

ROLLOUT

COLORADO RACQUETBALL ASSOCIATION NEWSLETTER

LOCKER ROOM TALK

- **Four Elected to AARA** – Incumbant President, Van Dubolsky of Gainesville, Florida; National Rules Commissioner, Michael Arnolt of Indianapolis, Indiana; and Vice President, Jim Hiser of Davison, Michigan; along with new member **John Foust** of Denver, Colorado, were elected to the AARA Board of Directors for three year terms. John Foust brings 12 years of organizational skills to the Board as well as being a past state director and current Region 12 director.
- **Lost and Found** – No one really lost this person but those of you who remember former Evergreen pro Ken Stone will be happy to know he's alive and doing well in San Francisco. He's currently working for a computer company doing financial planning, and has been laying low on racquetball due to various injuries. Ken noted he runs into another old time Colorado player Mike Sladky here and there. If you'd like to drop Ken a line he can be reached at 495 3rd Avenue, #10, San Francisco, CA, 94118.
- **VISA to Offer Cards** – And here you thought that racquetball players weren't important. The VISA credit card company will be offering to AARA/CRA members special AARA/VISA cards. Well, hopefully by now you will have received information from VISA pertaining to these cards. The card is being offered to all AARA members on file as of July 7, 1987. Keep check on your mail box for more detailed information.
- **John Halverson Award** – The most prestigious award in the sport of racquetball was given to Connie Peterson Martin, Director of the newly formed and operating Professional Association of Racquetball Instructors (P.A.R.I.) during the Annual Awards Banquet held as part of the 1987 U.S. National Singles. In a little over three months since its inception, over 36 instructors have been certified and six clinics administered. The AARA has determined P.A.R.I. as a major developmental project in once again introducing racquetball instructors and programming in the court clubs.
- **Male Athlete of the Year** – Egan Inoue of Honolulu, Hawaii, was voted the Outstanding Male Athlete of the Year by the AARA. Egan was recognized at the Annual Awards Banquet of the AARA for his accomplishment in leading the U.S. Team to the World Championships as well as the individual World Championship title. Egan also led the U.S. to the team title in the Tournament of the Americas in Caracas, Venezuela, capturing both the

Colorado players take a minute to pose at the Regionals in Utah. ▶



▲ Who's this? Jim McMahon or Mike Yellan?



▲ 5 time Men's Pro, National Champion Mike Yellan with Johnny Langland on KBYG.



▲ Linda Wright of Nebraska congratulates Diane Adams (right) of Fort Collins who placed 3rd in U.S. National Singles in Houston. For complete standing see page 7.

singles and open doubles title. Egan was voted the Outstanding Athlete of the Year by the U.S.O.C.

- **Female Athlete of the Year** – Cindy Baxter of Lewistown, Pennsylvania, was recognized for the fifth time as the Female Athlete of the Year by the AARA. Cindy's accomplishments in 1986 were phenomenal as she repeated the U.S. National Singles Champion and led the U.S. Team to the women's team title and captured her third straight World Championship crown.
- **CRA New Beginnings** – In an effort to

make the CRA more efficient, we now have our own telephone number 771-2768. We have also recently hired a secretary, and she can be reached along with Sherry Armstrong at the telephone number above.

- **PAN AMS** – In a continuing effort by the United States Olympic Committee to support developing sports, the U.S.O.C. has agreed to host the KKTU/Ektelon Pan American Racquetball Championships September 16-19, 1987. Athletes from over fifteen

Continued on page 3.

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ROLLOUT

PRESIDENT'S MESSAGE

A New Season

by Sherry Armstrong
President/CRA

Avid racquetball enthusiasts play racquetball all the time — summer, winter, rain or shine. However, for many of our not-so-fanatical players a so-called "season" exists. Well, we're coming into "season". From the CRA's standpoint we have been very busy preparing for the 1987-88 racquetball season. It really is looking good.

Thirty-seven sanctioned tournaments are scheduled. Most of these have track records from previous years bringing experience and a good "feel" for what it takes to run a successful event.

The Colorado State Doubles Championship is scheduled for September 24-28. The Steering committee headed by Dan Schliebe, tournament director, includes: Mary Rodriguez, Debbie Gridley and Sue Ruhl. They have been quite creative in planning this tournament. Your \$\$\$ are definitely well spent on this event.

Mary Ann Czupor, Patty Hawkins and Helen O'Connell have been busily preparing the juniors program to include fun days, fund raisers, and several special events. I would personally like to recognize 3 people that have worked hard to provide information through the ROLLOUT. The new "face" of our ROLLOUT is due to our publisher, Joyce Hemmen and her associate Suzanne Sparrow. The content is 90% John Foust. Believe me, this is a lot of work for all involved.

The Colorado Racquetball Association is growing. We have learned a lot through the years and we still make mistakes, but hopefully fewer of them. But we also do a lot of things right. In our quest for "perfection" we are moving toward an office with paid help. We have hired a secretary, have a separate telephone line (771-2768) and within the month will be entering data into our own computer system. Pat Jacques, (another outstanding racquetball player) is a computer analyst who has been working with the association to develop the hardware and software design of the system. She has also offered her services to design the software for our special applications. She's been a big help. Thanks, Pat.

In July, the CRA Board of Directors voted to charge a \$1.00 CRA Administrative Fee to players in sanctioned events. This \$1.00 will help pay for some of our administrative expenses. We feel confident that your fee will be well spent and we thank you!

We always have some special people in our midst. But one person is on my "list" at the moment. Johnny Langland-KBYG "What's Your Racquet" radio personality and racquetball enthusiast has been providing information along with special guests including Luke St. Onge, AARA Executive Director, and Mike Yelland, racquetball professional. You can listen to "What's Your Racquet" on KBYG, 1090 AM, every Tuesday evening at 7:00pm. Be there!

Well, it's been nice talking to you. See you on the courts.

Eyeguards to be Mandatory in New Rule Changes

The eyes have it! The AARA Board of Directors took a giant step towards safety in racquetball by making the wearing of eyeguards mandatory in all AARA sanctioned events beginning December 1, 1987. The rule change received overwhelming support from the membership with the member survey showing 82% in support. Only unaltered lens eyewear for racquet sports can be worn in all AARA sanctioned events after the December 1 deadline.

Other rules were approved and will go into effect September 1, 1987:

- A. Screen serves will be a fault serve.
- B. Three foot drive serve line (17 foot zone); racquet may not break the plane of the three foot line; and service motion must start and finish inside the 17-foot zone.
- C. Double Team Changes - A change in playing partners may be made so long as the first match of the posted team has not begun. For this purpose only the match will be considered started once the teams have been called to the court.
- D. The addition of a 75+ division has been added.

E. Eight and under regular rules in addition to a no-bounce.

F. Mixed doubles will now be available at the Junior Nationals.

G. Division competition - men and women may compete only in events for their respective sex during regional and national championships.

(Note: On a local level, the Aurora Athletic Club will be enforcing the mandatory eyeguard rule effective October 1, 1987.)

Racquetball to be Included in Colorado Games

The thrill of watching our Olympic competitors strive to achieve sport's greatest honors brings an unmatched sense of pride and enthusiasm. We watch and wonder . . . "what would it be like to actually compete?"

The Colorado Games will be held in January and July of 1988. The multi-sport festivals will provide thousands of Coloradans with the opportunity to experience the thrill of an Olympic-style competition complete with the pageantry of a torch run and opening and awards ceremonies. "The Games will give amateur athletes of all ages and abilities the chance to compete at some of the state's finest facilities. The excitement they create will help to cultivate in all of

us a lifelong enthusiasm for amateur sport and physical fitness," Gov. Romer said.

The debut Games are being produced by the Colorado Foundation for Health Promotion and Physical Fitness. The games will be modeled in the Olympic tradition with the top three male and female finishers for each division in each finals events awarded a gold, silver or bronze medal. Colorado is the 36th state to adopt the Games concept which began in New York in 1978 with the Empire State Games.

Founding sponsors for the Colorado Games are Pepsi Cola Bottling Companies of Colorado and Pepsi USA, Dave Cook Sporting Goods Company and the Denver Nuggets, Inc. Details are being formalized now to involve existing racquetball tournaments as qualifying events for the final tournament scheduled for the week of January 23-30, 1988.

National AARA board member and current regional director John Foust will serve as the racquetball coordinator for the games. For more information please call John at 750-3210.



Colorado Games

State Games Mean Grass Root Participation

by Robert H. Helmick
President

A challenge we face as the leader of Amateur sport in the United States is to increase opportunities for all people to participate in sport and also to share the Olympic experience and ideal.

With greater participation, not only are we providing the benefits of competitive sports to more individuals in this nation, we are also producing a greater pool of talent from which to select our teams and a greater grass roots support for our program, financially and otherwise.

One way the U.S. Olympic Committee is broadening opportunities to participate is through the support of State Games: Olympic-style competition and festivals now being held and planned in nearly 36 states. Styled after the U.S. Olympic Festivals, these competitions bring together thousands of local athletes in a variety of sports and events. For most of the participants it is the first opportunity to experience an Olympic-style competition with an opening and closing ceremony and a chance to mingle with athletes from different sports in a spirit of Olympic competition.

These state festivals provide for participation not only by Olympic hopefuls, but by almost anyone who has the desire to share the Olympic experience. Categories of competition have been established for juniors as well as for those seniors' and masters' ranks who wish to continue competition. Categories for handicapped individuals are urged to be included. The common bond throughout is participation, bringing together people

from all walks of life in a spirit of friendship and competition.

Recognized and encouraged by the USOC, State Games most often are organized and run under the jurisdiction of a non-profit fitness and sports council or governor. Funding comes from both the public and private sectors. The State Games also are supported by The President's Council on Physical Fitness and Sports and the USOC has established criteria by which it will recognize the State Games.

The State Games provide an Olympic-style atmosphere for amateur athletes to display their varied talents in addition to serving as a first step in competition for the more gifted and talented athletes on the long, demanding road to the Olympic Games. In the spirit of the Olympics, the State Games also provide an opportunity for the athlete who may not have the ability to go further a chance to participate in an event with a future Olympic great.

Many members of our 1984 Olympic team and a number of our medal winners began a successful athletic careers in State Games. By providing an opportunity for grass roots level community involvement, millions of people will be able to personally share in the Olympic experience not just as competitors, but as volunteer participants, coaches, managers, officials, and of course, spectators.

The State Games are a concept that will bring the spirit, excitement and tradition of the Olympic Games to every corner of our nation every year, not just once every four years.

(Reprinted in part from the Olympian, June 1986.)

ROLLOUT

ROLLOUT is the official voice of
the Colorado Racquetball Association.

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Colorado Racquetball Association Officers

President: Sherry Armstrong, Littleton; Vice President: to be announced; Secretary: Cynthia Howard, Aurora; Treasurer: Julie Seed, Broomfield; Accounting Director: Steve Hulet, Boulder

Board of Directors

Marianne Czupor, Arvada; Madelon Eichhorn, Broomfield; John Foust, Aurora; Joyce Hemmen, Denver; Johnny Langland, Lakewood; Bernie Nunnery, Colorado Springs; Helen O'Connell, Arvada; Barry Riddle, Evergreen; Lou Smario, Boulder

Past Presidents

John Mooney, Colorado Springs; Paul Swoboda, Boulder; John Foust, Aurora; Lou Smario, Boulder

AARA - What Really Goes on in Colorado Springs

The AARA (better known as the American Amateur Racquetball Association) is a service organization established to serve its members and is dedicated to developing services for its state affiliates. It is a non-profit organization and is a member of the United States Olympic Committee. It is the official governing body for racquetball. Annual membership dues in the AARA (\$10.00) are split evenly with the state affiliates. The \$5.00 retained by the national headquarters is used in the following way:

1. Members receive nine issues of AARA Racquetball in Review.
2. Members' names are entered into a computer system for mailing services.
3. Members receive product discount through their membership.
4. Members are eligible to play in AARA sanctioned events.
5. Members have the ability to vote in all affairs of the AARA.
6. Members can attempt to qualify for the U.S. National Teams.
7. Members have the ability to acquire national amateur ranking through state, regional and national tournaments.
8. Members receive discounts on national publications.
9. Members receive AARA membership cards.
10. Computerized mailing labels are available to clubs and tournament directors.
11. Members receive discounts on shirts.
12. Members receive discounts on trophies.
13. Provides sanctioning and support of junior, intercollegiate, high school, Explorer Scouts, United States Olympic Center activities, in addition to state, regional, national and international championships.
14. Provides tournament programs.
15. Provides tournament kits.
16. Provides free rule books.

The AARA, in conjunction with the state affiliates like the Colorado Racquetball Association have spent a lot of time developing these packages and feel as a service organization the AARA is one of the best among sports in the nation. The AARA/CRA have seen some real changes over the past year with highly dedicated individuals working unselfishly for a cause that has not only intangible returns, but tangible ones as well. It's through the effort of these people, the AARA and the CRA continue to grow racquetball as a competitive and recreational sport.



▲ Luke St. Onge, Executive Director and John Mooney of the AARA.



Continued from page 1.

countries, from North and South Americas, will be housed, fed, and transported by the O.T.C. during the first ever event. The Point Athletic Club has been selected as the host site. The Point boasts nine championship courts and is a full fitness facility. The event is supported further by KKTU-Channel 11 in Colorado Springs; Ek-telon will be the official racquet sponsor; and Penn Athletic Products will be the official ball.

- **Seven New Athletes** – Jim Cascio of Lancaster, PA; Lance Gilliam of San Antonio, TX; and Bill Sell of Huntington Beach, CA join the U.S. Men's National Racquetball Team by qualifying at the U.S. National Singles in Houston, TX. They will join Andy Roberts of Memphis, TN; Doug Ganim of Columbus, OH; and Dan Obremski of Pittsburgh, PA who have qualified through other events.

Diane Green of Altamonte Springs, FL; Kaye Kuhfeld of Indianapolis, IN; Cindy Baxter of Lewistown, PA and Dot Fischl of Allentown, PA join Toni Bevelock of Memphis, TN; Mona Mook of Sacramento, CA and Trina Rasmussen of Sacramento, CA who have qualified through other events.

- **Head Coach of U.S. National Team** – Larry Liles of Memphis, TN has been named to succeed current Head Coach, Ed Martin of Sacramento, CA who resigned his position this month. Larry has led Memphis State of nine National Intercollegiate Championships and was Assistant Coach under Martin during the 1986 World Championships.

Also chosen as Assistant Coaches were Gary Mazaroff of Albuquerque, NM and Mary Dee of Londonderry, NH. Gary brings many years of coaching, instructing and was a member of the 1986 World Championship Team. Mary also brings many years of coaching experience and was World Champion in 1984 on the victorious U.S. Team.

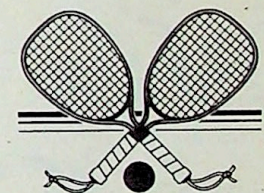
- **Tournament Directors Take Note** – Getting ready to run a CRA/AARA sanctioned tournament? You might be interested in this special program offered by Penn Athletic Products. For sanctioned events only, you can order cases of Penn balls at a discounted tournament price. Balls may be ordered through the Penn representative Larry Daub, 574-2555 or through Rocky Mountain Sports, 444-5340. Draw sheets, score cards and banners may only be ordered through Larry Daub. Remember balls are for sanctioned CRA/AARA events only and not to be used for club level tournaments or pro shop inventory.

CRA Club Membership List as of August 1, 1987

Aurora Athletic Club	Aurora
Denver Athletic Club	Denver
Flatiron Athletic Club	Boulder
Fort Collins Athletic Club	Fort Collins
Hot Springs Lodge	Glen Wood Springs
International Athletic Club	Aurora
Montrose Athletic Club	Montrose
The Point Athletic Club	Colorado Springs
Rallysport	Boulder
Steamboat Athletic Club	Steamboat Springs
YMCA, Boulder	Boulder

Upcoming CRA Meetings

September 8
International Athletic Club (Denver)
7:00pm
October 13,
International Athletic Club (Denver)
7:00pm
All CRA/AARA members are encouraged to attend and participate in all meetings.



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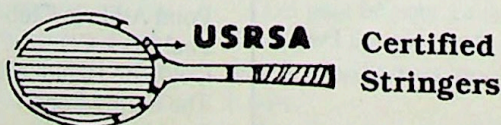
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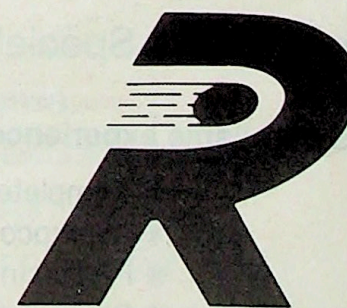
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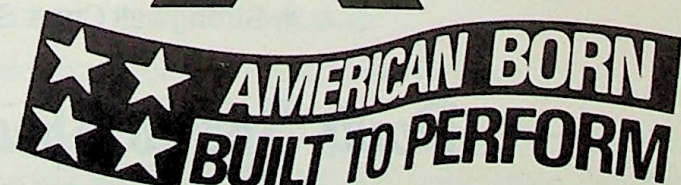
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Racquetball Instructor Certification Up and Rolling

Headed by Connie Peterson, the Professional Association of Racquetball Instructors (P.A.R.I.) is an AARA sponsored program designed to provide knowledge and certification for those interested in the racquetball field.

P.A.R.I. was officially introduced at the 1987 International Racquet Sports Association convention held this past March and has since that time held 7 clinic/cer-

tification test sites across the United States and certified 48 instructors. Many of the people involved with the current P.A.R.I. program had prior experience with the now defunct American Professional Racquetball Association.

The current certification test is comprised of three sets of criteria - written test, practical test and a hitting/set up test. Upon successful completion of the test participants are certified in one of four levels. Teaching professional, teaching instructor, teaching teacher or teaching member.

Weighting of Each Test

Written Test
40% (160 points maximum)

Practical Test
35% (35 points maximum)
Hitting/Set Up
25% (75 points maximum)

Levels of Certification

Professional 90% - 100%
Instructor 76% - 89%
Teacher 65% - 75%
Member 64% & under

Players interested in upcoming clinics or for more information on P.A.R.I. can contact Connie Peterson at 339 SW Towle, Gresham, Oregon 97080.

DSC Takes Home Pepsi Cup

For the second year in a row the Denver Sporting Club proved too tough capturing the Pepsi Cup/Team Championships for the second consecutive year. The tournament, hosted by the Aurora Athletic Club, featured 20 of the best athletic clubs in Colorado as they battled for the right to be called the "best racquetball club" in the state. Highline, IAC/Denver, Front Range Sports & Courts, Sports Club and Cherry Creek Sporting Club rounded out the top 5. The Sports Club and CCSC tied for the 5th position.

In the men's open Troy Stallings came from the third seeded position to beat out top seed Don Kelley 15-8, 15-13. Troy was really playing well, having his hardest match against Reggie Bennett in the quarter finals, but looking all the while like he was not to be denied. Troy was representing the IAC/Denver Club.

On the women's side Mirjam Wieheesen pretty much had a cakewalk as she breezed to the women's open final without being taken to a tie-breaker. The final was no exception as she outplayed a determined Sherry Armstrong 15-8, 15-6. Mirjam was part of the winning Denver Sporting Club team.

A real sincere thank you to the Aurora Athletic Club and Pepsi for putting on this exciting event. The '88 version looks to be bigger and better with a lot of clubs looking to stop the Denver Sporting Club from taking the title home a third time.

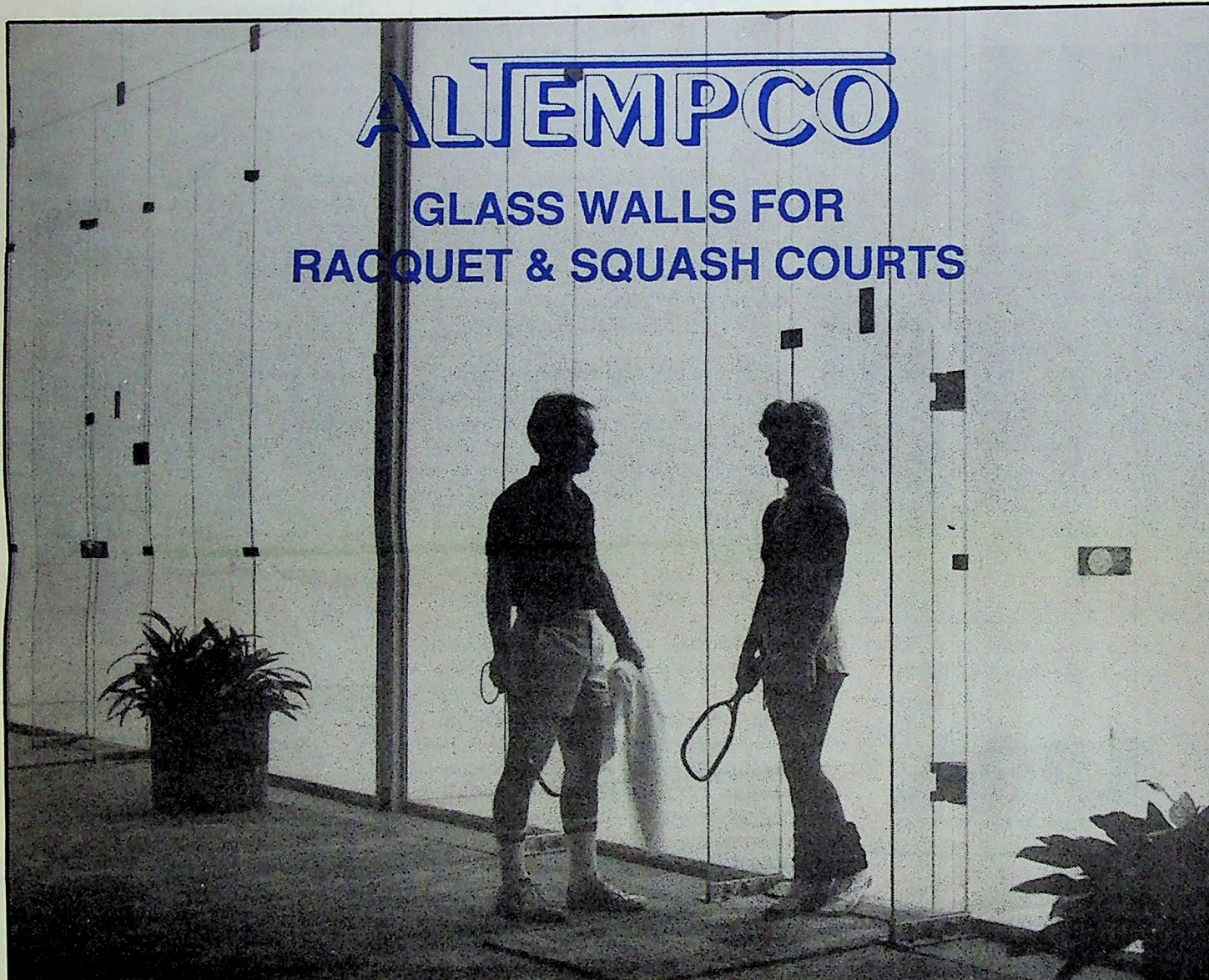
Other results:

Men's A
Tom Gysin (Evergreen) df. Mike Bartolenti (DSC) 15-6, 15-1
Men's B
Jeff Paul (AAC) df. Denny Southwick (DSC) 15-14, 11-15, 11-6
Men's C
Don Dohrkopf (CCAC) df. Ron Minor (SC) 11-15, 15-6, 11-7
Men's Doubles
Reinsma/Tarwater (DSC) df. Helton/Riddle (Highline) 12-15, 15-11, 11-2
Women's A
Verkuts (DSC) df. Emick (Point/Den) 15-6, 15-12
Women's B
Preston (The Lodge) df. Weis (IACA) 15-3, 15-13
Women's
Wilson (SW YMCA) df. Bernard (FRSC) 15-8, 15-6
Women's Double
Armstrong/Loughrey (DSC) df. Eichhorn/Turner (FRSC) 15-4, 15-12
Mixed Open
Reinsma/Loughrey (DSC) df. Riddle/Stalker (Highline) 15-10, 2-15, 11-7

1987 Pepsi Cup Team Championships

Final Team Standings:

Denver Sporting Club248
Highline Athletic Club137
IAC/Denver128
Front Range Sports & Courts115
Sports Club106
Evergreen Athletic Club106
Aurora Athletic Club103
Cherry Creek Sporting Club98
IAC/Aurora95
The Lodge81
South West YMCA72
Cherry Creek Athletic Club68
Green Mountain Athletic Club48
Fitness America34
Inverness23
Point Athletic Club/Denver23
Paul Beck Center15
Colorado Health Club8
The Centre/Pepsi6
Boulder YMCA4



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Recreational Racquetball - Part Two

by Helen Dziob

"Don't take your body for granted, and it won't take you for granted."

Racquetball injuries. The idea stirs up visions of taped elbows, painful shoulders and missed games. But you don't really think you can be a victim. After all, you play for fun, not for money. Don't fool yourself, you have an equal if not greater opportunity to injure yourself.

According to Dr. Raymond J. Imatani, M.D., P.C., recreational athletes may be at a greater risk of injury due to a combination of poor training, insufficient warm-up routines, and the very nature of the sport.

"Racquetball is an intense sport," says Imatani. "One that often pushes the player to physical limits in short periods of time. This intensity may tempt participants to play outside their physical limits." In such cases, when a player stretches or dives for shots, straining muscles that haven't been properly warmed up, the potential for injury increases.

Warm Muscles Stretch Better Than Cold Muscles

The message is clear: warm up before you begin to play. In most cases, Imatani recommends a warm-up routine of between 5 to 15 minutes, including stretching and exercises to elevate the heart rate. This combination actually raises the temperature of the muscles, allowing them to more easily stretch in the games to follow.

Imatani stresses the importance of the warm-up routine for older players. "We tend to assume that what we did at 18 we can continue to do at 21, or even 31," says Imatani. "But the older we get, the less elastic the muscle/tendon units in our bodies are, and so they require more preparation for strenuous activity." He uses the example of baseball pitcher to illustrate an effective warm-up sequence. First, he does some stretches: of the legs, arms and back, all the major muscle groups. Then he begins a graduated throwing sequence, first throwing the ball easily, and working up to the pitch speed he'll use in the game. This prepares the body for the throw, then concentrates on the part of the body that will get the heaviest workout - the arm.

When You Warm Up, You Play Better

We've all seen cars that have a little trouble getting started on cold mornings. You wouldn't expect to race a car with a cold engine against one that has had a chance to circulate its oil a little. The same is true with your performance as a racquetball player. If your arm is stiff and the muscles cold, you aren't going to get the power, speed and "wrist" on your ball that might give you the competitive edge.

You might also relate this to your own experience. Don't you sometimes find that your second and subsequent games are better than your first? Most likely, it isn't your talent that is improving, but rather your body is working more efficiently. To avoid making the first game of a match a practice period, warm up before you start playing for points.

Why Recreational Athletes are at Greater Risk

According to Imatani, recreational racquetball players may be at a greater risk of injury. "For one thing," says Imatani, "the recreational athlete may not be taking part in other fitness activities that improve overall physical condition." Some very serious weeknight and weekend racquetball players would never dream of taking an aerobics class, doing calisthenics, or running. The only exercise they get is from playing racquetball. The problem with this lies in the concept of conditioning or training. Racquetball exercises only certain muscle groups, providing a limited workout. And as fast and hard of a game as it is, racquetball is not technically classified as "aerobic." It is, however, very intense and demanding on the body.

When a person who is in poor overall condition plays a high-level racquetball match, there is a greater risk of getting hurt. Such a player may continue to strain to reach passing shots, rather than run to hit them in a more controlled way. Or he or she may tire easily, sacrificing proper form because the cardiovascular system has been pushed to the limit. In either case, the body starts to compensate for weakness in one area by putting greater demands on another, a situation that could lead to injury.

The Most Injury - Prone Areas - Elbow, Shoulder, and Back

Of the racquetball injuries Dr. Imatani treats, the most common is tendonitis - literally inflammation of the tendons - of the elbow and shoulder areas. Most often, tendonitis results from repetitive motion of the arm or forearm, so you can see why racquetball might be a cause. Just think of the number of times you hit the ball during a match, putting repeated strain on the joints in your swinging arm.

Imatani also singles out the lower back as an area prone to injury. To picture the stress put on your back, think of the position you are in when you hit an overhead ceiling volley, with your racquet high in the air and your spine arched backward.

When you consider the activity you perform during a game, you can see just how important warming up is.

What Do You Do When It Hurts?

Let's say it has happened to you. You've played so hard all week that by Sunday your shoulder hurts so bad you can't sleep. You take a couple of days off and it feels better, but as soon as you hit the first few forehands, the pain is back with a vengeance.

At first you may be afraid. You've heard the horror stories: cortisone injections, surgery, or even worse, as far as your concerned - being told you can't play any more.

The fact is, you seldom have to give up racquetball when you have an injury, depending upon how long you've waited to see a doctor, and how conscientiously you plan to stick to your treatment. A good doctor can treat the injured area, and prescribe a program of rehabilitation that will return you to a pain-free game.

"Let pain be your guide," says Imatani. "Get a feel for your body. If it hurts more than it usually does, do something about it now."

As a first step, Imatani recommends a

visit to your family doctor. Chances are, if you've caught the injury in an early stage, treatment may stop there, with your doctor prescribing anti-inflammatory medication and a routine of physical therapy. Even if your doctor recommends an orthopedic surgeon, most treatments will involve only a more stringent and longer program of treatments. Cortisone injections are used sparingly, most often in cases where rapid recovery is necessary.

Imatani stresses a program of physical therapy as "the keystone of every rehabilitation process." "A conscientiously applied program of physical therapy not only helps to correct a problem, but also teaches you how to avoid it in the future," says Imatani. Finally, Imatani emphasizes the importance of getting to the doctor as soon as you suspect an injury. The longer you wait, the more time and effort it will take to treat the injury.

Use a Little Common Sense

All of these recommendations are based on one principle - common sense. From injury treatment, the rules are fundamental:

To prevent injury - Warm up muscles and joints, and raise your heart rate with 5 - 15 minutes of stretching and hitting on the court.

Condition your body by participating in other forms of exercises that improve overall physical condition - like calisthenics, running, swimming or aerobics.

Know your body - If pain persists, your body is trying to tell you something.



Go to your family doctor, or orthopedic surgeon as soon as possible to begin treatment that will put you on the road to recovery.

Play smart - Know your limits. Fatigue is a factor in injury. You aren't impressing anyone with your ability to plan ten matches in a row unless you can do so with good form. Stay in control, and injury-free.

Dr. Raymond Imatani has been a practicing orthopedic surgeon for ten years, five in his Aurora office of Orthopedic Surgery and Sports Medicine; 14991 E. Hampden Avenue; Suite 200; Aurora, CO 80014; Telephone 680-8800.

Dr. Imatani also serves as a medical consultant, specializing in sports medicine, for several Denver area health clubs.

Sources:
Bob Anderson - Stretching; Shelter Publications; Random House.
Dr. Kenneth H. Cooper - Aerobics Series; M. Evans.

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SHORT SERVE

Junior Update

The year 1986-87 was an exciting and eventful year for Colorado Junior Racquetball and the 1987-88 looks even brighter. During the past year Junior Programs have been started in Colorado Springs, Grand Junction and several areas in the Denver metro area and outlying areas through the efforts of the Junior Fun Days held throughout the year.

Over \$800 was raised during the year in raffles and selling miscellaneous items at local tournaments to help send "TEAM COLORADO" to Columbus, Ohio for the Junior Nationals. A pizza party was given during the tournament and each member of the TEAM received an 8 x 10 color picture of the TEAM.

In March, the IAC Downtown hosted the National Intercollegiate Racquetball Tourney, with colleges from all over the Nation competing. Teams from Colorado University, Colorado State University, and Metro College competed with Sacramento State College of California taking First Place and Memphis State winning Second Place.

As we set our sights towards the 1987-88 season, we're excited about "Junior Racquetball Fever" and have planned more fun days to encourage more involvement. Another major goal of the Committee is to help coordinate high school team competition in the hopes that schools will send teams to compete at the National High School Championships in St. Louis.

We will continue to raise money throughout the year. Brought back by popular demand, we will be selling the World Famous Chocolate Bars. We will have various raffles and the pendants and memo pads will once again be available.

Last, but certainly the most exciting, Colorado has made a bid to host the 1988 National Junior Championships in June. A final decision will be made sometime in October. Cross your fingers.

For more information regarding the Junior Racquetball Program contact Marianne Czupor at 422-5703; Helen O'Connell at 425-7432; or Patty Hawkins at 650-5963.

Junior Regionals

Sunny Tucson, Arizona was the location for the Region 12 1987 Junior Regional Racquetball Tournament. It featured talented players from Colorado, Utah, Arizona and New Mexico. The Old Pueblo Courthouse and Rocky Lemmert, club pro hosted a super tournament. Colorado was well represented and returned home with trophies in the following categories:

Girls:

16 & under - Christa Hamilton .1st Place
12 & under - Jenny Myer1st Place
10 & under - Amy Myer1st Place

Boys:

18 & under - Bruce Hawkins, Jr.2nd
.....Place
16 & under - Troy Brennen ... 4th Place
10 & under - Michael O'Brien .2nd Place
Brandon McNelly 3rd Place
8 & under - Gabe Benedict ... 3rd Place
Michael Phillip Harley 4th Place

The sportsmanship trophy was awarded to Bruce Hawkins, Jr. by the attending coaches and teachers.

Highlights included a free Saturday



▲ The Colorado State University Racquetball Team at the Intercollegiate games.

night movie, a lob serve content and drive serves clocked by a timing device. Tony Gelso of New Mexico, took 1st place and was clocked at 132 miles per hour. Now you know why it stings a little when you get hit by the ball!

Most of the Colorado players stayed at the Rodeway Inn, which, I might add, will never be the same! Not only are our Juniors excellent racquetball players, they also love to catch lizards and are quite the swimmers. Just ask those of us who had a room close to the pool! Midnight dips were a nightly event with a minimum of 25 kids in the pool at the same time. Ah, to be young again.

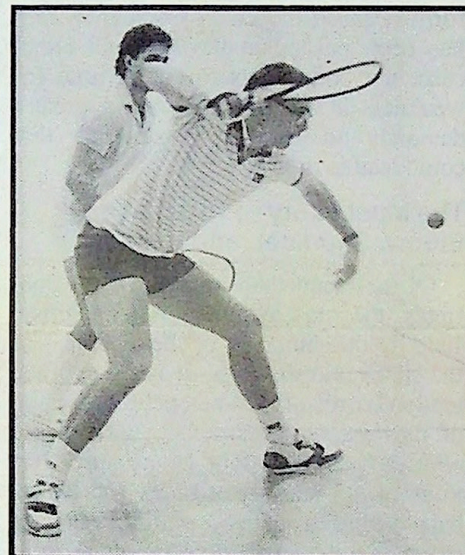
Our sincere thanks to Rocky and his cordial staff at the Old Pueblo Courthouse for a job well done.

Junior Nationals

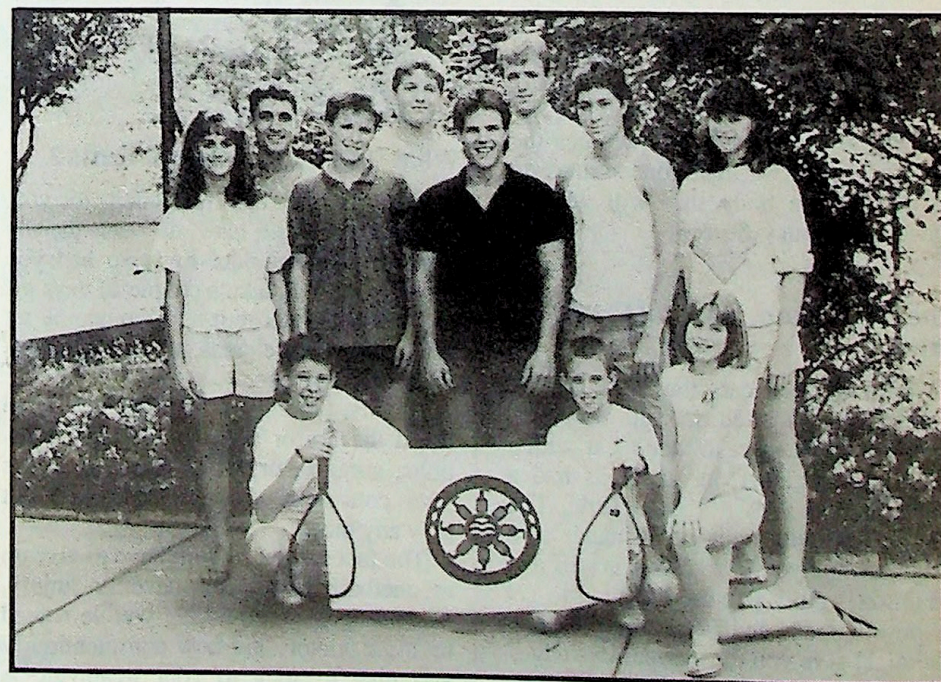
Over 700 Juniors ranging from 6 to 19 years old squared off in the 19th Annual U.S. National Junior Championships. The U.S. National Junior Championships sponsored by Diversified Products and Penn Athletic Products Company crowned 32 National Champions in both singles and doubles.

Eleven of the top State and Regional Junior Racquetball Champs headed for the Sawmill Athletic Club in Columbus, Ohio recently for the National Junior Racquetball Championships. TEAM COLORADO consisted of the following: Matt Kelley, Craig O'Connell, Tony Boscia, and Danny and Tina Alonzi of Arvada; Bruce Hawkins, Jr. of Westminster; Hugh Diddy of Lakewood; Troy Brennen of Colorado Springs; and Michael O'Brien, and Amy and Jenny Myer of Grand Junction. Out of approximately thirty states represented, TEAM COLORADO placed eighth in the Nation, with Craig O'Connell taking second in Boys 14 & under; Amy Myer finishing second in Girls 10 & under; and Jenny Myer and her partner placing fourth in Girls 14 & under Doubles.

The tournament was held at the Sawmill Athletic Club, a beautiful facility in Columbus. Over 500 Juniors competed in the event this year with the winners of the Girls and Boys 18 & under Division automatically qualifying as members of the USA National Team each year. This year's winners were David Simonette of Maryland and Michelle Gillman of Oregon.



▲ Andy Roberts hits a pinch against Doug Ganim in the Intercollegiate Finals at the IAC/Denver. Roberts won the Men's open.



▲ Pictured left to right bottom: Matt Kelley, Michael O'Brien, Amy Myer. Middle: Tina Alonzi, Craig O'Connell, Bruce Hawkins, Jr., Tony Boscia and Jenny Myer. Top: Danny Alonzi, Troy Brennan and Hugh Diddy

Putting On Tournaments

Have you ever put on a tournament? If you have, then you will appreciate what I am about to say, and if you never have put one on, then maybe you can learn to appreciate what a tournament director has to do to make your weekend of racquetball enjoyable. For tournament players, the event starts when they arrive to play. For the tournament director, the event started 6 to 8 weeks before the first entry form was mailed. The directors have to secure sponsors to support their events because no tournament events could be held based only on the income generated through entry fees from players. They have to secure food, drink and in some cases accommodations for players. Having played in Canada, Colorado, Idaho, Montana, Oregon, Texas and Washington State, I can testify that in each area the hospitality is different. I rank Washington number one for tournament hospitality. You have no idea how many miles a tournament director drives to acquire the items needed to host a tournament. You write notes to yourself, like: secure club, make an entry form, get bids, proof entry form, choose color and quantity, take forms to post office, mail to clubs, contact Coke, pick up Nabisco, place order for chicken, get estimated entry, order shirts, estimate shirts needed, create logo, take shirts to printers, order spaghetti, order veg, get banquet permits, order beer, pick up bread, order meats for sandwiches, write proposal to sponsor, make arrangements for signs, get gas, get draw sheet and score cards, get mail, place entrants in proper classes, order trophies, do the draw, do the score cards for entire event, take calls of cancellations, change draw and score cards, get tables, chairs, order Pripps Pluss, put up signs at club, get beer dispenser, pick up Coke machine, direct event for three days average 18 to 20 hours daily, send results in, pay bills, field complaints when necessary. Now what did I forget???

Off the Wall Trivia Answers

1. a, 2. c.

IAC/Aurora Hosts Morning Ladies Invitational

The 1987 "Celebrate Spring" Daytime Racquetball Invitational was held on May 28th, at the International Athletic Club of Aurora. This is the third daytime mini tournament hosted by the Aurora IAC to encourage more ladies to participate in tournament play.

There were twenty participants in the double elimination contest. Following the tournament, the ladies enjoyed lunch where the awards and prizes were presented. The winners were:

1st Place Ellen Lubin (IA)
2nd Place Kat McCowan (IAC)
Consolation ... Mary Andrezejewski (A)
Tournament Directors were Bette Miller and Karen Grant.



▲ Mary Andrezejewski on the left talks with Carol Curtin in the middle and George Garcia who was the referee.



◀ IAC Aurora hosts the Ladies Morning Invitational.



The Thrill of Victory—The Agony of Defeat

This is the complete run down of the Colorado Players and their matches at the U.S. National Singles in Houston, Texas.

	Round
MEN'S OPEN: Bobby Rodriquez lost to Doug Ganim 12-15, 15-11, 11-6	16
Tony Boscia lost to Mike Romo 15-8, 15-9	16
Don Kelly lost to Tim Doyle 15-14, 15-11	64
Kip Lytle lost to Curtis Winter 15-5, 7-15, 11-2	1
MEN'S B: Jerry Lubber lost to Andy Knipping 15-5, 11-15, 11-3	64
MEN'S 19: Bobby Rodriquez lost to Mike Bronfield 14-15, 15-12, 11-9	Finals
Tony Boscia lost to Ron Giacomo, 15-7, 15-8	16
MEN'S 25+: Don Kelly lost to Joe Hassey, 15-14, 15-14	64
Kip Lytle lost to Larry Fox, 15-1, 15-2	16
MEN'S 35+: Ed Creel lost to Jim Allen, 10-15, 15-4, 11-3	64
John Foust lost to Dennis Wolfe, 11-15, 15-4, 11-6	64
MEN'S 40+: Ed Creel lost to Alex Cooley, 15-6, 15-6	32
MEN'S 45+: David Hawkins lost to Bob Hill, 15-7, 15-6	64
MEN'S 50+: John Mooney lost to Sid Williams, 15-7, 15-1	16
MEN'S 55+: Jack Baker lost to Pat Whitehill, 15-2, 15-11	16
Red Horton lost to Bob Folsom, 13-15, 15-11, 11-3	16
MEN'S 60+: Art Goss lost to Glenn Melvey, 14-15, 15-4, 11-7	4th Place
MEN'S 65+: Art Goss beat Nick Sans, 15-9, 8-15, 11-6	3rd Place
MEN'S 70+: Harmon Minor lost to John Pearce, 15-14, 15-8	8
WOMEN'S OPEN: Lori Basch lost to Cindy Baxter, 15-4, 15-9	32
Diane Adams lost to Robin Levine, 15-7, 15-1	32
Miriam Weilhessen lost to Diane Green, 15-13, 15-7	16
Cheryl Haller lost to Susan Morgan, 15-9, 15-10	32
WOMEN'S B: Sharon Warrender lost to Rose Marie Cioce, 15-9, 15-0	32
WOMEN'S 25+: Cheryl Haller lost to Sherri Anderson, 15-13, 15-3	32
WOMEN'S 30+: Diane Adams lost to Linda Wright, 15-5, 15-12	3rd Place
WOMEN'S 35+: Sherry Armstrong lost to Eileen Tuckerman, 15-7, 15-2	8
WOMEN'S 40+: Sharon Warrender lost to Mildred Gwinn, 15-6, 15-8	16

COLORADO RACQUETBALL ASSOCIATION 1987 - 1988 SANCTIONED TOURNAMENT SCHEDULE

Tournament Dates	Host Club	Tournament Name	Region	Tournament Director	Phone
September 9-13	Aurora Athletic Club	Pre-State Doubles	1	John Foust	750-3210
September 24-27	International Athletic Club (Aurora)	CRA State Doubles Championships	1	Dan Schliebe	696-9313
October 1-4	Hot Springs Athletic Club (Glenwood Springs)	10th Annual Open Tournament	3	Jim Hoffman	945-7428
October 8-11	Highline Athletic Club (Littleton)	Fall Classic	1	Barry Riddle	794-3000
October 15-18	Grand Junction Athletic Club	Racquetball Open	3	Ray Jamsay	245-4100
October 22-25	AARA National	Doubles	Tucson, AZ	AARA	635-5396
October 22-25	Sports Club (Denver)	Fall Spectacular	1	Randy Lindblad	989-8100
October 29 - November 1	Denver Sporting Club (Englewood)		1	Don Kriete	779-0700
November 5-8	Lynmar Athletic Club (Colorado Springs)	First Federal Racquetball Tournament	2	Bernie Nunnery	598-4069
November 5-8	Evergreen Athletic Club	Bank of Evergreen Fall Classic	1	Tom Gysin or Kim Riddle	674-6902
November 12-15	Racquet World/Inverness (Englewood)		1	Dirk Zeller	790-7777
November 12-15	Montrose Athletic Club		3	Gary West	249-2642
November 19-22	Front Range Sports & Courts (Broomfield)	4th Annual Front Range Classic	1	Julie Seed	469-6651
November 19-22	Point Athletic Club (Colorado Springs)		2	Chris Turner	597-7775
December 3-6	International Athletic Club (Denver)	Swingers '87	1	Dan Tauriello	623-2100
December 10-13	Site to be announced	2nd All Women's Racquetball Tournament	1	Sherry Armstrong	771-2767
December 17-20	Highline Athletic Club (Littleton)		1	Barry Riddle	794-3000
January 7-10	Denver Athletic Club	(DAC Invitational)	1	Mike Casey	534-1211
January 7-10	Steamboat Springs Athletic Club		3	Gary Crawford	879-1036
January 14-17	Flatiron Athletic Club (Boulder)		1		499-6590
January 21-24	Front Range Sports & Courts (Broomfield)	4th Annual Birthday Bash	1	Julie Seed	469-6651
January 21-24	Lynmar Athletic Club (Colorado Springs)	Briargate Singles Tournament	2	Bernie Nunnery	598-4069
January 28-31	Site to be announced	Colorado Games Finals			
February 4-7	International Athletic Club (Aurora)	Aurora City Open	1	Dan Schliebe	696-9313
February 11-14	Rallysport (Boulder)	St. Valentine's Day Open	1	Marge Scheffner	449-4800
February 18-21	Point Athletic Club (Lakewood)	Point Challenge	1	Dave Mammich	988-1300
February 18-21	Point Athletic Club (Colorado Springs)	PPRA Junior Regional Tournament	2	Chris Turner	597-7775
February 25-28	Highline Athletic Club (Littleton)	Pre-State Singles	1	Barry Riddle	794-3000
March 3-6	Site to be announced	State Age Group Championships	1		
March 10-13	Racquet World/Inverness			Dirk Zeller	790-7777
March 24-27	Highline Athletic Club (Littleton)	State Open Championships	1	Barry Riddle	794-3000
April 7-10	Grand Junction Athletic Club Racquetball	Open	3	Ray Jamsay	245-4100
April 14-17	Lynmar Athletic Club (Colorado Springs)	Harvey Chiropractic Doubles	2	Bernie Nunnery	598-4069
April 21-24	Denver Sporting Club (Englewood)	Regional Racquetball Tournament	1	Don Kriete	779-0700
May 5-8	Site to be announced	Junior Regionals	1		
May 12-15	Evergreen Athletic Club	Mt. Madness Racquetball Tournament	1	Tom Gysin	674-6902
May 19-22	Denver Sporting Club (Englewood)	Sporting Club Invitational	1	Don Kriete	779-0700
May 26-29	YMCA Houston	AARA National Singles	Houston, TX	call AARA	635-5396
June 16-19	Aurora Athletic Club (Aurora)		1	John Foust	750-3210

Bold = Full club membership

League Announced

Bernie Nunnery from Lynmar Racquet and Health Club in Colorado Springs has planned and coordinated a league for level A and below players. Initially his league will consist of five clubs. Each club will have 4 men and 2 women participants. All the players from the clubs will meet each week and compete for individual and team trophies.

The five teams competing in this league are:

Dates Competing	Club	Contact	Phone
October 6, 1987	IAC Aurora	Dan Schliebe	696-9313
October 13, 1987	Aurora A.C.	John Foust	750-3210
October 20, 1987	Sports Club	Johnny Langland	989-8100
October 27, 1987	IAC (Denver)	Dan Tauriello	623-2100
November 3, 1987	Lynmar	Bernie Nunnery	598-4069

Players will gather at each of the above Tuesday nights from 7 p.m. to 10 p.m. Major sponsors of this league are Penn Athletic Products and Head Racquet Sports. Penn is providing racquetballs and Head is providing funding for the awards.

This league is a major step in bringing future leagues to the State. If you are interested in participating in the next league session beginning in January 1988 please call Bernie Nunnery at 598-4069 by December 1, 1987. The league is a CRA/AARA sanctioned event and membership to the CRA/AARA is required.

OFF THE WALL

1. During the 1977-88 season this Colorado player won the men's open division at the Colgate Leach Seamco tournament at Kings Court?

- a. Harold Lujan b. Dave Glander
c. Monte Huber d. Tracey Frank

2. In the first Colorado State Doubles Championships Doug Zirkle and Gary Sanchez were second place finishers to which of the following teams in the men's open division?

- a. Jack Markle/Steve Krum
b. Mark Hegg/Eirk Hansen
c. Bill Stevens/Mike Anderson
d. Ken Stone/Barry Riddle

Answers located on page 6.

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Colorado Racquetball Association

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Julie Seed
Lou Smario
Cynthia Howard
Parry Riddle

Referee

Madelon Eichhorn (Head)
Nick Eichhorn
John Foust
Glen Kreklow

Juniors

Mary Ann Czupor (Head)
Helen O'Connell
Patty Hawkins
Bernie Nunnery

Tournaments

Barry Riddle (Head)
Deb Gridley
Sue Ruhl
Mary Rodriguez
Dan Schliebe

Budget

Steve Hulet (Head)
Julie Seed
Joyce Hemmen
Sherry Armstrong

CRA/Computer

Pat Jacques (Head)
Joyce Hemmen
Don Kell

Grand Prix

Don Kriete (Head)
Dan Tauriello
Mirjam Wielheesen
Kip Lytle

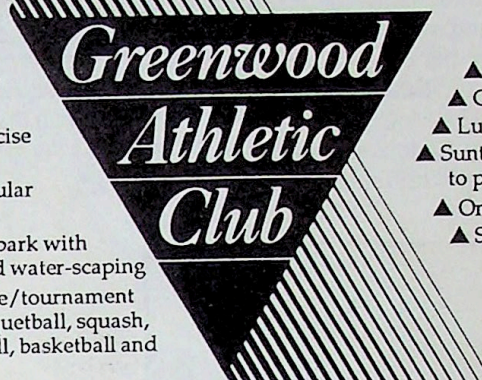
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