raised properly to indicate not ready.

The referee, after clarifying the rule for Bledsoe, explained that the rule (4.5.b and 4.18.a.6) does not require invoking a penalty. It says: "If the server continues to serve without checking the receiver, the referee may award a technical..."

That flexibility allows the referee to determine intent — is the player walking up and serving repeatedly with total disregard for the opponent, thereby disrupting the game, or is he making a harmless mistake in which neither side gained an advantage?

In this match it was determined there was no need to invoke a penalty, though Bledsoe exercised the right of every player — to question the application of a rule.

For the record, failure of the server to put the ball into play within 10 seconds after the score is called is also considered a delay of game. That infraction is penalized by the loss of serve. Other delays of the game are penalized by a technical, the loss of a point.

Wet Ball Hinder During Serve and Rally

Q: *At one point during a rally the ball hit perspiration on the floor and skidded. The player attempting to retrieve the ball asked for a court hinder. The referee agreed the ball hit water but said a wet ball hinder can only be called on the serve. Is that correct?*

A: I hope that wasn't match point. The ref was in error. Clearly, the rules under dead-ball hinder (4.15.a.7) require a rally to be replayed in the situation you described. ○

Common Mistakes Series

Shots Off The Back Wall

by Fran Davis

Shots taken off the back wall can be some of the most effective in today's game. This month's article should help you end rallies and/or score points more frequently when presented with off-the-back-wall opportunities.

Poor footwork, poor judgment, laziness, or a combination of these three are the major reasons players fail to capitalize on set-ups off the back wall. The frequency of opportunities for these shots is high during match play. Players should learn to be prepared for them and to respond with good offensive winners.

To begin with, the basic forehand/backhand doesn't change in execution of shots coming off the back wall. Movement to the ball is what you must focus on. Your footwork and timing/judgment are crucial to success. You should flow with the ball, never stand still waiting for it to come to you.

The accompanying photos and tips should help you become more consistent and effective off the back wall, adding a new dimension to your offensive capabilities and scoring potential. ○



*Correct technique,
photo #3*



Incorrect techniques, photos #1, #2a, #2b, left to right

Tips

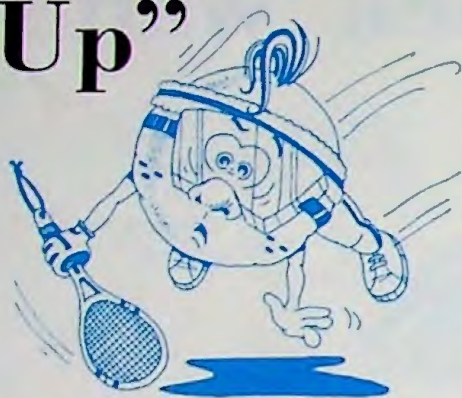
DON'T

1. Plant your feet and wait for the ball to come to you (photo 1).
2. Contact the ball off your back foot, behind you (photo 2a) or lunge for it late, with feet too far apart (photo 2b).
3. Face the front wall when you hit.
4. Change your swing.
5. Hit the ceiling or return a defensive shot unless you don't have an offensive opportunity.

DO

1. Move with the ball, adjusting your body to its flight path off the wall.
2. Contact the ball off your lead foot, out in front of your big toe, in line with your inner thigh (photo 3).
3. Face the side wall for forehand or backhand.
4. Use the swing you are already accustomed to.
5. Shoot the ball — return an offensive shot unless you're off balance or out of position.

Taking "Mixed Up"



Out Of Mixed Doubles

by Dan Obremski

In the sports world today it's hard to find a consistently successful doubles team with one dominant shot-hungry participant and one passive, get out of the way, spectator. Yet, in 99 per cent of the "Mixed Doubles" I've observed, the players appeared to be very disorganized. It's not a lack of playing time together (seldom does a mixed team get real practice) but, the lack of knowledge needed to bring out the best in a partner, that causes the disorganization.

In six trips to the mixed nationals, I've had three different partners who helped me to reach five finals which resulted in three national championships. This success hasn't stemmed from being the most dominant team physically every year, but from bringing out the best in the partners I've played with. I would attribute every

win to my partners and take credit myself, it was also reflected in my partner's game. Victory in mixed doubles for my team, and maybe yours, is mental, because the whole attitude (which I'll explain later) of my team stemmed from my frame of mind.

Before getting into the actual attributes of a winning or losing team, I'd like to share a couple of scenarios from the years of tournaments, which prompted my writing this subject. Every finals match, win or lose, taught me a lesson about victory. I remember the good qualities of the victorious teams and the not so good qualities of the second place teams.

On my first trip to the National Doubles my team in the mixed finals met our partners in the regular draw. This is difficult because playing aggressive, winning racquetball and having a conversation with your friend during the match, doesn't mix. Consequently my partner and I trailed in the first game. After a timeout and a chat we concentrated totally on our game plan. We eventually won and our friends were still our friends.

A few of the National Tournaments were indicative of matches all over the country. In one match my partner and I faced a team with one player. This player took every shot for the opposing team, keeping his partner out of position and endangering the safety of everyone involved. In another match the stronger partner allowed the weaker to hit shots, but exhibited disgust and a negative attitude, disintegrating the partner's already wavering confidence. There are many instances of irritations and battles in mixed doubles but I'd rather explain some do's and don'ts for having more fun with your partner.

1. Frame Of Mind

The stronger team doesn't always win but, combined with the right mental attitude, will be hard to beat. In almost every instance mentioned above, matches were won or lost because of mental approach

to the game. To finish every match without a major problem I suggest that the dominant player, male or female, control the "mental flow" of the match. This should have a positive influence on the game of the weaker player. Do not make the weaker player feel more inferior by taking shots on his side of the court, or showing a negative mental attitude.

2. Positive/Negative Factors

There are specific positive and negative factors which contribute to a team's success or failure. Following are a few of each:

Positive Factors

- The most positive winning factor is elimination of negative factors.
- Share the Court — Each player should take the shots on his side of the court with the stronger player controlling shots in the middle.
- Positive Encouragement — Praise your partner for good shots, console him on bad ones.
- Confidence — Show confidence in your partner's ability by giving him more shots than he's accustomed to taking. This shows him that your whole team, not one of its members controls the court.
- Positive Looks — Nothing hurts like a dirty look. Your facial expressions say a lot. It's very important to encourage your partner with looks of confidence, not disgust.

Negative Factors which destroy the self-confidence of your partner: dirty looks, negative talk, hogging the ball, hollering and ignoring your partner.

By now it should be clear that many factors affect the success and/or failure rate of mixed doubles teams. Your team may not always win, but you'll have more fun and enjoy your partner more by utilizing some of the positive techniques suggested in this article. ○

Clinic: Session One — The Court

by Fran Davis

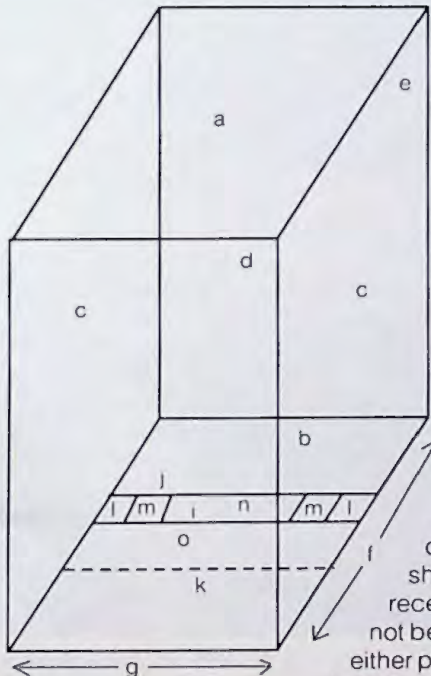
Racquetball was invented by Joe Sobek about thirty years ago. It has no far-reaching tradition like tennis or some other racquet sports. Racquetball does, however, have complicated rules and terms to master. Each month in this column we'll offer a variety of information which will help you to understand and enjoy the game of racquetball.

This first session will cover terminology pertaining to the court. Many players who profess knowledge of the sport are actually unaware of rules relating to markings on the court surface.

The accompanying diagram will explain court dimensions, markings, etc. Study it to be prepared for future sessions.

Key To Diagram

- ceiling
- floor
- side walls (2)
- front wall
- back wall
- length of court is 40'
- width of court is 20'
- height of court is 20'
- short line — a valid serve must bounce (first bounce) past (not on) the short line, without reaching the back wall on a fly, 20' mark cuts the court in half
- service line — 15' mark; when serving, your foot may not go over (you may step on) this line or a foot fault will be called
- receiving line — (or five-foot line) — at the 25' mark; when receiving serve you may not break the plane of the receiving line with any part of your body or racquet before the ball bounces; your follow-through may break the plane as long as contact with the ball was made behind the line; also, the server may not step into the safety zone area until



his serve has bounced inside the line or crossed it in the air

- doubles box — in doubles play your partner must stand facing into the court, back against the wall and both feet on the floor inside this box while you are serving
- three foot line — three feet from each side wall; valid only for "down the line serves"; such serves are hit along the wall on the same side of the court from which you are serving; during this service you may not break the plane of the three-foot line with any part of your body or racquet or a "screen" is called; a screen means an automatic fault resulting in one more serve or a side out if the call is made on your second serve

- service box — located between the 15' and 20' marks and the two side walls; when serving you must start and finish the service motion inside the service box
- safety zone — this area is exactly what the name implies — a safe zone located between the short line and the receiving line; it may not be infringed upon by either player until the serve has bounced in the area or crossed the receiving line in the air. ○

Next month more basic information. If you have specific questions about terminology, strategies, etc. write to: Fran Davis Clinic, c/o National Racquetball Magazine, P.O. Box 6126, Clearwater, FL 34618-6126.

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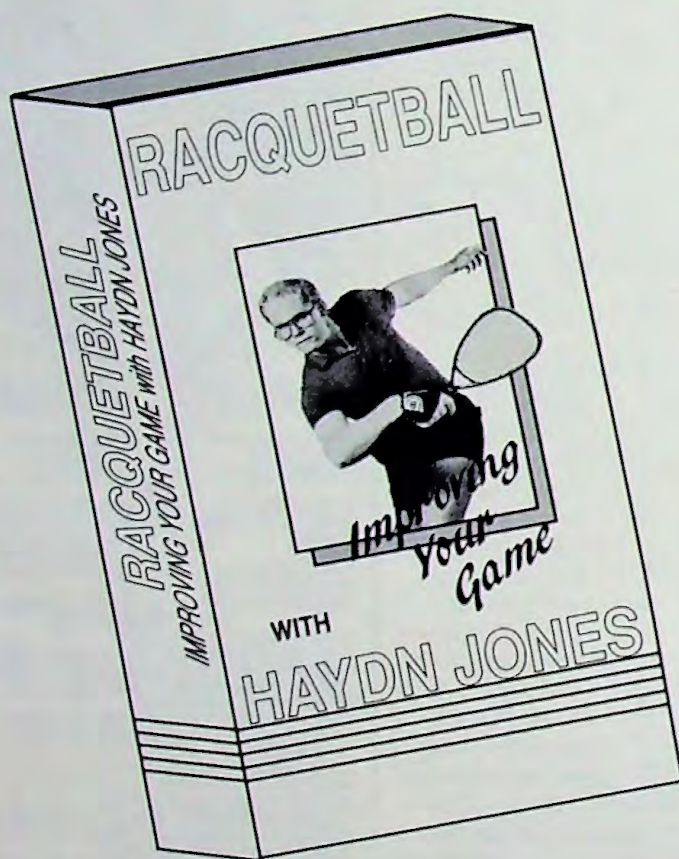
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Reviews Section

Our racquetball reviews section debuts this month. National Racquetball will be happy to evaluate any new books, pamphlets, video or audio materials relating to the sport of racquetball. Send materials c/o Editor, National Racquetball Magazine, P.O. Box 6126, Clearwater, FL 34618-6126.

Video Review



Racquetball — Improving Your Game with Hayden Jones;

JR Video Productions, Brampton, Ontario, 1989

This newly released 50-minute video tape features "state-of-the-art" digital slow motion and stop action techniques which allow the viewer consistently clear pictures of both ball and racquet — critical to stroke instruction.

Attention is given early in the program to the importance of proper attire, equipment and warm-up procedures. Such advice, not generally available on instructional tapes, is imperative for beginning players.

Mr. Jones exhibits a patient, friendly demeanor which instills confidence in his graduated teaching method, taking the viewer from basic through intermediate stroke and skill levels.

In addition to basic stroke information the graduated teaching method places emphasis on general game improvement with "How To" sections on serves, shot selection and three-shot rally situations demonstrating offensive kill shots. In these segments of the tape, viewers are given opportunities to choose the appropriate shot, as in real game situations. Defensive play and capitalizing on opponent errors are also explored.

The court used for filming this video is not marked to A.A.R.A./C.R.A. standards. This does not, however, affect the quality of instruction provided for the viewer. The tape will be available in the U.S. this season. ○

Who is Hayden Jones?

Hayden Jones has been well-known in Canadian racquetball since he captured the Canadian Junior title at eighteen.

The twenty-five year old veteran from Ontario has figured prominently in Canadian rankings (both amateur and professional) since 1983. He will be playing in U.S. tournaments during the 1989-90 season.

Jones' classic strokes and style of play make him an excellent choice for illustration of basic racquetball techniques on video. ○

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The Right Routine

by Dan Obremski

Hundreds of articles hit the newsstand every day, enticing the would be fitness enthusiast into the world of fitness. Most of these people read an article or two every month but don't follow a routine.

They lack motivation or discipline; or haven't found a suitable routine. No matter what your level of fitness, you should follow a schedule. This will produce maximum results. Whether you want to lose 10 lbs., hit the ball harder, or gain cardiovascular endurance, your chances are increased by disciplining your mind and body every day.

- * Cardiovascular Training: cycle training, circuit training, single variable training
- * Diet: gain muscle, muscular endurance, maintenance, strength gains
- * Racquetball routine.
- * Mental routine.

**Note: The following routines are just suggestions. Before starting any program, consult your local trainer for advice on proper form to avoid injury. If you are just starting on a fitness program you should also consult your physician.*

Cardiovascular Training

Your objective should be to attain a level of conditioning which allows you to sustain the longest, most difficult match within your ability level. Being out of breath hurts your physical and mental capabilities and usually results in a loss.

All three cardiovascular conditioning methods will build your wind, but remember that too much long distance running can hurt your foot speed.

Cycle training (3-6 days a week)

- A. Maximum intensity (run, bike, steps, row, rope, court drills, Versa Climber, etc.)
- B. In my opinion, cycle training is the best because it alleviates the boredom of one exercise, and works the muscles in many different ways.
- C. Start at 15 minutes and increase one minute every week. Use three different exercises.

Examples of cycle training:

Week One

Day One — Run (5 min.), rope (5 min.), row (5 min.)

Day Two — Steps (5 min.), Versa Climber (5 min.), court drills (5 min.)

Week Two

Day One — Run (6 min.), court (6 min.), rope (6 min.)

Circuit training

If you are on a tight schedule or feel you don't need to bulk up on the weight machines, circuit training may work well for you.

Pre-set all of your machine system weights at 60-70% maximum. Begin by doing as many reps as possible then immediately go to the next machine. Complete the whole body workout with as little rest and as many reps as possible. This will allow you to maintain your strength and improve your endurance.

Single variable training

This can improve your cardiovascular endurance if done with consistency and intensity. Choose one exercise a day. Work 15 minutes at high intensity, 3-6 days a week. Alternate 6 exercises.

Diet

There are many different diets available. I will briefly suggest combinations of proteins, carbohydrates, and fats that you can tailor to your needs.

1. Muscle gain: 50-60% protein, 30-35% carbohydrates, 5% fat.
2. Maintain: 60-65% carbohydrates, 25-30% protein, 5% fat.
3. Weight loss: 70% carbohydrates, 25% protein, 5% fat.

Protein helps build muscle, but if you don't use it up, your body stores it as fat. Carbohydrates provide you with energy. Examples of proteins: Vegetables, fish, chicken, meat, cheese. Examples of carbohydrates: Potatoes, rice, fruit, bread.

Weights

A good diet compliments any good weight program. For all of the following routines, I suggest you shoot for two days a week. Use strict form and breathing for all exercises and perform a full-body workout each day.

1. Gain muscle

To gain muscle, you must work the muscle to failure with fairly heavy weights. I would also suggest negatives. For racquetball

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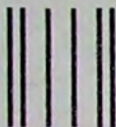
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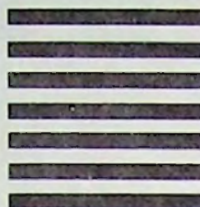
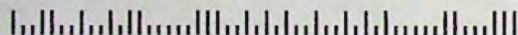
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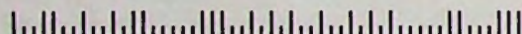
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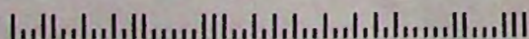
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players, one intense day per week and one 60% intensity day per week should be good because of the need for rest.

For each body part, do one warm-up set with light weights (15 repetitions).

Using 80-90% maximum weight, perform 6-12 reps in a controlled fashion, then complete negatives (with partner), to total muscular failure. Rest two minutes, then go to next body part. Work large muscles (chest, back, legs) first, smaller muscles (shoulders, arms, calves, abdominals) last.

2. Muscular endurance

A must for all players who need fresh muscles for the finals. Work all body parts.

Two exercises per body part with no rest between.

First set 75% maximum to failure.

Second set 40% maximum to failure.

You should achieve 30-50 repetitions per body part.

Two minutes between body parts.

3. Maintenance

If your strength and endurance are sufficient, a good maintenance program will work.

Use the same philosophy as for endurance, but stop at 12 repetitions on all exercises.

Your strength may increase at which time you increase weight.

4. Strength gains

To gain strength, you must work intensely with a heavy weight.

One day a week at maximum; one at 60% intensity.

Use 90% maximum weight in exercises.

8-12 repetitions.

2-3 sets per body part.

Rest one minute between sets.

Racquetball Routines

Consult your local pro for refinement of stroke and game. Ask for advice on a practice schedule to improve your game according to your goals. I suggest 3-6 days a week, 1-3 hours, practice alone.

Mental Routine

Some of us are physically gifted, some are mentally gifted. Some are both. If you feel you need help with the mental aspect of your game, I suggest you find it and then practice as much or more than your physical game. This will definitely add points to your game. ○

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shoes

The Sole Of Racquetball Equipment: Court Shoes

by Judy Piercey



A typical racquetball player makes over 1,200 explosive movements on the court during a one-hour workout. With quick one- and two-step bursts, a player covers more than a mile each game, so the right shoes can make the difference between winning and losing.

Indoor court shoes, engineered just for racquetball, have only been on the market for a few years. They offer performance features specific to the sport. When shopping for a quality racquetball shoe, keep in mind that comfort, fit, stability, traction, appearance and price should all be considerations.

Comfort is a key issue

"Racquetball players first look for comfort and fit in a shoe," according to Karen Lynam, product manager at Ektelon. "A shoe can have all the performance features in the world, but if it's not comfortable, it won't be worn."

Think about the pounding your feet take during a game of racquetball. Then look for shoes with an EVA midsole and built-in cushioning and lining such as VISA terry. Shoes that also offer ventilation to keep feet cool and dry are best.

shoes shoes

Stops and turns demand stability

Constant stops and turns in racquetball require shoes that offer extra stability to prevent ankle rollover. Look for shoes with reinforced lateral supports in both the heel and the forefoot.

"Racquetball is a punishing game," notes Lynam. "To last, shoes should be constructed of top quality materials with stitched outsoles that can stand up to the beating. Uppers of leather or leather with mesh offer durability plus breathability."

Traction is critical to performance

Well-made racquetball shoes could have a tremendous impact on your game. Superior traction is essential because of the quick action demanded by the game. No material is as effective as gum rubber for traction on indoor court surfaces.

"Improved traction and control are design benefits that make racquetball shoes essential equipment on the court," said Lynam. "If you're wearing racquetball shoes, and your opponent isn't, you'll have a definite advantage."

Look good, play good

The performance features inherent to racquetball shoes are what makes them the most desirable for the sport, and now you've found a pair that outshines them all...but you wouldn't be caught dead wearing them. Whether it's the style, the color or the material, cosmetics are as important as the other characteristics in determining the success of the shoe.

Price is a consideration

Affordability is relative to who is paying for the shoe. The professional or tournament player is probably going to spend more on his equipment than the recreational player — more is riding on the game. Many racquetball shoe lines are offered to match individual performance standards, and priced to match individual budgets.

Researching the market

Racquetball shoes aren't just tennis shoes made with minor adjustments. Racquetball shoes are engineered from the ground up to handle every motion and stress a racquetball player puts a shoe through. Shoe manufacturers conduct extensive market research to determine the specific needs of the target market before introducing a new product.

"When we surveyed thousands of racquetball players at all levels, we were able to determine what most were looking for by the unanimity of the response. Everyone wanted basically the same features... comfort, stability, traction, a good looking shoe, and affordable price range," Lynam said.

"It's no easy task to bring a new product to the market," she added. "The product design, development, testing and delivery could take anywhere from one and a half to three years, depending upon the objective of the project and the extent of the line."

Although the racquet in your hand has a lot to do with winning the game, make sure that the equipment on your feet can also handle the job. Improve your game from the bottom up with footwear engineered specifically for the sport of racquetball. ○

About the author: Judy Piercey, is Public Relations Manager of Ektelon - San Diego. Piercey's expertise includes sports promotion and publicity for racquet sports, golf and major league baseball

shoes

shoes

Adidas

Tropez HI (women's high-tops) • moulded rubber outsole • EVA midsole • removable foam insole • leather upper with nylon liner • padded polyurethane tongue and collar • PVC moulded rear stabilizer • removable inlay sockliner • colors: black; white; white with grape and aqua trim • sizes: 4-10 • suggested retail: \$54.95

Stan Smith • rubber shell outsole • one piece midsole/insole construction • full grain leather upper • perforated upper for breathability • reinforced eyelets • reinforced stitching • colors: white with green trim • sizes: M 6½ - 12, 13 • suggested retail: \$44.95

Autry Shox II

Tech Court II (men's) • stitched rubber outsole • Shox II window system with air midsole • polyurethane insole • glove leather upper • u-throat construction • padded collar • reinforced eyelets • colors: white with burgundy trim • sizes: 7-12, 13 • suggested retail: \$69.99

LTT - Men's Court • stitched rubber outsole • Shox II window system with air midsole • polyurethane insole • glove leather upper • lace-to-toe construction • padded collar • perforated toe box • colors: white with grey and black trim • sizes: 7-12, 13 • suggested retail: \$69.99

Tech Court II

(women's) • stitched rubber outsole • Shox II window system with air midsole • polyurethane insole • glove leather upper • u-throat construction • padded collar • reinforced eyelets • colors: white with light blue trim; white with grey trim • sizes: 5-10 • suggested retail: \$64.99

Brooks

Elan MXT 650 • rubber all court outsole • moulded polyurethane midsole • removable woven fiber board insole • leather upper • moulded rubber midfoot support straps • contoured arch • padded collar • colors: white with lake blue and black trim • sizes: 5-12, 13 • suggested retail: \$85.00

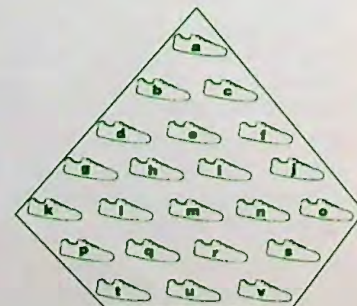
Legacy HF • three color, non-marking all court rubber outsole • polyurethane moulded midsole • removable woven fiber board insole • leather upper • reinforced toe guard • contoured natural footboard • padded tongue and collar • colors: white with cadmium yellow and midnight blue trim • sizes: 6-12, 13 • suggested retail: \$80.00



LEGEND

- | | |
|---------------------------------------|--------------------------------------|
| a. Adidas Tropez Hi | l. Ektelon The Pro Circuit |
| b. Adidas Stan Smith | m. Ektelon The Answer ML |
| c. Autry Shox Tech Court II (men's) | n. Ektelon The Answer Mesh 3/4 |
| d. Autry Shox LTT - Men's Court | o. Ektelon The Answer Mesh LL |
| e. Autry Shox Tech Court II (women's) | p. Head Pro Elite |
| f. Brooks Elan MXT650 | q. Head Radial Express |
| g. Brooks Legacy HF | r. Kaepa 7400 Tri-Star Cross Trainer |
| h. Brooks Elan MXT550 | s. Kaepa 1820 Center Court |
| i. Brooks Nouveau Classic | t. Kaepa 1020 Advantage |
| j. Brooks Venture | u. Kaepa 1720 Match Point (low-cut) |
| k. Brooks Sensation | v. Lotto Silhouette (men's) |

Special thanks to The Athlete's Foot in Countryside Mall, Clearwater, FL for their cooperation in the photo session and to photographer David Alexander Cyril from the Ocala Star Banner.



shoes

shoes

Elan MXT 550 • non-marking all court rubber outsole • polyurethane molded midsole • removable woven fiber board insole • scuff resistant leather upper • stitched toe wrap • leather reinforced forefoot • EVA/polyurethane ankle cradle and heel insert • colors: white with royal blue and grey trim; white with black and teal trim • sizes: 5-12, 13 • suggested retail: \$70.00

Nouveau Classic • non-marking all court rubber outsole • injected polyurethane midsole • removable woven fiber board insole • full grain leather upper • nylon heel cup • molded eyelet placement system • padded polyurethane tongue • sizes: 6-12, 13 • colors: white with charcoal trim; white on white • suggested retail: \$65.00

Venture • three color, non-marking rubber outsole • full length EVA midsole • texon board insole • leather upper • semi-cup stitched sidewalls • brushed collar lining • achilles notch heel tab • colors: white with midnight blue trim; white with cadmium yellow and daphne blue trim • sizes: 5-13, 14 • suggested retail: \$52.00

Sensation (women's) • multi-surface tread outsole • full length EVA midsole • texon board insole • leather upper • stitched reinforced toe and heel • padded tongue with modified inner slipper • spandex collar lining • colors: white with grey trim; white with rose trim; white with lavender trim • sizes: 5-10, 11 • suggested retail: \$35.00

Ektelon

The Pro Circuit • gum rubber outsole • full length EVA midsole • ventilated insole • full grain leather upper • dual support side saddle supports • padded tongue and collar • molded adjustable lace locks • colors: white and light grey upper with red stabilizer bars • sizes: 5-12, 13 • suggested retail: \$69.95

The Answer ML (men's) • gum rubber outsole • full length EVA midsole • ventilated insole • full grain leather upper • contoured molded heel counter • achilles notch • side slot for ventilation • colors: white upper with navy logo • sizes: 6-12, 13 • suggested retail: \$49.95

The Answer Mesh 3/4 • gum rubber outsole • full length EVA midsole • ventilated insole • full grain leather upper with nylon mesh lining • ballistic double nylon and leather support • PVC pre-molded counter • full contour footbed • colors: white upper with navy logo and stabilizer bars • sizes: 6-12, 13 • suggested retail: \$54.95

The Answer Mesh LL (women's) • gum rubber outsole • full length EVA midsole • ventilated insole • full grain leather upper with nylon mesh lining • slim u-throat construction • ballistic double nylon mesh • fully padded rear collar • colors: white upper with slate blue logo and stabilizer bars • sizes: 5-10, 11 • suggested retail: \$49.95

Head

Pro Elite (women's shown) • wedge outsole design • removable polyurethane insole • full length EVA midsole • leather upper • reinforced straps • internal thermoplastic heel counter • replaceable insole • colors: red with grey trim (men); powder blue with grey trim (women) • sizes: M 6 1/2-12, 13; W 5-10 • suggested retail: \$54.95

Radial Express (men's shown) • wedge outsole design • full length EVA midsole • removable polyurethane insole • leather/mesh upper • reinforced straps • leather reinforced toe box • internal heel counter and padded heel collar • colors: white with silver trim • sizes: M 6 1/2-12, 13; W 5-10 • suggested retail: \$42.00

Kaepa

7400 Tri-Star Cross Trainer • Super Endura™ rubber outsole • molded polyurethane midsole • flexible, removable speed-lasted insole • leather upper • lateral motion stabilizers • padded tongue and collar • colors: white with turquoise, light grey and blue trim • sizes: 6 1/2-12, 13, 14 • suggested retail: \$78.00

1820 "Center Court" • Super Endura™ rubber outsole • molded polyurethane midsole • leather upper • lateral motion stabilizers • reinforced toe with nylon toe guard • padded Benelex collar • colors: white with light grey, blue and red trim • sizes: 6 1/2-12, 13, 14 • suggested retail: \$74.99

1020 "Advantage" (low-cut) • Super Endura™ rubber outsole • molded polyurethane midsole • leather upper • lateral motion stabilizers • reinforced toe with toe guard • exterior heel counter • colors: white with light grey and red trim • sizes: 6 1/2-12, 13, 14 • suggested retail: \$65.00

1720 "MatchPoint" (low-cut) • Super Endura™ rubber outsole • molded polyurethane midsole • leather upper • lateral motion stabilizers • reinforced heel and padded collar • pivot and grip areas on sole • colors: white with grey and blue trim • sizes: 4-10, 11, 12 • suggested retail: \$65.00

Lotto

Silhouette (men's) • stitched rubber outsole • full length EVA midsole • full length removable footbed • leather upper • leather lateral forefoot stabilizer strap • padded tongue • extended leather counter pocket • colors: white with grey and charcoal trim • sizes: 7-12, 13 • suggested retail: \$56.99



shoes

shoes

Lotto

Silhouette (women's) • stitched rubber outsole • full length EVA midsole • full length removable footbed • leather upper • leather lateral forefoot stabilizer strap • padded tongue • extended leather counter pocket • colors: white with grey and charcoal trim • sizes: 7-12, 13 • suggested retail: \$52.99

America Jr. (children's high-top shown) • stitched rubber outsole • leather upper • lace-lock eyestay tip • tricot backed padded tongue, quarter and collar • external, extended leather heel counter • colors: white with black and red trim; white with grey and black trim; white with royal and black trim • sizes: 10-6 • suggested retail: \$21.90 (high-top), \$19.90 (low-top)

Markwort

Markwort Court Shoe 511 • contoured rubber outsole • man-made cushion cemented midsole • terry lined cushion insole • full grain leather upper • ventilated upper for breathability • reinforced stitching • colors: white with silver trim • sizes: 6-13 • suggested retail: \$35.00

New Balance

CT660 • rubber and polyurethane blend outsole • polyurethane midsole • removable insole • leather upper • padded collar and achilles notch • ankle straps • reinforced heel wrap • colors: white with green and blue trim; white with red and blue trim; white with grey and black trim • sizes: 7-12, 13, 14, 15 • suggested retail: \$69.99

WCT668 • rubber and polyurethane blend outsole • polyurethane midsole • removable insole • leather upper • comfort control collar and achilles notch • seamless nylon lining • padded tongue • colors: white with light blue trim • sizes: W 5-10, 11, 12 • suggested retail: \$59.99

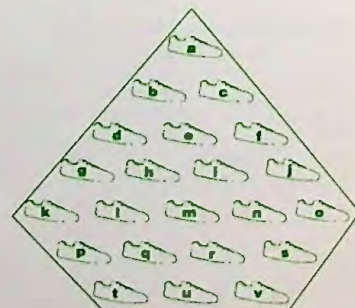
WCT578 • two-color rubber outsole • EVA midsole • removable polyurethane insole • leather upper • padded collar and achilles notch • Surlyn heel counter • extended saddle and saddle panel • colors: white with silver trim • sizes: M 5-11, 12 • suggested retail: \$49.99

K460 • two-color rubber outsole • full length EVA midsole • leather upper • extended heel counter, saddle and foxing • padded collar and tongue • toe swirl and flex notches • colors: white with red and black trim • sizes: children's 10-13 1/2, 1-7 • suggested retail: \$44.00



LEGEND

- | | |
|--------------------------------------|---|
| a. Lotto Silhouette (women's) | m. Pony Omni-70 Sports Training Shoe (men's) |
| b. Lotto America Jr. | n. Pony Omnishoe II Sport Training Shoe (women's) |
| c. Markwort Court Shoe 511 | o. Pony M-40 Jr. |
| d. New Balance CT660 | p. Reebok The Money Shoe |
| e. New Balance WCT668 | q. Reebok The Defiance |
| f. New Balance WCT578 | r. Reebok Instructor ERS |
| g. New Balance K460 | s. Reebok Commitment |
| h. Nike Killshot Low (men's) | t. Reebok Image |
| i. Nike Killshot Low (women's) | u. Reebok AXT |
| j. Nike Challenge Court (youth's) | v. Sportline TP-1 Court Shoe |
| k. Nike Challenge Court (children's) | |
| l. Pony M-110 (men's) | |



shoes

shoes

Nike

Air Killshot Low (men's) • hobnail pattern, rubber outsole • Nike-Air midsole • EVA insole with encapsulated Air-Sole unit in heel • leather/mesh upper with full-grain leather foot drag area • speed lacing and lace-lock system • terry cloth-lined interior • padded tongue and collar • colors: white with steel grey and berry trim • sizes: 6-13, 14, 15 • suggested retail: \$60.00

Air Killshot Low (women's) • hobnail pattern, rubber outsole • Nike-Air midsole unit • EVA insole with encapsulated Air-Sole unit in heel • leather/mesh upper with a full-grain leather foot drag area • speed lacing and lace-lock system • terry cloth-lined interior • padded tongue and collar • colors: white with berry trim • sizes: 5-10, 11, 12 • suggested retail: \$55.00

Challenge Court (youth's) • three-color, solid rubber outsole • full-grain leather upper • forefoot straps • lace-lock system • colors: white with cosmic blueberry trim; white with cool neutral grey and cypress • sizes: 1-6 • suggested retail: \$39.95 (grade school)

Challenge Court (children's) • three-color, solid rubber outsole • full-grain leather upper • forefoot straps • lace-lock system • colors: white with cosmic blueberry trim; white with cool neutral grey and cypress • sizes: 1-6 • suggested retail: \$34.95

Pony

M-110 Men's Basketball Shoe • modified full-shell, rubber outsole • Hytrel™ midsole • removable EVA insole • leather upper • Hytrel ankle support strap • heel counter • forefoot containment straps • colors: white with natural trim; white with navy and red trim; white with royal and grey • sizes: 6 1/2-12, 13, 14 • suggested retail: \$79.95

Omni-70 Men's Sports Training Shoe • rubber outsole • one piece polyurethane midsole • high density EVA insole • leather upper • forefoot containment straps • midsole footframe • padded collar • colors: white with light grey trim, white with teal, green and black trim • sizes: 6 1/2-12, 13 • suggested retail: \$64.95

Omnishoe II Women's Sports Training Shoe • rubber outsole • dual density EVA midsole • high density EVA insole • leather upper • foam padded collar • external heel stabilizer • foam padded collar • colors: white with pink trim; white with grey trim • sizes: 5-10 • suggested retail: \$49.95

M-40 Jr. • three-color, full shell rubber outsole • polyurethane midsole • terry covered, cushioned insole with arch support • leather upper • forefoot support straps • padded collar • collar cinch strap for ankle support • colors: white with a natural trim; white with black and grey trim; white with navy and grey trim • sizes: youth's 10 to boy's 6 • suggested retail: \$29.95

Reebok

The Money Basketball Shoe • three-color, rubber outsole • molded polyurethane midsole • removable foam insole • full grain leather upper • support straps in the midfoot and forefoot • molded exterior heel counter • energy return system • colors: white with a natural and charcoal trim; white with royal and black trim; white with red and charcoal trim; black with white and charcoal trim • sizes: 6 1/2-15 • suggested retail: \$99.95

The Defiance • four-color, multi-surface rubber outsole • phylon midsole • polyurethane/EVA insole • full leather upper • medial and lateral polyurethane support straps • reinforced denier nylon upper • thermopolyurethane toe guard • colors: white with black and red trim • sizes: 6 1/2-12, 13, 14, 15 • suggested retail: \$94.95

Instructor ERS • three-color, multi-surface rubber outsole • polyurethane midsole • removable polyurethane insole • breathable garment leather upper • energy return system • reinforced lateral and medial straps • reinforced stitching • colors: white with slate blue and purple trim • sizes: 4-10, 11 • suggested retail: \$89.95

Commitment (high-top and low-top) • three-color, three-quarter cup outsole • compression-molded EVA midsole • removable polyurethane insole • full grain leather upper • midfoot saddle with a velcro strap closure system • internal achilles tendon collar • molded polyurethane exterior heel counter • colors: white with navy and red trim; white with a natural and charcoal trim; white with maroon and silver trim; white with black and yellow trim (high-top); white with a natural and charcoal trim; white with navy and red trim; white with black and yellow trim • sizes: 6 1/2-15 • suggested retail: \$89.95 (high-top); \$74.95 (low-top)

Image (women's shown) • three-color rubber outsole • injected polyurethane midsole • removable PEEVA insole • full grain leather upper • molded rubber toe and heel overlays • nylux lining • energy return system • colors: white with grey and red trim (men); white with aqua trim (women) • sizes: M 6 1/2-12, 13; W 5-10, 11, 12 • suggested retail: \$69.95 (men); \$65.95 (women)

AXT Plus • three-color, multi-surface rubber outsole • four-color, multi-surface rubber outsole • phylon midsole • polyurethane/EVA insole • full leather upper • energy return system • breathable nylon mesh, reinforced upper • forefoot sidewall wrap • colors: white with blue and grey trim; white with purple and red trim; black • sizes: 6 1/2-12, 13, 14, 15 • suggested retail: \$64.95

Sportline

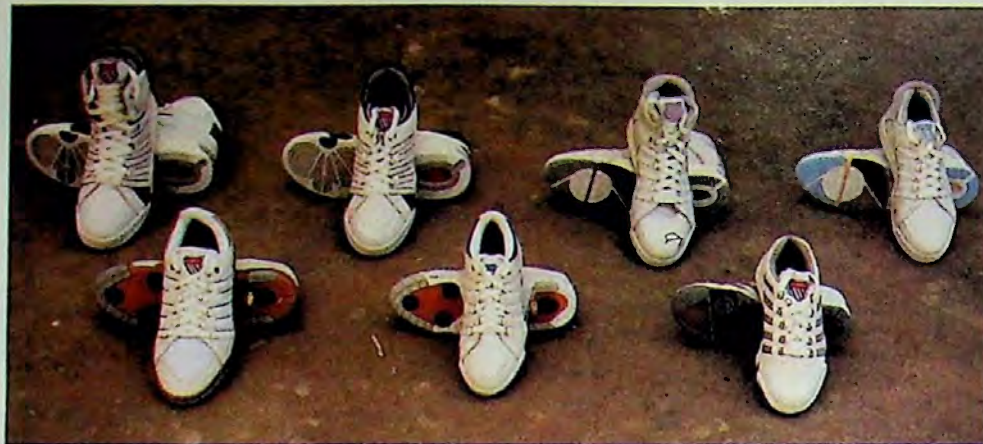
TP-1 Court Shoe • all court rubber outsole • EVA midsole • sponge rubber insole • nappa leather upper • padded ankle collar • interior heel stabilizer • lateral/medial stabilizing straps • colors: white with navy trim • sizes: M 7-13, W 5-10 • suggested retail: \$49.00



shoes

LEGEND

- Pairs shown left to right/top to bottom:
- K-Swiss Bristen (men's high-top)
 - K-Swiss Bristen (men's low-top)
 - K-Swiss Bristen (women's high-top)
 - K-Swiss Bristen (women's low-top)
 - K-Swiss Vevey Mesh Racquetball/Volleyball Shoe (men's)
 - K-Swiss Rigi Leather Racquetball/Volleyball Shoe (women's)
 - K-Swiss Gstaad Court Shoe (boy's)



K-Swiss

Bristen (men's high-top) • dual-density, non-marking rubber outsole • silicone Formula 18 midsole • polyurethane insole • full grain leather upper • heel counter • padded collar and tongue • perforated toe box for ventilation • colors: white with white and black trim; white with white and grey trim; black with black trim • sizes: 6 1/2-15 • suggested retail: \$80.00

Bristen (men's low-top) • dual-density, non-marking rubber outsole • silicone Formula 18 midsole • polyurethane insole • full grain leather upper • heel counter • padded collar and tongue • perforated toe box for ventilation • colors: white with white and black trim; white with white and grey trim • sizes: 6 1/2-15 • suggested retail: \$72.00

Bristen (women's high-top) • dual-density, non-marking rubber outsole • silicone Formula 18 midsole • polyurethane insole • full grain leather upper • heel counter • padded collar and tongue • perforated toe box for ventilation • colors: white with white and black trim; white with white and grey trim • sizes: 5-11 • suggested retail: \$68.00

Bristen (women's low-top) • dual-density, non-marking rubber outsole • silicone Formula 18 midsole • polyurethane insole • full grain leather upper • heel counter • padded collar and tongue • perforated toe box for ventilation • colors: white with

white and black trim; white with white and grey trim • sizes: 5-11 • suggested retail: \$62.00

Vevey Mesh Racquetball/Volleyball Shoe (men's) • dual-density gum rubber outsole • silicone Formula 18 midsole • removable polyurethane insole • perforated leather and nylon mesh upper • flex-notch panels • d-ring lacing system • reinforced leather toe wrap • colors: white with white and royal trim • sizes: 6 1/2-13 • suggested retail: \$64.00

Rigi Leather Racquetball/Volleyball Shoe (women's) • dual-density gum rubber outsole • silicone Formula 18 midsole • removable polyurethane insole • perforated leather upper • Flex-notch panels • d-ring lacing system • reinforced leather toe wrap • colors: white with white and turquoise trim • sizes: 5-10 • suggested retail: \$58.00

Gstaad Court Shoe (boy's) • three-color, gum rubber outsole • silicone midsole • removable polyurethane insole • full grain leather upper • padded collar and tongue • polyurethane heel counter • five-stripe lacing system • colors: white with grey trim; white with grey and red trim; white with grey and black trim; white with grey and blue • sizes: 6 1/2-12 • suggested retail: N/A

Penn Announces New Product Line



Penn Athletic Products, the world's largest manufacturer of racquetballs and tennis balls, has unveiled a new product line of racquetball equipment which includes bags and gloves.

Bags are constructed of water repellent 210 Denier nylon, with reinforced, padded handles and shoulder straps, heavy duty zippers, and extra inside and outside pockets.

The gloves, from left, include:

- The Penn Racquetball Glove, made of Cabretta sheepskin leather with a power mesh back, stretch wristband and ventilated finger strips;
- The Penn Tournament Glove, with exclusive patent pending padded fingers to protect hands during wall and dive shots, power mesh back, stretch wristband and a reusable ventilated package;
- The Cross Sport Glove (multiple sports oriented for football, golf, baseball and softball). Made of natural Cabretta leather with a double knit power mesh/Cabretta leather back and an extra-wide terry cloth backed wristband for moisture control.

Penn Athletic Products is a unit of GenCorp Polymer Products, a segment of GenCorp. ○



Wide into the 90's.

Marty Hogan Racquetball and Pro-Kennex are always in pursuit of the ultimate performance racquet. Which led us to the conclusion of raw power. Which led us to widebody design.

In 1988, we pioneered this design with our Shadow 31 and Hogan 60-31. Both were 1/3 wider than any existing conventional racquet.

The radical, wide profile and aerodynamic cross-section virtually eliminated the deflection of the racquet at ball contact, so there was nothing to stop the new found power.

There's no question that widebody racquet design changed the face of racquetball.

Which is why there was no question in our minds to change our entire racquet line. We've re-engineered it from top to bottom, and are going all out wide into the 90's. It's a risk no one else was willing to take.

But then again, no one else is the world leader in graphite technology. That's why, with a Pro-Kennex racquet, you always know what's in it and how much. It's information no other racquet manufacturer will give you.

Here's something else no other racquet manufacturer will give you - the Pro-Kennex signature of price and value in performance.

You want power?

Hang on. Our widebody frame is not only 1/3 wider than that of any conventional model, it's tapered from handle to head - thinner at the throat for flex, thicker at the head for weight and stiffness.

You want control?

You're in charge. Solid, accurate shots are a virtual guarantee on the 95 square inch hitting surface.

You want maneuverability?

Start maneuvering. Our thin, aerodynamic cross-section allows you to cover the court and even crowd the corners. Its light weight and balance prevents arm fatigue.

You want confidence?

Ours is the only two-year racquet warranty in the industry.

You want comfort?

Hold it. Grab our new TPR (Thermal Plastic Rubber) handle. Lightweight and shock-absorbing, the molded dual-density material grabs you back.

You want more control?

We'll bet you do. Thinner strings in a denser pattern, combined with our new slotted bumper grommet, insures vibration damping for solid hits.

You want the latest in graphite technology?

You're looking at it. Our engineers work closely with our suppliers to get lighter and stronger composite materials each year.

You Want to Go Wide? You Want Marty Hogan Racquetball.

PLAYTEST THE MARTY HOGAN WIDEBODIES-ASK FOR A DEMO.

Marty Hogan Racquetball, A Division of Pro-Kennex 9606 Kearny Villa Road, San Diego, CA 92126

Play hard but play safe - wear AARA approved eyewear.

Racquetball Shoes & Your Feet

by Dr. Paul Ross

Fall means cooler weather and the end of outdoor activities in some areas. Many of us will be coming indoors to play racquetball. You may have worn racquetball shoes outside as your casual "sneaker", and not realized a new pair of shoes is a necessity. Or worse, this summer the shoes you loved wore out and are no longer available.

Investigate and inquire before purchasing new shoes. It will be well worth it. Only racquetball shoes should be worn on the racquetball court. Running, aerobic, basketball, or tennis shoes won't do. Manufacturers design shoes specifically for racquetball, taking into consideration the nature of the sport and the surfaces it is played on. You must also be aware of your own foot structure and its requirement in a racquetball shoe.

Foot type can generally be divided into two categories, rigid/high, arched or flexible/low arched. There are types which fall between the two as well. Foot type can be determined by examining your footprints when exiting from a swimming pool. If you are high arched, dry ground may be observed beneath your arch; low arched footprints will show no dry ground under the arch.

Different foot types require different shoes. The flexible/low arched foot endures excessive flattening motion. This motion, known as pronation, allows the body to absorb the shock and pressure of each step. However, increased flattening out motion over extended periods may result in a variety of overuse injuries including heel spurs, bunions, shin splints, etc.

The type of shoe necessary to fit the flexible/low arched foot is one with a rigid heel counter, built-in arch support, a fairly firm midsole, and ankle support from 3/4 to high top for control of ankle instability associated with flat feet.

The rigid/high arched foot type, pro-

vides poor shock absorption during each step. Persons with this foot type are more prone to joint pain, especially in the ankle, knee and hip areas. There also tends to be increased discomfort to the ball and heel of the foot, where the majority of weight bearing takes place with this foot type. Shoe qualities to look for include good shock absorption, a more flexible midsole, good shock absorbing innersole with arch support, and a 3/4 to high-top support to control any ankle instability.

Besides the shoes, two other areas should be taken into consideration, the type of socks worn and innersole materials available.

Wearing two pairs of socks can create increased friction and heat in shoes, which causes irritation and blisters. Several manufacturers produce double thickness socks so that only one pair is necessary. The stitching pattern and fabrics in socks allow for excellent shock absorption and increased removal of perspiration from the foot. Good socks may cost a little more, but are well worth the investment because they last five to ten times longer than the average tube sock.

Various innersole and arch support products are also available over the counter and by mail order. Most are excellent in added shock absorption capacity or control of foot function in an existing shoe. Many times, replacing the existing innersole with some type of absorbing material is all that is necessary to decrease trauma to the foot. This is especially true for the rigid high arch foot. Available arch support products range from prefabricated models, to kits you can fabricate on your own. These are intended more for those with the flexible/low arched feet.

Racquetball shoe availability varies through the country and may be limited in your area. Check several athletic gear

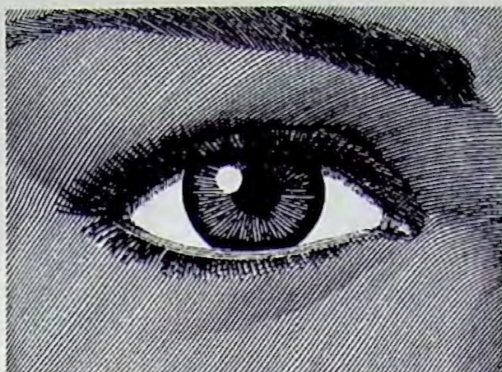
stores. Compare brands based on your foot type and quality of construction. When it comes to cost, you usually get what you pay for.

The quality of racquetball shoes has improved measurably in the last five years. With research, and player and professional input, the quality of footwear for racquetball may soon near the quality of today's running shoes.

If you have any questions about the selection of proper shoes, evaluation of foot types or related problems, send your inquiries to Dr. Paul Ross, at 8218 Wisconsin Avenue, Suite 112, Bethesda, MD 20814, or to *National Racquetball Magazine*, P.O. Box 6126, Clearwater, FL 34618-6126. ○



Dr. Paul Ross is a diplomate of the American Board of Podiatric Surgery specializing in sports medicine and podopediatrics in the Washington, DC area. He serves as a Medical Editor for National Racquetball Magazine and Medical Advisor to the American Running and Fitness Association as well as many other civic, professional and specialty boards.



Make Watching A Learning Experience

by Woody Clouse

The Child Theory

A child's vision is pure and precise. Untainted by past experiences or other external influences. They learn by observing and imitating what they have observed. A veritable monkey see, monkey do scenario. The so called, "child theory" operates on the premise that you can truly learn by watching; becoming completely absorbed in an action or event taking place around you.

In practice, an athlete can enhance his skills and overall game by watching a fellow player or professional, whose level of play far exceeds his own. Watch for details; mechanics, strategy, position, style and other aspects not inherent in your own game. You must then visualize yourself duplicating the same motions, shots, strokes and style of play. Once you have both **visually** and **mentally** implemented this improved style of play, try to **physically** imitate what you have just seen. You should remember to play the game with the same feeling you had while you were watching. Simply imitate what you have just watched and entrenched in your brain. Visualization is a key factor, because it allows you to relate to a feeling, an emotion, rather than a technical demand or instruction.

The Imagery Theory

The imagery theory is another way to learn by watching. This theory employs the concepts of "mirroring" an action, watching the action from an unbiased vantage point and then dissecting the action; noting the strong as well as the weak aspects. This theory hinges on your ability to be very analytical and self-encouraging at the same time.

Visual Imagery

Perhaps the best and most readily available device you can use to mirror your game is a video camera. Practicing in front of a mirror is another good way to

analyze your game. If you decide to use a video camera, remember to make notes of what you feel are the strong qualities in your game. Then review the tape and record the following factors:

1. Number of skips.
2. Positioning of skips.
3. Number of skips you hit on the run, off balance and in a low percentage position.
4. Number of times you won the rally after you made a good get.
5. Number of times you won the rally standing in the center court.
6. Number of rallies you won outside center court.
7. Number of winners off the serve return (yours and your opponents).
8. Number of aces (yours and your opponents).
9. Which player won the most ceiling rallies.
10. If this takes a long time, don't give up.

Next, decide on the areas in your game that need the most improvement. Work on improving them, then go back, repeat the process looking for areas that may not have improved and start again. ○

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McKinney Wins WPRA Title

by Jana Burch

Fort Worth, Texas — It wasn't Muhammad Ali and Joe Frazier, but to the two women who squared off for the Women's Professional Racquetball Association (WPRA) National title on June 4th at the River Bend Athletic Club, each lost point in this long-awaited rematch was a blow just the same.

For Caryn McKinney of Atlanta, Georgia, the victory in straight games, 11-5, 11-6, 11-3, over six-time champion Lynn Adams, and her first ever Player of the Year honors, capped ten years of training on the pro circuit.

"What a day this is!" McKinney said as she hugged her father following the victory. "This is just a dream come true for me, and the reason I've been doing this (playing pro racquetball) for ten years.

"This is a little like the Heavyweight Championships to us, and I knew, as the challenger, I was going to have to take control and not wait for her (Adams) to lose."

For Adams, The match represented one knockdown after another. The Costa Mesa, California resident committed 20 unforced errors and led only once, at the 1-0 mark in the third game.

McKinney disposed of her opponent in only 54 minutes enroute to the championship, but along the way never seemed to let up her aggression or take Adams for granted. "I did what I had to do," McKinney said. "My serves were aggressive, and I changed the pace some and wasn't playing conservatively. The serves were definitely a big factor. I tell you, I never count Lynn Adams out," McKinney, 31, said of her opponent's domination of the pro-circuit over the last seven years. "Too many times I've been ahead of her in a game and had her come back to win." This time, however, the new champion reeled off a 7-0 advantage in game one and never looked back.

Adams, who has fought a nagging spine injury all season, battled to take the next five points during game one, but was eventually beaten 11-5 after a host of

errors and mental lapses.

In game two, McKinney jumped out to a 4-0 lead, and led 7-1 and 10-2 before Adams rallied to bring the game within four. At 10-6, with a vocal crowd of nearly 200 and a Home Sports Entertainment television audience looking on, Adams' error on McKinney's serve at game point ended the rally.

Adams opened the third game with a winner and, at 2-3, was playing tough and seemed to be coming on against the eventual champion. But McKinney earned the next eight points, and the match, after battling through nine service changes and watching Adams commit seven unforced errors. "I'm having a problem here," Adams mouthed good-naturedly at 9-2 of the final game to her parents through the plexi-glass wall of center court. In the end, she couldn't overcome that problem against the toughness of McKinney's 29 winning kills.

"I won't pretend that I'm not disappointed," Adams said to the crowd following the match. "I am very, very disappointed. I've been through a lot of highs and lows during this year. But," said the philosophical former champ, "if you don't have competition, it's not a whole lot of fun to play." "Obviously," Adams quipped, "Caryn gave me a little too much competition today.

"This has been a disappointing season for me, sure, but, on the other hand, I feel really good about this year. I don't think you could take any other player and put them in this situation (her injury) and have them be competitive like I've been." (Because of severe back problems, she

Lynn
Racquetball



McKinney is exuberant after winning final point and W.P.R.A. title.

At right: Adams and McKinney display similar techniques for execution of power backhand strokes.

has been forced to cut her training to workouts 2-3 times weekly plus light bicycling.)

Adams, 31, ended widespread speculation about her possible retirement this year when she told the crowd to expect to see her again on the courts in 1990.

"I will definitely play one more season, and, hopefully, get through the season," she said, alluding to the injury to her Milan Sheath, a nerve covering at the top of the spinal column that has worn away during

her career, painfully exposing nerve endings and causing back soreness.

"I would even like to play two seasons, and finish out my (endorsement) contract. As long as I can be competitive, I'll continue to play."

Adams did not blame her injuries entirely for her loss. "That (the injury) had very little to do with the outcome of this match. It was a combination of Caryn's improved play and confidence, plus my physical limitations. She was executing very well and she kept taking advantage of (my errors) and putting it away.

"My concentration must have slipped away somewhere during the match, but I don't know where. I never felt tense, or tentative, or scared at all." Adams picked up \$2,200 for her second-place finish, nearly as much as the \$2,400 she won last year for taking the championship 11-0, 11-3, 11-6 over McKinney.

For her efforts, McKinney pocketed \$4,300 and carted off a lead crystal and oak trophy to add to her growing collection of awards.

There was a day, not long ago on the tour, when McKinney was considered to have only an outside chance, if any, of winning the National title.

"Two years ago," McKinney reminded the audience, "Lynn predicted that Marci Drexler would be the next Number One (champion). And that was on my home court in Atlanta. Boy, did that ever stick in my craw. But I'm so glad she was wrong."

"But I'm not ready to quit for longer than summer, or to rest. It's (racquetball) a matter of heart and desire, and I've been used to having someone to always shoot at.

"It will be nice to have this new perspective (as champion) for a while."

Tournament Footnotes:

Tournament Media Relations director John Samford announced that a new tournament stop, at the What-A-Racquet Athletic Club in San Francisco, has been added to the 1990-91 tour.

Samford also credits a new sponsor, who will be announced in August, for "substantially increased purses" in the upcoming season. This year, sponsors nearly doubled prize moneys for tournament winners over the 1988 championships.



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Tournament of Surprises!

CityFed Grand National Championship



Mike Yellen (right) hits a winner in the finals match against Mike Ray.

The Seattle CityFed Grand National Championship, June 21-26, last stop of a limited 1989 Men's Professional Racquetball Association tour, proved to be a tournament of surprises.

The first surprise occurred in the round of thirty-two when eighth-ranked Gerry Price was defeated by Fielding Snow. Snow lost in the next round to a persistent Jack Newman, who held on until the semifinals where he was defeated by Mike Yellen, (11-8, 3-11, 11-5, 11-9).

Surprise number two occurred in the round of sixteen. Bret Harnett, winner of two pro events this season was eliminated by Dave Johnson in three games. Harnett was the leader in the point race for the '89 championship title. His demise left the slot up for grabs.

The biggest surprise of the tournament began to take shape in the quarters where '88 champion, Ruben Gonzalez faced number seven-ranked southpaw, Mike Ray.

Ray took the first game of the match 11-6, playing a percentage shot game, then lost the second 11-2 to Ruben's quick hands and feet. In game three Gonzalez was shut out 11-0 by Mike's accurate serves and overhead kills. Ray prevailed 11-6 in game four to win the match and a meeting with Marty Hogan in the semis.

Gonzalez' defeat ended his chances for the '89 title leaving it to Cliff Swain, Mike Yellen or Hogan. Marty had eliminated the other possible contender, Egan Inoue, in their quarter final match.

Yellen ousted Swain in a five-game seesaw contest. The first two games were virtually even. Swain took control to win game three, 11-6. Yellen gained an early advantage in the fourth game and never looked back. He beat Swain 11-5 then cruised to victory in game five 11-1, eliminating Cliff from the tournament and the championship race.

The first semifinal featured Newman versus Yellen, with Yellen earning a final

berth, 11-8, 3-11, 11-5, 11-9.

On the top side of the draw where Mike Ray faced Marty Hogan, Ray dominated throughout the match. Hogan fought briefly for supremacy but eventually lost the first game. The second and third games were all Mike Ray. Again, the serves, overheads and percentage shots made the difference. A dazed Hogan left the court without scoring a point in the last game, but in true championship fashion Marty returned on Sunday to serve as commentator for the Pacific Cable telecast of the final.

The "Mikes", Yellen and Ray, faced off on Sunday in a match which looked like another Ray blowout early on. After an 11-4 first game loss Yellen (at one point down 0-8) came to life in the second. He earned seven points to Ray's final three, then maintained his momentum to win the third game 11-8. He was back in the match.

Game four provided a superb exhibition of professional-level racquetball for the crowd, which rose in appreciation as Mike Ray won the final point and the tournament, 11-7.

Upon completion of the last shot an exuberant Mike Ray leaped in the air, fists and racquet high, then exited the court for victory handshakes and hugs from his grandparents who were seated in the audience. "This one's for the South", Ray proclaimed.

With the defeat of Mike Yellen, the 1989 M.P.R.A. title went to Marty Hogan who accumulated the most points this season.

Hogan serves as the organizer and main promoter for the M.P.R.A. Tour, which has currently scheduled seven events for the '89-'90 season. The first will take place in September.

CityFed's John Delaney, a consistent advocate and promoter of the M.P.R.A. over the years, presented the winners' checks to Ray and Yellen on the exhibition court, to conclude the tournament and the '88-'89 M.P.R.A. season.

RESULTS

Round of 16

Ruben Gonzalez d. Tim Doyle, 11-9, 11-8, 11-10
Mike Ray d. Ed Andrews, 11-6, 2-11, 11-0, 11-6
Marty Hogan d. Woody Clouse, 11-8, 6-11, 11-2, 11-2
Egan Inoue d. Dan Obremski, 10-11, 11-0, 11-6, 11-2
Dave Johnson d. Bret Harnett, 11-10, 11-8, 11-9
Jack Newman d. Fielding Snow, 11-5, 11-0, 11-9
Mike Yellen d. Corey Brysman, 11-1, 11-5, 11-0
Cliff Swain d. Andy Roberts, 7-11, 11-6, 11-3, 11-6

Quarter Finals

Ray d. Gonzalez, 11-7, 11-6, 11-4
Hogan d. Inoue, 11-8, 11-6, 11-0
Newman d. Johnson, 11-6, 11-1, 11-6
Yellen d. Swain, 11-8, 9-11, 6-11, 11-5, 11-1

Semifinals

Ray d. Hogan, 11-8, 11-4, 11-0
Yellen d. Newman, 11-8, 3-11, 11-5, 11-9

Finals Ray d. Yellen, 11-4, 11-7, 8-11, 11-7

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Profiles

Mike Ray

**Winner 1989 MPRA CityFed
Grand Nationals**

Age: 26

Years Pro: 5

Current Ranking: 7

Home Club: Club Vita, Jackson, TN

Finishes this season: semifinals
Arlington, VA; round of 16 two MPRA
events; winner in Seattle.

Mike is a great advocate and practitioner of "percentage" racquetball. He can be counted on to keep the ball in play with high percentage shots, often viewed as a more conservative than dynamic style. While some of the pros are known for outrageous court antics, specialty shots and brute force, Mike Ray continues to play consistently well doing what he does best, playing the percentages. "This means hours of practicing my best shots, then using them repeatedly in game situations."

Departures from this conservative style does occur, though. Mike has been very successful this season with the use of overheads. After weeks of practice sessions he successfully added a new dimension to his game and eventually an important win, (the Seattle Grand Nationals) to his career.

Future Plans

"I plan to workout even harder this season," says Mike. "The win at Seattle puts me one up on the other guys at the start of the new season. My goal, of course, is to try to move up to number one. We all want that. It's why we continue to play and train year after year." ○



Caryn McKinney

Winner 1989 WPRA Nationals

Age: 31

Years Pro: 8

Current Ranking: 1

Home Club: Atlanta Sporting Club, Atlanta, GA

Finishes this season: First or second place in all WPRA sanctioned events.

Caryn McKinney has just finished her eighth pro season and finally realized her dream. She's now at the top of the WPRA rankings, having wrested the crown from longtime champ, Lynn Adams at the Dallas/Ft. Worth WPRA Nationals in June.

Caryn maintains the difference in her top finish this year can be attributed to three years of association with coach, Stu Hastings. She says: "I'm finally a complete player. Stu made some major changes in my game; everything from stroke mechanics to mental toughness training. It took a long time to get it all together.

Future Plans

Caryn feels comfortable with the number one ranking. "I'm just gaining steam in terms of doing things for the sport," she says. "I'll continue to work for visibility for racquetball through the WPRA, RMA, Women's Sports Federation, etc.

"Along the same lines, I feel great confidence about where our sport can go with the right people to promote it. The next step for me includes the possibility of promotion via public speaking tours to high schools, colleges, etc. The message will be varied and not necessarily racquetball related. We'll cover anything from "Saying no to drugs" to fitness, to the benefits derived from competitive athletics which relate to business, education and life in general.

"I'm now represented by a sports marketing group in Atlanta for U.S. and Canadian endeavors and a group in Cleveland for development of a market in Japan.

"Of course, I'll continue to work and train to maintain my ranking throughout the upcoming season. All systems are go!" ○



National Singles Championships

Final rounds in the 1989 Ektelon/U.S. National Singles Championships were held Memorial Day at the Downtown YMCA in Houston, TX. The six-day event also served as an Olympic Festival qualifier for entrants in the Men's and Women's Open divisions and as a U.S. Racquetball Team qualifier for 1989-90.

The American Amateur Racquetball Association gained full Group A Olympic status in February of this year, after the sport was added to the program of the Pan American Games. In immediate response to the Olympic opportunity, over 100 amateur players entered the Men's Open division, and the Women's Open draw doubled in size over last year with 66 entrants. More than 1,200 entries in 26 divisions of age and skill division play were processed and played out over a six-day period beginning Wednesday, May 25 and ending on Memorial Day.

In conjunction with the A.A.R.A. championship, the U.S. Association of Blind Athletes conducted its first annual national racquetball tournament on site, with seven visually impaired competitors vying for national acclaim in a two-day, round-robin format. ○

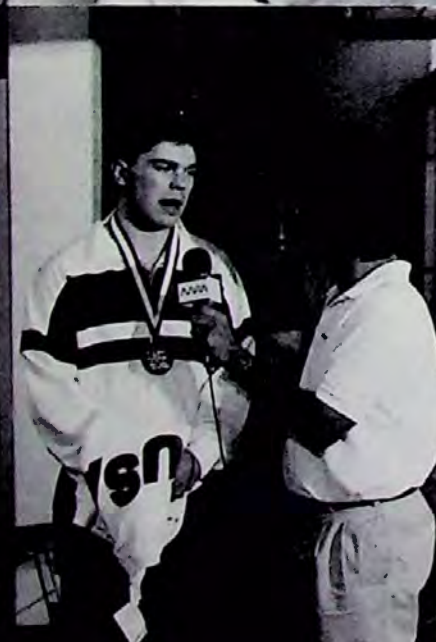
FINAL RESULTS

Men's Open: Tim Doyle (OH) d. #1 Andy

Right: Michelle Gilman and Cindy Doyle chat after the Women's Open final.



Above: AARA President, Van Dubolsky congratulates Canada's Fintan Kilbride on a pair of medals. Right: Men's Open winner, Tim Doyle is interviewed for television by Steve Strandemo.



Roberts (TN) 15-10, 8-15, 11-5; **Women's Open:** #2 Michelle Gilman (OR) d. #4 Cindy Doyle (NY) 5-15, 15-3, 11-3; **Men's A:** Todd Felicia (NY) d. #4 Doug Eagle (NC) 11, 12; **Women's A:** Kim Allen (LA) d. Loraine Feeney (MA) 2, 14; **Men's 19:** #4 Charlie Nichols (FL) d. #2 Joey Paraíso (CA) 8, (14), 5; **Women's 19:** #2 Jackie Paraíso (CA) d. #1 Robin Levine (CA) 13, 14; **Men's 25:** #2 Ron Digiacomo (NY) d. Joe Hassey (AZ) 5, 3; **Women's 25:** #2 Joyce Pochily (NH) d. #1 Robin Petrini (IL) 2, 2; **Men's 30:** #2 Mark Morrison (FL) d. #1 Bob Corcoran (AZ) 4, (1), 0; **Women's 30:** #1 Susan Morgan (FL) d. Mary Lyons (FL) 10, 11; **Men's 35:** #1 Stu Hastings (MI) d. #3 Dave Kovanda (OH) 7, 12; **Women's 35:** Janell Marriott (RI) d. Eileen Tuckman (FL) 9, 5; **Men's 40:** #4 Johnny Northern (MI) d. Jim Bailey (VA) 11, 9; **Women's 40:** Carol Frenk (VA) d. Janis Smith (FL) 2, 5; **Men's 45:** #2 Roger Wehrle (GA) d. #4 Bob Lindsey (OH) 12, 13; **Women's 45:** Sue Carow (IL) d. Linda Siau (AZ) (13), 6, 9; **Men's 50:** #1 Bobby Sanders (OH) d. Barry Holt (IL) 12, 3; **Women's 50:** #1 Jo Kenyon (FL) d. #3 Marion Crawford (NY) (8) 9, 5; **Men's 55:** #1 Otis Chapman (OH) d. #2 Fintan Kilbride (CAN) 14, 11; **Women's 55:** #1 Jo Kenyon (FL) d. #3 Mary Walker (CA) 8, 1; **Men's 60:** #1 Fintan Kilbride (CAN) d. Hugh Groover (AR) 10, 5; **Women's 60:** #1 Mary Low Acuff (VA) d. #2 Claire Gautreau (TX) 13, 5; **Men's 65:** John Bareilles (VA) d. #2 Nick Sans (FL) 2, 14; **Women's 65:** #1 Mary Low Acuff (VA) d. #2 Joann Jones (CT) 5, 7; **Men's 70:** #3 Earl Acuff (VA) d. #1 Luzell Wilde (UT) 11, 8; **Men's 75:** #1 Ike Gumer (KY) d. #5 John Pearce (TX) (14), 11, 1.

Tiebreaker scores are transcribed with the winner's losing game score in parentheses. Example: 8, (14), 5 = 8-15, 15-14, 11-5.

U.S. Association of Blind Athletes (USABA) Final Results

Men's Gold Medalist: Eddie Semintal (Boston, MA); **Men's Silver Medalist:** Jerry Semintal (Tucson, AZ); **Men's Bronze Medalist:** Robert Hatcher (Stanton, VA); **Women's Gold Medalist:** Barbara James (Starkville, MS) ○



Championship form or double vision? Mike Yellen (left) and Marty Hogan (right) in action during their \$5,000 Rose Festival Challenge match.

1989 Rose Festival Pro Challenge

Yellen Defeats Hogan: Captures 3-Year Series

by Hank Marcus

June is Rose Festival Racquetball Tournament time at the Multnomah Athletic Club in Portland, Oregon. This year the 18th annual event drew over 700 entries, some from as far away as North Dakota.

For the last three years the tournament has featured a special Rose Festival Pro Challenge Match between two of racquetball's greatest players, Marty Hogan and Mike Yellen.

The support of Yellen and Hogan for this event helps to generate interest and raise money for the Griffith Memorial Fund, which promotes racquetball throughout the northwest.

The history of the challenge series is simple, one match for \$5,000. The winner goes home with all the money, the loser gets nothing. This year marked the final appearance of these two champions, with the series tied after Yellen captured the victory and \$5,000 in 1987 and Hogan returned to avenge his loss with a five game win in 1988.

Hogan took a 6-3 lead in the first game by playing Marty Hogan racquetball, but stalled at 7. Yellen began to hit the precise passing shots and pinches for which he is known. The rallies went back and forth until both players reached 10, Yellen serving. Yellen controlled a long rally, with three great diving gets by Hogan, before hitting a pass for an 11-10 victory.

Hogan came back using every offen-

sive shot in the game to take a 2-1 lead with identical 11-7, victories in games two and three.

Hogan was winning and playing like the old Marty — talking to the crowd, helping the ball boys — and he appeared to be cruising towards another victory.

In game four, two hours into the match, Yellen started to pull his game together and put some pressure on Hogan. The momentum shifted and Yellen tied the game at 9, then captured the win 11-9 with a couple of strong serves and passes.

This was what the crowd came to see. Eleven more points to \$5,000.

Yellen had the momentum and came out strong, showing the trademarks of his game. He controlled center court, hit passes with the perfect angle, and played brilliant strategy, taking a quick 6-3 lead. Hogan got the serve back and appeared ready to make a final run. The next rally was the best of the match with over 20 shots and three Hogan diving gets! But Yellen won the rally, took control and went on to win the match 11-7.

Now that Hogan and Yellen have finished their series who will play for the \$5,000 next year? Watch the standings on next year's Men's Professional Racquetball Association Tour and make your guess. The match-ups are exciting and endless; Harnett, Swain, Inoue, Gonzalez, or a surprise? You'll have to wait and see. ○

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Protein —

How much do athletes require?

For years, locker room wisdom has held that athletes need extra amounts of protein. But nutrition textbooks have insisted that the Recommended Dietary Allowance (RDA) is sufficient. Recent evidence suggests that both sides might be wrong.

If you are in a vigorous exercise or training program, the amount of protein you need depends on such factors as the type and intensity of your activity as well as your overall fitness. But even if your protein requirements are higher than the RDA, don't bother with supplements such as amino acid powders or tablets. They are expensive, potentially dangerous and unnecessary — a nutritionally balanced diet usually supplies enough protein for even the most active athletes.

Protein is one of the basic nutrients, along with water, vitamins, minerals, fat and carbohydrates.

Protein is made up of individual "building blocks" called amino acids. The main role of protein in your body is to build, maintain and repair tissue. The protein in your tissues is constantly being torn down and rebuilt which explains why your body requires protein, even after you stop growing. Protein also assists in thousands of essential life functions, such as digestion, metabolism and formation of hormones and antibodies.

Extra protein is often wasted

Protein is a major constituent of muscle. However, this does not mean that a high-protein diet builds muscle mass. Your body can use only so much protein at once, and it has no capacity to store excess. Therefore, those amino acids that aren't used right away are converted to fat and carbohydrate, and the by-products are eliminated in urine.

Where does your body get the fuel it needs to perform exercise? Exercise of high intensity and short duration uses

body stores of carbohydrates (in the form of glycogen) as the primary source of fuel. Longer, less intensive workouts mobilize fat for energy output. If your calorie consumption is too low to supply your energy expenditure, your body then breaks down protein tissue to use for energy.

For athletes on a heavy training program, the need for carbohydrates is far greater than the need for more protein. The recommended distribution of calories for athletes is the same as the recommendation for healthy adults: 55 to 65 percent complex carbohydrates, 12 to

during times of growth, such as infancy, childhood and adolescence.

For male and female adults, the RDA is 0.8 gram of protein per kilogram of body weight. Remember, the RDAs are set to provide a comfortable margin of safety. One kilogram equals 2.2 pounds. For example, a 150-pound man would weigh 68.2 kg (150 divided by 2.2 equals 68.2). Multiplying 68.2 kg x 0.8 gives a daily protein allowance of 54.5 grams.

Recent studies, however, indicate that physically active adults may need more protein. This issue is still controversial. A report from Tufts University suggests that

men who regularly perform aerobic exercises need about 1.3 grams of proteins per kilogram of body weight; this is roughly 60 percent more than the RDA. Let's consider a 150-pound athlete: 68.2 kg of body weight multiplied by 1.3 grams equals approximately 89 grams of protein each day.

Presumably, the same findings also hold true for women.

Researchers have different opinions, but endurance athletes (such as long-distance runners, bikers and swimmers) apparently have the greatest need for additional protein, while weight lifters require an intake somewhere between that higher amount and the RDA.

But here is the catch. Most athletes already get this additional protein. The typical American diet is between 50 and 75 percent above the RDA. And because athletes have higher calorie needs than sedentary people, they probably consume more protein simply by eating more calories. That means most athletes, assuming they eat a nutritionally balanced diet, have no need of extra protein.

However, if you are on a strict vegetarian diet, be sure you are getting enough protein for your level of activity. Fortunately, protein occurs in a wide variety of foods that appeal to a multitude of tastes. So be sure to work enough protein into your diet — but plan a workout program as well. ○

Reprinted with permission from the Mayo Clinic Newsletter.

Training table: sources of protein

To ensure an adequate intake of protein, athletes should eat a nutritionally balanced diet, selecting from a wide variety of foods. Protein should make up 12 to 15 percent of calorie intake.

15 percent protein and 25 to 30 percent fat.

If your body must cope with too large an amount of amino acids (such as those from protein supplements) several problems can develop: weight gain, dehydration, possible kidney damage and loss of calcium through urine.

You cannot depend on diet alone to increase strength and energy. If you are sedentary, consuming protein in any form will not enhance your physique. Regular exercise is essential. To increase muscle mass and strength, you need a combination of increased calories and increased use of the muscle.

For this purpose, a program of weight lifting or exercises designed to train you for a specific activity or sport (e.g., workouts to condition your legs for the demands of tennis) is recommended.

How much protein do you need?

Protein requirements vary throughout the life cycle. Demands are greatest



Steroid Use In Athletes

by Dr. Richard Honaker

Recently we have been hearing a great deal about the use of steroids by athletes. Anabolic steroids are widely available on the blackmarket, at bodybuilding gyms, fitness centers and mail order houses and often from health care professionals. These are very powerful drugs with many actions on the body. Abusers commonly take doses 100, or even 1,000 times larger than those prescribed for medical conditions.

There are many serious side effects from these drugs. Athletes claim improved athletic performance with the use of anabolic steroids, but medical studies reveal conflicting results. Anabolic steroids can significantly increase the strength of athletes who are consistently and aggressively weight training and who continue aggressive weight training while maintaining a high protein, high caloric diet. However, in athletes who do not satisfy these criteria, athletic performance is not consistently improved. The adverse effects definitely counterbalance any benefits, even for those aggressively training individuals. Also, the steroids themselves may not directly build muscles. There is evidence that the euphoria and diminished fatigue associated with steroid usage results in increased duration and intensity of training. This would ultimately lead to an increase in muscle mass. Despite this increase in muscle mass, there is evidence that the muscles themselves are not as healthy as you would expect.

The most serious adverse effects of anabolic steroids are liver abnormalities. These drugs have been associated with hepatitis, an inflammation of the liver cells resulting in decreased function. Liver tumors and elevated liver enzyme tests have also been seen. These can be permanent effects with disastrous consequences. The most dangerous aspect of this problem is that damage occurs without causing symptoms until damage has progressed significantly.

Steroids are involved in the metabolism of the sexual hormones. Effects upon the glandular system of the body include alterations in plasma testosterone (the male hormone) and in the production of sperm by the testicles. In one study, plasma testosterone concentration dropped almost 50% when steroids were taken. Gonadotropins are hormones secreted by the pituitary gland in the brain and

control the production of sexual hormones. Steroids cause a decrease in those gonadotropins. These drugs therefore work not only on the sexual organs themselves, but also have an adverse effect on the pituitary gland. Well documented reductions in fertility occur in individuals taking steroids.

Steroids can also effect blood cholesterol. A preliminary study of weight trained athletes reported a lower HDL cholesterol (the good kind of cholesterol) in current and previous steroid users. Steroids can also elevate blood pressure and cause an increase in the serum triglycerides or fats.

Behavioral changes have also been seen in steroid users. One common effect is increased aggressive behavior. There is

(continued on page 46)

CORRECTION FROM JUNE 1989 ISSUE

Apologies to readers who had difficulty discerning ideal body weight from our faulty formula in the article: "The Ten Most Important Facts To Know About Your Good Health," June 1989.

Body mass index is calculated by dividing your weight in kilograms by your height in meters² (not meters).

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Association Roundup

A.A.R.A.

by Luke St. Onge

It is my pleasure to report the actions of the A.A.R.A. Board of Directors May meeting held during the Nationals in Houston.



1. Approved two year terms for selected junior and adult regional directors.
2. Created a new Region 17 made up of North and South Carolina.
3. Approved the 44-page 1989-90 Budget.
4. Renewed Luke St. Onge's contract for a four-year period.
5. Approved the nominations of people to serve two-year terms on the following councils: disabled, women's junior, masters, outreach, senior and intercollegiate.
6. Approved the new grant procedure that will award \$30,000 to state and council organizations of the A.A.R.A..
7. Approved procedures to allocate \$35,000 to help fund A.A.R.A. recognized councils.
8. Approved expenditure to send all Junior Olympic winners to the Junior World Championships to be held in Miami in December.
9. Approved the selection procedure for the U.S. National Team and qualifying procedure for the Olympic Festival.
10. Approved the Golden Masters Invitational as a qualifying event for the U.S. National Singles.
11. Approved the hiring of Jim Hiser as Assistant Executive Director — Program Services.
12. Approved the hiring of Linda Mojer as the A.A.R.A. Director of Media and Public Relations.
13. Voted Andy Roberts, TN, Male Athlete of the Year 1989.
14. Voted Toni Bevelock, AZ, Female Athlete of the Year 1989.
15. Voted Gary Mazaroff, NM, the John Halverston Award 1989.
16. Voted Paul Redelheim, TN, as the top Regional Director 1989.
17. Voted Penny Missirlian, NE, as the top State President of 1989.
18. Adopted two minor rule changes to be covered in a separate report.

19. Approved Court Products development of an exclusive line of clothing to be marketed through A.A.R.A. events and memberships. ○

A.C.R.A.

by Neil Shapiro

Scholarship For Intercollegiates

The American Collegiate Racquetball Association has just become the beneficiary of a generous donation by Bernie Kohout, a New Jersey businessman and racquetball player.



Mr. Kohout will donate at least \$1,000 this year (and probably each year after that) to intercollegiate racquetball. The A.C.R.A. will award the Bernie Kohout Scholarship annually to full-time, matriculated, undergraduate student(s) in an accredited college or university where racquetball is played on a regional and national level.

Individuals interested in applying for the scholarship, should contact Neil Shapiro at 128 Lancaster Street, Albany, NY 12210 to request the proper forms. The scholarship will be awarded at the start of an academic year. Applicants are encouraged to file early.

A.C.R.A. is also making available small seed money grants (up to \$250) to individuals or organizations with plans to aid the development of intercollegiate racquetball. If you have an idea or plan requiring initial funding to start, you may also contact Mr. Shapiro to discuss it.

C.R.A.

by Bill Houldsworth

Nationals

The cities of Montreal and Regina have been selected as hosts for the 1990 Senior and Junior National Championships. Both cities were awarded the events by their provincial associations.

Nautilus Plus will host the senior event at



Club Anjou and Repentigny, May 22-26. The Senior Championships will see the selection of the National Team which will compete at the 1990 World Championships in Caracas, Venezuela next August. Initial plans for the Montreal event call for both clubs to be used early in the week of the tournament with the championship finals taking place at Club Anjou on Saturday, May 26th, 1990.

The Regina Court and Fitness Club will be the site of the junior tournament which will be the final opportunity for many of the athletes to compete against each other prior to the 1991 Canada Winter Games. The Games are scheduled for February in Charlottetown, P.E.I. The Junior Nationals Championships are scheduled for July 4-7, 1989 in Regina.

"We've got plenty of work to do, but we have a great committee to do it. We invite all juniors and their parents from across Canada to join us next July in Regina," stated Saskatchewan representative, Doug Devitt, at the closing banquet.

Officiating Committee Vacancy

In accordance with the C.R.A. policy manual, the officiating committee is comprised of five (5) members from across Canada. Presently, there is a vacancy on this committee. Interested members should be: a proven officiating coordinator, a competent official, an experienced administrator with a proven record of follow-through, good interpersonal skills and a level III officiating certification. Any member wishing to apply for this position should forward their resume to the national office by October 1, 1989.

World Juniors

Plans are already underway to obtain funding to send a team to the 4th Annual World Junior Championships scheduled for December 17-21 in Miami, FL. Registration takes place on the 17th with action starting on the 18th. All entries must be submitted through the C.R.A. national office.

Racquetball in Haiti

Through the cooperation of Luke St. Onge, Canada was invited to send a representative to a demonstration in Port-au-Prince, Haiti. National team assistant coach Larry Greene, of Hull, Quebec attended this debut. The

(continued)



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☐ July 20-23	Long Island, NY	☐ Sept. 15-17	Denver, CO	☐ Nov. 10-12	Boston, MA
☐ July 27-30	Atlanta, GA	☐ Sept. 21-24	Coronado, CA	☐ Nov. 17-19	Chicago, IL
☐ Aug. 3-6	Detroit, MI	☐ Sept. 29-Oct. 1	Tampa, FL	☐ Nov. 23-26	Coronado, CA
☐ Aug. 10-13	Baltimore, MD	☐ Oct. 6-8	Phoenix, AZ	☐ Dec. 1-3	Canton, Ohio
☐ Aug. 24-27	Philadelphia, PA	☐ Oct. 13-15	St. Louis, MO	☐ Dec. 8-10	Hartford, CT
☐ Aug. 31-Sept. 3	Manchester, NH	☐ Oct. 20-22	San Francisco, CA	☐ Dec. 14-17	Coronado, CA
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Association Roundup (continued)

event was organized by Alix Saloman, the new president of the Haitian Racquetball Federation.

With Haiti being a French speaking nation, Larry was called upon to act as a spokesperson for the contingent which also included Luke and A.A.R.A. representative Mike Arnolt.

C.R.A. Staff

As the sport of racquetball begins a new season, the C.R.A. would like to acknowledge one of its own. Pearl Saulnier celebrated her tenth year with the Association on August 13 of this year. She has provided a wealth of knowledge to those of us who are still "new" to the sport. Thank you Pearl for all the many hours you have contributed to the sport of racquetball in Canada.

We welcome Nancy Banerd who has joined the C.R.A. as our Program Coordinator. She will also handle our Canada's Fitweek program "Kraft What's Your Racquet?" which is a tri-racquet event with tennis and squash. Nancy is a level III N.C.C.P. coach (swimming) and brings a wealth of sports knowledge to the C.R.A. She is a graduate of Carleton University in Ottawa.

N.W.R.A.

National Wheelchair Racquetball Association To Reorganize

With the help of the American Amateur Racquetball Association the N.W.R.A. is being reorganized for the 1989-90 season. Tournament sites across the country are being selected for a tour which will culminate in selection of a U.S. National team to compete in the World Championships in Venezuela.

The current ranking system will also be changed and updated. An instructional video and book with rules and instruction will be available.

The N.W.R.A. is currently seeking sponsors to fund more cash tournaments.

Wheelchair racquetball, unlike other wheelchair sports, is adaptable to mixed play with able-bodied participants, depending upon the skill levels of the individuals. The ball never leaves the court as it can in tennis or basketball, and wheelchair participants are allowed two bounces to retrieve each shot. Anyone interested in learning the sport or participating in scheduled tournaments should contact either of the people listed below.

Chip Parmelly, 1941 Viento Verano Drive, Diamond Bar, CA 91765; (714) 861-7312

Gary Baker, 1503 Liberty Street, Parkersburg, WV 26101; (304) 428-4695

M.P.R.A.

by Marty Hogan

Our association formed in September, 1988 with the election of an executive board and myself as president. The main focus at the time was to provide the players with a better understanding of what was going to happen to their professional careers.

A year ago we all read about an exciting World Professional Racquetball Tour with ten televised stops, each offering \$25,000 in prize money. Well, after two events, neither of which had \$25,000 in prize money, the W.P.R.T. became defunct.

I would have to say that in my 15 years of playing professional racquetball the 1988-89 pro season was the most difficult, and I believe the top professionals echo that opinion. Without the help of John Delaney of CityFed and Charlie Drake, the 1988-89 pro tour would have been impossible.

The M.P.R.A. contacted clubs and sponsors to see how much interest there was in hosting professional sanctioned events. It is amazing how many people really want to see men's professional racquetball succeed.

As of June 24, 1989, we have received guaranteed site agreements, with deposits, for ten professional racquetball events for the 1989-90 season.

At the CityFed National Championships in June, the M.P.R.A. had a long overdue meeting. There was a feeling that pro racquetball is moving in the right direction. Thanks to everyone who participated, the meeting was a great success and the following items were discussed.

1. How to improve our image as professional racquetball players.
2. Beginning September 1, 1989, no one will be allowed to participate in professional events without wearing eyeguards.
3. A new ranking system was instituted to replace a system that had become inadequate.
4. As of September 1, 1989, no player ranked in the top 16 will participate in an event offering \$7,500 or less in prize money, unless a \$250 fee per player, with a maximum of \$500, is paid to the M.P.R.A.
5. Tournaments which offer more than \$7,500 in prize money but are not professional tour ranking events will be subject to a maximum \$500 payment to the M.P.R.A.

The M.P.R.A. does not wish to burden sponsors or clubs with the need to raise additional funds so these fees may be paid from existing prize money.

For the first time in many years the men



pros have the assurance of a guaranteed tour. We also will help any club or sponsor interested in hosting a professional tour stop.

I'd like to thank all the clubs that have committed to hosting a professional event for the coming season; the sponsors for their continued support and belief that men's professional racquetball is a valuable promotional vehicle and *National Racquetball Magazine* for the considerable effort it has made to see that the M.P.R.A. succeeds.

If you have ideas or questions for the M.P.R.A. write to their office at 947 Wild Horse Creek, Chesterfield, MO or call: (800) 633-9132.

W.P.R.A.

by Chris Evon

The W.P.R.A. 1989 season was an historic one. Not because of any major "deals", but because of two very special people: Caryn McKinney and Lynn Adams. Through their intense competitiveness and undying dedication to this sport, they gave the fans a season full of excitement, and great racquetball! Caryn and Lynn went into the W.P.R.A. Nationals in June tied for first place, and for the first time in six years the W.P.R.A. has a new National Champion, Caryn McKinney.

Caryn's accomplishment is not so surprising. She has been the solid number two player for three seasons, threatening Adams more and more. They met each other in the finals of every event and battled illnesses all year, proving their mental strength makes them both great champions.

Caryn and Lynn are great role models for all players, but especially for the juniors who are out to learn what it takes to be the best.

Their goals are similar: To maintain intensity, physical and mental skills, and the drive to be number one.

This column has been my tribute to Lynn and Caryn. Through their skills and personalities, they have given so much to the sport and to so many individuals. They are very special people and talented athletes. I hope you get a chance to watch them play, experience their teaching or just to talk to them in person. I know you'll be glad you did! O



IMPORTANT CHANGE
The telephone number of Cliff Hendrickson Sports has been changed to 403/256-1766

New Rules Adopted!

by Otto Dietrich
AARA National Rules Commissioner

At the May 1989 meeting of the AARA's Board of Directors, three proposed rule changes were adopted and will, therefore, go into effect on September 1, 1989. These changes were perceived as not really affecting the way the game was being played or refereed, but all were considered important enough to be brought to a formal vote. Here are the three changes that were adopted:

1. Rule 4.11(c) will be changed as follows:

(c) **Missed Serve Attempt.** Any attempt to strike the ball that results in a total miss or in the ball touching any part of the server's body. Also, allowing the ball to bounce more than once during the service motion.

2. Rule 4.16(a) will be changed to read as follows:

(a) **Failure To Move.** A player does not move sufficiently to allow an opponent a shot straight to the front wall as well as a cross-court shot directly to the front wall at an angle that would cause the ball to rebound directly to the rear corner farthest from the player hitting the ball. Also when a player moves in such a direction that it prevents an opponent from taking either of these shots.

3. Technical fouls Rule 4.18(a)(1) will be changed to read as follows:

(1) Profanity.

A fourth change regarding the readiness rule was NOT adopted and, therefore, the current rule (Rule 4.4) will remain in effect.

A few players have asked whether the first rule change means that the server will lose his serve if he bounces the ball more than once while he is in the service zone. The answer is NO! However, the server will lose the serve if he bounces the ball more than once during the service motion! The service motion is already defined (see rule 4.3) as any continuous movement which results in the ball being served. Therefore, it's okay for the server to bounce as many times as he wants prior to beginning the actual movement that results in the serve — provided that the server stops for an instant before he actually drops the ball for the serve and takes no more than ten (10) seconds to serve.



Remember that anyone may suggest a change to the rules governing the sport of racquetball. The procedures for submitting proposed changes are set forth on page 4 of the 1988-89 Rulebook. For a change to be considered the following year, it must be submitted in writing by October 1st. Please organize your written proposal into three main paragraphs — (1) Present rule; (2) Reasons for change; and (3) Proposed rule. Send your proposal either to the AARA Headquarters at 815 N. Weber, Colorado Springs, CO 80903 or directly to me at

4244 Russet Court, Lilburn, GA 30247. I assure you that your proposal will be given proper consideration for adoption. ○

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European Racquetball

by Rene Hehemann

The first two civilian racquetball courts in Europe were opened in Leidschendam, Holland in September 1978. These were followed shortly after by courts in West Germany and Switzerland. This marked the beginning of racquetball in Europe.

Meanwhile, in Ireland, players began to use handball courts. At first, club owners were reluctant to allow racquetball players to use their facilities but one by one they opened their doors and at this date Ireland has the largest racquetball community in Europe with approximately 18,500 players.

In the early 80's racquetball was introduced in Great Britain, Belgium and Sweden and in 1985 France became the eighth member of the European Racquetball Federation (E.R.F.).

In 1985 the European Racquetball Federation, which had been in existence unofficially since 1982, was officially founded. Its members were Holland, Ireland, Switzerland and West Germany, the pioneers of racquetball in Europe, and Great Britain, Belgium, Sweden and France, where racquetball was introduced in the early 80's. At the 4th European Championships, held in 1987, Spain also became a member.

In order for a country to be a full member of the E.R.F. it must have civilian racquetball courts. Greece and Italy have been provisional members since 1986 as they do not meet this requirement.

At the 5th European Championships held at the CityForum sport facility in Paris, Mr. Aldo Lilli of Milan officially applied for full E.R.F. membership on behalf of the Italian Racquetball Association. He announced that several facilities will be opening in Italy in 1990. His own tennis and badminton club will have four racquetball courts; a club is planned in Milan; and by the end of the year a club will open in Rome. Other projects are in progress in Italy. The grand opening of Lilli's club is scheduled for January in Bergamo, near Milan.

Status of racquetball in Europe

- **Ireland:** Steady increase — more than 200 courts. A well established organization has accomplished a great deal with national competitions, youth programs and national recognition by sports authorities.

- **Switzerland:** No increase — remains constant.

- **West Germany:** No increase — remains constant.

- **Netherlands:** Showing growth in some areas of the country. N.R.A. has received some inquiries about the sport. Hopefully two or three

new facilities will be constructed during the coming year.

- **Belgium:** Initially the sport boomed. Fourteen clubs were opened over a two to three year period in various towns in Flandria. Lack of promotion has resulted in the closing of two clubs and others are having difficulties. The Belgium Racquetball Federation (B.R.F.) is confident they can overcome the present slump over the next year.

- **Sweden:** Bo Bjuner, owner of the only racquetball club in the country re-

ports that a second club will open in Stockholm in March/April 1990. He is almost certain that courts will be opened in Gothenburg by early 1991.

- **France:** A new full service club was opened in Nauterre, a suburb of Paris, last October. Host club for the 5th European Championships, it has five courts; four with glass back wall and one with glass back and side wall. It also has a 300 spectator capacity. In September two courts will be opened in Bordeaux. Other plans for expansion are also underway.

- **Spain:** Racquetball appears to be booming. Two years ago there were five courts in Barcelona. Today Barcelona has more than 30 courts. There are also facilities in Madrid, Seville, Bilbao, Valencia, Malaga to name a few. Hopefully player numbers will keep up with the growth of facilities.

- **Great Britain:** A national governing body was set up and the sport was introduced with the help of other national sports organizations. Most courts in Britain are on military bases. Two courts were opened in a London suburb in October 1988. Others should follow.

Racquetball is still in the developing stages in Europe. Without the help of the International Racquetball Federation (I.R.F.) and the American Amateur Racquetball Association (A.A.R.A.) it will not survive. With the exception of Penn balls (who distribute approximately 75,000 dozen annually) none of the major manufacturers appear to be interested in supplying to Europe. The market has great potential and the distribution of racquets and other products is definitely important if the sport is to grow.

We would also like to see some of the top players from the U.S. giving demonstrations and clinics in Europe. This would give our top players the chance to meet the best players in the world. It would certainly help to increase the level of play.

Hopefully this will ring a bell somewhere within the industry and they will lend us their support in the near future.

(continued on page 44)



Jurgen Denk, President E.R.F. (right) with Aldo Lilli and Rene Hehemann, General Secretary E.R.F. (left).

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5th European Championships — A learning experience

Originally scheduled for Barcelona, the 5th European Championships were moved to Paris, because the construction of Olympic sites in Spain was way behind schedule and all efforts were needed to complete them. This meant that the racquetball facility was not ready in time for the championships.

When the French Federation of Racquetball (F.F.R.) offered to take over the championships the E.R.F. was very pleased. However, one snag developed. The management of the CityForum club refused to allow free play and demanded a \$17 fee for 40 minutes of court time which had to be paid anytime the courts were in use. Because of this a large share of sponsorship money went into court fees, and participating countries had to contribute a large amount per player themselves.

After this bad start and a poor opening ceremony, the team championships began and worries were forgotten, as players and officials concentrated on the matches in two men's and two women's divisions. There were seven men's teams and six women's.

The games showed some major improvements in the British Women's Team. Ireland and Holland still dominate the overall picture. The Irish women played particularly well and for the first time ever no Dutch woman made it to the finals. After four previous attempts, Marie Duignan of Ireland won the title.

In the men's finals Arno Mooyman of Holland faced Anthony Butler of Ireland. Arno won in straight games with only ten points against him. He was by far the best player at the championships this year. Considering he had surgery on both legs a couple of years ago and was out of competition for some time, this win is even more impressive.

There is still a lot of improvement needed from an organizational standpoint and many things could have been done better. During the team event the lights went out in the center and the event

was postponed until the next day. Play finally resumed the next day but power failures again occurred, twice at match point.

This brought back memories of the 3rd World Championships when Cindy Baxter faced Toni Bevelock. Toni was



Above: Seven nations gathered in front of CityForum in Paris before the start of the 5th European Championships. Left: Ladies finalists Marie Duignan and Orla Ryan, both from Ireland.



7-0 up when the lights went out during a thunderstorm. When the lights came back on, Cindy appeared to be renewed and went on to win her third consecutive championship.

Hopefully host countries will learn from this experience in Paris. The E.R.F. certainly has learned from it and is forming a Technical Committee made up of experienced people to organize events of this magnitude in the future.

RESULTS

Women's Team Championships

1 Ireland	6 pts.
2 Holland	5 pts.
3 Great Britain	4 pts.
4 France	3 pts.
5 Germany	2 pts.
6 Switzerland	1 pt.

Men's Team Championships

1 Holland	7 pts.
2 Germany	7 pts.
3 Ireland	5 pts.

4 Sweden	4 pts.
5 Switzerland	3 pts.
6 France	2 pts.
7 Great Britain	1 pt.

Combined Team Championships

1 Holland	12 pts.
2 Ireland	11 pts.
3 Germany	8 pts.
4 Great Britain	5 pts.
5 France	5 pts.
6 Sweden	4 pts.
7 Switzerland	4 pts.

Individual Championships

Men's Singles: 1st-Arno Mooyman (HOL); 2nd-Anthony Butler (IRE); 3rd-Jorg Hanold (FRG); 4th-Con Brosnan (IRE). **Women's Singles:** 1st-Marie Duignan (IRE); 2nd-Orla Ryan (IRE); 3rd/4th-Brigitte Corsius (HOL); 3rd-4th-Dineke Kool (HOL). **Men's Doubles:** 1st-Loof/Hayter (FRG); 2nd-Berg/van der Holst (SWE/HOL); 3rd-Nielsen/Lydholt (SWE); 4th-Gannon/Kearney (IRE). **Women's Doubles:** 1st-Ryan/Curran (IRE); 2nd-Kool/Corsius (HOL); 3rd/4th-Kennedy/Byrne (IRE); 3rd/4th-Hackett/Walker (GBR).



Sue Patterson (left) with Leslie Szalai.

11th Dutch Open

The oldest tournament in Europe was held in Zoetermeer this year. Unfortunately some of the top American military players could not attend because the annual military regionals were being held throughout Europe and this shows in the final results.

RESULTS

Men's Singles: Ronald de Zwijger
Women's Singles: Brigitte Corsius

Tralee International

The eighth Tralee International, or Irish Open, began with VIP treatment for the players, when arriving at Cork Airport they were met by the press. Last year's winner, Simon Roy, of the Canadian national team, was unable to return to defend his title, so it was up for grabs.

The Irish players love this event and can often be observed duplicating moves and techniques seen during the matches. I would advise anyone who is able, to attend next year. It's a fantastic tournament.

RESULTS

Men's Open: Ronald de Zwijger
Women's Open: Marie Guignan
Men's Doubles: Mooyman/de Zwijger

3rd European Open

Racquetball Jenfeld, Hamburg

RESULTS

Women's B: Yvonne van der Heiden (HOL) def. Vanessa Harris (USA) 1-15, 15-12, 15-12;
Men's B: Erwin M. Thomson (USA) def. George L. Crawley (USA) 15-3, 15-4;
Men's C: Dennis Russell (USA) def. James K. Harris (USA) 15-10, 15-0;
Men's 30+: Clyde Woods (USA) def. Erwin M. Thompson (USA) 15-9, 15-0;
Men's 35+: Charles Smith (USA) def. Bill Hart (USA) 15-13, 11-15, 15-10.

The European calendar for 1989/90 will be published as soon as it is available. Questions about European Racquetball may be directed to Rene Hehe-mann c/o *National Racquetball Magazine*, P.O. Box 6126, Clearwater, FL 34618-6126. ○



From left: Mr. Paddy Downey presenting R. de Zwijger with a crystal glass trophy as winner of Tralee International Open; Mr. Bertie O'Connor Tournament Director presenting Arno Mooyman with trophy as runner-up.



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newsbriefs

Athletes Named For Olympic Festival's First Racquetball Competition

The American Amateur Racquetball Association, has announced its 32 participants in the U.S. Olympic Festival-'89. This marks the first year that AARA athletes will compete in the Festival, as racquetball debuts as a medal sport on the program.

The racquetball competition will be held July 28-30 at the Huston Huffman Center on the University of Oklahoma Campus in Norman, and will include men's and women's singles and doubles events.

Athletes qualified for the Festival competition at the 1989 Ektelon/U.S. National Racquetball Championships in Houston, TX, May 25-29, with all quarter finalists in the men's and women's open divisions of the tournament making up the Festival team. Among the qualifiers are Tim Doyle of Columbus, OH, who won the men's open division by defeating top-ranked Andy Roberts of Memphis, TN and Michelle Gilman of Ontario, OR, who won the women's open division. Gilman was also the 1988 women's U.S. National Junior Champion.

Roberts claimed five consecutive intercollegiate national titles between 1983 and 1987 while at Memphis State University and should be a top medal contender at the Festival. Also competing will be the 1989 U.S. men's and women's national intercollegiate racquetball champions, Jim Floyd of Ferris State College and Cindy Doyle of Memphis State University, who is Tim Doyle's sister.

Other participants will include the 1988 U.S. Men's National Doubles Champions, Bill Sell of Huntington Beach, CA, and Brian Hawkes of Fountain Valley, CA, as well as the 1988 U.S. Women's National Doubles Champions, Toni Bevelock of Phoenix, AZ, and Malia Bailey of Norfolk, VA.

The head racquetball coach at the Festival will be Larry Liles, head coach of Memphis State University's national champion men's and women's racquetball

teams. Four players from Liles' MSU teams will compete at the Festival. Fran Davis of Middlesex, NJ, will coach the East team, while Neil Shapiro of Albany, NY, will coach the North team, and Gary Mazaroff of Albuquerque, NM, will coach the West team.

NORTH TEAM

Jim Floyd, Davison, MI
Sergio Gonzalez, Tampa, FL
Tim Hansen, Boca Raton, FL
Tim Sweeney, Glen Ellyn, IL
Michelle Gilman, Ontario, OR
Robin Levine, Sacramento, CA
Peggy Ludwig, Newport, KY
Jackie Paraiso, El Cajon, CA

SOUTH TEAM

Tim Doyle, Columbus, OH
Lance Gilliam, San Antonio, TX
Jack Nolan, Phoenix, AZ
Bobby Rodriguez, Las Vegas, NV
Diane Green, Orlando, FL
Kaye Kuhfeld, Indianapolis, IN
Susan Morgan, Jacksonville, FL
Trina Rasmussen, Orlando, FL

EAST TEAM

Rick Bezousek, Omaha, NE
Jeff Evans, Portland, OR
Bruce Erickson, Edina, MN
Andy Roberts, Memphis, TN
Cindy Baxter, Reedsville, PA
Toni Bevelock, Phoenix, AZ
Dottie Fischl, Allentown, PA
Cheryl Gudinas, Woodridge, IL

WEST TEAM

Michael Bronfeld, Carmel Valley, CA
Brian Hawkes, Fountain Valley, CA
Drew Kachtik, Garland, TX
Bill Sell, Huntington Beach, CA
Lisa Anthony, Fair Oaks, CA
Malia Bailey, Norfolk, VA
Cindy Doyle, Williamsville, NY
Chris Evon, Oak Park, IL ○

Steroid Use In Athletes

(continued from page 37)

a state of euphoria and diminished fatigue while taking those drugs and they also cause changes in the electrical pattern of the electroencephlogram, which measures brain wave motion. Changes in sex drive and mood swings have also been reported.

Adverse effects which specifically concern women are a lower voice, increased facial hair, changes in sex drive, decreased breast size, changes in or absence of menstrual function, increased aggressiveness, acne, increased body hair, loss of scalp hair, and increased appetite.

Miscellaneous adverse effects include testicle atrophy, prediabetic conditions, decreased sperm production, water retention, closure of growth plates in the bones resulting in diminished bone growth, irritability, anxiety, headaches, dizziness, nausea, rash, appetite changes and increased urine output. Accelerated male pattern baldness can occur and men have noticed enlarged breasts while on these drugs. There is also evidence that steroids increase the occurrence of early heart disease by elevating cholesterol and lowering the protective HDL fraction of cholesterol. Bleeding gums, stretch marks, palpitations, joint stiffness, protein in the urine, increased perspiration, blurred vision and nose bleeds are also more commonly seen in steroid users and abusers.

Steroid use is becoming a widespread problem. We must change our focus. During physical training, we must concentrate on athletic ability and good health. We should depend on inherent genetic abilities, standard training techniques and the application of proven principles of good health, not on the use of anabolic steroids. ○

Make Watching A Learning Experience

(continued from page 27)

Mental Imagery

Mental imagery is also a powerful tool and could be the balance your game needs, especially if you're a player who has suffered a prolonged slump or is stuck on a certain plateau.

Begin by lying down in a comfortable position. Close your eyes, while inhaling through your nose and exhaling through your mouth. Then imagine yourself going through strokes and patterns on the racquetball court. Allow yourself to see every intricate detail, to feel the motions of your forehand and backhand, at the same time being aware of as many details as possible. Your image should remain positive. Don't let failure interrupt your state of mind. If it does, replace the negative thought with a positive one. The image should also be repetitious, but be careful not to let your mind wander. This will hinder your progress. Believing that you can reach a higher level of play is the first step to an improved game.

The Comparison Theory

A third method of improving your game by watching is the comparison theory. This theory requires that you follow three detailed steps:

• **Part I** — Compare your game to a player who is a lower division. Remember, just because you are a better player doesn't mean you can't learn from a lower division player. Typically, a lower division player will reinforce the "basics" of the game, such as: staying in a rally, the importance of keeping your opponent behind you, and that smooth strokes are vital to consistent play.

• **Part II** — Watch a player on the same level as you.

When you watch a player whose level of play equals your own, watch for the technique, style and overall strategy. Make mental reminders of what characteristics make them a good player. Devise a game plan in case you meet them in tournament play. Tournament play is also an excellent place to observe others and to locate areas of your own game

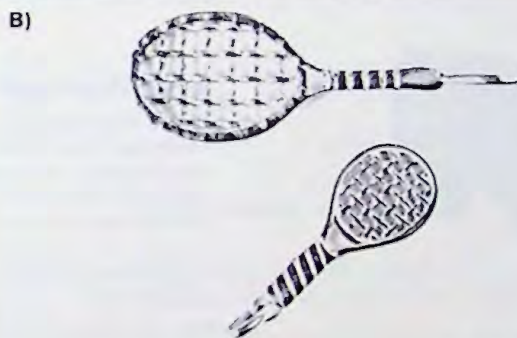
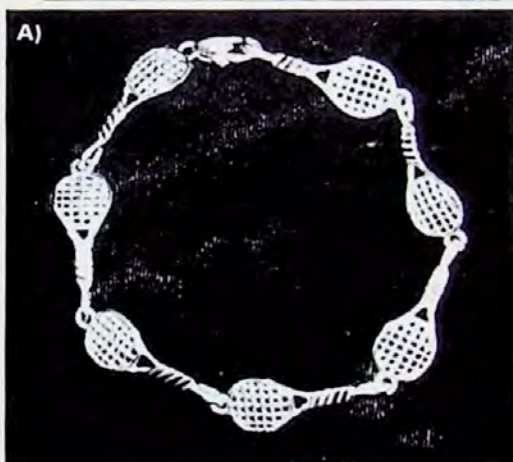
which need improvement.

• **Part III** — Watch a player who is a division above you.

Strokes, the ability to judge where (and at what speed) the ball will land, how to set up and shot selection are the biggest differences players of different levels of play.

1. Analyze their strokes. Look for fluent, consistent, strong, strokes.
2. Notice their footwork. Are they stable and balanced when they hit a ball? Are they efficient in their movement? Do they ever reach for the ball.
3. Look at racquet preparation, court positioning, ability to cut off angles thus forcing a limited number of shots.
4. Examine their shot selection. Be aware of what works and what doesn't. The key here is consistency. Look for the high percentage shots.

And remember, the next time you find yourself in the club with a little time on your hands, watch some racquetball and "watch" your game improve. O



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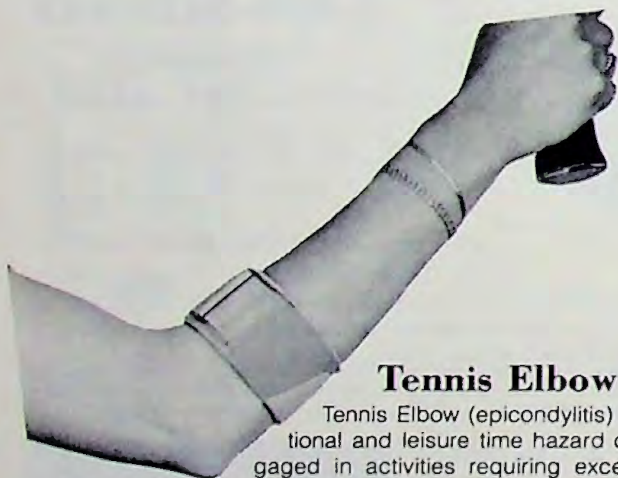
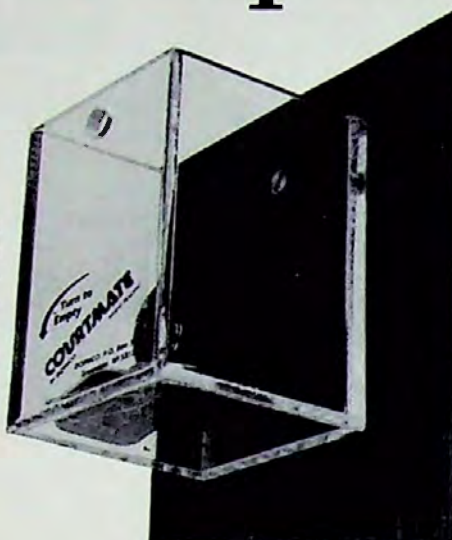
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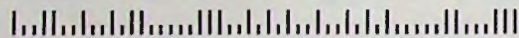
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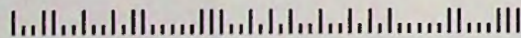
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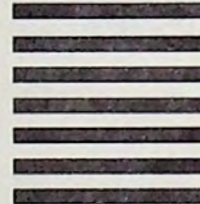
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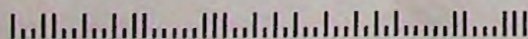
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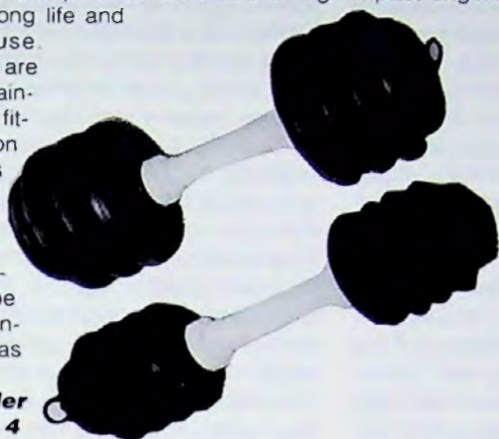


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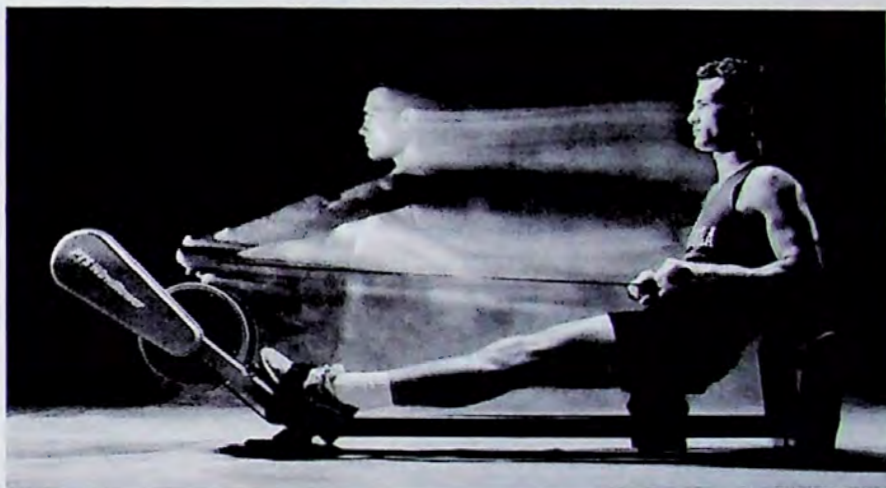
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Canadian Racquetball

Sask. Wins Junior Title

by Bill Houldsworth

Team Saskatchewan earned first place honors at the 1989 Canadian Airlines Junior National Championships held July 5-8 at the Four Seasons Racquet Club in Kelowna, B.C.

Saskatchewan led the team standings with 140 points, followed by defending champion Quebec with 74. In third place was Alberta with 64 points while the host province of British Columbia finished a close fourth with 61 points. The 1989 event marked the first time that team Quebec has not won the junior team championship since the inception of the tournament in 1985.

With racquetball having been selected to participate in the 1991 Canada Winter Games in Charlottetown, P.E.I., the open-

ing ceremonies of the championships provided athletes with an idea of what they can expect as, accompanied by bagpipers and members of the R.C.M.P. dressed in their red serge uniforms, the athletes marched in behind their provincial flags. Greetings were extended to all the competitors and parents from all levels of government, and Barrie Holberg, representing the tournament sponsor, Canadian Airlines International.

In a most unlikely situation, the girl's junior event (18 and under) ended in a five way tie for first place at the end of the round robin games. Using the C.R.A. national tiebreaking formula which features the fewest losses overall, versus the tied players, games lost throughout the event, etc., the winner was Tina Denton of Prince Albert; second, Lori-Jane Powell also of Prince Albert; Isabelle Patenaude of Mascouche, Quebec finished third; while Noelle Drosdowech of Winnipeg finished in fourth place.

In the boy's junior division, top seeds Mark Van Hees of Kelowna and Guy

Desjardin of Gatineau, Quebec advanced to the finals. Van Hees had been troubled all week by a foot injury which almost kept him out of the tournament. In his final year as a junior, Desjardin managed to edge the top seeded Van Hees in five games 11-9, 6-11, 11-1, 8-11 and 11-5 in what has to be described as junior racquetball at its best. The entire match was played before a very appreciative crowd at the Four Seasons Club.

In the 12 and under girl's event, number one seed Christie Van Hees lived up to her ranking as she captured the title, defeating her doubles partner Roxanne Marchand of Trois Rivières in the final. Van Hees, of Kelowna was the defending champion in the event and won the final 8-11, 11-6, 11-3, 11-8. In the boy's 12 and under, the winner was #1 seed Miguel Utreaga of Saskatoon who defeated #2 seed Jeff Stebnicki of Calgary 11-3, 11-9, 11-9.

Saskatchewan continued their winning ways in the cadet boy's, (14 and under) with number three ranked Kelly Kerr of

Meeting/Workshop Schedule

Listed below are upcoming meetings for the various committees and workshops which help to formulate plans for the day to day operation of the Canadian Racquetball Association. Should you have any concerns or suggestions which you feel are pertinent to a specific area; please forward these items in writing to your appropriate provincial coordinator, or the national office in Ottawa.

- **National Team Training Camp**, Winnipeg, Manitoba, **September 13-17** — Open to national team and development squad players only.
- **Presidents Meeting**, Ottawa, Ontario, **September 22-24** — Provincial presidents (or their appointed delegate) and provincial staff personnel will discuss national and provincial matters.
- **National Ranking Workshop**, Ottawa, Ontario, **September 29-Octo-**

ber 1 — Each provincial coordinator will attend in order to better understand the structure of the new ranking program, as well as restructure the Ranking Committee and set the committee policy and procedure.

- **National Team Meeting**, Montreal, Quebec, **October 13-15** — Annual meeting held to discuss business concerning the national team players and program.
- **Executive Directors Meeting**, Ottawa, Ontario, **October 20** — Held to discuss items as a preliminary to the general Board of Directors meeting.
- **Board of Directors Meeting**, Ottawa, Ontario, **October 20-22** — Semi-annual meeting (with one representative from each province) to discuss items pertinent to the general operation of the association.
- **National Coaches Seminar**,

Toronto, Ontario, **October 26-29** — Conference of nationally qualified coaches held annually to update and assist in advancing their qualifications.

- **Level III Coaching Workshops**, Winnipeg, Manitoba, **November 2-5** — This pilot workshop will be staged to test the delivery of the new level III coaching program to a selected group, prior to the national workshop scheduled for the Spring of 1990.
- **Coaching Committee**, Montreal, Quebec, **January 26-28, 1990** — Annual meeting held to discuss business pertinent to the coaching programs of the Canadian Racquetball Association.
- **Officiating Committee**, Montreal, Quebec, **February 9-11** — Annual meeting held to discuss business pertinent to the officiating programs of which the upcoming suggestions for rule adjustments.

Saskatoon edging Francois Viens of Rock Forest, Quebec 7-11, 11-9, 11-2, 5-11 and 11-6. In the cadet girl's, Sheila Finch of Regina won the round robin event while Terra Head of Prince Albert placed second.

Number one seed Rhonda Holt of Regina captured first place in the girls juvenile (16 and under) edging Kristine Scott of Bramalea, Ontario, 11-8, 4-11, 11-5, 9-11 and 11-5 in the tiebreaker. Boys juvenile champion, Brian Istace of Calgary, knocked off #1 seed Chris Brumwell of Victoria in successive games in the semifinals and went on to defeat second seed Rocko Roach of Toronto in a finals tiebreaker by scores 9-11, 11-7, 2-11, 11-8 and 11-6. Istace had been seeded fourth in the division.

In girl's doubles action in the cadet event which featured two round robins, Finch and partner Terra Head of Prince Albert captured first place over Christie Van Hees and Marchand, with the "two Amanda's", Kerr and MacDonald both of Saskatoon, finishing third. Shannon Scott of Bramalea and Leanne Neaubauer of Saskatoon picked up the consolation spot. The junior girl's division again saw Denton and Powell on the medal podium as they picked up the first place trophy over Kristine Scott and Jenny Roach of Mississauga in five games 3-11, 11-8, 9-11, 11-6 and 11-3. In the third spot was Drosdowech and her partner Daniel Levine also of Winnipeg. Holt and Lynn Brown of Prince Albert won the consolation.

Following in his brother's footsteps by winning a national championship, Scott Istace of Calgary teamed with Jeff Stebnicki to capture the boy's cadet doubles crown, defeating Viens and Chad Viminitz of Saskatoon in three games 11-3, 11-8 and 11-9. Ryan Powell from Prince Albert and Kelly Kerr of Saskatoon picked up third place with Richard Higgs and Stephen Hawco of St. John's, Newfoundland capturing the consolation trophy. In junior boy's doubles, #2 seeds Mark Van Hees and John Hawksby of Clearbrook, B.C. advance to the final against fourth seeds Carson Hansen and Jerome Bokitch both of Saskatoon. After losing

the first two games of the match with identical 11-8 scores, Hansen and Bokitch stormed back to take the final three games 11-5, 11-8 and 11-8. Unseeded Jean Francois Arel of Victoriaville, Quebec, and Alain Lavigne of Repentigny, Quebec took third place. David Holroyde and Bobbie Stoller of Winnipeg won the consolation side.

The day before the tournament, attendees had the opportunity to participate in a clinic conducted by Calgary's Cliff Hendrickson. Over 85 people took part in the two sessions which lasted some two hours. The national tournament committee is considering continuing this aspect of the championships for 1990.

Hats are off to the B.C.R.A. and the Kelowna organizing committee and chairman, Am Corrado, for an extremely successful championship. The racquetball was exciting, the hospitality was tremendous, the activities off the court were extremely well received.

The national junior championship is still a young event which began in 1985 as trial for the first three years. The championship was fully endorsed into the C.R.A. national championships only two years ago and it has come a long way in a very short time. The 1990 tournament is scheduled for early July at the Regina Court and Fitness Club in Regina. Committee member Doug Devitt attended the Kelowna event on behalf of next year's organizing group. We are confident that by building on the activities of past junior championships the 1990 tournament will be as successful as 1989 in Kelowna.

AWARD PRESENTATION

Girl's Benjamin Singles (12 & under): 1st-Christie Van Hees; 2nd-Roxanne Marchand; 3rd-Amanda Kerr; consolation-Riva Wig. **Boy's Benjamin Singles (12 & under):** 1st-Miguel Urteaga; 2nd-Jeff Stebnicki; 3rd-Gavin Tanner; consolation-Shayne Brandel. **Girl's Cadet Singles (14 & under):** 1st-Sheila Finch; 2nd-Terra Head; 3rd-Kelli Green; consolation-Kathleen Spalding. **Boy's Cadet Singles (14 & under):** 1st-Kelly Kerr; 2nd-Francois Viens; 3rd-Scott Istace; consolation-Jeremy Spence. **Girl's Juvenile Singles (16 & under):** 1st-Rhonda Holt; 2nd-Kristene Scott; 3rd-Danielle Levine; consolation-Jacki Hughes. **Boy's Juvenile Singles (16 & under):** 1st-Brian Istace; 2nd-Rocko Roach; 3rd-Chris Brumwell; consolation-Wavell Starr. **Girl's Junior Singles (18 & under):** 1st-Tina Denton; 2nd-Lori-Jane Powell; 3rd-

Isabelle Patenaude; consolation-Noelle Drosdowech.

Boy's Junior Singles (18 & under): 1st-Guy Desjardins; 2nd-Mark Van Hees; 3rd-Jason Pottie; consolation-John Hawsby. **Girl's Cadet Doubles (14 & under):** 1st-Sheila Finch/Terra Head; 2nd-Roxanne Marchand/Christine Van Hees; 3rd-Amanda Kerr/Amanda MacDonald; consolation-Shannon Scott/Leanne Neaubauer. **Boy's Cadet Doubles (14 & under):** 1st-Scott Istace/Jeff Stebnicki; 2nd-Francois Viens/Chad Viminitz; 3rd-Kelly Kerr/Ryan Powell; consolation-Steven Hawco/Richard Higgs. **Girl's Junior Doubles (18 & under):** 1st-Tina Denton/Lori-Jane Powell; 2nd-Jennifer Roach/Kristine Scott; 3rd-Noelle Drosdowech/Danielle Levine; consolation-Lynn Brown/Rhonda Holt. **Boys Junior Doubles (18 & under):** 1st-Jerome Bokitch/Carson Hason; 2nd-John Hawsby/Mark Van Hees; 3rd-Jean Francois Arel/Alain Lavigne; consolation-David Holroyde/Bobbie Stoller.

TEAM PLACEMENT

- 1 Saskatchewan (140)
- 2 Quebec (74)
- 3 Alberta (64)
- 4 British Columbia (61)
- 5 Ontario (51)
- 6 Manitoba (20)
- 7 New Brunswick (4)
- 8 Newfoundland (2)
- 9T Nova Scotia (0)
- 9T Prince Edward Island (0)

1989 National Championships

Men's Senior Golden Master Singles: 1st-Fred Briscoe; 2nd-Ross Stevenson. **Men's Golden Master Singles:** 1st-Ronald Thompson; 2nd-Guy Joudry; 3rd-Ron Stone; consolation-Ted Purdon. **Men's Veteran Master Singles:** 1st-Jack McBride; 2nd-Harold Stupp; 3rd-Joe Cardarelli; consolation-Ron Ciccone. **Men's Master Singles:** 1st-Bruce Stocks; 2nd-Pierre Edmond; 3rd-Rodrigue Belanger; consolation-Ray Roland. **Men's Veteran Senior Singles:** 1st-Ron Maida; 2nd-Claude Paul; 3rd-Tim Terr; consolation-Vic Budiak. **Men's Senior C Singles:** 1st-Brent Jervis; 2nd-Dave Uttley; 3rd-Vince Tomei; consolation-Thomas Bell. **Men's Senior A Singles:** 1st-Cliff Hendrickson; 2nd-Kevin Carson; 3rd-Chuck Ealey; consolation-Stewart Valin. **Men's Veteran Singles:** 1st-Stacey Merritt; 2nd-Larry Greene; 3rd-David Dubyk; consolation-Randy Pakel. **Men's D Singles:** 1st-Charles Richer; 2nd-David Tremblay; 3rd-Jeffrey Gow; consolation-Trent Desautels. **Men's C Singles:** 1st-Jean Francois Arel; 2nd-Dave Fisher; 3rd-Francois Langois; consolation-Michel Tardif. **Men's B Singles:** 1st-Ari Posner; 2nd-Mark Van Hees; 3rd-Dan Anderson; consolation-Howard Manning. **Men's A Singles:** 1st-Roger Harripersad; 2nd-Simon Roy; 3rd-Martin Mercier; consolation-Andy Fitzpatrick. **Ladies Veteran Senior Singles:** 1st-Ghislaine Lanctot; 2nd-Elaine Sheridan; 3rd-Janie Worel; consolation-Nancy Gibbs. **Ladies Senior**

(continued on page 52)

Canadian Racquetball (continued)

Singles: 1st-June Sward; 2nd-Dixie Jorginson; 3rd-Joan Harripersad; consolation-Shirley Pearson. **Ladies Veteran Singles:** 1st-Rita Seppanen; 2nd-Dena Rassenti-Dizgun. **Ladies D Singles:** 1st-Lisa Vigneault; 2nd-Bonnie Kullman; 3rd-Terra Head; consolation-Bev Ryan. **Ladies C Singles:** 1st-Jennifer Williams; 2nd-Alicia Griffiths; 3rd-Reena Chawla; consolation-Carrie Best. **Ladies B Singles:** 1st-Tina Denton; 2nd-Cindy McTaggart; 3rd-Donna Manning; consolation-Julie Dechene. **Ladies A Singles:** 1st-Heather Stupp; 2nd-Sue MacTaggart; 3rd-Linda Ellerington; consolation-Lori Johnstone. **Wheelchair B Singles:** 1st-Chris Stoddart; 2nd-Ken Currie; 3rd-John Breen; consolation-Gerald Teichrib. **Wheelchair A Singles:** 1st-Mark Cormack; 2nd-Jake Smellie; 3rd-Earl McArthur; consolation-Mark Wherrett. **Mixed Doubles:** 1st-Diane Lynn/Dave Dubyk; 2nd-Donna Manning/Howard Manning; 3rd-Carol McSorley/Kevin Carson; consolation-Sarah Siray/Rick Shmon. **Men's Masters Doubles:** 1st-Joe Cardarelli/Peter Pylypiv; 2nd-Roy Konings/Bruce Stocks; 3rd-Ron Hughes/Jack McBride; consolation-Jim Lawrence/Jack Miller. **Men's Senior Doubles:** 1st-Cliff Hendrickson/Bill Waddell; 2nd-Chuck Ealey/Rick Colangelo; 3rd-Frank Myrnyk/Ted Townsend; consolation-Grant Clay/Len Gerelus. **Men's B/C Doubles:** 1st-Jeremy Bokitch/Mark Van Hees; 2nd-Graham Tamaki/Dean Zarusky; 3rd-Barry Huggins/Randy Van Achle; consolation-Cecil Russell/Dave Fisher. **Men's A Doubles:** 1st-Paul Shanks/Mike Ceresia; 2nd-Simon Roy/Roger Harripersad; 3rd-Jacques Demers/Martin Mercier; consolation-Andy Fitzpatrick/Stacey Merritt. **Ladies B/C Doubles:** 1st-Tina Denton/Lori-Jane Powell; 2nd-Diane Hambley/Sandra Yan; 3rd-Jennifer Roach/Christine Scott; consolation-Lori Kirk/Carol Moffat. **Ladies A Doubles:** 1st-Linda Ellerington/Lori Johnstone; 2nd-Vicki Brown/Debbie Ward; 3rd-Jo-see Grandmaitre/Nadia Verilli; consolation-Natalie Bernard/Jill Corrado.

New Computer Ranking System

With increased efforts and dedication from Dorothy Jeffery and Jean Desautels the new computer ranking system is now in full operation at the national office in Ottawa. All pertinent information was entered into the system from the ranking run of April 1989 and a successful parallel run was performed with the input from that date up until June 1989 ranking run, which included all results from the National Championships. A final parallel run will be conducted with all information up until September, after which time the present system at the University of British Columbia will be terminated and the

ranking will be entered entirely through the new system.

The new system, developed through the Computer Services Department of the Canadian Sport and Fitness Administration Center, ties in with the present membership files of the Canadian Racquetball Association. David Roach, manager of the department sums up this three year project as follows:

"Computers are increasingly becoming an essential tool in sports administration. The new Racquetball Ranking System is a prime example of how such technology can be effectively used. The ability to easily rank players at various competitive levels across Canada, is the primary goal of the system, once it becomes fully implemented. C.S.F.A.C. programmer, Susan Duncan played an integral role in the design and development of the system. Susan pointed out the fact that the ultimate success of such detailed systems often depends upon 'good cooperation and planning between the user and the developer'. Fortunately, such an approach was adopted for this new Racquetball Ranking System."

Through this system both singles and doubles matches will be entered with appropriate results and rankings available. These and other related items will be the major topics for discussion during the National Ranking Workshop scheduled for September 1989.

Wheelchair Racquetball Attracts Corporate Sponsorship

Wheelchair racquetball in Canada has obtained a national sponsor. Motion 2000 of Don Mills, Ontario, distributes lightweight wheelchairs ideally suited for wheelchair racquetball. They were previously involved in the 1989 Canadian Racquetball Championships held in

Toronto, Ontario this past May. Through direct support from Motion 2000, a video has been produced centered around these championships with interviews from Mark Cormack (four-time National Wheelchair Champion), and Heather Stupp (present Women's World Racquetball Champion), which will be used for promotion and instruction of the sport as early as the 1989 Stoke Mandeville Games. Motion 2000 will also be directly involved with numerous events throughout the country leading up to the 1990 Canadian Racquetball Championships in Montreal in May.

Through the national distributors of Motion 2000 products, a greater awareness of the sport will be promoted with, hopefully, an ever increasing participation.

Pearl Saulnier Celebrates 10th Anniversary

August 13th, 1989, marks the 10th anniversary of dedicated, conscientious efforts by Pearl Saulnier for the Canadian Racquetball Association national office in Ottawa. Pearl, national office secretary, whose duties go well beyond these boundaries, is often heard to remark "we have come a long way from the days when we had our desks out in the hallways." As an intricate factor throughout these years of change she has been the one constant in the ever evolving formation of racquetball, witnessing and assisting in changes in the development of the sport and the people who have shaped its present structure. Both John Hamilton and Bill Houldsworth; past and present executive directors, are indebted to Pearl for her contribution to the operation of the national office. She has created a friendly and positive atmosphere with all the people she has come in contact with through these 10 years. In fact, all of racquetball in Canada is indebted to Pearl. Thank you and congratulations!

industry news

Racquetball Leaders Set Game Plan

Racquetball has a solid game plan now in place for the 1990's.

Racquetball as a sport saw a dramatic decrease in participation in the 1980's. But, there is reason for optimism, at least according to some of the leaders in the sport.

Recently, representatives from every segment of the game met at the Sheraton Grand Hotel at the Dallas/Ft. Worth Airport to discuss the future of the game and how to ensure that racquetball would be a bonafide recreational activity through the next decade. The meeting was hosted by the Racquetball Manufacturers Association, and the agenda featured speakers representing the amateur game, the professional touring players, the teaching professionals, the club owners and the racquetball media.

"What we needed was a long-range plan, but we had to start it some place," said Dick Roberson of Penn Athletic Products, the chairman of the R.M.A. "I think this is where it got started."

The basic premise of the meeting was to allow everyone in racquetball to get a handle on what the other segments were doing to avoid duplication of effort, and to ensure that all of the segments work together for the good of the sport.



Steve Crandall

Steve Crandall, vice president of Ashway and the first vice president of the R.M.A., said that the R.M.A. will act as a catalyst to "double" the number of racquetball players by the end of the 1990's.

Crandall said, "the R.M.A. will act as an information clearinghouse for industry data regarding participation, demographics and other key indicators. The R.M.A. wants to help find creative 'start up' programs to bring new people into the sport and to attract junior players to think about racquetball as a fun and exciting way to spend recreational time." Crandall said that the R.M.A. needed the support and cooperation of all the manufacturers

in the industry and also pointed to the need to support the amateur and professional organizations as well as the club owners. ○

Ektelon Introduces RTS Racquets

Ektelon recently introduced new Racquetball Taper System (RTS) racquets.

According to product manager, Bob Feinberg, "RTS technology increases racquet stiffness by 20% to improve power and control. The key is selective stiffness."

RTS racquets feature a 20% stiffer tip to add power. The midsection is moderately stiff for more control and longer ball dwell time on the strings. To reduce racquet torque and improve accuracy, the throat is stiffened. And the shaft, moderately flexible, lessens vibration to add comfort and playability. ○

Pro Kennex Introduces Widebody Frames

The Marty Hogan Racquetball division of Pro Kennex introduces six new racquets in the Marty Hogan Racquetball Performance Series. Each racquet includes widebody/continual taper frame design offering maximum power and optimum flex, with minimum vibration.

The gradual, steady tapering of the racquet frame and the inclusion of the throat bar serves to balance and weight the racquets for the highest degree of performance. Each racquet is quarter-inch head-light to provide easy maneuverability.

The MHR Series 31 racquets also provide a 95-square-inch hitting surface and a denser string pattern producing an enlarged sweetspot with improved accuracy and control. ○

RichCraft

According to Scott Winters, "A substantial increase in company funding will enable RichCraft to attack the racquetball market in a way that was never possible before. Increases in our advertising, promotional, player program budget and the expansion of our sales rep force will have a very positive impact on our visibility and product awareness."

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Men's Professional Racquetball Association 1989-90 Tour Schedule

August 31-September 4

Westlane Racquet Club
Stockton, CA
Contact: Rob Farons
(209) 473-7171

October 4-8

The Courthouse — Salem, OR
Contact: Dean Wallace
(503) 364-8463

October 18-22

The Woodfield Racquet Club
Schumberg, IL
Contact: Dave Negrete
(312) 884-0678

October 24-28

The Skyline Clubs
Crystal Gateway — Arlington, VA
Contact: Bob Rawlins
(703) 979-9660

November 8-12

Elmwood Fitness
New Orleans, LA
Contact: Steve Gatlin
(504) 733-1600

Women's Professional Racquetball Association 1989-90 Tour Schedule

September 21-24

What-A-Racquet, Colma, CA
Contact: Nester Fernandez
(415) 994-9080

November 4-7

Alaska Athletic Club
Anchorage, AK
Contact: Jay Wistoff
(907) 562-2460

December 8-10

Los Angeles Fitness Club
Anaheim, CA
Contact: Lynn Adams
(714) 979-6942

February 1-4, 1990

Atlanta Sporting Club
Atlanta, GA
Contact: Caryn McKinney
(404) 636-7575

March 1-4

Shawnee-At-Highpoint
Chalfont, PA
Contact: Molly O'Brien
(215) 822-1951

AARA Official Rankings May 20, 1989

Mens Open: 1-D. Ganim, OH; 2-R. McKinney, PA; 3-T. Sweeney, IL; 4-A. Roberts, TN; 5-T. Boscia, CO; 6-J. Cascio, PA; 7-M. Bronfeld, CA; 8-R. Digiacomo, NY; **Mens A:** 1-T. Gately, VA; 2-J. Bonnett, MI; 3-K. Chambers, MS; 4-B. Johnson, PA; 5-S. Corrigan, OH; 6-S. Arizmendi, NY; 7-C. Kleuabthong, WA; 8-J. Lindsey, TX; **Mens B:** 1-S. Patel, NJ; 2-F. Phillips, MA; 3-R. Dargan, PA; 4-G. Higgins, TN; 5-G. Phipps, MI; 6-B. Cowley, IN; 7-B. Turner, TN; 8-C. Hall, VT; **Mens C:** 1-R. Hendren, MD; 2-J. Gallegos, DE; 3-M. Kingery, IN; 4-J. Laskero, IL; 5-W. Zapata, WA; 6-S. Arnold, TX; 7-R. Woodcox, MI; 8-D. Delger, MT; **Mens D:** 1-J. Smith, AL; 2-E. Gough, WA; 3-M. Williamson, TX; 4-R. Blackwood, CA; 5-A. Dagles, RI; 6-J. Fetterman, CA; 7-F. Galan, TX; 8-J. Hall, OK; **Mens Novice:** 1-J. Fallabel, PA; 2-T. Wilson, TX; 3-B. Dougan, NJ; 4-D. Faust, PA; 5-D. Poulin, NH; 6-J. Bacchi, OH; 7-C. Buckholder, TX; 8-R. Cain, TX; **Mens Wheelchair Open:** 1-G. Baker, WV; 2-M. Jenkinson, WV; 3-S. Hickey, WV; 4-J. Harman, WV; **Mens 8NB:** 1-S. Vanderson, OH; 2-W. Tilton, CO; 3-G. Manzuri, CA; 4-G. Gose, NM; 5-T. St Pierre, FL; 6-L. Mer-shon, AL; 7-V. Robledo, CA; 8-J. Williams, NE; **Mens 8:** 1-J. Gautreau, TX; 2-M. Saad, CO; 3-J. Huczek, MI; 4-S. Vanderson, OH; 5-J. Townsend, WI; 6-G. Gose, NM; 7-R. Neighbors, MI; 8-T. St Pierre, FL; **Mens 10:** 1-B. Zimmerman, MI; 2-C. Locker, MN; 3-M. Hurst, FL; 4-S. Rodd, VT; 5-E. Storey, IN; 6-J. Gautreau, TX; 7-B. Hansen, IA; 8-C. Gose, NM; **Mens 12:** 1-A. Thompson, WI; 2-D. Hamilton, OH; 3-T. Criger, NE; 4-S. Wood, MA; 5-S. Zimmerman, MI; 6-C. George, PA; 7-A. Gross, MN; 8-J. Icenogle, CA; **Mens 14:** 1-A. Engel, FL; 2-B. Beugen, MN; 3-C. Plaff, OH; 4-J. Ellenberger, WI; 5-T. Shramek, NE; 6-S. Wirtala, TX; 7-J. Aghaloo, TX; 8-J. Armbricht, NC; **Mens 16:** 1-J. Ellis, CA; 2-R. Walden, FL; 3-J. Gillooly, MA; 4-E. Muller, KS; 5-J. Bonnett, MI; 6-R. Covell, MI; 7-P. Donovan, IN; 8-B. Hartinger, MN; **Mens 18:** 1-M. Guidry, TX; 2-M. Locker, MN; 3-J. Floyd, MI; 4-B. Jorgenson, PA; 5-B. Turner, OH; 6-K. Gelhaus, CA; 7-C. Garrido, TX; 8-T. Jelso, NM; **Mens 19+:** 1-R. McKinney, PA; 2-M. Bronfeld, CA; 3-B. Erickson, MN; 4-S. Graham, CT; 5-M. Lowe, CA; 6-R. Ryder, PA; 7-M. Openbrier, PA; 8-B. Rodriguez, CA; **Mens 25+:** 1-J. Young, PA; 2-D. Negrete, IL; 3-M. Morrison, FL; 4-R. French, MN; 5-B. Williams, TX; 6-G. Weitzel, IN; 7-B. Lyman, IL; 8-J. Emes, PA; **Mens 30+:** 1-B. Corcorran, AZ; 2-E. Garabedian, PA; 3-R. Olson, ME; 4-J. Young, PA; 5-D. Kovanda, OH; 6-R. Babbkoff, OH; 7-M. Morrison, FL; 8-S. Worthy, MI; **Mens 35+:** 1-S. Hastings, MI; 2-E. Garabedian, PA; 3-D. Kovanda, OH; 4-C. Kunkel, CA; 5-R. Brenner, PA; 6-P. Redelheim, TN; 7-C. Dilley, TX; 8-C. Laury, VA; **Mens 40+:** 1-E. Remen, VA; 2-R. Galbreath, PA; 3-J. Hennon, TN; 4-J. Northern, MI; 5-M. Arnold, IN; 6-F. Beckwith, CT; 7-M. Lavikka, OH; 8-H. Grigg, IL; **Mens 45+:** 1-R. Galbreath, PA; 2-B. Lindsay, TX; 3-R. Reicher, DE; 4-R. Hutcherson, IN; 5-T. Perna, OH; 6-R. Johnson, IL; 7-B. Parra, CA; 8-B. Turner, TN; **Mens 50+:** 1-D. Mas, DE; 2-B. Sanders, OH; 3-R. Adams, CA; 4-J. Northwood, AZ; 5-S. Williams, WA; 6-J. Fay, TX; 7-D. Jones, VA; 8-B. Schram, IL; **Mens 55+:** 1-V. Lerner, CA; 2-O. Chapman, OH; 3-J. Bogasky, VA; 4-B. Folsom, ME; 5-L. Hahn, MI; 6-C. Gross, PA; 7-C. Gunn, IN; 8-F. Kilbride, CAN; **Mens 60+:** 1-J. Lambert, TX; 2-J. Barelles, VA; 3-P. Miller, IN; 4-F. Kilbride, CAN; 5-R. Faby, MD; 6-R. Johnson, CA; 7-G. Melvey, ND; 8-G. Towns, IL; **Mens 65+:** 1-L.

Men's Pro Tour Official Rankings July 21, 1989

1	M. Hogan	405
2	R. Gonzalez	385
3	B. Harnett	365
4	C. Swain	345
5	M. Ray	340
6	M. Yellen	335
7	E. Inoue	315
8	D. Johnson	215
9T	J. Newman	185
9T	C. Brysman	185
9T	D. Obremski	185
12T	A. Roberts	165
12T	W. Clouse	165
14T	G. Price	155
14T	T. Doyle	155
16	E. Andrews	115
17T	T. Sweeney	75
17T	Plazak	75
19T	G. Peck	70
19T	R. Harripersad	70
19T	D. Katchtik	70
22	M. Ceresia	65
23	A. Katz	55
24T	J. Evans	45
24T	Snow	45

Wilde, UT; 2-E. Acuff, VA; 3-N. Sans, CA; 4-A. Shepherd, MD; 5-C. Snowberger, PA; 6-A. Goss, CO; 7-T. Duarte, CA; 8-D. Goddard, MT; **Mens 70+:** 1-L. Wilde, UT; 2-C. Russell, CA; 3-A. Shepherd, MD; 4-J. Singer, CA; 5-I. Gumer, KY; 6-G. McDougall, SD; 7-H. Minor, CO; 8-J. Sawbridge, AZ; **Mens 75+:** 1-J. Pearce, TX; 2-H. Cole, NM.

Womens Open: 1-M. Bailey, VA; 2-C. Baxter, PA; 3-T. Bevelock, AZ; 4-R. Levine, CA; 5-M. Gilman, OR; 6-J. Pochilly, NH; 7-J. Hastings, MI; 8-L. Coutu, DE; **Womens A:** 1-N. MacFetrich, MD; 2-H. Gray, VA; 3-A. Dunn, MA; 4-A. Roehler, PA; 5-A. Silva, PA; 6-D. Schmidt, IL; 7-S. Huczek, MI; 8-T. Friedrich, MI; **Womens B:** 1-D. Bercili, PA; 2-P. Missirlan, NE; 3-S. Turner, CT; 4-M. McIntosh, CO; 5-C. Kruse, MI; 6-L. Clark, OH; 7-K. Klouser, PA; 8-L. Matheson, TX; **Womens C:** 1-M. Webb, PA; 2-M. Bishop, PA; 3-M. Harring, IL; 4-D. McCauley, MI; 5-J. Chester, WA; 6-S. Cochrane, TX; 7-K. Gillette, IN; 8-K. Ivory, CA; **Womens D:** 1-L. Hamilton, OH; 2-J. Nixon, IL; 3-J. Giard, RI; 4-J. Hall, CA; 5-J. Jeter, TX; 6-S. Kinney, WA; 7-R. Oullen, IN; 8-W. Ralt, TX; **Womens Novice:** 1-J. Bulle, NJ; 2-M. Remen, VA; 3-K. Marino, CT; 4-T. Brockbank, ID; 5-R. Greene, PA; 6-J. Jeter, TX; 7-J. Williams, TX; 8-L. Celozzi, MD; **Womens 8NB:** 1-L. Hansen, IA; 2-Jamie Trachsel, MN; 3-K. Thompson, WI; 4-M. Manzuri, CA; 5-R. Belden, CO; 6-A. Redelheim, TN; 7-L. Weisbart, IL; 8-S. Borland, IA; **Womens 8:** 1-L. Hansen, IA; 2-Jamie Trachsel, MN; 3-M. Manzuri, CA; 4-E. Smith, OH; 5-Jill Trachsel, MN; 6-L. Weisbart, IL; 7-L. Hudson, IN; 8-L. Roberts, IL; **Womens 10:** 1-D. Derr, FL; 2-S. Mattioli, MA; 3-B. Knitter, WI; 4-J. Koppel, TX; 5-K. O'Connor, FL; 6-Jill Trachsel, MN; 7-S. Gross, MN; 8-A. Meyer, CO; **Womens 12:** 1-A. Beugen, MN; 2-A. Roehler, PA; 3-J. Meyer, CO; 4-A. Boland,

WPRA Official Rankings June 12, 1989

1	C. McKinney	1828.6
2	L. Adams	1771.4
3	T. Bevelock	1035.7
4	M. Drexler	914.3
5	K. Kuhfeld	742.9
6	M. O'Brien	685.7
7	D. Fischl	591.7
8	Jackie Paraiso	578.6
9	C. Doyle	566.7
10	M. Lynch	492.9
11	S. MacTaggart	300.0
12	C. McFetridge	270.0
13T	C. Evon	266.7
13T	A. Katz	266.7
15	R. Whitmire	260.0
16	S. Wright	230.0
17	M. Bailey	210.0
18	S. Robson	170.0
19	J. Grimaldi	160.0
20T	K. Langlotz	140.0
20T	R. Olson	140.0
22	T. Ingram	133.3
23	R. Goblish	128.6
24	C. Nichols	120.0
25T	R. Chilcoate/M. Chin	100.0

MT; 5-D. Derr, FL; 6-A. Meyer, CO; 7-V. Tulao, AL; 8-D. Gates, IL; **Womens 14:** 1-E. Icenogle, CA; 2-H. May, CA; 3-J. Spangenberg, CA; 4-A. Roehler, PA; 5-J. Meyer, CO; 6-D. Peterson, WI; 7-B. Engel, FL; 8-A. Crocker, CO; **Womens 16:** 1-H. Dunn, MA; 2-T. Alonzi, CO; 3-R. Lockey, TX; 4-A. Melville, MN; 5-E. Icenogle, CA; 6-S. Pinola, PA; 7-N. Sloan, IN; 8-M. Carmona, CA; **Womens 18:** 1-M. Gilman, OR; 2-D. Sibell, MN; 3-C. Doyle, NY; 4-H. Gray, VA; 5-R. Lockey, TX; 6-T. Spangler, WA; 7-M. Gates, IL; 8-H. Gray, TN; **Womens 19+:** 1-L. Coburn, MD; 2-C. Gudas, IL; 3-L. Ecker, MI; 4-L. Anthony, CA; 5-P. Musselman, PA; 6-L. Troszak, MI; 7-K. Hallander, FL; 8-L. Coutu, DE; **Womens 25+:** 1-M. Bailey, VA; 2-G. Grigsby, KY; 3-J. Pochilly, NH; 4-L. Butler, TX; 5-M. Lyons, FL; 6-L. Kupish, CA; 7-L. Screeton, IN; 8-P. Musselman, PA; **Womens 30+:** 1-M. Bickley, PA; 2-S. Morgan, FL; 3-J. Risch, TX; 4-C. Ortiz, WA; 5-T. Gatarz, NJ; 6-T. Hokanson, CA; 7-B. Harrison, OH; 8-V. King, TN; **Womens 35+:** 1-C. Dattisman, PA; 2-F. Iffert, PA; 3-T. Hokanson, CA; 4-K. Childs, TX; 5-D. Gridley, CO; 6-M. Kelley, CA; 7-N. Kronenfeld, IL; 8-D. Chaney, IN; **Womens 40+:** 1-M. Kelley, CA; 2-D. Hinkin, PA; 3-A. Falso, FL; 4-M. Weldin, DE; 5-Y. Cox, PA; 6-B. Powell, IL; 7-L. Siau, AZ; 8-G. Benham, AR; **Womens 45+:** 1-C. Lombardi, VA; 2-K. Mueller, MN; 3-N. Loomis, VA; 4-M. Johnson, TX; 5-J. Schmiot, FL; 6-S. Sawyer, UT; 7-J. Tull, VA; 8-S. Busch, MO; **Womens 50+:** 1-M. Crawford, NY; 2-J. Kenyon, FL; 3-C. Ching, PA; 4-J. Rada, PA; 5-J. Tull, VA; 6-K. Mueller, MN; 7-M. Walker, CA; 8-J. Gartland, MA; **Womens 55+:** 1-J. Kenyon, FL; 2-R. Mooney, CO; 3-M. Acuff, VA; 4-M. Walker, CA; 5-C. Gautreau, TX; **Womens 60+:** 1-M. Acuff, VA; 2-P. Melvey, ND; 3-C. Gautreau, TX; 4-E. Quackenbush, OR; 5-R. Cowle, NY; **Womens 65+:** 1-M. Acuff, VA; 2-E. Quackenbush, OR; 3-N. Friedland, NM; **Womens 70+:** 1-Z. Friedland, NM; **Womens 75+:** 1-Z. Friedland, NM.



Norm Blum's Passing Shots



OPINION DEPARTMENT — Don't downplay **Marty Hogan's** No. 1 ranking. Sure it was based on only a handful of tournaments, but in 10 years people will have forgotten that fact. They'll only remember that he was the world's No. 1 player for 1988-89.

POTPOURRI — Laurels to the **Illinois State Racquetball Association**. Immediately following the state championship they secured the **Chicago Sun Times** as a sponsor for the second consecutive year. By the way, there were more than 700 individual entrants, not 500 as earlier reported... **Al Seitelman's Long Island Open** is still considered the nation's largest tournament with upwards of 900 entrants. It has tradition and offers something different from the ordinary tournament. "We had an artist who drew caricatures of players at the tournament site," said **Seitelman**... The **Ektelon Nationals** had a \$500,000 economic impact on the city of Houston. Lord knows it needs it... The **Caryn McKinney** fan club verbally abused me for my statements a couple of issues back on how a healthy **Lynn Adams** could walk all over **McKinney**. **Jim Carson**, **Adams'** former husband, concurred with my opinion. "Because of her health problems, **Lynn** couldn't play 18 holes of golf without a cart," said **Carson**, who still coaches her...

MONEY MAKING IDEA FOR SEPTEMBER — This one is borrowed from Illinois. At the state tournament there, organizers gave players the option of receiving their \$5 back for refereeing or selecting a variety of gifts all valued over \$5. The gifts were donated so the \$5 went to the state association... When the pro tour resumes, expect some youngsters to register a few upsets. The days of **Hogan**, **Yellen**, **Harnett** and **Swain** dominating are over... The **Atlanta Sporting Club** dedicated its

glass court to **Caryn McKinney** via a plaque placed outside the court... Noticed when vacationing in Calgary, Canada that racquetball receives a lot of attention. A list of clubs was provided in all the "What To Do" publications. In the states such guides rarely list racquetball... For the third straight year I played **Susan Morgan**, my club pro, before she played in the Nationals. She's won three straight national titles, so the tune-up must work... An added benefit a club receives from arranging matches for its members is positive word of mouth. It's great for a member's status to be able to tell his friends that his club arranges matches for him... The \$2-million **Club Vita** has opened in Nashville, TN, with six beautiful racquetball courts... Perhaps the most successful charity tournament in the nation is **Plack's Shoot To Feed**, presented by a restaurant called **Nicholas Nicholas**. The Honolulu, HI, event raised \$15,000 last year and hopes to increase it each year... There was an imposter in Orlando telling folks he was **Mike Yellen**. He had people convinced until he went on the court. **Yellen** was in San Diego at that time... Saw a sign in a fitness room which posted hours for when the TV could be on and when the radio could be turned up. Apparently the TV viewers and radio listeners argued so much a rule was created. Now, does that behavior occur on the racquetball court?

POTPOURRI FROM THE U.S. NATIONALS — Hall of Fame Inductee **Charlie Garfinkel** on why he refs so much: "It's the only time I talk and people listen." ... Maybe it's because I'm still a relatively new dad or a softie, but I savored the awards presentation — especially when 35+ national champ **Janell Marriott** included her two youngsters, a seven-month-old and a 21-month-old in the picture. **Marriott** was ranked second on the women's pro tour in the late '70s, but still thinks representing the U.S. Na-

tional Team would be an honor. Isn't that refreshing?... Nebraska's **John McClain** has quite a skein going. He's been the state champ for five straight years... A 75-year-old Sarasota, FL, player **Bob Wise** drove to Houston. "At my age I have to maintain my driving skills..." National Rules Commissioner **Otto Dietrich** didn't referee all the important open matches. Otto believes others should have the opportunity as he oversees the action... Sorry ladies, but former National Champion **Andy Roberts** is tying the knot... Illinois was well represented in the Nationals with a contingent of 55... Wheelchair racquetball player **James Golden** of Lubbock, TX, was disappointed there was no wheelchair division this year. Racquetball is now part of the National Wheelchair games, but **Golden** says it just wasn't the same... Casino Night raised several thousand dollars for the U.S. National Team but more is needed... Open finalists **Cindy Doyle** and **Michelle Gilman** are used to wearing similar outfits because they are doubles partners and had to make sure their outfits didn't clash for the televised finals... **Cindy Doyle**, who sports a fast serve, on brother **Tim's** skid-like serve: "I've tried returning it. No way. Impossible. My advice to his opponents: pray."

AT&T, known for its touching commercials, missed a perfect opportunity. The **Doyle's** calling home from the lobby of the Hyatt Regency following their semifinal open triumphs was a touching scene...

THINGS I LIKE — Hotels close to tournament sites, the fresh smell of a just opened can of balls and going a week without losing.

THINGS I DISLIKE — Having to sit on a linoleum floor watching an open match for an hour-and-a-half, finishing last in the league and people who get their thrills by trying to shut you out. O

President's Column

by Van Dubolsky



Not too long ago, Jo Kenyon of Fort Lauderdale, FL became a lifetime member of the A.A.R.A. Jo has been involved in our sport for a number of years, and has gained the status and respect which comes with being a gold medalist (she took both the Women's 50+ and 55+ titles in Houston this year). Moreover, she has been a major contributor to the development of racquetball at the state level. Her hard work and commitment to the Florida Racquetball Association has helped the FRA become one of the A.A.R.A.'s strongest state affiliates.

Jo sent me a personal note saying how pleased she was to support racquetball with the purchase of a lifetime membership! I was very proud to send her check to the National Office and I want to

share with all of you the response she received from John Mooney, Assistant Executive Director of Membership Services. With John and Jo's permission, here is that letter:

Dear Jo,

Thank you so much for choosing to purchase a lifetime membership in the A.A.R.A. We have received numerous donations over the years but it is a rare pleasure to process a lifetime membership. It is with equal pleasure that we acknowledge your payment and issue a lifetime membership, because we know that there is a willingness and dedication on your part to support the programs of the American Amateur Racquetball Association.

Jo, your lifetime membership helps insure that your association (A.A.R.A.) will continue to strive toward its' goals of bringing amateur racquetball programs to everyone. You are probably already aware of the A.A.R.A. designation as official governing body of racquetball in the United States by the United States Olympic Committee. Our position on racquetball is to see that every person of every age, in every ethnic group and at every income level in the United States is given an opportunity to participate in racquetball. Programs, developed by the A.A.R.A. include: the Intercollegiate Program, the National Junior Program, the National High School Program, the National Referee Certification Program, the National Disabled Program, the National Ranking System, and the recently instituted National Minority Program. These programs are national in scope and would not be in existence without the effort and direction of the A.A.R.A. We also have affiliated associations in all 50 states, with 50% of the income from membership dues going

back to those associations for use in the "grassroots" promotion of racquetball. We have a 16-member United States Racquetball Team comprised of our National Champions (Juniors, Intercollegiate & U.S. Open) who represent the United States in International competition and goodwill tours.

A major goal for the A.A.R.A. has been to see racquetball designated a Class A sport by the United States Olympic Committee. In February of this year we achieved this Class A status by a vote in the House of Delegates Meeting in Portland, OR. Racquetball is now a medal sport in the Pan American Games, the Central American Games, the Olympic Sports Festival and very soon (possibly by 1996) a medal sport in the Olympic Games.

Enclosed is your lifetime membership card. You belong to an elite group, as only 31 members of the A.A.R.A. are lifetime members. On behalf of the Board of Directors, I would like to welcome you to this special group of A.A.R.A. members and personally thank you for being a driving force in the future of the sport of racquetball.

Sincerely,
John H. Mooney
Assistant Executive Director

It is my hope that anyone who reads this letter understands what this association stands for and how it functions. We (the A.A.R.A.) are the national governing body for the sport of racquetball, but the success of association programs, ideals and dreams depends on the continued dedication of our entire membership — at all levels of involvement. My thanks go to Jo Kenyon, and everyone else who supports the A.A.R.A., as we vigorously promote racquetball in the years to come.

A.A.R.A. Notes

National Office Names New Directors

At its May meeting in Houston, the A.A.R.A. Board of Directors announced the appointment of Jim Hiser and Linda Mojer to the national staff, and the promotion of John Mooney to Assistant Executive Director of Membership Services.

Hiser relocated from Michigan to assume the position of Assistant Executive Director of Program Services in the Colorado Springs office. His duties include acting as Olympic Committee liaison for the U.S. National Team, as well as coordinating such A.A.R.A. programs as the Professional Association of Racquetball Instructors (PARI), the American Collegiate Racquetball Association (ACRA), annual Elite Training Camps, growth councils for minorities, women and juniors, plus ongoing grassroots development.

Mojer was selected as the A.A.R.A.'s first full-time Director of Media and Public Relations after two years of volunteer service in the position. She is responsible for the preparation of all A.A.R.A. publications and press releases, providing player information to media outlets, and implementing a full-scale information program for amateur racquetball from an east coast office established in Florida. For media information or promotional materials, please contact the A.A.R.A. Media Office at 915 North Kentucky Avenue, Winter Park, FL 32789-4736. Phone: (407) 647-4298, Fax: (407) 647-1743. ○

Junior Regional Directors Sought

In a move to strengthen junior programs across the country, the A.A.R.A. Board of Directors voted to separate the responsibilities of Regional Directors who previously coordinated both adult and junior regional programs. Wherever possible, incumbent directors were asked to accept two-year terms as either an Adult or Junior Regional Director, and identify candidates for the remaining slot. The action will nearly double the size of the A.A.R.A. volunteer corps. ○

U.S.O.C. Drug Testing At National Events

As racquetball becomes more firmly established as a Group A Olympic sport, U.S. National Championship titles will mean more than they have in the past. An outstanding performance at an A.A.R.A. National can mean qualification (or consideration) for some form of Olympic, Pan American or other international event.

With this honor comes the responsibility of upholding international competitive standards. This year's National Championship was the first A.A.R.A. event to also serve as an Olympic event qualifier, and the USOC moved swiftly to implement its drug testing policy in compliance with International Olympic Committee regulations. As part of the larger amateur sports scene, all competitors at the national Open level can expect to be subject to random drug testing at all future events which serve as Olympic qualifiers.

For more information about USOC drug testing policies, please call the USOC Division of Sports Medicine and Science "Drug Education Hotline" — 1-800-233-0393. ○

**IN REVIEW
IN REVIEW
IN REVIEW**



Now Arriving...

The National Office has hosted several foreign delegations over the past months, as planning for the 1990 international season gets underway. Cuban representatives of the Pan American Racquetball Confederation (PARC) visited the Colorado Springs office in June to discuss the upcoming Pan American Games, followed by a group of East German Olympic Committee delegates in early July. ○

Annual Service Awards Announced in Houston

A series of annual awards were announced at the banquet celebrating the 1989 U.S. National Singles Championships in Houston. After being honored as the A.A.R.A. Male Athlete of the Year, Andy Roberts made a special announcement of his "Good Friday" engagement to Kim Cooling. The assembled male guests gave a collective sigh of relief when Female Athlete of the Year Toni Bevelock made no such announcement on her own behalf.

In recognition of outstanding service to racquetball over the course of the year, national team coach Gary Mazaroff of Albuquerque, NM received the 1989 John Halvorsen award. Penny Missirlian was honored for her work as Nebraska State Director, and Paul Redelheim received the corresponding regional award for his efforts in Region Five. ○

1989 National Seniors Championships

by Steve Lerner

The 1989 National Seniors Racquetball Championships held July 13-16 at the Continental Athletic Club in Columbus, OH, featured players from twelve states. Fourteen players were entered in each of the divisions, to compete for medals and \$3,000 in prize money, in a round robin format of six matches to the semifinals. Two groups per division fought for two semifinal spots. Winners of the semifinals moved on to final rounds in 30+/35+ and 40+ divisions.

Semifinalists in the 30+/35+ division were Tom Travers of Cleveland, OH; Scott Clark of Louisville, KY; Bobby Corcorran of Phoenix, AZ; and Ron Woolard, tournament director from Columbus, OH.

Corcorran beat Travers in the final 11-6, 11-8, 11-4, Woolard earned the bronze medal defeating Clark.

The 40+ semifinals featured Jim Barley, Norfolk, VA; Dominic Palmieri, Strongsville, OH; Dave Kovanda, Columbus, OH; and Rick Rios, Belgrade, MT. Kovanda prevailed over Rios in the final 11-7, 7-11, 11-3, 11-3 while Barley took the bronze. ○

**Region Four:
Florida and Georgia**

Team Florida Takes Nationals By Wide Margin

from "FRA News"



Team Florida women medalists include: (left to right) Eileen Tuckman, Agatha Falso, Jo Kenyon, Janis Smith, Susan Morgan and Mary Lyons.

With a total of 148 points, five gold medals, four silver, four bronze, and ten quarter finalists, "Team Florida" clinched the overall title at this year's Ektelon/U.S. National Singles Championships in Houston by a convincing margin. California trailed by 54 points with a total of 94 in the final tally, followed by Virginia with 87 and Ohio with 71. Not only did the team do well collectively, several of Florida's most outstanding players made history by qualifying for the first official USOC event for racquetball — the 1989 Olympic Festival in Oklahoma City.

To qualify for the one-time Olympic Festival Team (as opposed to being appointed to the U.S. National Team for the entire year), players had to reach the quarter finals of the Men's and Women's Open divisions. Regional champion Susan Morgan and state winner Fred Calabrese did so by advancing against stiff early round competition to reach qualifying rounds.

In the Men's championship age divisions, well-established Florida players added their fair share of points to the tallies. Charlie Nichols advanced through five rounds before defeating Californian Joey Paraiso for the 19+ title, while teammate Curtis Winter picked up the division bronze with a win over Rick Bezousek. In the 25+

bracket, Sergio Gonzalez took the bronze from New Yorker Tom Montalbano. After six rounds of play in the 30s, Mark Morrison reversed the outcome of last year's final defeating Arizona's Bob Corcorran. Nick Sans took a silver in the Men's 65 and Bill Duckworth snagged a bronze in the Men's 75 division. In the Men's A division, Jim Fanning might have argued the term "non-championship" event after he charged through five rounds of fevered play to get to his third place playoff. Other men's division quarter finalists were: Brent Huber (25+); Mitt Layton (30+ and 35+); Gene Landrum (50+); Ed Busigo (65+); Jack Murphy (4th/70+); Bill Duckworth (70+) and Robert Wise (4th/75+).

Florida ladies began their "medal collection" in the Women's 30+ division, where a "business as usual" final between Susan Morgan and Mary Lyons guaranteed a gold for Florida one way or another. Maintaining their hometown record, Susan successfully defended her 30+ title against her long-time doubles partner in two games. Remaining division action featured silver medalists Eileen Tuckman in Women's 35 and Janis Smith in Women's 40, while a pair of gold medals went to Jo Kenyon, who defended her titles against challengers Marion Crawford of New York in Women's 50+ and Mary Walker of California in the 55s. Remaining quarter finalists were Britt Engel (WA); Kersten Hallendar (4th/W19); Lori Basch (W19+) and Pat Alt in (W45).

Fifty-eight players made up Team Florida. Each of them made a contribution to this year's team win. For their efforts, Gene Owen accepted the three-foot championship trophy on behalf of the FRA at the final awards presentation — and then wondered if he would need to buy a seat for it on the plane.

Region Eight:
Iowa, Illinois, Wisconsin

Jim Jeffers Elected To The Illinois Junior Hall Of Fame

by Alvin Barasch,
Region Eight Junior Commissioner

On March 11, 1989, Jim Jeffers was inducted into the Illinois Junior Hall of Fame in recognition of his outstanding sportsmanship and record of achieving championship titles at the state, regional, collegiate and national levels — all while continuing to support juniors in the State of Illinois.

Jim is only the second person inducted into the Hall of Fame. He fit all the criteria required for nomination and had the full support of the Illinois State Juniors' Committee; Alvin Barasch, Rich Clay, Bill Roberts, Al Danielwicz, Jordan Kahn and Kimberlie Hinkes.

The basic criteria used in the selection process are:

1. Sportsmanship — the highest priority.
2. Accomplishments — must have occurred during amateur play.
3. Minimum age — 21 years, with five years of play.
4. Playing ability and record — state, regional, collegiate, national and international play.
5. Teaching ability and results.
6. Promotion of the game.
7. Administrative skills.
8. Support to our state junior programs.

Jim easily met all of the above criteria and received a unanimous vote.

The Illinois State Racquetball Juniors' Committee is proud to have Jim as a member of our Hall of Fame. He joins Jack Newman, who was elected in 1984 for his outstanding sportsmanship and achievement of more amateur titles than any racquetball player in Illinois history.

Jim is twenty-four years old. He began playing junior tournaments in 1979 as a

mini-course for school. His record includes: Junior National Championship tournaments from Indianapolis, 1980 through 1984. Racquetball at Memphis State University; 1983-1984, 1986-1987. Titles; 1984 — Men's Intercollegiate Doubles, first place, 1985 — Men's Regional Open and 19+; first place, 1985 — Men's National, 19+; third place, 1986 — Men's Collegiate as the #3 singles and as the #2 doubles; first place, 1989 — Men's Regional 19+; first place.

Jim graduated from Memphis State University, with a B.S. in health and fitness management. He is currently enrolled in the University of Illinois-Chicago, Graduate School hoping to earn his M.S. in corporate health and fitness. He manages Supreme Courts Racquetball Club, Crystal Lake. ☉



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**Region Nine:
Michigan, West Virginia, Ohio**

The Best Ever! The 15th Annual Ohio State Singles Championships

from "Racquetball Around Ohio"

The Hall of Fame Fitness Center in Canton played host to the best state singles championship ever held in the state of Ohio. This year's event had over 500 entrants. Players from all over the state packed the 33 divisions, each competing for prestigious skill and age division titles.

Upon registering for the tournament, each player received a players package loaded with racquetball products and souvenir items donated by sponsors/supporters.

Players generally agreed that hospitality was the best ever provided at a racquetball tournament in Ohio. The First Annual Awards Banquet was held Saturday evening at the Hall of Fame Fitness Center. A full awards program followed dinner. Special awards included the 1989

Ohio Racquetball Hall of Fame induction of Otis Chapman, the Red Roof Inn/Ohio Collegiate Scholarship of \$1,000 to Nicholas Strike, and the Gunselman Award to Steve Lerner. Other recognition in-

cluded "Most Improved Male," Sean Corrigan, "Most Improved Female," Gloria Cleveland, and the Sportsmanship Award to Ron Babkoff.

Steve Lerner presented a computerized slide show set to music, titled "The 1988-89 Season in Review." The 20-minute sight and sound spectacular consisted of a collage of pictures taken throughout the season at various ORA sanctioned events.

The banquet concluded with an auction to benefit the United States National Racquetball Team. Thanks to sponsor donations and good attendance by players the auction raised \$2,500 for the team.

It was back to business Sunday morning — Special State Championships awards were unveiled for the top four finishers in each division. The attractive awards seemed to spur the competitors on, as each vied for the coveted State titles. Warner Cable of Akron filmed the Men's and Women's Open semifinals and finals for television distribution throughout the State of Ohio, making it the first event in the history of Ohio racquetball to be televised.

In the featured Open divisions, Tim Doyle successfully defended his 1988 title, defeating Doug Ganim in an 11-9 tiebreaker final.

Jessica Hedler won her first title and took over Ohio's #1 women's ranking. She defeated top-ranked Barb Harrison in two games.

In the men's age divisions, Dave Kovanda won state titles in both the Men's 30+ and 35+ divisions, while Bobby Sanders won state titles in both the Men's 45+ and 50+ divisions. Almost doubling up on trophies were Otis Chapman winning the Men's 55+ division after losing the Men's 50+ final, and Bonnie Kowalski who won the Women's 25+ division after an Open semifinal loss. In junior divisions, Bart Turner successfully defended his 18 & under title, defeating scholarship winner Nicholas Strike in the finals. In the Girl's 12 and under division, Liz Gibson defeated Ashley Crouse. ○



photos by
Steve Lerner



Region Fourteen:
California, Nevada, Hawaii

Adult and Junior Championships Decided in Southern California

by Scott Winters



Tournament Director Rich Wagner with Girl's 8 & under finalists Emily Daniels and Meital Manzuri.

The 1989 Ektelon/A.A.R.A. Region 14 Championships were hosted by thirty-three court, Racquetball World in Santa Ana, April 21-23. Region 14 includes California, Nevada, and Hawaii.

Over 400 entries were received in 29 singles divisions, making this one of the biggest tournaments ever held in this region. These divisions ranged from men's and women's age 19+ to 70+. Michael Bronfeld and Jackie Paraiso took the Men's and Women's Open titles.

For Bronfeld, a resident of Monterey, CA, and student at Sacramento State University, this year's regional and national results were very important. After a disappointing and surprising first round loss in this year's National Intercollegiate Championships, Bronfeld hoped to re-qualify for the U.S. National Team by winning the National Singles Championships, in Houston, TX. But, winning the Regionals was no easy task. Bronfeld had to come from behind to pull out a close tiebreaker victory over John Ellis from Stockton, CA. Ellis, the sixth seed in the draw, was a surprise finalist. He defeated Bill Sell from Huntington Beach, CA, in the quarter finals, and Mike Lowe from Vacaville, CA, in the semis. Ellis is a 16-year-old who has won four Junior National Singles titles.

Jackie Paraiso and Robin Levine met in both the Women's Open and Women's 19+ finals. Levine, who recently defended her National Intercollegiate Championship title for Sacramento State University, defeated Paraiso in the Women's 19+ final, but Paraiso got her game together to defeat Levine in the Women's Open final. Paraiso resides in San Diego, CA.

She is currently ranked #6 on the Women's Pro Tour.

The most successful player of the tournament was Mary Walker of Canoga Park, CA. Mary walked away with three regional titles including: Women's 45+, 50+, and 55+.

Craig Kunkel from Walnut Creek, CA, won the Men's 35+ division. He is a two-time National Champion in this division and he is planning to regain the title after losing it last year for the first time since 1986.

Region 14 Director, Mickey Bellah, said about the tournament: "I was very pleased with our turn-out. I've been participating in the regional tournaments for the past seven years and this is by far the most successful. This year's tournament will serve as a great building block for many regionals to come!"

The 1989 Junior Olympic Region 14 Championships were held at the Tournament House in Riverside, CA.

Junior players age 7-18 from California and Nevada played for top spots in their divisions. Regional tournaments are very important to the juniors. Players who do well in regional competition receive "seeding" preference at the Junior Nationals ensuring them a good spot in a draw of tough competition.

The biggest success story of the Junior event revolved around the Spangenberg family. They won so many trophies that dad, Hal Spangenberg, Sr., probably had to rent a truck to drive home to San Jose, CA. The oldest of the Spangenberg clan, Mark, took second place in the Boy's 18 and under singles, and third place in doubles. Jenny won the Girl's 16 and

under singles. Hal Jr. won first place in the Boy's 10 and under singles and doubles, and second in Boy's 12 and under doubles with his partner, Tyler Siggins from Chino, CA.

John Ellis from Stockton, CA, continued his dominance by sweeping the Boy's 16 and under singles and doubles events. Ellis really has to be considered one of the best up and coming players in racquetball at this time. Another great prospect from Stockton is Delmar Vasquez. Like Ellis, Delmar swept the Boy's 14 and under singles and doubles divisions.

The Icenogle family from Auburn, CA, had a very successful trip as Elkova won the Girl's 14 and under singles division and sister Rusti came second to Jenny Spangenberg in the Girl's 16 and under. Jason Icenogle teamed up with Shane Brown from Tulare, CA, to win the Boy's 12 and under doubles, and finished second to Brown in the singles event. Brown was another of the five players in the tournament to sweep his age division.

Kelly Gelhaus, defeated Mark Spangenberg in the Boy's 18 and under singles division. Their 11-10 tiebreaker was the most exciting match of the tournament. Gelhaus also teamed with Joe Paraiso from San Diego, CA, to win the Boy's 18 and under doubles division.

Tournament directors, Rich Wagner and Vance Lerner, always put on a well-organized tournament with plenty of hospitality. An extra added benefit to all winners was a \$100 cash award, to be used for Junior National expenses. ○

Tooth Avulsion

by Paul R. Krasner, D.D.S.

Each year over two million teeth are knocked out (avulsed) in accidents, and needlessly lost. Many accidents occur during sports activities such as hockey or football and during routine school activities. Everyone including those involved in sports or school activities, should be aware of the fact that dental research has developed methods of saving almost all of those knocked out teeth through a process called replantation.

The American Dental Association recommends that knocked-out teeth be placed back into the socket or stored in a tooth preserving medium until a dentist can be located.

The best place to store a knocked-out tooth is in a specially designed device called an Emergency Tooth Preserving System. This device contains a cell preserving medium and retaining net that can wash and reconstitute the tooth for 12 hours. If this is not available, the tooth should be soaked in cold, fresh whole milk and placed in a plastic container with a securely fitting top for a maximum of two hours. If these methods are not available the tooth can be placed under the accident victim's tongue. In every case, the victim should always be taken to a dentist as quickly as possible. Follow-up dental care is necessary.

An avulsed tooth should never be placed in tap water, dry tissue, or gauze. These will almost always cause death of the tooth.

Replanting an avulsed tooth is far less expensive, (costing \$400 versus \$1,500-\$10,000) than replacing a missing front tooth. It is also less painful, and far more aesthetic. ○

Schedule of Events

September 8-10

Mental Health Association Benefit
American Fitness
4010 Gunn Highway
Tampa, FL 33629
Avilio Hernandez 813-968-6086

September 8-10

Sportime Racquet & Athletic Club Open
Sportime Racquet & Athletic Club
P.O. Box 10527
Greensboro, NC 27404
Mike Dimoff 919-275-1391

September 15-17

Ektelon/AARA/Region 15 Doubles
Pacific West Club
1340 West Smith
Kent, WA 98013
Sid Williams 206-473-2266

September 15-17

Massachusetts State Doubles
Championships
508-832-3459

September 22-24

Ektelon/AARA Region 4 Doubles
Atlanta, GA
Mike Brooks 404-422-7776

September 22-24

West Virginia State Doubles
West Virginia Racquet Club
137 Waddles Run Road
Wheeling, WV 26003

September 29-October 1

Carolina Fall Doubles 1989
Charlotte Racquetball & Health Club
P.O. Box 10527
Greensboro, NC 27404
Mike Dimoff 919-379-0550

October 6-8

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

October 13-15

Indian Summer Racquetball Classic
Nationwide Fitness & Racquetball Club
3216 West Highway 390
Panama City, FL 32405
Eric Breese 904-769-6184

October 13-15

New Jersey Fall Kick-Off Championships
King George Racquetball Club
17 King George Road
Greenbrook, NJ 08818
Lisa Gaertner/Bob Zander
201-471-3864

October 19-21

Holiday Open Benefit
Pacific West Club
32318 1st Avenue South
Federal Way, WA 98003
Sid Williams 206-473-2266

October 20-22

Atlantic City Championships
Atlantic Health & Racquet Club
1775 Water Place
Atlantic, GA 30339
Mike Brooks 404-952-3200

October 20-22

For Women Only Racquetball Tournament
Charlotte Racquetball & Health Club
5501-77 Center Drive
Charlotte, NC 28210
Debbie Kenna 704-523-5769

October 20-22

3rd Invitational Halloween Tournament
Sports West Athletic Club
1575 South Virginia Street
Reno, NV 89502
Michael & Kelly Dick
702-348-6666

October 26-29

1989 Ektelon/U.S. National Doubles
Burnsville Racquet & Swim Club
14600 Burn Haven Road
Burnsville, MN 55337
Luke St. Onge 612-722-7321

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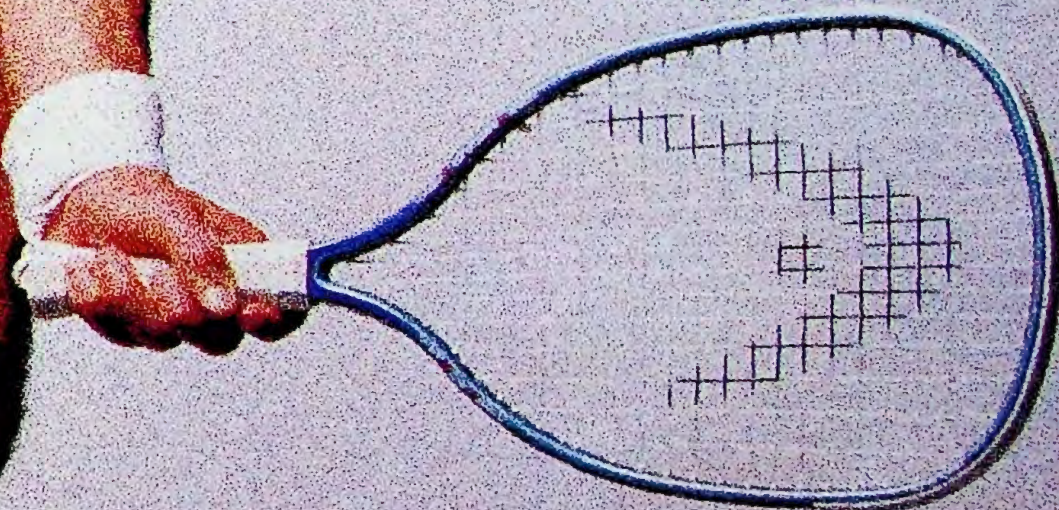
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Left: Standard models available in crystal (shown) and tortoise.

Below: Caryn McKinney, #2 on the WPRA pro tour, uses Action Eyes exclusively.

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