



National Racquetball Magazine

October 1989

Vol. 18, No. 8

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Magazine

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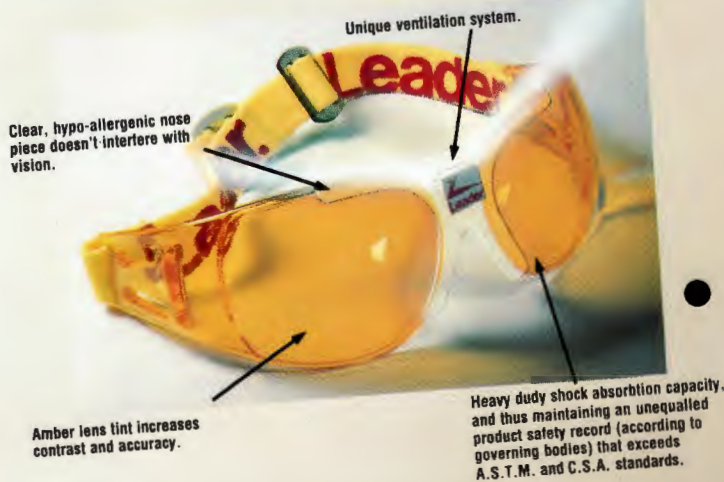
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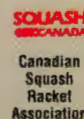
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National Racquetball Magazine

October 1989

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Magazine

NOTICE

The Publisher regrets the lateness of this month's magazine, due to circumstances beyond our control. We thank all our readers for their patience and assure them we appreciate their support. We will continue to bring you the best of racquetball.



FEATURES

- 4 Brian Hawkes — King Of Outdoor Racquetball Aims For Indoor Supremacy *by Norm Blum*
- 7 Jackie Paraiso Profile
- 8 Mike Bronfield Profile
- 21 M.P.R.A. Ranking System *by Jack Newman*
- 24 Racquetball Gloves *by D.E. Brennan*
- 25 Evolution of Racquetball Grips
- 27 Racquetball Gloves & Grips
- 31 Racquetball Glove Repair *by Leonard J. Haney*
- 35 Auburndale — Outdoor Racquetball With A Difference
- 41 New Challenge Concept *by Dave George*

HEALTH & FITNESS

- 16 Staying Strong Through An Injury *by Dan Obremski*
- 18 Rotator Cuff Injuries *by Dr. Richard Honaker*
- 40 Socks for Jocks (and nonjocks)

INSTRUCTION

- 10 Winning Under Pressure *by Robert J. Kriegel, Ph.D.*
- 12 Generating More Powerful Strokes *by Haydn Jones*
- 13 How To Be A Line Judge *by Otto Dietrich*
- 14 Common Mistakes Series — Ceiling Balls *by Fran Davis*
- 15 Pinch For Show and Pass For Dough *by Aaron Katz*
- 20 Coaches Corner
- 22 Clinic: Session Two — Strokes *by Fran Davis*
- 23 What's The Call *by Michael Arnott*

TOURNAMENT NEWS

- 36 1989 Armed Forces Racquetball Championships *by Captain Jack H. Fouts*
- 44 M.P.R.A. Season Opens in Stockton *by Woody Clouse*
- 46 Amateurs Vie For Olympic Gold
- 50 National Masters Doubles Championships *by Connie Martin*
- 52 \$210,000 National Handicap Racquetball Championship Update

DEPARTMENTS

- | | |
|---------------------------------|--------------------------------|
| 2 Speaking Out | 58 Perspectives |
| 9 Mailbox | 59 Penn Official Rankings Page |
| 37 Canadian Racquetball Section | 60 A.A.R.A. Schedule of Events |
| 42 Product Update | 63 Classified Advertising |
| 54 Association Roundup | 63 Professional Tour Schedules |
| 57 Industry News | 64 Passing Shots |

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Speaking Out

Lynn Adams — the facts as I see them.

by Jim Carson, Lynn Adams' coach



In the May, 1989 issue of *National Racquetball*, Norm Blum wrote "I think Caryn McKinney is ranked No. 1 because Lynn Adams is unable to play at full strength. At 100% Lynn is on a different level from the rest of the field."

A July/August letter to the editor accused Norm of belittling Caryn because Lynn is his favorite player and also being "entirely ignorant and lacking in any factual backing". I would like to take this opportunity to supply a few facts which will shed some light on Lynn's career these last few years.

In December 1987, Lynn lost in the semifinals of a pro stop in California. Unknown to her opponents she had lost the feeling in her hands and feet during the tournament. She skipped in drive serves and actually swung and missed a few balls during the event. A doctor diagnosed it as lead poisoning and told her it would work its way through her system in a few weeks. To make a long story short, it didn't, and Lynn went to specialists for months before finding out that the mylan sheath in her spine had deteriorated and her condition would be permanent. Since then Lynn has not been able to condition and has had to limit her racquetball playing.

In early 1988 she went to a pro stop in Pennsylvania to watch and to decide if she wanted to take the risk of continuing her career. She made the decision to go for it, returning home to reconstruct her game and her mental approach to winning. She won the 1987-88 National title. It was one of Lynn's most amazing accomplishments.

During the summer of 1988 she contemplated retirement but decided to play for one more year. She won the first stop of the season

then lost three straight and with them her #1 ranking. Lynn was #1 and National Champion in 1982, 1983, 1985, 1986, 1987 and 1988. To retain the top ranking she had to win the last three stops of the season. She won two then lost to Caryn in the finals of the Nationals. Caryn is #1 and National Champion for the 1988-89 season. Lynn and Caryn met in all seven finals this season and Caryn came out on top 4-3.

Lynn has shown she is at the top of women's professional racquetball in spite of the physical limitations she has had to cope with. In my opinion she is both physically and mentally the toughest player on the tour. Lynn has never used her ailments as an excuse and would never write a letter explaining what she has gone through. I have taken it upon myself as her close friend and coach to respond for her.

Please be aware that Caryn McKinney and I are friends and that I admire her very much as a player and a person. She has continued to improve and become tougher. She stuck with it through some hard years at #2. Most players would have rolled over and given up, but that's not Caryn McKinney. Lynn and Caryn are also very good friends. They support each other in their careers, except when they meet in the finals of a tournament. Then the battle lines are drawn.

Lynn has decided to compete in the 1989-90 season in an attempt to regain her #1 ranking. She still isn't able to condition or play too much, but I wouldn't bet against her!!! O

Editor's Note: Opinions expressed in "Speaking Out" are not necessarily those of National Racquetball Magazine. On this page we provide an opportunity for readers to express opinions and ideas related to the sport of racquetball. Send submissions to: Speaking Out, c/o Editor, P.O. Box 6126, Clearwater, FL 34618-6126.



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Brian Hawkes

King Of Outdoor Racquetball Aims For Indoor Supremacy

by Norm Blum

Brian Hawkes should be a household name in the racquetball community. He has youth, good looks, California cool and a win-loss record on outdoor courts that will probably never be matched.

But there are no Brian Hawkes' posters at your racquetball club and chances are — unless you're a die-hard — you've never heard of him. Endorsements? Sure he's sponsored by Marty Hogan Racquetball, but that's nothing more than some equipment, clothing and perhaps some expense money. Glory? He's won as many national titles as Mike Yellen and Marty Hogan, but in the outdoor racquetball world publicity is a rarity.

Not impressed? Try this. He's won 98 of 100 outdoor matches in nine years on

the outdoor circuit including eight outdoor championships. Hey, Pete Rose, that's a sure bet.

Don't expect a sour grapes story about an athlete who yearns for recognition never received. Underpaid? Unless trophies become popular items among collectors, he's barely earned enough to purchase racquets.

Hawkes, who is now a top indoor player, can trace his roots to the outdoor version and is still king of the courts. His transition to indoor racquetball has gone quite well. He and fellow Californian Bill Sell won the U.S. National Doubles Championships in Baltimore last year and both are members of the U.S. National Team.

He's been ranked as high as No. 11 on

the pro tour and is considered one of the hardest hitters in the game today. A Hawkes win over one of the big boys is not considered an upset.

A graduate of Cal State-Fullerton with a bachelor's degree in math, Hawkes, 26, is a teaching pro at the Sequoia Athletic Club and Racquetball World. He'll concentrate on the indoor circuit this year and hopes to crack the top four.

National Racquetball Magazine conducted a question and answer session with Hawkes.

NR: *Why outdoor racquetball, and how long did you play before trying the indoor version?*

Hawkes: I started playing right out of junior high school. A friend of mine who

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Brian Hawkes (continued from page 4)

took a summer school class showed me how to play. I played outdoors for six years before playing indoors. There was a club nearby and though it had been around for years I hadn't been exposed to it. Besides, I just liked playing outdoors.

NR: Were there outdoor tournaments and enough competition?

Hawkes: There were four to six a year. The first tournament I entered was a doubles event. I was fifteen and I lost in the first round. Then I started playing all the time—everyday for about six months. When I was 16 I took a year off. I was in school, had a girlfriend and didn't have the desire to play. But I came back, started practicing again and entered my first singles tournament. I played As and Bs and won both divisions.

NR: Is outdoor racquetball like basketball where guys just show up and teams challenge one another? Is there such a thing as a court reservation?

Hawkes: There are no reservations. Outdoor racquetball is pretty relaxed. You just challenge people. There were a lot of people who played every day after 2 p.m. It wasn't tough getting a game.

NR: When did you first enter the nationals?

Hawkes: In 1980 I lost in the open and won the juniors. 1981 was the first year that I won. I then won in 1982, '83, '84, lost in '85 to Mike Bohne, won in '86, '87, '88 and '89.

NR: When did you first play indoors and what kind of transition did you have to make?

Hawkes: I started playing indoors when I was 18. It took me a while to make the transition. I felt more in control outdoors. It's a different game.

NR: Explain the difference.

Hawkes: Outdoor racquetball is more aggressive. You have to hit the ball right away. As soon you see it you have to hit it. You can't wait till it comes off the backwall. The power game is the only game you have.

NR: You've obviously dominated outdoor racquetball, yet few people know who you are. Does that bother you?

Hawkes: I've never felt slighted since there aren't that many players. People who play outdoors know who everyone is. People across the country don't play outdoors so they're not up on it. The recognition goes hand in hand with how many people play. It would be nice to be recognized around the nation. But it's nothing I lose sleep over. We played for years for trophies. Only in the last two years have they awarded \$650 for first place. I'd play in the Outdoor Nationals even if there wasn't prize money. That's how everyone feels. No one plays for the

ranking system like they do in indoor racquetball. That would create excitement.

NR: Can a person play both outdoor and indoor racquetball?

Hawkes: It's easier for an indoor player to go outdoors than vice-versa. In indoor racquetball you develop better strokes because you are forced to wait for the ball. You have more time to set up a shot. Outdoors you can get away with using your forehand a lot more. Also outdoors you can hit an effective shot five or six feet high. While it might be easier to make the transition, outdoor players can

usually beat indoor players outdoors. When that happens, the indoor player usually doesn't come back mainly be-

"I'm a lot better outdoor player because of what I've won. There's a lot more competition indoors. I'd like to make the top four and I'm capable of beating anyone."

cause of ego.

NR: How many top open players are there outdoors?

Hawkes: There are four or five good outdoor players who win on a regular basis and some indoor pros who do well.

NR: Have you won easily each year?

Hawkes: Pretty much. The toughest championship was in 1986 when we played three out of five games scoring on every rally. I lost the first two games and was down match point but won. The first year I won it, I had to go five rounds and each person I played had won a national title. At least one of the games in each match went 21-20.

NR: How would an indoor player like Hogan do?

Hawkes: Marty has won it at least once. The first time I lost was to a guy who had beaten Marty. Davey Bledsoe was a good outdoor player and Charlie Brumfield won it a couple of times.

NR: From a grass roots point of view, would the sport grow if more people were exposed to outdoor racquetball at city-sponsored facilities?

Hawkes: Sure. But the question is how do you get people to try it. Colleges have quite a few courts. But the sport hasn't grown that much. It's basically the same players the last four or five years. Maybe companies need to offer prizes and money to lure new people to the sport. Maybe the A.A.R.A. can have a

cause of ego.

NR: Should indoor facilities feel threatened that outdoor racquetball will take away their business?

Hawkes: No, I don't think so. Indoor facilities have a lot more amenities. Outdoor people just go out and play.

NR: What about the manufacturers' role? Should they get involved in outdoor racquetball?

Hawkes: It would help them. Ektelon sponsored the outdoor nationals and got good publicity. It's hard to say what they could really do. One positive thing about outdoor racquetball is that it's easier to televise. It looks better. You can get better angles on the court because there's no glass wall in the way. There's more color because of natural lighting. If outdoor racquetball acquired a few sponsors like volleyball it would be more popular and get recognition. Who knows what could happen?

NR: You're going to play on the pro tour this season?

Hawkes: Definitely. I was once number eleven, but I went back to school and my ranking dropped.

NR: How would you compare yourself as an indoor vs. an outdoor player?

Hawkes: I'm a lot better outdoor player because of what I've won. There's a lot more competition indoors. I'd like to make the top four and I'm capable of beating anyone. ○

Profile

Jackie Paraiso

Age: 22

Home: El Cajon, California

Years playing: 7; years pro: 3
(current W.P.R.A. ranking top 10)

Club/school affiliation: Grossmont Junior College

Recent titles/accomplishments: Gold medalist,
U.S. Olympic Festival, Oklahoma City, 1989;
A.A.R.A. National Singles Champion 19+, 1989;
W.P.R.A. Hershey stop, Doubles Champion, 1989.

Occupation: Pre-school teacher

Jackie's racquetball career began as a family fun activity. She participated with her parents, brothers and sisters. Her best competition came from her mother until mom was no longer a match for her improving game. At this point she paired up with twin sister, Joy, (now the mother of a baby girl, Brittany Mae). Joy was Jackie's competition, motivation, partner, traveling companion and "other self" until her marriage. Jackie says, "It was hard to travel to tournaments without her last year. But, I'm ready to make a move on the tour on my own this season." She confesses that her favorite partner of all time will always be her sister. Watching them play was like seeing double. They're identical twins and their looks, playing styles and court demeanor were very much alike. Spectators usually needed identifying names on the back of shirts to tell them apart during play.

What sets Jackie apart from many other players is her ability to concentrate in even the most tense situations. Physically, she is in great condition with outstanding retrieving ability and agility. In singles, she is strong, smart and capable. In doubles, her play is fantastic. Ask any of her partners. Each of them has something great to say about her. She seems able to find the weakness of the opposing team, then work with her partner to exploit it. Joy, Marci Drexler, Robin Whitmire and Peggy Ludwig have won major doubles events with Jackie. They all admit she can adjust to any situation, game plan, or positioning, giving them the motivation and confidence to play their best.

Training/practice schedule: Jackie is a dedicated athlete, working hard both on and off the court. She trains with weights three or four days a week at 6:00 a.m. before going to work. She plays and drills at least five days a week and also spends several hours each day in church group activities.

Best attributes: Jackie claims her concentration and calm, positive mental attitude are her best attributes as a player. She says these attributes "...derive from deep religious beliefs which give balance and meaning to my whole life." As far as any weakness in her game, Jackie states: "Confidence sometimes leaves me, but a few professional wins will probably change that."

Advice to new players: "I never give up, no matter how frustrated I get. Keep persevering because it always gets better." ○



Profile

Mike Bronfeld

Age: 22

Home: Carmel Valley, California

Years playing: 9

Club/school affiliation: California State University,
Sacramento

Recent titles/accomplishments: Silver medalist,
U.S. Olympic Festival, Oklahoma City, 1989;
A.A.R.A. National Singles, third, 1989;
National Intercollegiate Champion, 1988;
National Singles Champion 19+, 1988.

Occupation: Student

Mike is a senior majoring in marketing at Sacramento. He no longer plays with the team because his collegiate eligibility has expired but he's still a member of the A.A.R.A. National Team in which capacity he won a silver medal at the Olympic Festival. Participation in the Festival was a definite "high" in Mike's career. He says, "Living in the Olympic Village at Oklahoma University with world class athletes for a week gave a real boost to my game; the Olympic movement brings out the best in all the athletes." Mike's long term goal is to stay on the team as long as possible and hopefully someday participate in the Olympics. For the time being he just wants to make it to the Racquetball World Championships next year in Caracas, Venezuela, a locale he has always wanted to see.

Regarding professional racquetball, Mike will take it a step at a time. He plans to participate in those stops close to his home area, but will devote most of his time to academic pursuits during this, his last year of school.

Training/practice schedule: When practicing for tournaments Mike plays daily, but his practice and play schedule has been sporadic this season, due again to academic demands and because he no longer plays with the Sacramento team. Generally his training schedule includes lots of hard work for three to four weeks before a tournament. He runs throughout the year for additional conditioning but has never been an advocate of weight training.

Best attributes: Mike contends quickness of hands and feet are his best assets in racquetball. He says the speed makes up for some other shortcomings, such as his serve, which he considers the weakest part of his game.

When asked how he psyches himself up to play well, Bronfeld says: "I just don't like to lose, period! There are a lot of players who are better than me, but I use my speed and positive mental attitude to compensate. I always play point by point and stay totally focused on the match."

Advice to new players: "If you want to improve," says Mike, "spend lots of time on the court by yourself practicing, and stick with it. There are lots of ups and downs." ○





Mailbox

could actually taint the sport. We need all the positive public relations we can get to grow and prosper.

I am one of those rumored to use the drugs and while I hate to be their object I thank the fabricators for removing from my mind any doubt about my ability to look as though I take steroids without using them. For the past two years, my goal has been to gain the weight and lose the fat necessary to achieve the lean, muscular look of steroid users. I have not been tempted to use the drugs, but I'll set my physical goals higher because I now realize the natural look I eventually want is completely feasible. For any doubters, I will happily take a drug test at their discretion and cost.

The worst thing about such rumors is that they can cause irreparable damage to the future of our sport. The touring pros and top amateurs have worked hard in the past year to develop a good rapport with each other and the sports world. Accusations of this nature hurt not just the individuals named, but the sport we all love. A corporate sponsor won't become involved with a sport where these rumors persist. We must strive to provide great players and great tournaments, not great rumors.

When I win my first pro stop, I'll thank the Lord for helping me achieve my goals and for allowing me to rise above petty rumors with a confidence I once lacked.

Dan Obremski
North Versailles, PA ○

Camp Is Great

Your Editor's Note in response to Mr. K.E. White's letter in the July/August 1989 issue is absolutely correct. Although Mr. White had an unfortunate experience, not all racquetball camps should be judged by this incident.

My friend and I have attended three of Steve Strandemo's camps (Aspen - 1983, San Francisco - 1986, and Coronado - 1989). All three have been wonderful experiences. The instruction and atten-

tion received from Steve and his staff has been outstanding.

Though the camps are physically over after four days, the knowledge and improvements gained have provided me with many hours of enjoyable racquetball and fond memories.

I hope Mr. White will give another racquetball camp a try for I can attest to the pleasure that one (or three) can provide.

Andrew P. Broadbent
Concord, CA ○

Reader Request Update

I have been an avid reader of your publication for over two years. I've seen good issues and so-so issues and would like to make a couple of suggestions that several other of your readers would like to see implemented as well.

The most interesting portion of your magazine for myself and many of my friends has always been the player profiles and interviews. It would be great if you could expand the length and frequency of these informative articles from a page or two every so often to three or four pages every month. I would love to see profiles of Mike Ray, Cliff Swain and other pros and find out more about their training methods, experiences and what it takes to become a professional.

Another area that you could expand on is the tournament coverage section. Most of the time the articles are merely names and scores with no observations or match descriptions before the finals. The article you did on the 1988 Pro Nationals was approaching what we would love to see every month.

I would love to see the *National Racquetball* of my dreams in my mailbox this month and every month thereafter.

Bobby Walters
Raleigh, NC

Editor's Note: We hope you liked our "new look" in September. We're trying very hard to be responsive to our readers requests. ○

Steroid Use?

The past few years have opened my eyes to the harsh reality of steroid abuse amongst pro athletes. I've often assumed, only to be put in my place later, that some physically gifted athletes have experimented with the drugs. Sometimes the first glimpse of an athlete leads untrained minds to the wrong conclusion. How can an athlete excel without steroids?

Hard work and dedication is the simple answer. I've learned through observation that the athletes who really want success train the hardest, and achieve their goals. They are the role models for many, and the envy of the rest.

In our young sport, professionals must rely on their reputation in order to earn a living, rather than world wide exposure. It's a shame that rumors of steroid use

Winning Under Pressure

by Robert J. Kriegel, Ph.D.

Jim coaches a Big 10 basketball team and he's got a problem — possibly the most common problem in college athletics or any level of sports, for that matter.

"I've got some real talent on this team," he told me. "Sometimes we really look together on the court. Other times the guys get so stressed out that I don't know where their heads are at — and they don't seem to know where the ball is at."

I watched tapes of Jim's team in action. I saw a team that looked ready for an NCAA championship and a team performing so poorly it was hard to believe they were the same players.

Sound familiar?

The players are masters of their sports; to get to their level they all have achieved pretty equal skills.

What makes the difference?

It's obviously not a lack of skill. It's what athletes call their mind-set — commonly known as attitude.

In my work with athletes I've identified attitudes that sabotage a good performance and cause stress. Two examples of sabotage thinking are "the can'ts" and "the don'ts".

The can'ts come from thinking too far ahead or trying to do something that is out of your control. Kathy is a can'ts expert, whose event is the balance beam. She was favored to win her regional championship last year, but came in third.

Though she had rehearsed her routine for months, she wasn't quite comfortable with a particular move — a double-back somersault. As she approached the beam

she thought, "What if I can't do the double-back sommy?"

She was so worried about that one move that she lost concentration, tensed up and made mistakes before she even got to it. She lost her footing a couple of times, she lost points and she lost her championship.

To beat the can'ts, Kathy needed to concentrate on "can dos".

Her routine consisted of five other major moves that she was comfortable with. She could have begun with these easy moves and increasingly built confidence

"...visualizing yourself performing well is perceived by your mind as real. This mental rehearsal serves as an effective tool for imprinting peak performance patterns."

in herself and her abilities by focusing on completing each move, one at a time. As her confidence increased, her tension would have decreased and the "tough" move would have come easier.

When she arrived at the double-back somersault, she would have built confidence from prior wins and could have focused on a time when she did it beautifully. Chances are she would have repeated her success rather than realized her fear of failure.

The don'ts is another thought pattern that increases tension.

Getting back to Jim and his basketball team, one of his players came to talk to me after I gave a presentation at their

Editor's Note: The following article is the first in a series dealing with the mental aspect of athletics. The general message of these articles is directed to athletes participating in individual sports such as racquetball, where competition is basically one on one and skill levels (physical abilities) are generally equal.

We'll discuss the importance of mental attitude, or mind-set, in performance.

campus: Jason was a natural athlete. He was quick, a good leaper and had a great jump shot. But Jason had a problem with free-throws.

I asked him what was different about shooting for a three-pointer during a game and shooting at the free-throw line.

"Too much quiet. Too much time to think. I don't want to mess up in front of everyone," he said.

At the free-throw line Jason was conscious of everybody watching him and kept telling himself, "Don't blow it. Don't think about the people watching. Don't choke. Don't think about the score. Don't worry about what the coach will say."

But thinking about what you don't want to have happen can actually make it happen. Thinking about what he didn't want to happen caused Jason to be tense and made him miss.

Like a golfer who sees a distant water hole and tells himself not to hit the ball there, our minds work like radar and direct us to where we don't want to go: Plunk. Right into the water.

Instead, Jason needed to visualize himself doing well.

Picturing what you want to happen, rather than what you don't, is an effective confidence and performance builder. The mind works in pictures. These mental images shape your attitude and guide your behavior.

An image in the mind fires the same neural connections in the autonomic nervous system as an actual experience. As a result, the body can't distinguish between an actual experience and a clearly held and deeply imprinted image. Therefore, visualizing yourself performing well is perceived by your mind as real. This mental rehearsal serves as an effective tool for imprinting peak performance patterns.

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Like many top professional and amateur athletes, you can gain control attitude and turn your sabotage thinking reactions into peak performance actions. ○

About the author: Robert J. Kriegel, Ph.D. — best selling author, former All-American athlete, and mental coach for Olympic and world class athletes — lectures and consults worldwide on peak performance, leadership and strategies for dealing with change. Kriegel recently took part in a national tour of college campuses lecturing on attitude and performance.



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Generating More Powerful Strokes

by Haydn Jones

Power racquetball strokes win points, matches and championships. However, the object of the game is not to see who can hit the ball hardest, but who can get to match point first. There is no reason to hit a 150 mph rollout when the score is 10-10 in a tiebreaker. A rollout at 80 mph is still a point. The shot at 150 mph is liable to skip.

If you can hit a shot six inches high, down the line at 60 or 70 mph, nine out of ten times you will win points. You must realize that if you hit a ball at 80 mph, two feet high, it will probably die at the back wall. The same shot at 110 mph will get past your opponent but will also come off the back wall, giving him another chance at the ball. Don't sacrifice accuracy and control to hit the ball too hard.

The key to more powerful strokes is building on control and accuracy. To do this, hit the ball as hard as you presently can, give the shot a value of 10 on a scale of 1-10. Using this as your personal "power scale", hit a "9", then an "8" and a "7". To be most effective you should be hitting between 7 and 8 on your power scale. You may be able to hit at "9" on the serve, because at that time you have total con-

trol of the ball. Once this "power scale" is established, you can begin working on stroke mechanics. The fine tuning of strokes will change the range of your power scale. You'll begin to hit what would be "11" and "12" on your old scale with less effort and more control. When this occurs, revise your power scale so you continue to hit between 7 and 9.

Another way to insure added power in the stroke is to hit facing the side wall. You can't generate more power with your feet pointing at the front wall. The amount of racquet head speed which can be generated will determine the speed of the ball. To achieve the greatest amount of racquet head speed, the swing should be around your body, not a pendulum motion at your feet.

Next, imagine a ball on a string six inches in length. Not much speed can be generated by swinging the ball. If the string is four feet long, however, a tremendous amount of power can be generated with the same ball and the same effort. Therefore, you do not want to contact the racquetball in a cramped stance, close to your body. Use the full extension of your arm to give you maximum reach when contacting the ball.

preventing it from twisting in the hand.

Early racquet preparation is also essential to a smooth, powerful swing. Get the racquet back early to allow yourself enough time to step into the shot.

The motion of the swing for a forehand stroke is similar to skipping stones across a pond. In other words, first lead with the elbow, follow with the butt of the racquet, snap the wrist bringing the racquet through the ball, then follow through around your body.

It may be difficult to think of leading with the elbow when it's the racquet you want to get to the ball but, if you concentrate on bringing the butt of the racquet towards the ball with the racquet head trailing, then bring the racquet head around (snapping the wrist) and following through, the technique becomes much simpler. Remember, you do not want to swing at the ball. You must swing through the ball. Do not stop at the contact point. Follow through around your body as if the ball wasn't even there. By following through, you will bring your shoulders, upper body, hips and legs into the shot; adding more power.

Summary

The contact point for ball and racquet is off your front foot about knee high for maximum power. Bend at the knees, not at the waist. Step towards the front wall for added momentum and power. Concentrate on a smooth swing. Do not try to muscle the ball. The arm and shoulder should be loose and follow a natural swinging motion around the body. If you try to hit the ball too hard your muscles will tense up and the swing will not be as effective. Power will increase naturally with timing and proper technique. Before you learn to hit the ball hard, learn to hit the ball right. ○

How To Be A Line Judge

by Otto Dietrich, A.A.R.A. National Rules Commissioner

First, and foremost, give the match your undivided attention. Watch the match as if you were actually refereeing it. In other words, make a call (only to yourself, of course) on every play.

Only the following calls or non-calls can be appealed:

- a. Fault serves (except for screen serves)
- b. Out serves
- c. Skip balls
- d. Double bounces
- e. Safety zone (receiving line) violations
- f. Drive serve zone violations.

Since very few calls may be appealed, make sure you know the precise wording of the applicable rules, especially those concerning fault serves, the receiving

line, and the drive serve line. If you have any doubt about one of these rules, ask the referee to explain it and, if possible, show it to you in the rulebook.

If you see a rule violation during a rally, do not react in any way. Ignore any comments or questions a player may direct to you. Players are required to make all comments and appeals directly to the referee. In fact, if a player makes an appeal to a line judge or after making an excessive demonstration, Rule 3.7(c) says the player forfeits the right of appeal.

When an appeal is made, it is critical that you know which "get" or shot is being appealed. Most players raise their hand during the rally to signal their intention to

appeal a particular "non-call". However, if you cannot be certain of the exact "get" or shot that is being appealed, you should indicate that you have "no opinion". An indefinite appeal, such as "all of my opponent's gets during the last rally" should never be recognized by the referee.

After the referee tells you what his call was, you should signal whether you agree with his call (thumb up) or disagree with his call (thumb down) or have no opinion about the ball (open palm down). For example, if the referee calls a skip ball on a shot that you thought was good, the correct signal for you to give — if an

(continued on page 17)



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Common Mistakes Series

Ceiling Balls

by Fran Davis

This month we will be discussing the ceiling ball, the most defensive shot in the game of racquetball. If during play you are unsure of shot selection, off balance, want to draw your opponent out of center court or use some time to get back to position, use the ceiling ball. Too many of us continue to shoot thinking the ceiling ball is for "sissies". Wrong! This basic, defensive shot is necessary when you return serves and during rallies if you consider yourself a good all-around player. The best amateurs and pro players use this shot continually. You should too. Don't get caught up in those slam-bang rallies with your opponent. Use your head as well as your body. Play the ceiling when it is to your advantage. There's a time and place for everything.

The following chart and pictures will help you to develop consistency and confidence in your ceiling game. ○

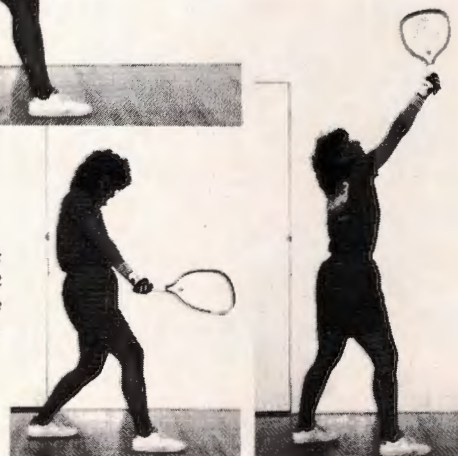


Above Correct technique #2;
below: incorrect technique #2



Left: Correct technique
#4; below: incorrect
technique #4b.

Right:
Incorrect
technique
#4a.



Tips

DO'S

1. Face the side wall.
2. Hit off lead shoulder — front foot.
3. Forehand ceiling — hit full extension above your head — reach for the stars.
4. Backhand ceiling — hit shoulder high.
5. Stroke the ball.
6. Contact on the ceiling — 3' to 5' from front wall. Second bounce hits near back wall crack. (Altitude, court surface and temperature may change correct contact point on front wall.)
7. Position yourself to draw your opponent out of center court (unless in trouble or off balance). At 25' to 35', let the ball drop and shoot.

DON'TS

1. Face the front wall.
2. Hit off back shoulder — back foot.
3. Forehand ceiling.
 - a. Hit with elbow bent, ball at eye level — too low.
 - b. Hit side-arm.
 - c. Hit underhand.
4. Backhand ceiling.
5. Hit the ball hard.
6. Contact on the ceiling.
 - a. Too far up — ball sets up off of back wall.
 - b. Too far back — ball drops short for set up.
7. Position on the court — 25' to 35' from front wall.

Pinch For Show and Pass For Dough

by Aaron Katz

As I travel throughout the country playing tournaments, doing camps and clinics, I've noticed players have a constant fascination with hitting the ball into the side wall. I call it "pinchitis". Most of us love to hit the ball into the side wall and hope to see it roll out at our opponents' feet. Then we expect to take that slow walk which resembles Reggie Jackson's homerun strut, to the service box.

Realistically we more often see the pinch shot floating through center court and watch our opponent set up for a "plum". At which point you swear to yourself "I've never missed that shot before" and go for it another 20 times until you finally hit one. Unfortunately that one, like a one-iron in golf, makes you want to keep coming back.

Take heart, we are going to review the cure for "pinchitis" starting with the do's, don'ts, why's, when's, and should have's of pinch shots.

1. One wall shots provide a greater margin of error.

Remember racquetball is rarely a game of perfect execution. We need to keep this in mind when selecting a shot. "What position will I be in if I miss my intended shot"? With a down-the-line or cross court pass, if you miss high, it will probably come off the back wall, however your opponent is still somewhere in the back court and you are safely in center court. Should you miss low then you have a kill shot (which is a nice way to "miss" a shot). This means your desired target on the front wall is 12-18 inches high. With the pinch shot, if you miss high, you have a set-up in center court, if you miss low, you have a skip ball. Neither is a desirable situation.

2. Side wall shots negate your power.

"Pinchitis" seems to afflict power players more than others. It must be because

they love to hear the ball splat into the side wall. But it is power players who should use the side wall least. By the time the ball hits the side wall, front wall, and comes back through center court, much of the pace has been absorbed by the walls. A one-wall shot maintains power better and keeps pressure on your opponent. Remember, effective power is not determined by how fast the ball travels through the air, but by how fast it is moving when your opponent hits it. So maximize your power; hit straight in.

3. Wear down your opponent with passing shots.

An effective passing attack in racquetball is the equivalent of good body punches in boxing. You may lose some points early on, but in the long run opponents will tire and gradually move deeper in the court, opening up the front for your pinches. (Most players generally start off too far forward rather than too far back.) When you get them playing deeper in the court you want to go for the knockout punch.

4. When to pinch?

Don't feel that you should never pinch the ball. It is an excellent shot when used at the proper time. The first rule of thumb is "pinch when in front, and pass from behind" your opponent. It sounds a little simple but is an excellent percentage rule to follow. If you do decide to pinch when behind your opponent, make sure he is positioned at least two to four feet behind the five-foot line. When your opponent is just behind, on, or in front of the

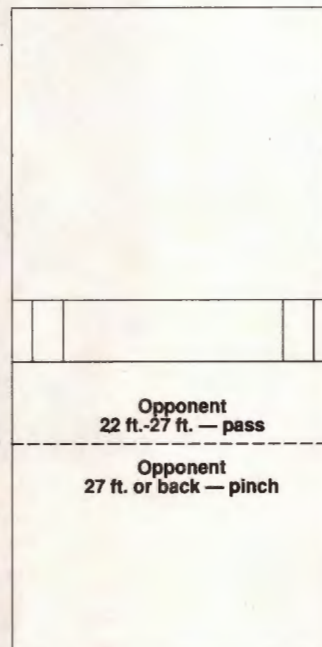
five-foot line, his position dictates a passing shot. Remember, it is your effective

passing shot early in the match which may result in deeper center court position by your opponent. Most players stay too far forward until moved back. For this reason it is often beneficial to start a match with higher "target zones", and more passing shots until your opponent backs up behind the five-foot line. If this doesn't happen keep passing throughout the match. Force opponents to adjust positioning to your shot selection, not vice versa. (See diagram)

5. Where to pinch?

The highest percentage pinch is into the nearest side wall. I recommend using the pinch to the far side wall only for disguise and variety. Avoid incorporating this pinch as a regular part of your arsenal.

Clean up your shot selection. See how many more matches you win when you don't set your opponent up in center court, or skip the ball for him. Leave the great pinch shots (for show) to your opponent, as pass him (for dough) and the victory. ○



About the author: Aaron Katz has been a top 20 touring professional and instructor for four years. He has taught at the Olympic Training Center in Colorado Springs, CO, and directs one of the largest junior programs in the country. Aaron is the director of racquet sports at the Landmark Club, in Dallas, TX and is on the professional touring staff for Ektelon.

Staying Strong Through An Injury

by Dan Obremski

The nightmare of every athlete is an injury which hampers his climb up the ladder of success. This summer at the Elite Training Camp, my nightmare became a reality. My shoes gave way and my body hurtled to the ground on top of my ankle. Pain shot up my leg and my first thought was "broken ankle". Fortunately, it was a sprain, which in time will heal. This article is for other injured athletes with extra time on their hands.

To some extent, injuries inhibit the ability to practice, lift, and work on endurance. I've outlined here a few ideas that actually improved my stroke, my endurance, and allowed me to maintain strength throughout rehabilitation.

Physical Exercises

These exercises will help you to maintain your cardiovascular endurance while isolating and protecting the injury. They deal basically with cardiovascular routines.

- **Lower Back Injuries** — The best thing you can do for these is rest, but if you feel the need to maintain endurance, I suggest a good Lifecycle routine. Monday, Tuesday, Thursday, Saturday — 20-45 minutes per day — ride easy to moderately so you don't strain back muscles. If your lower back still hurts, sacrifice a week or two until you are healed.
- **Arm Injuries** — When your arm is injured, it's important not to bounce too much (as you would in a running gait for example). To maintain endurance, isolate the arms by using the Stairmaster or the Lifecycle. Neither one requires the use of your arms. Alternate exercises after 10-15 minutes as in a cycle training routine. Work at full intensity — top level. You'll surprise yourself and improve your endurance.
- **Ankle Injuries** — It's almost impossible to find an exercise which allows you to isolate the ankle while increasing muscu-



For good workouts while ankle is injured.



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For maintaining endurance without aggravating injuries to arms.

lar and cardiovascular endurance. The Versa Climber suited my needs and actually turned out to be the best full body workout I've had from a machine. It incorporates the use of your whole body, as if you were mountain climbing, while eliminating any ankle movement. This machine was my sole cardiovascular and leg workout for three weeks. Four weeks after my injury the ankle was still a little tender, but the rest of my body was fitter than ever. Work 3-5 days a week. Alternate intensity on the machine to imitate a game. Example: Two high intensity minutes, one low intensity minute. After 10 minutes, rest one minute, ride ten minutes.

*When injured, don't become disheartened or apathetic. If you learn the proper routines you won't lose anything you've worked for, mentally or physically. In fact, you may improve both.

Visual Exercises (visualization)

Repetition is the key to consistency. To become consistent on the court you must repeat your stroke many times. When injuries occur you can probably improve your game by allowing your mind to take over. Visualize your physical ability and enhance the learning process. It's medi-

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cally proven that your mind doesn't know the difference between shots hit on the court, and shots hit in your imagination. The difference is that you can hit every shot perfectly in your head. This type of practice session won't tire muscles and will give you a perfect mental image of the shots and strokes you've practiced so hard to achieve.

- **Mirror** — To give your mind the image it should receive, I suggest standing in front of a mirror and stroking an imaginary ball until you see the backhand and the forehand you want. The racquet preparation, the knee bend, the hip rotation, the wrist snap, the follow through, should all be there in slow motion. When you master the perfect slow motion stroke, begin swinging harder until you're taking a nice full stroke with good balance. Practice 50-100 every day, backhand and forehand.

- **Stationary Hitting** — After completing

the mirror drill, if your injury permits, repeat the same process on the court, this time stroking a ball. Remember: Strict form, solid contact, good follow through, bent knees, accurate contact point. Hit 100-200 every day, backhand and forehand.

- **Mental Rehearsal** — The mental image of your picture perfect performance can improve any aspect of the game you choose. Lie in a quiet room and relax using deep breaths. Create an image of the perfect shot, with the perfect form and repeat it 20-25 times in your mind. Picture the ball hitting your sweet spot and contacting your exact target on the front wall. This exercise should be done with every shot you wish to master.

In closing, you can master any aspect of the game you wish. Don't let an injury or anything else dampen your spirits. Work hard, keep your concentration, and good luck! ○

How To Be A Line Judge

(continued from page 13)

appeal is made — is "thumb down" to indicate that you disagree with the referee's call.

Never indicate your opinion until the referee has told you exactly what is being appealed and what his call was. When indicating your opinion, make it obvious that your opinion is your own! Therefore, don't look at the other line judge, be influenced by the crowd's reaction, or listen to what anyone else says. Hold your signal long enough and in such a manner that the referee, as well as the players, can see it. If you're not sure what the appeal is, it is okay to ask the referee to repeat it. Too often, line judges feel pressured to express an opinion when they really aren't sure of the call — they may have been screened on the shot or may have been distracted. In such cases,

don't hesitate to indicate no opinion (open palm down).

One line judge in every match will be designated to serve as an alternate scorekeeper. Determine whether this person is you or your counterpart. The alternate scorekeeper should keep a complete scorecard that parallels the official scorecard being kept by the referee. This person should record all points, timeouts, and appeals, just like the referee does. In addition, this person should keep track of whose serve it is and, in doubles, the order of serve.

While only a few players will ever acknowledge how well you perform, as a line judge rest assured that your efforts help to ensure the fairness of the contest and make the referee's job a whole lot easier. ○

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Rotator Cuff Injuries

by Dr. Richard Honaker

The rotator cuff is a group of four muscles and their tendons which surround the shoulder joint, attaching the upper arm to the shoulder and chest. They are named the *Supraspinatus*, the *Infraspinatus*, the *Teres Minor* and the *Subscapularis*. Their motion results in rotation at the shoulder joint. Problems of the rotator cuff can become a curse to an athlete. Injuries often result from repeated overuse, especially involving use of the arm above the head. This motion results in impingement of the head of the humerus bone in the upper arm against the rotator cuff tendons. This impingement syndrome

ultimately leads to inflammation and pain. The various bursa cushions, which are fluid filled sacs that cushion the muscles against the bones, can also become inflamed and result in bursitis and rotator cuff tendonitis.

With rotator cuff inflammation and tendonitis, pain will usually be noticed on the extremes of rotation as one externally rotates (demonstrated by trying to scratch high up on your back with the back of your hand). Abduction of the shoulder involves raising the arm out as if it were a wing flying. At the extremes of motion, an inflamed tendon will be stretched and

cause pain. Comparing the bad side to the good side will show any limitation of motion which often occurs at approximately impingement and irritation of an inflamed rotator cuff.

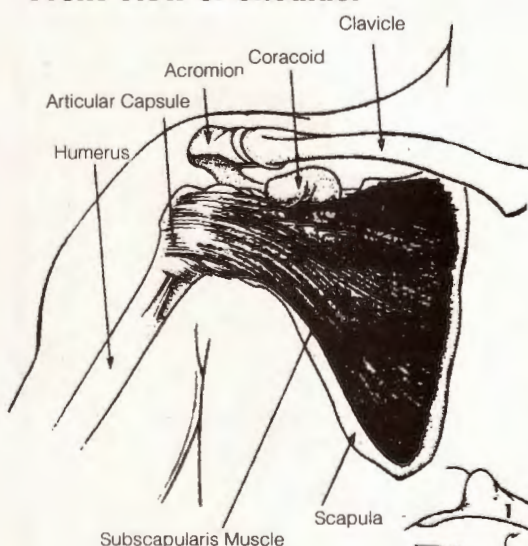
Tears of the rotator cuff often occur over a long period of time with repeated small injuries, but may also occur with one acute injury. To diagnose this significantly debilitating injury often requires an arthrogram in which dye is injected into the shoulder joint and x-rays are taken to see if there is leakage through a torn rotator cuff. Surgical intervention is often necessary.

For the usual overuse syndrome involving rotator cuff tendonitis and impingement syndrome, rest the injured shoulder and apply ice in the acute phases and heat later on. For pain that has been present for several weeks, applying alternating half-hour periods of ice and heat. Using anti-inflammatory drugs such as Motrin, Indocin, Naprosyn, etc. can help reduce inflammation. Physical therapy is often helpful, as well as cortisone injections in resistant cases.

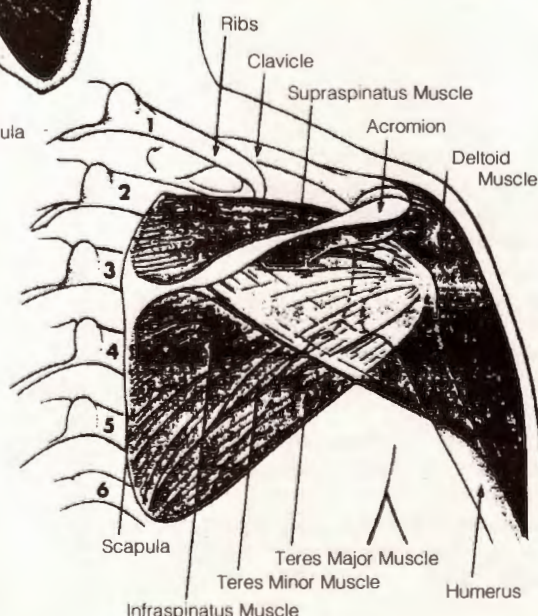
You should not treat your own rotator cuff injury too long by resting the shoulder, as scar tissue can form. This can result in a condition called adhesive capsulitis which is a reduction in the flexibility of the capsule around the shoulder. This results in a lack of range of motion called a "frozen shoulder". This is a difficult problem to cure, often requiring prolonged physical therapy and sometimes surgical manipulation to "unfreeze" the shoulder.

Shoulder pain is a difficult syndrome to pin down as it can be caused by numerous problems. Rotator cuff tendonitis is one of the most common, however tendonitis of the biceps tendon, arthritis, various bursitis syndromes and pinched nerves in the neck (masquerading as shoulder pain) can confuse the issue. Mild injuries will usually take care of themselves. More severe injuries may require a significant curtailment of activities for healing. ○

Front View of Shoulder



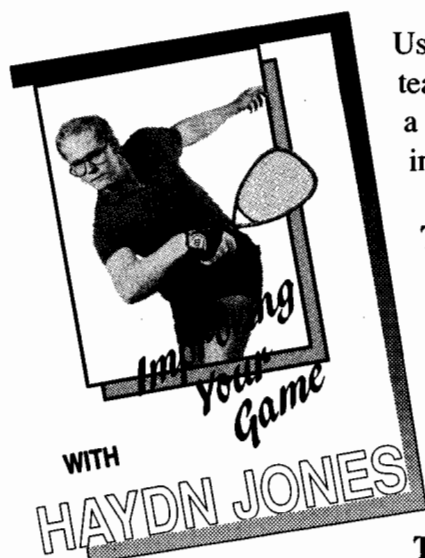
Back View of Shoulder



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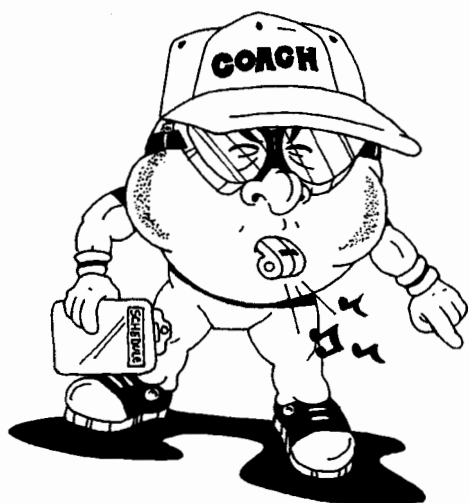
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10/89



Coaches Corner

*U.S. Team Coaches: Fran Davis, Stu Hastings, Larry Liles
Neil Shapiro and Gary Mazaroff*

Q: I am a "C" player with a friend who plays "A" level. She's a very good player and when we go to tournaments we try and help each other. My question to you is this, "Can I, as a 'C' player, help an 'A' player in competition or will I do more harm than good?" **Olivia Gorlal, Tampa, Florida**

A: Olivia, you sure could help. The key is understanding that the basic foundations of the game are the same for a "C" player, an "A" player, or for that matter an "Open" player.

There are certain basics that all players must use to compete. You can begin to see patterns develop over the course of a game/match. For example, a player may be hitting too many pinch shots or skipping too many kill shots, or playing

too defensively or offensively, or too far up in the court. These are errors you will be able to see whether you are a lower level player or a higher level player. Such errors can and should be pointed out to help your friend in her competition.

Our suggestion is to formulate a sheet, listing key headings, such as the following:

STROKES	COURT POSITION	SERVES	RETURNS OF SERVE	RELOCATION OUT OF THE BOX	SKIPS	WINNERS

You can keep the headings simple or detailed, whichever you prefer.

Before the match, go over this sheet with the "A" player. Ask if there is anything else you should watch for? You, the "C" player, now have a specific task on which to focus. This is called charting (analyz-

ing the situation at hand). In order to chart the game effectively you need to have a clear understanding of the game, not necessarily be an "A" player. Once you've compiled the data for the "A" player, you can turn the information over to her. She can then use it to make the adjustments or changes necessary for improving match play. You now have become the

"C" player who is assisting the "A" player, rather than the "C" player telling the "A" player what to do. Sometimes egos get in the way, but with the charting format everyone is a winner.

Good luck, Olivia. Let us know how it works! ○



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M.P.R.A. Ranking System

by Jack Newman

The M.P.R.A. Ranking System is based on a one year (twelve month) tournament rotation. For example, the first M.P.R.A. event held in Stockton was added to the rankings, while last year's first event was dropped from the rankings. Each month points accrued in the same month the previous year are dropped while new

A. Embry	45	B. Rodriguez	25
J. Evans	45	R. DiJacamo	20
F. Snow	45	L. Gilliam	20
J. Bonnett	40	D. Green	20
G. Peck	40	C. Nichols	20
M. Ceresia	35	E. Inoue	15
J. Cascio	30	P. Shanks	15
D. Ganim	30	M. Anderson	10
G. Humphrey	25	W. Beardsley	10
		M. Bronfield	10
		K. Buehler	10
		F. Calabrese	10
		J. Floyd	10
		R. Fudim	10
		K. Gelhaus	10
		B. Hawkes	10
		J. Ivers	10
		J. Kenyon	10
		D. Mulhollin	10
		S. Oliver	10
		D. Ruby	10
		D. Sable	10

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16's	30.00 pts.	37.50 pts.	45.00 pts.
32's	10.00 pts.	12.50 pts.	15.00 pts.

points earned for the current year are added. Accompanying diagram shows points awarded to players based on prize money and finish.

All points are totaled, then divided by the number of tournaments held during the one year period. The M.P.R.A. also uses a divider of 90%, so if you miss one tournament your ranking will not be severely affected. Here are the current M.P.R.A. rankings following the first M.P.R.A. stop in Stockton, CA.

Rankings as of September 5, 1989

M. Hogan	425
R. Gonzalez	385
M. Ray	380
C. Swain	365
B. Harnett	345
M. Yellen	315
E. Inoue	275
D. Johnson	255
T. Doyle	205
C. Brysman	185
W. Clouse	185
J. Newman	185
D. Obremski	185
G. Price	135
E. Andrews	95
A. Katz	75
J. Plazak	65
T. Sweeney	65
R. Harripersad	60
D. Katchtik	60

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New CBK RTS Midsize... 144.99
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Clinic: Session Two

Strokes

by Fran Davis

One of the *Webster's New World Dictionary* definitions of stroke is "to hit (a ball)" as in racquetball. For purposes of discussion here, strokes are what you use to put or keep the ball in play.

The two strokes covered in this clinic session are forehand and backhand.

The forehand stroke is accomplished as follows: The hitting arm will carry the racquet from the outside back of the body, across the body, to hit the ball and follow through. The palm of the hand should face the front wall on contact with the ball. (See figure A for proper starting position.)

The backhand stroke begins with the arm on the front side of the body, bringing the racquet across and around the body and following through. Here, the back of the hand should face the front wall upon contact with the ball. (See figure B for proper starting position).

Deciding when to hit forehand or backhand strokes is the responsibility of the player. Generally speaking it is easiest to divide the court roughly in half lengthwise and hitting forehand shots from one side, backhands from the other. This will vary depending on whether the player is left or right-handed. (See figure C.)

For righties, forehand strokes should be hit from the right side of the court, backhands from the left. The opposite applies to left-handed players.

It will become increasingly important to be able to hit both forehands and backhands consistently as your level of play increases, so try to utilize both strokes equally when you play or practice. ○

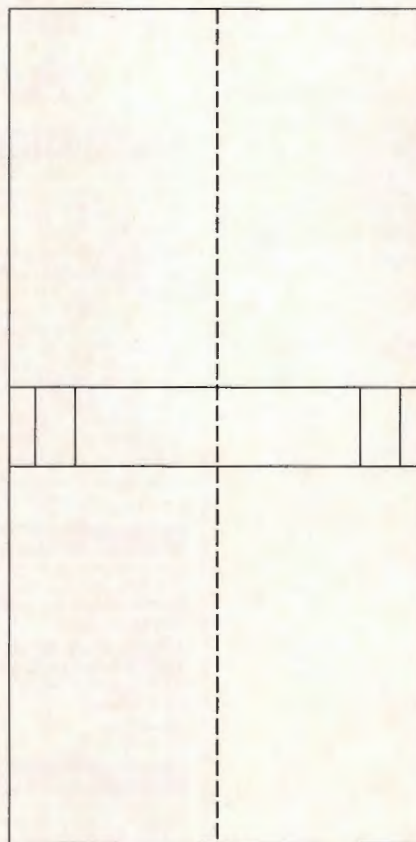
Figure A — Basic forehand stroke position.



Figure B — Basic backhand stroke position.



Figure C — Court divided lengthwise for forehand/backhand shot areas.



What's The Call

by Michael Arnolt



The 1989 U.S. Olympic Festival certainly was an historic occasion for racquetball, which after having been granted Group A status by the U.S. Olympic Committee early this year, became a full medal sport and participated for the first time in the Festival.

Thirty-two of the finest amateur racquetball players in the nation were gathered, and split into four teams comprised of four men and four women. Also in Oklahoma were 32 referees and line judges who paid their own way to officiate. All of the referees were certified. That combination of the finest of athletes and officials created a comfort level not available at most tournaments. Just the same, some rules questions arose. Here are a few.

Squeezing Ball Becomes Close Call

Q: The match was a dandy: Jim Floyd of Davison, MI versus Andy Roberts of Memphis, TN. It was during the second game when I believe Floyd hit a killshot that scored a point. The ball rolled back to Roberts who, before picking the ball up to return it to Floyd, stepped on it. The ball was broken. The referee threw a new ball in the court and told them to replay the rally.

Floyd started to go to the service area and put the ball in play, but at the urging of his coach, Floyd questioned the broken ball call and asked for a ruling. Before the head official, Otto Dietrich, reached the court, Floyd decided to go with the ref's call and he replayed the rally. Was the ref's call correct? Or did Floyd give up a point?

A: The referee apparently believed the ball was broken prior to being stepped on, or that it broke with virtually no foot pressure. Nonetheless, had Jim Floyd asked for a ruling on the ref's call the point would have been his. The rule (4.14.g) is clear: "The only proper way to check for a broken ball is to squeeze it by hand."

Players at the level of Floyd and Andy Roberts understand the rules, but they also have a sense of fair play. Undoubtedly, Floyd

knew the rule. But because he and Roberts believed the ball broke on the shot, sportsmanship prevailed.

Know What Is Being Appealed

Q: During a very close match that saw a number of appeals, one of the players noticed the line judge delay his ruling on the ref's call for a couple of seconds after the other line judge signaled his ruling. After the delay was called to the ref's attention, and after a brief discussion between the ref and line judge, the line judge's calls came more quickly. Is there any harm in a slight delay from a line judge?

A: To prevent any hint that one line judge is being influenced by the other line judge, line judges are admonished to indicate their opinions simultaneously in clear view of the players and referee.

As it turned out in the particular case you mentioned, the line judge was unable to hear the referee's explanation of the appeal until it was repeated. In such instances, the line judge is correct to wait for a clear explanation before making his call.

A Ruling To Fit The Circumstances

Q: It is my understanding that a wet ball — a ball that appears to skid after hitting perspiration on the floor or wall — is a call that only the referee can make, and is not appealable. Yet, I saw players on a couple of occasions appeal a no-call by the referee on balls that skidded. How can that be?

A: Tournament officials viewed play on the University of Oklahoma courts for several days prior to competition. Knowing that the facilities were not air conditioned, they ruled players would be allowed to appeal wet-balls. They further ruled that such an appeal would not count against a player's limit of three appeals per game.

Though such a call is considered a referee's judgment call that is not appealable, it is not unusual for some refs to ask a line judge with the best view about a court hinder which he, the ref, may have missed. ○

Racquetball Gloves

by D.E. Brennan



Isn't it amazing what sport enthusiasts take for granted? Baseball gloves just to catch a ball, sneakers so you won't slip on the basketball court, football helmets to prevent head injuries. The list goes on and on. Today's high-tech equipment has been designed, researched, tested and retested to such an extent that we have the finest athletic equipment in the history of sports.

Racquetball gloves are no different. The assumption is "they are just racquetball gloves of various colors, designs and sizes."

Wrong!

Glove manufacturers have invested a lot of time, energy and money discerning what makes the best quality, fit and endurance in a racquetball glove.

For example, Cabretta (sheepskin) leather is chosen by some manufacturers because it is strong, durable and provides the proper, "feel," for the player. The precise thickness of leather is vital and skins vary greatly based on region and even diet of the animals. A bulky glove is undesirable to any player, pro or amateur.

Hair sheep from East Africa may be selected for thinness and strength of hide. This skin accepts the tanning process and the result is a beautiful, smooth leather.

Some companies have developed patented manufacturing processes for impregnating a permanent tackifying formula into the leather. This acts as a preservative and prevents perspiration and salt from being absorbed. The result is a soft and pliable glove with excellent longevity.

Hand patterns are created at the factory especially for the American hand, which is larger than most.

Heavy-duty, spun polyester threads are used to stitch gloves which may be reinforced at critical stress areas.

At the Neumann Tackified Glove Company leather is cut using hand patterns with full hand and finger volume, vital for dimensional integrity. Fourchettes, (the piece of leather that joins the top of

the finger to the bottom) are used for fit perfection. A separate thumb piece is incorporated to give a three dimensional product.

Gloves are fitted onto an iron hand sizer which is heated to ensure proper size under various conditions. Samples are made to demanding standards and tested by various players who are asked to test the gloves and report findings in writing. Results are then analyzed and suggestions integrated into the manufacturing process.

If you wonder why gloves may retail for \$15.00 or more it should be evident that tremendous work, skill, raw materials, research and marketing have gone into the manufacturing process to bring the product to the consumer.

The object of using a racquetball glove is to hold the racquet firmly in place with less tension on the hand and arm (e.g., letting the glove do the gripping). This should result in less stress and fatigue on the arm.

Manufacturers such as Neumann, who produce tackified gloves, contend that because of the tackification process no torque (turning or twisting) occurs when hitting the ball, resulting in more power and accuracy with shots.

It should be noted, however, that there are still players who like the feel of the bare hand on the racquet grip and they seem to perform equally as well.

Today, gloves are used in a variety of sports including football, baseball, racquetball, tennis, golf, fitness, cycling, harness racing, waterskiing, shooting, climbing and other athletic activities where hands are used.

Gloves of the 1990's will provide more fun, control and satisfaction in your sports endeavors.

The next time you look for a new racquetball glove you'll have a better understanding of how it was made and priced.

About the author: D.E. Brennan was the owner of his own advertising company for 22 years. He is currently the Vice President of Marketing for Neumann Tackified Glove Company.

Evolution of Racquetball Grips

In the early days racquets, balls and a court were the only items necessary for playing racquetball, but in recent years gloves have generally been adopted as a necessity by the majority of players.

Much of the other auxiliary equipment offered by sporting goods stores and pro shops can be classified as luxury or cosmetic gear, peripherally useful in improving one's game, but accepted as trendy or "in" equipment for a season or in a particular area of the country.

Examples include wrist and headbands, wrist tethers and lacers for racquets, varieties of strings and bumper guard materials, gloves, powders, sprays, etc. for producing tackiness or drying hands, and the list goes on.

What about grips, you say? Grips, it seems, are another matter. Since the majority of players now opt for gloved play, grips have become almost a necessity. The leather grips, which have been installed by racquet manufacturers as standard for years, are now frequently being removed and replaced by players who prefer one-piece rubber-like models made from synthetic materials. Leather grips and leather gloves don't mix when wet and perspiration in major quantities occurs in most active racquetball matches.

From the players' point of view, it is imperative to hold the racquet securely when "killing" the ball — this seems to be the major reason more and more players are replacing factory issue grips with their favorite synthetic models.

The evolution to today's newest models has been lengthy. Early prototypes were manufactured for other sports or hastily assembled to try to capitalize on the market. These included such names as Sportgrip, Totes, Tournagrip, Gauzetex, Supreme Grip, Pro Grip, the Gripper, etc. Most were overwraps and were unsuccessful because they didn't last very long or because they added too much bulk to the racquet handle, actually changing the grip size when installed.

(continued on page 31)



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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.

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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.

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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?

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Champion Glove — Pro Tack 652

Palm: Extra-sticky Cabretta leather. Fingers: Panelled nylon, leather construction. Back: Fluorescent stretch nylon. Closure: Elastic wristband with velcro tabs. Colors: Men's - navy/red, black/royal, black/fuchsia, black/green. Women's - navy/red, black/fuchsia, black/green, black/hot pink. Suggested retail: \$11.99



Champion Glove — Ultra Grip 696

Palm: Sof-Tan'd suede leather that stays strong, wet or dry. Fingers: Ventilated suede. Back: Nylon mesh and suede. Closure: Velcro tab with elastic band. Colors: blue/white, white/red. Suggested retail: \$9.99



Champion Glove — Terry 613

Palm: Sof-Tan'd leather. Fingers: Panelled nylon and terry cloth. Back: Foam backed terry cloth. Closure: Velcro tab with elastic wristband. Colors: Men's - royal blue, white; Women's - white. Suggested retail: \$7.99



Ektelon — Performer

Palm: Cabretta sheepskin treated by special tackified process to prevent dryout and decay. Fingers: Panelled construction, set-in no stress thumb for close, natural fit. Back: Two-way stretch nylon mesh for close fit and breathability. Closure: Elastic wristband with velcro tab for easy on and off. Colors: Men's - black/burgundy trim; Women's - white/burgundy trim. Suggested retail: \$17.99



Ektelon — Classic

Palm: Thin (0.6mm) Cabretta sheepskin ensures positive grip. Special sta-soft process to allow leather to dry soft and supple. Fingers: Panelled construction, sheepskin and nylon extended set-in thumb. Back: Two-way stretch nylon mesh. Breathable for dryness. Closure: Leather backed, elastic wristband. Velcro tab closure. Color: Men's - black/grey trim; Women's - white/grey trim. Suggested retail: \$14.99



Ektelon — All Pro

Palm: Thin (0.6mm) Cabretta sheepskin, naturally tacky. Special tanning process to allow leather to dry soft and supple. Fingers: panelled construction, sheepskin and nylon extended set-in thumb. Back: Two-way stretch nylon mesh. Breathable for dryness. Closure: Leather backed, elastic wrist band, with velcro tab closure. Colors: Men's - black/blue trim; Women's - white/blue trim. Suggested retail: \$12.99



Ektelon — Racquetballer

Palm: Thin (0.44mm) synthetic suede leather. Fully hand washable. Fingers: Panelled construction, sheepskin and nylon extended set-in thumb for increased freedom of movement. Back: Two-way stretch nylon mesh. Breathable for dryness. Closure: Leather backed, elastic wristband. Velcro tab closure. Colors: Men's - black/red trim; Women's - white/red trim. Suggested Retail: \$11.99



Ektelon — Challenger

Palm: Thin (0.6mm) goatskin leather for durability. Fingers: Panelled construction, set-in no stress thumb for close, natural fit and ease of movement. Back: Two-way stretch nylon mesh for close fit and breathability. Closure: Elastic wristband with velcro tab for easy on and off and wrist flexibility. Colors: Men's - black/green trim; Women's - white/green trim. Suggested retail: \$10.99



Ektelon — Controller

Palm: Naturally rugged goatskin leather. Fingers: Panelled finger and set-in, no stress thumb design for increased movement. Back: Nylon mesh with extended leather thumb. Closure: Elastic wristband with velcro tab for easy on and off. Colors: Men's - black/teal trim; Women's - white/teal trim. Suggested retail: \$9.99



FootJoy — Championship Player

Palm: Soft Cabretta leather. Water repellant. Flexible and perspiration resistant. Fingers: All leather, panel construction. Ventilated for breathability. Set-in thumb. Back: Leather and stretch nylon. Closure: Velcro tab placed for snug fit and ease of movement. Colors: Assorted. Suggested retail: \$13.50



FootJoy — Tuff-One

Palm: Cabretta leather for positive grip. Water repellant. Perspiration resistant. Fingers: Leather panelled construction with nylon back. Back: Stretch nylon. Closure: Elastic wristband gives snug fit. Velcro closure. Colors: Assorted. Suggested retail: \$10.75



Head Sports — XC-I

Palm: Cabretta leather. Fingers: Perforated nylon panels; no thumb seams or exterior index. Back: Nylon with padded fifth finger. Closure: Adjustable wrist straps for unisex sizing. Colors: White/royal blue trim. Suggested retail: \$12.95



Neumann Tackified Glove Co. — Gladiator

Palm: Thin gauge Cabretta sheepskin with tackified process. Inhibits perspiration from passing through leather. Fingers: Tackified Cabretta on forefinger. Vent panel construction with set-in thumb. Added leather knuckle guard. Back: Four-way nylon micromesh for fit and breathability. Closure: Easy fastening wide velcro tab closure for comfort and feel. Color: Navy. Suggested retail: \$19.99



Neumann Tackified Glove Co. — Marty Hogan Pro Duratack

Palm: Thin gauge Cabretta sheepskin with tackified process. Inhibits perspiration from passing through leather. Fingers: Tackified Cabretta on forefinger. Vent panel construction with set-in thumb. Back: Four-way nylon micromesh for fit and breathability. Closure: Easy fastening wide velcro tab closure for comfort and feel. Color: Navy. Suggested retail: \$17.99



Neumann Tackified Glove Co. — Marty Hogan Duratack

Palm: Full grain leather treated with special tackified process for grip and durability. Fingers: panelled construction with mesh on back. Back: Four-way nylon micromesh for fit and breathability. Closure: Easy fastening velcro collar tab. Color: Red. Suggested retail: \$13.99.



Neumann Tackified Glove Co. — Marty Hogan Tuftack

Palm: Tackified pigskin for durability. Fully washable. Fingers: Micromesh for increased air circulation and comfort. Closure: Velcro collar tab for easy on and off. Color: White. Suggested retail: \$11.99



Penn — Tournament Glove

Palm: Cabretta sheepskin leather. Finger: Panelled nylon and leather with padded finger and knuckle areas. Back: Nylon mesh backing. Closure: Elastic wristband with large velcro tab. Colors: White/black with yellow trim. Suggested retail: \$11.99-\$12.99



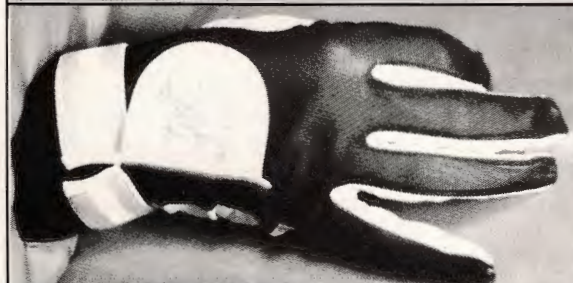
Penn — Racquetball Glove

Palm: Cabretta sheepskin leather. Finger: Panelled nylon and leather. Back: Large nylon mesh for increased ventilation. Closure: Elastic wristband with velcro tabs. Colors: White/black. Suggested retail: \$10.99-\$11.99



Top Performance — Top Performance

Palm: Special Wet Test Leather™ developed in Europe. Suede surface for good grip. Machine wash and dry. Stays soft and absorbs moisture. Fingers: Panelled construction with vents on back for breathability. Back: Sta-tite nylon. Placed for fit. Prevents stretching in palms for fingers. Closure: Elastic wristband with velcro tab. Colors: Navy with red and white trim. Suggested retail: \$15.95



Viking Sports — Buckskin Cabretta

Palm: Super thin Cabretta, specially tanned to stay moist. Stays soft and tacky. Fingers: Panelled construction for flexibility. Back: Two-way stretch nylon mesh for snug fit. Closure: Adjustable velcro tab. Colors: Black/off white. Suggested retail: \$10.95



Viking Sports — Buckskin

Palm: Machine washable glove, made with modern synthetics. Will not shrink or harden when machine washed and dried. Fingers: Synthetic, ventilated for breathability. Set-in thumb. Back: Stretch elastic for comfort and fit. Closure: Elastic wristband and velcro tab. Colors: White, navy blue, tan. Suggested retail: \$9.50



Wilson Sporting Goods — Tru Blue

Palm: Cabretta leather tournament style. Fingers: Leather panelled construction with elastic gussets and set-in thumb for comfort and flexibility. Back: Spandex for snug fit. Closure: Elastic wristband. Velcro tab. Colors: White, navy. Suggested retail: \$12.95



Wilson Sporting Goods — Max

Palm: Leather. Fingers: Panelled construction, set-in thumb. Back: Terry cloth back for comfort. Closure: Velcro tab with slit opening. Colors: White. Suggested retail: \$9.95

Racquetball Glove Repair

by Leonard J. Haney

Editor's Note: Leonard J. Haney, of Lancaster, CA developed this method of repairing holes in racquetball gloves. He submitted the information to National Racquetball Magazine in order to share it with our readers.

Like many other players, I grip the racquet handle down at the bottom "knob"

Evolution of Racquetball Grips

(continued from page 25)

The current models by A'rme (now the Ektelon grip) and Tacki Mac actually replace the factory grip. Their rubber-like consistency comes from state-of-the-art technology producing extremely tacky, long-lived synthetics which are installed over the butt of the racquet and glued in place. Another measure of the successful operation of both companies comes from their consistent communication with players at all levels.

The major problem grip manufacturers had to solve, was the extreme demands racquetball places on their products. The material must withstand the torture of constant pressure and friction from a glove and must cope with moisture from perspiration and still provide no-slip gripping power. The absorbing grips and overwraps of tennis didn't work for racquetball.

In ten years we have seen racquetball grips change from basic black and tan imitation leather, to high tech, hot pink, neon orange, yellow and more. Players are finally able to hang on to their racquets.

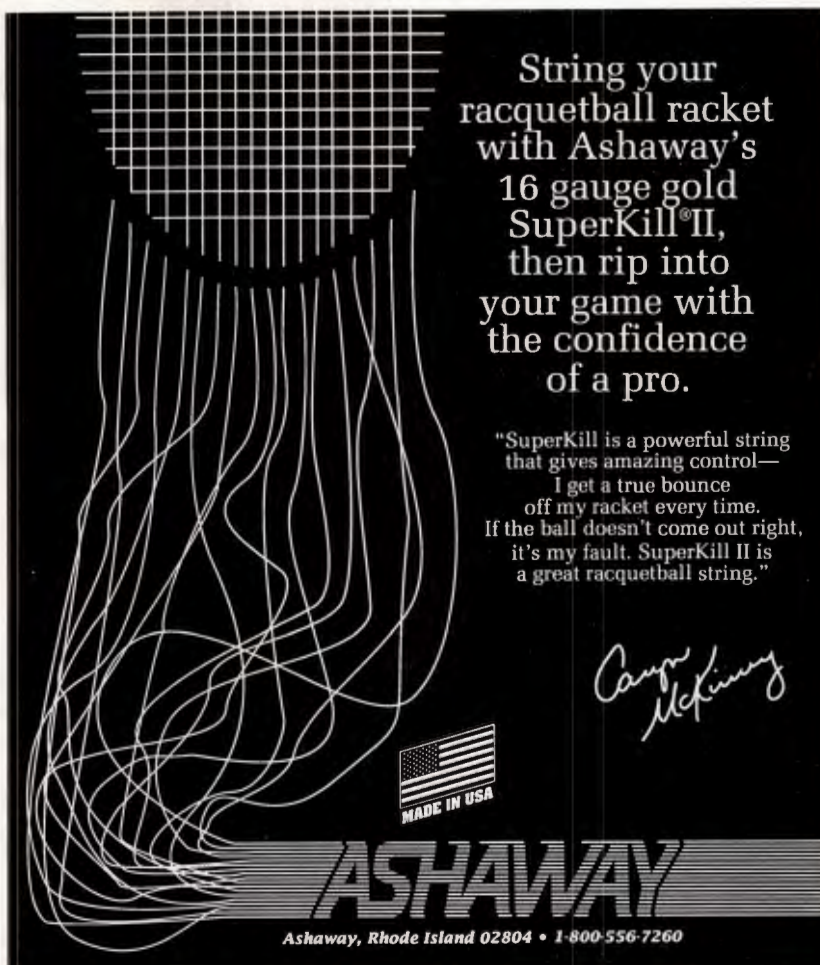
In their 1989-90 lines several manufacturers have included racquets which come equipped with the new grips instead of the standard leathers. Perhaps this precedent will establish a trend for the future! ○

area. Therefore, most of my racquetball gloves wear out prematurely in the same spot, the palm area. Friction created by constant turning of the "knob" in the palm of the hand wears a circular hole in the palm of the glove after limited use. A survey of my twenty plus gloves revealed sixteen with dime to quarter-sized holes in this location. At \$10 to \$15 a glove that's a lot of money to shell out for new equipment.

I contemplated a variety of ideas for repairing the holes and finally discovered a quick and easy remedy in the form of a glue gun, glue and patch material to cover the holes.

To repair these holes start by turning the glove inside out. Using a mini-glue gun, (the type used for arts and crafts projects) apply a thin film of glue around the hole, affix a circular patch of leather or a suitable substitute material, and apply pressure. When the glue dries, check the edges of the patch for a good bond, then return the glove to the right side and apply a small amount of the same glue to the hole itself. Spread the glue evenly over the patch area. This will seal the hole and bond the patch to the hole's edge.

Use of this procedure could extend the life of your gloves considerably. Good luck! ○



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And now, we're proud to introduce RTS™, the Racquetball Taper System.



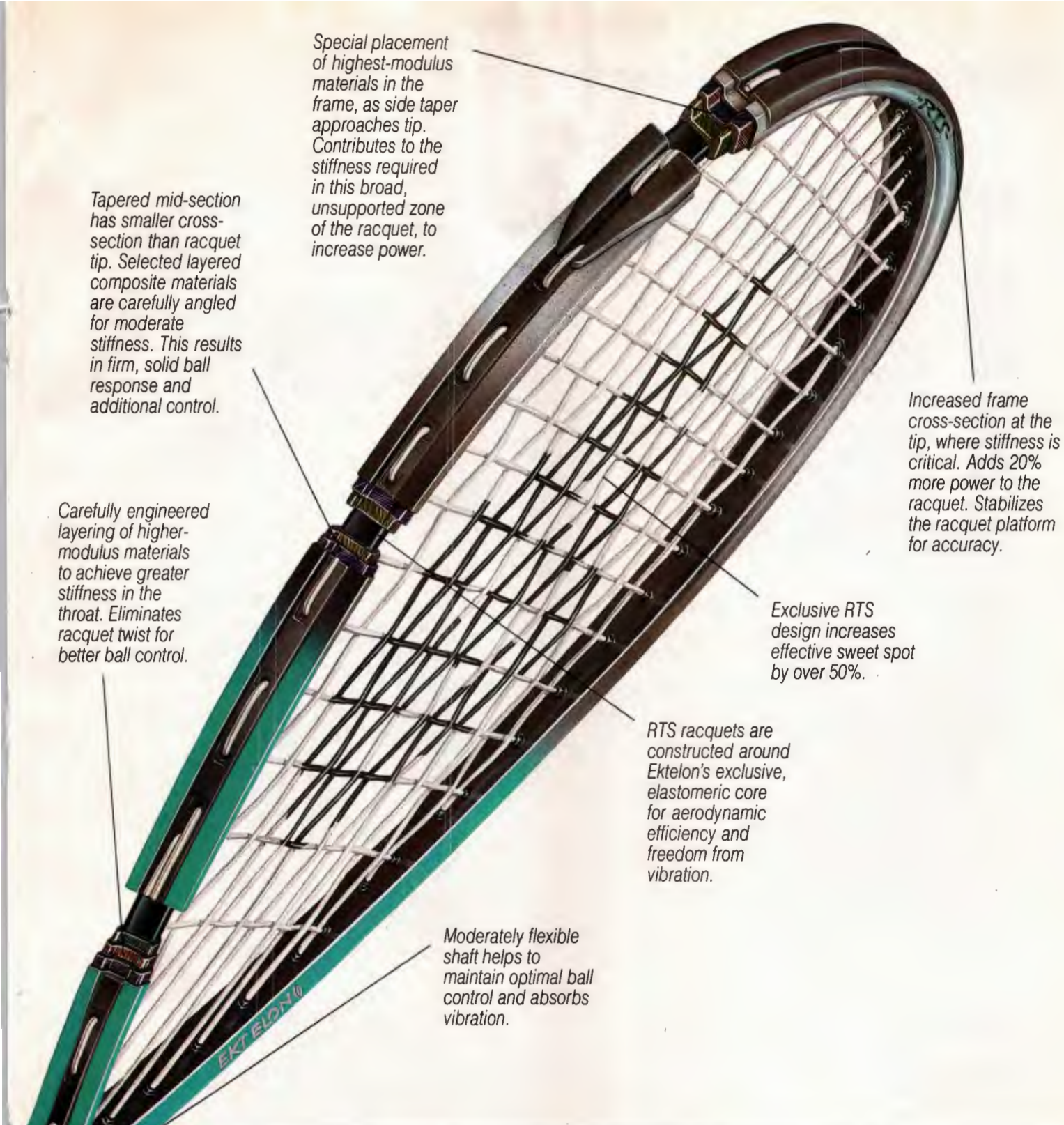
The key to RTS is selective stiffness. We've designed the appropriate degree of stiffness into each section of the racquet for unmatched playability.

At the tip, the cross-section of an RTS frame is expanded by 30%

for increased stiffness. This adds 20% more power to the racquet. And increases the effective sweet spot by over 50%.

The mid-section of the frame is tapered, and engineered with moderate





Special placement of highest-modulus materials in the frame, as side taper approaches tip. Contributes to the stiffness required in this broad, unsupported zone of the racquet, to increase power.

Tapered mid-section has smaller cross-section than racquet tip. Selected layered composite materials are carefully angled for moderate stiffness. This results in firm, solid ball response and additional control.

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Increased frame cross-section at the tip, where stiffness is critical. Adds 20% more power to the racquet. Stabilizes the racquet platform for accuracy.

Exclusive RTS design increases effective sweet spot by over 50%.

RTS racquets are constructed around Ektelon's exclusive, elastomeric core for aerodynamic efficiency and freedom from vibration.

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stiffness. So the ball stays on the strings longer for superior control.

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Ektelon — Racquetball Grip

Tapered style provides secure grip. Moisture resistant. Easy application. Adhesive provided. Available in red, orange, black, blue, grey and aqua. Suggested retail: \$7.95

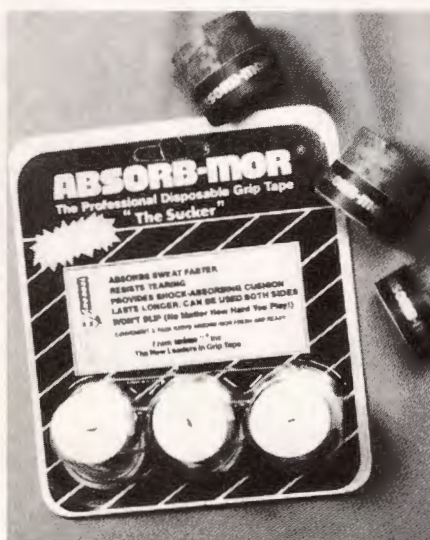
Viking Sports — Aussie Grip

Non-slip grip. Super moisture absorbant. Long-lasting, soft feel, dampens vibration. Self adhesive for easy fit. Suggested retail \$4.95.



Neumann Tackified Glove Co. — Marty Hogan Racquetball — The Gripper

Construction: Tackified rubber grip. Colors: Grey, blue, red, black, fluorescent orange. Suggested retail: \$4.95 (including glue)



Winn Sports — Absorb-Mor

Grip tape/over wraps. Construction: Tacky feel polyurethane. Colors: Black, blue, green, grey, rainbow, red, tan. Suggested retail: \$3.99 for package of 3



Tacki-Mac Grips

Replacement grips. Construction: Kraton. Colors: Black, grey, red, blue, brown, yellow, lime green, white, hot pink, lavender, orange, magenta, translucent with customizer kit. Suggested retail: \$6.00 to \$8.00 bulk or packaged.



Winn Sports — SuperTech

Replacement grip. Construction: High grade, non-woven felt with a polyurethane resin coating. Colors: Black, grey, tan, optic yellow, optic pink, white, burgundy, rainbow, blue. Suggested retail: \$6.99

Auburndale: Outdoor racquetball with a difference.

You would never know, as you drive through the quiet, central Florida town of Auburndale, that it has something unique to offer. It has eight, four wall, covered, outdoor racquetball courts and a racquetball program so successful it would be the envy of many clubs.

Auburndale is a small town with a population of about 8,000 and it has the community spirit of many small towns. It boasts an excellent outdoor sports complex with tennis, basketball, shuffleboard etc., right in the center of town.

When Marvin Wiley, the city's recreation director, wanted to expand the complex and add racquetball facilities, he had a difficult job because Mr. Conover, city manager for 32 years, had never heard of racquetball. It was also very difficult to convince the city commissioners.

After visiting outdoor courts in nearby Leesburg and Gainesville and seeing how popular they were, he was convinced he could build four courts in Auburndale and make them pay for themselves within seven years. So, in 1981, with the blessings of the city fathers, he was given \$58,000 to build four courts, restrooms and landscape the area.

He freely admits to making some mistakes on these first four courts. Using the best block and good lighting, he wasn't sure whether to cover the courts all the way or just half. As he says, "I went cheap and didn't cover them all the way, and the stands were too high."

The courts proved to be so popular that the program paid for itself in four years and needed no taxpayers' money for maintenance. In 1984 the mayor requested that four more courts be built and this time the problems were corrected. The courts were covered all the way and a pro shop was erected.

At this point it was decided that a full-time director was needed and Marilyn Buffum took over. In the three years she headed the program, participation tripled and revenues increased from \$17,000 a

year to over \$30,000 a year, (not including income from leagues and tournaments).

On Monday night, the adult league has anywhere from 90 to 120 participants and is played under American Amateur Racquetball Association rules. Junior leagues are run twice a year, each lasting for nine weeks, and junior summer classes



are held during school vacation. ABC dropdown tournaments take place four times a year with first and second place winners receiving gift certificates from local merchants and once a month a Sure Shot mini tournament takes place with a one game to 15, double elimination format. These winners also receive gift certificates, and as Marilyn points out it costs virtually nothing to put on either of these tournaments, especially as the merchants are so supportive and willing to provide prizes.

Auburndale has also been the host site for the Florida Outdoor Racquetball Championships for the last six years. The event is always held in November and receives a large number of entries from all over the state.

In order to run a successful program, Marilyn feels that it is absolutely necessary to have a full time program director. She regularly has 30-40 juniors signed up, gives group and private lessons, runs the pro shop, works with the media to make sure the programs receive public-

ity and organizes tournaments. "You just couldn't do everything that needs to be done to ensure a successful program if you didn't work at it full time," she says.

Marilyn is an avid player herself (strong A and Open) and is a P.A.R.I. certified instructor as well as a board member of the Florida Racquetball Association. She feels very lucky to be earning a living doing what she likes best.

According to Marvin Wiley, outdoor racquetball programs offer parks departments an excellent opportunity to increase revenues. They provide racquetball facilities for people who would not otherwise have financial access to the sport. Auburndale charges \$2 an hour per court before 5 pm and \$3 an hour after five. Out of towners pay an additional dollar. Monday night league costs \$20 for the twelve week league.

As Wiley says, "Auburndale always has things going, not just here at the racquetball courts, but at the lake where we have five beach volleyball courts. We have a strong High School booster club and a lot of activities in which the whole county participates. When Fran Davis comes to town to teach a clinic, we put her name on the same billboard where we announce Miss Auburndale."

Auburndale now has plans to build four more racquetball courts to cope with the demand. The present eight courts are not enough to handle the number of people who want to play. As Wiley says, "It's affordable for anybody, it keeps the kids off the streets and away from drugs and it doesn't cost the city anything. I'd like to see racquetball offered in high school, like tennis."

Community minded city officials and a good racquetball professional have proved to be a winning combination for grass roots racquetball in Auburndale. As Winter Haven Postmaster, Robert Smith always says after playing in a tournament, "Another helluva tournament." The same can be said for the city's racquetball program. ○

1989 Armed Forces Racquetball Championships

by Captain Jack H. Fouts, *Director of Public Affairs at Chanute AFB, Illinois*

The 1989 Armed Forces Racquetball Championships were hosted by Chanute Air Force Base in Illinois, April 30-May 5, 1989. Caryn McKinney, the number one ranked player on the Women's Professional Racquetball Association (W.P.R.A.) Tour, was the guest speaker at the opening banquet and also put on a clinic for the players and base personnel.

Caryn was invited to the event by Captain Kim Ritsche, chief of military fitness for the Air Force Military Personnel Center's Directorate for Morale, Welfare and Recreation.

McKinney spent four days talking about her favorite sport. For the Air Force, it was a rare opportunity to meet and talk to one of the best racquetball players in the world.

A mutual friend originally suggested bringing a professional racquetball player to the Armed Forces Championship. The idea eventually led to McKinney being invited as a guest speaker for the opening banquet, teaching a clinic and conducting a demonstration.

"It worked out exceptionally well. We were fortunate to acquire the services of one of the sport's best," said Captain Ritsche. "The exposure benefited all involved."

She felt that McKinney's visit sparked an increased awareness of racquetball, which is a big sport at every Air Force installation. The Air Force has over 570 courts at bases around the globe, and is the single larg-

est operator of racquetball courts in the world. Most of these courts are in constant use at lunch and after duty hours.

Even though the competition wasn't up to the level she's used to seeing, McKinney admitted that the players were better than she thought they would be.

"I'm really impressed with the level of (military) competition," she said. "The competition is good and the level of play is higher than I anticipated. Plus, these people are really dedicated. They had to go through a lot just to get here."

Players in the tournament came from every branch of the Armed Forces. Many of the players came from bases overseas, giving the tournament an international flavor.

Caryn McKinney's visit to the Armed Forces Racquetball Championship was a tremendous success. The Air Force also earned success, dominating the event.

Overall the Air Force scored 91 points, the Army 60, the Navy 33, and the Marine Corps 11. O



Caryn McKinney gives pointers to racquetball players at Chanute Air Force Base, Illinois. (U.S. Air Force photo)

ANNOUNCING



Coaches are special people – dedicated to helping athletes to develop their full potential, to improve their skills and to achieve accomplishments of which they can be proud.

Together the Federal and Provincial governments, amateur sport associations and corporate sponsors will celebrate 1989 as the Year of the Coach – to give recognition to coaches for an unselfish commitment to their community.

The Year of the Coach is a series of special celebrations, community events and programs in honour of coaching accomplishments.

The Year of the Coach is ours to share – an opportunity for Canadians to congratulate coaches at all levels.

Join these Celebrations and show your appreciation!

For further information on the Year of the Coach contact:

Coaching Association of Canada
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YEAR OF THE COACH L'ANNÉE DE L'ENTRAÎNEUR



Is Your Club Professional A Certified Instructor?

With 1989 designated as the "Year of the Coach" throughout Canada, more significance is being directed toward the importance of proper instruction and coaching at all levels of participation.

One method to ensure that standards of instruction are maintained by all teaching professionals in your facility and across Canada is through the National Coaching Certification Program offered by the Coaching Association of Canada. This three level program offers a methodology of instruction through a racquetball specific section (Technical), a general sports section (Theory) and a practical application section (Practicum). Aimed at upgrading the quality of coaching, it caters to the needs of all coaches, from the novice to master.

The practical component is determined through daily hands-on application by the instructor/coach. Theory sections are made available through various local educational and community facilities with the technical component provided through the provincial racquetball associations. Only through a dedicated effort from everyone, will we be able to

offer proper instruction in the sport, which will lead to increased participation thereby benefiting us all.

The quality of coaching is an integral part of sport development. Parents, administrators and athletes of today are placing a great emphasis on high standards of coaching education and leadership at all coaching levels. N.C.C.P. courses will build upon the coaching knowledge to help them meet these expectations.

To become fully certified you must be at least 16 years of age. Once you have completed one component of the program, you'll receive a record of your progress which will be updated as you continue in the program.

For further information about level 1-3 theory courses, contact the C.R.A., or the coaching coordinator in your province: British Columbia (604) 387-1011; Alberta (403) 427-6562; Saskatchewan (306) 787-5754; Manitoba (204) 945-8882; Ontario (416) 965-3720; Quebec (514) 653-3395; New Brunswick (506) 453-2928; Prince Edward Island (902) 829-0311; Newfoundland (709) 656-2779. ○



Interested In Hosting The 1991 Senior Or Junior Canadian Championships?

Bids are now being accepted for hosting of the 1991 senior or junior Canadian championships. These national events, which are open only to Canadian citizens, residents or landed immigrants, are the showcases of racquetball in Canada.

The senior event is scheduled for May 21-25 with the finals held on the Friday night and all day Saturday. To host this championship a minimum of 16 "refereeable" courts are required with the ideal being 18 courts, in a maximum of two facilities which are reasonably close together. Historically, the senior tournament has approximately 500 competitors and represents an opportunity for a club to gain revenue during the latter part of May which traditionally may be a "slow" period.

The junior nationals will run July 3-6 with the championship finals on the Saturday, followed by the awards banquet. Over 130 top junior athletes from across Canada accompanied by 60 parents come together to enjoy racquetball and friendship in a team and individual format. To host the junior tournament a minimum of six (6) "refereeable" courts are needed, ideally with eight available. All courts must be in one facility.

The year 1991 is an extremely important one for the sport of racquetball. In February, the Canada Winter Games will be held in Prince Edward Island with junior racquetball taking part. Internationally, the sport of racquetball will also be part of the Pan American games as a demonstration sport in Havana, Cuba.

Other possible benefits in hosting a national racquetball championship include court/facility upgrades, being an important part of your community, national exposure of club, 50% profit split to provincial association and/or club, provincial and city hosting grants, increased member participation, etc.

Should your club be interested in hosting a championship talk to your club manager or professional and suggest they contact the C.R.A. office in Ottawa at (613) 748-5653. Be a part of the lifetime sport and host a national event. It's good for your club and community. ○

"Intro To Racquetball" Clinic

As the 1989-90 racquetball season is quickly upon us, the C.R.A. is offering a new program to club professionals and instructors to encourage novice and beginner players to learn the basic tech-

niques and rules of the sport.

At a cost of \$20.00 per participant, the C.R.A. will provide the materials. All the club provides is the facility and the expertise. The materials include: a 1989-90 official rulebook, a one year C.R.A./provincial association membership, a copy of the ever popular "Racquetball for Beginners" and a recent copy of the C.R.A. newsletter, *First Serve*. All participants who take this clinic, automatically become members of the C.R.A. with their provincial association, allowing them among many things, to participate in all sanctioned events held in 1989-90.

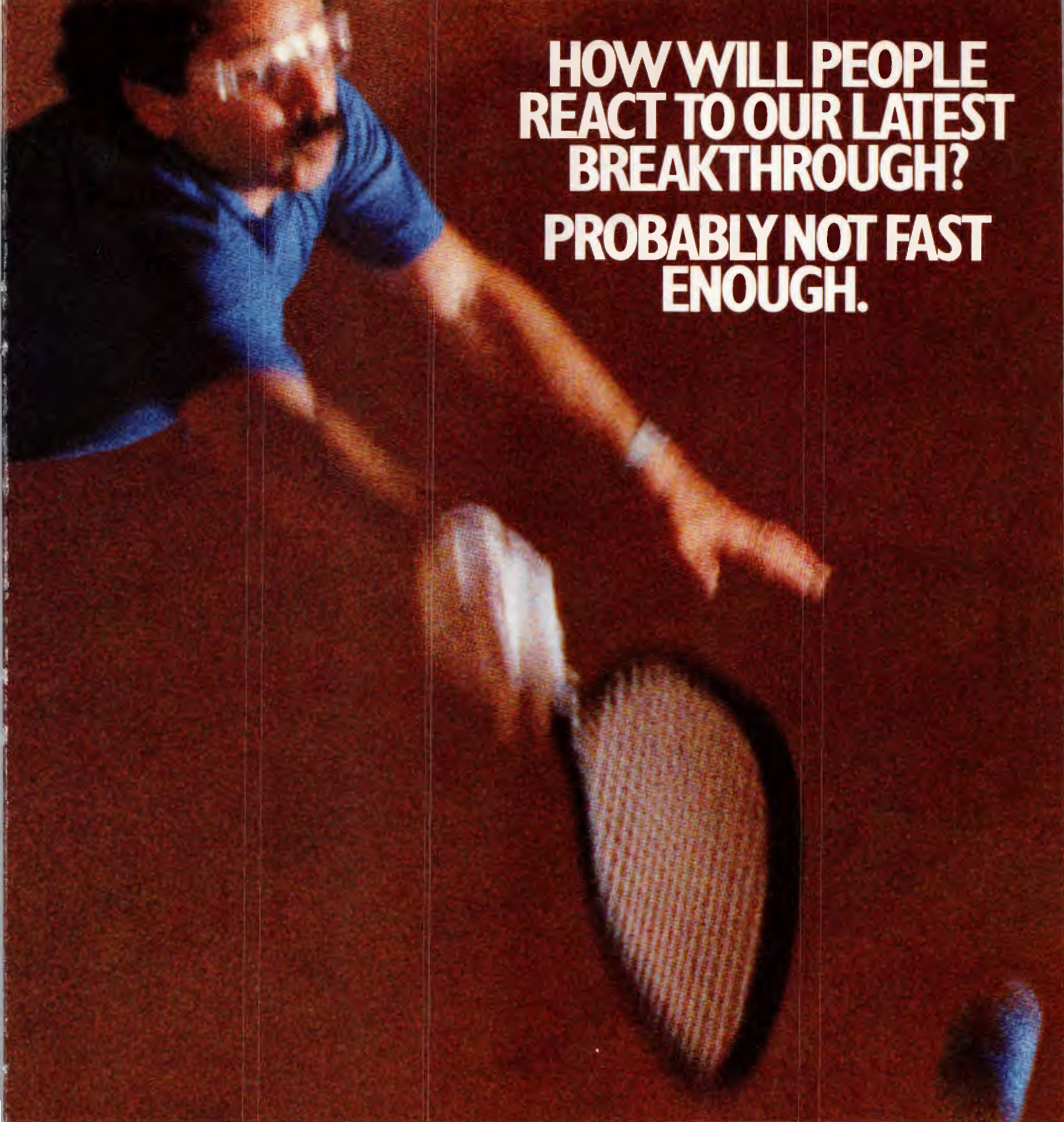
From a club aspect, they can keep in touch with the new members, introduce new members to the wonders of their club, such as house leagues, special events, etc., ensure that all members are enjoying the sport of racquetball in a fun and safe environment and help promote and be part of racquetball's future.

For more details on the "Intro To Racquetball" clinics, contact the C.R.A. in Ottawa at (613) 748-5653. Materials may be ordered directly from the national office in either English or French. ○

Thanks Coach!

For waking up early all those mornings you could have slept in.



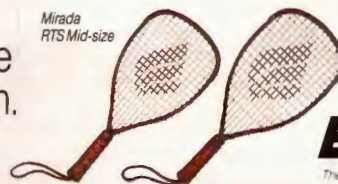


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Socks For Jocks (and nonjocks)

Ever wonder why you wear socks? They are supposed to protect your feet from friction, absorb perspiration, and provide cushioning. Some socks, however, do these things more successfully than others. Good socks are especially important to athletes and other active people. Why pay \$50 for tennis shoes, for instance, and then get blisters because of worn-out, inadequate socks? That's why most sports-supply stores now offer high-tech athletic socks, often made of a variety of new synthetic materials, such as high-bulk Orlon (acrylic) and polypropylene. How do these socks compare to your old cotton gym socks and wool standbys?

For people who take their athletics seriously, there are socks designed for specific sports, including racquetball, tennis, cycling, running, skiing, aerobics — even for walking and golf. These differ according to where protective padding is placed (ball, toes, instep, heel, arch, or shin), how thick the padding is, and what materials are used. For instance, aerobics socks are comparatively short and have dense padding at the heel, ball, and toes to protect against abrasion and blisters. Ski socks are high and have a protective pad along the shin, an area often irritated in downhill skiing. Nearly all of these are made of Orlon, polypropylene, or other synthetics that draw (or "wick")

perspiration away from the skin.

Do you really need such sports-specific socks? According to Dr. Douglas Richie, a podiatrist at the University of Southern California Medical Center, these do provide extra cushioning and can help decrease foot abrasion. But the sock is less important than the appropriate athletic shoe, since the shoe can make up for many shortcomings of a sock. Thus good shoes and all-purpose socks that wick away moisture will do the trick for most people. ○

Reprinted from the University of California, Berkeley, Wellness Letter, October 1988



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- C. Gentlemen's gold racquetball ring, with raised white gold racquet and genuine sapphire.
- D. Gentlemen's racquetball gold ring with semi-precious stone.
- E. Small men's or lady's all gold pendant, 14k, detailed design.
- F. Small gold pendant, with or without semi-precious stone.
- G. Tie pin, 10k, with or without semi-precious stone.
- H. Men's or lady's gold pendant with a genuine sapphire.

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New Challenge Concept

by Dave George

A popular program has sprung up in Northern California; "Top Gun". This program is not for fighter pilots — but is actually for racquetball players. It's a specialized version of the old in-house challenge ladders, geared to promote competition among the top players within the club. A director or "Top Gun Commissioner" is needed to organize the program and update weekly results. Advertise and promote your program with a special "Top Gun" top ten bulletin board placed prominently within the facility. This program can be set up for men, women, mixed competition. To get started sign-up the club's top ten players, then post a list of names and phone numbers. The original order of the top ten is initially determined by the order of sign-up. Next, set up a binder where challenges can be logged and results recorded. From this, the commissioner can update the top ten order weekly.

Players must actively participate to hold their ranking. Newcomers may challenge for the bottom spot at any time and work up the ladder by challenging players one or two places above them. The person on top is designated "Top Gun" as long as he/she retains #1 ranking. It provides a means of gearing up for matches between tournaments.

Several clubs in Northern California have adopted the program, and are scheduling friendly "Top Gun" challenges between clubs, taking turns as the host facility.

Use the following guidelines to organize a "Top Gun" program at your club:

Duties of the commissioner in charge:

- Read the "Top Gun" binder regularly to check the matches scheduled and just played.
- Update the standings board as matches are played and positions change.
- Make final decisions on concerns that may arise.

The "Top Gun" binder:

(Located at the front desk, containing four sections)

1. Current "Top Gun" roster (#1-#10) and phone numbers.
 2. Off the board roster (#11+) and phone numbers.
 3. Notes to the commissioner.
 4. Guidelines for players:
 - Players may only challenge one or two places ahead, whether on or off the Top Ten board. Names and phone numbers are in the "Top Gun" binder.
 - New challengers must enter their names, numbers and the date in the "Top Gun" binder, as soon as they are interested in challenging.
 - All players on and off the board are encouraged to challenge and accept challenges as often as possible.
 - At least one challenge must be accepted and played every 10 days, or your position is subject to forfeit. Any questions or concerns, please contact the commissioner in charge, and/or leave a note in the "Top Gun" binder.
 - The challenger needs to contact the player he/she wishes to challenge. As the challenges are accepted scheduled matches must be entered in the "Top Gun" binder immediately (in the "Challenges" section).
 - Book your own court, then play your match. Matches are two games to 15; tiebreakers to 11; all games win by 1.
 - The winner should record results in the "Top Gun" binder.
 - If the challenger wins, he/she will change places on the ladder with the defeated opponent.
 - Note: Changes in positions are made by the commissioner in charge. Players should notify him upon completion of matches.
 - The purpose of this in-house program is to promote friendly competition within the club.
- For detailed guidelines of this program, you may write to Dave George, c/o What-A-Racquet, 2945 Junipero Serra Blvd., Colma, CA 94105. O

Editor's Note: The preceding article was reprinted from Team Ektelon News.

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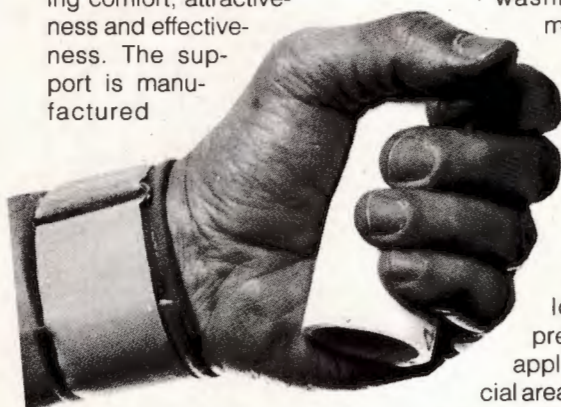
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product update:

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M.P.R.A. Season Opens in Stockton

by Woody Clouse

The Stockton area, known as the "hotbed" of California racquetball, lived up to its billing August 31-September 4. The Westland Racquet Club hosted the first stop of the 1989-90 Men's Professional Racquetball Association (M.P.R.A.) Tour with outdoor temperatures in the high 90's and indoor play even hotter.

The fans turned out in large numbers to watch their favorites perform. The waiting line for tickets to the final proved that Californians love racquetball and the pro tour is back on track.

With eleven confirmed and/or tentative sites and an organization controlled by the players themselves, we can look forward to a season of great events.

Player enthusiasm was apparent at Stockton. Most of the pros were in good shape, indicating off season training and

conditioning had not been neglected.

First round play was standard with no upsets registered, but the action picked up quickly in the round of sixteen when Tim Doyle eliminated Bret Harnett from the competition. Doyle, 1989 A.A.R.A. Singles Champion, has already advanced to the number fourteen spot in the M.P.R.A. rankings. He battled to match point in game three but die-hard Harnett came back to take games three and four, forcing a fifth. Doyle prevailed 11-5. Harnett's early loss leaves a question mark as to his performance this season.

Unfortunately for Doyle he drew Mike Ray in the quarter finals. Ray is always steady and his confidence is at an all-time high since his Grand National win at Seattle.

Ray took the first two games playing

his patented percentage style. Doyle summoned his reserves, winning game three easily and fighting hard to take game four. Ray won the tiebreaker 11-2 by maintaining his patient style of play and forcing Tim to shoot from deep court.

Egan Inoue and Cliff Swain also met in a quarter final match. In this one the ball often traveled at speeds over 150 mph. Both players are known for their "photon" serves, power play and agility. With cat-like reflexes these two can drive, kill and rekill like nobody else. Egan took game one by virtue of four lightening-like ace serves, but Cliff annihilated him 11-1 in the second game, 11-5 in the third and fourth putting on an exhibition of nearly flawless racquetball.

The Ruben Gonzalez-Mike Yellen match was next. Both players are more methodical in their approach to the game. Both are former national champs and are capable of using strategy to set up opponents for the kill. Each took a game fairly easily, then in game three the war for supremacy began. At 8-8 Gonzalez flat rolled a backhand pinch to gain his ninth point and the momentum. From then on Ruben made very few mistakes. He won games three and four eliminating Yellen.

Marty Hogan faced Californian Dave Johnson in the last quarter final. He played classic "Hogan ball" denying Johnson any chance of getting into the match. He won 11-5, 11-3, 11-4 and advanced to a semifinal meeting with Mike Ray.

Ray combined four ace serves with smart passes to win the opening game 11-2. Hogan sensed the importance of taking the momentum back and won the second game 11-8. At 5-5 in game three, Mike turned up the intensity and pulled ahead 10-5. He eventually won 11-7. Another deadlock occurred in game four. At 5-5 Hogan came alive returning every shot as if he were a ball machine. Marty's



Marty's on the move in a tight contest with Mike Ray.

Ruben Gonzalez in action during final match versus Marty Hogan.



relentless attack stopped Ray completely and he won 11-5. Down 10-0 in the last game Hogan fought his way back to a tie and appropriately, another racquetball first, a Super Tiebreaker.

The Super Tiebreaker rule, adopted this year by players vote, states that matches ending in a fifth game (tiebreaker), must be won by two points. M.P.R.A. members feel this will add increased excitement, action and drama to the pro game.

Marty's reputation for making racquetball history continues. He won the first "Super Tiebreaker" 12-10.

In the Gonzalez-Swain match, tied at one game each, game three was the turning point. Gonzalez seized the opportunity, beat Swain 11-5, then took advantage of Cliff's floundering concentration to close out the match 11-2.

The final between Gonzalez and Hogan became a test to Marty's ability to come back

after his physically draining match with Mike Ray.

Both players were tentative early on. Gonzalez won 11-7 and began to pick up the pace in the second game. Hogan's suspect energy level dropped and Ruben prevailed 11-6. He closed the door on Hogan in game three, 11-4 winning the first M.P.R.A. stop of the season. ○

PROFESSIONAL RESULTS

Round of 16

Marty Hogan d. Woody Clouse, 11-9, 11-10, 3-11, 11-7
 Dave Johnson d. Jack Newman, 11-10, 11-8, 10-11, 11-4
 Mike Ray d. Dan Obremski, 8-11, 11-6, 11-2, 2-11, 11-3
 Tim Doyle d. Bret Harnett, 11-8, 11-10, 10-11, 7-11, 11-5
 Cliff Swain d. Corey Brysman, 11-4, 11-0, 11-4
 Egan Inoue d. Gerry Price, 11-6, 3-11, 11-6, 11-3
 Mike Yellen d. Aaron Katz, 11-3, 11-8, 11-9
 Ruben Gonzalez d. Ed Andrews, 11-10, 11-6, 11-4

Quarter Finals

Marty Hogan d. Dave Johnson, 11-5, 11-3, 11-4
 Mike Ray d. Tim Doyle, 11-9, 11-6, 6-11, 8-11, 11-2
 Cliff Swain d. Egan Inoue, 6-11, 11-1, 11-5, 11-5
 Ruben Gonzalez d. Mike Yellen, 3-11, 11-3, 11-8, 11-4

Semifinals

Marty Hogan d. Mike Ray, 3-11, 11-8, 7-11, 11-5, 12-10
 Ruben Gonzalez d. Cliff Swain, 11-8, 11-4, 5-11, 11-2

Finals

Ruben Gonzalez d. Marty Hogan, 11-7, 11-6, 11-4

(Amateur results on page 63)

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Amateurs Vie For Olympic Gold

by Judi Schmidt

Racquetball history was made July 28-30 at the U.S. Olympic Festival in Oklahoma City. Here, for the first time the sport was awarded full medal status by the United States Olympic Committee (U.S.O.C.). Racquetball participants were selected on the basis of performances at several national qualifiers organized by the American Amateur Racquetball Association (A.A.R.A.) over the past year — the U.S. National Singles, the U.S. Na-

tional Doubles and the Intercollegiate Nationals. The champions of these events, plus semifinalists and play-off winners, made up the roster for Olympic Festival Racquetball.

The thirty-two athletes who comprised the 1989 Festival Team competed in a three-day format for racquetball's first Olympic medals.

Eight-player squads representing North, South, East and West teams were drilled and coached by some of the best known names in amateur racquetball. The team format selected by A.A.R.A. officials and the general aura surrounding Olympic endeavors produced a new intensity of competition and team psyche in players. Almost every match provided spectators with excellence formerly seen only at the professional level.

The Huston Huffman Center on the Norman campus of Oklahoma University was an adequate venue for racquetball's first foray into Olympic competition, but seating was limited and the "slow" courts created problems for power players like 1989 National Singles champ, Tim Doyle and 1988 winner, Andy Roberts. Both were unhappy about their inability to execute the unreturnable serves and

shots which are their trademarks.

The slow courts gave a slight edge to control players and provided an added bonus for spectators who were able to observe better demonstrations of stroke mechanics. Players had to execute more carefully and precisely. The ball traveled slower and was a little easier to follow.

Seventeen states were represented at the racquetball event. The overall roster looked like a "Who's Who" of nationally-ranked amateurs. Generally, the players were thrilled to participate in the competition, most echoing the comments of North team member Sergio Gonzalez: "It's great to mix with all these outstanding athletes and be treated as equals." This attitude was definitely instrumental in elevating the level of play and intensity of coaching. One of the A.A.R.A. volunteers, (there was at least one of them for every participant) observed there was little grumbling about training/practice hours, curfews, etc., noting that the O.U. campus nightspots were beehives of activity at 11:45 p.m. nightly and deserted by 11:55, (midnight curfews were established for athletes).

Outstanding performance was the order of the day, every day. Each player seemed able to dig a little deeper for one last shot or one more point. In the midst of all this excellence some standout performances must be acknowledged.

Jim Floyd and Mike Bronfield representing the North and West teams were incredible. The tougher it got, the better they played! Bronfield defeated Floyd in a gold medal round tiebreaker after losing to him in a tiebreaker the previous day. These were the only losses incurred by either player throughout the competition. North team coach, Stu Hastings commented about Floyd: "Tickets were free for Festival racquetball, but after watching Floyd play you wanted to pay before leaving."

Tim Hansen and Sergio Gonzalez, also members of the gold medal-winning North team, went through the competition undefeated. "Those two were on a mission," said Hastings, who nicknamed them

(continued on page 48)



Above:
Drew Katchik
readies to shoot
a backhand in
match with
another Texan,
Lance Gilliam.
Left: Drew
scores a winner
against Lance.



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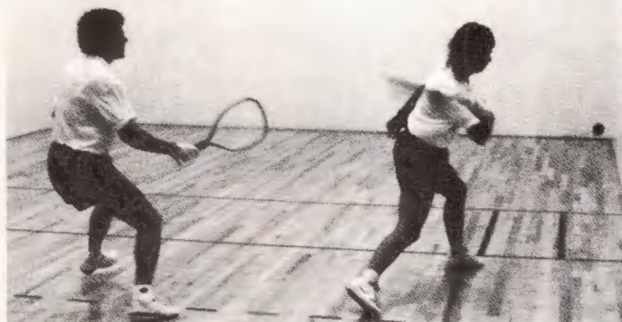


Olympic Festival

(continued from page 46)

"Han gonz" (Hand Guns) since they were out to terminate the top-ranked team of Brian Hawkes and Bill Sell. Gonzalez and Hansen lost an 11-10 tiebreaker to them at last year's National Doubles Championships and wanted to even the score.

Bronze medalists Dot Fischl and Cheryl Gudinas were paired as a doubles team by East coach, Fran Davis, whose judg-



Susan Morgan (South) goes for her patented pinch against Cindy Baxter (East.).

ment seems to have been correct in this case. The two had never played together before this event, but finished undefeated.

Kaye Kuhfeld and Drew Kachtik also went undefeated in the competition. They deserve extra commendation for outstanding performances under pressure. West coach, Gary Mazaroff touted Kachtik as a "mental giant, who managed to win each match while maintaining a great sense of humor and team attitude throughout the tournament."

Kuhfeld, number one singles for the South team was "always in there mentally," according to coach, Neil Shapiro. She won her matches by "maintaining constant composure and mental control."

Gold medal matches ended late Sunday afternoon, allowing time for players to attend closing ceremonies on the O.U. campus that evening.

There were no losers at the racquetball venue in the 1989 Olympic Sports Festival. Every player, coach, volunteer and spectator who was privileged to attend the proceedings, went home feeling optimistic about the future of the sport and privileged to have been part of its Olympic debut. ○



(Left to right) Bill Sell and Brian Hawkes (West) reach to a blast off the racquet of Tim Hansen (North).



Women's doubles action (left to right) Chris Evon, Peggy Ludwig, Lisa Anthony and Jackie Paraiso.

INDIVIDUAL AND TEAM WIN RECORDS (Preliminary Rounds)

NORTH

Jim Floyd, 2/1
Tim Sweeney, 2/1
Sergio Gonzalez/Tim Hansen, 3/0
Michelle Gilman, 1/2
Robin Levine, 1/2
Peggy Ludwig/Jackie Paraiso, 1/2
Total: 10/8 (advanced to Gold Medal Round)

SOUTH

Tim Doyle, 2/1
Lance Gilliam, 1/2
Jack Nolan/Bobby Rodriguez, 1/2
Kaye Kuhfeld, 3/0
Susan Morgan, 1/2
Diane Greene/Trina Rasmussen, 0/3
Total: 8/10 (played in Bronze Medal Round)

EAST

Andy Roberts, 0/3
Jeff Evans, 0/3

Bruce Erickson/Rick Bezousek, 1/2
Toni Bevelock, 1/2
Cindy Baxter, 2/1
Dot Fischl/Cheryl Gudinas, 3/0
Total: 7/11 (played in Bronze Medal Round)

WEST

Mike Bronfeld, 2/1
Drew Kachtik, 3/0
Brian Hawkes/Bill Sell, 1/2
Malia Bailey, 1/2
Cindy Doyle, 2/1
Lisa Anthony/Chris Evon, 2/1
Team: 11/7 (advanced to Gold Medal Round)

TEAM STANDINGS IN MEDAL ROUNDS

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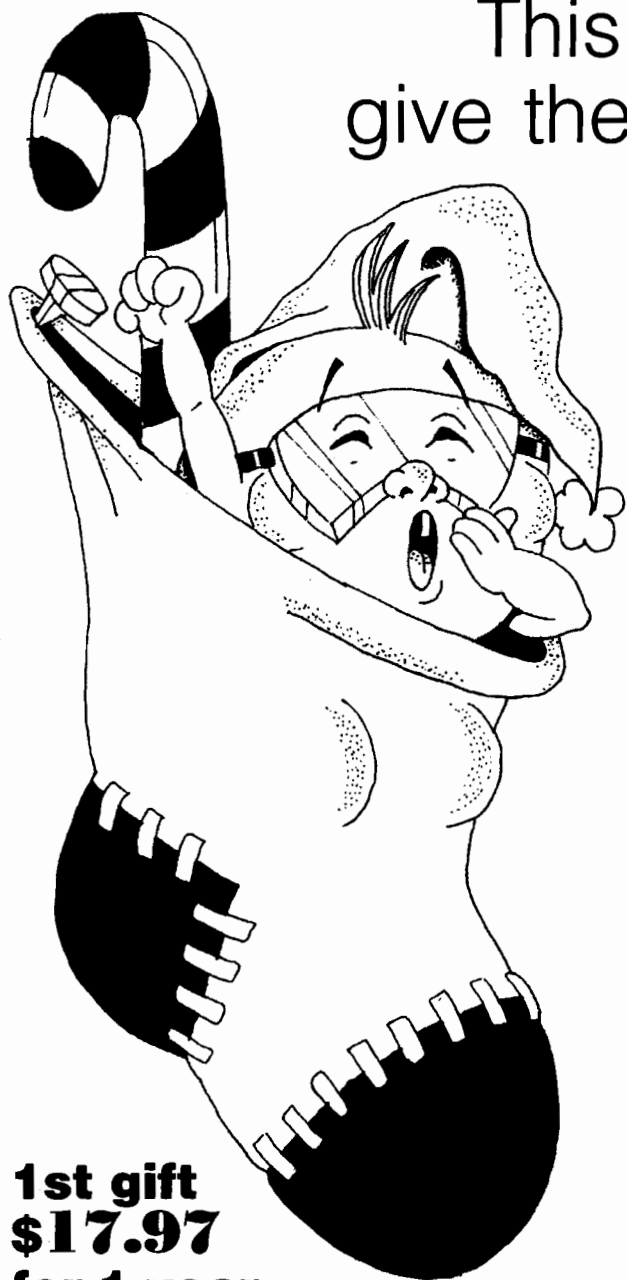
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National Masters Doubles Championships

by Connie Martin

The Cascade Athletic Club in Gresham, OR was the site of this year's 1989 National Masters Doubles Racquetball Championships. Forty-six teams from the United States and Canada participated in Men's 45+, 50+, 55+, 60+, and 65+ events. The format for tournament

play is unique. All divisions play a round robin format (one 21 point game against each of the other teams in their

division). The winning team each round tallies up 21 points plus 3 bonus points for winning; a total of 24. The losing team receives only the points earned in the game. All game scores are then added

together and the team with the most points wins that division.

Play is accomplished without referees... (and for the most part—games are played with good sportsmanship)... contested calls are replayed.

In the 45+ division teams played nine matches each. Fred Vetter and Jerry Davis won, losing only one game to Fred Gruber, and Don Costleigh, Jr. finished second, just one point behind the winners. Third place went to the team of Bob Hvistendahl and Mark Wayne.

Thirteen competed in the 50+ bracket. The team of Sid Williams and Ace Untalan walked away with the title earning a perfect score of 288 total points. They defeated second place finishers Joseph

1989 National Masters Doubles Racquetball Championships, Gresham, OR participants (shown back to front/left to right): Jim Fitzharris, Tony Duarte, Nic Sans, Luzell Wilde, Saal Lesser, Les Skelton, Earl Acuff, Lake Westpahl, Pat Whitehill, Duncan Stockwell, Norm Skanchy, Russ Carruth, Ivan Bruner, Keith Wardell, Richard Burns, Harold Hiles, Al Adiram, Phil Swartz, Jack Gushue, Amos Rosenbloom, Him Hollenbeak, Robert Strawick, Otis Malloy, Jim Keenan, Ellis Whiting, Fred Vetter, Mel Brown, Bob Schermer, Terry Hepner, Bruce Russell, Terry Priester, Ron Pudduck, Pat Colombo, Ron Myers, Tevie Smith, Fred Briscoe, Leroy Spitzer, Steve Nurbin, John Mooney, Pete Dean, Leroy Young, Jon Martin (tournament director), Ernie Follico, Chet Wittwer, George Whitteker, Roger Tiexiera, Dave Matheson, John Rude, Charley Douglas, Paul Becker, Les Dittrich, Paul Banales, George Rose, Al Holley, Connie Martin (tournament director), Snap Bracken, Denis Lose, Bob Soza, Tom Moore, Alex Shapiro, Fred Banfield, Jim Cannaway, Don Costleigh, Fred Gruber, Wayne Dennis, Bob Farmer, Earl Kathan, Bill Lister, Pat Moran, Gary Lane, Ace Untalan, Sid Williams, Charly Schafer, Jerry Stoltman, Bob Hvistendahl, Jerry Davis, Mark Wayne, Howard Moss, David Zurborg, Norm Goldetsky; (not pictured) Al Rossi, Larry Moyer, Cy Dietrich, Joseph Hackman and Chuck Martarano.

Jackman and Pat Colombo 21-19. Third place went to Jerry Stoltman and Chuck Schafer.

The most exciting match of the tournament came in the Men's 55+. Terry Hepner and Tom Moore were tied with Steve Nurbin and Norm Goldetsky going into the final match. Hepner and Moore defeated Nurbin and Goldetsky 21-18 to win the National Title.

Pat Whitehill and Duncan Stockwell dominated the eight team 60+ division. Al Adiram and Phil Swartz placed second over Norm Skanchy and Russell Carruth.

Probably the most fun age division to watch is the Men's 65+. Four teams competed in a triple round robin 65+ bracket. The team of Saal Lesser and Les Skelton lost only one game to third place finishers Lake Westpahl and Tony Duarte. Second place honors went to Jim Fitzharris and Nic Sans while last years winners Earl Acuff and Luzell Wilde (also the oldest competing team at 72 and 71 respectively) placed a close fourth. Wilde and Acuff should compete in the 70+ division but are usually the only ones registered for that division so they have to

play with the "younger guys".

The Masters Association, headed by Ivan Bruner, is 18 years old. Bruner keeps all 900 members posted on upcoming events. If you are 45 or older and wish to be informed about happenings in the Masters Association contact: Ivan Bruner, 5555 Odana Road, Madison, WI 53719.

FINAL RESULTS

Men's 45+: 1st - Fred Letter (NJ)/Jerry Davis (OH); 2nd - Fred Gruber/Don Costleigh (NY); 3rd - Bob Hvistendahl/Mark Wayne (CA); 4th - Dave Matheson/John Rude (OR). **Men's 50+:** 1st - Sid Williams/Ace Untalan (WA); 2nd - Joseph Jackman (PA)/Pat Colombo (NY); 3rd - Jerry Stoltman (WI)/Chuck Schafer (IA); 4th - Terry Priester/Ernie Follico (CA). **Men's 55+:** 1st - Terry Hepner/Tom Moore (CA); 2nd - Steve Nurbin (NY)/Norm Goldetsky (MN); 3rd - John Mooney (CO)/Pete Dean (CA); 4th - James Keenan/Ellis Whiting (CA). **Men's 60+:** 1st - Pat Whitehill (WA)/Duncan Stockwell (CAN); 2nd - Al Adiram/Phil Swartz (CAN); 3rd - Norm Skanchy/Russell Carruth (UT); 4th - Chuck Martarano (IL)/Al Rossi (CA). **Men's 65+:** 1st - Saal Lesser (NY)/Les Skelton (CA); 2nd - Jim Fitzharris (MN)/Nic Sans (CA); 3rd - Lake Westpahl (OR)/Tony Duarte (CA); 4th - Earl Acuff (VA)/Luzell Wilde (UT). O

FOOTNOTE: Congratulations to Connie and Jon Martin on the birth of their second child, daughter Casey Lee. She arrived on August 29th just after the Masters Tournament held at their Cascade Athletic Club. Casey weighed in at 8 lbs., 8 ozs.

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\$210,000 National Handicap Racquetball Championship Update

Negotiations are underway to have the 1990 finals nationally televised at the Centrum in Massachusetts. The Neilson ratings indicate that over 10 million viewers could be watching as the two finalists compete for the National Championship and the \$100,000 top prize.

Applications from players in more than 30 states have already been received and all 16 regions are represented at this early date. The phones at the tournament office are being inundated with calls from all over the country and Canada. The questions range from a simple "What division do I belong in?" or "Could my club sponsor me?" or "How many regions could I play in?" or "Do I really start at +13 and the Pro at -6?".

Every level of play is represented, although the majority of entries at this point fall into three categories — Men's C, Men's 40+ and Women's B.

For more information, call or write: National Handicap Racquetball Championship, 489 Washington Street, Auburn, MA 01501, 1-800-222-0535. ○

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Association Roundup

A.A.R.A.

by Linda Mojer

The 1989 Ektelon/U.S. National Doubles Racquetball Championships will be held at the Burnsville Athletic Club, October 26-29 and is expected to attract over 800 athletes of all ages, making up some 600 age and skill division teams from across the country. This is the last in a five-event series of national championships organized by the American Amateur Racquetball Association (A.A.R.A.) annually.

Winners of the Men's and Women's Open divisions will earn year-long appointments to the U.S. National Racquetball Team. Remaining semifinalists will qualify for participation in the 1990 Olympic Festival. With this event, the A.A.R.A. becomes among the first national governing bodies of Group A Olympic sports to bring a national championship to Minneapolis/St. Paul, the host site of the 1990 Olympic Festival.

Racquetball attained Class A Olympic status in February of this year when it was voted onto the schedule of the 1991 Pan American Games. That upgrade also opened the door to racquetball competition in annual Olympic Festivals, and gave new importance to A.A.R.A. adult national championships which now serve as qualifiers for that event. A field of 100 teams are expected to vie for semifinal finishes in the Men's and Women's Open divisions of this event—in order to make the 1990 Festival roster.

Joining winners and alternates from preceding 1989 national championships (High School, Intercollegiate, Adult Singles and Junior Olympic), Men's and Women's Open division titlists will become members of the U.S. National Racquetball Team for a term of one-year. During that time, the Team will represent the U.S. in international competitions such as the U.S./Canadian Challenge, the Central American Games, the Tournament of the Americas, the Caribbean Games, and the 1990 World Championships in Caracas next August. ○

A.C.R.A.

by Neil Shapiro

How To Organize A Practice

In order for an intercollegiate team to compete successfully at any level its members must prac-



tice. Setting up a practice for five to 30 players of varying abilities is often difficult for a new coach or team organizer. What follows are some practical hints, not a comprehensive play, for all practice situations.

A schedule for four practices per week:

Monday 3:30-5:00 p.m.; Wednesday 9:30-11:30 p.m.; Friday 3:30-5:30 p.m.; Sunday 2:00-4:00 pm

Typical hour and a half schedule:

3:30-3:45 Coach's talk:

Elements of hitting a forehand (everyone present on one court)

3:46-4:00 Skill drills [2 people per court]:
drop and hit (5 minutes)
off back wall (5 minutes)
off front wall (5 minutes)

4:01-4:30 Movement/skill drill [2 people]:
Play one-on-one hitting only on forehand side

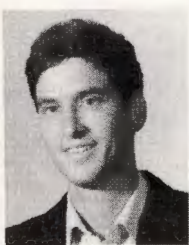
4:31-4:45 Regular singles play.

4:46-5:00+Fitness work and stretching:
calisthenics (10 minutes)
star drills (10 minutes)
stretching (5 minutes)

If there are 20 players on a team you need ten courts to make this practice schedule work. If you have less than ten courts available you can work three on a court (eliminating the skill drills) and changing the movement/skill drill to a forehand game of cut-throat. Or you could involve one-third of the players in the fitness work while two-thirds utilize the court, rotating court time and fitness work.

This is only a suggested practice sequence. If you plan to use it or something similar you must take other factors into account: (1) The racquetball season is a long one, running from September through the beginning of April. As a coach or captain you should plan your practices with the idea that there are peaks and valleys in every conditioning program, as well as competitive matches and tournaments to be played. You must couple these needs with the needs of students (exams, projects, special activities), the pressures of fund-raising, and the academic year with its long breaks. (2) On a team of typical racquetball players some will be advanced level players and some will be B, C, or lower. Varying player levels may force adjustments or changes in planned practice activities.

Practices are imperative for successful team performance. Whatever system or schedule you devise, be consistent in practice to win in competition. ○



C.R.A.

by Bill Houldsworth

Pan Am Games

The C.R.A. was extremely pleased to learn from International Racquetball Federation executive director, Luke St. Onge, that racquetball will probably be named a demonstration sport at the 1991 Pan Am Games, scheduled for August in Havana, Cuba.

As a member in the Pan Am Sports Organization and now a "demo" sport for '91 we should have great opportunities for developing racquetball in Canada. The C.R.A. may now have access to Sport Canada funding for additional international events, administration and training of our national team athletes. The C.R.A. may also gain a seat on the board of directors of the Canadian Olympic Association as a Pan Am "A" sport, with full voting privileges. Presently, racquetball is an "E" class sport with no representation at the board level. Although time will tell, it is felt that becoming involved with Pan Am is a giant step forward in Canadian sports circles.

Budget Cuts

Although many people in Canada are caught up in the Ben Johnson inquiry, we must all cope with the latest round of budget cut backs. The C.R.A. was hit with a 7% drop in federal funding. Many other sports were cut back more. With some penny pinching moves, we did not lose any programs but some will be trimmed back and others may be delayed.

Upcoming Meetings

The national team committee will be meeting in Montreal on October 14-15. Chairman is Benoit Turcotte, former technical director of the C.R.A.

The executive committee of the C.R.A. will be meeting in Ottawa on October 20 in combination with the semi-annual meeting of the board of directors which occurs on the 21-22 at the National Sports Center. We welcome new board members Craig Slaney, President and provincial representative of the Newfoundland Association and Barry Oxner, representative from Nova Scotia.

The annual national coaches seminar is scheduled for Toronto on October 27-29. Attending on behalf of racquetball will be national team coaches Ron Pawlowski of Edmonton, Alberta and Larry Greene of Hull, Quebec. A coaching workshop will be held November



3-5 in Winnipeg under the direction of regional course conductor, Roger Friesen and technical director, David Hinton.

The C.R.A. president's meeting was held on September 23-24 and a national ranking workshop was conducted on September 29-October 1. Representatives from across the country gathered in Ottawa at the national Sports Centre to discuss the state of racquetball in their province.○

M.P.R.A.

by Marty Hogan

After several months of preparation the M.P.R.A. Tour kicked off with a Labor Day stop in Stockton, California.

Firsts are the theme for the 1989-90 M.P.R.A. Tour. Stockton was the first tournament to test the new M.P.R.A. Super Tiebreaker rule. Professional rules have been amended this year: all fifth game tiebreakers must be won by two points! The first super tiebreaker occurred in my semifinal match against Mike Ray. I prevailed 12-10 but it takes some thought deciding on strategy and shot selection once a fifth game reaches 10-10. I can tell you from first hand experience the super tiebreaker is great for the fans and exciting for the players.

Another M.P.R.A. first this season is the mandatory eye protection rule. All professional players must wear eyeguards during matches. The M.P.R.A. players agreed to the ruling based on the idea that we must set an example for everyone who plays racquetball and playing without eyeguards is not safe.

The M.P.R.A. has hired Hank Marcus to oversee the tour and work with all aspects of the professional game. Hank has a long term involvement with racquetball. He played on the original pro tours at the age of 17, then helped build the Oregon Racquetball Association into one of the strongest regions in the country. The pros know Hank as a player and promoter of the sport. We look forward to his involvement with the M.P.R.A. Tour.

The 1989-90 M.P.R.A. Tour has commitments for 11 stops and will continue work to provide a stable schedule which players, sponsors, and clubs can count on. The season will end in May at the CityFed Nationals in Seattle, Washington. The player energy and support is at an all time high.

The M.P.R.A. recognizes that all successful professional sports tours are run by com-

bining four key elements: the players, sponsors, clubs, and the fans. We have taken those four groups and created a tour run by the players and their Executive Board (a combination proven successful in golf and the new A.T.P. tour in tennis).

The M.P.R.A. Tour Schedule for the 1989-90 season is on page 63. I look forward to seeing all of you at an M.P.R.A. stop near your home or keep up to date with tournament coverage in National Racquetball Magazine. If you have any questions, comments, or want to be placed on the M.P.R.A. mailing list please call Tour Director Hank Marcus at (503) 639-3410. A special thanks to the Westlane Racquet Club; Mort Rothbard and Rob Farrens for a great event in Stockton to kick off the year.



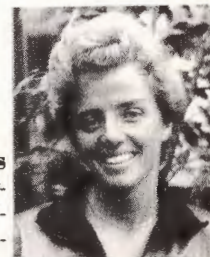
P.A.R.I.

by Connie Martin

Fall 1989 P.A.R.I. Clinic/ Certification Sites

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(continued on page 56)



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Association Roundup (continued from page 55)

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October 24-25 (prior to A.A.R.A. National Doubles) - Eden Prairie, MN

November 18-19 - Lakewood, CO

December 2-3 - Gresham, OR

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Please contact Jim Hiser at (719) 635-5396 or at the A.A.R.A.-P.A.R.I. office 815 N. Weber, Suite 203, Colorado Springs, CO 80903, for more information.

W.P.R.A.

by Chris Evon

The W.P.R.A. Board of Directors is one of the most energetic, enthusiastic, and motivated groups I know. Anyone who thinks the sport of racquetball is dying should witness the

W.P.R.A. Board meeting. Their opinion will change.

At the 1989 National Finals, the general membership voted in a new Board of Directors. Finishing two year terms, myself and Marcy Lynch will remain as president and vice president respectively. Each Board position is a one year term. This season the Board members are: Kaye Kuhfeld, Molly O'Brien, Sue Moretz and Robin Chilcoate as secretary.

In July, the Board met in Chicago for a "weekend retreat" of brainstorming ideas and preparing for the 1989-90 season, in addition to setting goals and identifying tasks in order to meet those goals within the next three years. Our priorities are towards the following: Increasing our public relations at each event and our overall visibility, reaching more charities through tournaments and fund raising events, involving more of our general member-



ship in W.P.R.A. functions, and working with a professional firm to secure a tour sponsor.

One of the most significant changes you will see this season is the formation of the W.P.R.A. Triple Crown. Bids will be taken by the W.P.R.A. office from any established tournaments that would like to host one of these prestigious events. Each event will exceed the W.P.R.A.'s minimum purse of \$12,000, and will also include a bonus pool. The finals of the Triple Crown will be the National Tournament.

The first stop of the W.P.R.A. season was at the What-A-Racquet Club in Colma, California. Nestor Fernandez, an avid supporter of women's professional racquetball and an experienced tournament director hosted this event. All proceeds went towards the Special Olympics. ○

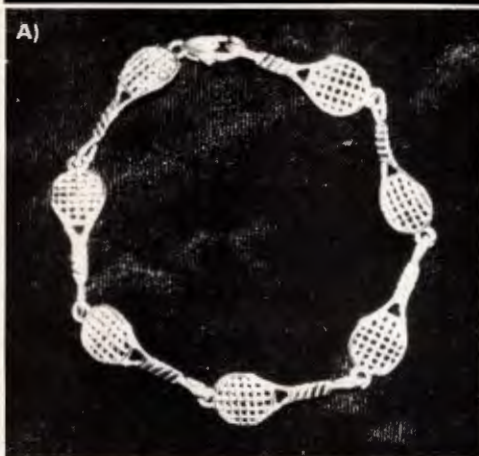
1989 W.P.R.A. Award Recipients

Player of the Year: Caryn McKinney

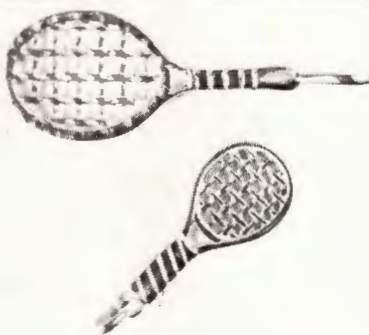
Steding Cup: Chris Evon

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Neumann Award To Marty Hogan

Marty Hogan, six time U.S. Professional Racquetball Champion and 1989 #1 ranked player, receives the 1989 Neumann Player of the Year Award. Presenting the award is Don Brennan, Vice President of Marketing for the Neumann Tackified Glove Company of Hoboken, New Jersey. ○



Study Shows 10 Million Racquetball Players

The findings of a recently completed research project conducted by American Sports Data, Inc. indicates more than 10 million Americans played racquetball in 1988. American Sports Data conducted the study of 58 sports and activities, and identified and analyzed general patterns, trends and relationships within these activities.

The important findings for racquetball indicated more than two million frequent participants. Frequent participants were defined as having played 25 times a year or more. The number of new participants grew in 1988 compared to 1987, and frequent participants also showed an increase.

The study includes a great deal of information about the ages of racquetball players, the parts of the country with the highest incidence of participation and also revealed that the "average" racquetball player played 19 days during the year.

The Racquetball Manufacturers Association is making this study available. For more information, to order a copy of the study, or for membership information

about the Racquetball Manufacturers Association, contact: Brad Patterson, 200 Castlewood Drive, North Palm Beach, FL 33408; (407) 842-3600. ○

46 Million Americans Say "We're Ready to Start Exercising!"

Almost 46 million currently sedentary Americans would like to begin a regular exercise program, according to the results of a national study done for International Racquet Sports Association (I.R.S.A.). The study, entitled "The Deconditioned Market," further revealed that 54 million Americans have a low resistance to joining a health club, given the right offer. That's five times the number of persons who currently are members of racquet and fitness clubs.

Low-resistance individuals, indicating that they do not like to exercise alone, have given considerable thought to joining a health club. They feel intimidated by health clubs, however, believing that members are already fit and muscular.

"This belief is a misconception," said John McCarthy, executive director of I.R.S.A. "Ordinary persons of all shapes and sizes belong to health clubs, as I.R.S.A.'s 'Commit to Get Fit' campaign proved to more than 70,000 persons this past May."

"Commit to Get Fit," which began this year, is a public service campaign conducted by the association's member clubs for the purpose of getting more Americans and Canadians involved in regular exercise programs. To this end, more than 700 I.R.S.A. clubs tested the fitness levels of approximately 70,000 persons during May, and gave them free 12-week walking or stationary bike exercise programs. ○

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perspectives perspectives perspectives

Tennis and Racquetball Are Different Games

by Pete Dunlop

I played tennis for nearly 15 years before making the transition to racquetball several years ago. My reasons for switching were varied and many, but I'm confident the decision to concentrate on racquetball was a good one.

Nonetheless, I believe tennis is a great game, and one that promotes excellent general fitness. As an Open/A tennis player, I maintained my conditioning through long hours of practice. My overall fitness was good enough to prevent me from tiring significantly during long rallies or matches, even in the heat of summer.

Yet Norm Blum, in his "Passing Shots" column (*National Racquetball*, June), suggests tennis players are somehow less fit than their racquetball cousins. To bolster his contention, Blum provides the example of an arrogant tennis player (most of them do have an appalling lack of respect for racquetball) who gasped for air after just a few minutes on the racquetball court.

The situation Blum recounts is probably quite accurate, but his conclusions

regarding the tennis player's fitness are, I believe, incorrect.

When I first began to play racquetball, I could hardly believe what a wonderful aerobic workout I received. One hour on the hardwood seemed to provide the aerobic equivalent of two hours of tennis. I should have been suspicious. A few months later, I noticed I was less exhausted after playing racquetball. I realize the fine aerobic workout of my first days in the sport was largely the result of poor court sense and a lack of proper positioning. I was sticking my nose into creases and corners when I should have been casually waiting for rebound set-ups.

The point is, improved court sense has substantially decreased the amount of energy I expend on the court. When I first played racquetball, I was exhausted after an hour. I don't think I'm in any better physical condition now than I was when I played tennis, but I no longer become exhausted after an hour of racquetball because I've wised up and learned to economize. In short, it now takes me fewer steps to do the same amount of work.

Perhaps a specific example will prove my point. I have a friend who is an A/B racquetball player. He's in good aerobic shape and often spends hours on the court, lining up two or three matches per session. Yet when I took my racquetball buddy to the tennis courts and we started rallying, he began to suck air almost immediately.

If racquetball is really a superior aerobic game, why did my racquetball friend

gasp for air on the tennis court?

The answer, of course, is that tennis and racquetball, although similar in some ways, are decidedly different games. The tennis player is no more at home on the racquetball court than the racquetball player is on the tennis court. Court positioning and knowledge of the games can make a sizable difference in the amount of energy expended on the respective courts.

In fact, I doubt the aerobic conditioning requirements differ significantly between the two games. The exception to that rule is in the novice ranks, where racquetball provides a far better aerobic workout than tennis. This occurs because novice tennis players are not skilled enough to sustain rallies, and must spend the bulk of their court time chasing stray balls. Racquetball beginners, on the other hand, get a good aerobic workout their first time out because they play on an enclosed court, where rallies can be sustained even in the absence of accomplished skill.

If we want to effectively promote racquetball, the best strategy will be to emphasize the positive attributes of our sport. It won't serve any useful purpose to belittle players of other games who become physically extended during their initial racquetball experiences. That kind of thing will not create goodwill toward our sport.

I believe people will be drawn to racquetball in droves once we get the word out that it provides a great aerobic workout regardless of skill level, and that the game's a whole lot of fun besides. ○

AARA Official Rankings July 13, 1989

Mens Open: 1-T. Doyle, OH; 2-R. McKinney, PA; 3-D. Ganim, OH; 4-T. Sweeney, IL; 5-M. Bronfield, CA; 6-T. Boscia, CO; 7-F. Calabrese, FL; 8-R. Digiaco, NY; **Mens A:** 1-T. Gately, VA; 2-S. Patel, NJ; 3-T. Felicia, NY; 4-K. Chambers, MS; 5-B. Johnson, PA; 6-S. Corrigan, OH; 7-D. Eagle, NC; 8-C. Kleuabthong, WA; **Mens B:** 1-S. Patel, NJ; 2-F. Phillips, MA; 3-R. Dargan, PA; 4-G. Higgins, TN; 5-J. Welton, FL; 6-G. Phipps, MI; 7-B. Cowley, IN; 8-P. Richards, MI; **Mens C:** 1-R. Hendren, MD; 2-J. Gallegos, DE; 3-M. Kingery, IN; 4-J. Laskero, IL; 5-D. Wayne, GA; 6-W. Zapata, WA; 7-S. Arnold, TX; 8-B. Revuelta, FL; **Mens D:** 1-J. Smith, AL; 2-E. Gough, WA; 3-M. Williamson, TX; 4-R. Blackwood, CA; 5-B. Brayo, FL; 6-A. Dagles, RI; 7-J. Hall, OK; 8-R. Helm, IL; **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-A. Castellano, NY; **Mens Wheelchair Open:** 1-G. Baker, WV; 2-M. Jenkinson, WV; 3-S. Hickey, WV; 4-J. Harman, WV; **Mens 8NB:** 1-T. St. Pierre, FL; 2-M. McElhiney, FL; 3-L. Mershon, AL; 4-R. Moulton, FL; 5-J. Williams, NE; 6-G. Manzuri, CA; 7-J. Bronson, IA; 8-W. Duggar, AL; **Mens 8:** 1-J. Huczek, MI; 2-R. Moulton, FL; 3-T. St. Pierre, FL; 4-R. Neighbors, MI; 5-L. Mershon, AL; 6-D. Olson, ME; 7-D. Thompson, WI; 8-J. Traver, OR; **Mens 10:** 1-G. Wooten, FL; 2-E. Storey, IN; 3-J. Bhuta, AL; 4-N. Dorda, MI; 5-B. Hansen, IA; 6-B. Hirsch, NJ; 7-C. Leimbach, NJ; 8-W. Powell, PA; **Mens 12:** 1-M. Hurst, FL; 2-D. Hamilton, OH; 3-S. Zimmermann, MI; 4-C. George, PA; 5-T. Puggioni, NY; 6-J. Icenogle, CA; 7-J. Stanford, FL; 8-C. Voscopoulos, NY; **Mens 14:** 1-J. Mannino, NY; 2-C. Czyn, FL; 3-C. Plaff, OH; 4-J. Armbricht, NC; 5-A. Engel, FL; 6-J. Hopkins, NY; 7-M. Kelly, CO; 8-T. Lepera, IN; **Mens 16:** 1-R. Walden, FL; 2-D. Eagle, NC; 3-T. Sabatini, NY; 4-R. Covell, MI; 5-P. Donovan, IN; 6-M. Pettoruto, MA; 7-S. Reiff, FL; 8-C. Conway, FL; **Mens 18:** 1-B. Jorgenson, PA; 2-M. Guidry, TX; 3-K. Gelhaus, CA; 4-J. Waggoner, FL; 5-B. Gruber, NY; 6-J. Bonnett, MI; 7-D. Campbell, OR; 8-W. Epperson, AL; **Mens 19:** 1-R. McKinney, PA; 2-C. Nichols, FL; 3-C. Winter, FL; 4-R. Bezousck, TN; 5-J. Negrete, IL; 6-R. Ryder, PA; 7-M. Openbrier, PA; 8-J. Paraiso, CA; **Mens 25:** 1-R. Digiaco, NY; 2-J. Young, PA; 3-G. Weitzel, IN; 4-B. Lyman, IL; 5-B. Huber, FL; 6-J. Emes, PA; 7-J. Gillhouse, AL; 8-H. Johnson, MN; **Mens 30:** 1-M. Morrison, FL; 2-E. Garabedian, PA; 3-B. Corcoran, AZ; 4-J. Young, PA; 5-D. Kovanda, OH; 6-R. Babbok, OH; 7-S. Worthy, MI; 8-T. Gabriel, IN; **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-B. Fulkerson, IN; 8-C. Laury, WA; **Mens 40:** 1-J. Northern, MI; 2-E. Remen, VA; 3-J. Bailey, VA; 4-R. Galbreath, PA; 5-M. Arnold, IN; 6-B. Shafer, NY; 7-T. Lavo, MN; 8-M. Winslow, FL; **Mens 45:** 1-R. Reichler, DE; 2-R. Johnson, IL; 3-R. Weherle, GA; 4-R. Hutcherson, IN; 5-R. Galbreath, PA; 6-T. Rumsey, FL; 7-B. Turner, TN; 8-T. Perna, OH; **Mens 50:** 1-D. Mas, DE; 2-B. Sanders, OH; 3-B. Holt, IL; 4-S. Williams, WA; 5-J. Northwood, AZ; 6-T. Rumsey, FL; 7-B. Schram, IL; 8-D. Jones, VA; **Mens 55:** 1-O. Chapman, OH; 2-V. Lerner, CA; 3-J. Bogasky, VA; 4-C. Gunn, IN; 5-L. Hahn, MI; 6-C. Gross, PA; 7-F. Kilbride, CAN; 8-B. Kleinschmidt, MN; **Mens 60:** 1-J. Bareilles, VA; 2-J. Lambert, TX; 3-P. Miller, IN; 4-F. Kilbride, CAN; 5-H. Grover, AZ; 6-R. Faby, MD; 7-G. Melvey, ND; 8-J.

Men's Pro Tour Official Rankings September 5, 1989

1	M. Hogan	425
2	R. Gonzalez	385
3	M. Ray	380
4	C. Swain	365
5	B. Harnett	345
6	M. Yellen	315
7	E. Inoue	275
8	D. Johnson	255
9	T. Doyle	155
10T	J. Newman	185
10T	C. Brysman	185
10T	D. Obremski	185
10T	W. Clouse	185
14	G. Price	135
15	E. Andrews	95
16	A. Katz	75
17T	T. Sweeney	65
17T	J. Plazak	65
19T	R. Harripersad	60
19T	D. Katchtik	60
21T	A. Embry	45
21T	J. Evans	45
21T	F. Snow	45
24T	J. Bonnett	40
24T	G. Peck	40

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

Gushue, NY; **Mens 65:** 1-J. Bareilles, VA; 2-E. Acuff, VA; 3-C. Snowberger, PA; 4-S. Lesser, NY; 5-A. Shepherd, MD; 6-E. Busigo, FL; 7-A. Goss, CO; 8-N. Sans, CA; **Mens 70:** 1-L. Wilde, UT; 2-C. Russell, CA; 3-E. Acuff, VA; 4-A. Shepherd, MD; 5-J. Murphy, FL; 6-J. Brown, NY; 7-G. McDougall, SD; 8-J. Sawbridge, AZ; **Mens 75:** 1-I. Gumer, KY; 2-B. Duckworth, FL; 3-J. Pearce, TX; 4-R. Wise, FL; 5-H. Cole, NM; 6-J. Sawbridge, AZ.

Womens Open: 1-M. Bailey, VA; 2-M. Gilman, OR; 3-C. Baxter, PA; 4-C. Doyle, NY; 5-S. Morgan, FL; 6-J. Hastings, MI; 7-D. Sibell, MN; 8-R. Levine, CA; **Womens A:** 1-N. MacFetrich, MD; 2-K. Allen, LA; 3-A. Roehler, PA; 4-A. Silva, PA; 5-D. Schmidt, IL; 6-S. Huczek, MI; 7-M. Lakatos, TN; 8-T. Friedrich, MI; **Womens B:** 1-D. Bercili, PA; 2-P. Garcia, FL; 3-J. Bulle, NJ; 4-P. Missirian, NE; 5-M. McIntosh, CO; 6-C. Kruse, MI; 7-S. Turner, CT; 8-M. Davis, CO; **Womens C:** 1-M. Webb, PA; 2-M. Bishop, PA; 3-M. Harring, IL; 4-L. Dubose, FL; 5-D. McCauley, MI; 6-G. Goldfine, FL; 7-J. Chester, WA; 8-S. Cochrane, TX; **Womens D:** 1-L. Hamilton, OH; 2-J. Nixon, IL; 3-D. Derr, FL; 4-J. Giard, RI; 5-J. Hall, CA; 6-J. Jeter, TX; 7-S. Kinney, WA; 8-R. Quillen, IN; **Womens Novice:** 1-J. Bulle, NJ; 2-M. Remen, VA; 3-K. Marino, CT; 4-L. Reyes, NY; 5-S. Aaronson, FL; 6-T. Brockbank, ID; 7-R. Greene, PA; 8-J. Jeter, TX; **Womens 8NB:** 1-L. Hansen, IA; 2-L. Wooten, FL; 3-R. Belden, CO; 4-A. Redelheim, TN; 5-L. Weisbart, IL; 6-S. Borland, IA; 7-J. Jorgenson, CO; 8-N. Kois, CO; **Womens 8:** 1-E. Daniels, CA; 2-L. Hansen, IA; 3-E. Smith, OH; 4-L. Weisbart, IL; 5-L. Wooten, FL; 6-L. Hudson, IN; 7-L. Roberts, IL; 8-S. Borland, IA; **Womens 10:** 1-K. O'Connor, FL; 2-D. Derr, FL; 3-M. Donovan, IN; 4-E. Daniels, CA; 5-B. Knitter, WI; 6-B. Markus, OR; 7-S. Mattioli, MA; 8-K. Brene-man, FL; **Womens 12:** 1-D. Derr, FL; 2-A.

Beugen, MN; 3-K. O'Connor, FL; 4-V. Tulao, AL; 5-D. Gates, IL; 6-M. Hubble, OR; 7-S. Mattioli, MA; 8-A. Roehler, PA; **Womens 14:** 1-A. Roehler, PA; 2-B. Engel, FL; 3-H. May, CA; 4-J. Baun, OR; 5-D. Gates, IL; 6-C. Hansen, IA; 7-E. Icenogle, CA; 8-D. Peterson, WI; **Womens 16:** 1-H. Dunn, MA; 2-E. Icenogle, CA; 3-M. Gates, IL; 4-A. Kinney, WA; 5-L. Reeder, TN; 6-A. Roehler, PA; 7-K. Scott, CAN; 8-N. Sloan, IN; **Womens 18:** 1-H. Gray, VA; 2-H. Dunn, MA; 3-M. Gates, IL; 4-A. Kibane, OH; 5-J. Roach, CAN; 6-N. Bernard, CAN; 7-T. Alonzi, CO; 8-E. Courtney, MA; **Womens 19:** 1-L. Coburn, MD; 2-C. Gudinas, IL; 3-Jackie Paraiso, CA; 4-R. Levine, CA; 5-P. Musselman, PA; 6-L. Troszak, MI; 7-L. Basch, FL; 8-L. Couto, DE; **Womens 25:** 1-J. Pochily, NH; 2-M. Bailey, VA; 3-R. Petrini, IL; 4-L. Kupish, CA; 5-K. Sanders, LA; 6-P. Goddard, GA; 7-G. Grigsby, KY; 8-T. Gatarz, NJ; **Womens 30:** 1-M. Bickley, PA; 2-S. Morgan, FL; 3-M. Lyons, FL; 4-M. Bailey, VA; 5-C. Ortiz, WA; 6-T. Gatarz, NJ; 7-V. King, TN; 8-T. Petrocy, NY; **Womens 35:** 1-F. Iffert, PA; 2-E. Tuckman, FL; 3-C. Dattisman, PA; 4-J. Marriott, RI; 5-D. Gridley, CO; 6-L. Farmer, IL; 7-N. Kronenfeld, IL; 8-D. Chaney, IN; **Womens 40:** 1-C. Frenk, VA; 2-A. Falso, FL; 3-D. Hinkin, PA; 4-L. Siau, AZ; 5-M. Weldin, DE; 6-L. Miller, IN; 7-Y. Cox, PA; 8-M. Kelley, CA; **Womens 45:** 1-C. Lombardi, VA; 2-L. Siau, AZ; 3-S. Carow, IL; 4-P. Tarzon, IL; 5-N. Loomis, VA; 6-S. Sawyer, UT; 7-J. Tull, VA; 8-S. Welty, OR; **Womens 50:** 1-M. Crawford, NY; 2-J. Kenyon, FL; 3-J. Raída, PA; 4-J. Tull, VA; 5-C. Ching, PA; 6-M. Walker, CA; 7-S. Embry, CA; 8-M. Hagain, GA; **Womens 55:** 1-J. Kenyon, FL; 2-R. Mooney, CO; 3-M. Walker, CA; 4-M. Hagain, GA; **Womens 60:** 1-M. Acuff, VA; 2-P. Melvey, ND; 3-C. Gautreau, TX; 4-J. Jones, CT; 5-E. Quackenbush, OR; 6-R. Cowie, NY; **Womens 65:** 1-M. Acuff, VA; 2-J. Jones, CT; 3-E. Quackenbush, OR; 4-N. Friedland, NM; **Womens 70:** 1-Z. Friedland, NM; **Womens 75:** 1-Z. Friedland, NM.





Schedule of Events

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

Michigan Super Seven #1
Backwall Health & Fitness Club
2 Ajax Drive
Madison Heights, MI 48071
Jim Hiser 313-742-9531

October 20-22

Racquet-Fall Classic
American Family Sports & Fitness Center
5137 N. Blackstone
Fresno, CA 93710
Mike Lammons 209-226-8686

October 20-22

1989 Octoberfest Open
Sports Farm
6001 Leahbun Drive
Knoxville, TN 37919
Vicky King 615-584-6272

October 20-22

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

October 20-22

9th Annual Williamsport Open
Williamsport Nautilus & Racquetball Club
River Avenue
Williamsport, PA 17701
Bernie Howard 717-322-1080

October 22-29

Northwest YMCA Open
Northwest YMCA
4029 Northdale Blvd.
Tampa, FL 33618
Ken Arrowsmith 813-962-3220

October 25-28

Denver Sporting Club Open
Denver Sporting Club
5151 DTC Parkway
Englewood, CO 80111
Kathy Bowden 303-779-0700

October 26-29

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

October 27-29

Central Singles
Gold's Gym & Fitness
Peoria, IL
Terry Cole 309-692-3344

October 27-29

Great Pumpkin Open
Midtown Athletic Club
725 14th Street
Sacramento, CA 95814
Tim Scott 916-441-2977

October 27-29

Music City Open
Downtown YMCA
1000 Church Street
Nashville, TN 37202
Trigg Wilkes 615-254-0631

October 27-29

Spookout Open
Sawmill Athletic Club
311 Hayden Road
Columbus, OH 43235
614-889-7698

October 31-November 4

Cottonwood State Doubles
Cottonwood Heights
7500 South 2700 East
Salt Lake City, UT 84121
Jeff Arrington 801-943-3190

November 2-5

Jack Fulton Open
Memphis State University Sportsplex
630 Echles Street
Memphis, TN 38152
Larry Liles 901-454-2816

November 2-5

Washington State Games
Tacoma, Olympic, Lynn
Sid Williams 206-473-2266

November 3-5

Coors Light Racquetball Series
Findlay Health & Racquet Club
1219 W. Main Cross
Findlay, OH 45840
614-548-4188

November 3-5

Remember November
Riverview Racquet Club
4940 Plainfield N.E.
Grand Rapids, MI 49505
Ken Bonnett/Rick Hall 616-363-7769

November 3-5

State Outdoor 4 Wall Championships
Auburndale Recreation Center
202 W. Park Street
Auburndale, FL 33828
Marilyn Buffum 813-967-7265

November 3-5

World Island Open
Royal Athletic Club
1718 Rollins Road
Burlingame, CA 94010
Jack Hughes 415-692-3300

November 3-5

5th Annual Halloween Shoot-Out
The Club At Woodbridge
585 Main Street
Woodbridge, NJ 07095
Donna Penczak 201-634-5000

November 7-11

Vernal Athletic Club Open
Vernal Athletic Club
P.O. Box 404
Vernal, UT 84078
Sheli Bodily 801-789-5816

November 9-12

Turkey Shoot
Montrose Athletic Club
100 Apollo Road
Montrose, CO 51401
Gary West 303-249-2642

November 10-12

Ballwin Doubles
Ballwin Racquet/Fitness
Ballwin, MO 63011
Karen Gould 314-391-8087

November 10-12

Atlanta Falcons Fall Classic
Atlanta Falcons Health Club
I-85 Suwanee Road
Suwanee, GA 30174
Martha Lenoir 404-945-8977

November 10-12

Diet Pepsi Open
Cross Court Athletic Club
433 W. Cross Street
Woodland, CA 95695
Steve Harris/Tom Wendt 916-666-1319

November 10-12

Fall Tourney
Track & Racquet
2984 Chenoweth Road
Akron, OH 44312
216-644-0356

November 10-12

Michigan Super Seven #2
Saginaw Health & Racquet Club
2717 Shust Road
Saginaw, MI 48605
Jim Hiser 313-742-9531

November 10-12

10th Annual Kiwanis Club
YMCA in Sarasota
1075 South Euclid Avenue
Sarasota, FL 34237
Barb Simmons 813-955-8194

November 10-12

2nd Annual Mountain Madness
Gatlinburg Community Center
P.O. Box 5
Gatlinburg, TN 37738
Sally Worden 615-436-4990

November 14-18

Orem Fitness Open
Orem Fitness Center
580 West 165 South
Orem, UT 84058
Sylvia Sawyer/Gary Hillman 801-224-7158

November 16-19

Fall Rollout II
Jewish Community Center
St. Louis, MO 63146
Louren Tanter 314-436-6565

November 16-18

5th Annual First Coast Classic
Racquetpower
3390 Kori Road
Jacksonville, FL 32257
Mary Lyons

November 17-19

Buehler YMCA Tournament
Buehler YMCA
Palatine, IL
Frank Lemenski 312-359-2600

November 17-19

Courtesy Sports Open
Courtesy Sports
260 Mayfield Avenue
Mt. View, CA 94040
Brian/Tom 415-968-7970

November 17-19

O.R.A. State Doubles Championship
Marion Health & Racquet Club
1331 E. Center Street
Marion, OH 43302
614-548-4188

November 17-19

Sports Club Open
Sports Club of Asheville
9 Kenilworth Knoll
Asheville, NC 28805
Colin Wood 704-252-0222

November 17-19

Turkey Shoot
Elgin YMCA
111 N. Chenning
Elgin, IL
Linda O'Connor 312-888-7422

November 17-19

11th Annual Turkey Shoot
Nashville Supreme Court
4633 Trousdale Drive
Nashville, TN 37204
Dawn Young 615-832-7529

November 17-19

3rd Annual Ellis & Associates Classic
Reno Athletic Club
920 Matley Lane
Reno, NV 89502
Deno Paolini 702-788-5588

November 30-December 3

The Briargate Open
Lynmar Racquet & Health Club
2660 Vickers Drive
Colorado Springs, CO 80918
Pete Dean 719-598-4069

November 30-December 3

9th Annual Dupage Holiday Open
Dupage Racquet & Health Club
Addison, IL
Pat Banish 312-543-9200

December 1-3

Christmas Classic
The Classic At Meadowlands
205 Chubb Avenue
Lyndhurst, NJ 07071
Lisa Gaertner/Bob Zander 201-471-3864

December 1-3

Holiday Classic
Southern Athletic Club
754 Beaver Run Road
Lilburn, GA 30247
Vicki Luque 404-923-5400

December 1-3

Holiday Magic Tourney
Westerville Athletic Club
939 S. State Street
Columbus, OH 43081
614-882-7331

December 1-3

Lemoore Cotton Harvest Classic
Kings Court
850 East "D" Street
Lemoore, CA 93245
Doug Wood 209-924-9682

December 1-3

Omni Classic
Omni Sports Club
301 Executive Park Blvd.
Winston-Salem, NC 27103
Charlotte Thore 919-760-3663

Men's Professional Racquetball Association

November Schedule

THE PRO-AM at SKYLINE CLUB

November 29 - December 3

****Saturday Finals***

**Skyline Club at Crystal City
Arlington, Virginia**

**Contact: Bob Rollins
(703) 979-9660**

For information on the M.P.R.A. Pro Tour or to be added to
the M.R.P.A. mailing list please call tour director
Hank Marcus at (503) 639-3410.



EKTELON WINTER CLASSIC

January 18-21, 1990

Location: Racquetball World
Santa Ana, CA

Benefiting: ARK (Advanced Resources
for KIDS)

Contact: Jim Carson or Toni Bevelock at
(714) 972-2999
Lynn Adams at (714) 979-6942

Events: Women's Pro Singles
Men's & Women's Amateurs

Schedules of Events

Men's Professional Racquetball Association 1989-90 Tour Schedule

October 18-22

Head Halloween Classic
The Woodfield Racquet Club
Schurnberg, IL
Contact: Dave Negrete
(312) 884-0678

November 29-December 3

Skyline Pro-Am
(Saturday finals)
The Skyline Club
Crystal Gateway
Arlington, VA
Contact: Bob Rawlins (703) 979-9660

January 17-21

Harmarville Rehabilitation Open
Pittsburgh Racquet Club
Contact: Dan Obremski or
John Pushak (412) 856-3930

Women's Professional Racquetball Association 1989-90 Tour Schedule

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

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AMATEUR RESULTS

Men's Open Singles: 1st - Scott Oliver; 2nd - Jim Floyd. **Men's A Singles:** 1st - Brian Wadford; 2nd - Richard Eisemann. **Men's B Singles:** 1st - Hector Lopez; 2nd - Louis Barba. **Men's C Singles:** 1st - Tracy Cactian; 2nd - Steve Lyles. **Men's D Singles:** 1st - Vince Caramagno; 2nd - Brian Sardella. **Men's Novice:** 1st - Alex Franco; 2nd - Gil Tuse. **Men's 30+:** 1st - Vince Palomar; 2nd - Dan Varosh. **Men's 35+:** 1st - Joe Sullivan; 2nd - Jim Karp. **Men's 45+:** 1st - Brad Parra; 2nd - Joe Frenna. **Men's 55+:** 1st - Ken Moore; 2nd - Mort

Rothbard. **Men's Open Doubles:** 1st - Wade Beardsley/Stam Wright; 2nd - Joe Sullivan/Dave Azuma. **Men's A Doubles:** 1st - Scott Thomeson/Rick Backs; 2nd - Hector Lopez/Mark Thorn. **Men's B Doubles:** 1st - Joe Belardo/Mark Giachino; 2nd - Suki Becker/Gary Heil. **Men's C Doubles:** 1st - Rick Briere/Mike Shim; 2nd - Mark Ferra/Hank Tillman. **Women's Open Singles:** 1st - Lydia Hammock; 2nd - Eklova Icenogle. **Women's A Singles:** 1st - Clarita Parra; 2nd - Talya Dodson. **Women's B Singles:** 1st - Allison Rayford; 2nd - Mercedes Flores. **Women's C Singles:**

1st - Nancy Graves; 2nd - Mary Jacobs. **Women's D Singles:** 1st - Michele Giannini; 2nd - Ann Tissue. **Mixed Open Doubles:** 1st - Marko Perez/Jody Zogg; 2nd - Wade Beardsley/Lucy Kupish. **Mixed A Doubles:** 1st - David Simpson/Dolores Pimentel; 2nd - Max Boland/Mary Warburton. **Mixed B Doubles:** 1st - Jim Tibbens/Barbara Tibbens; 2nd - Thom Kelly/Theresa Thiner. **Mixed C Doubles:** 1st - Cecil Parker/Sharon Chicoine; 2nd - Porfi Osnaya/Allison Rayford. **Women's B/C Doubles:** 1st - Carol Sardella/Vicki Chapman; 2nd - Dolores Pimentel/Brenda Kelly.

Norm Blum's Passing Shots



PLAYING THE BLUES — Here's a new saying to use when your opponent hits a blistering forehand. "You have a Linda Rhonstadt forehand" referring of course to her song "Blue Bayou" — in this case "Blew By You" or "Blue By You".

HERE COMES THE BRIDE — Court 7, a backwall, sidewall glass court at the **Jacksonville Athletic Club**, is usually reserved for top matches.

Court 7 maintained its reputation when it played host to the hottest match of the year — a wedding between **Susan Morgan** and **Randy Pfahler**.

Al Winter officiated and made only one bad call — when, in his nervousness, he forgot to turn the mike on. The ceremony lasted 10 minutes, and was followed by a reception at the club.

The bride wore an off white elegant, lace gown and carried a traditional bouquet. The groom wore coat tails and bicycle shorts.

And what prompted the couple to hold the ceremony on a court? **Susan**, who works at the club, figured it was ideal.

"I'm here all the time anyway. Besides, it was always my favorite court."

SOLD OUT — Racquetball players are known for entering tournaments five minutes before the deadline. It's not unusual for a tournament to have 40 entrants on a Friday and end up with close to 200 by Monday.

Oregon seems to be the lone exception. "More often than not, people are turned away," says **Julie Birkey**, who competes in 14-16 tournaments per year. "The Oregon tournaments average 300 to 400 individuals and it's not uncommon for 150 people to be signed up the day after the entries are mailed."

"The players receive an excellent shirt, are guaranteed two matches per division and the hospitality is excellent. You receive 10 to 12 drink tickets and there's food all weekend, often in a buffet style that stays out all day."

POTPOURRI — Sports dictionary question: What does going for the tuna mean? No, not money. In professional sports it's the championship cup or trophy the winner raises in the air after

winning. Remember that the next time you are in the final... Observations from the recent junior nationals in Indianapolis: Drive serves were so prevalent that players of lesser skills won matches. "Players who couldn't stay with other guys on rallies were winning games on serves," said junior **Aaron Metcalf**... One player was ejected from the tournament for unsportsmanlike behavior. Timing wasn't one of his strengths. He erupted in front of head referee **Mike Arnolt**... Major complaint — the lodging facility was a 20-minute shuttle from the club. "Why select a club that we can't walk to from the hotel or have a shorter shuttle ride?" **Metcalf** asked. Good point. A major selling point of the U.S. Nationals in Houston is the Hyatt Regency's location — only a two-minute walk from the YMCA... The number of participants remained the same but the good news was there was an increase in the 8-and-under division for both boys and girls... Five-time national champion **Mike Yellen** on upcoming prospects. "I haven't seen anyone yet who I can say will definitely be a dominant player on the pro circuit in say two years."

OLYMPIC FESTIVAL OBSERVATIONS — Positive observations from racquetball's involvement in the festival held in August in Oklahoma City. "I was so psyched I wanted to talk to someone," said *National Racquetball* Editor **Judi Schmidt**...

Can't see how **Jack Nolan** was allowed to represent the U.S. Team. He allegedly ran a racquetball camp, took the money of at least one participant and then didn't hold the camp. The worst part of this is that he emphasized his association with the U.S. Team as a selling point... *USA Today* picked up a note on festival participant **Susan Morgan**'s upcoming marriage but made it sound like her husband-to-be, Randy Pfahler, was part of the games. Oh, well, why let facts ruin a good story?... Tallest participants, 6'3" **Andy Roberts** and 5'10^{3/4}" **Michelle Gillman**. Shortest — **Sergio Gonzalez** at 5'6" and **Chris Evon** at 5'2"...

You make the call: Your shoe falls off

during the rally and you win the point. Does it count? No. Footwear is required so the point is replayed... Slow courts hurt some of the big hitters. "I thought we arrived too early, but it took me two days to adjust my game. The harder you hit the ball, the better it sets up for your opponent," said **Lance Gilliam**... The doubles team of **Tim Hansen/Sergio Gonzalez** might feel they got revenge by defeating **Brian Hawkes** and **Bill Sell** who had defeated them in the national doubles. It was a minor triumph. They still need a national title to avenge the bitter loss.

POTPOURRI II — No update yet on status of racquetball's participation in the Pan American Games in Cuba. With **Fidel Castro**, who knows what to expect?... Racquetball will be the equivalent of tennis when I receive a press release from a resort announcing that a 13-year-old has decided to train at its facility... In the July/August *National Racquetball* I was blasted in the letters to the editor section. My wife, **Kathy**, says once they look at the baby picture above my column, it will calm anyone down. I don't want that to happen. **Rachel** and I can handle the heat.

W.P.R.A. NOTES — Inquiring minds Dept. — **Jim Carson**, **Lynn Adams'** coach, will tell all about **Lynn**'s condition in an upcoming letter to the editor... **Caryn McKinney's** No. 1 ranking is amazing when you consider that at 25 no one mentioned her as a possible contender. Why? Most athletes peak by 25 and at the time **McKinney** wasn't a factor.

Is **Marci Drexler** stuck with the "All-Talent, Can't Win" tag?... There will be at least eight tournaments for the W.P.R.A. season.

THINGS I LIKE — Defeating a bragging player who just returned from a racquetball camp and babysitting services at clubs.

THINGS I DISLIKE — Losing to a junior player who was a C level the last time you played him and suddenly has risen to the open ranks, flickering fluorescent lights and having to retrieve a ball when it goes out of the court. ○

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